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> [JOROTO MD55 Adjustable Weight Bench User Manual](#)

JOROTO MD55

JOROTO MD55 Adjustable Weight Bench User Manual

Model: MD55

INTRODUCTION

Thank you for choosing the JOROTO MD55 Adjustable Weight Bench. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is imperative to follow all instructions and warnings provided in this manual to prevent injury. Failure to do so may result in serious injury or property damage.

- Ensure all bolts and nuts are securely tightened before each use.
- Use the bench on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 1000 LBS (453 kg).
- Inspect the bench for wear and tear before each workout. Do not use if damaged.
- Wear appropriate exercise attire and footwear.

SETUP AND ASSEMBLY

The JOROTO MD55 Adjustable Weight Bench arrives approximately 90% pre-assembled. All necessary tools and clear instructions are included for a quick setup, typically within 10 minutes.

1. **Unpacking:** Carefully remove all components from the packaging. Verify all parts are present against the included parts list.
2. **Unfolding the Bench:**
Locate the folding pins. Pull out the pins to release the folded sections. Gently unfold the main frame until it locks into place. Ensure all support legs are fully extended and stable.

FOLDABLE DESIGN

Save 85% Space with Effortless Storage



Image: The JOROTO MD55 bench demonstrating its foldable design for easy storage and its fully extended position for use. The image highlights how the bench can save up to 85% space when folded.

3. Attaching the Preacher Curl Pad and Leg Extension:

Insert the preacher curl pad assembly into the designated slot at the front of the bench. Secure it with the provided pin. Similarly, attach the leg extension unit, ensuring it is firmly in place.

PRODUCT DIMENSION



Image: A detailed view of the JOROTO MD55 bench, illustrating its various components including the preacher curl pad, leg extension, and overall product dimensions.

4. Resistance Band Attachment:

The bench includes two resistance bands. Slide the loops of the resistance bands onto the designated attachment points at the base of the bench. Ensure they are securely fastened.

Your browser does not support the video tag.

Video: A user demonstrating the various features and adjustments of the JOROTO Adjustable Weight Bench, including the resistance band attachment points and how to use them for different exercises. (Duration: 3:44)

OPERATING INSTRUCTIONS

The JOROTO MD55 offers multiple adjustment options to accommodate various exercises and user preferences.

Backrest Adjustment

The backrest can be adjusted to 6 different positions, ranging from decline to incline (approximately -30° to 90°). To adjust:

1. Lift the backrest slightly.
2. Pull the adjustment pin located at the base of the backrest support.
3. Move the backrest to the desired angle and release the pin, ensuring it locks securely into one of the adjustment slots.



Image: The JOROTO MD55 bench illustrating its multi-angle adjustment capabilities for the backrest (from -30° to 90°) and the preacher curl pad (3 positions).

Preacher Curl Pad Adjustment

The preacher curl pad has 3 arm training positions and 6 height levels. To adjust:

1. Locate the adjustment pin on the preacher curl pad support.
2. Pull the pin and slide the pad up or down to the desired height. Release the pin to lock.
3. The angle of the pad can also be adjusted by a separate mechanism, allowing for optimal arm positioning.

Leg Extension/Back Extension Function

The integrated leg extension weight post supports 2-inch Olympic weight plates up to 110 lbs. This attachment can also be used for back extensions or as a Roman chair.

- To use for leg extensions, sit on the bench and place your shins under the foam rollers. Add weight plates to the post as desired.
- For back extensions, position yourself face down with your hips supported by the seat and your feet secured under the foam rollers.

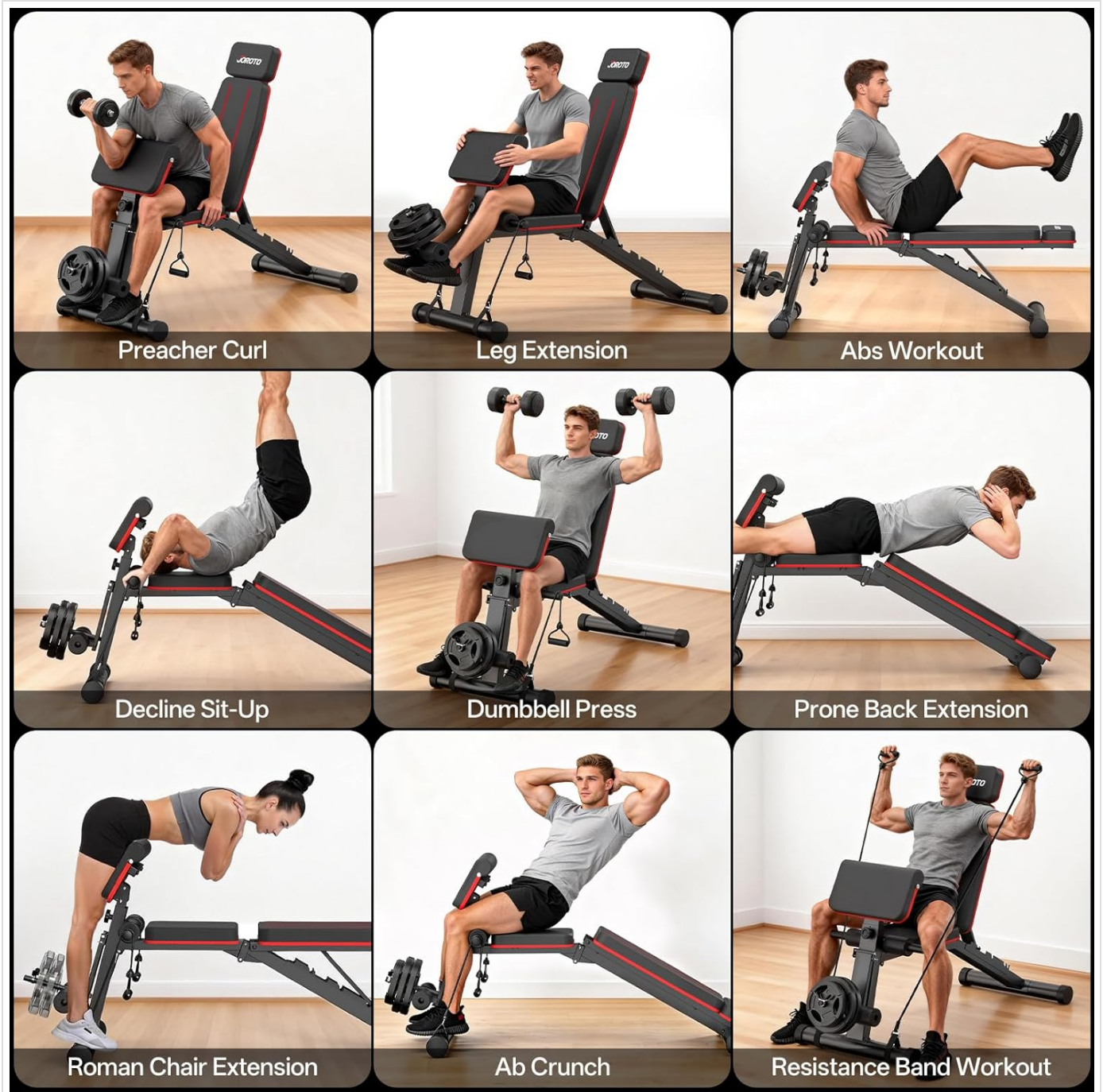


Image: A collage demonstrating various exercises possible with the JOROTO MD55 bench, including preacher curls, leg extensions, ab workouts, decline sit-ups, dumbbell press, prone back extensions, Roman chair extensions, ab crunches, and resistance band workouts.

Folding for Storage

To fold the bench for compact storage:

1. Remove any attachments like the preacher curl pad or leg extension.
2. Adjust the backrest to its lowest flat position.
3. Locate the folding mechanisms (pins or levers) on the main frame. Release them and carefully fold the bench.

4. Ensure all parts are securely folded and locked to prevent accidental unfolding.

Your browser does not support the video tag.

Video: A demonstration of the JOROTO MD55 Adjustable Weight Bench's folding mechanism for compact storage. (Duration: 0:24)

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JOROTO MD55 Adjustable Weight Bench.

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Padding:** Inspect the high-density foam padding and breathable leather for any tears or damage.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your JOROTO MD55 Adjustable Weight Bench, refer to the following common solutions:

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all bolts are tightened. Move the bench to a flat, level surface. Check anti-slip rubber feet.
Adjustment pins are difficult to engage/disengage.	Misalignment or debris in the mechanism.	Slightly lift or adjust the component while pulling the pin. Clean any debris from the pinholes.
Resistance bands lose elasticity.	Normal wear and tear or improper storage.	Replace resistance bands if they show signs of significant wear. Store away from direct sunlight.

For further assistance, please contact JOROTO customer service.

SPECIFICATIONS

Feature	Detail
Brand	JOROTO
Model Number	MD55
Weight Capacity	1000 Pounds (453 kg)
Item Weight	32 Pounds (14.5 kg)
Material	Alloy Steel (Frame), High-Density Foam, PU Leather (Padding)
Product Dimensions (L x W x H)	63.4" x 18.5" x 44.5" (161 cm x 47 cm x 113 cm)
Backrest Positions	6 (Decline, Flat, Incline)
Preacher Curl Pad Positions	3 arm training positions, 6 height levels

Feature	Detail
Leg Extension Capacity	Up to 110 lbs (50 kg) for 2" Olympic plates
Special Features	Foldable design, Anti-slip rubber feet, Resistance bands included

WARRANTY AND SUPPORT

The JOROTO MD55 Adjustable Weight Bench comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use and service conditions.

For warranty claims, technical support, or any questions regarding your product, please contact JOROTO customer service. Our team is available 24 hours to provide satisfactory solutions.

Contact Information:

- Refer to your product packaging or the official JOROTO website for the most current contact details.
- When contacting support, please have your model number (MD55) and proof of purchase readily available.