SAFETY NOTICE
- Failure to comply with this instruction manual may result in injury or damage of the product.
- Please keep the product far away from etchant, dust and water.
- Keep children away from the Electric Height Adjustable table. There is risk of injury and electric shock.
- Please contact us when there is something wrong with the product.

WARRANTY
- Our products carry a limited two years warranty on factory defects from date of delivery.
- The legs and control box are not to be opened by unauthorized personnel otherwise the warranty shall be null and void.

TECHNICAL PARAMETERS
- Input Voltage: 110 - 240V AC
- Output Voltage: 24VDC
- Max. Load: 100 KG
- Duty Cycle: Max 2 min. operate / Min. 18 min. stop
- Height Adjustable Range: 60 cm - 125 cm
- Operating Temperature: 0 - 40 °C
- Max Speed: 38 mm/s
<table>
<thead>
<tr>
<th>No</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Leg (qty 2)</td>
</tr>
<tr>
<td>2</td>
<td>Control Box</td>
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<tr>
<td>3</td>
<td>Height Adjuster</td>
</tr>
<tr>
<td>4</td>
<td>Power Cable</td>
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<tr>
<td>5</td>
<td>Motor Cable (qty 2)</td>
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<tr>
<td>6</td>
<td>Beam</td>
</tr>
<tr>
<td>7</td>
<td>Control Box Bracket</td>
</tr>
<tr>
<td>8</td>
<td>Foot (qty 2)</td>
</tr>
<tr>
<td>9</td>
<td>Bracket (qty 2)</td>
</tr>
<tr>
<td>10</td>
<td>Adjustable Feet (qty 4)</td>
</tr>
<tr>
<td>11</td>
<td>M6 bolt (qty 24)</td>
</tr>
<tr>
<td>12</td>
<td>M5 bolt (qty 4)</td>
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<tr>
<td>13</td>
<td>Tap screw (qty 14)</td>
</tr>
<tr>
<td>14</td>
<td>M6 Allen Key</td>
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<tr>
<td>15</td>
<td>M5 Allen Key</td>
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</tbody>
</table>
**INSTALLATION INSTRUCTIONS**

1. Adjust the beam to the desired length. Beam length is variable according to desktop size but as a guide look to have frame at least 60% of the length of the desktop and 70% + if desktop needs to carry a significant load. Tighten the hex screws located in the beam.

2. Attach the arms and beams to the legs with M6 bolts.

3. Attach the legs to the underside of the beams with M6 bolts.

4. Attach feet to the underside of the legs. Attach feet pads if not already secured.

5. Connect the legs, height adjuster and power cable to the control box.

6. Attach control panel, height controller and frame to the underside of the desktop using tap screws. For the frame, use the guide holes provided along the arms and beams.
OPERATION GUIDE

1. Normal Operation

Press “↑” or “↓” buttons to achieve the desired height. Press “1”, “2”, “3” or “4” for one-touch transition to preset heights.

2. Setting the Memory

To set a memory position, adjust the work surface to the desired height. Press the “S” button and then press one of the 1, 2, 3 or 4 buttons to store the position. To adjust the table to a stored position just press the 1, 2, 3 or 4 button and the work surface will stop at the desired memory position.

3. SystemReset

In the event of a display error, erratic height function or the need to re-calibrate after moving the desk, please follow the reset procedure. Press and hold the down arrow “↓” button until the work surface stops at the lowest height, release and then press the same button again for a further 5 seconds until RST is displayed. The system will reset and normal operation should resume.

CLEANING AND MAINTENANCE

Use either a damp cloth or furniture spray for cleaning the desktop. Avoid excessive moisture due to electrical components.

No maintenance is required other than ensuring the desk is free from dust, moisture and heat sources. Avoid removing the light covering of grease from the legs when the table is extended. This is required in order to ensure smooth operation.
Height-Adjustable desks are known for standing and working, which can save you from several health risks:

- Leg muscles shutting down any electrical activity.
- Calorie burning dropping to 1 per minute.
- Your breaking-down-fat enzymes drop 90%.
- Good cholesterol dropping 20%.
**STANDING DESK ERGONOMICS**

1. Raise the monitor so that the top third of the screen is at eye level. If using a laptop, opt for a separate keyboard.

2. The bend at the elbows should be slightly more than 90 degrees with forearms approximately parallel to the floor.

3. Avoid any flexing at the wrist in order to type. Use a wrist mat if required. Avoid any weight bearing through the wrist as this will manifest between the shoulder blades.

4. Consider standing on a gel-foam cushioned mat. If there is a tendency to lean to one side whilst standing, look to switch legs on a frequent basis.

5. Pace and move around your work area rather than being stationary.
**STANDING DESK OPTIONS**

**Desk Treadmill**

The walk while you work option. The Office Fitness mantra is “movement and variation throughout the day” and the walking treadmill provides the perfect means by which to achieve that aim. Frequent periods of walking ensure you stay active and work in a manner that reflects the fact that we are designed for movement.

**Stepper**

Similarly effective in terms of calorie burning and cardio potential and to some extent the Office Fitness favourite as it allows pausing if screen based concentration is required. The stepper is our unsung classic and easily fits under any size standing desk.

**Balance Dome**

A realistic alternative to a gel mat. The balance dome offers both cushioning and engagement of core stability muscles in order to balance whilst working. The two side variation offers a progression from beginner to intermediate.
**Balance Chairs**

We see the best mode of working is to vary positions on either an hourly or half hourly basis. Ball chairs allow for active sitting (core stability) without the problems associated with being sedentary. Alternating the day between balance chairs (one third) and standing or pacing (two thirds) provides a more practical form of mobile working.

**Desk Gym Equipment**

You’ve taken the big step to standing. A logical next step is to add desk side equipment for upper body exercises. Resistance bands, anti-roll dumbbells and hand grips provide a means to include “little and often” upper body work commonly neglected in office work.

*For a complete list of all the Office Fitness products please visit our website.*

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**Break the Sitting Habit!**

10 the increase in heart beats per minute when standing

33 the percent increase of calories burnt caused by standing

11 the equivalent burning of calories as running 11 marathons when standing three hours a day, 5 days a week for a year

2 the number of years extra life expectancy by sitting for fewer than 3 hours a day