

Table of Contents

Table of Contents	2
Parts List & Hardware	3
<u>Assembly and Installation</u>	
Assembly of the right and left frame	4
Place the crank adjustment housing	5
Attach the crank adjustment housing	6
Assembly of the cross bars.	7
Flip desk upright and attach the crank handle	8
Fasten the rotating hex rod.	9
Attach the desk surface	10
Finish assembly and tighten bolts	11

ATTENTION!

Do not fully tighten screws until completely assembled

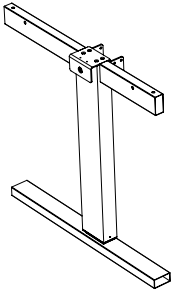
TOOLS NEEDED:

Mallet 

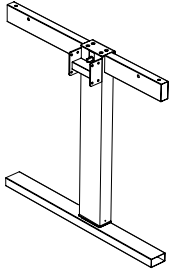
WE ARE GIVING YOU A STANDING OVATION

You did it! You took the first step towards healthier living by purchasing our stand up desk. We couldn't be happier to have you joining the millions of people who were tired of sitting around and ready to take a stand for a healthier life.

This desk was built with you in mind and every detail was carefully crafted. The following assembly guide is best accomplished with two people. If you have any questions or concerns contact your local dealer.



AA x1



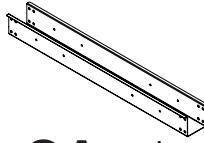
AB x1



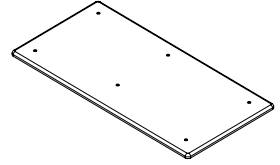
FA x2



HA x1



CA x1



JA x1



AC x4



BA x2



BB x2



GA x1



MA x4



DA x1

M5



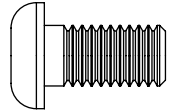
EA x1



DB x1

M4

CB*x17
M8x15

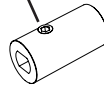


DC x1

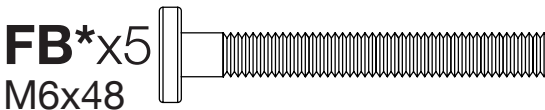
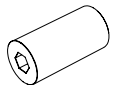
M4

Includes
locking bolt

HB x1

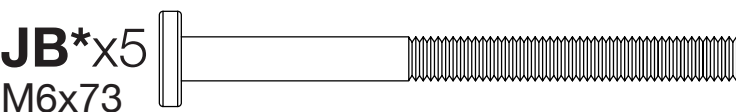
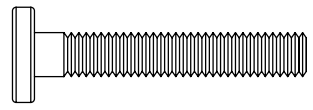


HC x1



FB*x5
M6x48

KB*x3
M6x36

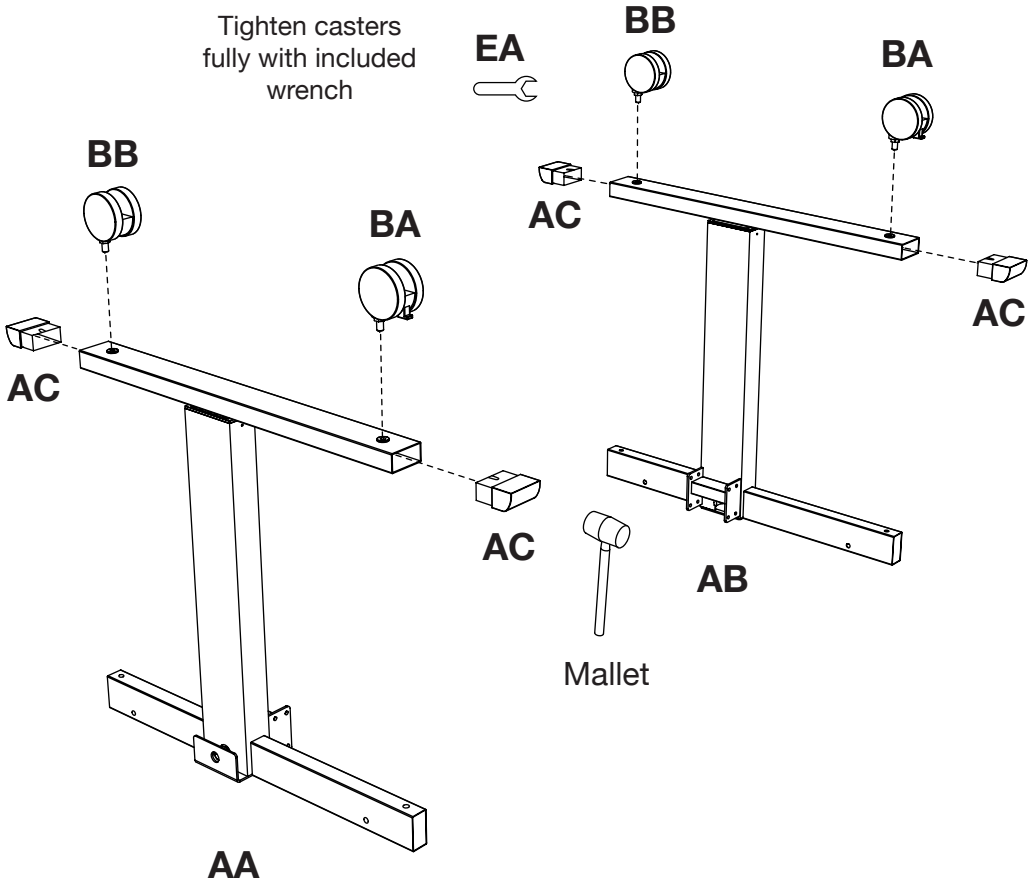


JB*x5
M6x73

* - Includes an
extra spare part

1 Assembly of the right and left frame

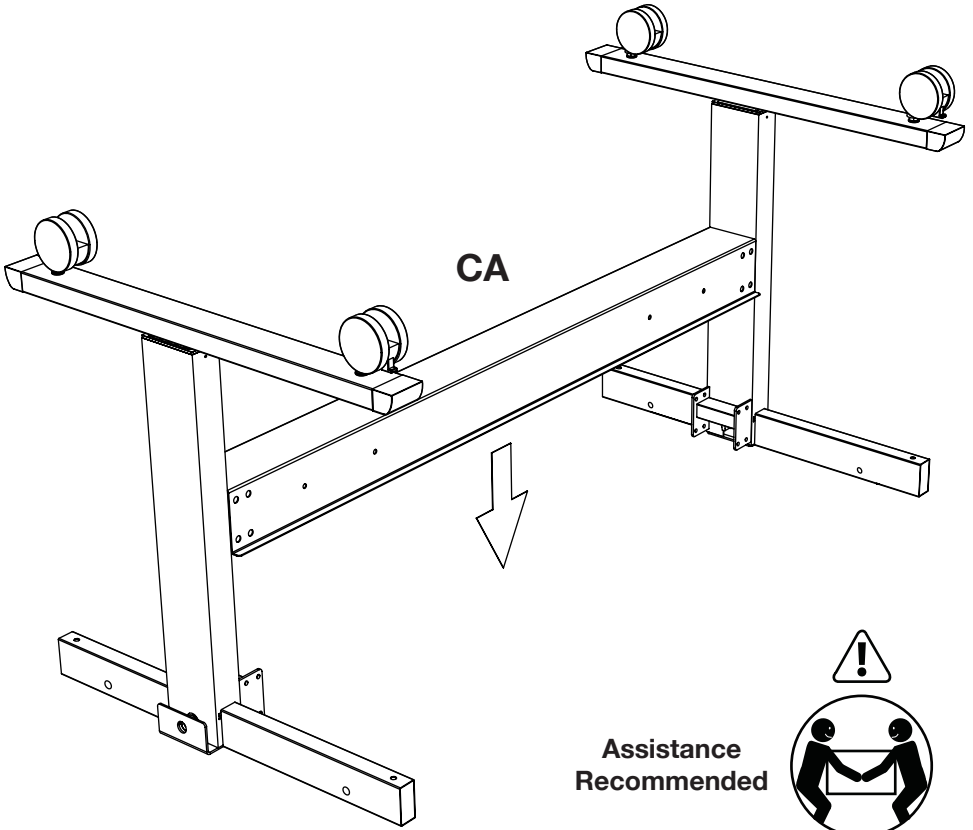
Tighten casters
fully with included
wrench



Gather Parts:

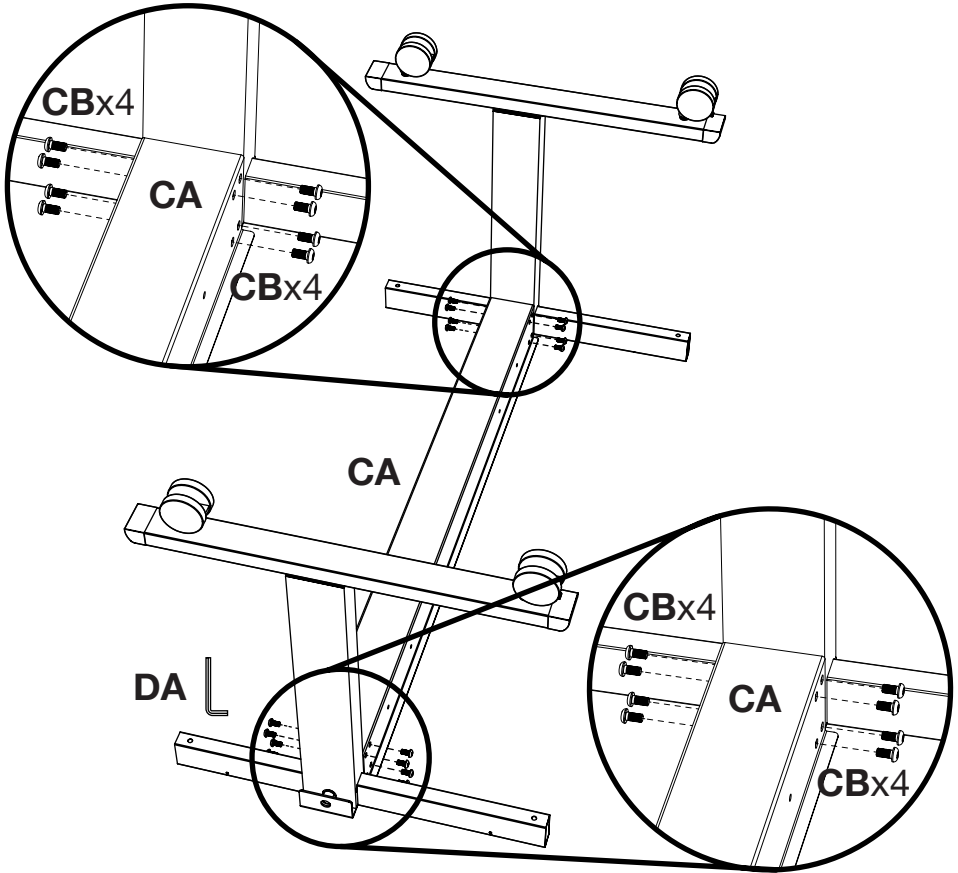
AA, AB, AC,
BA, BB, EA

2 Place the crank adjustment housing



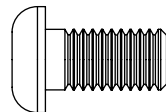
Gather Parts:
CA

3 Attach the crank adjustment housing



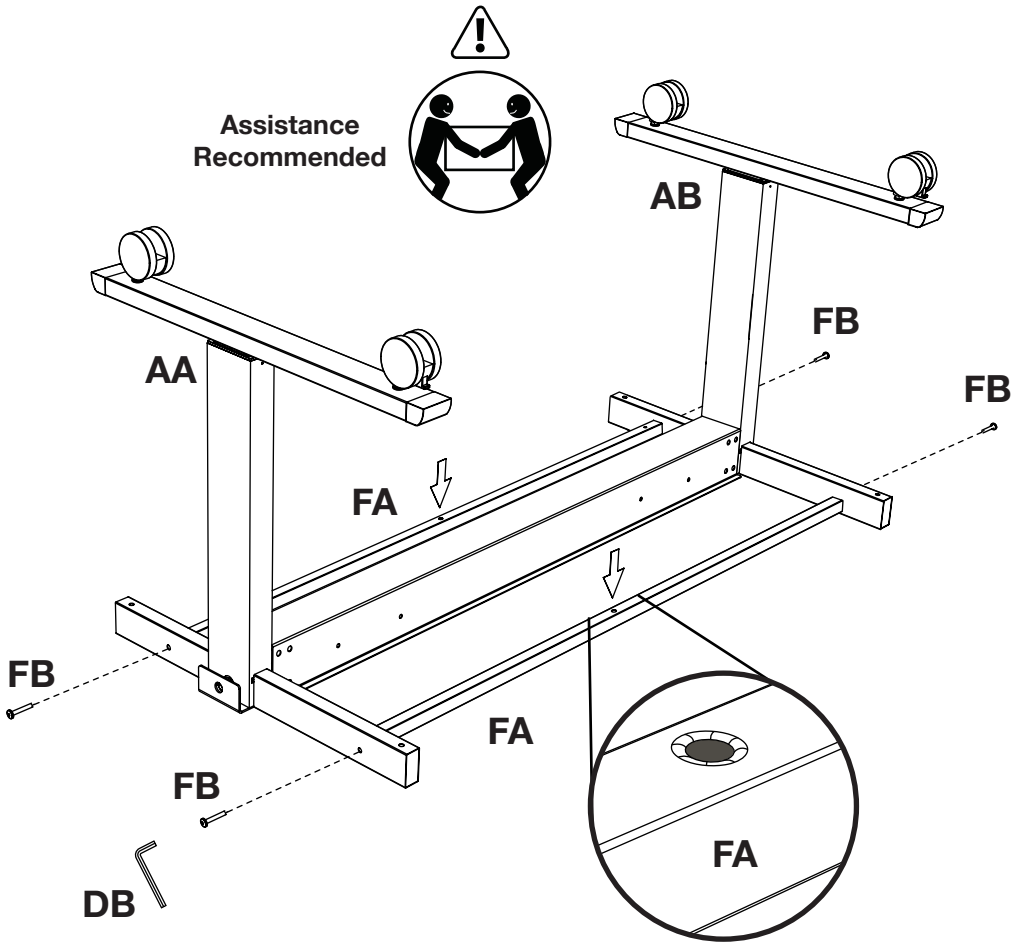
Gather Parts:
DA

+



CB x16
M8x15

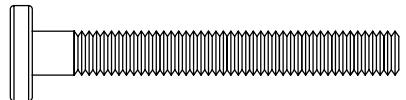
4 Assembly of the cross bars



Make sure the indented center hole of the cross bars **FA** are facing towards the casters

Gather Parts:
FA, DB

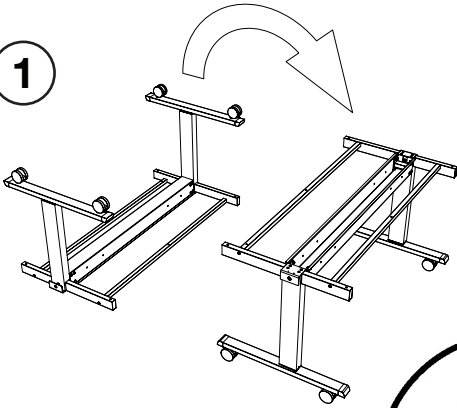
+



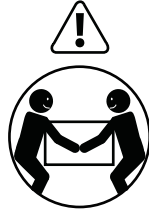
FB x4
M6x48

5 Flip desk upright and attach crank handle

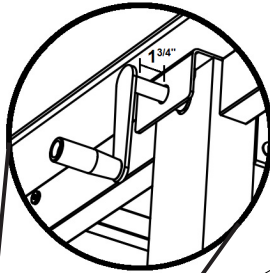
1



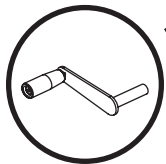
Assistance Recommended



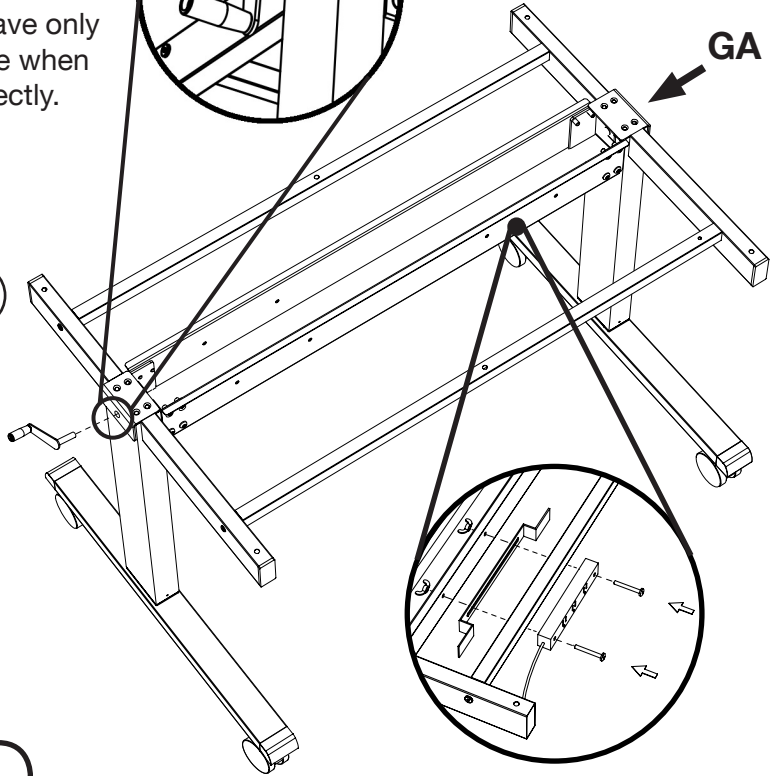
Handle should have only 1³/₄" of clearance when attached correctly.



2



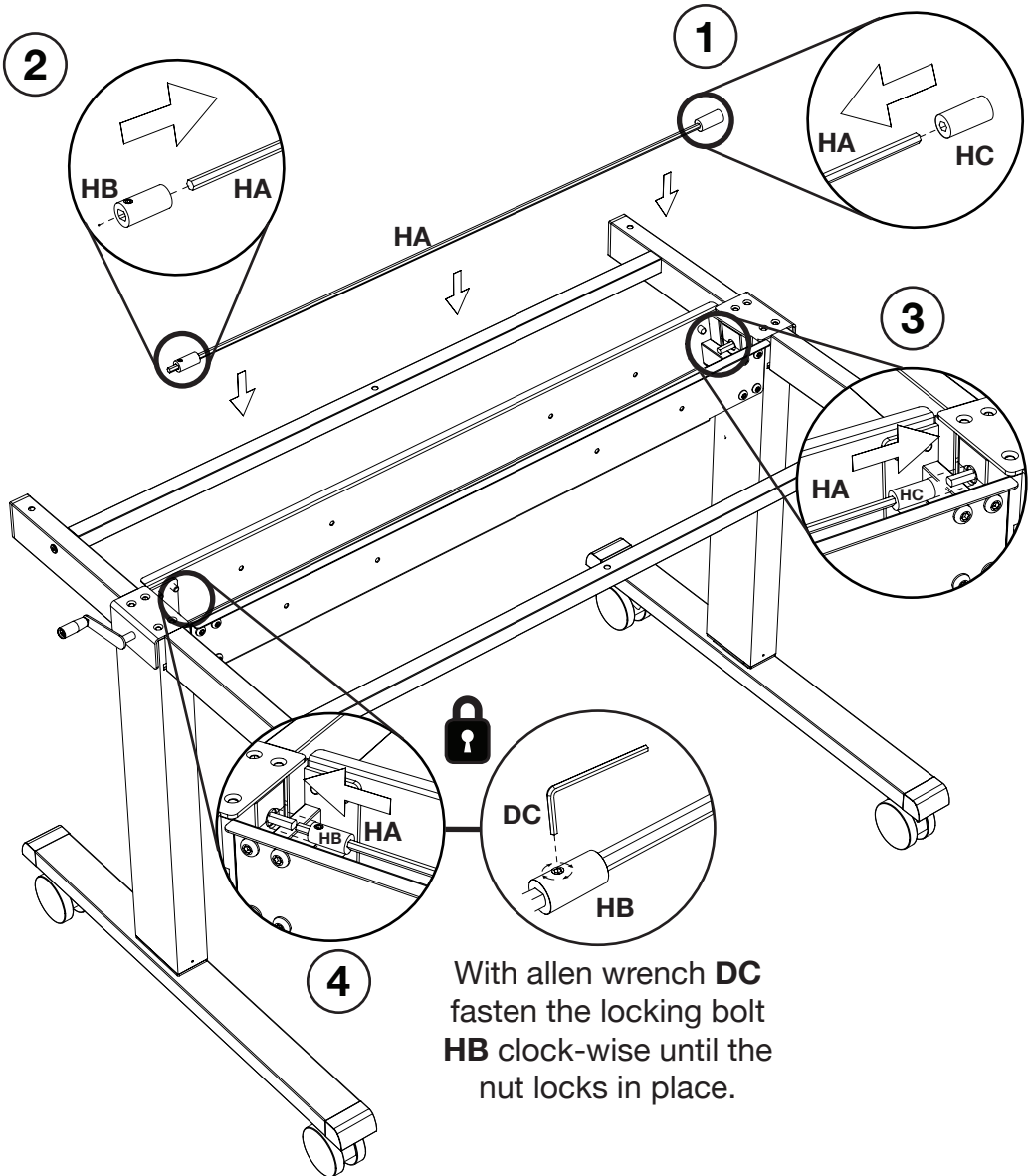
GAx1



Gather Parts:
GA

IMPORTANT: Install the **OPTIONAL** electric (**SOLD SEPARATELY**) before attaching the desk top to the frame.

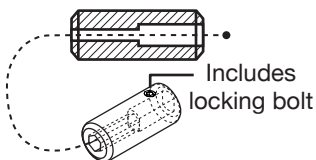
6 Fasten the rotating hex rod



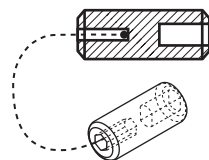
With allen wrench **DC** fasten the locking bolt **HB** clock-wise until the nut locks in place.

Gather Parts:
DC

+



HB x1

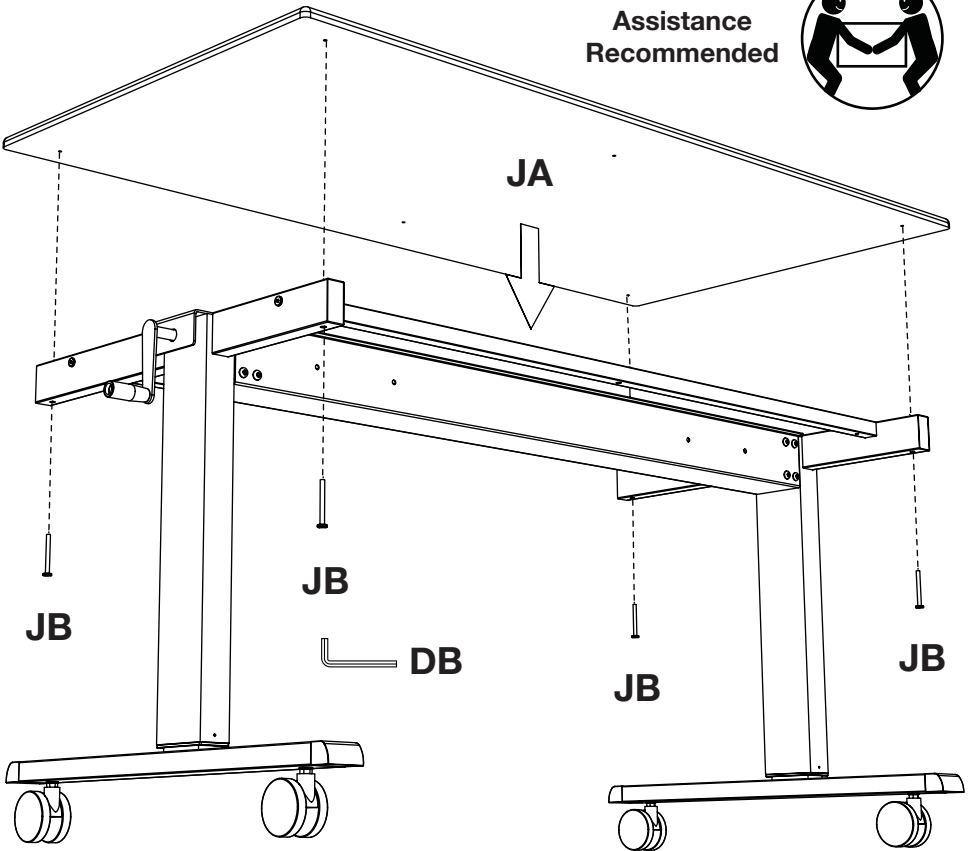


HC x1

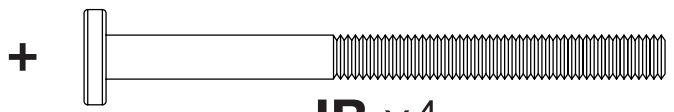
7 Attach the desk surface



Assistance Recommended

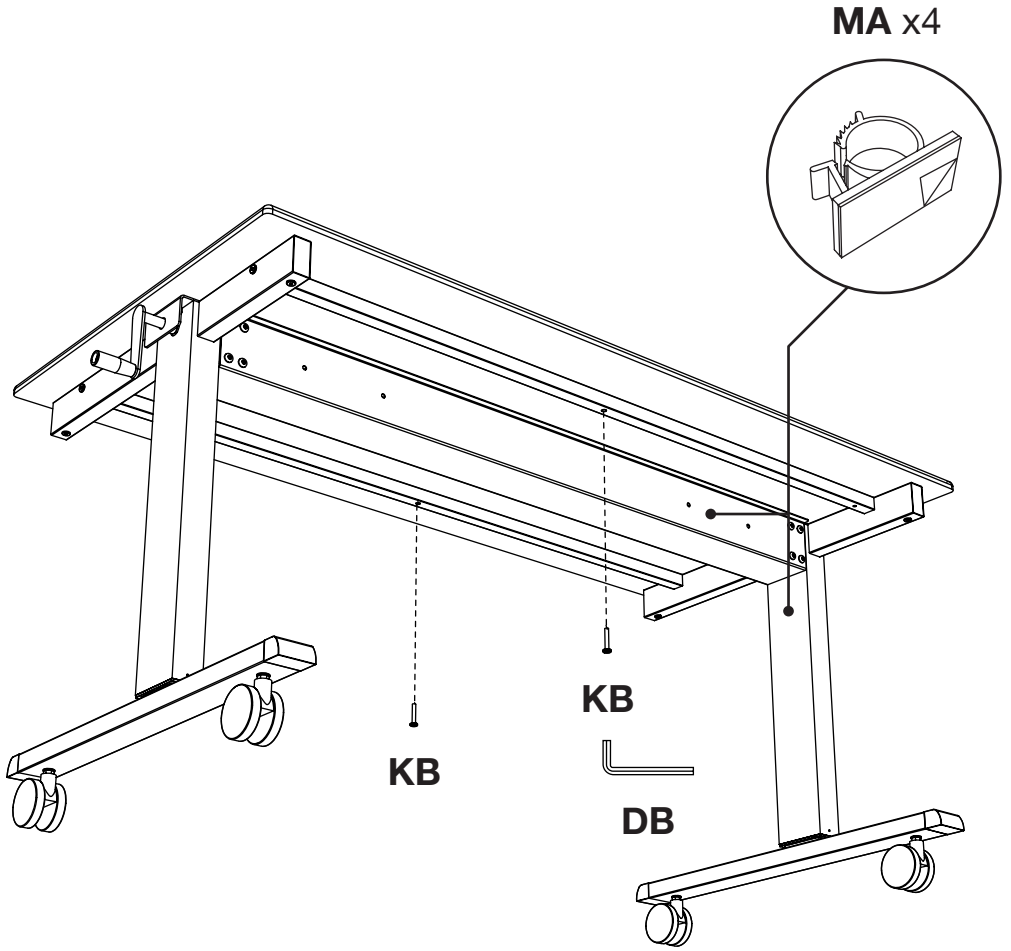


Gather Parts:
JA



JB x4
M6x73

8 Finish assembly and tighten bolts



Gather Parts:
MA

+



KB x2
M6x36

