Instructions of Safety and Warnings:

- Any failure to comply with the safety and installation instructions in this manual may cause serious bodily injury.
- Any incomplete observation of the instructions, warnings and additional information marked with the "Note" and "⚠" may result in serious damage to the system or its components.
- This product can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Persons with reduced physical, mental abilities and or lack of experience and knowledge must not use the product, unless they're under supervision, understand the hazards involved or they have been thoroughly instructed in the use of the apparatus by a person who is responsible for the safety of these persons.
- Users should make sure that they never sit on the desktop in order to prevent serious bodily injury.

⚠ CAUTION Other Safety Instructions:

- Clear up all obstacles within the height adjustment range.
- Any attempts to reconstruct the desk frame aren't allowed.
- Don't add anything to the adjustable junctions of the desk frame.
- Outdoor use is prohibited.

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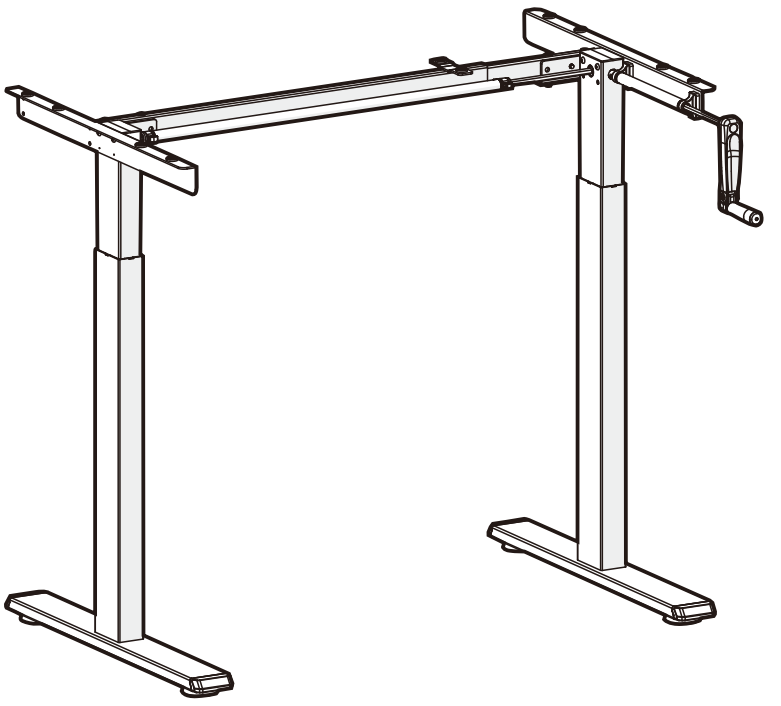
MANUAL SIT-STAND DESK

Instruction Manual

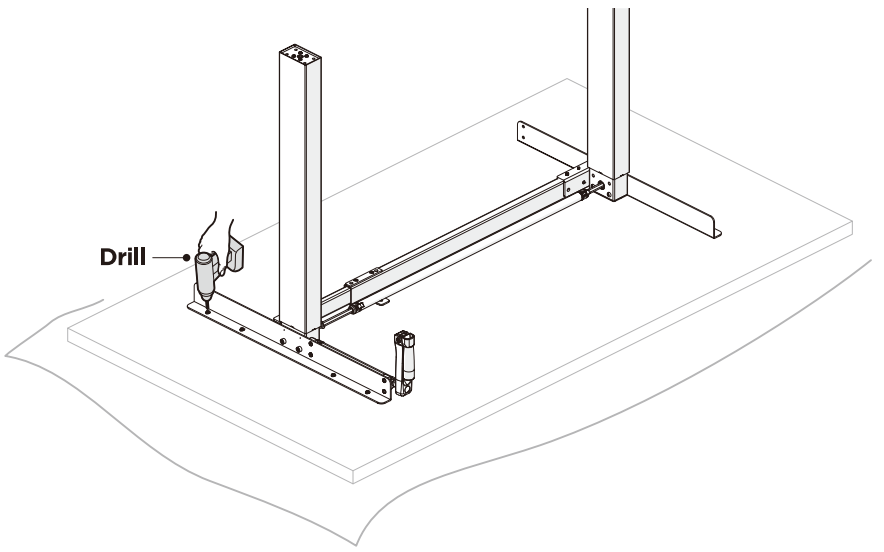
83760
83761

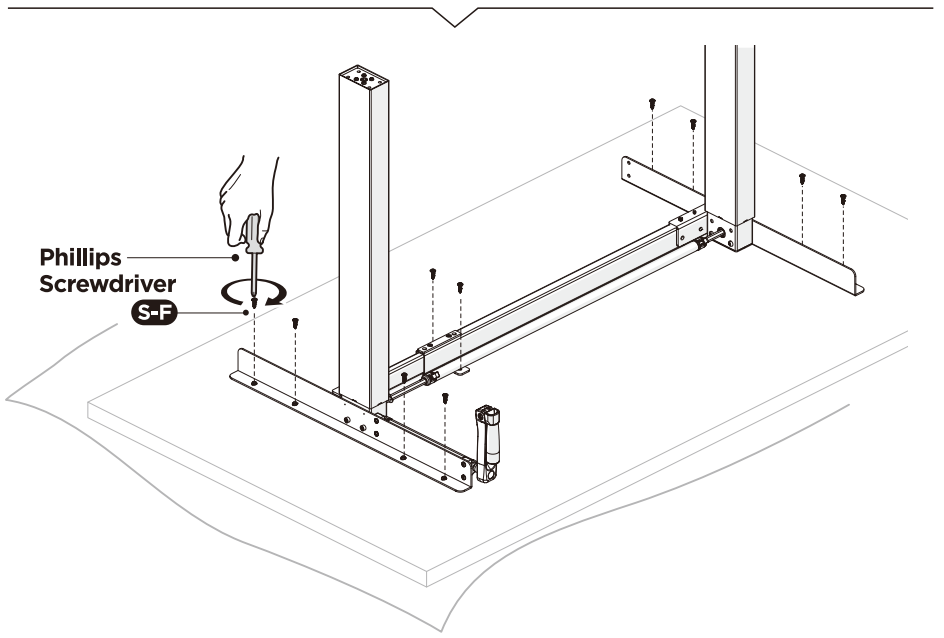


goodsforbusiness GmbH
Wierlings Busch 75
48249 Dülmen

5. Attaching the Desktop

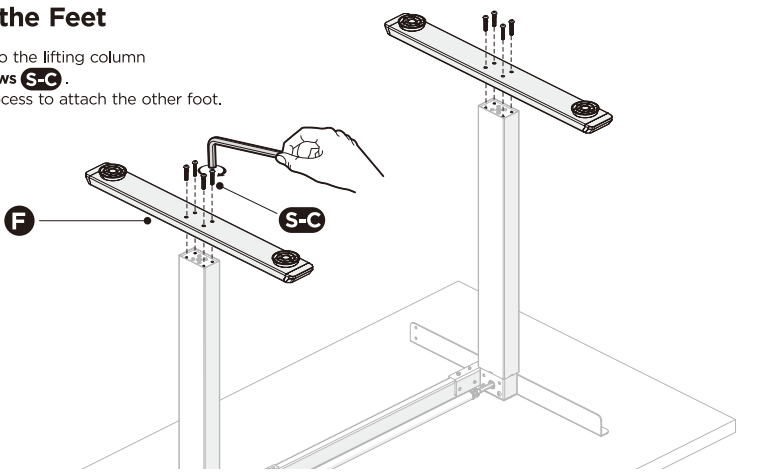
- The table top screws that come with the frame are **4.2mm** diameter and **16mm** deep.
  It is recommended that the holes you drill be over **10mm** deep and with a diameter less than **3mm**.
  The depth of the holes should never exceed the thickness of the table top.
- Drill holes into the screw locations located through the mounting holes found on the Crossbar and Side Brackets.
- Insert and tighten the **10 ST4.2x16 screws** (S-F) with the **Phillips Screwdriver**.





6. Attaching the Feet

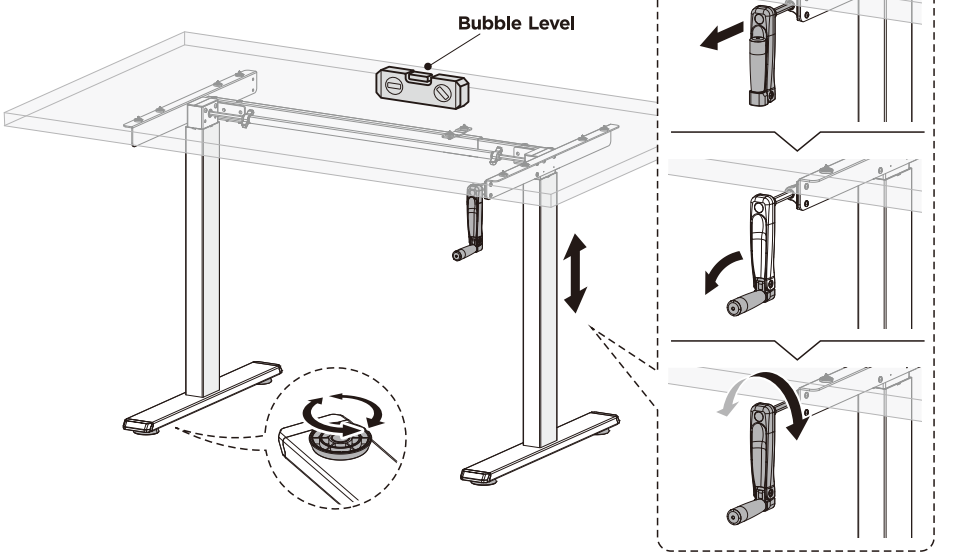
- Attach the **Foot** (F) to the lifting column using **4 M6x30 Screws** (S-C).
- Repeat the same process to attach the other foot.



7. Adjusting the Desk

- Turn over the desk with the help of another person.
- **Level Adjustment:** There are two adjustable foot pads under each foot. If the floor isn't even, simply turn the pads to adjust the height to make the desk stable.
  Tip: *Use a bubble level (not included) to check if the desktop is even.*
- **Height Adjustment:**
- Unfold and rotate the handle as shown to adjust the desk height.

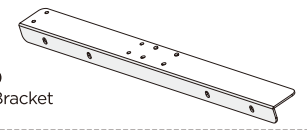
⚠ ***CAUTION:*** *To avoid possible injury or property damage always turn over or move the desk using two people.*



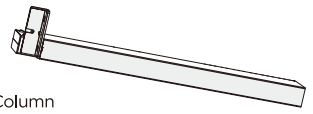
Checklist and Installation

Please check all of the components shown in the component checklist. If any of the components are missing or damaged, contact your point of purchase for assistance.

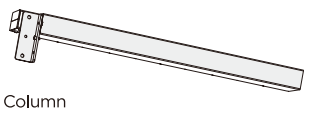
A (x1)
Crossbar



B (x2)
Side Bracket

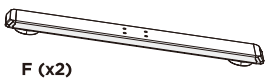


C (x1)
Lifting Column

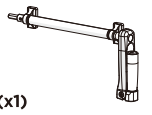


D (x1)
Lifting Column

E (x1)
Sync Rod



F (x2)
Foot



G (x1)
Handle Mechanism

S-A (x4)
M5x14
Hex Head Screw

S-B (x4)
ST4.8x9.5
Phillips Screw

S-C (x8)
M6x30
Hex Head Screw

S-D (x4)
M6x50
Hex Head Screw

S-E (x2)
M6x25
Hex Head Screw

S-F (x10)
ST4.2x16
Phillips Head Screw+ 1 Spacer

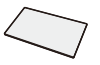
S-G (x10)
Anti-Vibration Pad

S-H (x1)
4mm
Allen Wrench

What important specifications should you know before installation?

Weight Capacity
60kg/132lbs

Operating Temperature
(-5°C~+40°C)



Suggested Tabletop Size
(1000~1600)x(600~750)mm
(Not Included)

What tools are needed to assemble the desk frame?

Bubble Level

Allen Wrench
(Included)

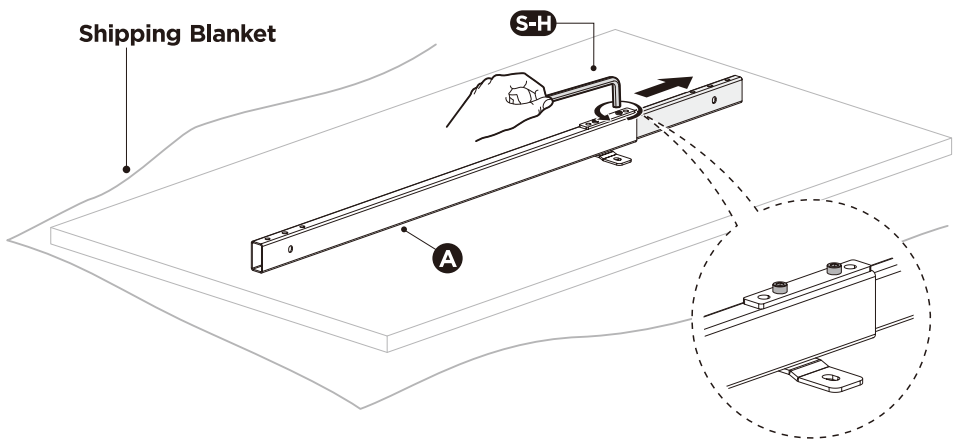
Drill

Phillips Screwdriver

1. Adjusting the Crossbar

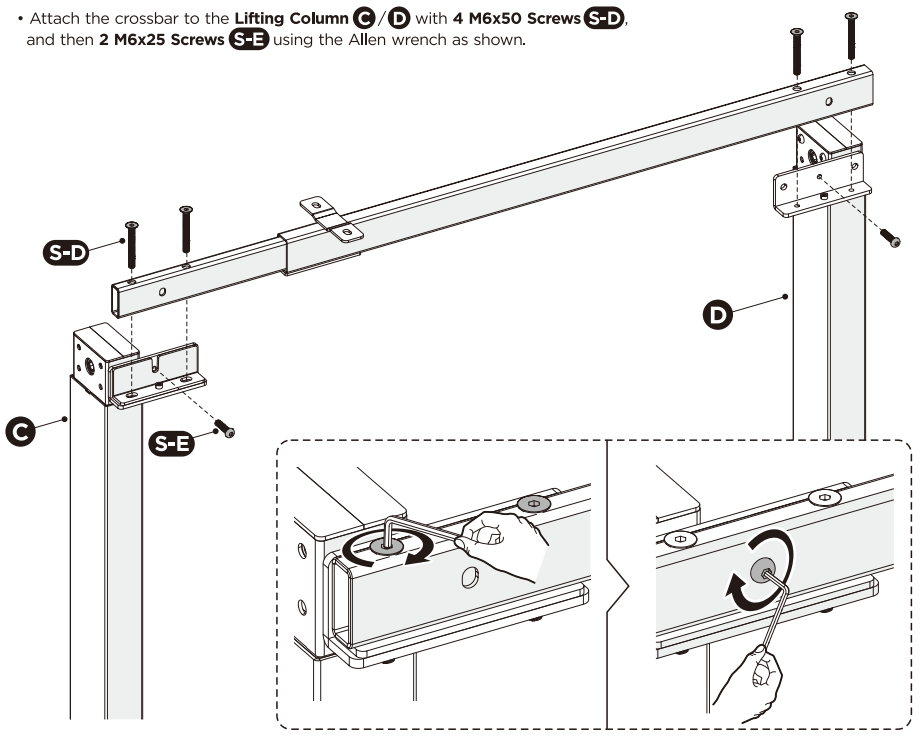
- Please prepare a spacious area for installation, and put a shipping blanket on the area to prevent scratches on the floor and the frame.
- Carefully place the desktop (not included) upside down on the blanket.
- Place the **Crossbar** (A) on the top.
- Loosen the hex head screws that fix the adjustable junction, but don't completely take out the screws. Pull out the inner crossbar until the mounting holes appear.

Note: *The drawing shown is the back side of the crossbar. Please make sure the crossbar remains face down during installation.*



2. Attaching the Lifting Columns

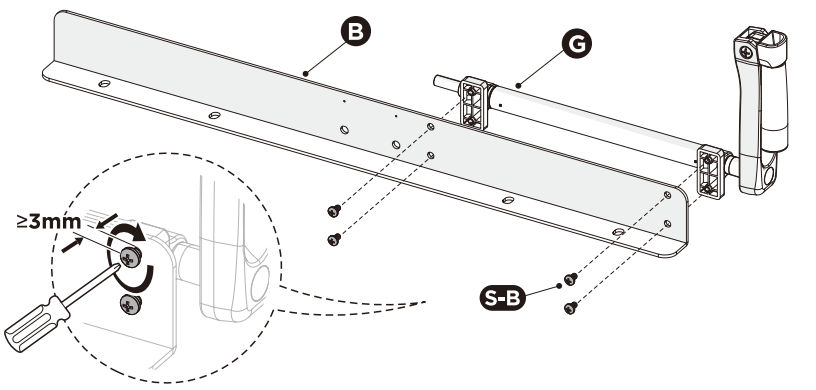
- Attach the crossbar to the **Lifting Column** (C)/(D) with **4 M6x50 Screws** (S-D), and then **2 M6x25 Screws** (S-E) using the Allen wrench as shown.



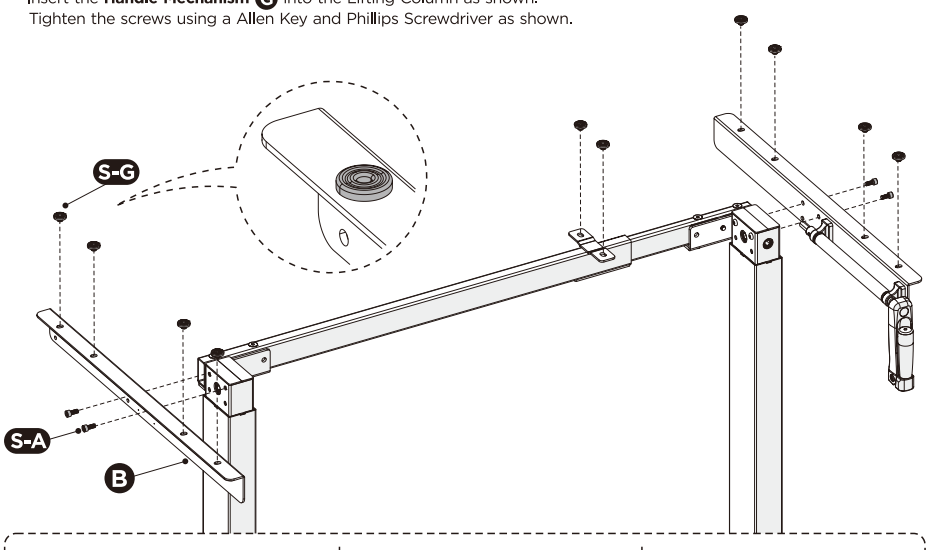
3. Attaching the Handle Mechanism & Side Brackets

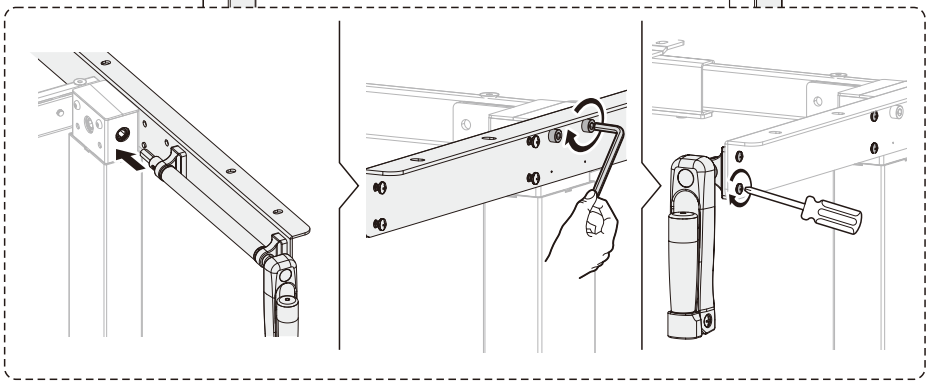
- Attach the **Handle Mechanism** (G) to the **Side Bracket** (B) with **4 ST4.8x9.5 Screws** (S-B), using a Phillips Screwdriver as shown.

Note: *Tighten but do not fully-tighten the screws in this step.*



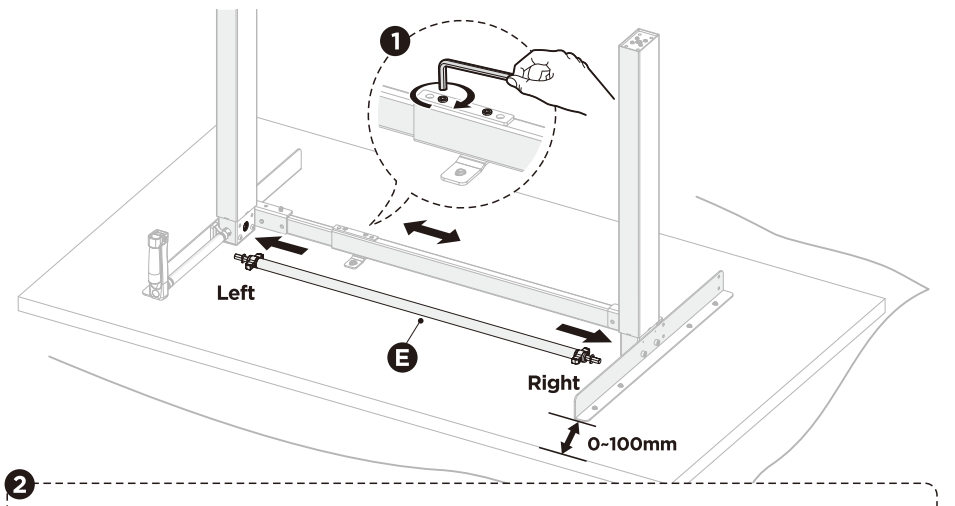
- Attach **Side Brackets** (B) to the end of Lifting Column using **4 M5x14 Screws** (S-A) as shown. Attach **10 Anti-Vibration Pads** (S-G) to the Side Brackets and Crossbar.
- Insert the **Handle Mechanism** (G) into the Lifting Column as shown. Tighten the screws using a Allen Key and Phillips Screwdriver as shown.





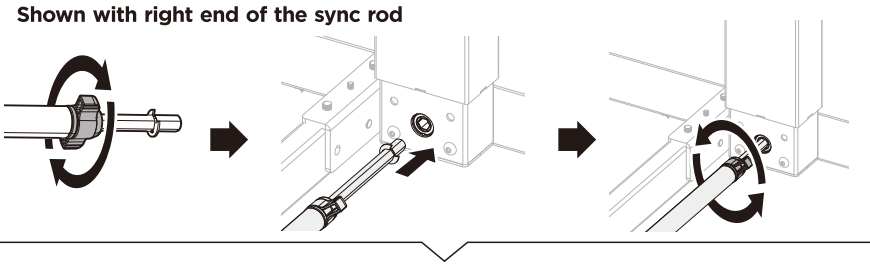
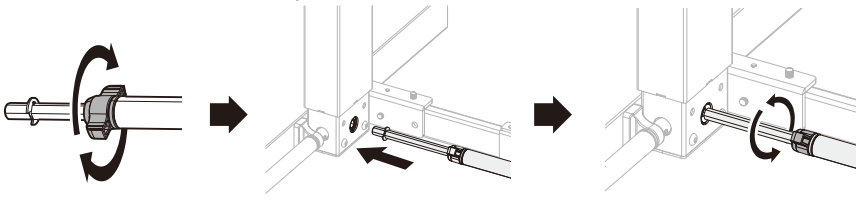
4. Attaching the Sync Rod

- Adjust the frame to fit the size of the desktop. Ensure that the frame is placed in the center of the desktop. Re-tighten all the hex head screws on the crossbar as shown in the **Figure 1** to finish the adjustment.
- Turn the knobs as shown in the **Figure 2** to loosen and adjust the **Sync Rod** (E). Insert both ends of the **Sync Rod** (E) into the holes found on the Lifting Columns.
- To avoid misalignment, take extra care when aligning the sync rod into the hexagon hole found on the column.
- Once inserted, re-tighten the knobs.



2

Shown with right end of the sync rod



Shown with left end of the sync rod