

# Table of Contents

Table of Contents . . . . .	2
Parts List & Hardware . . . . .	3
<b><u>Assembly and Installation</u></b>	
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

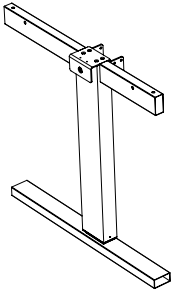
## **TOOLS NEEDED:**

Mallet 

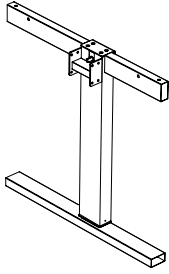
## **WE ARE GIVING YOU A STANDING OVATION**

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



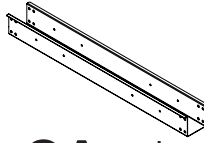
**AB** x1



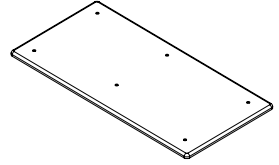
**FA** x2



**HA** x1



**CA** x1



**JA** x1



**AC** x4



**BA** x2



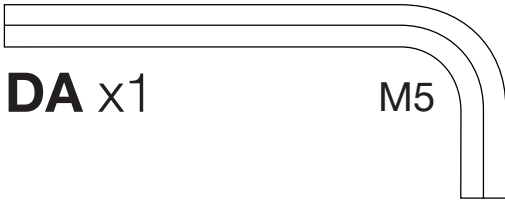
**BB** x2



**GA** x1



**MA** x4



**DA** x1

M5



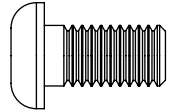
**EA** x1



**DB** x1

M4

**CB\***x17  
M8x15

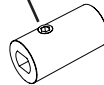


**DC** x1

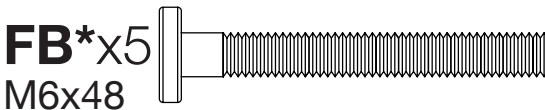
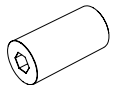
M4

Includes  
locking bolt

**HB** x1

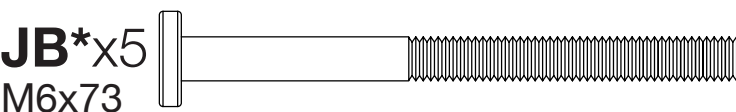
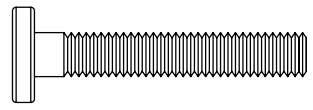


**HC** x1



**FB\***x5  
M6x48

**KB\***x3  
M6x36

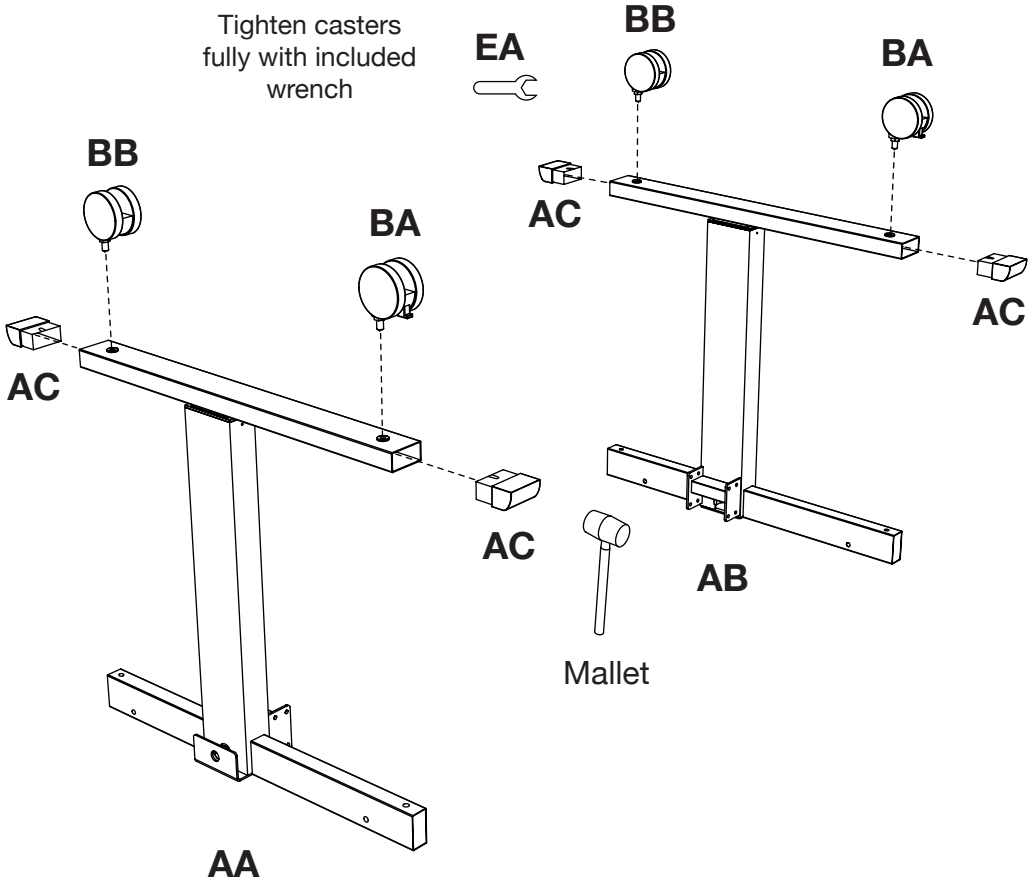


**JB\***x5  
M6x73

\* - Includes an  
extra spare part

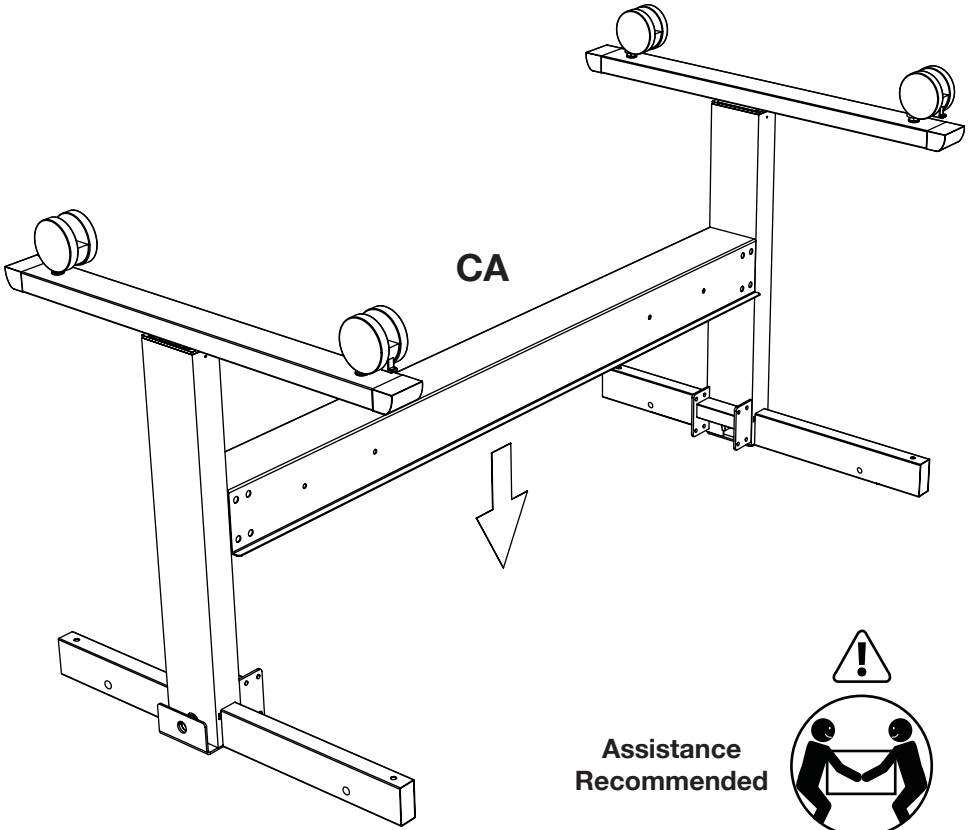
# 1 Assembly of the right and left frame

Tighten casters  
fully with included  
wrench



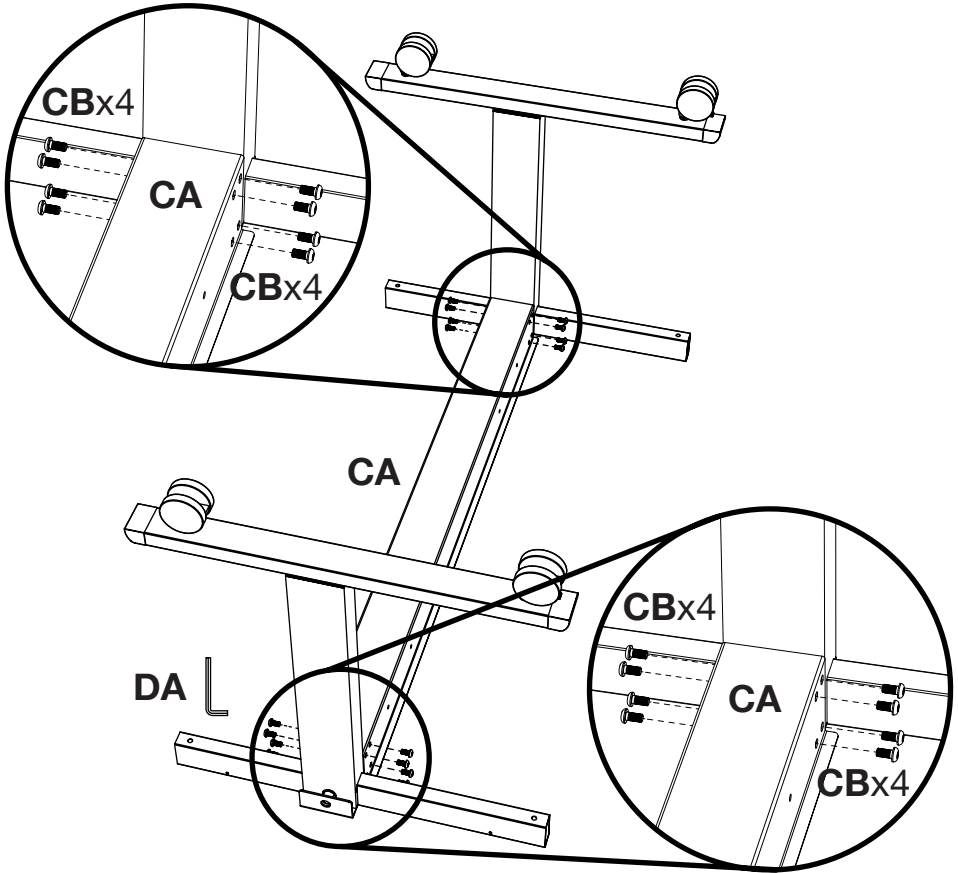
**Gather Parts:**  
AA, AB, AC,  
BA, BB, EA

## 2 Place the crank adjustment housing



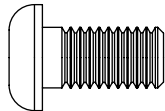
**Gather Parts:**  
CA

### 3 Attach the crank adjustment housing



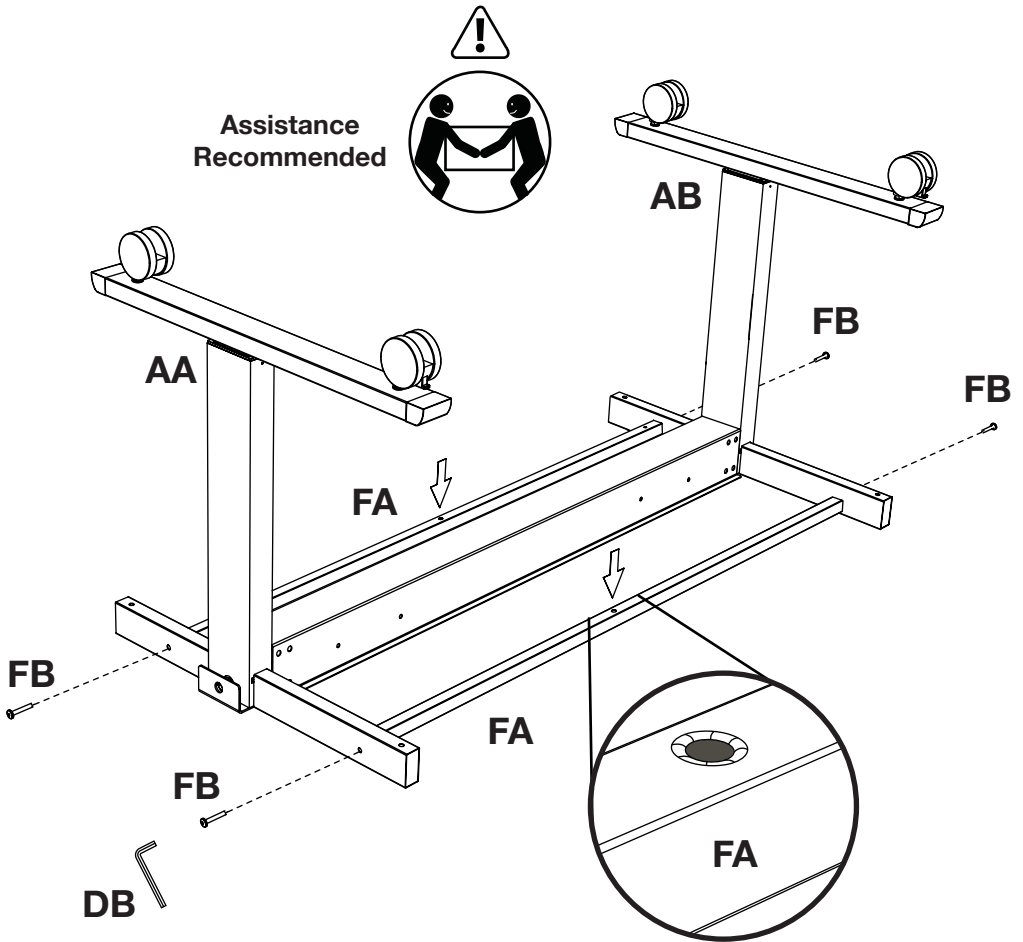
Gather Parts:  
DA

+



**CB** x16  
M8x15

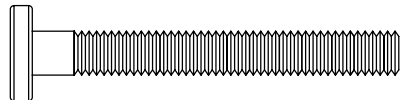
# 4 Assembly of the cross bars



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

**Gather Parts:**  
FA, DB

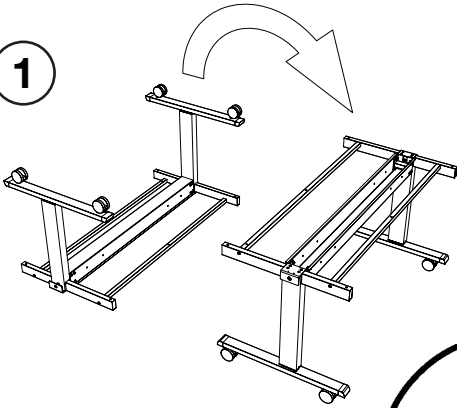
+



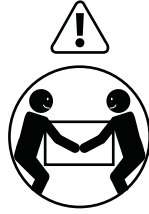
**FB** x4  
M6x48

# 5 Flip desk upright and attach crank handle

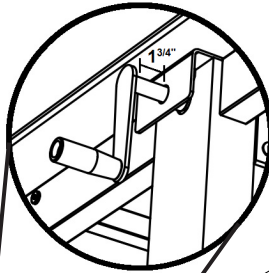
1



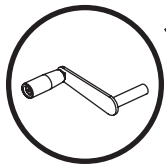
Assistance Recommended



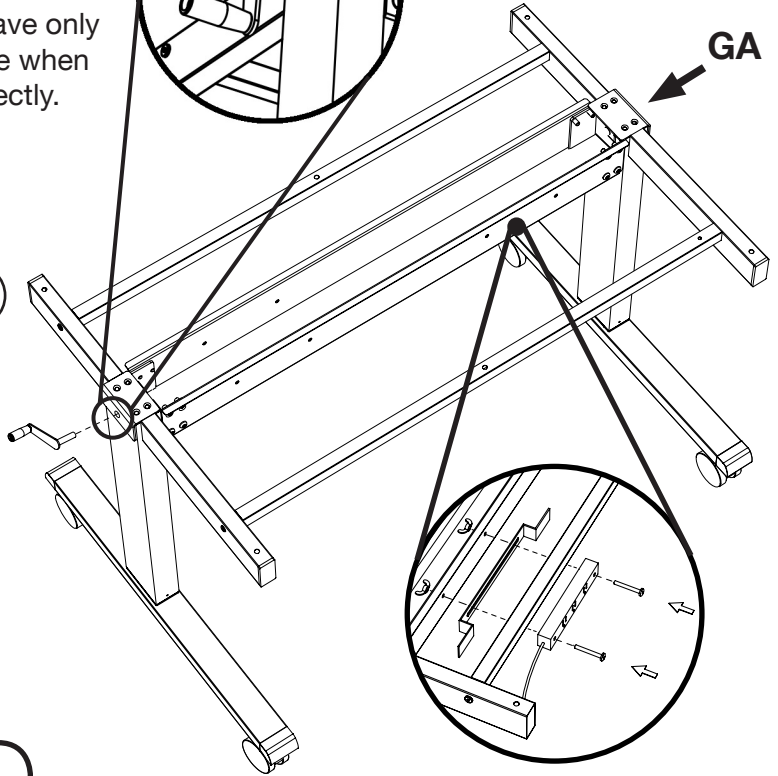
Handle should have only 1<sup>3</sup>/<sub>4</sub>" of clearance when attached correctly.



2



GAx1

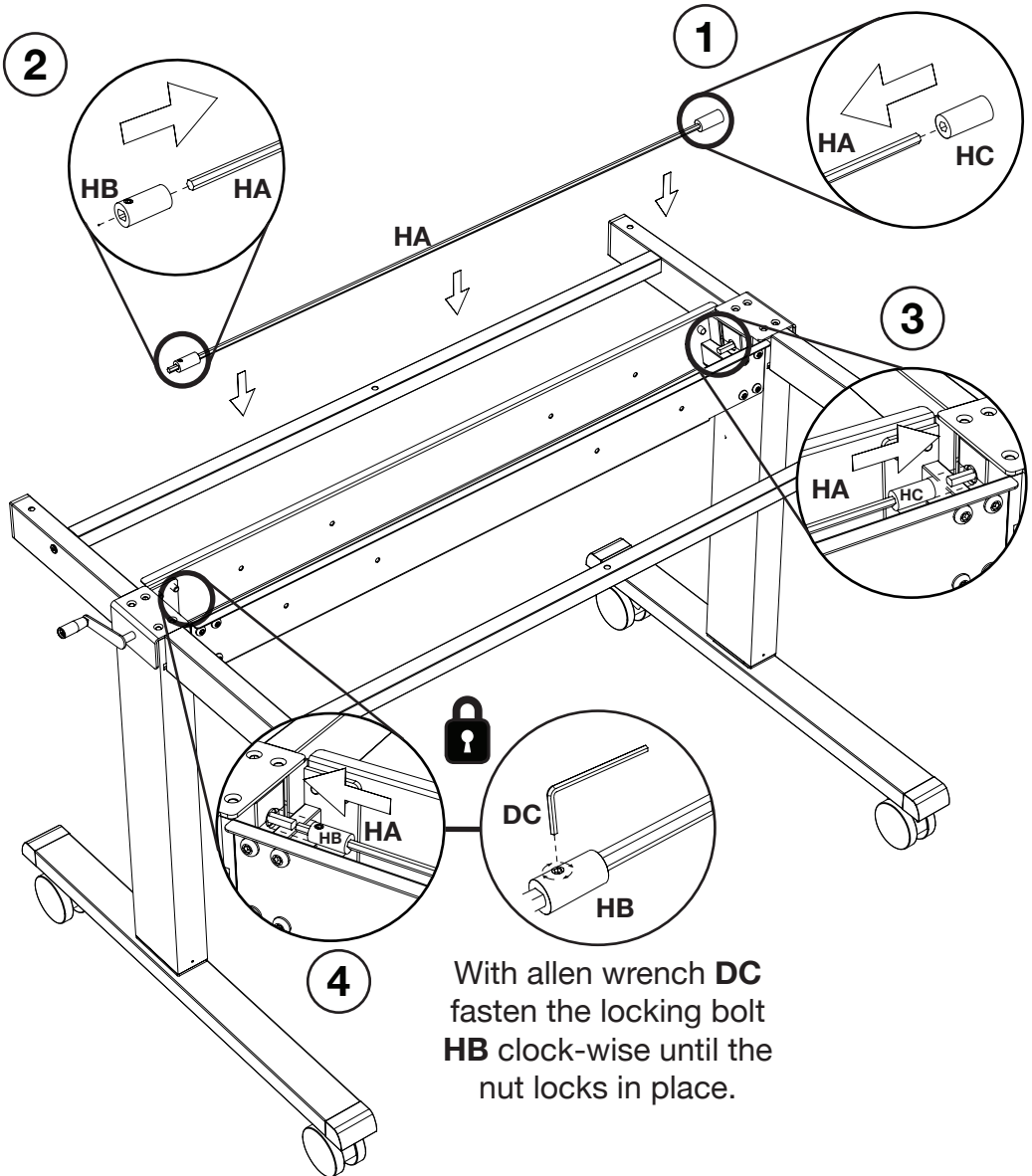


Gather Parts:  
GA

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



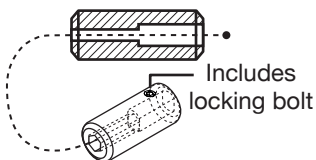
## 6 Fasten the rotating hex rod



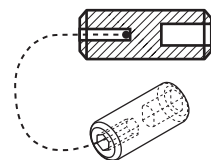
With allen wrench **DC** fasten the locking bolt **HB** clock-wise until the nut locks in place.

**Gather Parts:**  
DC

+



**HB** x1

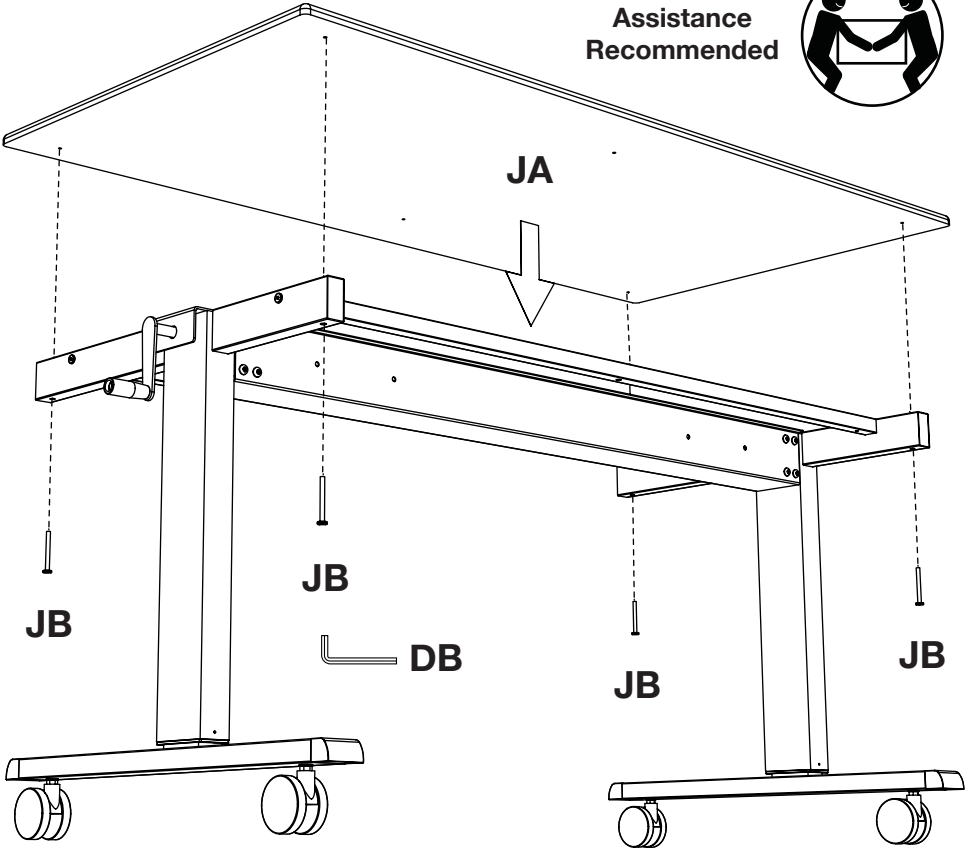


**HC** x1

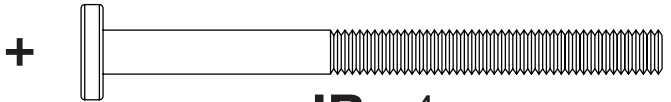
# 7 Attach the desk surface



Assistance Recommended

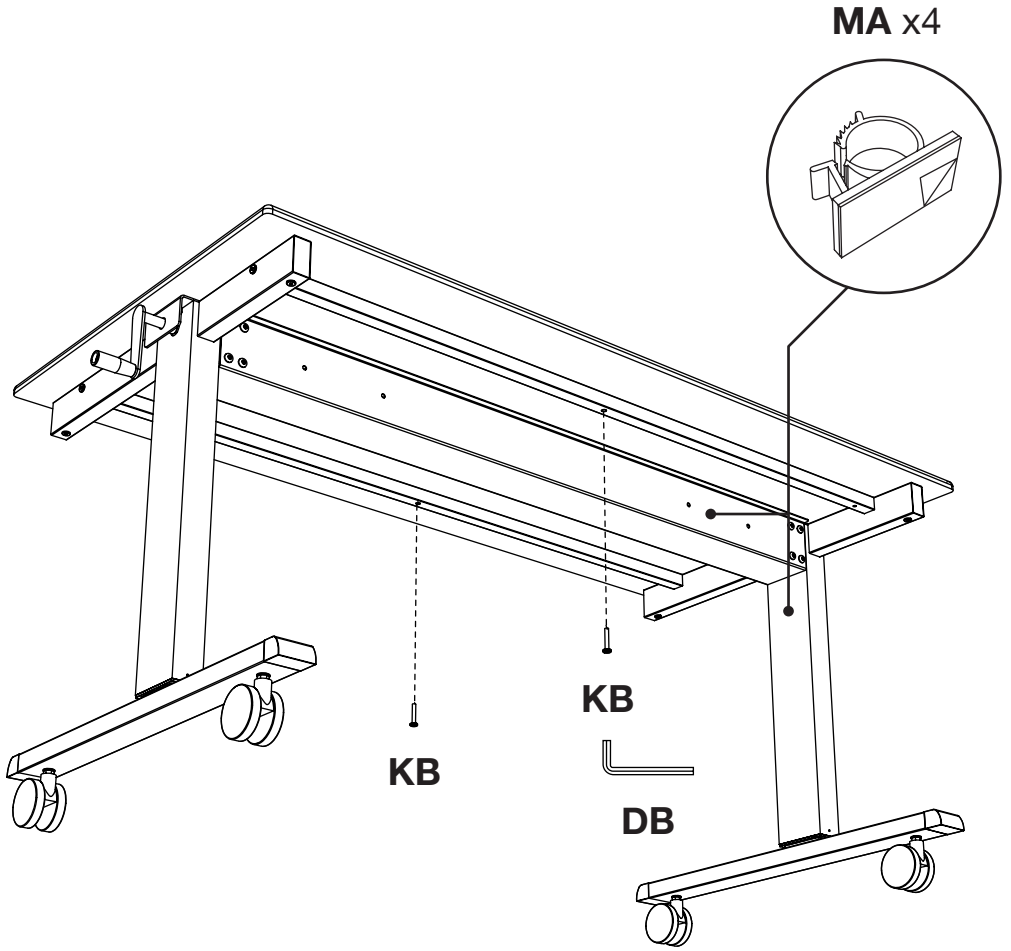


Gather Parts:  
JA



**JB** x4  
M6x73

# 8 Finish assembly and tighten bolts



Gather Parts:  
MA

+



KB x2  
M6x36

