

Shift™ Height-Adjustable Footrest



- Pair footrest with standing desk, table or traditional seated workstations to create a more comfortable, active workspace solution
- Footrest takes pressure off of your foot bones, which can provide ankle support and promote circulation in the lower body
- Allows movement throughout the day and encourages you to vary postures while you work
- Features handle that allows easy movement and portability
- Infinitely adjustable with cam lock for user to set at desired height for comfort; Adjustable from 3½ inches to 16 inches
- An ideal position of the foot on the footrest is 15 degrees of movement ranging from 90 degrees to 105 degrees of the leg which is the comfort zone
- Footrest platform features a textured top for increased traction and foot comfort
- Designed with steel and aluminum with nylon platform in Black for durability
- Footrest platform measures 20"W x 12"D

Model	Description	Overall W x D x H	Ship Weight
2129BL	Height-Adjustable Footrest	20 x 14¼ x 21½"	16 lbs.