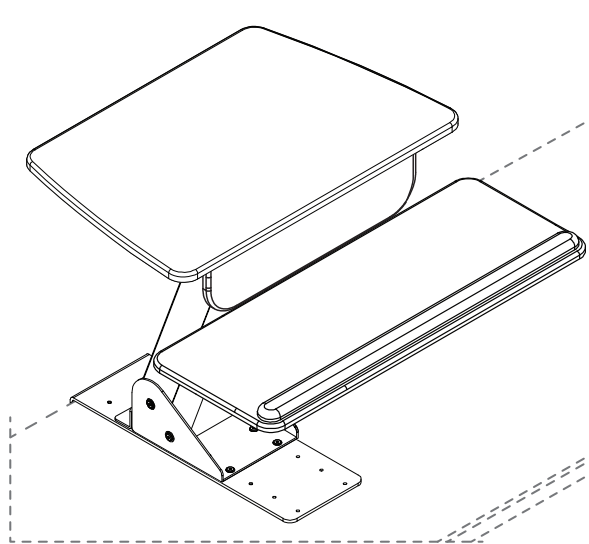
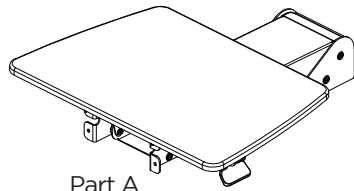


# UPLIFT DESK<sup>®</sup> UPLIFT Adapt Clamp<sup>™</sup> Instructions

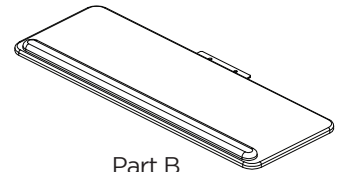
UDA100-clamp



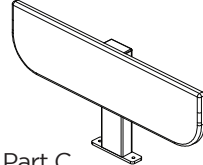
Desk not included. Use your own desk surface.



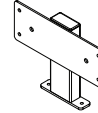
Part A  
Adapt Clamp<sup>™</sup> main assembly



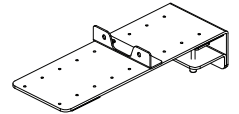
Part B  
keyboard tray



Part C  
front panel assembly



Parts D  
short vertical connector  
(optional)



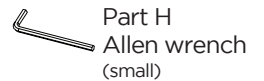
Part E  
clamp assembly



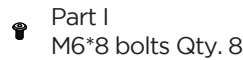
Part F  
bolt covers Qty. 2



Part G  
Allen wrench  
(large)



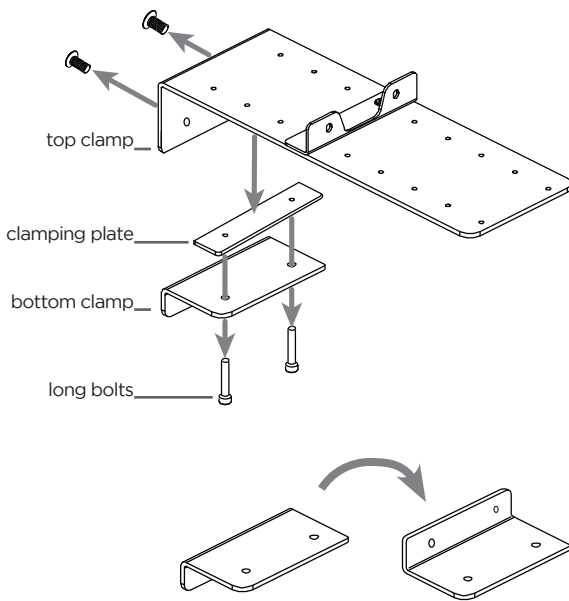
Part H  
Allen wrench  
(small)



Part I  
M6\*8 bolts Qty. 8



Part J  
M6\*12 bolts Qty. 4

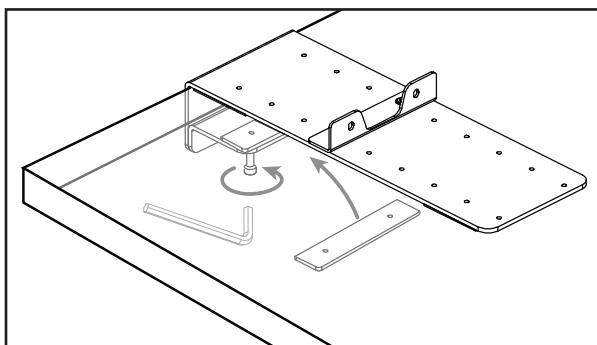
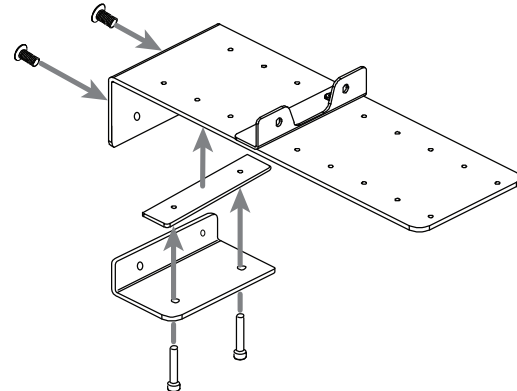


## Step 1 (Optional - for desks thicker than 1.5 inches)

Measure your desktop thickness. If it is 1.5" or thinner, proceed to Step 2.

Remove the rear bolts that connect the top and bottom parts of the clamp with the small Allen wrench (Part H). Unscrew the long bolts from the bottom clamp.

Flip the bottom clamp upside down, and reattach to the top clamp. Reinsert the long bolts. This will allow the clamp to fit desks thicker than 1.5"



## Step 2

Loosen the long bolts under the clamp assembly enough to allow you to slide the entire assembly onto the back edge of your desktop. Hold the clamping plate between the desk and the long bolts, aligning the holes in the plate with the ends of the bolts. Tighten the long bolts with the larger Allen wrench (Part G) to secure the clamp onto the desk.

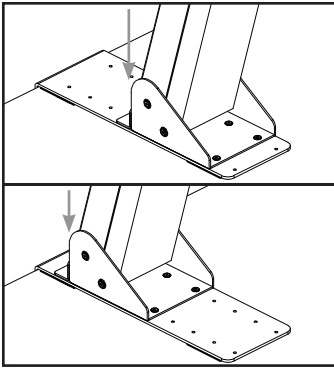


fig. 1. placement for desktops 30" deep

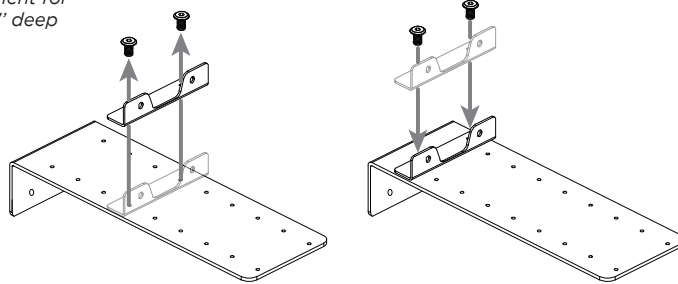
fig. 2. placement for desktops 24" deep

### Step 3 (Optional - if your desk is NOT 30 inches deep)

Determine whether or not the placement of the angled brace is right for your desktop. If your desktop is 30" deep, the brace is shipped in the correct position (see fig. 1), Proceed to step 4.

For desktops that are 24" deep, the brace should be moved to the last row of holes, as seen in fig. 2.

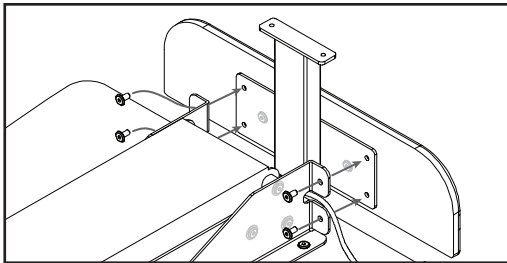
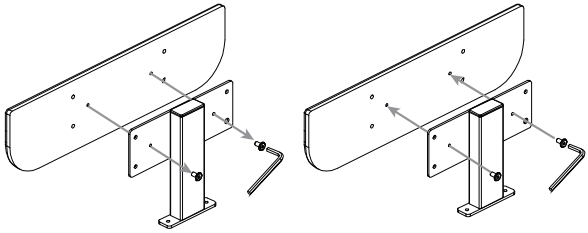
To adjust the position of the angled brace, remove the bolts with the small Allen wrench, move the angled brace to the desired placement and reattach the bolts with the small Allen wrench.



### Step 4 (Optional)

We've mounted the keyboard tray so it's lower than the desk surface. We recommend you leave it by skipping this step. This will allow you to have your keyboard platform at the best ergonomic height while you are seated.

If you want your keyboard tray to be higher up, remove the bolts that connect the front panel to the current vertical connector using the small Allen wrench (Part H). Attach the short vertical connector (Part D) to the front panel using the bolts you just removed.



**CAUTION**

Do not squeeze the paddle at this time

### Step 5

Unpack the Adapt Clamp™ main assembly (Part A) and orient it with the upper work surface face down.

Attach the front panel assembly (Part C) onto the Adapt Clamp™ main assembly (Part A) using the M6\*12 bolts (Part J) and the small Allen wrench (Part H)



**CAUTION**

Follow this step carefully to avoid injury

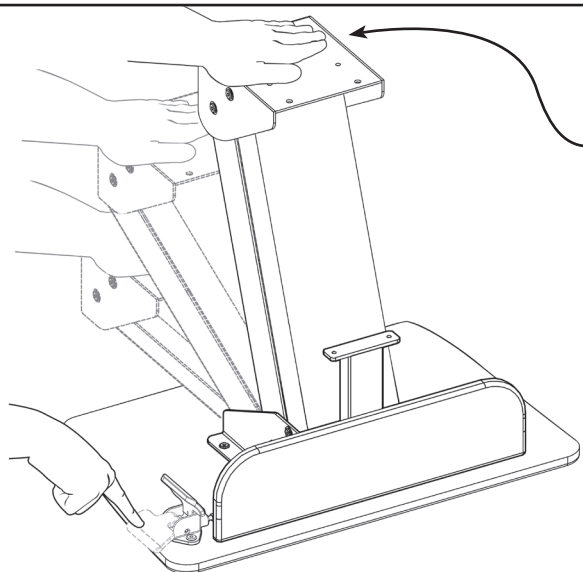
### Step 6

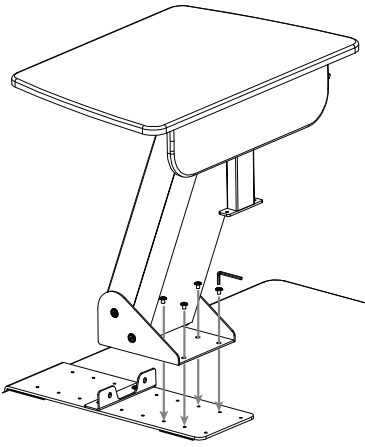
Place your hand firmly flat on top of the square end of the lifting mechanism prior to squeezing the paddle. See diagram for hand placement. Your hand will prevent the mechanism from rising too quickly.

With your hand firmly on the square end of the lifting mechanism, squeeze the paddle with the other hand and **slowly** guide the lifting mechanism up to its highest point.

**!** Upon squeezing the paddle, the lifting mechanism will rise with force, so it is important to hold the mechanism *firmly*.

Release the paddle to lock in place.

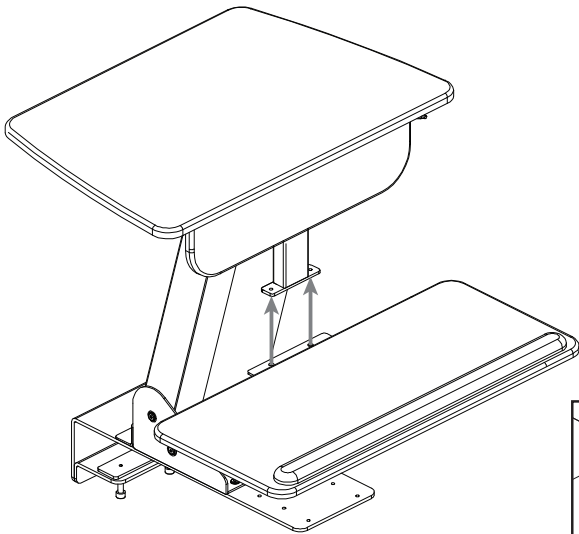
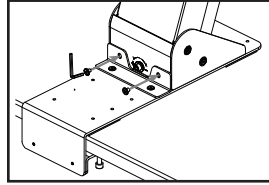




### Step 7

Attach the lifting mechanism to the clamp using four of the included M6\*8 bolts (Part I) and the small Allen wrench.

Use two more M6\*8 bolts to attach the lifting mechanism to the angled brace.

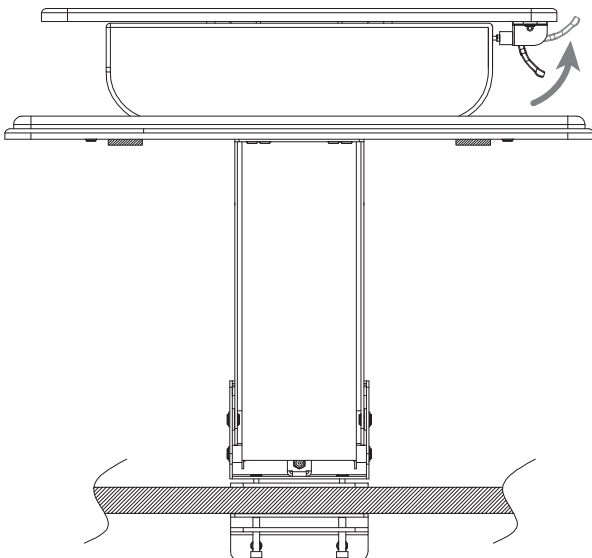
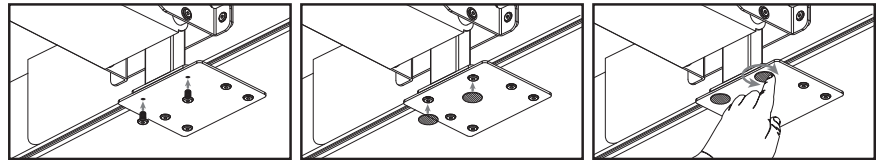


### Step 8

Line up the holes on the plate of the keyboard tray (Part B) with the holes on the vertical connector under the main assembly's work surface.

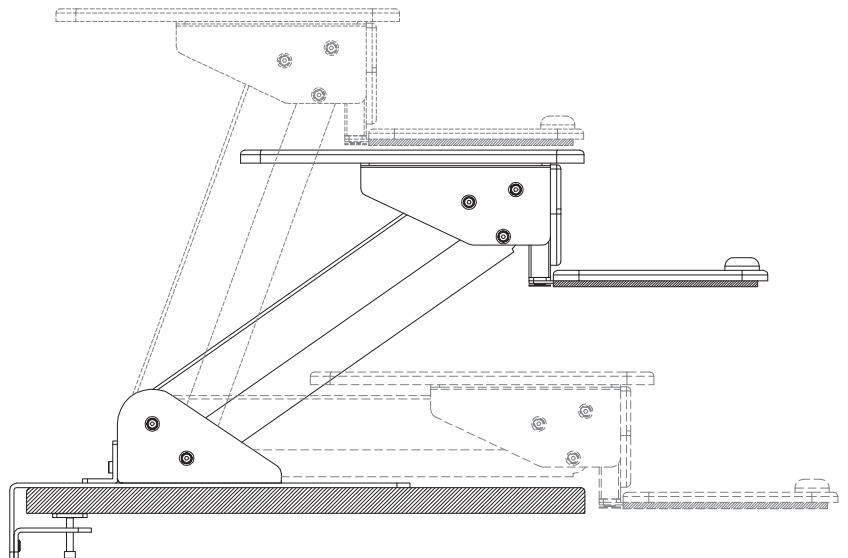
Attach keyboard tray to the main assembly using two M6\*8 bolts (Part I) and tighten using the small Allen wrench (Part H).

**Optional:** Cover the bolts with the adhesive bolt covers (Part F) by centering the sticky side on the heads of the exposed bolts. Adhere the pad around the bolt by pressing all around the bolt. This will prevent scratches to your desktop.



### Step 9

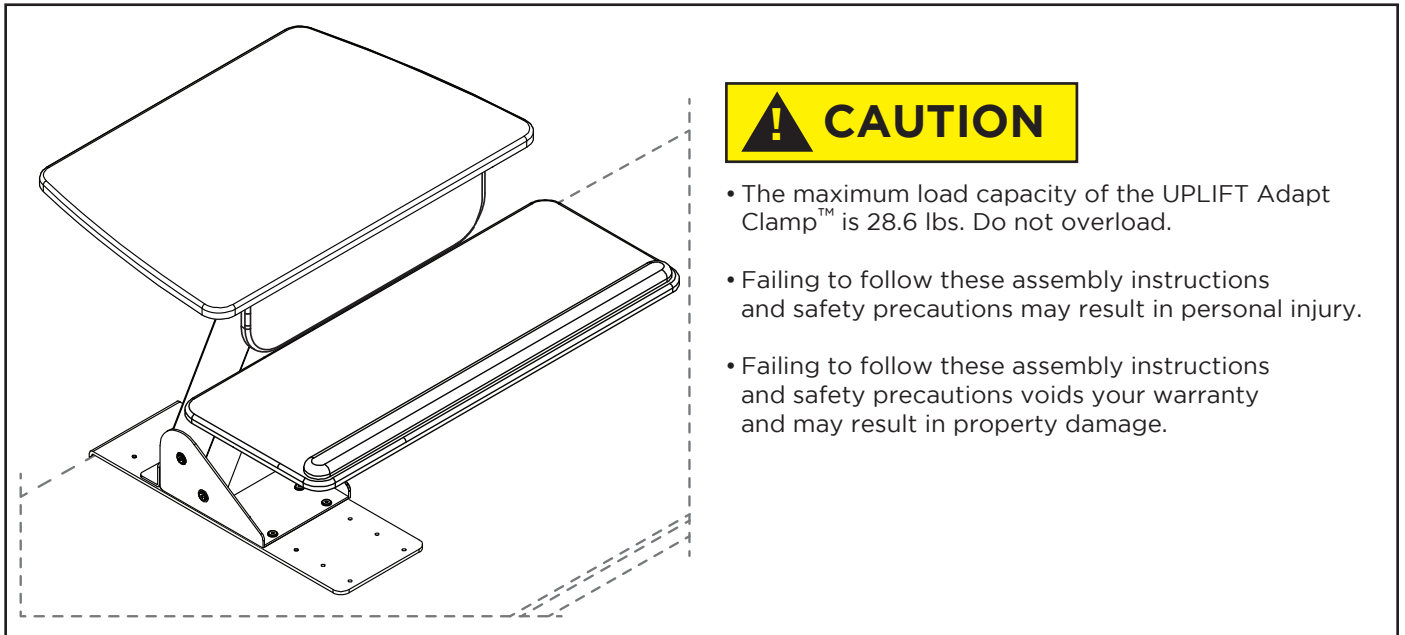
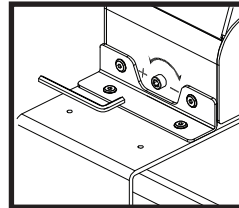
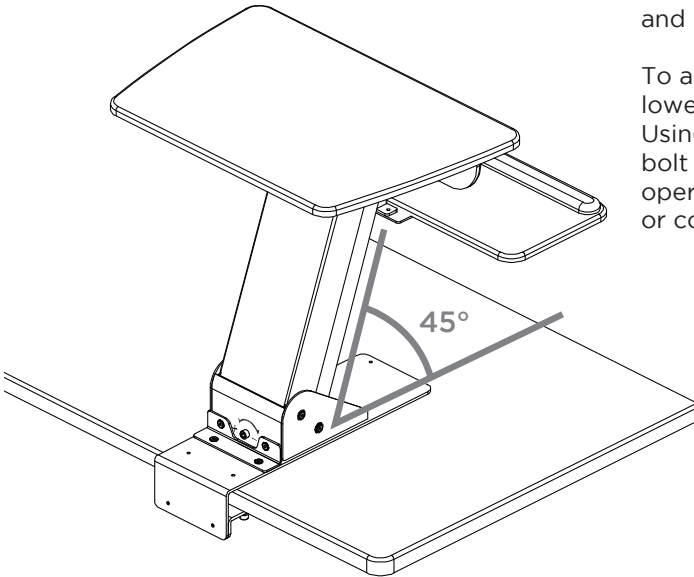
Adjust the height of the unit by squeezing the release paddle and moving to desired position. Release the paddle to lock in place.



### Step 10 (Optional)

We have pre-adjusted the tension for you. However, you may need to make adjustments once equipment, such as monitors and keyboards, are placed on the unit.

To adjust the lift to the exact amount of weight you place on it; lower the unit until the main support column is at a 45° angle. Using the larger Allen wrench (Part G) and the tension adjustment bolt on the rear of the unit, adjust the tension for smooth operation. Turn clockwise (towards the -) to lessen the tension or counterclockwise (towards the +) to increase it.



**! CAUTION**

- The maximum load capacity of the UPLIFT Adapt Clamp™ is 28.6 lbs. Do not overload.
- Failing to follow these assembly instructions and safety precautions may result in personal injury.
- Failing to follow these assembly instructions and safety precautions voids your warranty and may result in property damage.

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These instructions are also available on the UPLIFT Desk website: [upliftdesk.com](http://upliftdesk.com)

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