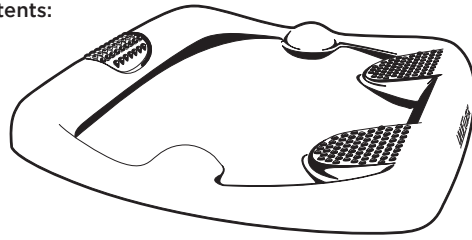


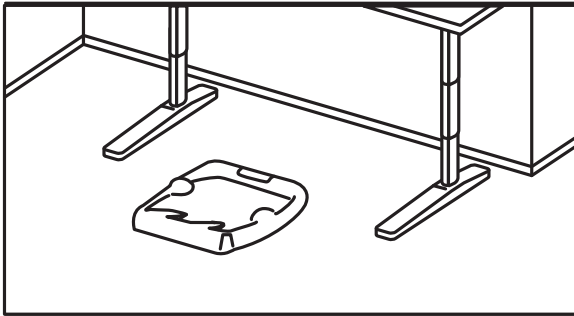
# UPLIFT DESK<sup>®</sup> E7 Active Anti-Fatigue Mat Instructions

MAT010

Package Contents:



E7 Active Anti-Fatigue Mat



## Step 1

Place the mat on a stable, flat section of the floor in your work area.

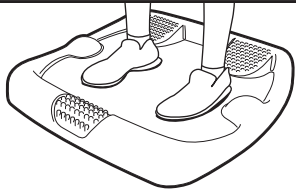
Give yourself a few minutes to stand on and get a feel for the points of balance on the mat. The mat is not for use with high heels or pointy shoes, as they may damage the mat and affect your ability to safely stand.

See Step 2 for several ergonomic postures you can use while working.

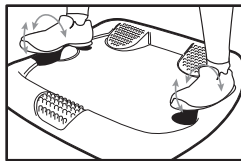
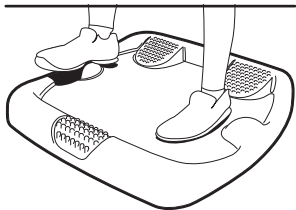
## Step 2

You can use several parts of the E7 Active Anti-Fatigue Mat:

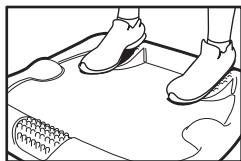
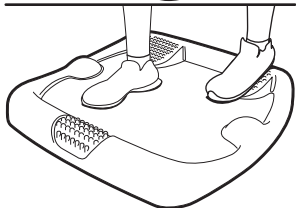
**The Center** - Stand with your feet facing forward on the flat surface in the middle of the mat. This allows for more traditional standing postures, and takes pressure off legs and feet.



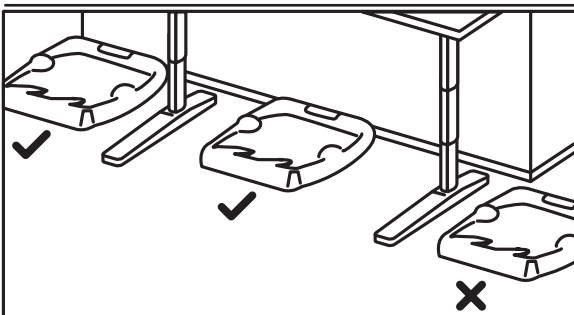
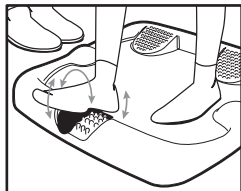
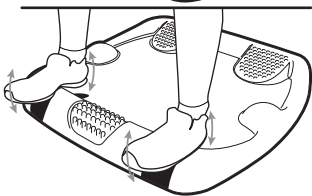
**The Sides** - On the sides there are massage mounds which will help stretch the arches in your feet and your ankles. Remove your shoes for additional stretching. Use one at a time, or you can stand with both feet firmly planted on the massage mounds of the mat.



**The Back** - The power wedges on the back stretch your calf muscles and give your heels a break. Remove your shoes to massage your feet on the raised nubs on the ramps. Use one at a time, or stand with both feet resting on the power wedges.



**The Front** - The raised front ridge will also allow you to stand with both feet, to balance and stretch your calves. Take off your shoes to massage your feet on the front ridge's textured surface. Doing this without shoes will maximize the massage experience and prolong the life of the textured surface.



## Step 3

When not in use, store the E7 Active Anti-Fatigue Mat in a place where it is out of the way where it doesn't become a tripping hazard for you and others.

## CAUTIONS & WARNINGS

- ▲ **CAUTION:** Read all Warnings and Cautions before using the E7 Active Anti-Fatigue Mat.
- ▲ **CAUTION:** Only set the mat on dry, stable surfaces.
- ▲ **WARNING: Do not jump or attempt to bounce on the mat.**
- ▲ **CAUTION:** If you do not understand any part of these warnings, cautions, or instructions, contact UPLIFT Desk for direction in the use of this product.
- ▲ **CAUTION:** If the product is damaged, contact UPLIFT Desk immediately. DO NOT use the product.
- ▲ **CAUTION:** Do not wear high heels when using this product. High heeled shoes are less stable, and the heels may puncture and damage the standing surface.
- ▲ **WARNING:** UPLIFT Desk assumes no responsibility for any damage or injury caused by improper use of this product.
- ▲ **WARNING:** To avoid falling, keep your hands close to a stable surface. If needed, have someone nearby help you until you know the balance points of your E7 Active Anti-Fatigue Mat.
- ▲ **WARNING:** To avoid tripping while the mat is not in use, move it out of the way.
- ▲ **WARNING:** Consult a physician before beginning any exercise regime.
- ▲ **WARNING:** By using the E7 Active Anti-Fatigue Mat you agree to assume and accept all risks of bodily injury due to your use of the E7 Active Anti-Fatigue Mat.