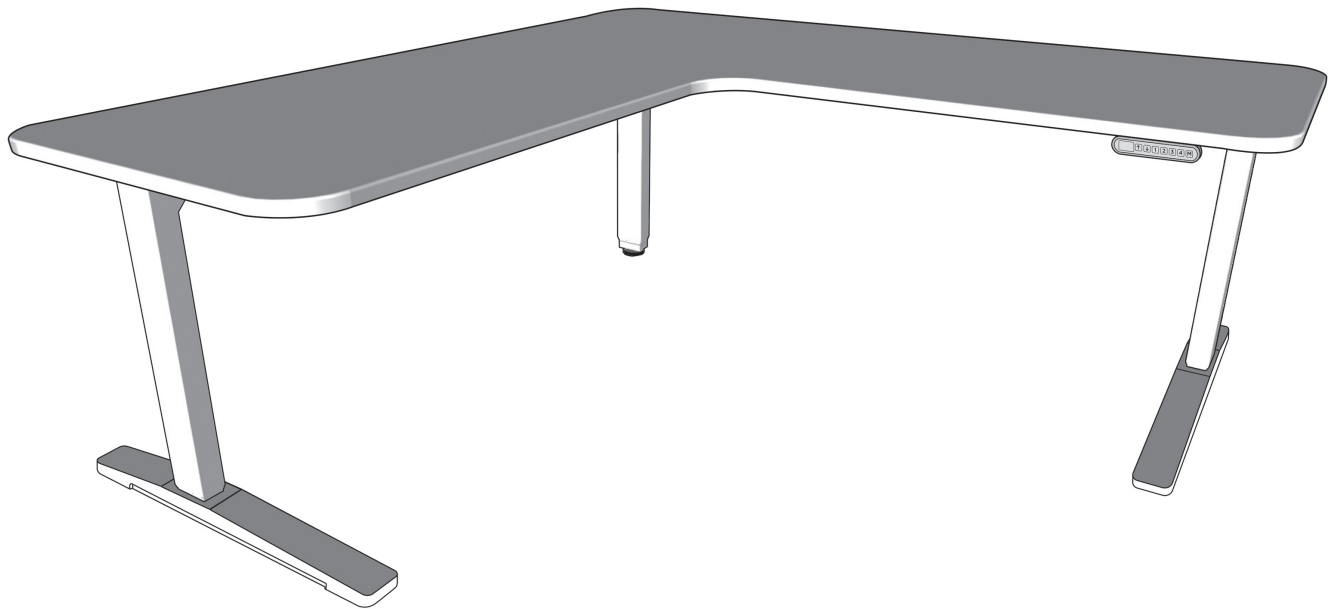


UPLIFT DESK[®]

UPLIFT 3-Leg Height Adjustable Standing Desk



DIRECTIONS FOR ASSEMBLY AND USE



CAUTION

MAKE SURE NO OBSTACLES ARE IN THE DESK'S PATH AND ALL CORDS ARE OF APPROPRIATE LENGTH FOR DESK TRAVEL. FAILURE TO COMPLY WITH OR OBSERVE ALL ASSEMBLY, SAFETY, AND OPERATION INSTRUCTIONS AND WARNINGS REGARDING THE USE OF THIS PRODUCT MAY RESULT IN SERIOUS PROPERTY DAMAGE OR BODILY INJURY.

IMPORTANT:

Any user or installer of desk frame must study this manual carefully.
If this desk is sold, please provide the manual to the buyer.

TABLE OF CONTENTS	PAGE
1. SAFETY AND WARNINGS	2
2. USAGE	2
3. SETUP AND INSTALLATION	2
4. PARTS LIST	3
5. ASSEMBLY INSTRUCTIONS	4
6. SETTING THE LED RETRACTED HEIGHT	11
7. TECHNICAL SPECIFICATIONS	12
8. TROUBLESHOOTING GUIDE	12

1. SAFETY AND WARNINGS

- Inappropriate use of this product may cause property or bodily injury.
- Check surroundings on all sides before using the desk. Body parts and property can be crushed if trapped between an immobile obstacle and the desk's range of motion.
- Ensure the length of power cords are accounted for when operating the desk. Monitors, computers, speakers, anything with a cord that is not long enough for the desk's range of motion could be pulled down or have its wires broken. Items pulled off the desk may cause other items to fall.
- Please provide this operation to any users, installers, or support personnel operating the product.

2. USAGE

This height adjustable desk has an electric motor and is designed for use in dry work areas only. The desk height is adjustable so that it can be positioned at the most ergonomically suitable height. These desks are designed only for the purposes included in this manual. They should not be used in environments with high humidity or dampness. Any other use is at user's risk.

Do not move around, crawl, or lie under the desk frame. Do not sit or stand on the desk frame.

Children should never use the desk unless they are supervised by adults.

Liability: Under no circumstances does the manufacturer accept warranty claims or liability claims for damages caused from improper use or handling of the desk frame other than that which is described in this operation manual.

3. SETUP AND INSTALLATION

Once the desk has been assembled, adjust the feet so that the desk is level and does not shift its position. After this, connect the desk to the 110v outlet, and the desk is ready for use.

Check that no cables can get jammed.

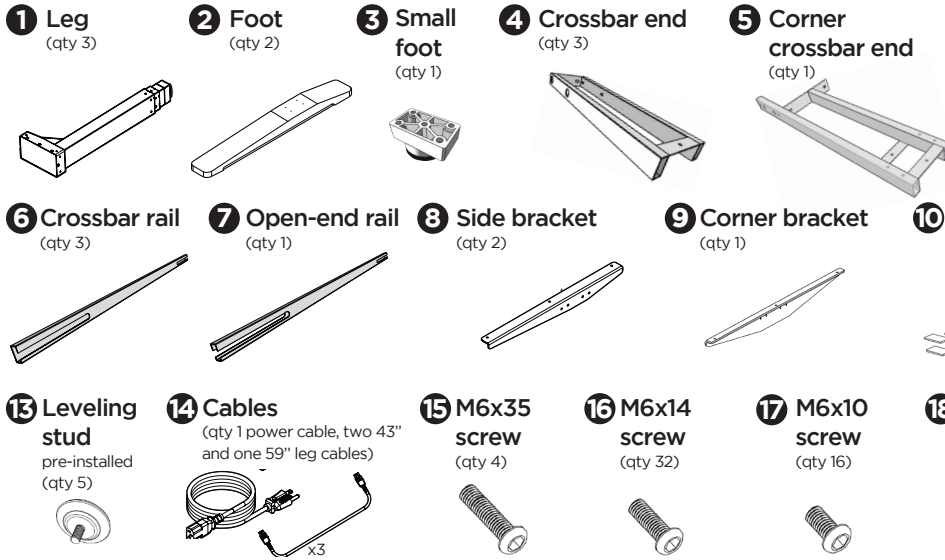
Choose a placement for the desk that is a safe distance from window frames, radiators, furniture etc. so that people do not get stuck or trapped by the desk.

Do not place any objects that are taller than 20" underneath the desk.

After it has been assembled, when moving the desk, DO NOT lift the desk by the desktop. Lifting this way can stress the fasteners connecting the desk frame to the desktop. Lower the desk completely, and lift the desk by grabbing the top of the desk frame or by removing the desktop first.

4. PARTS LIST

Components

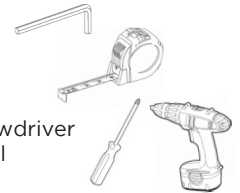


Tools required

Allen wrench (included)

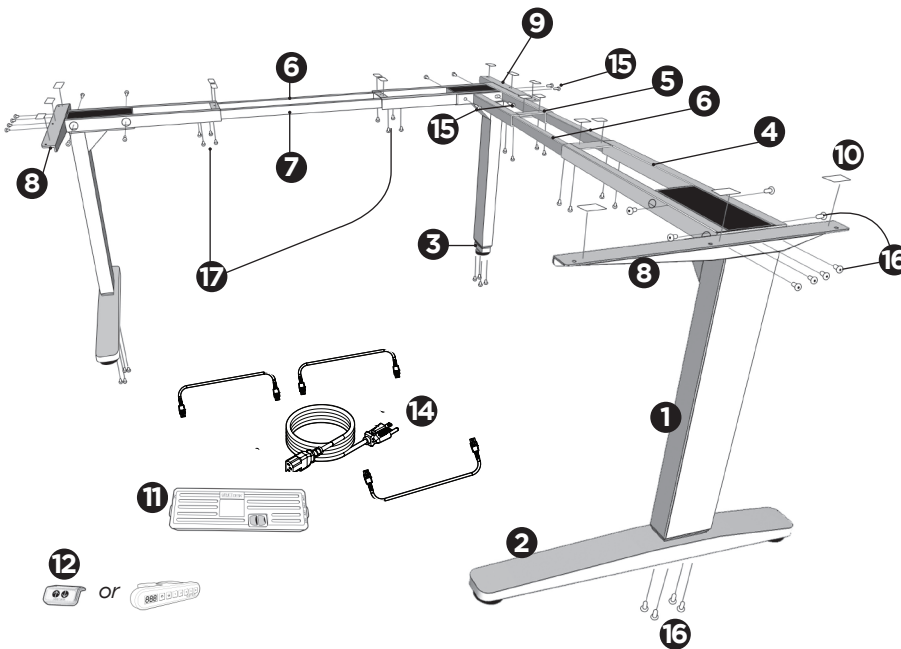
Tape Measure

Philips Head Screwdriver and/or Power Drill



Please count all pieces before disposing of any carton or packing material. Use a padded or carpeted area for assembly to avoid damage. For ease and safety, we recommend two people for assembly.

Standard Configuration



Part #	Description	Qty
1	Leg	3
2	Foot	2
3	Small foot	1
4	Crossbar end	2
5	Corner crossbar end	1
6	Crossbar rail	3
7	Open-end rail	1
8	Side bracket	2
9	Corner bracket	1
10	Adhesive pad	15
11	Control box	1
12	Keypad	1
13	Leveling stud (pre-installed)	5
14	Wires (Power & three connector wires)	4
15	M6x35 screw	4
16	M6x14 screw*	30
17	M6x10 screw*	16
18	M5x16 wood screw*	17
19	Cable clip	15

**For this configuration, you will need:
only 30 M6x14 machine screws,
all 16 of the M6x10 machine screws,
and only 17 of the M5x16 wood screws.

Alternate Configuration



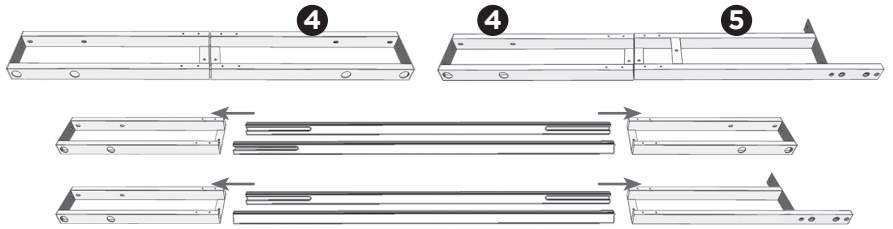
There is an alternate way of assembling your desk. For more details on building your desk using the Zero crossbar bracket, turn to pages 7-10.

Part #	Description	Qty
16	M6x14 screw**	32
17	M6x10 screw**	8
18	M5x16 wood screw**	18
20	Zero crossbar bracket	1

**For this configuration, you will need:
all 32 M6x14 machine screws,
only 8 of the M6x10 machine screws,
and all 18 of the M5x16 wood screws.

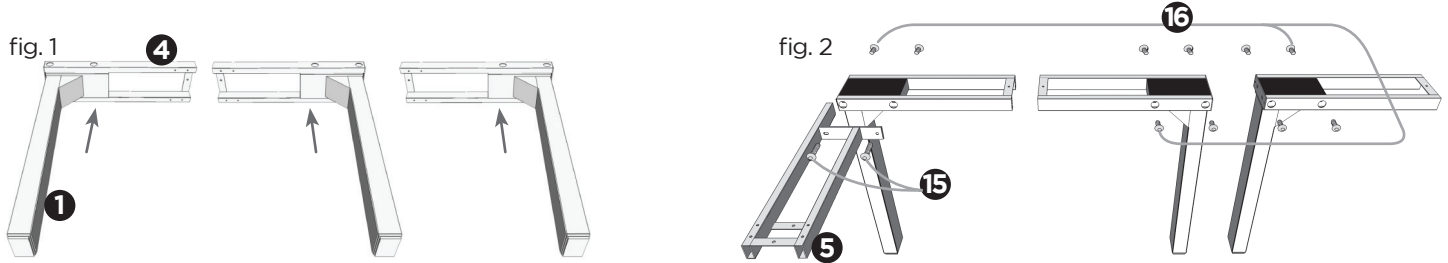
5. ASSEMBLY INSTRUCTIONS

A. Fully separate the Crossbar ends, you will find the Crossbar rails inside.



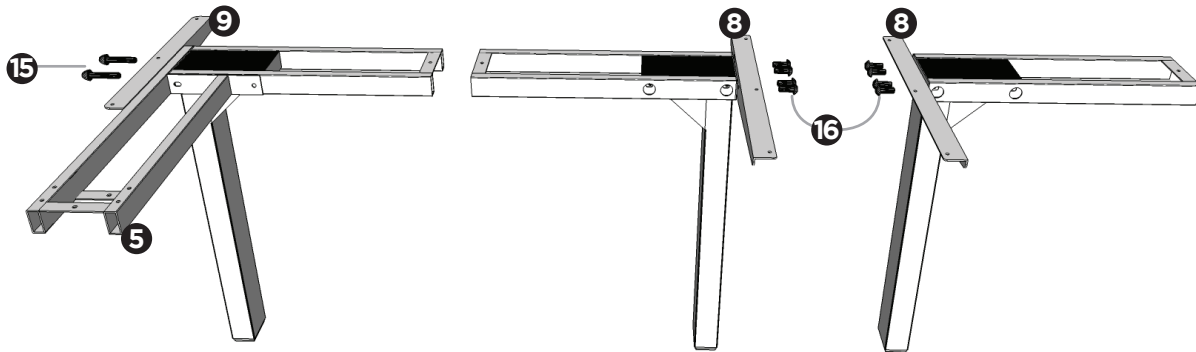
B. Position the Crossbar ends (part 4) on their sides. Place the Legs (part 1) into the Crossbar ends as shown, ensuring that the arrow is facing up in relation to the legs. (fig 1.)

Position the Corner crossbar end (part 5) as shown. (fig 2.) Line up the holes on each Leg with the holes on each Crossbar end. Using the supplied Allen wrench, insert ten (10) M6x14 Machine screws (part 16) into the regular Crossbar ends, and two (2) M6x35 Machine screws (part 15) to connect the Corner crossbar end (part 5) to the regular Crossbar end, and **rotate each screw only a few turns**. Do not tighten fully until step D.



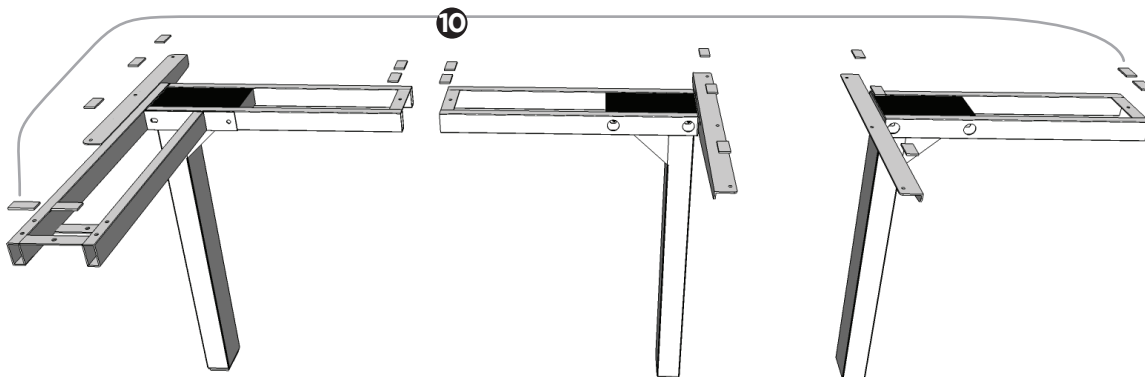
C. Take the two Side brackets (part 8) and attach them to the regular leg assemblies, using four (4) M6x14 Machine screws (part 16) each. Use the Allen wrench, and **rotate each screw only a few turns**.

Take the Corner bracket (part 9) and attach it to the leg assembly that has the Corner crossbar end (part 5) attached to it using insert two (2) M6x35 Machine screws (part 15). Use the Allen wrench and **rotate each screw only a few turns**. Do not tighten fully until step D.



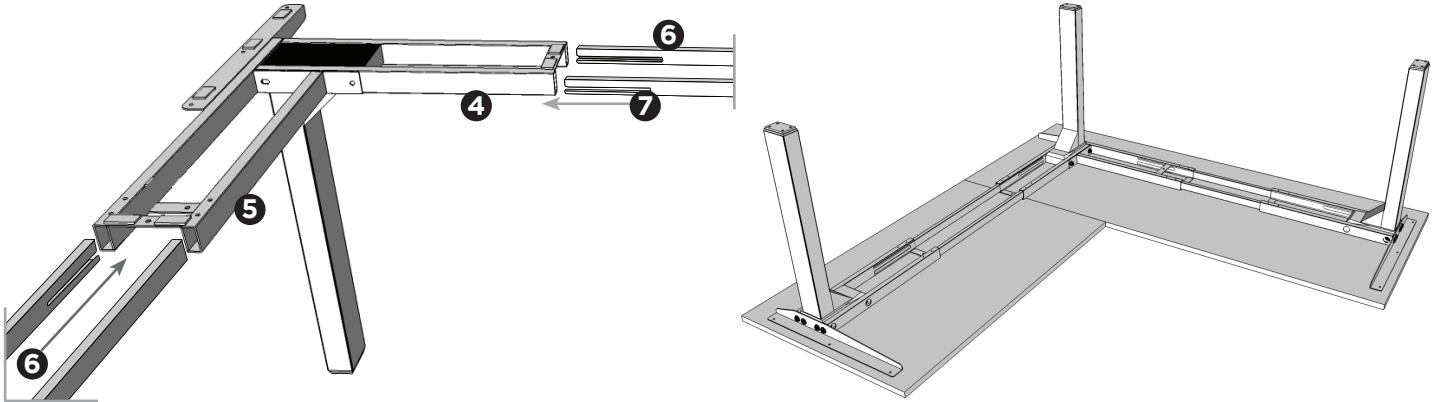
D. Once all of the parts are connected, you can now tighten the twelve (12) Screws from Step B and the ten (10) Screws from Step C (22 screws in total).

E. Remove backing from the Adhesive pads (part 10) and position along the brackets and frames as shown.

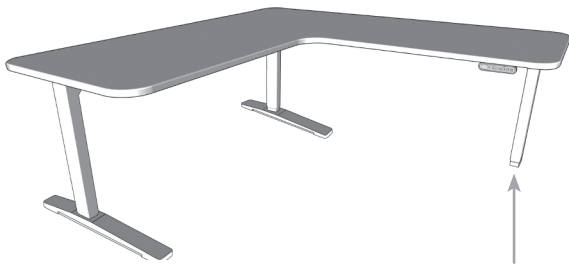


F. Insert the Crossbar rails (part 6) and the special Open-end rail (part 7) into the frame you've so far assembled. The Open-end rail should be inserted into the leg assembly that is connected to the Corner crossbar end. The regular Crossbar rails should be inserted into the other slots of the Crossbar ends. Ensure that they are facing inward, with the slot closer to the underside of the frame, or else they will not insert properly.

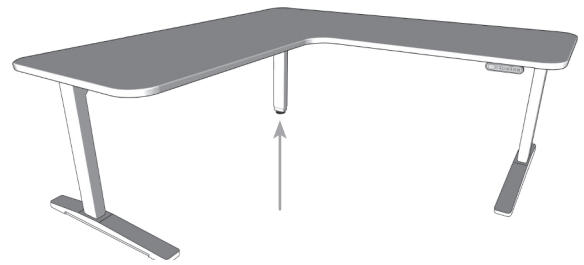
Place your desktop on the ground and position the frame onto the desktop. The leg with the Corner crossbar end will always end up in the corner.



G. In this step, you will be attaching the regular and small feet to the legs. There are a few different ways of doing this which will determine the finished configuration of your desk.

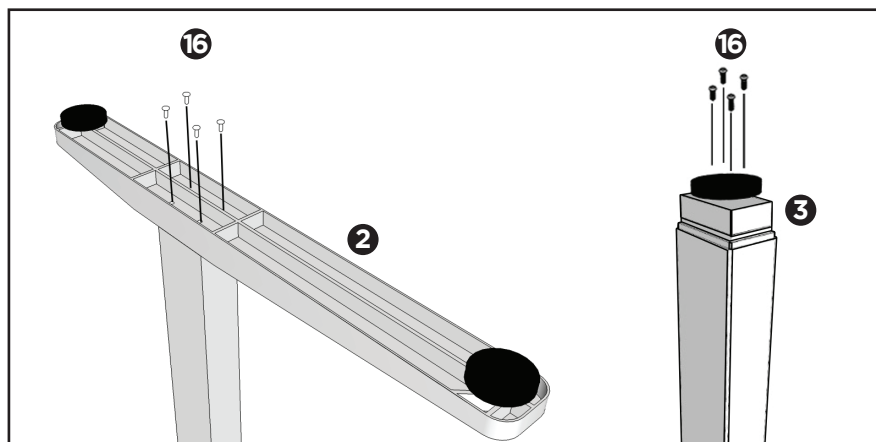


If you'll be sitting on an outer end and need leg room there, attach the Small foot (Part 3) to one of the outer legs.

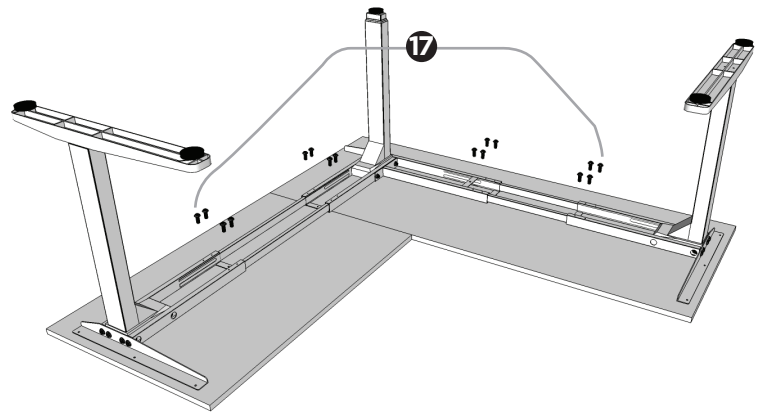


If you'll be sitting in the corner, attach the Small foot (Part 3) to the center leg, in the corner.

Attach each Foot (Part 2) and the Small foot (Part 3) to the legs you have chosen with qty four (4) Machine screws (Part 16) and tighten bolts in a cross pattern.



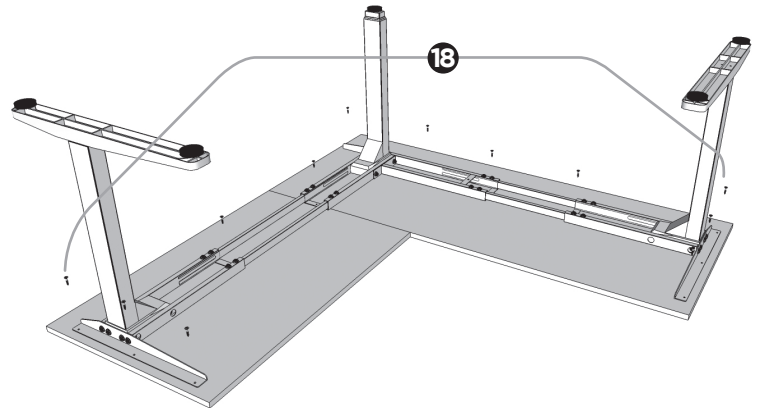
H. Lock the position of the Crossbar rails using sixteen (16) M6x10 Machine screws (part 17).



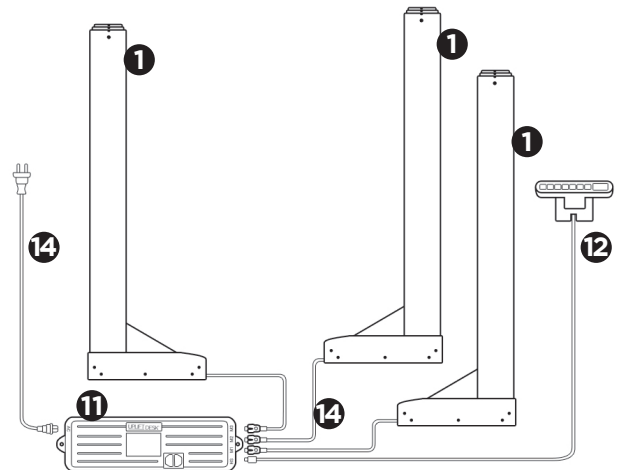
I. Double check that the desk frame is properly positioned on the underside of the desktop.

Attach the desk frame assembly to the underside of the desktop using thirteen (13) M5x16 Wood screws (part 18):

3 per Bracket	9 total
1 per Crossbar end	3 total
1 per Corner crossbar end	1 total

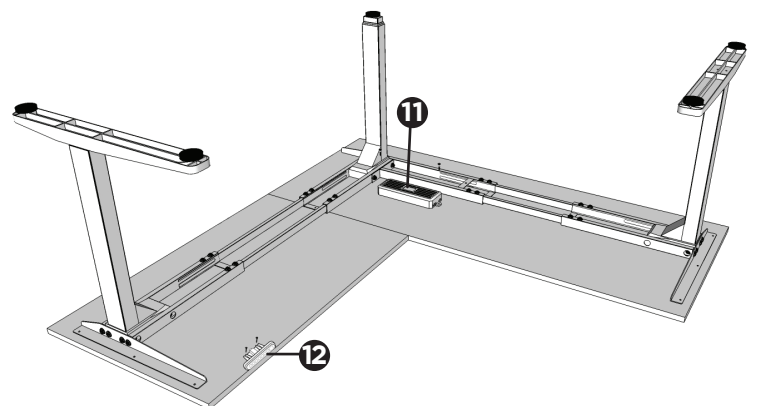


J. Connect the Keypad cable (part 12) Leg cables, and the Power cable (parts 14) to the Control box (part 11) as shown in the diagram.

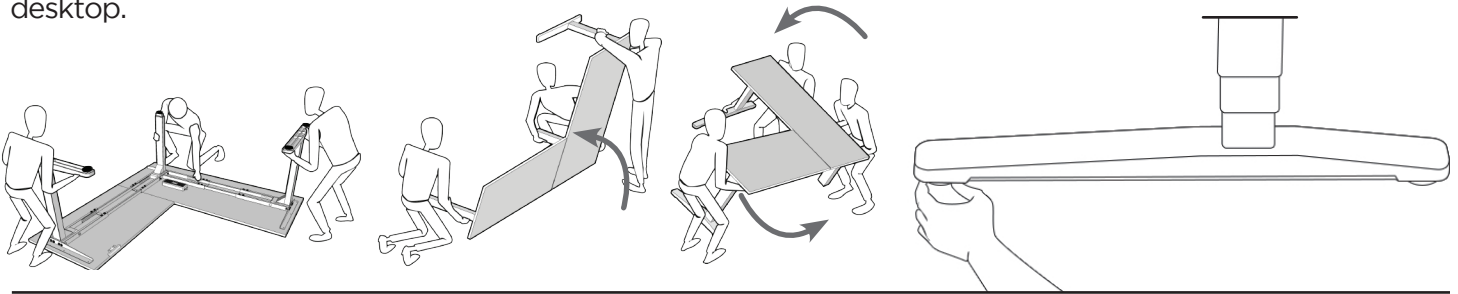


K. Attach the Control box (part 11) to the underside of the desktop using two (2) M5x16 Wood screws. Ensure enough clearance at the wire ports for cable connections, in case you need to disconnect and reconnect wires in the future.

Place the Keypad (part 12) so it is flush with the front desktop edge (or recessed up to 1/8"). The Keypad may be placed anywhere along the front edge of the desktop but we recommend placing it toward an end so it does not interfere with your chair when seated. Use two (2) M5x16 Wood screws to attach the Keypad to the desktop.



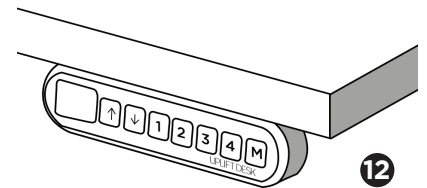
L. Turn the assembled desk right-side up. With at least three people grab the Frame (not the desktop) and turn the desk right-side up. If the desk appears uneven, adjust the pre-installed leveling studs on the feet and the small foot as needed. Use the adhesive-backed Cable clips to secure the Cables so they don't sag. Adhesive backed Cable clips fastened to the frame itself will stick longer than if they are stuck to the desktop.



M. Plug the Power cord into a 110v outlet.

IMPORTANT!
You must **RESET** the desk prior to use!

Press and hold the DOWN button on the Keypad until the desk reaches its lowest height. Release the DOWN button. Press and hold the DOWN button again until the LED display reads "RST" or about 10 seconds on non-LED keypad models. Release the DOWN button. Press and hold the DOWN button again until the desk lowers a little bit more, slightly rises and stops. Release the DOWN button. Your desk is now ready to use.



To program up to four presets:

Use the up/down buttons to find a desired height, then press "M" followed by a number 1 - 4.

Alternate configuration



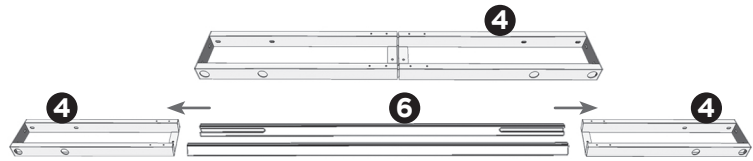
Also included in this assembly package is a piece that allows the third leg to be able to be able to be mounted on its own.

We recommend using the method detailed in the steps above, because it is more stable. However there may be situations where having the third leg mounted in this way may be beneficial, so we have included it for your convenience.

Turn the page for instructions on how to do it this way.

Alternate configuration instructions

A. Fully separate the Crossbar ends, you will find the Crossbar rails inside.



B. Position the Corner ends (part 4) on their sides. Place the Legs (part 1) into the Crossbar ends as shown, ensuring that the arrow is facing up in relation to the legs. Place the Zero crossbar bracket (part 20) on the third leg. (fig 1.)

Line up the holes on each leg with the holes on each frame end and Zero crossbar bracket. Using the supplied Allen wrench, insert twelve (12) M6x14 Machine screws to connect them all, and **rotate each screw only a few turns**. Do not tighten fully until step D.

fig. 1

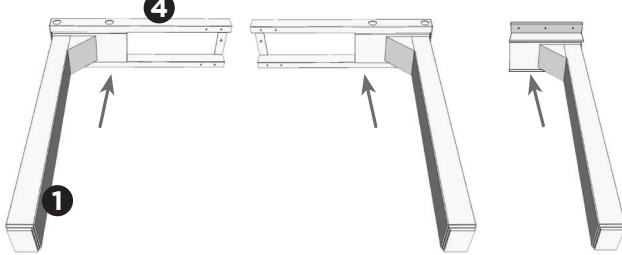
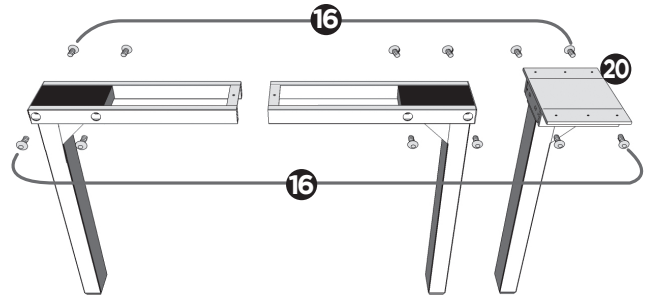
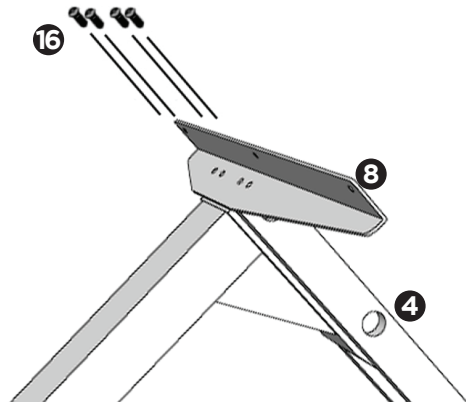


fig. 2



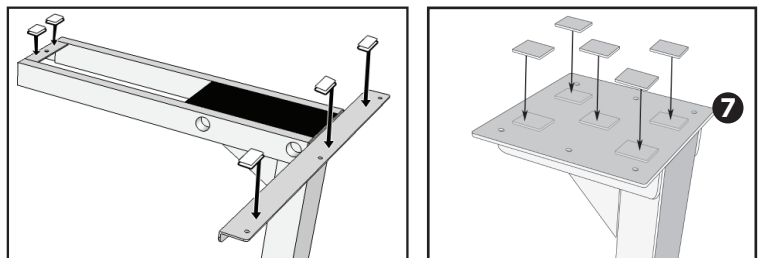
C. Line up the 4 holes on the Side brackets (Part 8) with the two of the Crossbar end and leg assemblies from the previous step.

Insert qty four (4) M6x14 Machine screws (Part 16) through the 4 holes of the each Side bracket (Part 8) going into the Crossbar end/Leg assembly. Using the Allen wrench, rotate each screw **ONLY 3 times**.



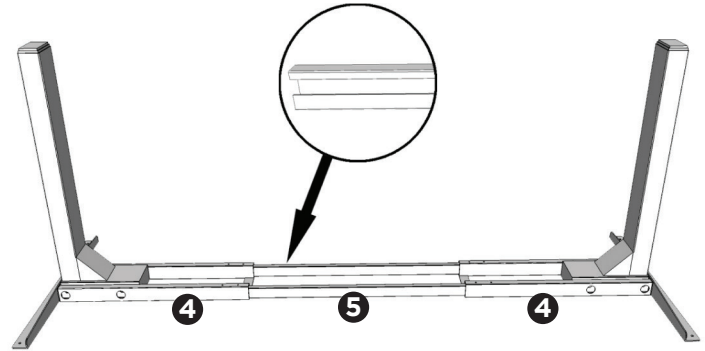
D. Once all of the parts are connected, you can now tighten the twelve (12) Screws from Step B and the eight (8) Machine Screws from Step C (20 screws in total).

E. Remove backing from the Adhesive pads (part 10) and position along the brackets and frames as shown.

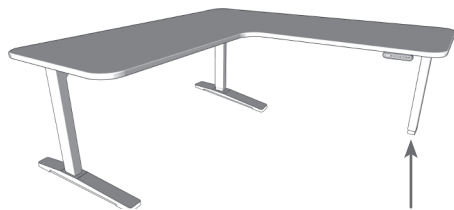


F. Using the Crossbar ends and leg assemblies with the Side brackets, slide Crossbar rails (Part 5) back into Crossbar ends (Part 4). Ensure the slots of the Crossbar rails are facing inward with the slot being closer to the underside of the frame.

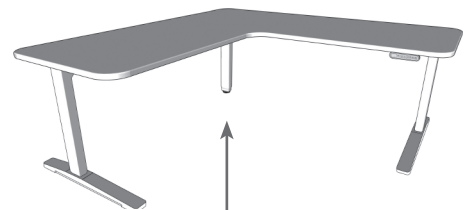
The slot on the Crossbar rail is offset; it will need to be oriented in a specific way to allow for the machine screws already installed. Make sure that the Crossbar rail (Part 5) can slide all the way to the end of the Crossbar end (Part 4). If it does not, take the Crossbar rail out and flip it over, with the slots facing inward.



G. In this step, you will be attaching the regular and small feet to the legs. There are a few different ways of doing this which will determine the finished configuration of your desk.

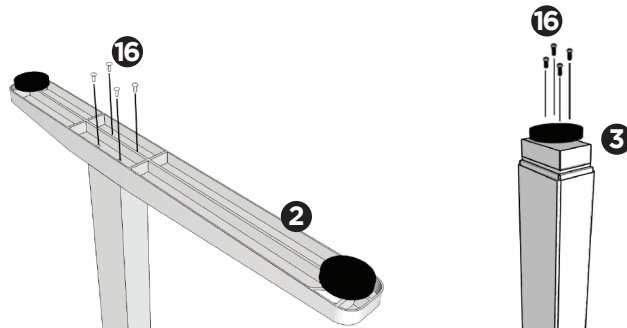


If you'll be sitting on an outer end and need leg room there, attach the Small foot (Part 3) to one of the outer legs.



If you'll be sitting in the corner, attach the Small foot (Part 3) to the center leg, in the corner.

Attach each Foot (Part 2) and the Small foot (Part 3) to the legs you have chosen with qty four (4) Machine screws (Part 16) and tighten bolts in a cross pattern.



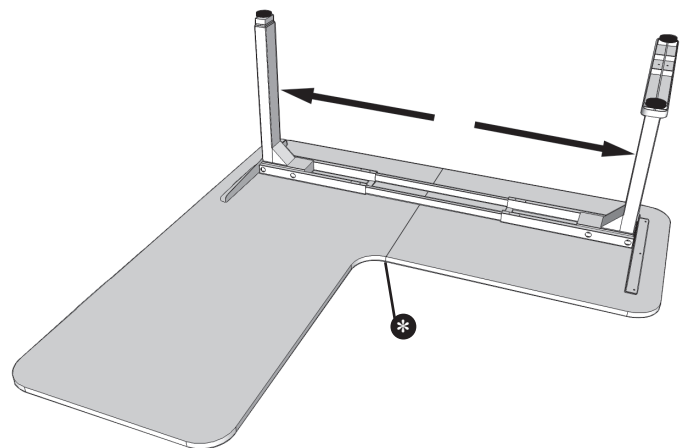
H. Your desktop may or may not be pre-drilled. Please check both sides of the desktop before placing the desk frame on it for pre-drilling! Carefully place the upside down desk frame on the underside of the desktop.

Note: minimum top size: 43" wide x 24" deep


Adjust the width of the frame to fit the desktop by sliding the two halves outward (42.25" to 70" max).

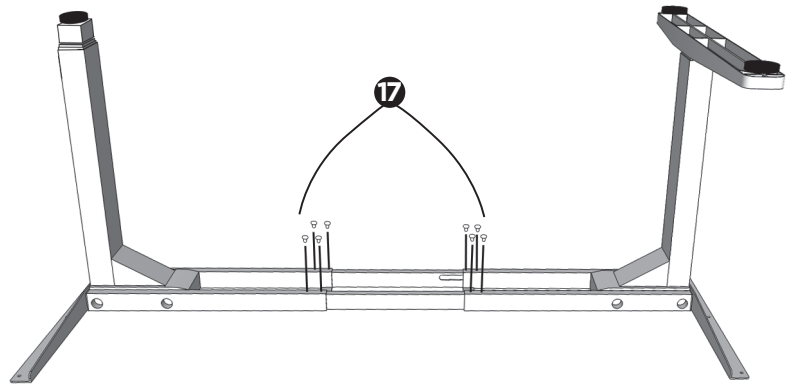
Place the frame where you want it. Some will want the frame to be all the way to the edge of the desk. We recommend leaving at least 1/2" of desktop width (on each side) protruding beyond the frame width.

* If your desktop has an extension piece, orient the desk frame so that the two legs connected by the crossbar are attached to both pieces of the desktop.

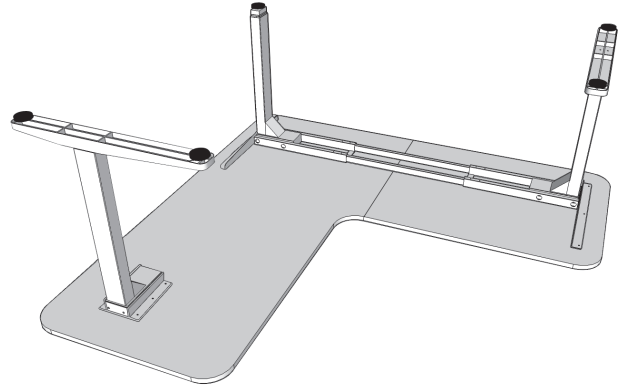


I. Secure the Crossbar rails at both ends using qty eight (8) Machine screws (Part 17), qty four (4) per side. Maximum width is 70”.

 Ensure that the Machine screw hits the metal center rail by sliding the center rail as needed.



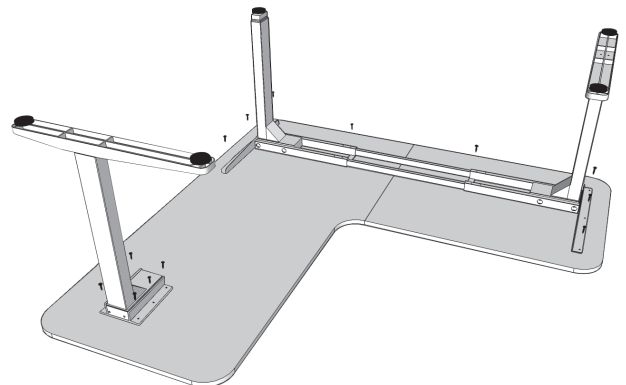
J. Place the 1-leg frame assembly. Location will vary depending on the size and shape of your desktop. Choose the location that provides the most balance to the desk.



K. Double-check that the desk frame is properly positioned on the underside of the desktop.

Attach the desk frame assembly to the underside of the desktop using fourteen (14) M5x16 Wood screws (part 18):

3 per Bracket	6 total
1 per Crossbar end	2 total
6 for Zero crossbar bracket	6 total



Once your legs are connected to the desktop, you can resume the instructions from earlier. At this point please flip back to Page six (6), Step J, and resume from there.

6. SETTING THE LED RETRACTED HEIGHT

If you've gotten an UPLIFT Desk and chosen the 6-button Memory Keypad, press the DOWN button on the Keypad until the frame reaches its lowest position. Measure the height of the frame from the floor and if the number on the LED display does NOT match your measurement, follow these steps:

Press and hold the DOWN button again until the LED display reads "RST" (though it looks like "AS7")



Press and hold the "M" button (about 5 seconds) until the LED displays the flashing starting height. (If the display returns to "RST" before the next step is taken, repeat this step.)

To change the value of the starting height:

By 0.1s:

Increase: press the UP button
Decrease: press the DOWN button

By 1.0s:

Increase: press the "1" button
Decrease: press the "2" button

By 10.0s:

Increase: press the "3" button
Decrease: press the "4" button

Once the new value is displayed, wait about 5 seconds and the display will return to "RST". Finish the reset process by pressing and holding the DOWN button again until the desk lowers a little bit more, slightly rises and stops. Release the DOWN button. The new starting height value is saved and your desk is now ready to use.

Note: the LED display has a ± 0.1 tolerance.

SETTING THE UPPER & LOWER LIMITS (some models)

This frame is designed to go to its minimum and maximum heights, allowing for the widest possible range. If you prefer to change the settings to a more narrow range, follow these steps:

Make sure the power is ON and a number reads in the LED display (if no number appears, please follow the Reset procedure described in the USE section).

To Set the Upper-Limit Position:

Use the UP /DOWN buttons to move the frame to the desired maximum height position. Make sure the UP button was the last button you pushed. Press and hold the "M" button until the LED display flashes "S -" once and let go of the button. Then press and release the button 2 more times in quick succession. The LED display will change to "999" on the third push, and then automatically return to the selected height. The new upper limit is now set.

To Set the Lower-Limit Position:

Use the UP /DOWN buttons to move the frame to the desired minimum height position. Make sure the DOWN button was the last button you pushed. Press and hold the "M" button until the LED display flashes "S -" once and let go of the button. Then press and release the button 2 more times in quick succession. The LED display will change to "000" on the third push, and then automatically return to the selected height. The new lower limit is now set.

To Remove the Upper/Lower Limit Positions:

Use the UP or DOWN button to move the desk to any new position. Press and hold the "M" button until the LED display flashes "S -" once and let go of the button. Then press and release the button in succession until the display changes to "555" (ignore any interim readings). After a few seconds, the display automatically will change back to the numbered height position. The upper and lower limits are now removed.



A RESET procedure requires the desk frame to fully retract (beyond any lower limit set). Please ensure that you have the proper clearance below the desk frame.



After the upper and lower limits are set, the previous memory positions (1, 2, 3, 4) may be outside the new range of movement. If so, simply reset the memory positions.

If you attempt to revise a previously set upper or lower limit and it is outside of the existing range, you will need to remove the previously set upper/lower limits first.

7. TECHNICAL SPECIFICATIONS

Height Range	24.25" - 50.25" (without desktop)
Base Width	42.25" min - 70" max
Travel Speed	1.5" per second (varies, slowest w/ maximum load)
Weight Capacity	530 lbs.*
Duty Cycle	10%, Max. 2 mins on, 18 mins off
	Soft Start/Stop Adjustable leveling studs 4 Memory presets (some models)

*Desk weight limit assumes that weight is distributed evenly between the desk legs.

8. TROUBLESHOOTING

--Reset Instructions--

If experiencing error messages showing on the keypad or no response when trying to raise or lower:

- Unplug the power cord and hold the down key for 20 seconds.
- Plug the power cord back in.
- Press and hold the DOWN button on the Keypad until the desk reaches its lowest height. Release the DOWN button. Press and hold the DOWN button again until the LED display reads "RST" or about 10 seconds on non-LED keypad models. Release the DOWN button. Press and hold the DOWN button again until the desk lowers a little bit more, slightly rises and stops. Release the DOWN button. Your desk is now ready to use.
- The keypad will then display the current height, and you should be able to operate it now.
- You may need to do this if the desktop is ever unplugged or loses power.

If the keypad displays error messages "Er1" thru "Er13", confirm that all wired connections are secure (legs to cables, cables to control box). Then perform the reset procedure above. If the error message persists after the reset procedure or if the height between the legs exceeds 1.5 inches stop the reset procedure and contact UPLIFT Desk (800) 349-3839, info@upliftdesk.com).

If the keypad displays "Hot", let the frame cool down for 20 minutes.

If the desk seems to be uneven, try the reset instructions above. If that does not work you may need to adjust the levelers at the bottom of the foot.


 In the event of a power outage or if the power cord is unplugged, a manual reset may be necessary. (see Reset Instructions above)

 This product is designed with a duty cycle of 10%. (2 min. on, 18 min. off)



 If casters are not installed, use a two-person lift and lift the desk so that it can be moved without dragging. Dragging the desk may cause the frame and screws to pull loose from the desktop.

 Keep Children away from electric height-adjustable desks, control units and keypads. There is a risk of injury and electric shock.

 Do not open any of the components: lifting columns, control box, or keypad. There is a danger of electric shock.

 Keep all electrical components away from liquids.

Copyright Notice: This guide is a component of the UPLIFT Desk™. This guide is a part of the scope of delivery, even if the item is resold. This guide is also available on the UPLIFT Desk website: upliftdesk.com. Excerpts or copies may not be forwarded to third parties or used in any other published form without the prior written consent of UPLIFT Desk.
© These instructions are subject to United States copyright law.