

# Foot Hammock

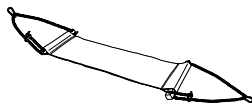
ACC047

UPLIFT DESK

Work better. Live healthier.

## Package Contents

Foot Hammock



Carabiner Clips



Eye Plates



#8 x 3/4" Wood Screws



## A note before you begin:

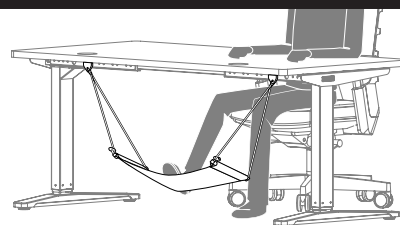
You can attach the Foot Hammock to your UPLIFT V2 desk frame using the Anchor Plates provided with the frame or you can attach it directly to your desktop using the included Eye Plates. See the Positions 1 through 4 below to determine how you want to use your Foot Hammock, then refer to the Assembly Instructions section to attach the hammock.

## Foot Hammock popular positions

### Position 1: Low - Standard Foot Hammock Use

Lengthen the ropes of your Foot Hammock and mount the plates. The carabiners should be placed far enough apart to allow yourself enough room for a casual swing while working from your desk.

Attach the Foot Hammock using Anchor Plates on your V2 Frame's mounting points, or Eye Plates should you desire a closer placement.

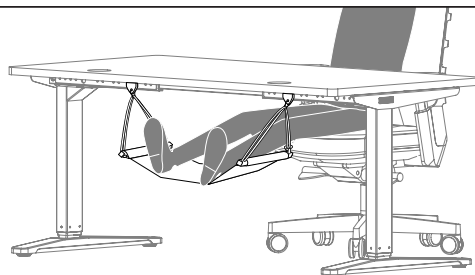


Pictured on a 60"x30" desk

### Position 2: High - Standard Foot Hammock Use

Shorten the ropes of your Foot Hammock and mount the plates for the carabiners at positions that allow both your feet to rest on the Foot Hammock comfortably. This offers a high position that is good for reclining while on break or for long phone calls.

Attach the Foot Hammock using Anchor Plates on your V2 Frame's mounting points, or Eye Plates should you desire a closer placement.

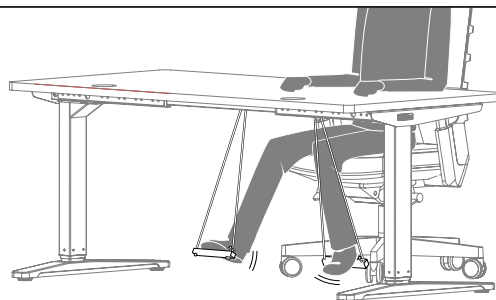


Pictured on a 60"x30" desk

### Position 3: Foot Swings

Untie the ropes of your hammock and remove the canvas piece from the wooden posts. Thread the ropes through the holes and tie knots on each end of the wooden post. This will create two individual foot swings.

The distance between each foot swing should mirror the distance between your shoulders. You can attach the foot swings to the V2 Frame using Anchor Plates. If your desk is too wide, and the V2 mounting points are farther apart than the width of your shoulders, you can attach the foot swings using Eye Plates.

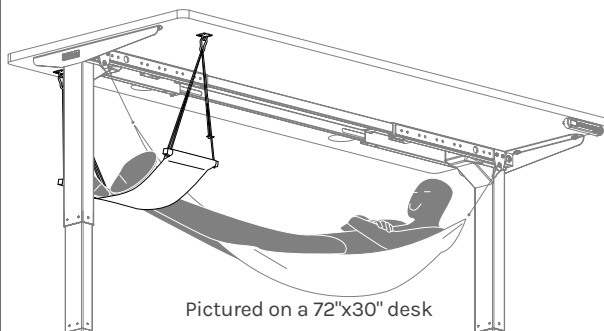


Pictured on a 60"x30" desk

### Position 4: Full Body Hammock

Use the Foot Hammock in conjunction with the UPLIFT Under Desk Hammock.

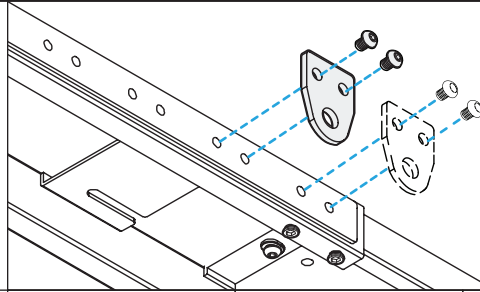
The Hammock is only recommended for 72"x30" and 80"x30" size UPLIFT Desktops, and mounted on the V2 Frame via Anchor Plates. The Foot Hammock should be mounted onto the desktop using Eye Plates, placed 7" in from the Side bracket (to clear the desk's leg) and 12" from either side of where the hammock is hanging.



Pictured on a 72"x30" desk

## Step 1.1 V2 Frame mounted UPLIFT Anchor Plates

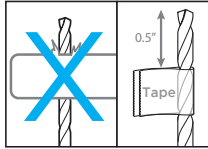
- The UPLIFT V2 Desk frame includes mounting points to attach accessories. Attach the Anchor Plates that came with your UPLIFT V2 Desk to the frame using the instructions provided with your UPLIFT V2 Desk.
- Space each Anchor plate as needed for your desired width.



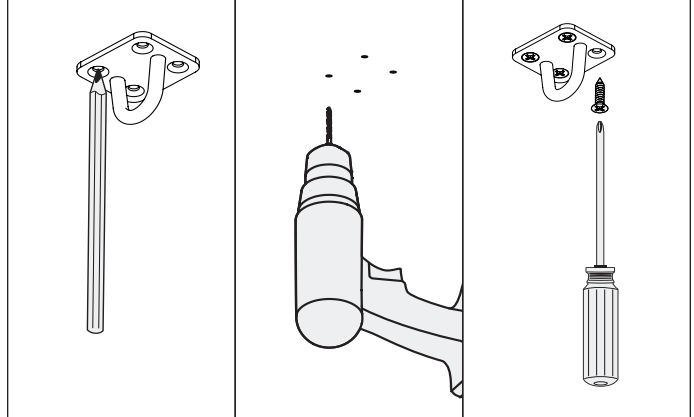
## Step 1.2 Desk mounted Eye plates

- Once you determine the best position for your Foot Hammock, hold an Eye Plate up on the desktop and mark the center of each hole with a pencil. If you have a drill, you can make this a little easier by drilling pilot holes where you've made your pencil marks using a 1/8" diameter bit.

**Note:** DRILL NO DEEPER THAN 1/2". To ensure this, we recommend wrapping a piece of tape around your drill bit 1/2" from the tip. Stop drilling just before the tape touches the desktop.

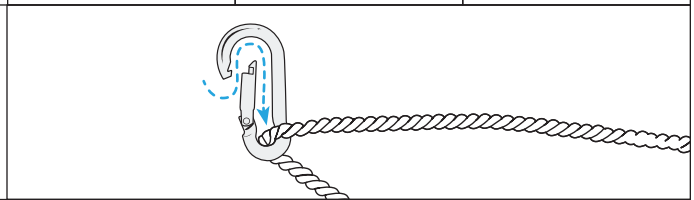


- Attach each Eye Plate using four #8x3/4" Wood Screws.



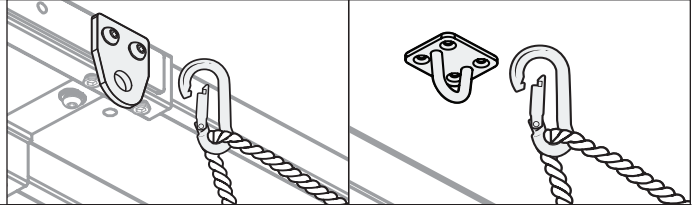
## Step 2

- Unroll your Foot hammock. Take the rope from one side, open a Carabiner, and thread the rope through it.
- Repeat on the second side.



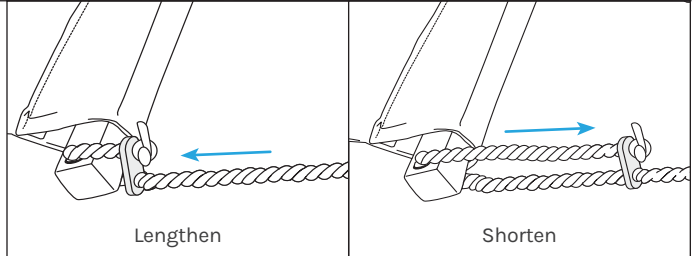
## Step 3

Hook each Carabiner into each Anchor Plate or Eye Plate.



## Step 4

- Lengthen or shorten the ropes as needed to get a comfortable resting position.
- Lengthen by sliding the plastic tabs toward the hammock, and shorten by sliding them away.



## Safety and Warnings

**CAUTION:** Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.

**CAUTION:** Weight limit: 50 lb if desktop-mounted, and 100 lb if V2 Frame-mounted.

Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this product. Please provide these instructions to any new user or owner of the product.

**Save This Manual:** Study this manual carefully. If this product is sold, please provide this manual to the buyer, installers, or support personnel operating the product.

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