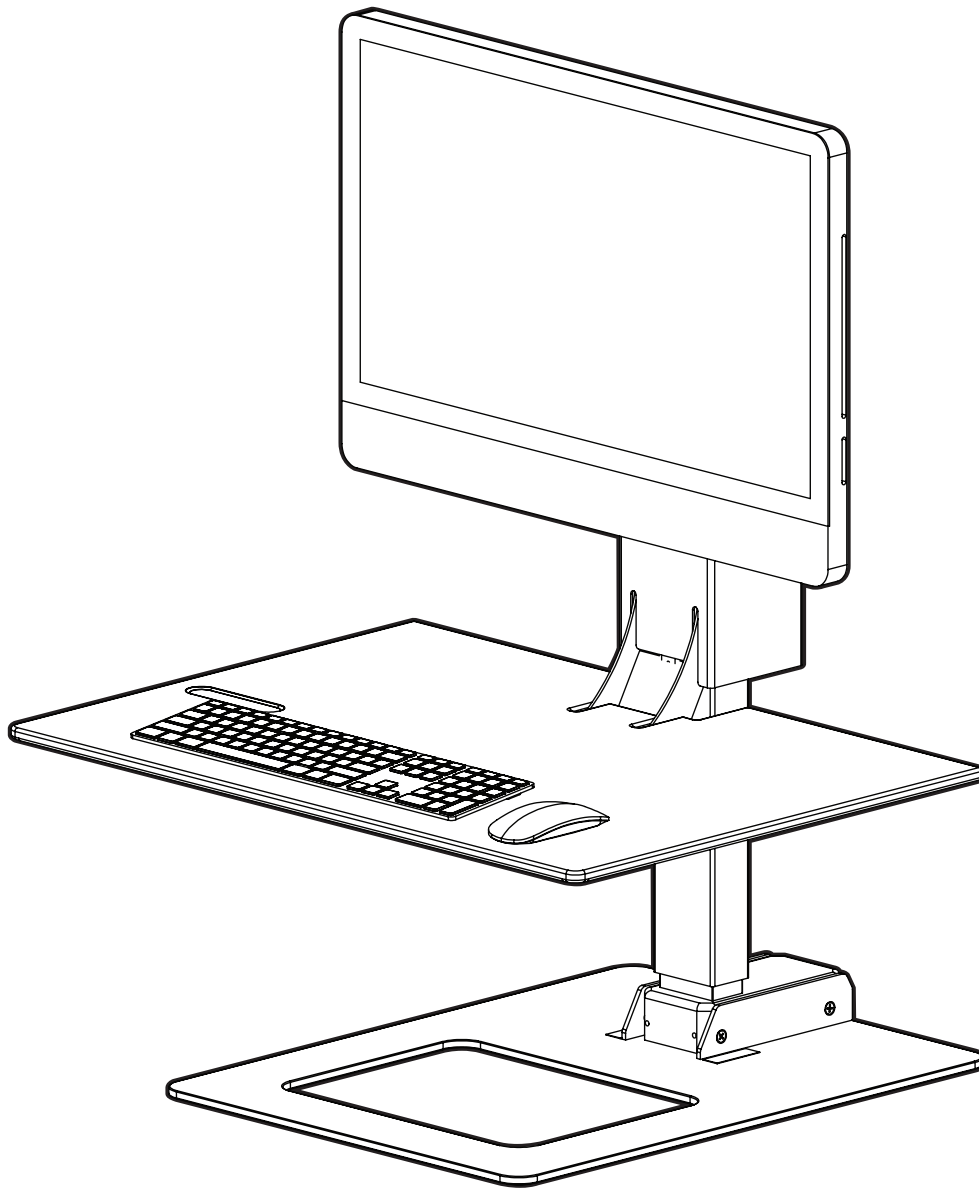


UPLIFT DESK[®]

E7 Electric

Standing Desk Converter



For assembly assistance,
visit upliftdesk.com/e7-converter or call 800-349-3839
or email support@upliftdesk.com

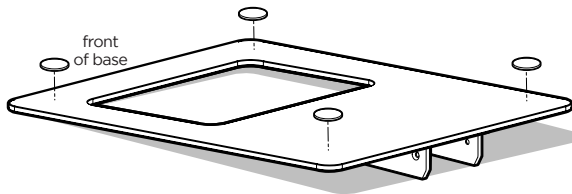
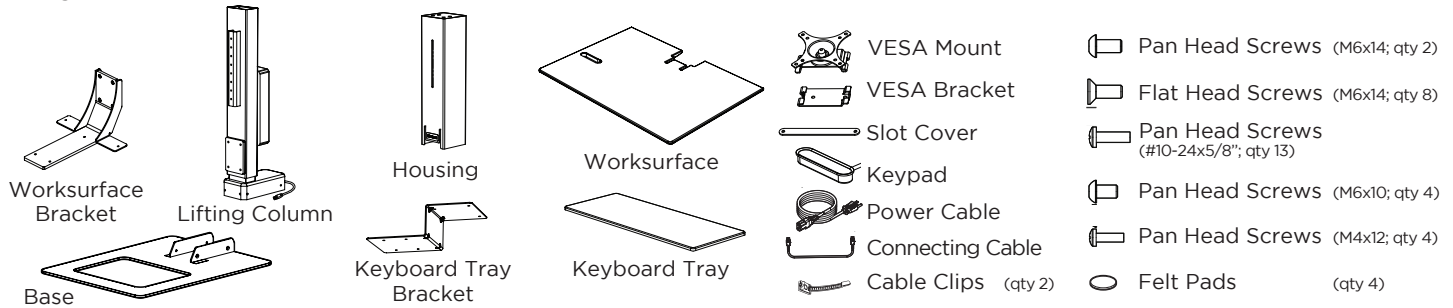
Patent Pending, ©2021 UPLIFT Desk[®]. All Rights Reserved

one person
assembly



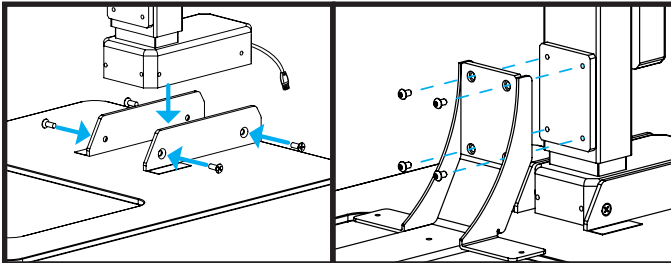
Thank you for choosing **UPLIFT Desk**.

Package contents



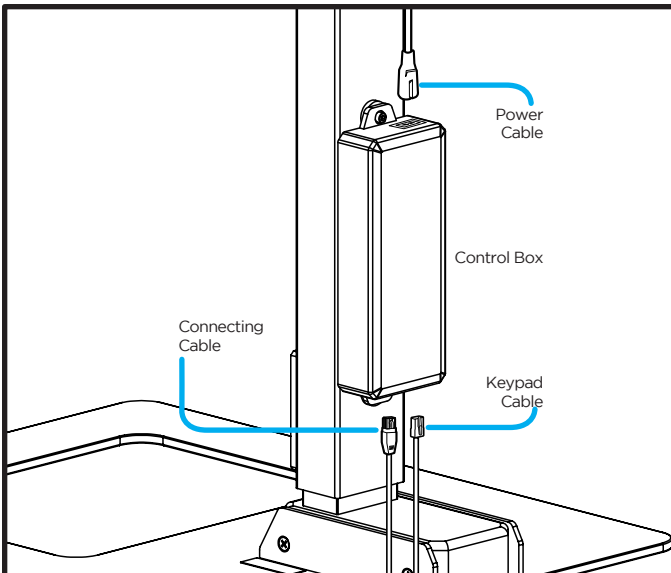
Step 1

- Position your base upside down, remove the paper backing from the Felt Pads, and place them at the four corners of the Base as close to the corners as possible.
- Flip the Base over and place it on your desk with the front lined up with the front edge of your desk.



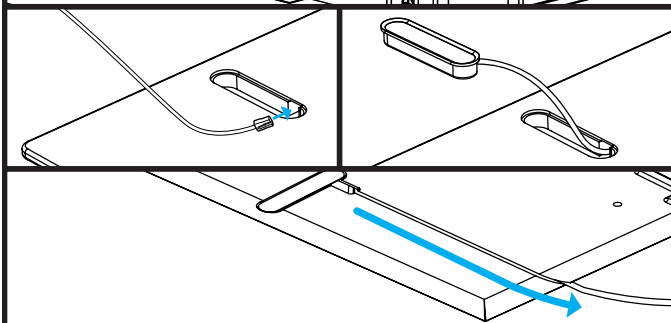
Step 2

- Attach the Lifting Column to the Base using four M6x14 Flat Head Screws. Make sure the vertical column is facing towards the front of the Base.
- Attach the Worksurface Bracket to the front of the Lifting Column using four M6x10 Pan Head Screws.



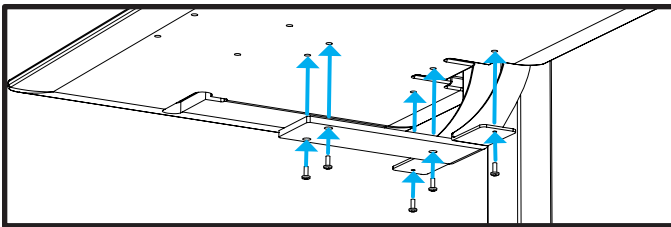
Step 3

- Plug the Lifting Column's cable into the Connecting Cable, then plug the Connecting Cable into the port marked "M1" in the Control Box. Plug the Keypad into the port marked "HS" and finally plug the Power Cable into the Control Box, and then into a 120Vac wall outlet.
- Press the Up Button on the Keypad to raise the Worksurface to a higher level for Steps 4, 5, and 6.
 - IMPORTANT:** While raising the Worksurface keep the Keypad steady by firmly holding it against the base or desktop.
 - NOTE:** If Lifting Column does not rise perform the reset instructions in the TROUBLESHOOTING section on page 9.



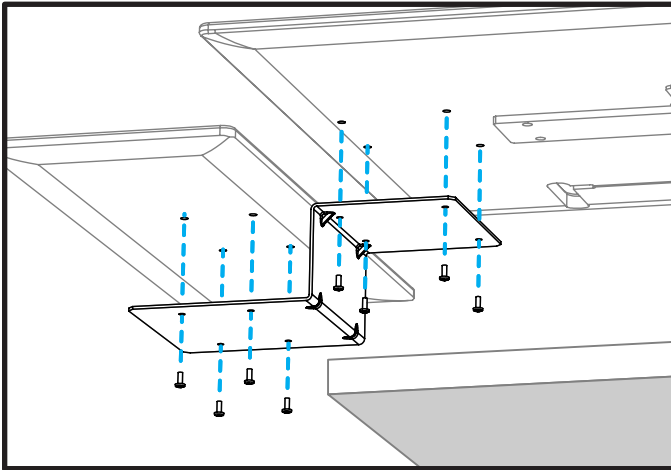
Step 4

- Unplug the Keypad only from the Control Box. Do NOT unplug the other cables.
- Feed the end of the Keypad's cable through the top side of the Worksurface and fit the Keypad into the pocket as shown. Press Keypad cable into the channel on the underside of the Worksurface.



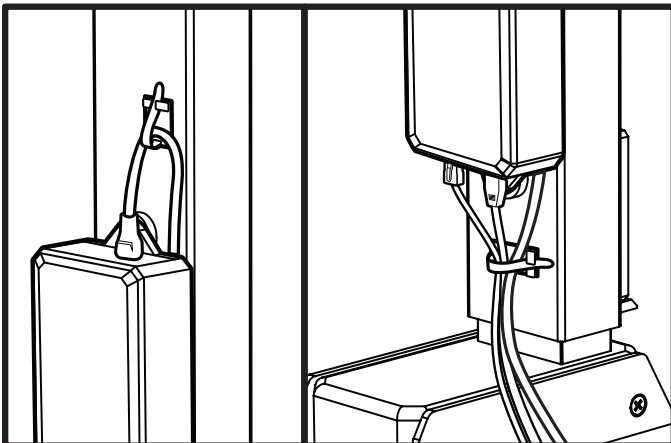
Step 5

- A. Attach Worksurface onto the Worksurface Bracket using five #10-24x5/8" Pan Head Screws.
- B. Plug the Keypad back into the Control Box.



Step 6

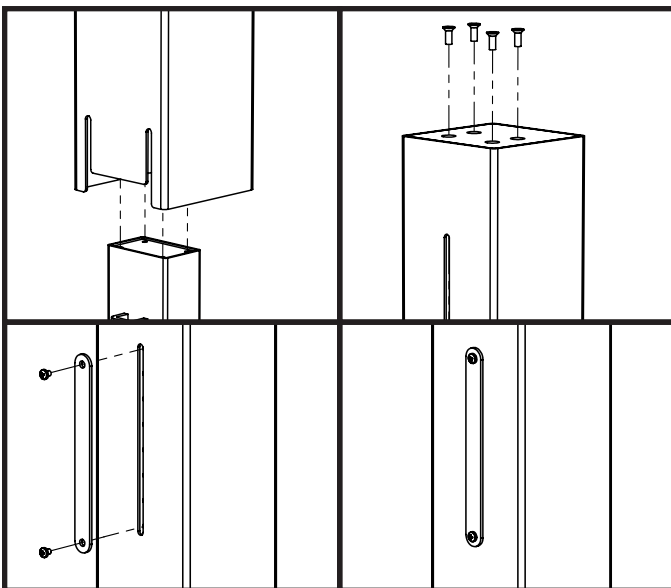
- **Optional:** If you don't plan to use a keyboard, skip to Step 7.
- A. Attach the Keyboard Tray Bracket to the Worksurface using four #10-24x5/8" Pan Head Screws.
 - B. Attach the Keyboard Tray to the Keyboard Tray Bracket also using four #10-24x5/8" Pan Head Screws.
- **Caution:** Make sure that Keyboard Tray of the assembled unit is clear of the desk edge. When the unit is at it's lowest position, the Keyboard Tray will be lower than the desk's surface.



Step 7

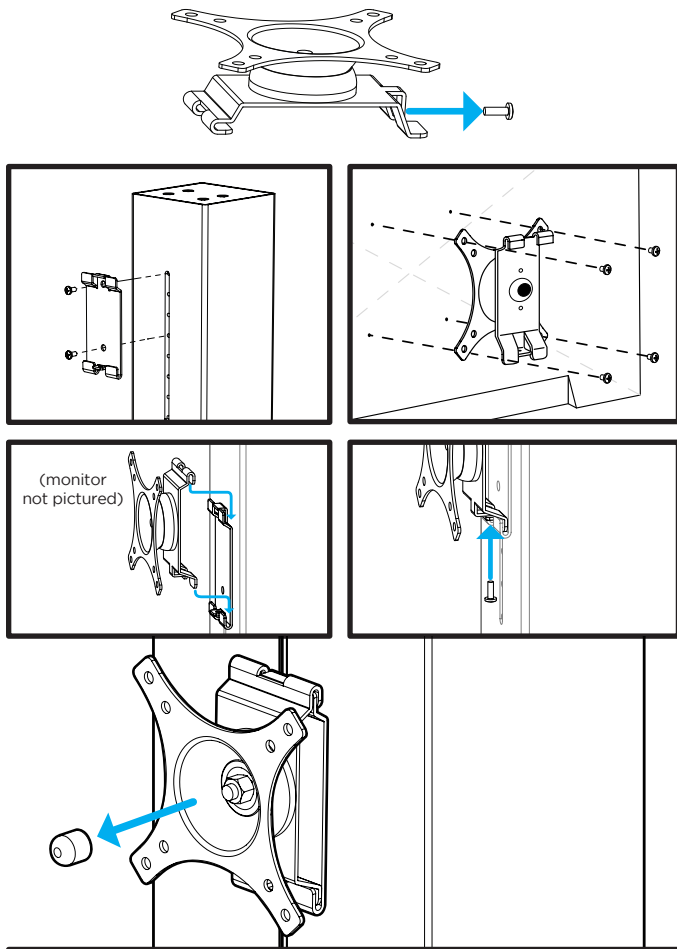
Take a moment to group your wires together to prevent them from splaying too widely, getting caught in moving parts, or interfering in Step 8. We recommend using the two Cable Clips with adhesive here:

- Above the Control Box to keep the Power Cable close to the Lifting Column. For additional securing, the cable can run behind the Control Box.
- About 2" below the Control Box, on the top segment of the Lifting Column (as shown). Leave slack to allow the Lifting Column to rise all the way up.



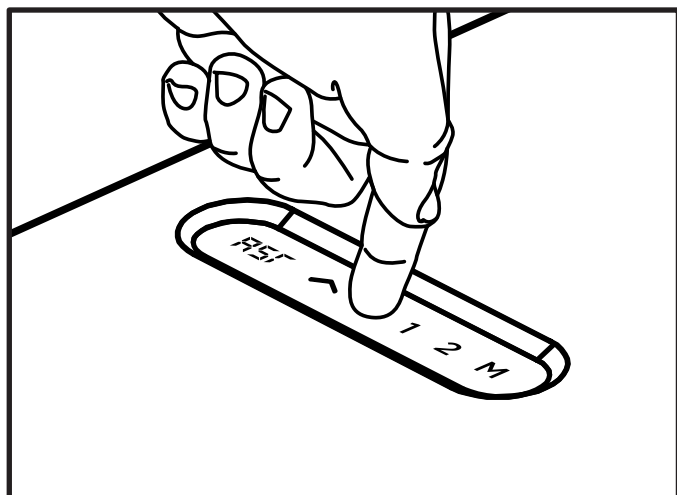
Step 8

- A. Press the Down Button on the Keypad and lower the unit down to its lowest position. Slide the Housing over the Lifting Column.
 - **Caution:** As you slide on the Housing, be mindful of where the cables are.
- B. Make sure the screw holes on the Housing align with the screw holes on top of the Lifting Column and attach using four M6x14 Flat Head Screws
 - **NOTE:** If you have a free standing monitor or laptop and do not plan on attaching a monitor directly to the Lifting Column using the provided VESA Mount, you may cover up the open slot with the Slot Cover and two M6x14 Pan Head Screws.



Step 9

- First, remove the VESA Screw and separate the VESA Mount from the VESA Bracket.
- Attach the VESA Bracket in the orientation shown to the Lifting Column using two M6x14 Pan Head Screws. Note: there are five different height settings; choose the height that is best suited for your monitor.
- Attach the VESA Mount to your Monitor using the four M4x12 Pan Head Screws. Ensure that the hooks on the VESA Mount are facing down and toward the bottom of the Monitor, as shown. Maximum monitor weight should not exceed 17.6 lbs (8 kg.)
- Hook the Monitor assembly to the VESA Bracket and secure with the VESA screw, removed at the beginning of Step 9.
 - NOTE:** The VESA Mount provides multiple axis adjustment for your monitor. If you find that your monitor does not stay in place after adjustment, remove the VESA Mount from the monitor, remove the plastic cap from the inside of the VESA Mount and tighten the nut.
 - Alternately, if the Monitor is not adjustable at all, loosening the nut slightly will allow it the necessary give to move the Monitor. It might take a few attempts to find the right balance.

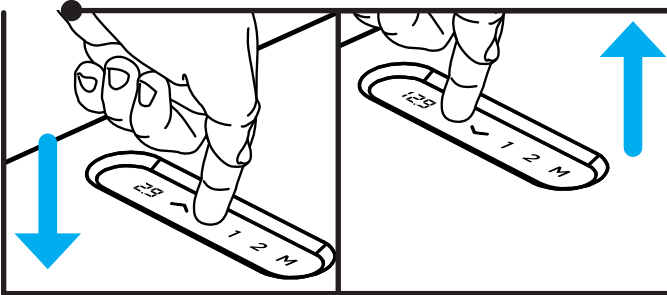


Step 10

Finally, you must perform the following Reset Procedure:

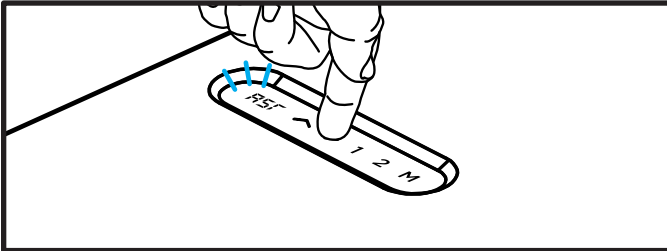
- Press and hold the Down Button until the unit stops at its lowest position, then release.
- Press and hold the Down Button again until the display reads "ASr", then release.
- Press and hold the Down Button one more time until the unit lowers slightly, rises and stops, then release the button.
- Once the numeric height is displayed, the reset is complete and the unit is ready for use.

Basic Operation & Programming



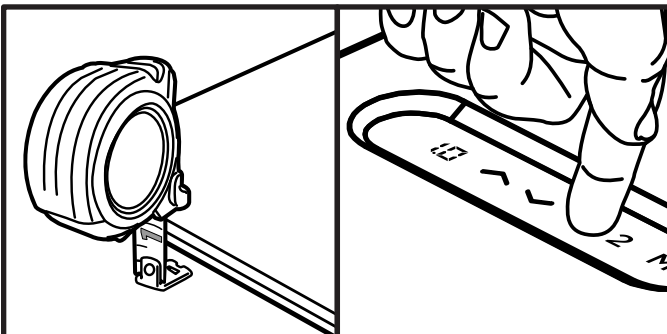
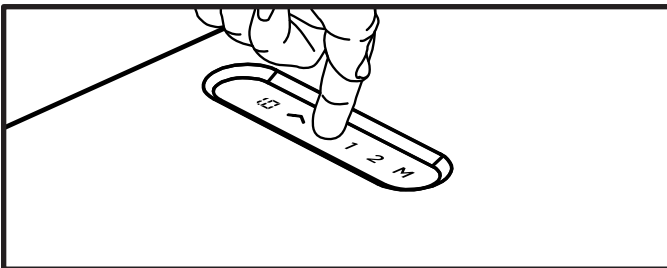
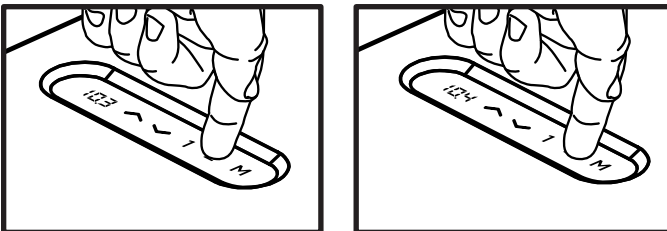
Basic Raising and Lowering

Press and hold the Down Button to lower the unit.
Press and hold the Up Button to raise the unit.
Release the button to stop the movement.



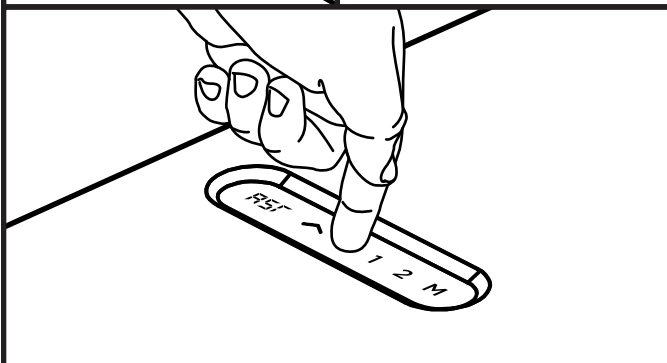
Changing Display Units (in or cm)

- Begin the reset procedure (see Page 5, Step 10) so the display reads "ASr".
- Hold the Down Button again until "ASr" begins to flash.
- Press the "2" Button until one of the following numbers appears on the display...
 - 10.3 Centimeter mode
 - 10.4 Inches mode...and then resumes flashing "ASr."
 - While "ASr" is flashing, pressing "2" will toggle between the two settings.
- Complete the reset procedure by holding the Down Button until the unit lowers then rises slightly.

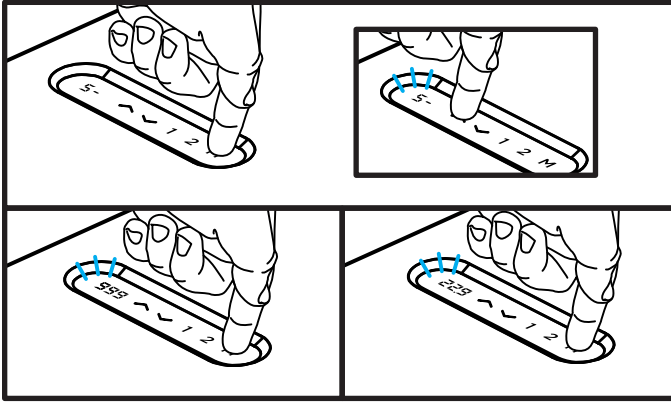


Height Calibration

- Lower the unit to its lowest position and measure the height from the desk to the top of the Work-surface.
- If the Display does not match the measured height, begin the reset procedure (see Page 5, Step 10) so the Display reads "ASr".
- Hold the "M" Button for about 5 seconds until a number begins flashing on the Display.
- Press the Up or Down Button until the number on the Display matches the measured height of the worksurface.
- Wait for the Display to again read "ASr" and then complete the reset procedure by pressing the Down Button and holding until the unit lowers then rises slightly.



A.



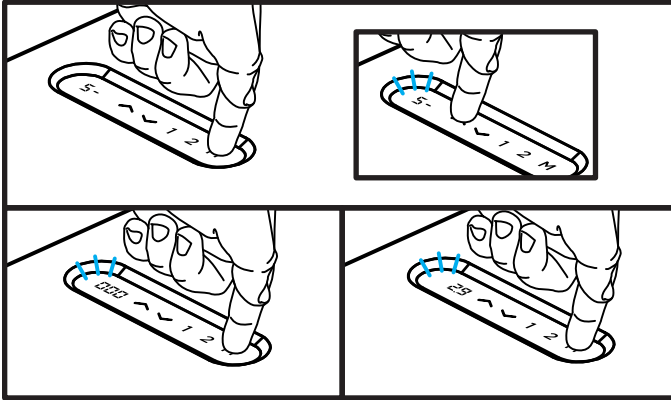
Upper & Lower Limits Setting

Set a maximum upper height and a minimum lower height limit for your unit. This is helpful if you have surrounding items you do not want the moving unit to accidentally collide with.

A. To set a new maximum height:

- Bring the unit to the desired maximum height.
- Press the “M” Button once and “S-” will appear on the Display. Immediately follow by pressing the Up Button once so the “S-” flashes once.
- Hold the “M” Button until the Display shows “999” then changes to numeric value of new upper limit.

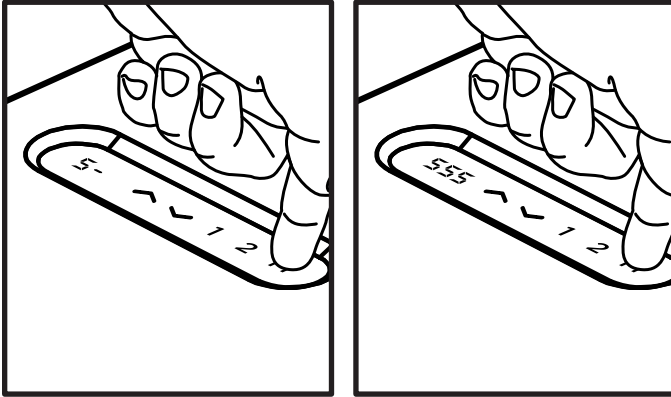
B.



B. To set a new minimum height:

- Bring the unit to the desired minimum height.
- Press the “M” Button once and “S-” will appear on the Display. Immediately follow by pressing the Down Button once so the “S-” flashes once.
- Hold the “M” Button until the Display shows “000” then changes to numeric value of new upper limit.

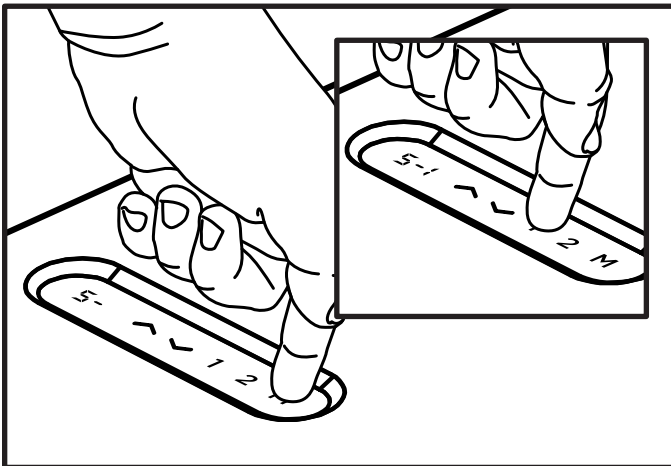
C.



C. Removing adjusted max/min heights:

- Press the “M” Button once and the display will show “S-”.
- Hold the “M” Button again until the display shows “555” then changes to the current numeric height setting.

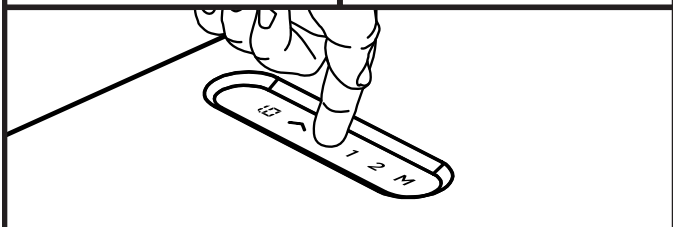
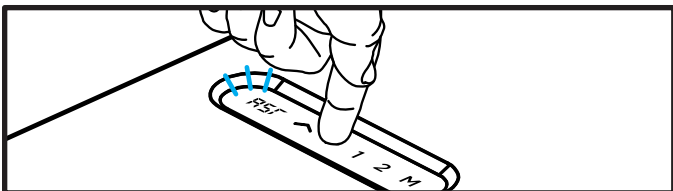
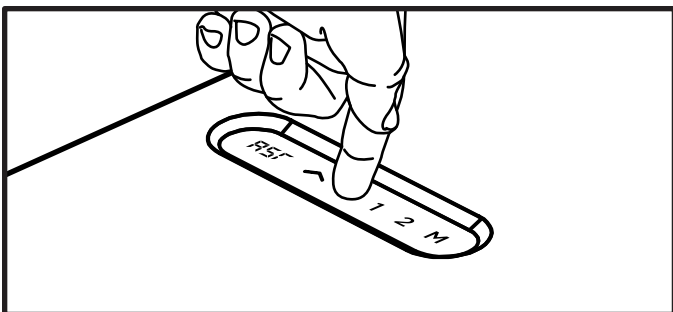
Note: If memory settings were previously set outside of the new minimum and maximum height settings, they will default to the new minimum and maximum settings. To set new minimum and maximum height settings outside of the current settings, you will need to first remove the current minimum and maximum settings.



Save Heights into Memory

Save two commonly used heights and recall them quickly.

- Use the Up or Down Button to move the unit to the desired height.
- Press the “M” Button once and the display will show “S-”
- Press either of the numbered Buttons to assign the current height to that number.
- To bring the unit back to either of those assigned heights, press the numbered button.



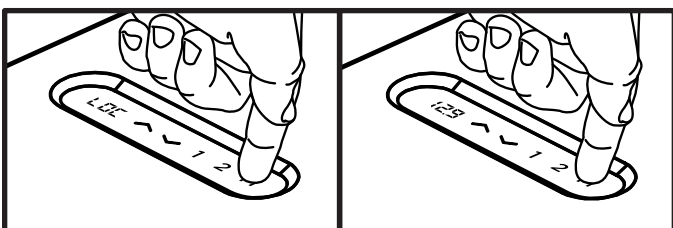
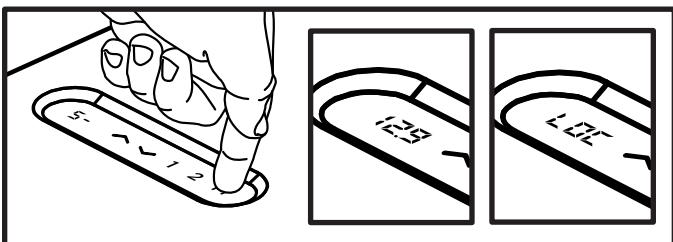
Constant-Touch vs. One-Touch Mode

These steps allow the unit to be set to either One-Touch or Constant-Touch.

- **One-Touch is the default setting** and requires only a single touch of the 1 or 2 Button to move the Worksurface to a preset memory location.
- Constant-Touch requires a continuous touch of the 1 or 2 Button to move the Worksurface to a preset memory location.

Changing the Mode

- Begin the reset procedure (see Page 5, Step 10) so the display reads "ASr".
- Hold the Down Button again until "ASr" begins to flash, then release.
- Press the "1" Button until one of the following numbers appears on the Display:
 - 10.1 One-Touch
 - 10.2 Constant-Touch
 ...and then resumes flashing "ASr."
 - While "ASr" is flashing, pressing "1" will toggle between the two settings.
- Complete the reset procedure by holding the Down Button until the desk lowers then rises slightly.



Keypad Lock

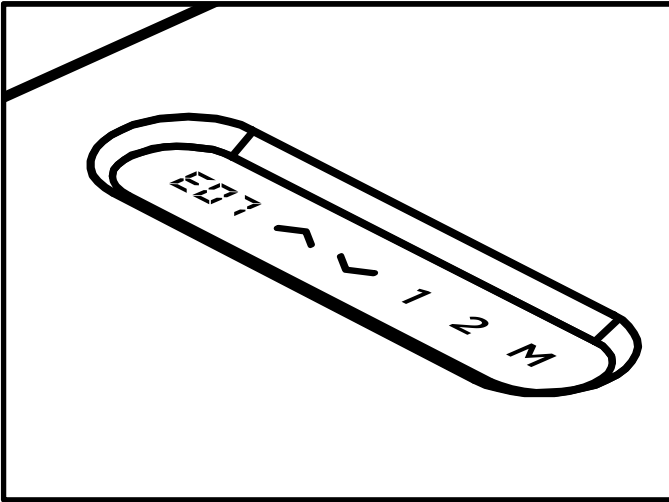
Lock to prevent accidental movement and to prevent settings from being accidentally changed by children or coworkers.

- To Lock: Press and hold "M" Button until you see "LOC" appear on the Display
 - The Display will show "S-", then change to the current numeric height setting of the desk, then finally change to "LOC".
- To Unlock: Press and hold "M" Button until "LOC" changes back to the numeric height setting.

NOTE: If a power outage occurs, the program will automatically return to the unlocked setting.

Troubleshooting

For more troubleshooting information, visit the Desk Reset + Troubleshooting Steps at the URL below.
<https://www.upliftdesk.com/uplift-desk-troubleshooting-and-reset-instructions/>



If your unit does not respond when you try to raise it or lower it or if the Displays shows error messages (“E01” through “E06”), check to make sure all the cables are secure (cables to the lifting column and to the control box).

If the problem persists, follow the steps below.

- Unplug the Power Cable and press the Down Button for 30 seconds.
- Plug the Power Cable back in.
- Perform the Reset Procedure outlined on Page 5 Step 10 of these installation instructions.

Note: If the desk is unplugged or if you lose power, you may need to perform the Reset Procedure.

If the error message persists after performing the Reset Procedure, refer to the Desk Reset + Troubleshooting Steps page at the URL shown below.

<https://www.upliftdesk.com/uplift-desk-troubleshooting-and-reset-instructions/>

CODE	DESCRIPTION	TROUBLESHOOTING SOLUTION
H01	Overheated	The motor has a 10% duty cycle to protect it from overheating. For example, in a 20 minute period, if your motor is activated for 2 minutes, you will want to let it rest for 18 minutes. Otherwise you may see an H01 code on your keypad.
E01-E06	Firmware or connectivity issues	Check all cables to ensure they're all firmly plugged in, and perform the Reset procedure on Page 5, Step 9.

⚠ CAUTIONS & WARNINGS

- ⚠ **CAUTION:** Read all instructions before assembly. Failure to assemble properly may result in damage or personal injury.
- ⚠ **WARNING:** Keep hands clear of the column while it is moving. Do not touch it.
- ⚠ **CAUTION:** Only plug into 120Vac outlets. (Input: 120Vac, 60Hz, 200W max)
- ⚠ **CAUTION:** The maximum load capacity of the unit is 110 lbs. Do not overload.
- ⚠ **CAUTION:** Keep devices centered and away from the edge of the main worksurface to prevent them from falling.
- ⚠ **CAUTION:** Make sure that the wires for your monitor and devices have enough slack to prevent your devices from being pulled off the Worksurface when raising the unit.
- ⚠ **CAUTION:** When relocating the unit, remove all devices to avoid harm or damage and adjust the unit to its lowest position.
- ⚠ **CAUTION:** Move the unit carefully with two people to avoid injury and damage to the product and surroundings. Lift the unit by the Base, NOT by the Worksurface.

This image shows a full page of blank, lined paper. It features approximately 30 evenly spaced horizontal grey lines across its entire width, typical of standard notebook paper. The background is white, and there are no margins, text, or other markings present.

[illegible]



Work Better. Live Healthier

512-614-3152

800-349-3839

info@upliftdesk.com

upliftdesk.com

SAVE THESE INSTRUCTIONS

Study this manual carefully. If this desk is sold, please provide this manual to the buyer, installers, or support personnel operating the product.



Copyright Notice: This guide is a component of the UPLIFT Desk E7 Electric Standing Desk Converter. 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.