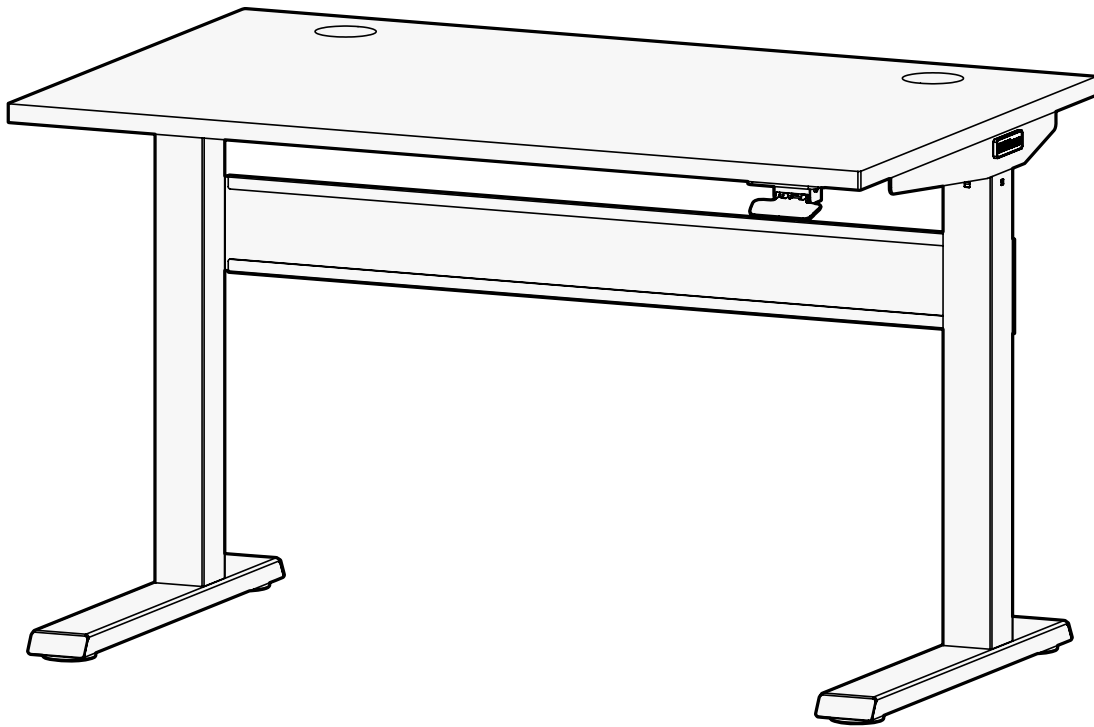


Pneumatic Standing Desk

FRM240

UPLIFT DESK®



For assembly assistance,
visit upliftdesk.com/contact,
or call 800-349-3839,
or email info@upliftdesk.com

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two person
assembly



Safety and Warnings



WARNING: Risk of injury. Adjusting the height of the desk can pinch or crush body parts trapped between the desk and stationary objects.



WARNING: Be sure there is a gap of at least 1 inch between the moving parts of the standing desk and objects located next to it to avoid pinch and crush hazards. Move the desk through its full range of motion to ensure the 1 inch gap is maintained above, below, and all around the desk.



WARNING: Keep fingers and body parts clear of the moving desk. Check the desk's surroundings on all sides before raising or lowering the desk to ensure there are no obstacles that can be damaged or cause injury.



WARNING: Ensure all cords and cables have enough slack so they don't pull on laptops or other equipment as the desk moves up and down.



WARNING: Keep children away from the desk unless supervised. Misuse of the desk can cause personal injury.



WARNING: The desk is designed for use in dry environments, use indoors only.



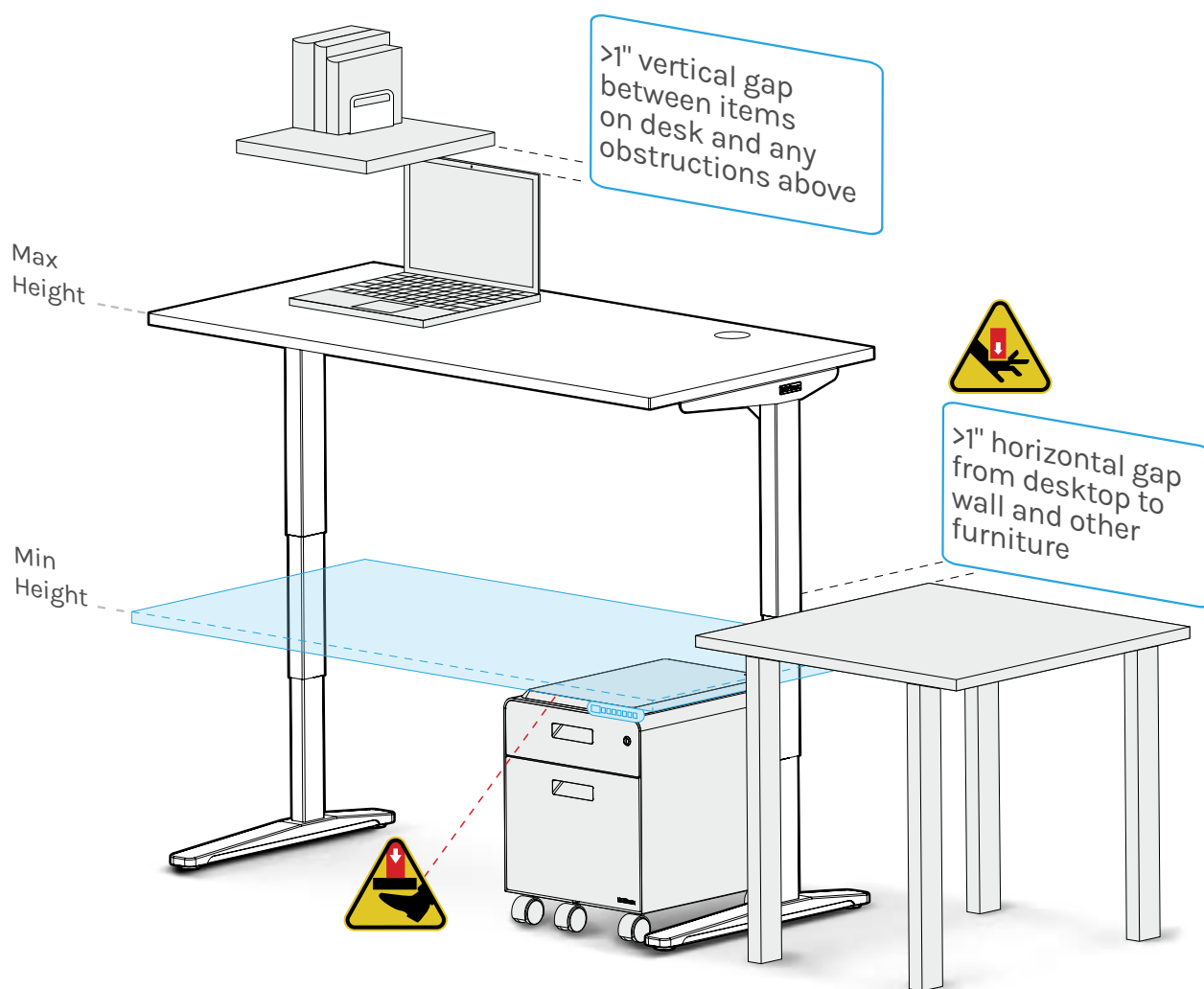
WARNING: Persons with limited mental or physical capabilities who are unable to comprehend the safe operation of the height adjustability feature must not operate the desk.



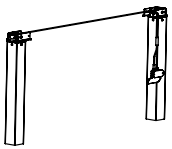
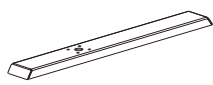
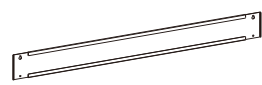
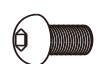
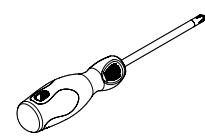
WARNING: Inspect the desk regularly and stop using immediately if you notice any damaged or loose parts. Only replace damaged desk parts with authorized UPLIFT Desk parts and follow instructions.

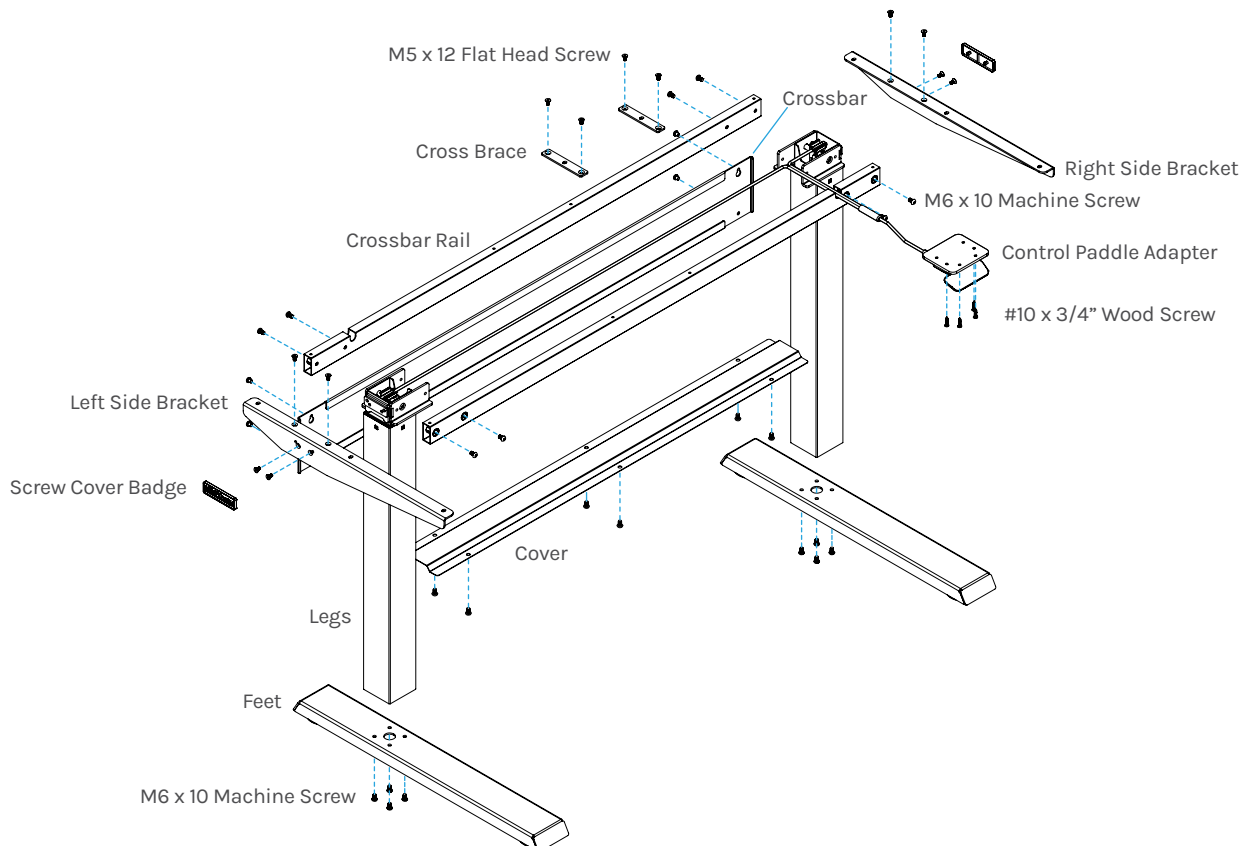
Please read these instructions carefully. This desk is height adjustable to fit the user's height. Inappropriate use of this desk can cause property damage and/or bodily injury. Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this desk. Please provide these instructions to any new user or owner of the desk.

Note: Desk image is for reference only. Desk shape and leg quantity or style may change based on the desk configuration ordered.



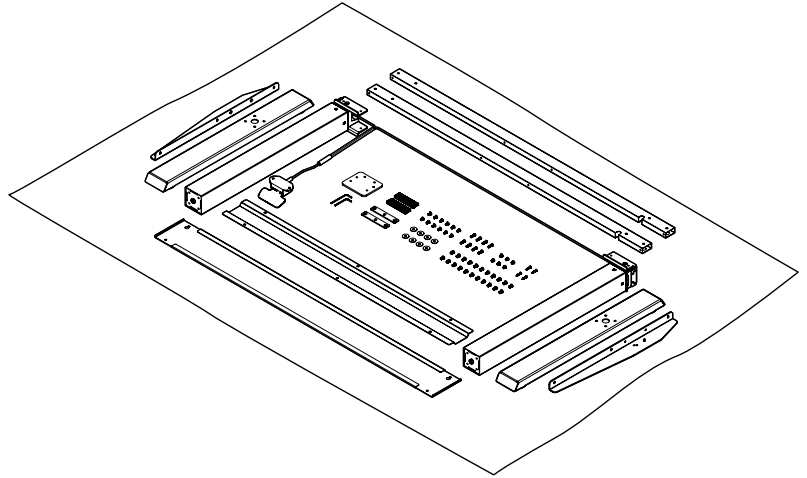
Package Contents

C1 Legs 	C2 Feet qty 2 	C3 Crossbar 	C4 Crossbar Rail qty 2 	C5 Right Side Bracket 
C6 Left Side Bracket 	C7 Cross Brace qty 2 	C8 Control Paddle Adapter 	C9 Cover 	C10 Screw Cover Badge qty 2 
H1 M6 x 10 Machine Screw qty 22 	H2 M6 x 6 Machine Screw qty 6 	H3 M5 x 12 Flat Head Screw qty 12 	H4 #10 x 3/4" Wood Screw qty 4 	H5 #10-24 x 3/4" Machine Screw qty 8 
H6 #10 Flat Washer qty 8 	H7 3mm Allen Wrench 	H8 4mm Allen Wrench 	You'll also need 	



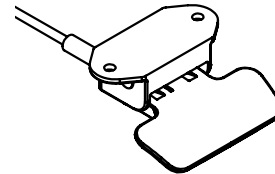
Step 1 - Inventory of Parts

- A. Before assembly, consider where you want your desk to be located. Since your new desk is height adjustable, it should be located a safe distance from anything that could obstruct the desk from being raised or lowered, like a wall mounted shelf or cabinet.
- B. For ease and safety, we recommend using two people for assembly.
- C. To avoid any damage to your floor or desktop, we recommend assembling your desk on a debris-free carpet or blanket.
- D. Lay out the components from all boxes. Confirm the items and quantities match what is shown in the Package Contents section above before disposing of any packing material.



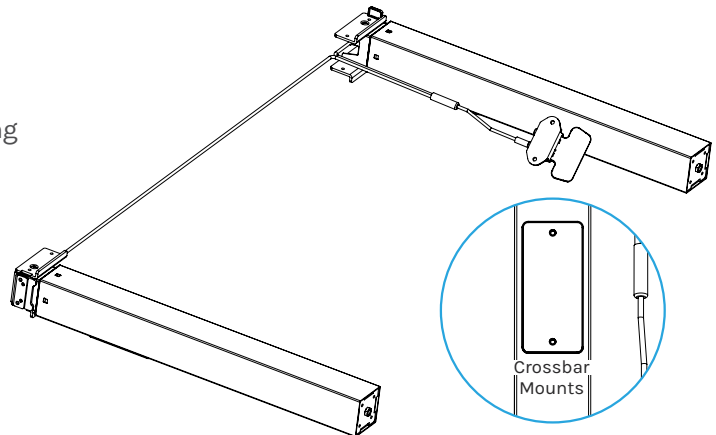
Caution:

To prevent possible injury or damage to equipment and your surroundings, never press the paddle during installation.

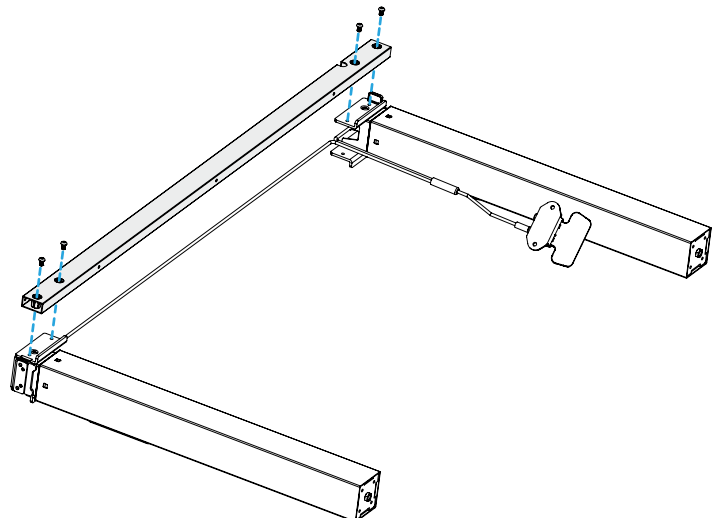


Step 2 - Foot & Front Crossbar Rail Attachment

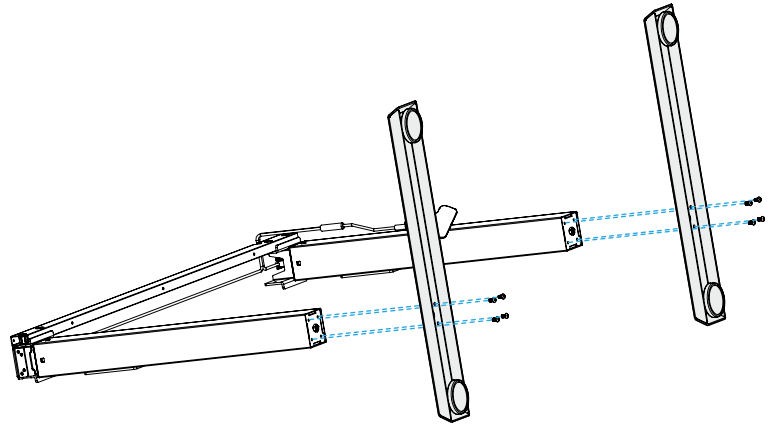
- A. Lay the Legs (C1) down with the Crossbar Mounts facing the floor as shown.



- B. Place one Crossbar Rail (C4) on the front side of the Legs with the cable cutout facing up and the larger diameter holes facing out.
- C. Align the outside of the Leg with the end of the Crossbar Rail so they are flush and the screw holes are aligned. Start two of the M6 x 10 Machine Screws (H1) through the Crossbar Rail holes and into the Leg. Rotate each screw only a few turns, but do not tighten them.
- D. Align the other end of the front Crossbar Rail with the outside edge of the other leg so that the holes in each part are aligned, and start two more of the M6 x 10 Machine Screws through the holes, but do not tighten them.

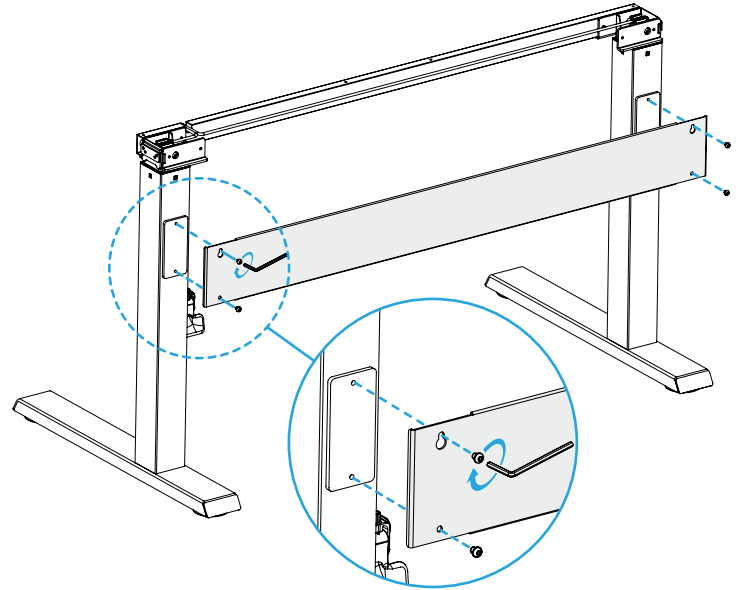


- E. Place one of the Feet (C2) onto one of the Legs as shown, with the longer end of the foot facing up and away from the side of the Legs with the Crossbar Mounts.
- F. Loosely start four of the M6 x 10 Machine Screws (H1) using the 4mm Allen Wrench (H8). Do not tighten the screws until all four have been started.
- G. Repeat the previous step for the second Leg and Foot.



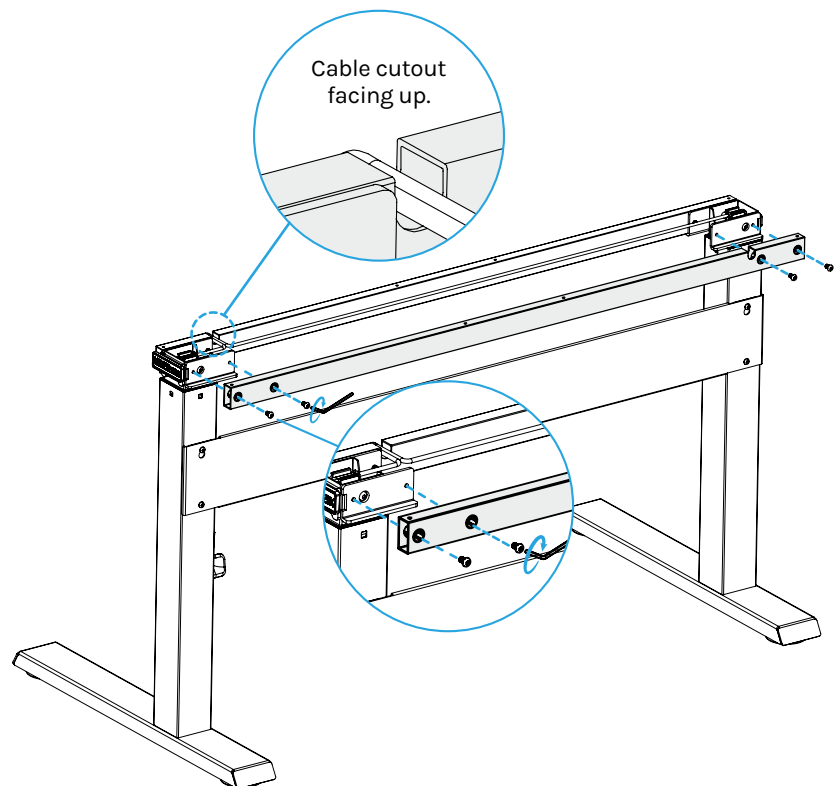
Step 3 - Crossbar Attachment

- A. Gently stand the legs upright. It is okay to let the Control Paddle hang down.
- B. Loosely thread two of the M6 x 6 Machine Screws (H2) into the top holes of the Crossbar Mounts on the back of each of the legs. The lower holes should be kept empty for now.
- C. With the keyholes on the Crossbar (C3) facing up and the smooth face towards the back, hang the Crossbar on the screws.
- D. Loosely thread two additional M6 x 6 Machine Screws through the lower holes in the Crossbar and into the Legs.
- E. Leave all the screws loose until the end of the next step.



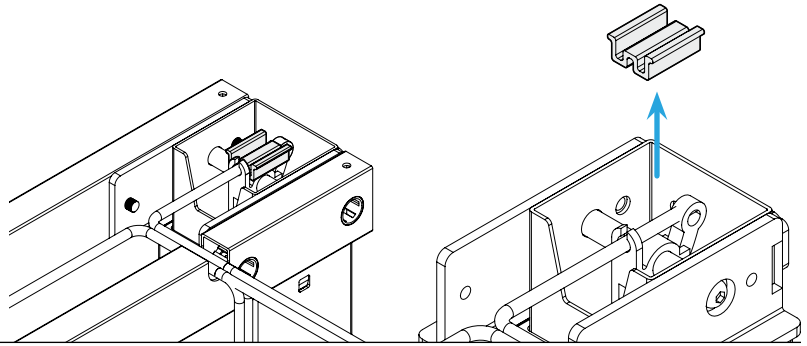
Step 4 - Rear Crossbar Rail Attachment

- A. Loosely attach the second Crossbar Rail (C4) on the back side of the Legs. Ensure the cable cutout on the second Crossbar Rail is facing up and the larger diameter holes face out.
- B. Align the outside of the Leg with the end of the Crossbar Rail so they are flush and the screw holes are aligned. Start two of the M6 x 10 Machine Screws (H1) through the Crossbar Rail holes and into the Leg. Rotate each screw only a few turns, but do not tighten them.
- C. Align the other end of the front Crossbar Rail with the outside edge of the other leg so that the holes in each part are aligned, and start two more of the M6 x 10 Machine Screws through the holes, but do not tighten them.
- D. Once all screws from Steps 3 and 4 have been started, tighten them and the Crossbar Rail from Step 2 using the 4mm Allen Wrench (H8).
- E. Ensure that the Control Paddle cable runs through the cutout in the top of the Front Crossbar Rail as shown



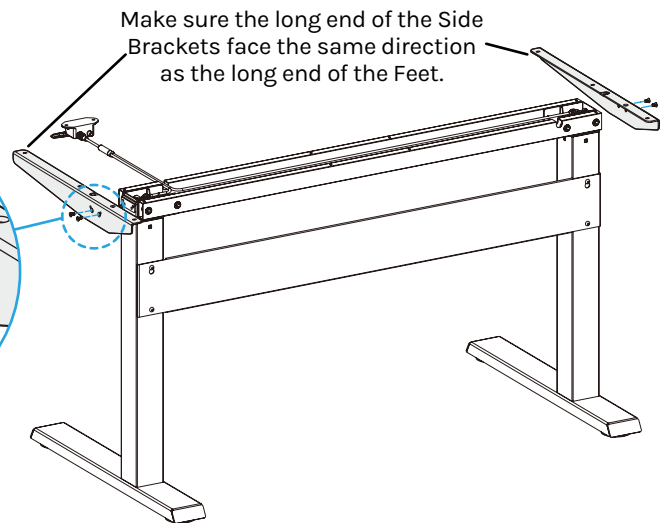
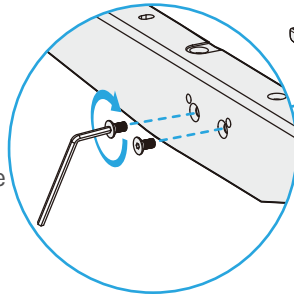
Step 5 - Leg Shipping Bracket Removal

Remove the plastic shipping bracket from the top of each Leg as shown and discard.

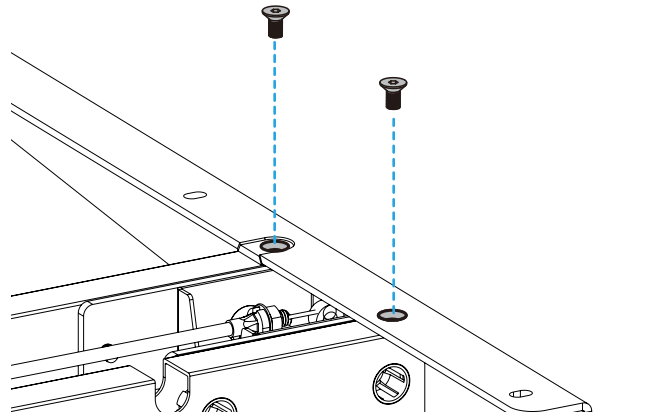


Step 6 - Side Bracket Attachment

- A. Align the holes in the side of the Right Side Bracket (C5) with the holes on the Leg with the Control Paddle. The long end of the Side Bracket should be facing the same direction as the long end of the Foot as shown.
- B. Loosely insert two M5 x 12 Flat Head Screws (H3) through the side of the Side Bracket and into the Leg. Do not tighten the screws.
- C. Repeat the previous steps to loosely attach the Left Side Bracket (C6).



- D. Loosely insert two more M5 x 12 Flat Head Screws into the holes in the top of each of the Side Brackets as shown.
- E. Once all four screws have been started in each Side Bracket, tighten them using the 3mm Allen Wrench (H7).



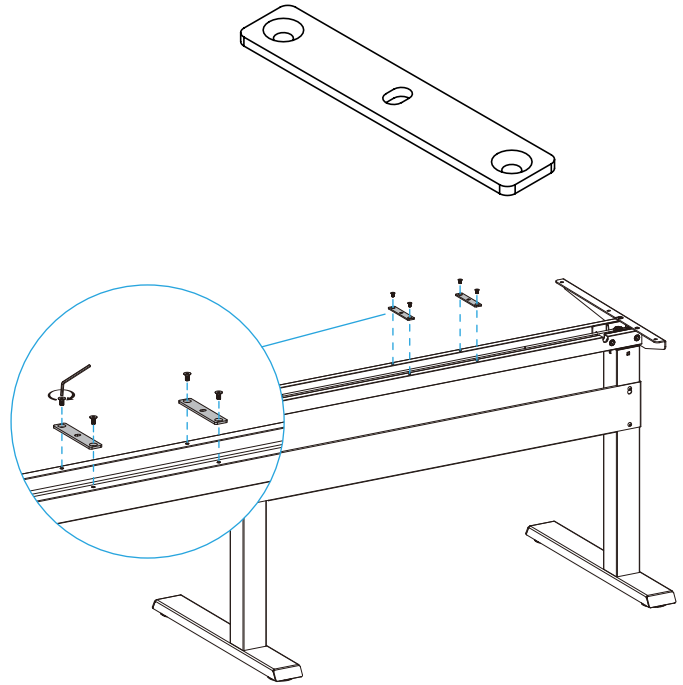
Step 7 - Cross Brace Attachment

- A. Orient the Cross Braces (C7) with the counter-sink (larger) side of the holes facing up as shown.

- B. Align the Cross Braces with the holes near the center of the Crossbar Rails (C4) as shown and loosely insert two M5 x 12 Flat Head Screws (H3) through the counter-sunk holes of each Cross Brace and into the Crossbar Rails.

- C. Once all four screws are started, fully tighten them with the 3mm Allen Wrench (H7).

Note: When tightened, the tops of the screw heads should be flush with the top of the Cross Brace. If they are not, try flipping the Cross Brace over so the larger side of the holes is facing up.



Step 8 - Control Paddle Adapter Attachment

- A. Place your desktop on a debris-free carpet or blanket with the top surface facing down and the bottom surface with the pre-drilled holes and threaded metal inserts facing up (see diagrams).



Bottom Side of Desktop

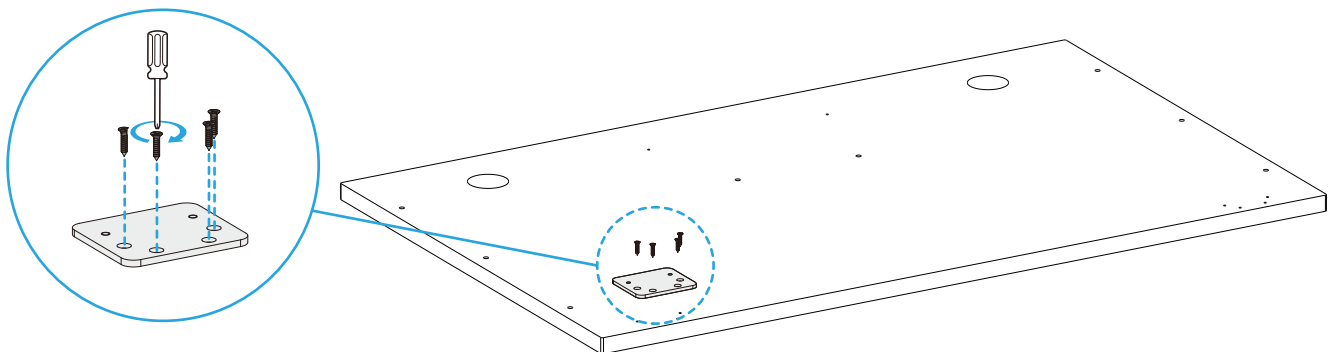


Top Side of Desktop

- B. With the counter-sink (larger) side of the holes facing up, align the holes in the Control Paddle Adapter (C8) with the four pre-drilled holes on the left side of the desktop as shown.

Note: This will be on the right side of the desk when it is flipped upright.

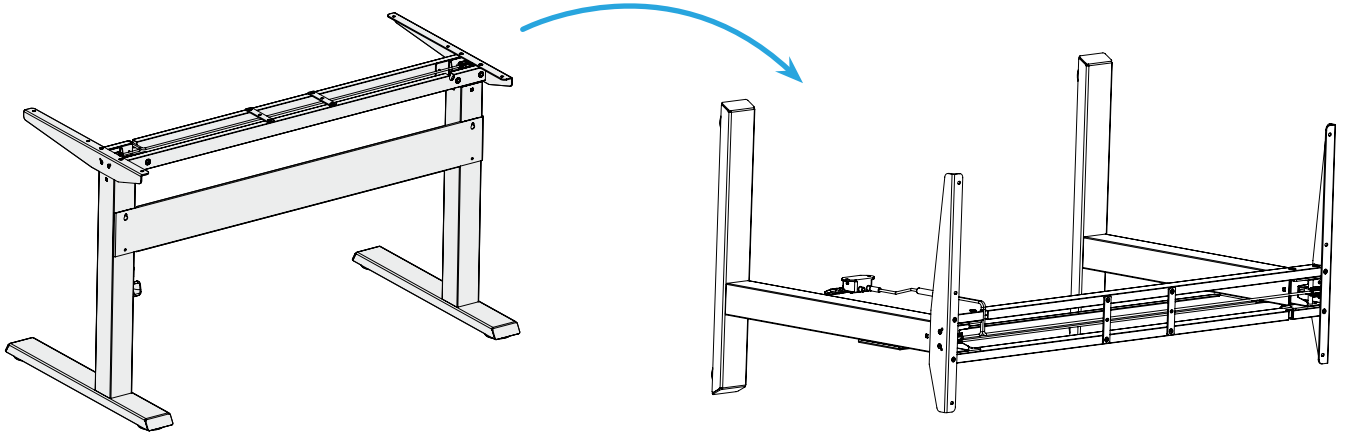
- C. Loosely insert one #10 x 3/4" Wood Screw (H4) through each hole in the Control Paddle Adapter and into the holes in the desktop using a Phillips head screwdriver.
- D. Once all four screws have been started, tighten them. Be careful not to overtighten the screws to avoid stripping the holes.



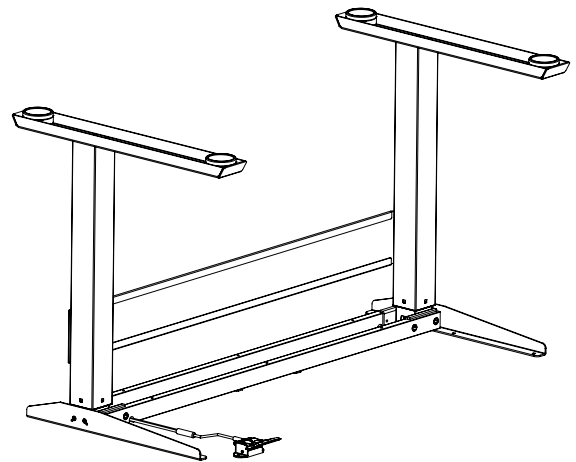
Step 9 - Frame and Control Paddle Attachment

- A. With two people positioned on opposite ends of the frame assembly holding the Side Bracket with one hand and the Leg with the other, gently begin to rotate the frame toward the back so the Control Paddle and cable are facing up and the back ends of the Feet and Side Brackets are resting on the ground.

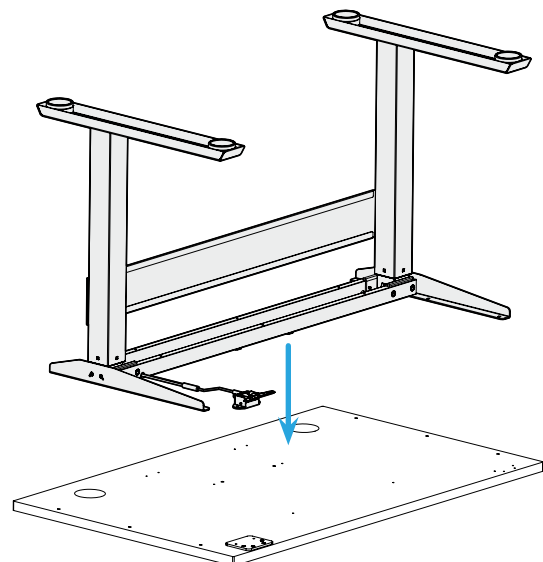
Note: Mind the Control Paddle cable as you flip the frame.



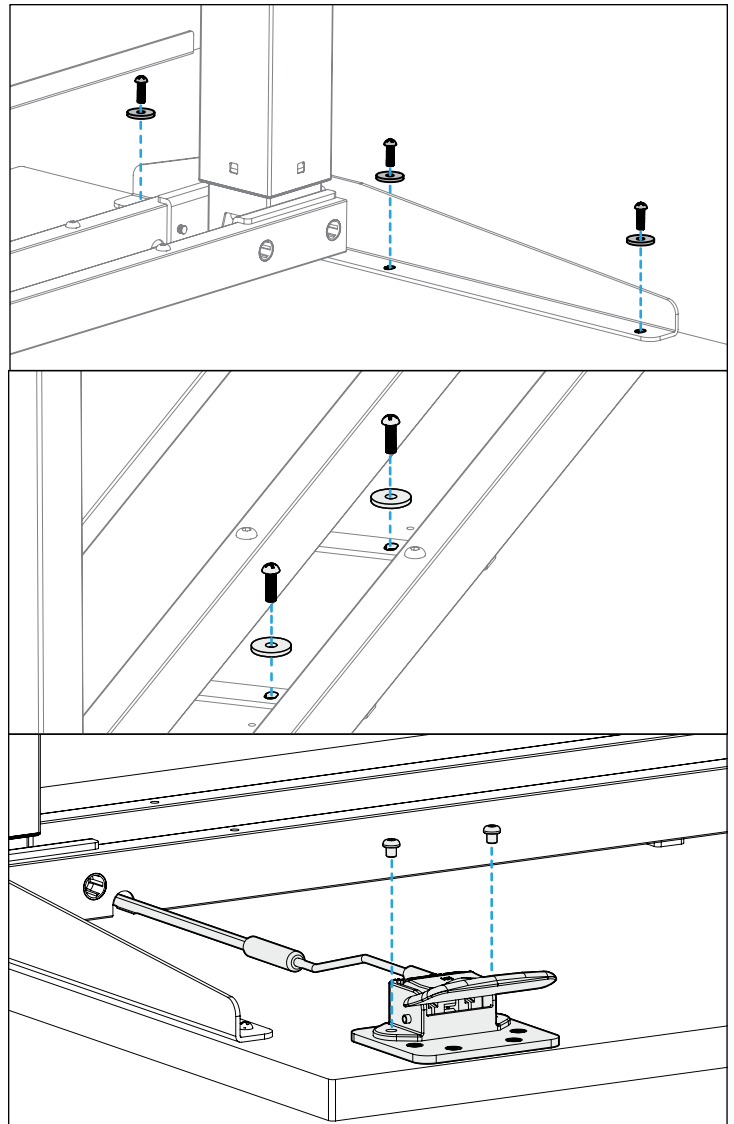
- B. Readjust your grip on the Side Bracket and Leg and gently rotate the frame again until it is upside down with the Side Brackets resting on the ground and the Feet facing up as shown.



- C. Carefully lift the frame and position it onto the bottom surface of the desktop so the long ends of the Side Brackets are facing the edge of the desktop with the Control Paddle Adapter (C8) attached. When positioning your frame on the desktop, lift it up. **DO NOT SLIDE THE FRAME.** This will help protect the underside of your desktop from scratches.

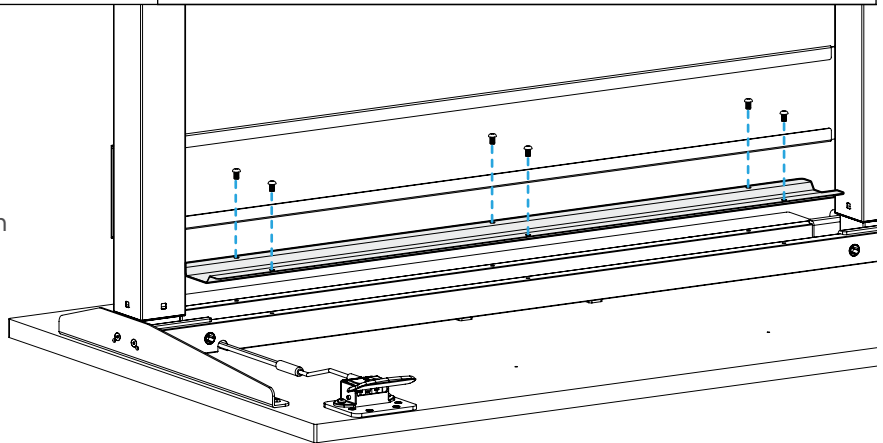


- D. Carefully position the frame so that the three holes in each Side Bracket align with the metal threaded inserts along the sides of the desktop.
- E. Loosely insert three of the #10-24 x 3/4" Machine Screws (H5) with #10 Flat Washers (H6) through the holes in the Side Brackets and into the threaded metal inserts at the sides of the desktop using a Phillips head screwdriver. Do not tighten them yet.
- F. Loosely insert two more #10-24 x 3/4" Machine Screws with #10 Flat Washers through each Cross Brace near the center of the frame between the Crossbar Rails and into the metal threaded inserts. Do not tighten them yet.
- G. Once all eight screws have been started, tighten them the rest of the way. Be careful not to overtighten the screws to prevent stripping.
- H. Line up the Control Paddle with the threaded holes in the Control Paddle Adapter (C8) and attach it with two M6 x 6 Machine Screws (H2) using the 4mm Allen Wrench (H8).
- I. Feed any excess cable back into the cutout in the Crossbar Rail. Be careful not to let the cable bind or kink.



Step 10 - Cover Attachment

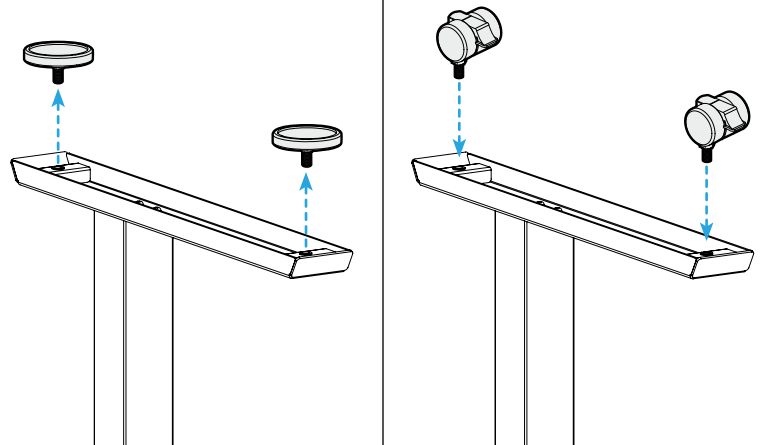
- A. Place the Cover (C9) on the frame as shown.
- B. Loosely attach the Cover with six M6 x 10 Machine Screws (H1).
- C. When all the screws are started, tighten them using the 4mm Allen Wrench (H8).



Step 11 - Caster Installation (optional)

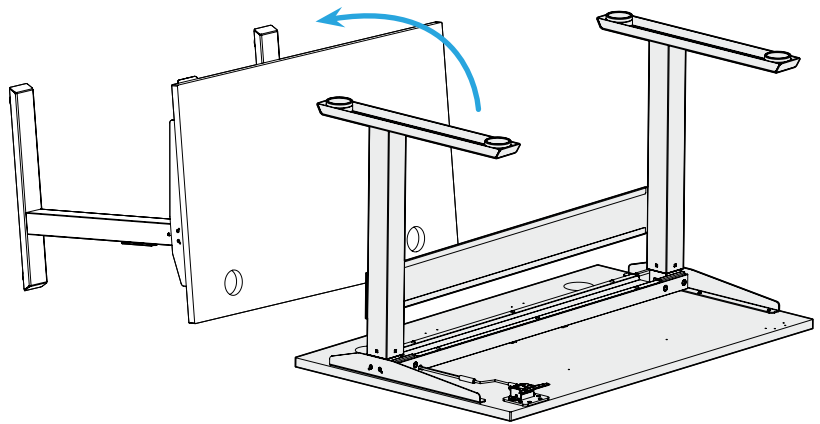
If you purchased Casters for your desk, we recommend installing them now.

- Remove the pre-installed leveling glides from the Feet by rotating them counterclockwise to unthread them from the mounting holes.
- Thread the stem of a Caster into each of the leveling glide holes by turning it clockwise. If the Casters have a hex nut for tightening, use a flat wrench to tighten them.
- If your Casters have locks, engage them. This will keep them from rotating when it is time to flip the desk upright.

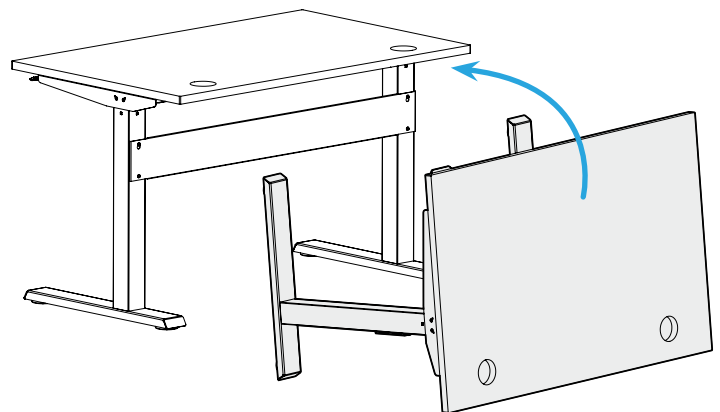


Step 12 - Desk Placement

- With one person located at each end of the desk, support the desk frame and the desktop equally and begin to tilt it slowly toward the back of the desk so that the Control Paddle is facing up and the backs of the Feet are touching the floor.
- Readjust your grip and continue to rotate the desk until it is right side up with both Feet completely on the floor.

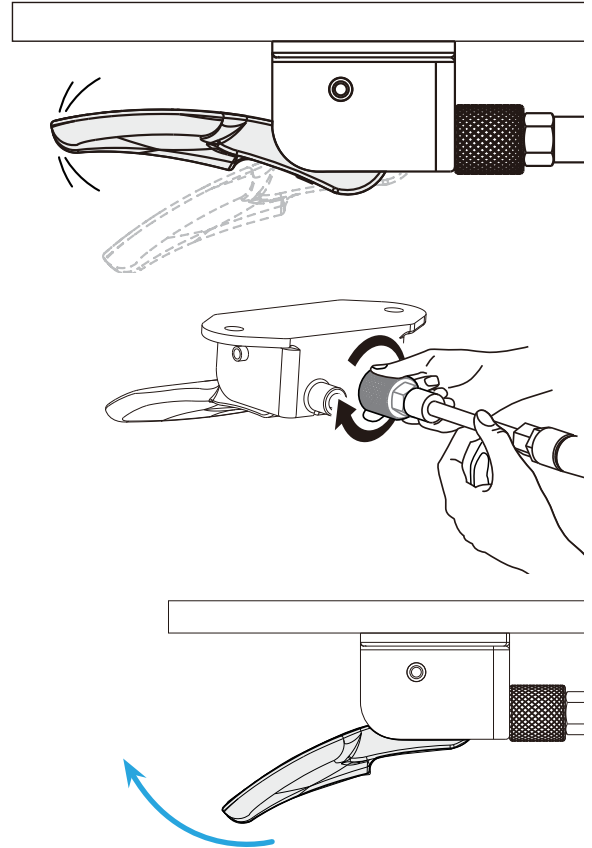


- Position your desk where you would like it to be.
 - With Casters:** Moving is easy! If your Casters include locks, make sure they are unlocked and roll the desk to the desired location. Relock the Casters to keep the desk stationary.
 - Without Casters:** Using two people, lift your desk (do not drag it) by holding onto the desktop and Side Brackets together. Never lift the desk by just the desktop, doing so will put undue stress on the attachment screws. Be sure to hold the frame Side Brackets when lifting. Adjust the Leveling Glides as needed to level the desk.
- Check your desk's surroundings to make sure there are no obstacles in the desk's path while being raised or lowered. Do not place any objects underneath the desk taller than the underside of the desk when it is in the lowered position.



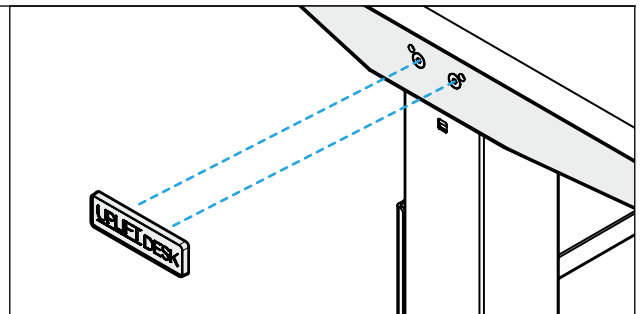
Step 13 - Tighten Control Paddle Cable

- A. To prevent possible injury, the Control Paddle cable is shipped in a loosened state so it can't accidentally activate the pneumatic legs. The cable will need to be tightened before the pneumatic legs and desk are functional.
- B. Turn the cable tension knob clockwise until the Control Paddle is firm with no loose movement.
- C. Check the actuation of the Control Paddle by depressing it. Slightly adjust the knob until the action is smooth and to your liking.



Step 14 - Install Screw Cover Badges

- A. Install the Screw Cover Badges (C10) by pressing the posts on the back side of the badges into the two holes in each of the Side Brackets near the attachment screws.



UPLIFT[®] DESK

Work Better. Live Healthier

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SAVE THE INSTRUCTIONS

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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