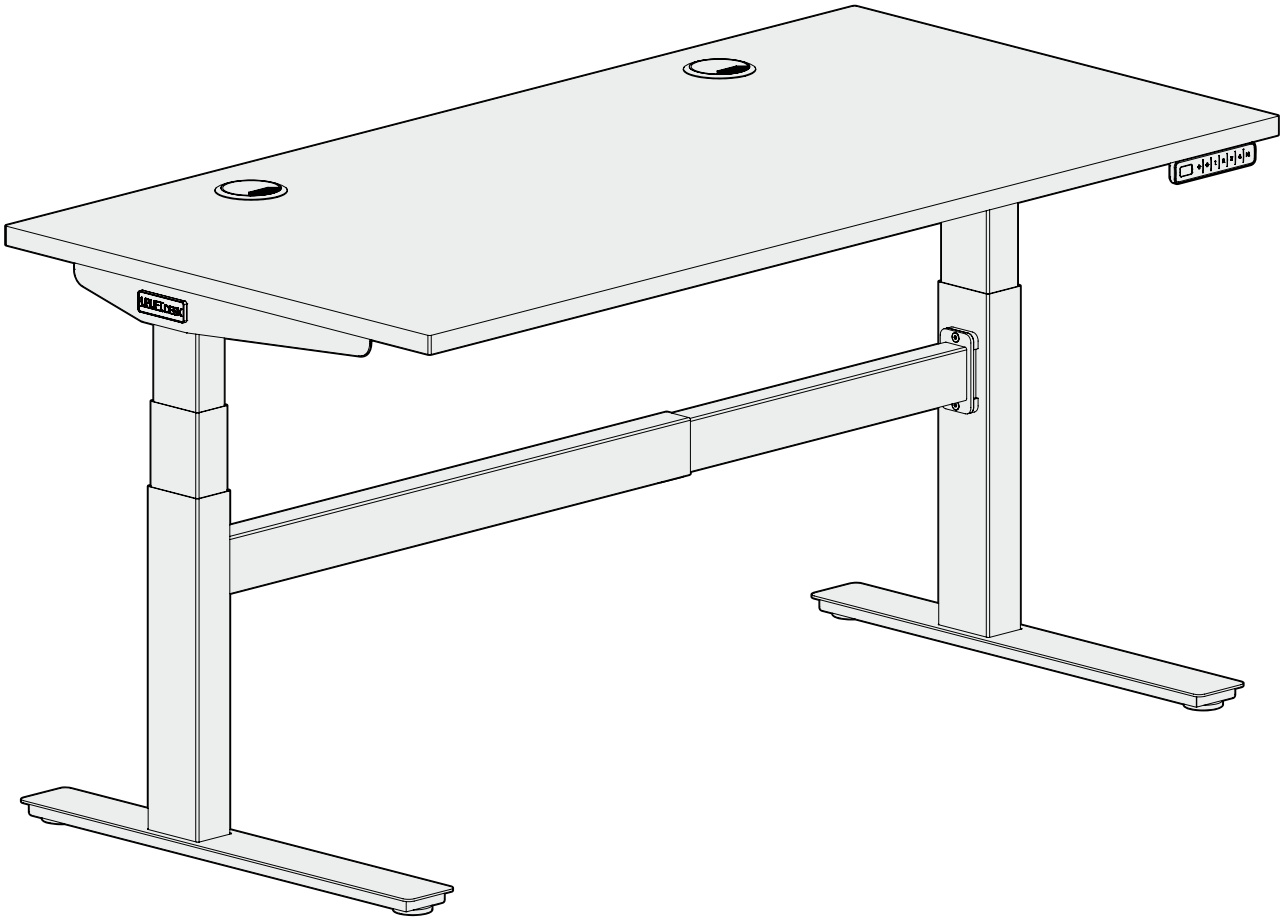
V2-Commercial 2-Leg Standing Desk

F600 (C-Frame & T-Frame)

UPLIFT DESK
Work better. Live healthier.



C-Frame shown

Scan QR code for product webpage

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

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Safety and Warnings



WARNING: Read all instructions before assembly. Failure to assemble or operate the desk properly may result in damage or personal injury. Retain this manual for future reference or owners.



WARNING: Keep fingers and body parts clear of the moving desk edges. 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 damage the desk.



WARNING: Ensure all desk and accessory cords have enough slack so they don't pull as the desk moves up and down.



WARNING: Keep children away from the desk unless supervised. Misuse of the desk can cause personal injury. If children cannot be supervised at all times, use the desk's safety lock feature or remove the power cord to prevent its operation.



WARNING: The desk is designed for use in dry indoor environments only. Use of desk outdoors or in damp locations will damage the desk and can cause risk of electric shock, fire, or personal injury.



WARNING: Only plug the desk into a properly grounded 100-240V power outlet. Using a voltage converter is considered improper use and can cause damage to the desk.



WARNING: Do not open or insert any object into any desk frame component such as the legs or control box. Doing so may cause damage and can cause risk of electric shock.



WARNING: In case of spilled liquid on any electrical desk component, disconnect the desk from the power outlet immediately. Clean up the spill with a dry cloth and plug the desk back into the power outlet. There is a risk of desk failure or electric shock if desk components become wet.



WARNING: Never use the desk if the power cord or plug becomes damaged as this can cause a risk of fire and electric shock. Contact UPLIFT Desk for a replacement power cord if it is damaged in any way.



WARNING: Risk of serious injury or death. Adjusting the height of the desk can pinch or crush body parts trapped between the desktop and stationary objects. Do not place feet or other body parts on any items located under the desk other than on approved items such as foot rests and desk mats.



WARNING: Be sure there is a gap of at least 1" 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" gap is maintained above, below, and all around the desk.



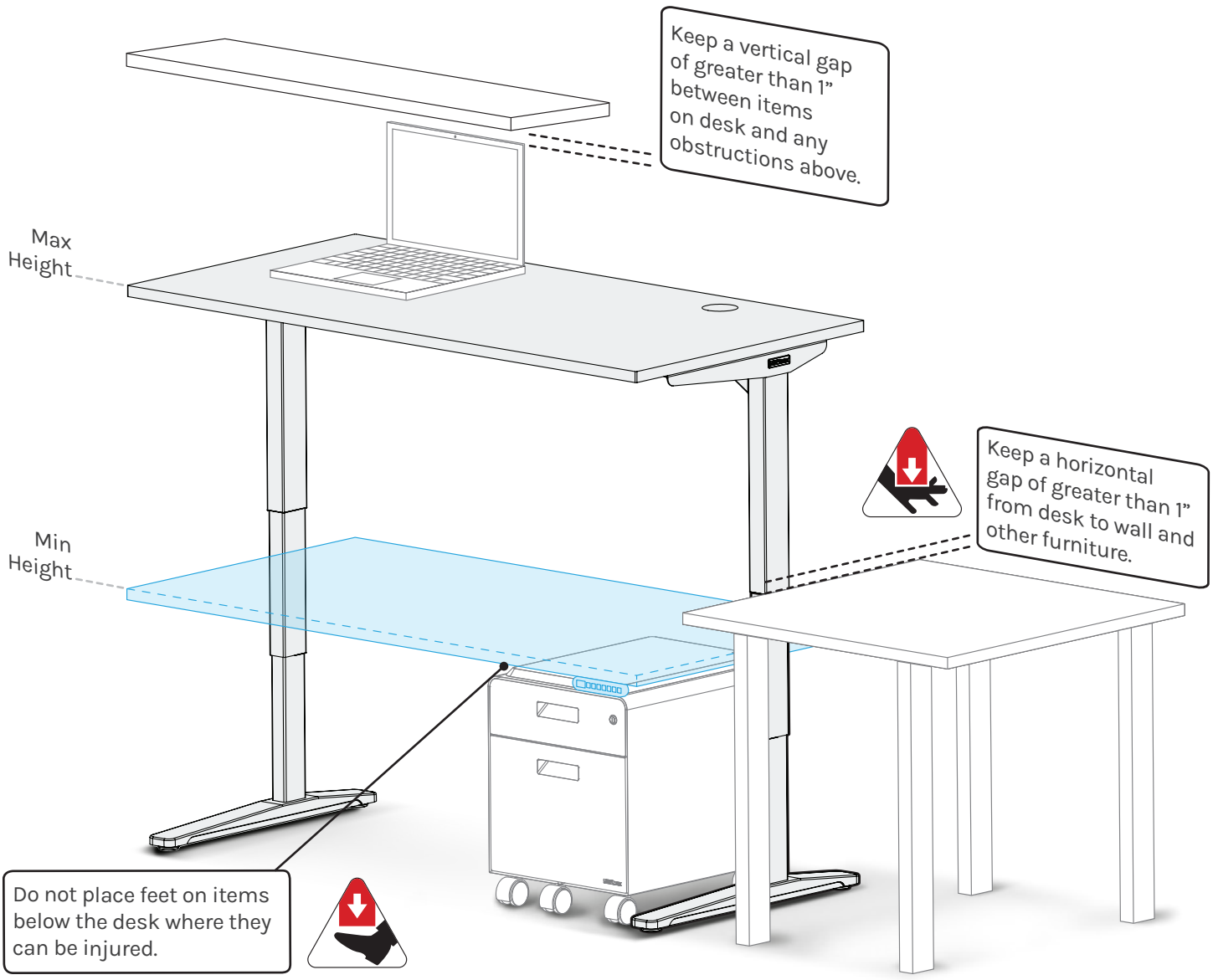
WARNING: Persons with limited mental or physical capabilities who are unable to comprehend the safe operation of the height adjustability feature must be supervised and must not operate the desk.



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.

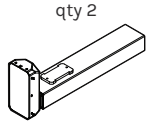
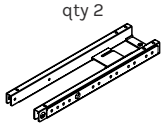
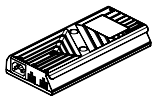
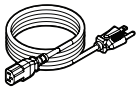
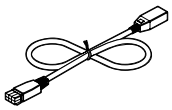
Please read these instructions carefully. This desk is height adjustable to fit the user's height. Inappropriate use of this desk can cause property damage and/or bodily injury. Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this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

Desk image is for reference only and may not match your desk model.

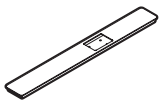
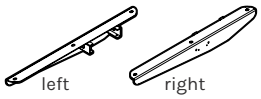
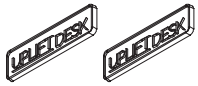


Package Contents

F600 Main Box Components

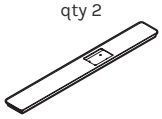
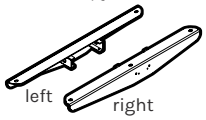
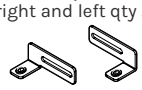
P4 Leg qty 2 	P5 Crossbar End qty 2 	P6 Crossbar Rail qty 2 	P7 Control Box 
P8 Keypad Type varies	P9 Power Cable 	P10 Leg Extension Cable 	P11 Anchor Plate qty 2 

F500 C-Frame Feet & Side Brackets Box Components

P1 Foot Includes leveling glides, qty 2 	P2 Side Bracket qty 2  left right	P16 Logo Plate qty 2 	H1 M6 x 10 Machine Screw qty 4 

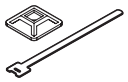
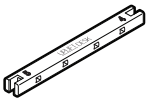
C The assembly steps and components that are specific to the C-Frame type are noted by this “C” icon.

F600 T-Frame Feet & Side Brackets Box Components

P1 Foot Includes Leveling Glides, qty 2 	P2 Side Bracket qty 2  left right	P3 T-Frame Crossbar End Adapter right and left qty 2 	P16 Logo Plate qty 2 	H1 M6 x 10 Machine Screw qty 4 	H7 M8 x 10 Machine Screw qty 4 

T The assembly steps and components that are specific to the T-Frame type are noted by this “T” icon.

F600 Hardware Components

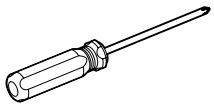
H1 M6 x 10 Machine Screw qty 16 	H2 M6 x 14 Machine Screw qty 8 	H3 M8 x 8 Set Screw qty 8 	H4a #10 x 3/4” Wood Screw qty 8 	H4b #10-24 x 3/4” Machine Screw qty 8 	H5 Washer qty 8 
H6 4mm Allen Wrench 	H7 M8 x 10 Machine Screw qty 4 	H8 5mm Allen Wrench 	H9 Cable Mount qty 10 	H14 #10 x 5/8” Wood Screw qty 2 	H15 Allen Wrench Handle 

Crossbar Components

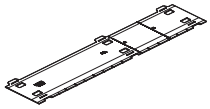
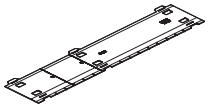
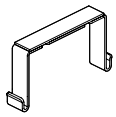
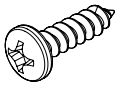
P13 Crossbar 	H3 M8 x 8 Set Screw qty 2 	H16 M6 x 12 Flat Head Screw qty 4 

You’ll also need

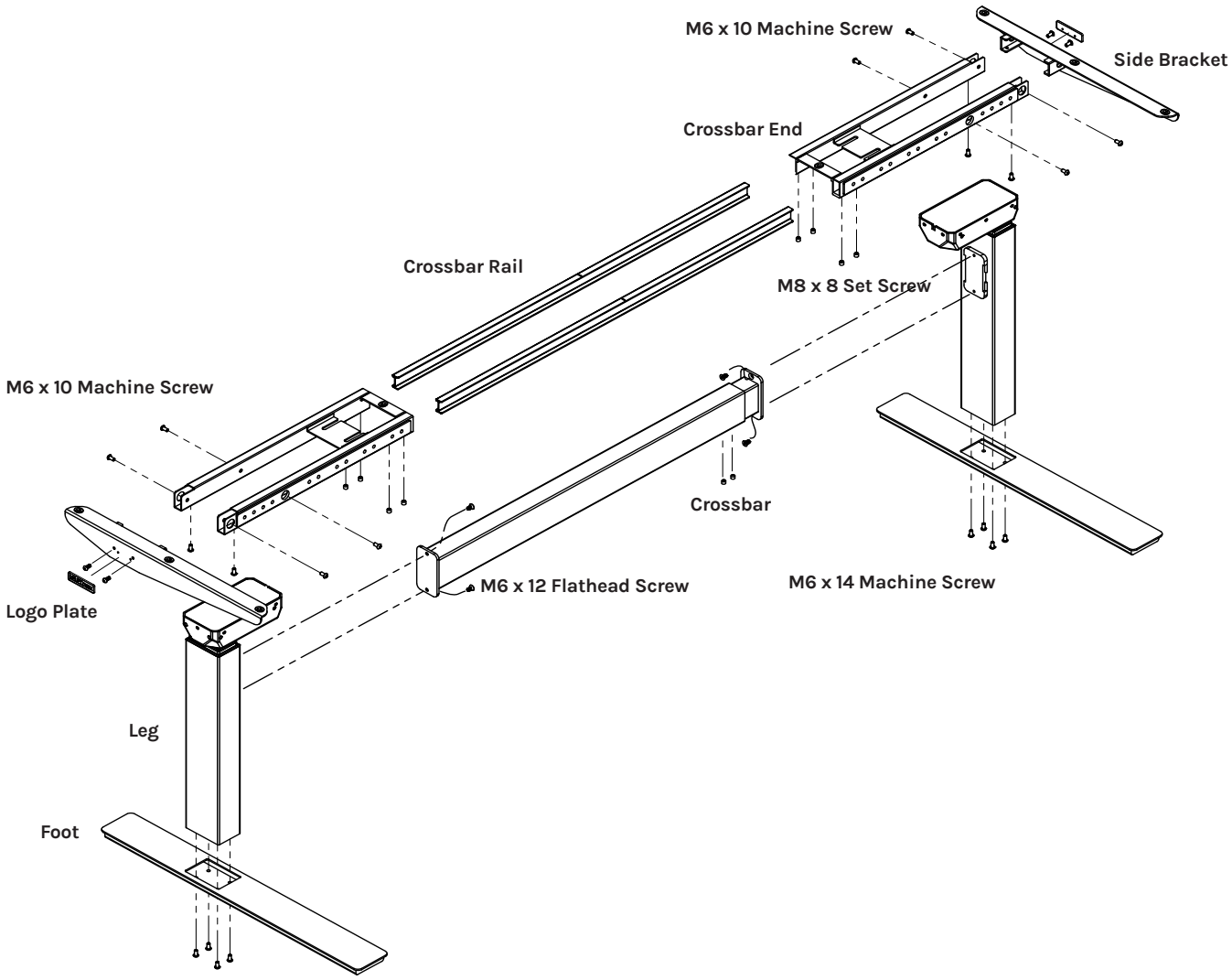
Phillips Screwdriver



Cable Tray Components

Left Tray 	Right Tray 	Bracket qty 6 	#10 x 5/8” Wood Screw qty 12 

Parts Diagram



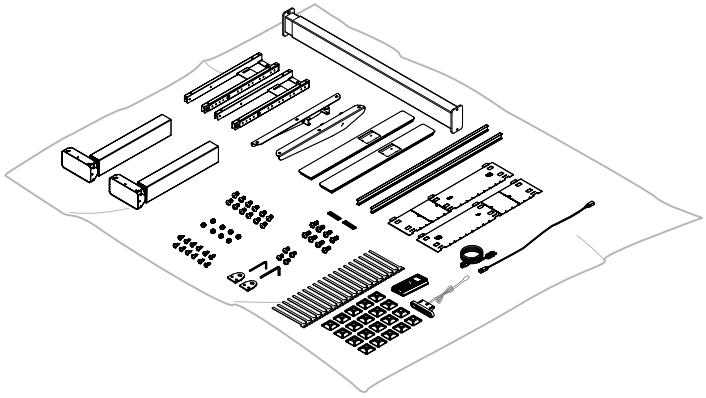
C-Frame shown

Step 1 - Inventory of Parts

A. To avoid damage to your floor or desktop, assemble the desk on a clean carpet or blanket.

B. Lay out all parts from each box and ensure you have everything listed in the package contents of this manual before throwing away any packaging.

If a part is missing, please triple check that the part isn't in a box. Check boxes very thoroughly by removing all packaging; check every nook and cranny. If the part is still missing, call (800) 349-3839 or email support@upliftdesk.com before beginning assembly.

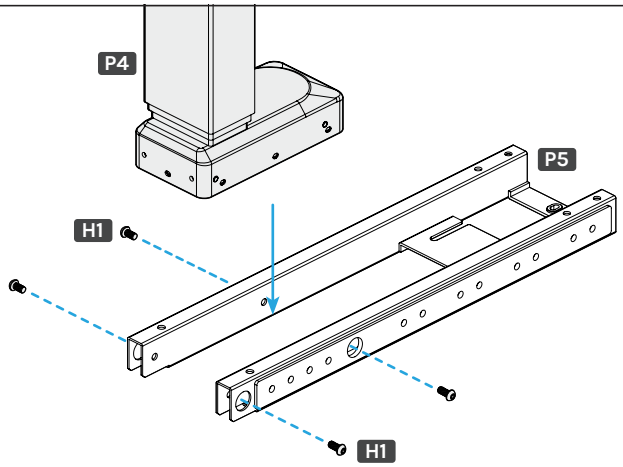


Step 2 - Attach Crossbar Ends

A. Position a Crossbar End **(P5)** as shown.

B. Position a Leg **(P4)** so that the back of the Leg is flush with the back of the Crossbar End.

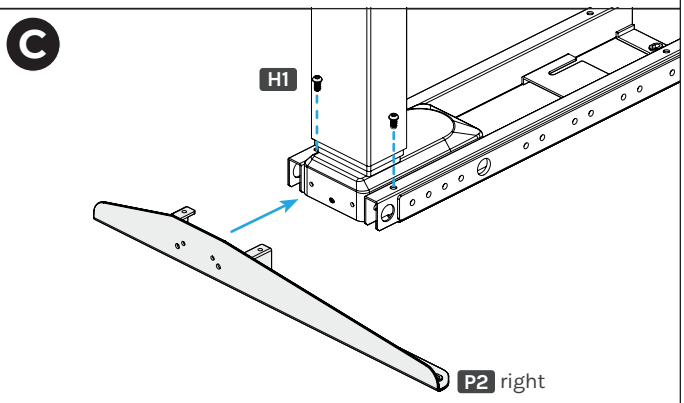
C. Use the 4mm Allen Wrench **(H6)** to loosely start four M6 x 10 Machine Screws **(H1)** through the holes in the sides of the Crossbar End and into the threaded holes in the sides of the Leg, but do not tighten the screws yet.



Step 3 - Attach Side Brackets

A. Position a Side Bracket **(P2)** as shown and insert the tabs into the openings at the back of the Crossbar End **(P5)**.

Loosely start two M6 x 10 Machine Screws **(H1)** through the holes in the top of the Crossbar End and into the threaded holes in the top of the Side Bracket tabs, but do not tighten the screws yet.



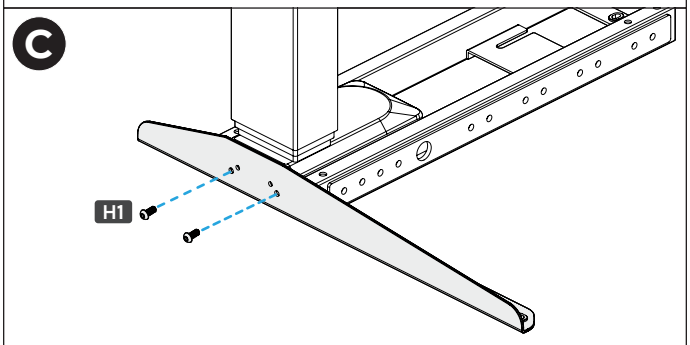
C-Frame side bracket is shown; the steps are the same if you have a T-Frame.

B. Loosely start two more M6 x 10 Machine Screws through the two larger holes in the face of the Side Bracket and into the threaded holes in the back of the Leg.

C. Tighten all eight screws from Steps 2 and 3 with the 4mm Allen Wrench **(H6)**.

D. Repeat Steps 2 and 3 to attach the second Crossbar End and Side Bracket.

IMPORTANT: Ensure all screws are tight before proceeding.



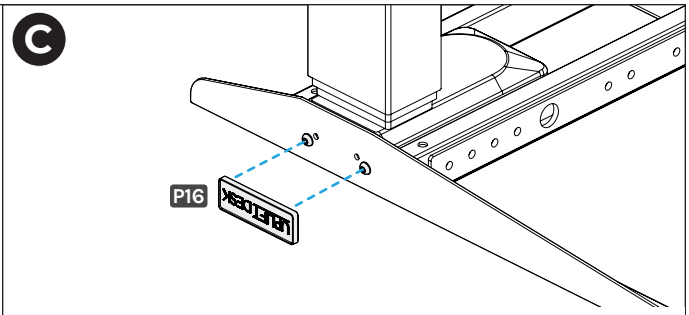
C-Frame side bracket is shown; the steps are the same if you have a T-Frame.

Step 4 - Attach Logo Plates

A. Align the posts on the back of a Logo Plate **(P16)** with the two smaller holes in the face of the Side Bracket. The Logo Plate should be upside down at this point.

B. Firmly press the posts into the holes until Logo Plate edges are flush with the face of the Side Bracket, concealing the two screws.

C. Repeat the previous steps to attach the second Logo Plate.



Attach the Logo Plates upside down as shown so they are right-side up when the desk is flipped over.

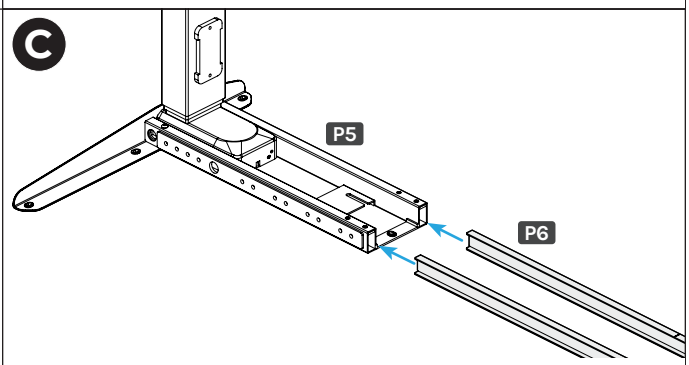
Step 5 - Insert Crossbar Rails

A. For C-Frame assemblies, start with the Leg assembly shown with Side Bracket on the left and the long end pointing in the direction shown.

For T-Frames assemblies, start with either Leg assembly since they are the same.

Insert a Crossbar Rail **(P6)** into each of the two openings at the end of the Crossbar End **(P5)**.

B. Slide the Crossbar Rails as far as they will go into the Crossbar End.



Crossbar Rails are universal in design and can be inserted in any orientation.

Step 6 - Drill Frame Attachment Holes (if needed). Most desktops do not require any drilling.

If you have a desktop with pre-drilled holes and metal threaded inserts in the bottom side as shown, skip to the next step.

A. Lay your desktop down with the bottom side facing up and place the Leg assembly from Step 5 on it as shown on the following page.

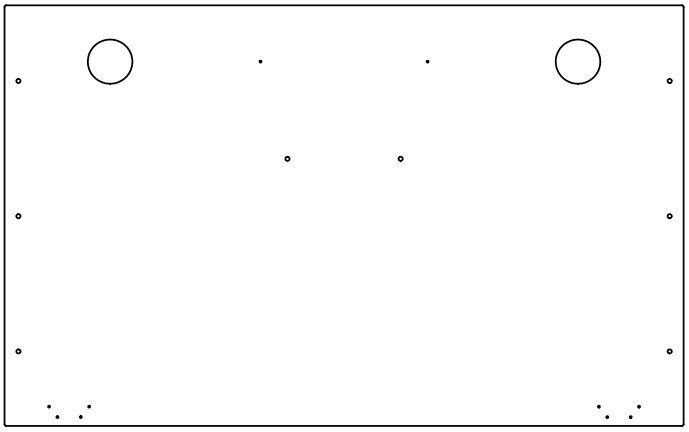
B. Align the Leg assembly from Step 5 so the ends of the Side Bracket are approximately centered between the front and back edges of the desktop and approximately 1/2” in from the side edge.

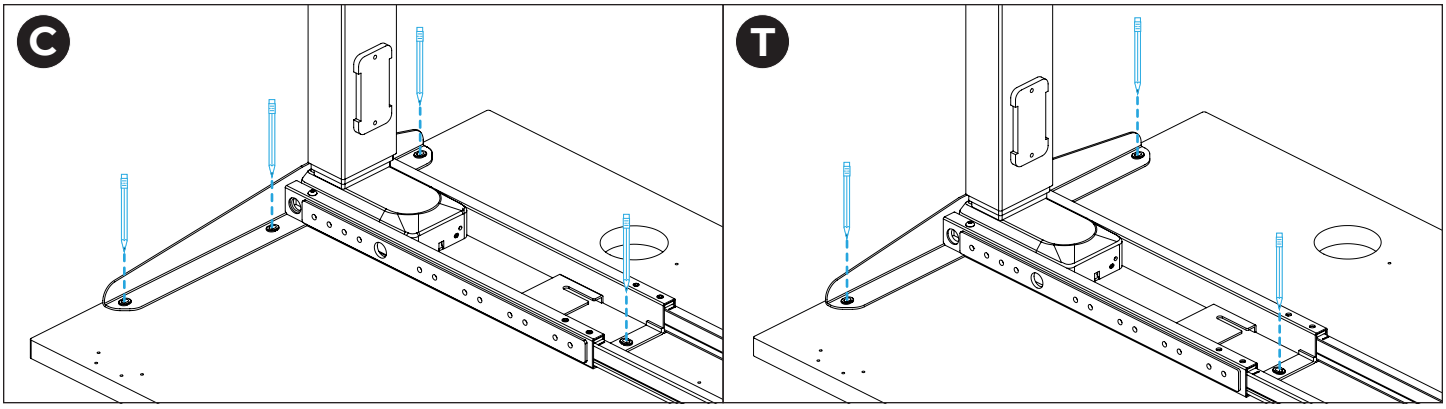
C. Make a pencil mark in the center of each of the Side Bracket holes.

- C-Frames have three holes in the Side Brackets
- T-Frames have two holes in the Side Brackets

D. Make a pencil mark in the center of the Crossbar End hole.

Desktop with pre-drilled holes and threaded inserts:



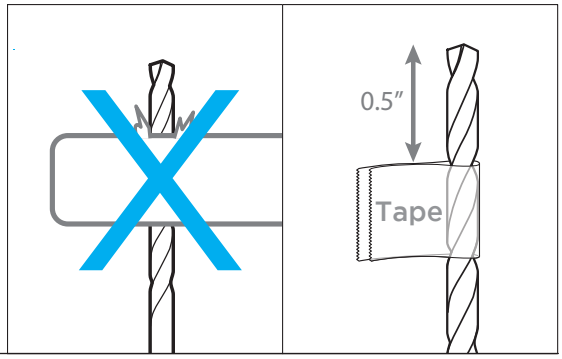


IMPORTANT: DRILL NO DEEPER THAN 1/2" to avoid drilling through your desktop. To ensure this, wrap a piece of tape around your drill bit 1/2" from the tip. Stop drilling just before the tape touches the desktop.

E. Move the Leg assembly out of the way and drill ½" deep pilot holes at your pencil marks using a 1/8" drill bit.

F. Follow the previous steps to pre-drill holes for the second Leg assembly at the other end of the desktop.

G. If you have any accessories that attach to the bottom of the desktop and require drilled holes, use this same method for those holes.



Step 7 - Attach First Leg Assembly

For desktops that have metal threaded inserts, use the #10-24 x ¾" Machine Screws **(H4b)** and Washers **(H5)** for the following steps.

Machine screw: flat end H4b 

For desktops that do not have metal threaded inserts, use the #10 x ¾" Wood Screws **(H4a)** and Washers **(H5)** for the following steps.

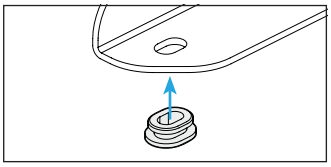
Wood screw: pointy end H4a 

Attach Side Bracket

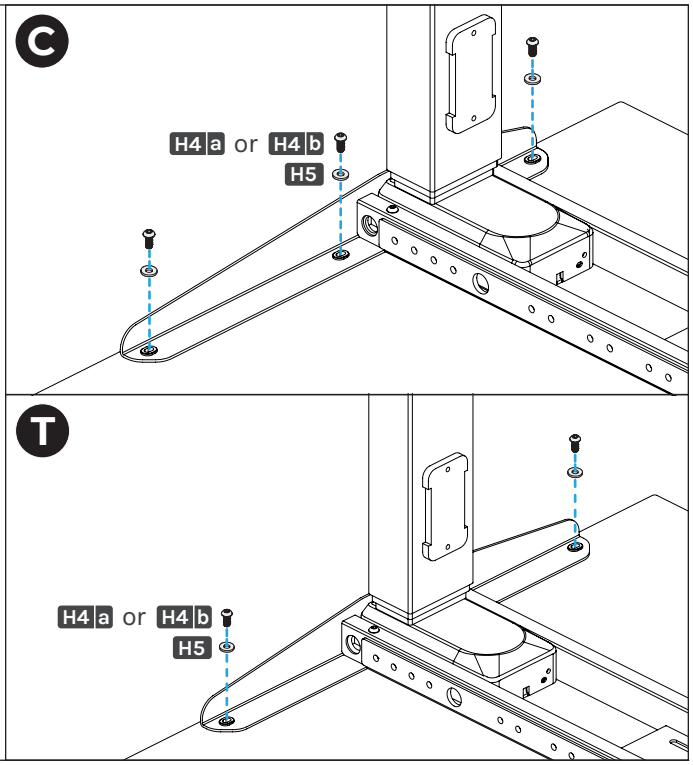
A. Place the Leg Assembly from Step 5 onto the left side of the desktop (this will be the right side when the desk is flipped over).

Lift the frame (do not slide it) to align the holes in the Side Bracket with the holes in the desktop. Lifting the frame prevents scratching the desktop and keeps the rubber grommets in the frame from coming out.

If any rubber grommets were dislodged, simply reinsert them in the orientation shown in the image.

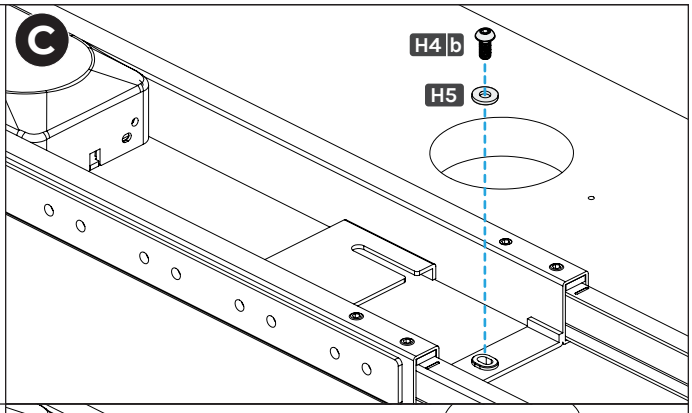


B. Use a Phillips Screwdriver to insert a Screw and Washer (use appropriate machine screw OR wood screw) through each hole in the Side Bracket and into the pre-drilled holes or metal threaded inserts in the desktop. Do not tighten the screws yet.



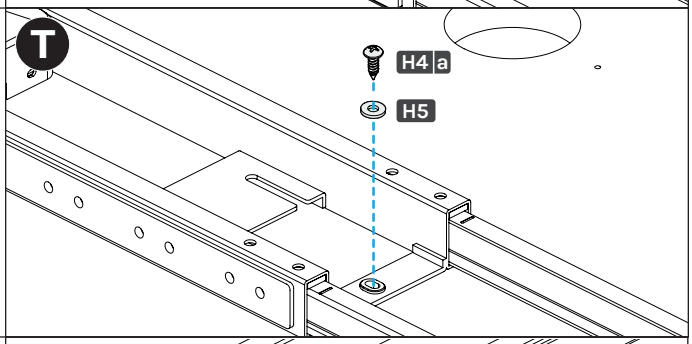
Attach Crossbar End (C-Frames)

Use a Phillips Screwdriver to insert a Screw and Washer selected above through the hole in the Crossbar End and into the predrilled hole or metal threaded insert in the desktop. Do not tighten completely.



Attach Crossbar End (T-Frames on desktops with holes pre-drilled in Step 6)

Use a Phillips Screwdriver to insert a Wood Screw through a Washer and the hole in the Crossbar End and into the pre-drilled hole in the desktop. Do not tighten completely.

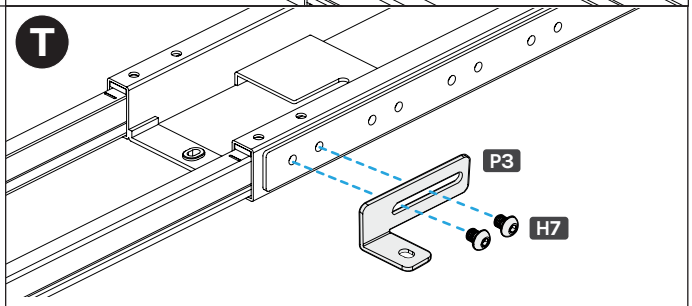


Attach Crossbar End (T-Frame on desktops that came with pre-drilled holes or metal threaded inserts)

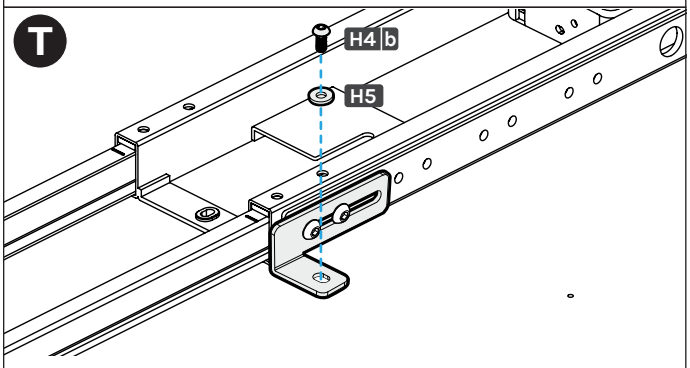
A. Position a Crossbar End Adapter **(P3)** in the orientation shown. This will be on the side of the Crossbar End facing the back of the desktop.

B. Loosely insert two M8 x 10 Machine Screws **(H7)** through the Crossbar End Adapter and into the threaded holes shown on the Crossbar End.

C. Use a Phillips Screwdriver to insert a Screw and Washer selected above through the hole in the Crossbar End Adapter and into the pre-drilled hole or metal threaded insert in the desktop. Do not tighten completely.



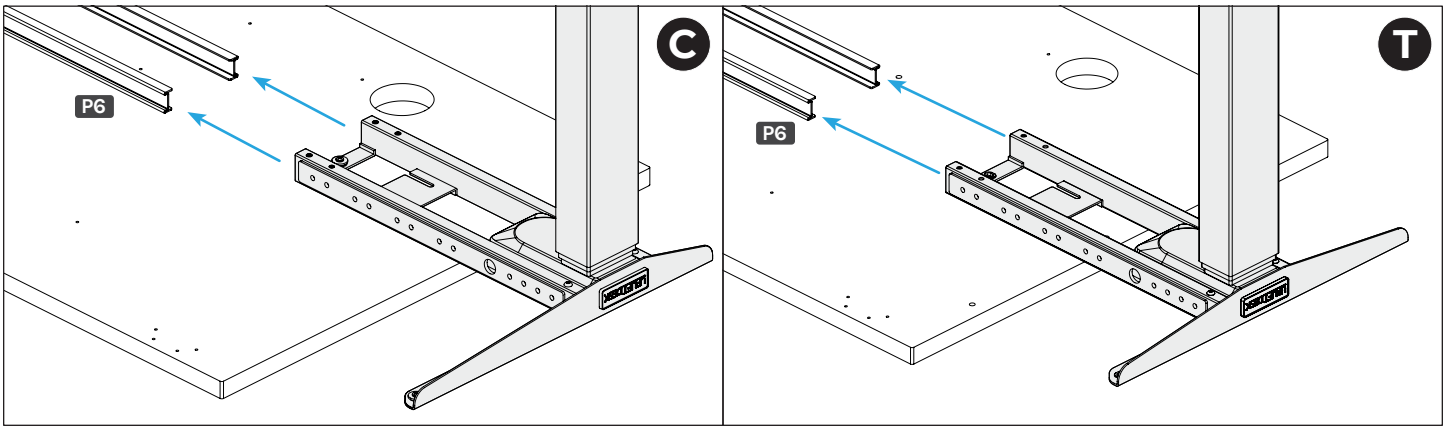
Crossbar End Adapters attach to the Crossbar Ends on the side facing the back of the desktop.



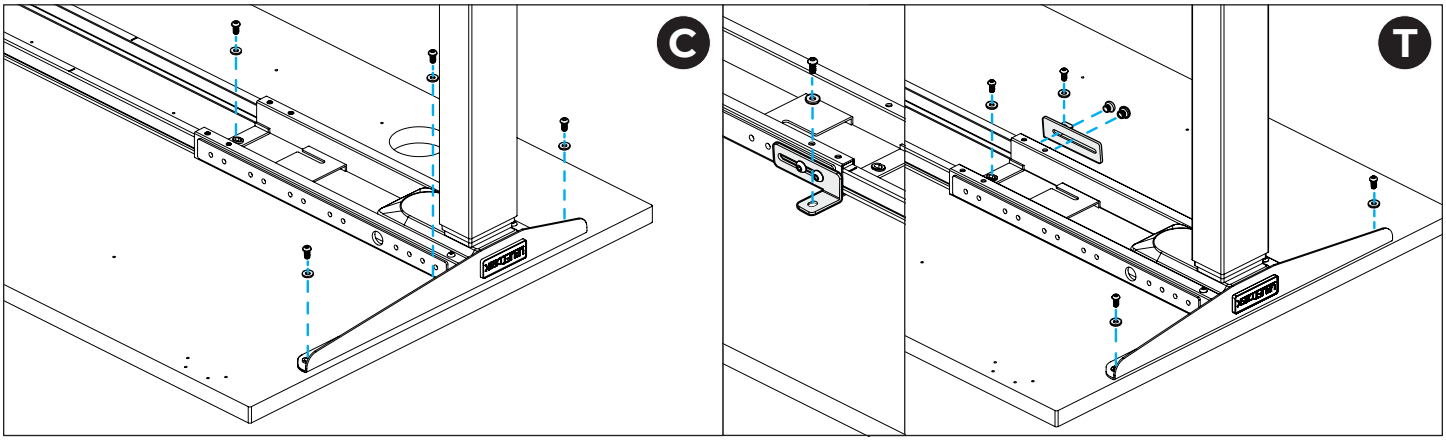
Crossbar End Adapters attach to the Crossbar Ends on the side facing the back of the desktop.

Step 8 - Attach Second Leg Assembly

A. Position the other Leg assembly as shown and slide the Crossbar End onto the ends of the Crossbar Rails **(P6)**.



B. Repeat the steps from Step 7 to attach the Side Bracket and Crossbar End of second Leg assembly.



C. Once all screws have been started, tighten all the screws from Steps 7 and 8. Be careful not to overtighten the screws to avoid stripping.

IMPORTANT: Ensure all screws are tight before proceeding.

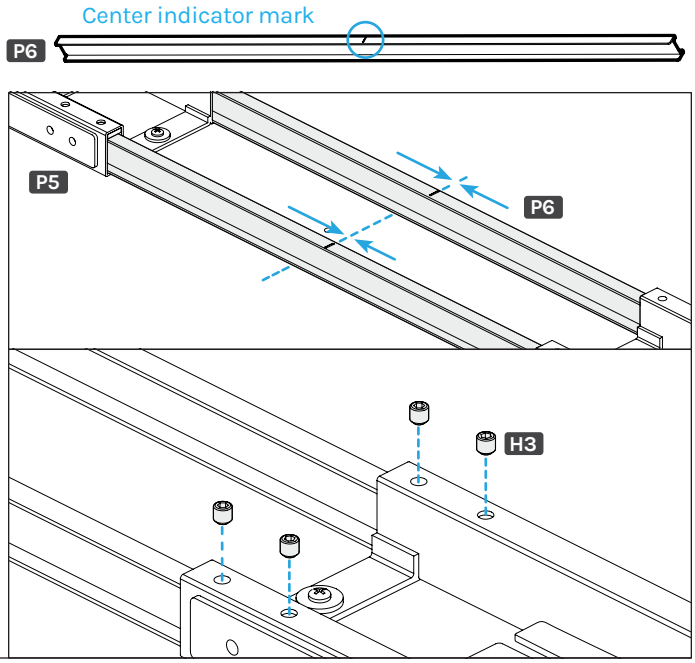
Step 9 - Secure Crossbar Rails

A. Locate the center indicator mark on the narrow sides of each Center Rail.

B. Slide each Crossbar Rail **(P6)** left or right until the center indicator marks are approximately centered between the two Crossbar Ends **(P5)**.

C. Insert four M8 x 8 Set Screws **(H3)** into each Crossbar End and tighten using the 4mm Allen Wrench **(H6)**.

IMPORTANT: Ensure that all eight set screws are making contact with the Crossbar Rails inside the Crossbar Ends and are tight before proceeding.



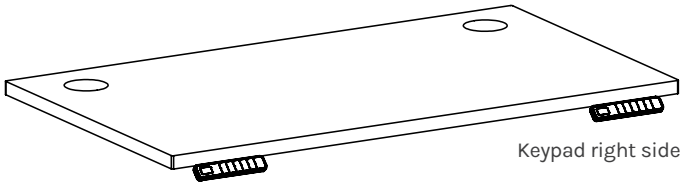
Step 10 - Attach Keypad

If you are using an UPLIFT desktop, there are two sets of Keypad mounting holes pre-drilled into the left and right side on the bottom.

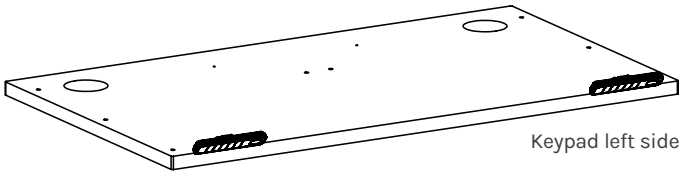
Choose which side of the desktop you'd like your Keypad to be located. Remember that you are assembling your desk upside down, so the Keypad will be on the opposite side once the desk is flipped over.

If you are using a desktop that does not include pre-drilled holes for attaching the Keypad, position the Keypad where you would like it to be located and refer to Step 6 to drill holes.

Top of desktop

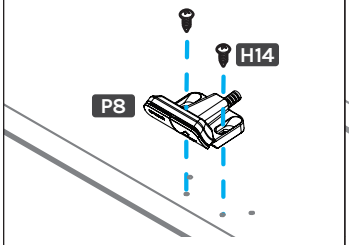


Bottom of desktop

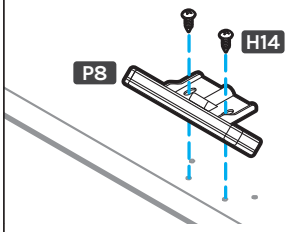


A. Align the mounting holes of the Keypad with the pre-drilled holes in the desktop.

B. Use a Phillips Screwdriver to attach the Keypad to the desktop with two #10 x 5/8" Wood Screws **(H14)**. Be careful not to overtighten the screws to avoid stripping.



Basic Display Angled Keypad shown for reference.



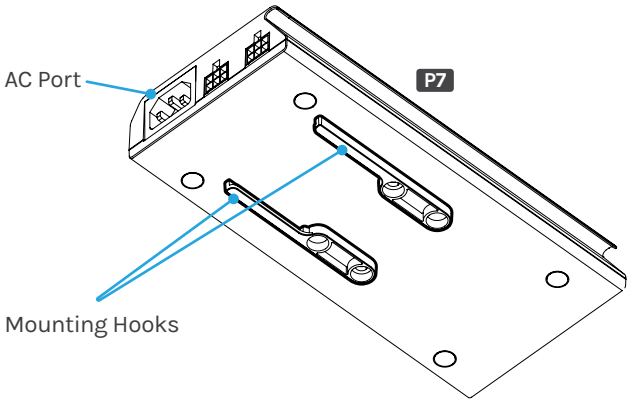
Advanced Comfort Angled Keypad shown for reference.

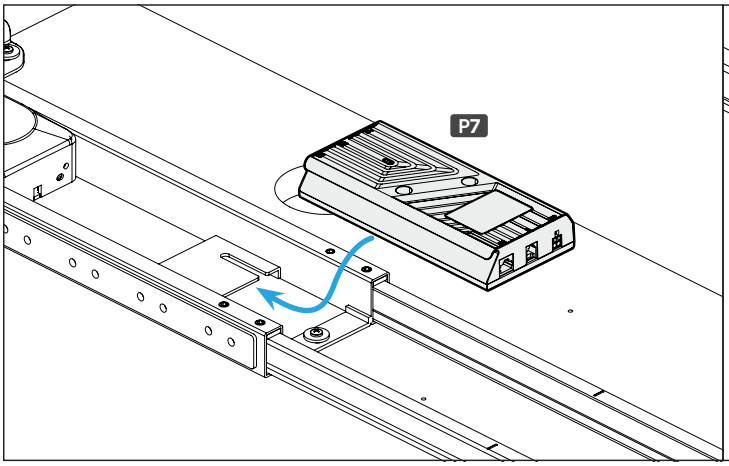
Step 11 - Attach Control Box

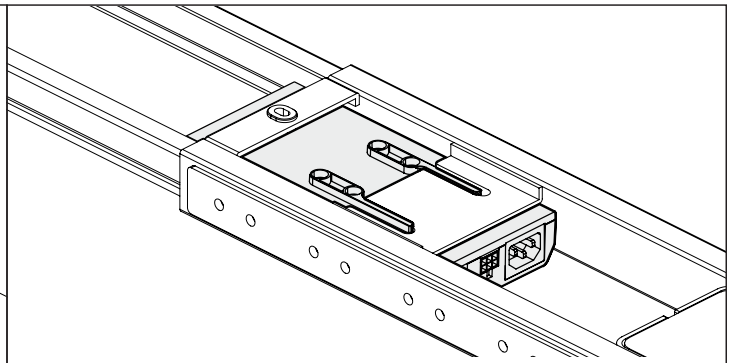
The Control Box **(P7)** must be attached to the desk frame for the desk to function properly. We recommend placing it on the same side as the Keypad. It should be attached to the Crossbar End on either side of the desk frame.

A. Position the Control Box on the side of the desk you would like to attach it to with the port labeled "AC" facing the nearest Leg.

B. Slide the Control Box onto the Crossbar End so that the mounting hooks on the bottom of the Control Box interlock with the slots in the Crossbar End capture plate.







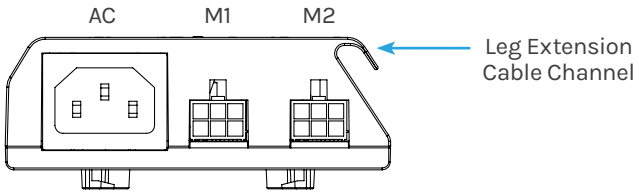
Top view of desk (with desktop hidden) showing the Control Box mounting hooks engaged with the Crossbar End capture plate slots.

Step 12 - Connect Cables

A. Connect the Power Cable **(P9)** to the port on the Control Box labeled “AC”.

B. Connect the cable from the Leg closest to the Control Box directly into the port labeled “M1”.

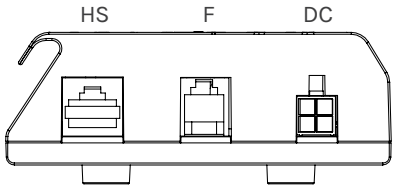
C. Connect the Leg Extension Cable **(P10)** into the port labeled “M2”, route the Leg Extension Cable back under the cable channel along the side of the Control Box, and connect it to the cable from the furthest Leg.



D. Connect the Keypad cable into the Control Box port labeled “HS”.

The Control Box port labeled “F” is used to connect the Bluetooth Adapter (FRM125) for use with the UPLIFT Desk App.

The Control Box port labeled “DC” is used to connect low voltage accessories with compatible connectors.



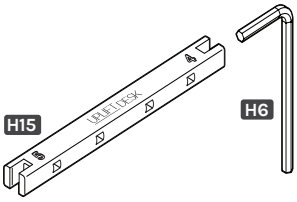
Step 13 - Attach Feet

If you are assembling a C-Frame, make sure the long ends of the Feet are facing in the same direction as the long ends of the Side Brackets, toward the front of the desk.

A. Place one of the Feet **(P1)** on top of a Leg and align the four holes in the Foot with the four threaded holes in the end of the Leg.

B. Loosely insert four M6 x 14 Machine Screws **(H2)** through the holes in the Foot and into the threaded holes in the Leg, but don’t tighten them until all four screws have been started.

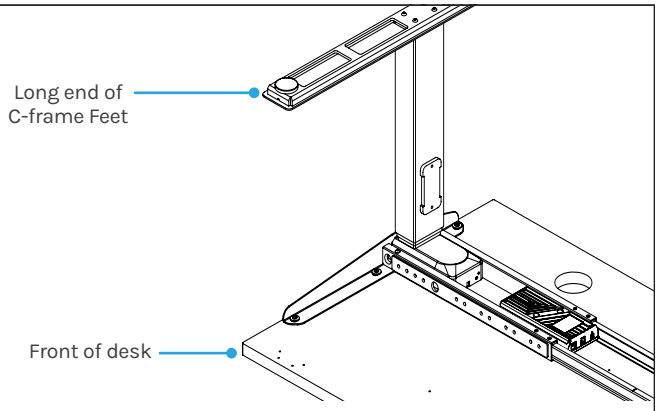
C. Tighten screws using the 4mm Allen Wrench **(H6)** attached to the Allen Wrench Handle **(H15)**.



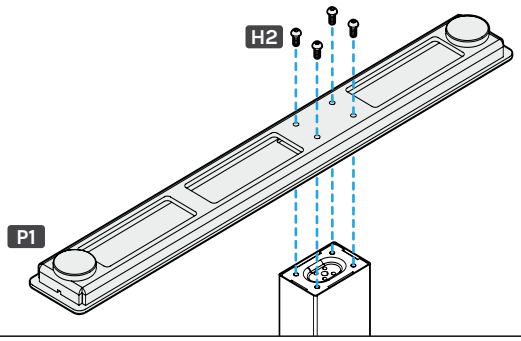
IMPORTANT: Tighten Foot screws very thoroughly to ensure the stability of the desk.

D. Repeat the previous steps to attach the second Foot.

IMPORTANT: Retighten each screw again to ensure that all screws are VERY tight before proceeding.



Long ends of C-Frame Feet & Side Brackets point towards the front of desk.



Step 14 - Attach Crossbar

A. Slide the two halves of the Crossbar **(P13)** together as shown.

B. Orient the Crossbar so that the Set Screw holes on the outer section are facing upwards as shown.

C. With another person holding the Crossbar, line up the holes on one half of the Crossbar with the holes in the Crossbar mounting plate on the Leg.

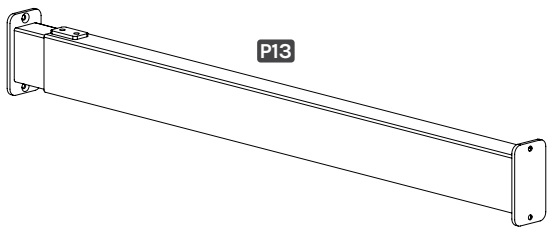
D. Loosely insert two M6 x 12 Flat Head Screws **(H16)** through the holes in the Crossbar and into the threaded holes in the Leg.

E. Extend the other half of the Crossbar to the Crossbar mounting plate on the opposite Leg, align the holes, and insert the two remaining M6 x 12 Flat Head Screws.

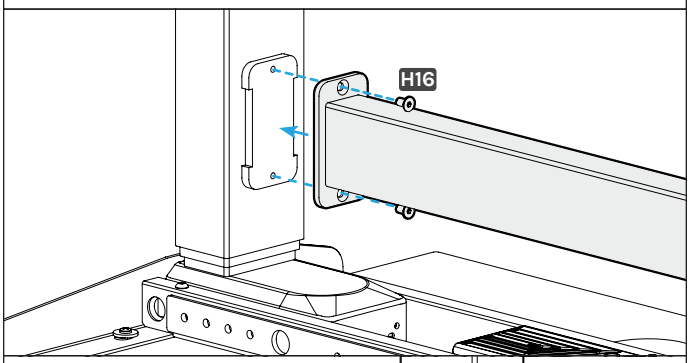
F. Once all four screws are started, tighten them using the 4mm Allen Wrench **(H6)**.

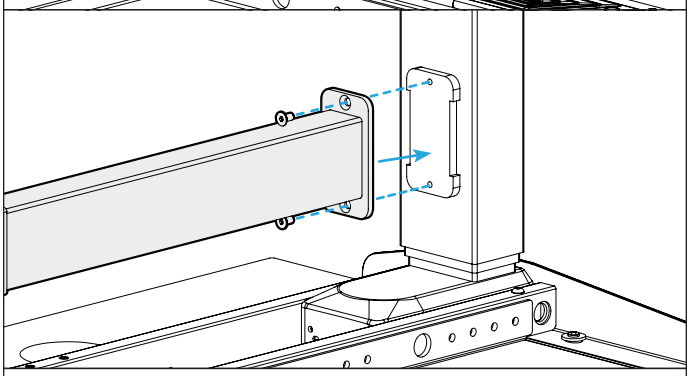
G. Insert the two M8 x 8 Set Screws **(H3)** included with the Crossbar into the two holes in the outer Crossbar section where the two halves slide together and tighten them using the 4mm Allen Wrench.

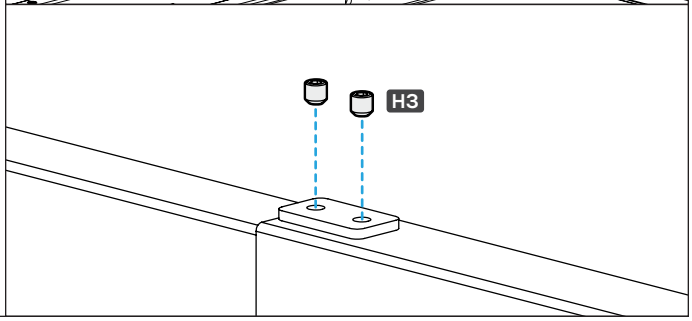
IMPORTANT: Ensure that all screws are tight before proceeding!



Either half of the Crossbar can be attached to either Leg.







If you have purchased accessories that attach to your desk such as Casters, Wire Management, CPU Holders, Keyboard Trays, or Desk Drawers, it is easiest to install them now before flipping the desk over.

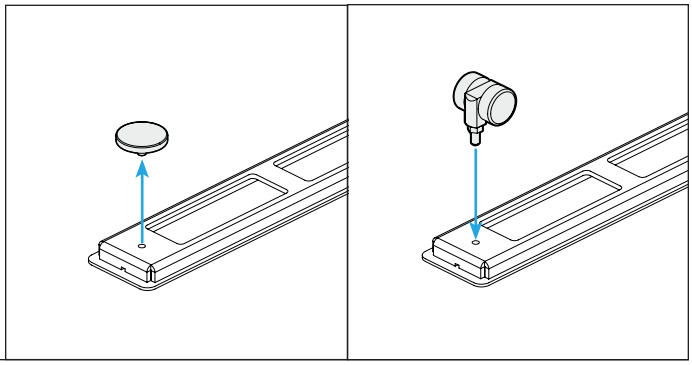
For accessories purchased separately, refer to the instructions provided with those products.

Install Casters (optional)

A. Rotate the pre-installed Leveling Glides counterclockwise to remove them from the threaded holes in the Feet.

B. Rotate the threaded stem of the Caster clockwise into the threaded holes in the Feet to install the Casters.

C. If your Casters have a hex nut between the threaded stem and wheels, you can use a 1⁄2" (12mm) or adjustable wrench (not included) to assist with the Caster installation process.



Attach Cable Mounts

Ten Cable Mounts **(H9)** are provided with your desk to attach under the desktop and organize cables. Organizing cables improves the appearance of your desk and prevents cables from snagging on anything while the desk is moving up and down.

IMPORTANT: The adhesive backing on the Cable Mounts is very strong, so carefully consider where you would like to locate them before attaching to the bottom of the desktop or desk frame.

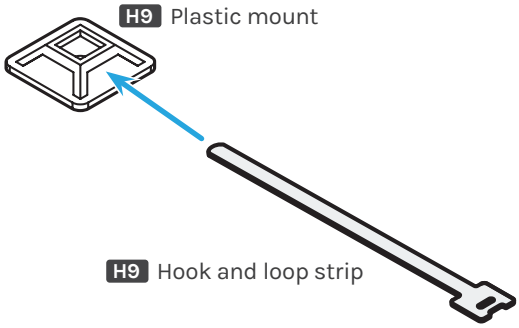
A. Peel the backing off the back of the plastic mount to expose the adhesive pad.

B. Position the mount where you would like to attach it and press firmly for 10 seconds.

C. Take one of the hook and loop strips and slide it through the openings in the plastic mount.

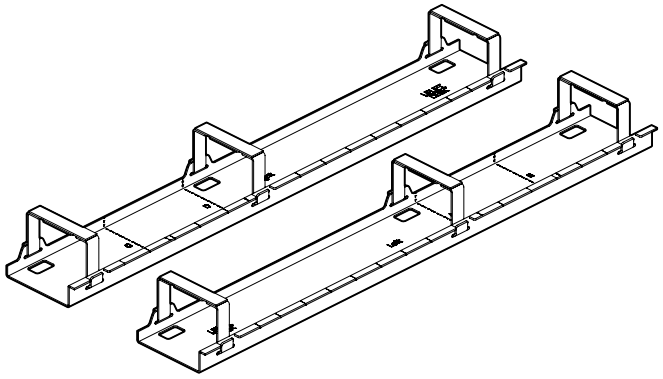
D. Bundle cables and wrap the hook and loop strip around the bundle to secure it in place.

Hook and loop strips can also be used without the plastic mounts in places where they can be slid through the gap between the underside of the desktop and the frame.



Install Cable Tray (optional)

Refer to the separate instruction manual included for the Cable Tray (WMK013) installation instructions.



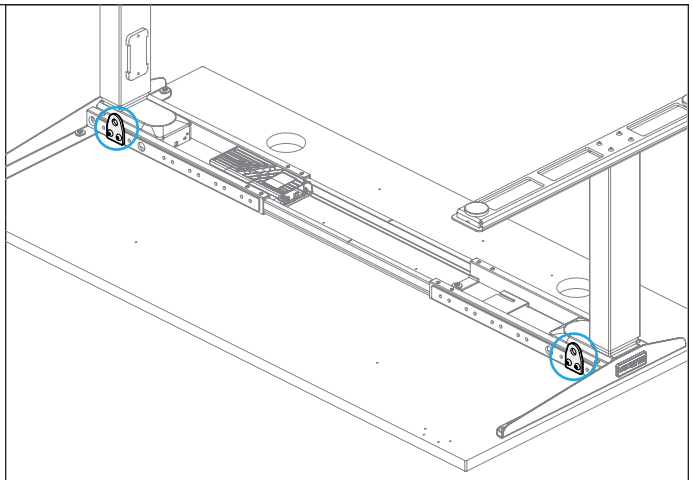
Install Accessory Anchor Plates (optional)

Some UPLIFT Desk accessories are designed to attach to the patented mounting points located on front and back of the Crossbar Ends. Some of these accessories require the use of the included Anchor Plates **(P11)**. Refer to the instructions provided with each accessory for specific mounting instructions.

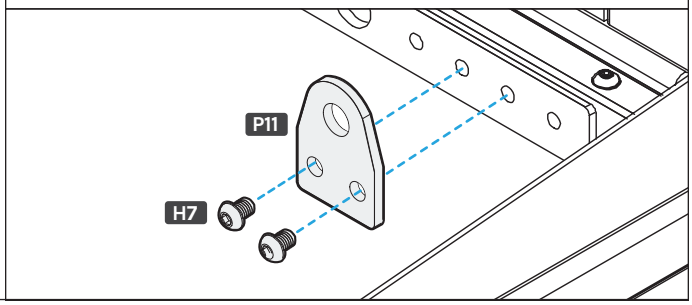
A. Align the two smaller holes in one of the Anchor Plates with two of the threaded holes in the Crossbar End.

B. Loosely insert two of the M8 x 10 Machine Screws **(H7)** through Anchor Plate holes and into the threaded holes in the Crossbar End.

C. Tighten the screws using the 5mm Allen Wrench **(H8)** and Allen Wrench Handle **(H15)**.



Example locations for Anchor Plate attachment, refer to accessory instructions for recommended mounting locations.

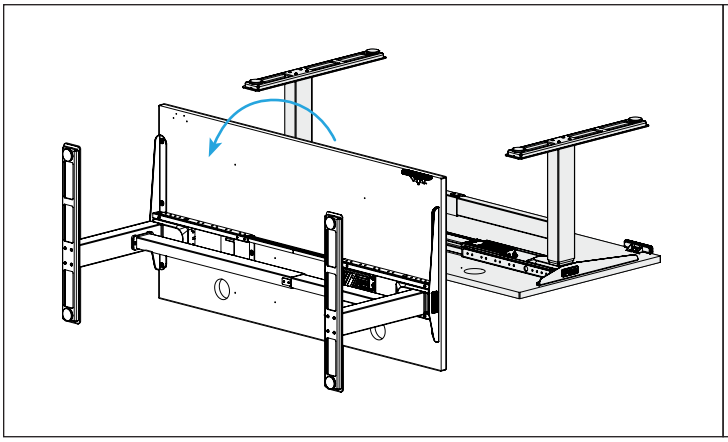


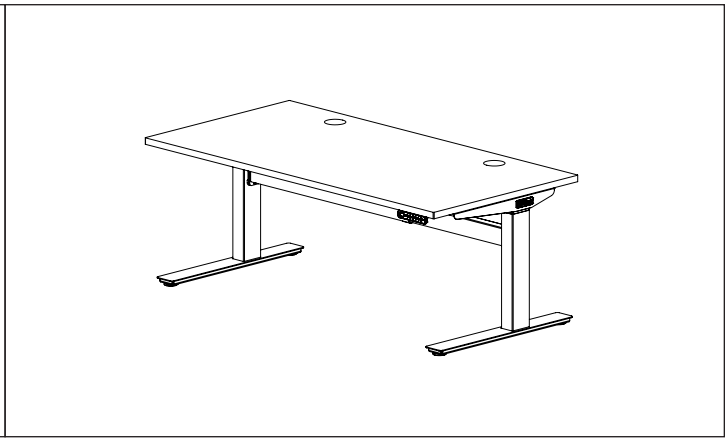
Flip Desk Over

When preparing to flip the desk over, be aware of any loose cables and attached accessories that could move during the flipping process, like a Keyboard Tray or CPU Holder. Two people are recommended.

A. With one person located at each end of the desk, grasp the desk Leg with one hand and the desktop and Side Bracket together with the other and carefully lift while rotating the desk so the Keypad is facing up.

B. Readjust your grip and continue to rotate the desk until it is rightside up.

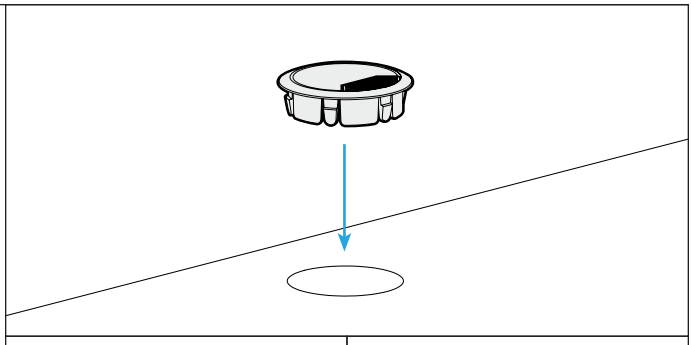




Insert Grommet Covers (optional)

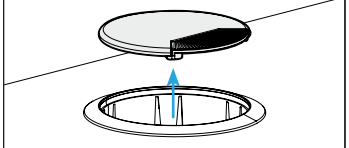
Follow the steps below for installing Grommet Covers, if a different grommet option was selected, follow the instructions included with your grommet option.

A. Place the Grommet Covers over the grommet holes and press down until the edges of the Grommet Covers are flush with the desktop surface.

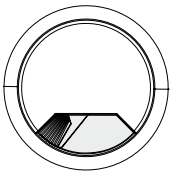


B. Remove the Grommet Cover lid or rotate the aperture cover to pass cables through the Grommet Cover housing.

C. Replace the lid.



Grommet Cover lid removed



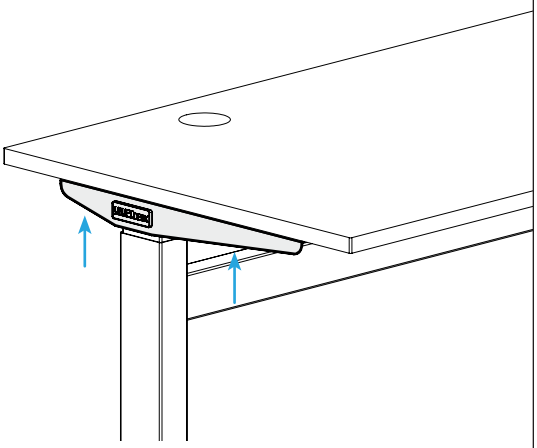
Grommet Cover aperture opened

Position Desk

Position the desk where you would like it to be. Don't lift the desk by just the desktop, doing so may put undue stress on the attachment screws and threaded inserts. Hold the frame Side Brackets when lifting.

A. If your desk has Casters, moving is easy. If the Casters include locks, unlock them then roll the desk to the desired location. Once in place, relock the Casters to keep the desk stationary and improve stability.

B. If your desk does not have Casters, it's recommended to use two people to lift the desk on each side-do not drag it. Be sure to lift by placing your hands under the frame Side Brackets where indicated by the arrows instead of lifting by the desktop.



Lift by placing hands here on frame Side Brackets.

Prepare Desk & Surroundings

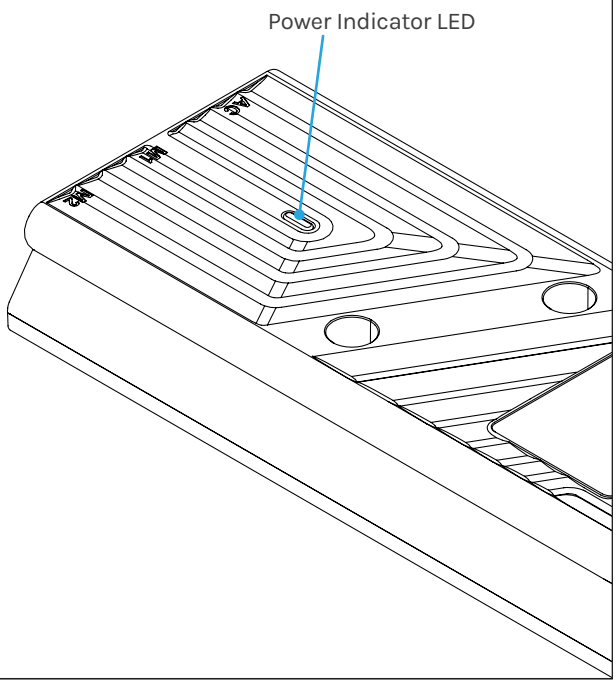
A. Check the desk's surroundings to make sure there will be no obstacles within the desk's path while it is being raised or lowered. Do not place any objects underneath the desk that are taller than 21" and be aware of any accessories mounted above or below your desk.

B. Adjust the Leveling Glides as needed to level the desk. Each Leveling Glide provides up to 3⁄8" of leveling.

C. Ensure that the Power Cord and all accessory cords are long enough to accommodate the raising and lowering of your desk.

D. Plug your desk into a grounded, 100-240V power outlet. If you have a Keypad with a display you should see it light up confirming the desk is powered. If you have a Keypad without a display, look at the Control Box under the desk to see if the small LED indicator is illuminated.

E. Perform the desk reset procedure below. Slowly lower and raise the desk while watching all cables and clearances to ensure there are no cable snags or obstacles.



Perform Desk Reset Procedure

IMPORTANT: Before using your desk, perform the Desk Reset Procedure below to sync the Legs and Control Box.

1. Remove all items from under the desk to allow it to travel to its lowest height.
2. Press the down button once.
3. Hold the down button until the desk stops at its lowest position.
4. Hold the down button again for 30 seconds or until the display changes. Keypads with a display will show “ASr” when ready to reset. Paddle Keypads will display “RESET.”
5. Hold the down button again until the desk lowers slightly, rises, and stops. If the desk didn’t move, try this step again.
6. Try operating the desk. If the desk is working properly, you’re done. If the desk is not working properly, continue with the following steps.
7. Unplug the power cord from the electrical outlet.
8. Hold the down button for 10 seconds to discharge any stored power in the control box.
9. Plug the desk back in and restart the Desk Reset process steps a second time.
10. Try operating the desk again. If the desk is working properly, you’re done and the desk is ready to use.

If you have an Advanced Keypad, see the Programming section below for further information on how to use your Keypad.

Programming (Advanced Keypads only)

These UPLIFT Desk programming instructions are compatible with all UPLIFT Advanced Keypads except the Advanced Paddle Keypad.

For Advanced Paddle Keypad programming steps, refer to the instructions provided with that Keypad.

Set & Use Memorized Heights

Save heights on the keypad:

1. Hold the up or down button to move the desk to the desired height.
2. Tap the “M” button followed by a number button (1, 2, 3, or 4) to assign the current height to that number.
3. Once the memory buttons are programmed, tap a numbered button and the desk will automatically move to the preset height.

If you would rather the button be pressed and held instead of tapped to make height adjustments, see One-Touch or Constant-Touch below.

Keypad Lock

Lock the keypad to prevent accidental adjustments:

1. Hold the “M” button until the display shows “LOC.”
2. To unlock your keypad, hold the “M” button until the display shows the current numeric height setting.

In the event of a power outage, the keypad will return to the unlocked setting.

One-Touch, Constant-Touch, or Double-Tap

One-touch is the default setting of the control box and requires only a single touch of a keypad button to move the desktop to a saved height. Constant-touch requires the continuous hold of a button or paddle to move the desktop to a saved height. Double-tap requires pressing the keypad button twice to move the desktop to a saved height. This helps avoid accidental activation of the desk if a keypad button is bumped.

Toggle between one-touch and constant-touch modes:

1. Hold the down button until the desk reaches its lowest position.
2. Hold the down button again until the display flashes “ASr.”
3. Hold the “1” button until the display shows “10.1” (one-touch), “10.2” (constant-touch), or “10.8” (double-tap), and then goes back to “ASr.” While the display is flashing “ASr,” hold the “1” button to toggle between the three settings.
4. Wait for the display to change back to “ASr.”
5. Hold the “down” button until the desktop lowers and rises slightly and the display changes back to the numeric height setting.

Units of Measurement

Switch between inches and centimeters on your display:

1. Hold the down button until the desk reaches its lowest position.
2. Hold the down button again until the display flashes “ASr.”
3. Hold the “2” button until the display shows “10.3” (centimeters) or “10.4” (inches) and then goes back to “ASr.” While the display is flashing “ASr,” hold the “2” button to toggle between the two settings.
4. Wait for the display to change back to “ASr.”
5. Hold the “down” button until the desktop lowers and rises slightly and the display changes back to the numeric height setting.

Calibrate Desk Height

Compare the desk height to the displayed height:

1. Press and hold the “down” button until the desk reaches its lowest position.
2. Use a tape measure to check the height from the floor to the top surface of the desktop. If the measurement matches the displayed height, the desk is already calibrated and ready for use.

If the displayed height doesn’t match the desk’s actual height, follow these steps:

1. Hold the down button until the display flashes “ASr.”
2. Hold the “M” button until the numeric display begins flashing.
3. Tap the up or down button to adjust the displayed height to match your desk’s measured height.
4. Wait for the display to change back to “ASr.”
5. Hold the “down” button until the desktop lowers and rises slightly and the display changes back to the numeric height setting.

Max/Min Height Limits

Set the desk’s maximum height limits:

1. Hold the up or down button to move the desk to the desired height.
2. Tap the “M” button once and “S-” will appear on the display.
3. Tap the up button and the display will flash “S-.”
4. Hold the “M” button until the display shows “999” and changes to the numeric height of the now set upper limit.

Set the desk’s minimum height limits:

1. Hold the up or down button to move the desk to the desired height.
2. Tap the “M” button once and “S-” will appear on the display.
3. Tap the down button and the display will flash “S-.”
4. Hold the “M” button until the display shows “000” and changes to the numeric value of the now set lower limit.

Remove the maximum and minimum height limits:

1. Tap the “M” button once and the display will show “S-.”
2. Hold the “M” button until the display shows “555” and changes to the current numeric height setting.

Anti-Collision System Sensitivity Adjustment

Adjust the sensitivity on your desk's advanced anti-collision system:

1. Hold the down button until the desk reaches the lowest position.
2. Hold the down button again until the display flashes "ASr."
3. Hold the UP button until the display shows "10.5," "10.6," or "10.7". This is your current anti-collision sensitivity setting.

   10.5 = most sensitive setting (possible false positives)

   10.6 = moderate sensitivity setting

   10.7 = least sensitive setting

   While "ASr" is flashing, press the up button to toggle between the three settings.
4. Wait for the display to change back to "ASr."
5. Hold the "down" button until the desktop lowers and rises slightly and the display changes back to the numeric height setting.

Troubleshooting

Error Code	Description	Troubleshooting Solution
H01	Overheated	The desk motor has a 10% duty cycle to protect from overheating. For example, in a 20 minute period if your desk 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 Reset Procedure above
E07-E012	Legs are uneven	Perform Reset procedure

Starting & Stopping

If your desk is continuously starting and stopping as you try to raise or lower it, check to make sure the Control Box is securely attached to the frame. The Control Box MUST be attached to your frame in order for your desk to function properly.

Desk Reset Procedure

If your keypad display shows any of the error codes listed, perform the Desk Reset Procedure provided at the end of the desk assembly steps to clear it. If the error message persists after performing the reset procedure or if there is a height difference between the Legs of more than 1.5", email us at support@upliftdesk.com or call 800-349-3839.

Perform the desk reset procedure any time the desk is unplugged or loses power.

UPLIFT DESK

Work better. Live healthier.

upliftdesk.com
support@upliftdesk.com
800-349-3839
512-614-3152

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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