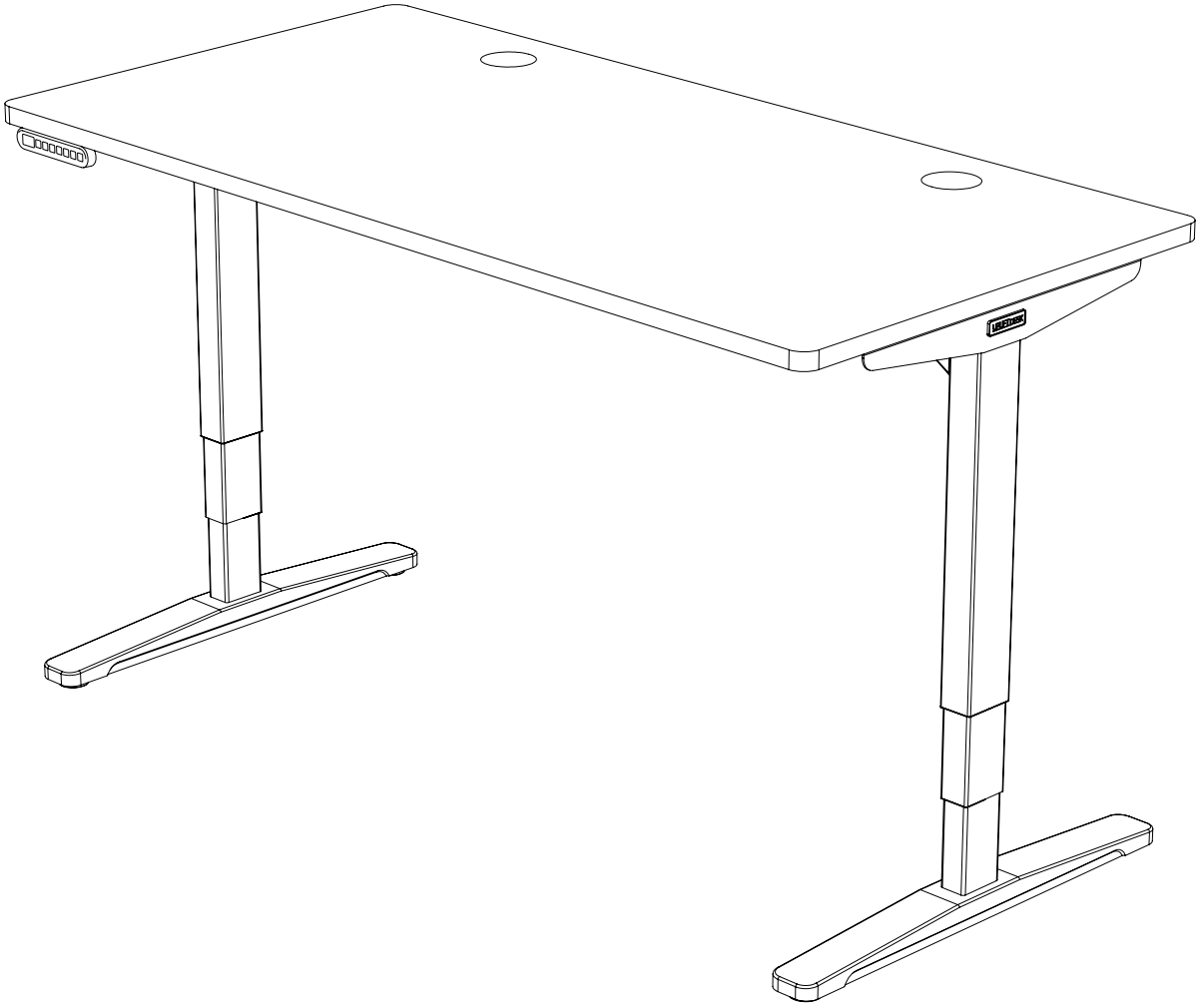
UPLIFT DESK®

V2 Standing Desk Frame

with T-Frame feet



two person assembly

For assembly assistance,
visit upliftdesk.com/2leg-srd-t, or call 800-349-3839,
or email support@upliftdesk.com

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Thank you for choosing **UPLIFT Desk.**

SAFETY AND WARNINGS



WARNING: Designed for use in dry work environments only. Risk of fire, electric shock, or personal injury if used outdoors or in a damp location. Use only indoors.



WARNING: Only plug the desk into a properly grounded 120V outlet. Unplug the desk from the electrical outlet before moving the desk or before adding/removing parts or accessories. Risk of electric shock.



WARNING: Keep heated surfaces away from plug. Never use desk with a damaged cord or plug. Risk of electric shock. Call us for a free replacement cord.



WARNING: Do not open any desk component or insert any object in a desk component. Risk of electric shock.



WARNING: In case of spilled liquids, immediately unplug desk. Then clean spill with a dry cloth. Risk of desk failure or electric shock if desk components become wet.



WARNING: Keep fingers and all body parts clear of the moving desk. Check surroundings on all sides before using the desk to ensure there are no immobile obstacles within the desk's range of motion. Ensure all cords are the appropriate length so they don't pull as the desk moves.





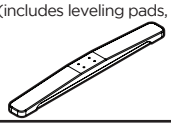
WARNING: Keep unsupervised children away from desk. Before use, teach children about desk safety with this manual. Risk of personal injury and electric shock if the desk is misused.

Please read this manual carefully. This desk is height adjustable so that it may be positioned at a user's ergonomic height as described in this manual. Inappropriate use of this desk can cause property damage or bodily injury. Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use or handling of this desk. Provide this manual to any new user.

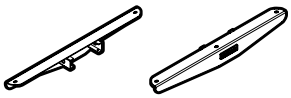
PACKAGE CONTENTS

COMPONENTS Box 1

C1 Foot
(includes leveling pads, qty 2)



C2 Side bracket
(right and left, qty 2)

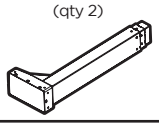


C3 Crossbar end adapter
(right and left qty 2)

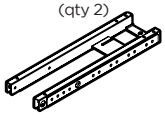


COMPONENTS Box 2

C4 Leg
(qty 2)



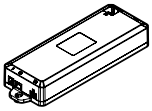
C5 Crossbar end
(qty 2)



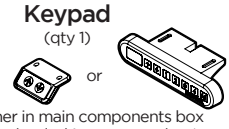
C6 Crossbar rail
(qty 2)



C7 Control box



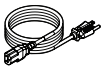
C8 Keypad
(qty 1)



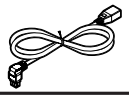
or

(either in main components box or in the desk's accessory box)

C9 Power cable
(qty 1)



C10 Leg cable
(qty 1)



C11 Anchor plate
(qty 2)



C12 Wire management tray



HARDWARE Box 2

H1 M6x10 Machine screw
(qty 12)



H2 M6x14 Machine screw
(qty 8)



H3 M8x8 Set screw
(qty 8)



H4a #10x3/4" Wood screw
(qty 6)



H4b #10-24x3/4" Machine screw
(qty 6)



H5 Washer
(qty 6)



H6 4mm Allen wrench



H7 M8x10 Machine screw
(qty 4)



H8 5mm Allen wrench



H9 Cable mount
(qty 10)



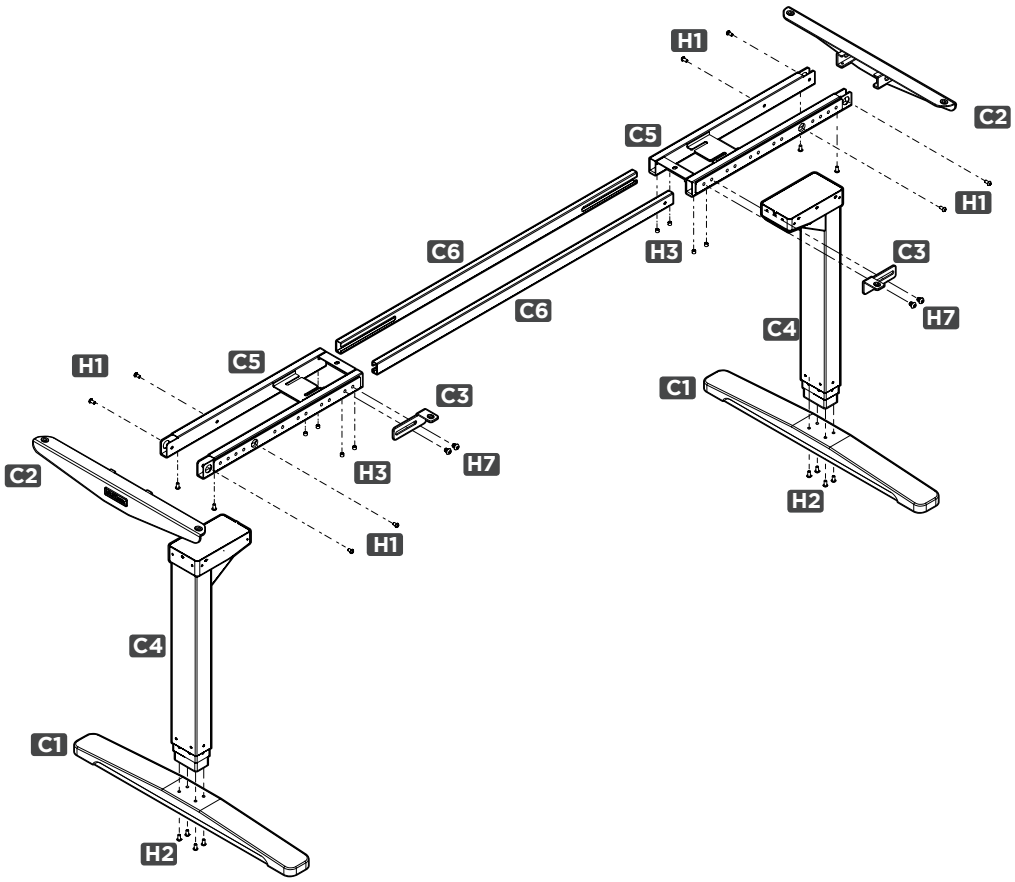
H14 #10x5/8" Wood screw
(qty 4)



You'll also need:

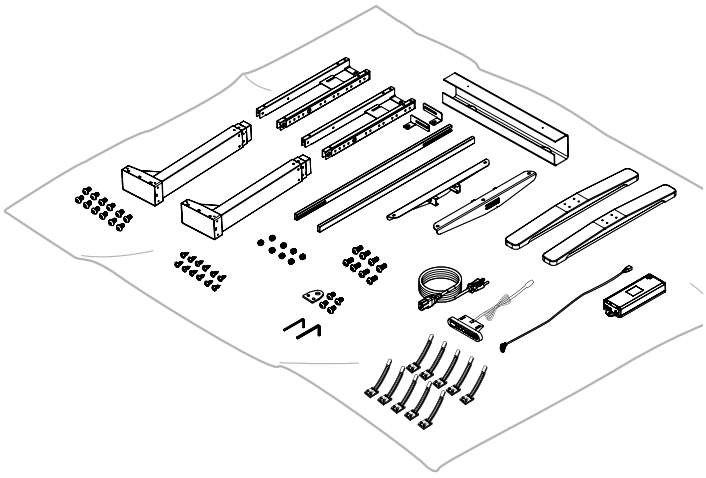


Phillips-head screwdriver



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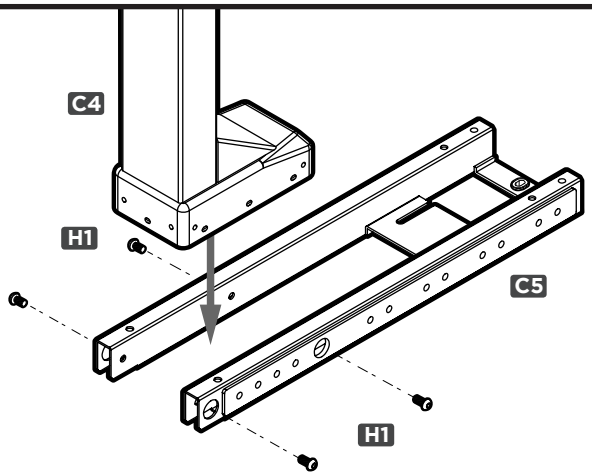
DESK ASSEMBLY INSTRUCTIONS



Step 1
Before proceeding, count all pieces before disposing of any packing material. Inspect the top surface of your desktop for damage. To avoid any damage to your floor or your table, assemble on top of a debris-free carpeted area or blanket.

For ease and safety, we recommend two people for assembly.

Before assembly, consider where you want your desk to be located. Since your new desk is height adjustable, you will want it located a safe distance from window frames, furniture, radiators, or anything else that could obstruct the desk from raising or lowering. Do not place any objects underneath the desk that are taller than 21", and consider any accessories mounted to your desk that would lower even further than the desk itself.

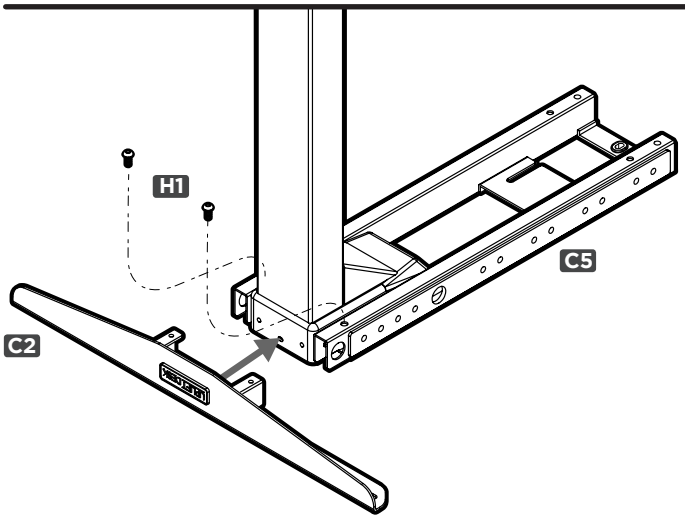


Step 2
Place Crossbar ends (C5) upside down as shown. Insert the Leg (C4) so that the back of the Leg and the back of the Crossbar end are flush.

To avoid cross-threading and to ensure all the screw holes are lined up, start the four M6x10 Machine screws (H1) by rotating each for only a few turns through the Crossbar end holes into the Leg as shown, but do not tighten them all the way.

Once all four screws have been started, tighten them all the way using the 4mm Allen wrench (H6).

Repeat this step for the 2nd Leg.



Step 3
Slide the Side bracket (C2) tabs into the Crossbar end (C5) and, just like the last step, secure it loosely by using two M6x10 screws (H1).

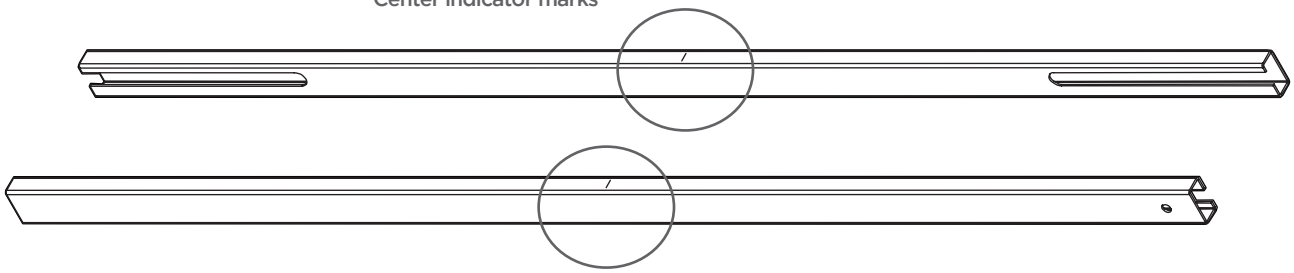
Rotate each screw by hand for only a few turns to avoid cross-threading.

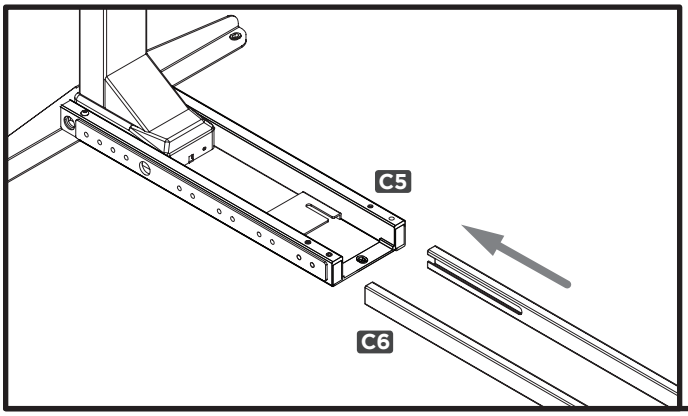
Once both screws are started, tighten all the way using the 4mm Allen wrench (H6).

Repeat this step for the 2nd Leg.

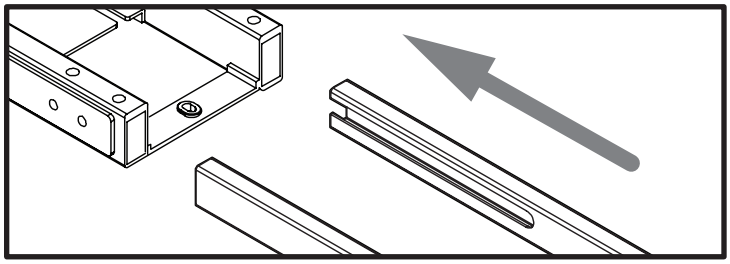
Step 4

Orient the Crossbar rails (C6) so that the Center indicator marks are facing up, the slots are facing inward (towards each other) and the slot on the Crossbar rails is farther from the floor, as shown below.

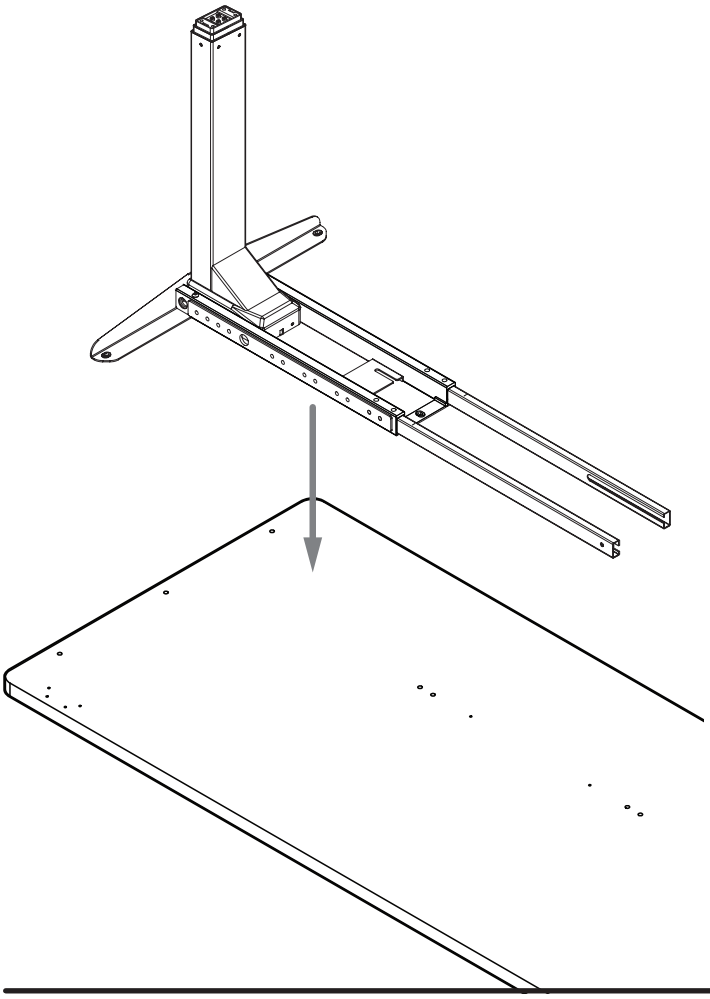




Slide the Crossbar rails into one of the Crossbar ends (C5).



The slots on the Crossbar rails are offset, and should be farther from the floor.



Step 5

Place your Desktop upside down on a debris-free carpeted area or a blanket. Make sure the Desktop is upside down. If your Desktop has pre-drilled holes or threaded inserts, they should be visible and facing up.

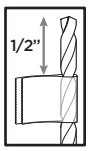
When placing your frame on your Desktop, lift it up. DO NOT SLIDE IT. This will help protect your desktop and keep the rubber grommets on the frame assembly from dislodging. If they do become dislodged, they can be easily re-inserted.

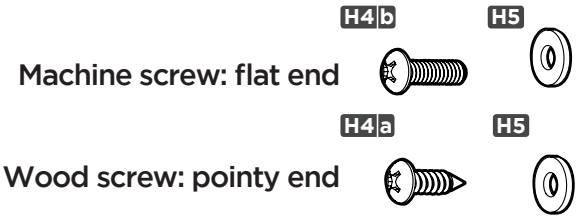
For Desktops that have Pre-Drilled Holes or Threaded Screw Inserts: Move the frame assembly by lifting, and line it up with the pre-drilled holes or threaded inserts on the Desktop.

For Desktops without Pre-Drilled Holes: Move the Leg assembly by lifting, and place it where you would like. Measure from the Desktop edges to ensure symmetry unless you have an asymmetrical Desktop. Make a pencil mark at each hole location. Check that the frame assembly is in the right location prior to drilling by confirming that your marks are lined up.

If you own 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.

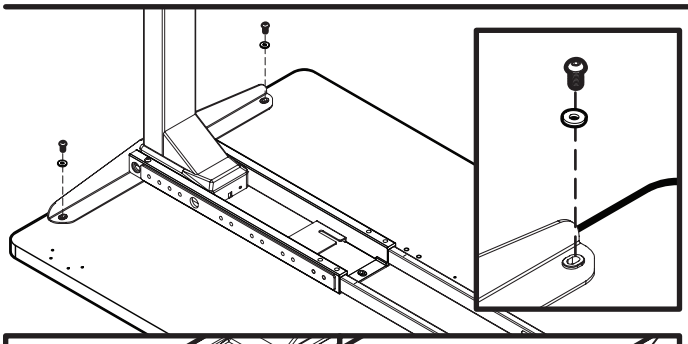


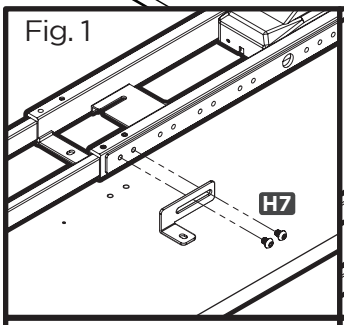


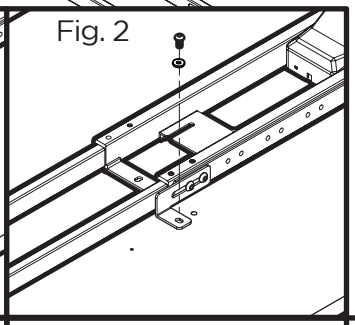
Step 6

For Desktops with Threaded Screw Inserts: You'll be using the #10-24x3/4" Machine screws (H4b) along with Washers (H5) for the following two steps.

For Desktops without Threaded Screw Inserts: You'll be using the #10x3/4" Wood screws (H4a) along with Washers (H5) for the following two steps.







Step 7

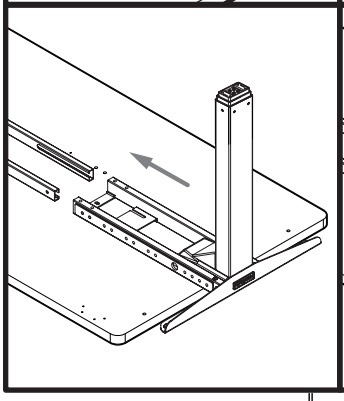
Attach one of the Leg assemblies to the Desktop using two of the washers and screws chosen in Step 6.

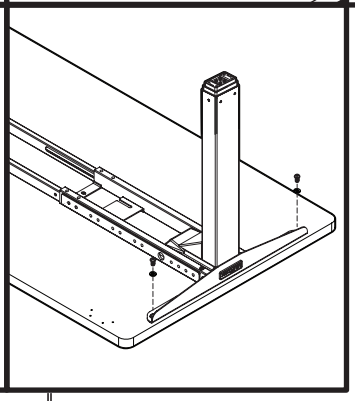
Do not tighten all the way.

Note: UPLIFT Desktops are pre-drilled for our C-Frames. Use the Crossbar end adapters (C3). Line them up to one of the pre-drilled holes. Attach to the frame using two M8x10 screws (H7) and tighten using the 5mm Allen wrench (H8) (Fig. 1). Then attach to the Desktop using one of the screws chosen above, and one washer to connect it to the Desktop (Fig. 2).

For Desktops without Pre-Drilled Holes or Threaded Screw Inserts: Loosely fasten the Crossbar end (C5) to the Desktop using a Wood screw (H4a) with a Washer (H5).

Do not tighten all the way.



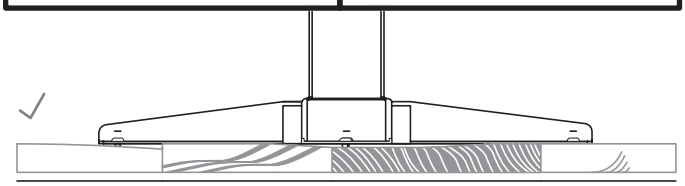


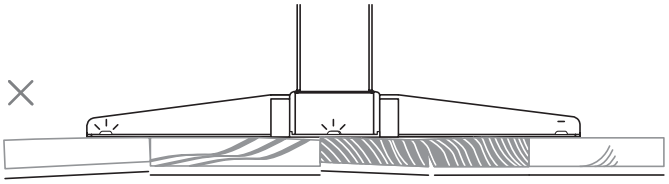
Step 8

Once the first side is done, slide the other Leg assembly onto the Crossbar rails.

Attach the Leg assembly to the Desktop by following the same instructions as Steps 6 and 7.

After all screws are started, go back and tighten them. Be careful to not over-tighten, to avoid stripping. Unless you have a Solid Wood Desktop, then immediately refer to the note below.

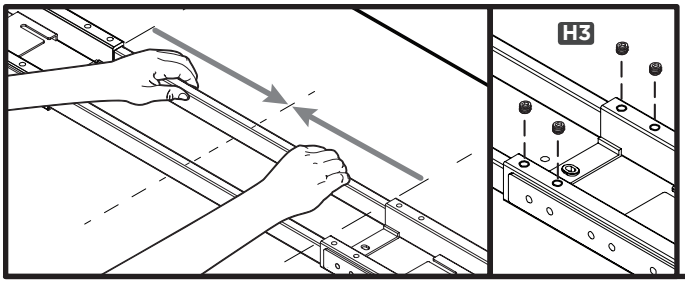




Important Note about Solid Wood Desktops:
The bottom of an UPLIFT Solid Wood desktop can sometimes have uneven bottom surface creating gaps between the Frame and the desktop.

Screws that go in holes where there is no gap beween the frame and desktop can be screwed in completely.

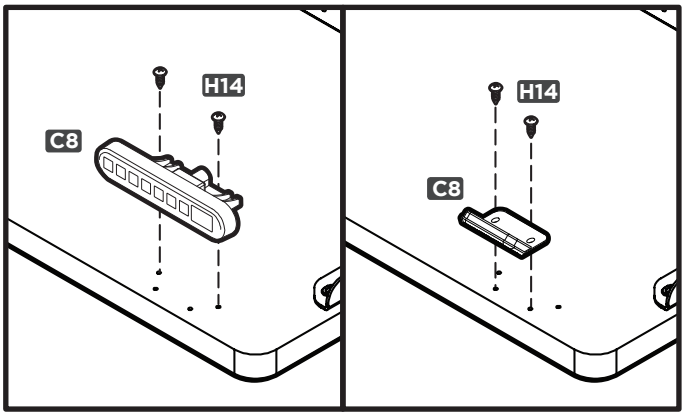
Screws that go in holes where there is a gap between the frame and the desktop should be tightened only until the screw is snug. Over tightening where there is a gap can cause stress on the desktop which can cause cracks or warping over time.



Step 9

Slide each Crossbar rail (C6) until the Center indicator mark is in the middle. Once this is done, the Crossbar rail will be centered, and in the proper position.

Insert the eight M8x8 Set screws (H3) into the Crossbar ends (four on each side) to secure each Crossbar rail, then tighten using the 4mm Allen wrench (H6).



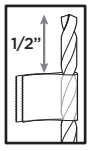
Step 10

Choose which side of the Desktop you'd like your Keypad to be on. Remember that you're installing your desk upside down, so the final location of the Keypad will be opposite of what you're seeing during assembly.

For Desktops with Pre-Drilled Holes: There are two sets of holes to accommodate different Keypads. Line up your Keypad (C8) with the pre-drilled holes, and attach it to the Desktop with two #10x5/8" Wood screws (H14).

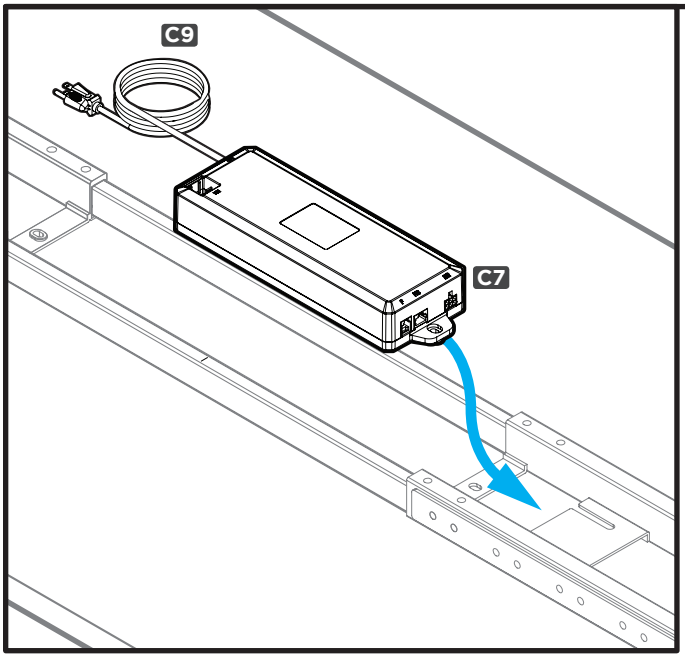
For Desktops without Pre-Drilled Holes: The Keypad (C8) can be placed anywhere along the front edge of the Desktop. Typically you will want it to the side where it won't interfere with your legs, chair, or any accessories. Once chosen, hold the Keypad in the desired location and make a pencil mark at each hole location.

If you own 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.

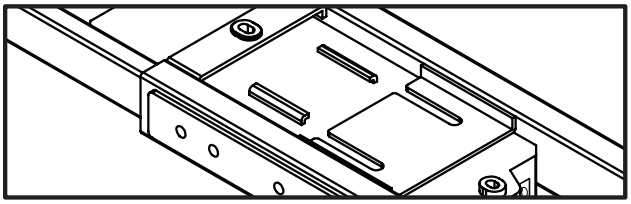
Then fasten the keypad with the two #10x5/8" Wood screws (H14).



Step 11

Plug the Power cable (C9) into the power socket on the Control box (C7) marked "AC". Next, position the Control box with the Power cable end pointing away from the Leg on the side of your desk where the Keypad is attached. Slide the tabs of the Control box to interlock with the slots on the Crossbar end (C5). (See diagram below).

Note: Control box MUST be attached to your frame in order for your desk to function properly.



Top view of Control box tabs & Crossbar end slot. This is just an illustration, you won't be able to see this when installing.

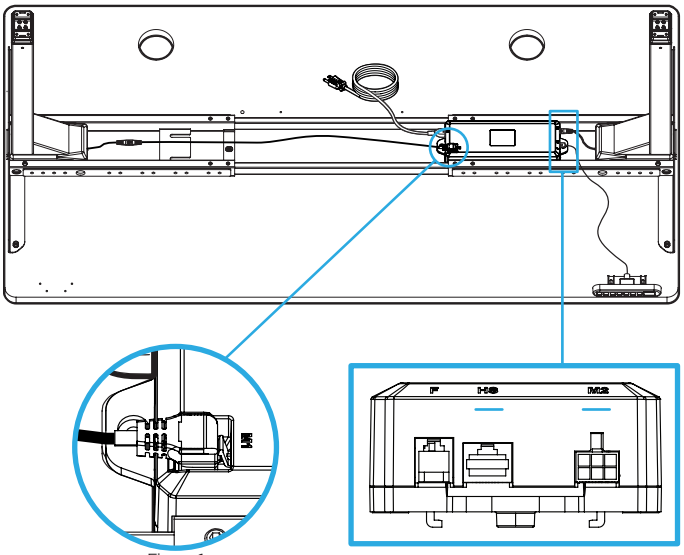


Figure 1

Step 12

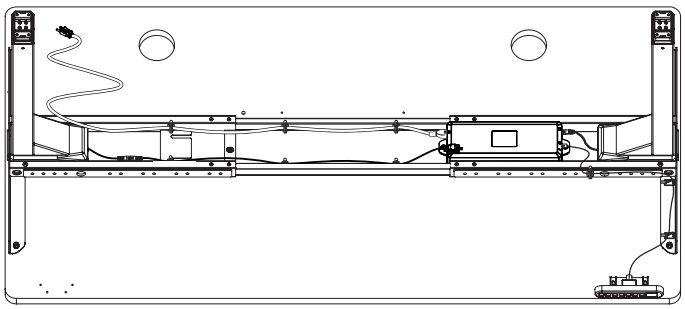
Plug the Keypad (C8) into the Control box port labeled "HS". Next, plug the Leg closest to the Control box (C7) directly into the white port marked "M2" located on the same end as the Keypad port.

Finally, plug the farther leg into the Leg cable (C10), and then plug the angled-end of the Leg cable into the white port marked "M1" located on the top of the Control box. **Important: Only plug the angled end of the Leg cable into the Control box as shown in Figure 1.** Do not try to plug it in with the cable running the opposite direction; this will damage your cable and the Control box.

Note: On some older models the "M1" port may be located right next to the AC Power socket.

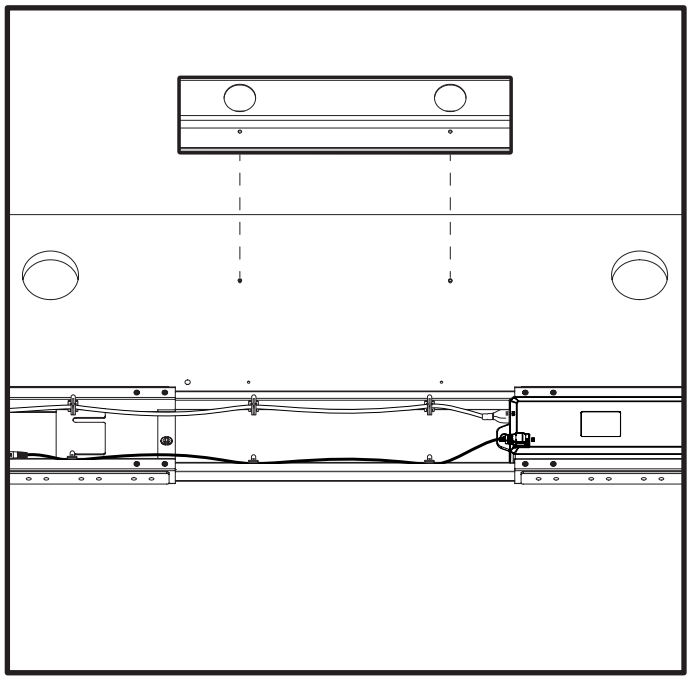
ACCESSORY INSTALLATION

Now is a good time to install accessories such as wire management, CPU holders, keyboard trays, or anything else that fastens to the bottom of your desk. This section will cover Accessories that are included with this Frame. For additional accessories, refer to the instructions that came with those accessories.



Desk Cable Management:

Use the included Cable mounts (H9) to organize your wires, keep a clean presentation, and prevent any wires from snagging on anything when adjusting height. The Cable mounts work best when stuck directly to the metal desk frame. Attach Cable mounts to the inside of frame parts. You might want to save some for once you have everything on your desk plugged in.



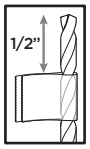
Installing Wire Management Tray:

Install the Wire management tray (C12) to help wrangle your wires. Imagine where all of your wires will be once your desk is entirely set up with all your peripherals.

We recommend placing an outlet strip into the Wire management tray, and plugging everything on your desk into that outlet strip to allow for cords to travel along with the desk and only have one cable running to a wall outlet.

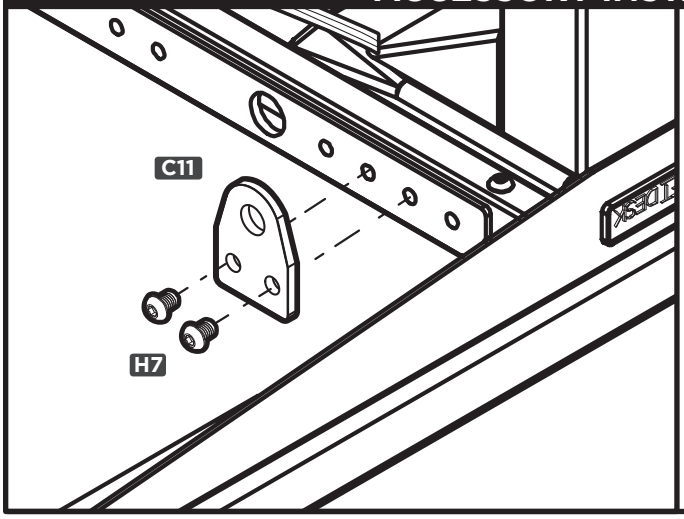
Once you know where you want the tray, make a pencil mark at each hole location and attach it to your desktop using two #10x5/8" Wood screws (H14).

If you own 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.

ACCESSORY INSTALLATION (continued)

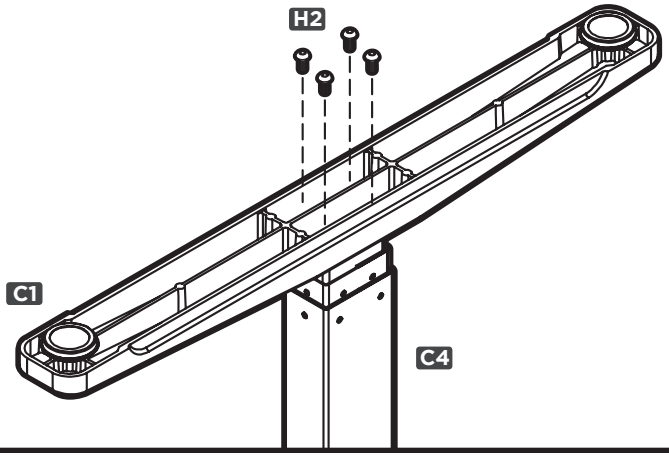


Future desk accessories:

UPLIFT Desk offers various desk accessories that will mount easily to our innovative, patent-pending desk frame. Accessories will either mount directly to the Crossbar ends, or will require the two included Anchor plates (C11).

Read your accessory's instructions to see if you'll need the Anchor plates for installation. If so, attach them to the frame using four M8x10 machine screws (H7), and tighten using the 5mm Allen wrench (H8) at the locations mentioned in the accessory's instructions.

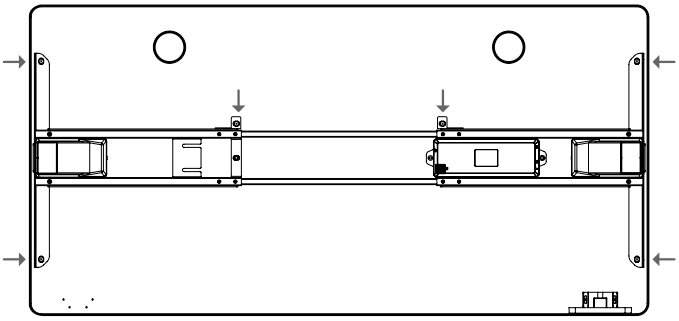
patent pending



Step 13
Place the foot onto the Leg (C4) as shown. Loosely start four M6x14 Machine screws (H2) by hand.

Once all four screws have been started, tighten all the way using the 4mm Allen wrench (H6). Repeat this step for the 2nd foot.

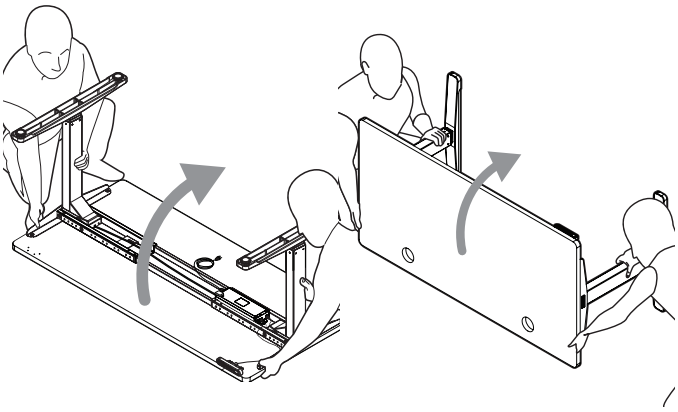
Note: If you purchased Casters, remove the leveling pads and install the Casters now.



Step 14
Double check that all screws on the desk are tight.

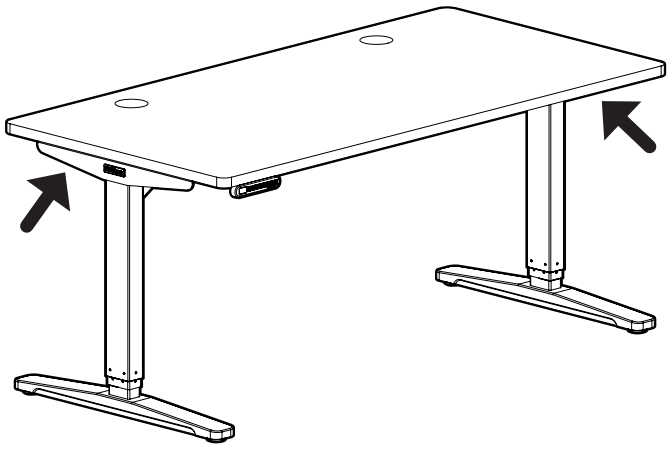
And then check all screws again and make sure they're tight. This isn't a typo, it's important and it's far easier to tighten them with the desk upside down than it is later.

Be careful not to miss the screws marked with an arrow in the diagram.



Step 15
With you and your friend on opposite ends of the desk, grab the Desktop AND Side bracket with one hand and a Leg in the other. Be aware and be careful of the cables, any attached components or accessories especially an accessory that might move on a track like a Keyboard tray or CPU holder. Support the desk frame and the Desktop equally and tilt it gently rotating it 90 degrees back, so the Keypad is facing up.

Readjust your grip at the Desktop and Side bracket with one hand and keep the other hand on the Leg. Lift and rotate 90 more degrees until your Desk is right-sideup. Adjust the leveling studs or Casters as needed to make the desk level.



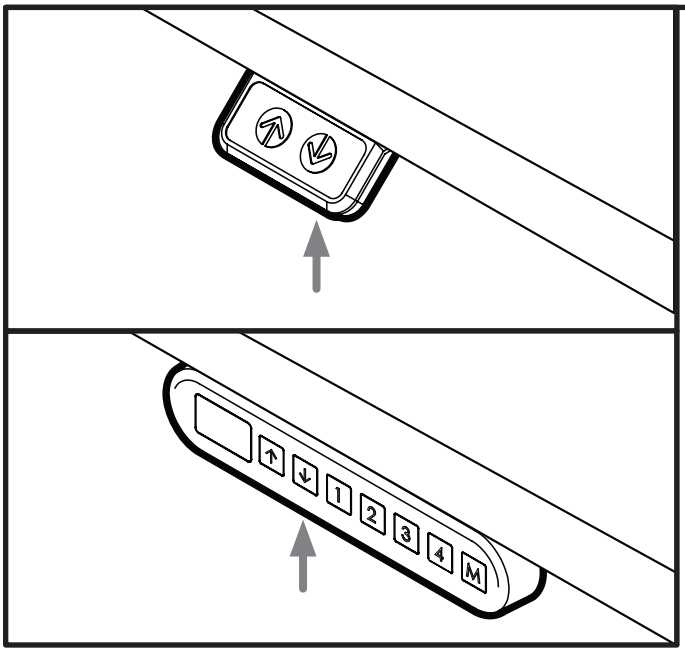
Step 16
Position your desk where you'd like it to be. Keep it close to a wall outlet and away from obstacles which may interfere with the desk's height adjustability range.

If your desk has Casters: Moving is easy! Make sure the casters are unlocked and roll it to the desired position.

If your desk does not have Casters: Using two people, lift your desk (do not drag it) by holding onto the Side bracket (marked with arrows, to the left).

Note: Never lift by holding on to the Desktop itself, as this will put undue stress on the screws.

Once the desk is in position, proceed to the next step.



Step 17
Check your desk's surroundings to make sure there will be no obstacles in the desk's path and that all cords are long enough to accommodate the motion of your desk.

Plug your desk into a 120V outlet.

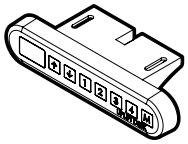
Before using your desk, you'll need to sync all the components by using the reset procedure.

Initial Desk Reset Procedure
Press and hold the DOWN button for 10 seconds, then release the button.

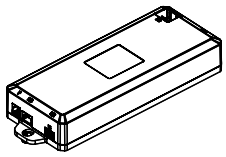
Press and hold the DOWN button again, the desk will lower a little, then rise a little, and then stop. Release the button. Your desk is now ready for use!

If you are using a Memory keypad, see additional keypad instructions for further information on how to use your keypad

PROGRAMMING (Memory keypad only)



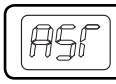
These UPLIFT Desk programming instructions are compatible **only** with Memory keypads.



HEIGHT CALIBRATION

Make sure the numeric display matches the actual height of the desktop in its lowest position.

1. Hold the DOWN button on the Keypad until the desk reaches its lowest height, then release.
2. Measure the height from the floor to the underside of the desktop. If the displayed height does not match your measurement, follow the next steps.
3. Hold the DOWN button again until the LED display reads "RST".
4. Press the "M" button until the numeric display begins flashing.
5. Press the UP or DOWN button to set the desk to the measured height.
6. Once display changes back to "RST", Hold the DOWN button until the desktop lowers slightly, then rises slightly and the display changes back to the numeric height setting, then release.



***Note:** "RST" will look like "ASr" on the display

KEYPAD LOCK

The Keypad can be locked to prevent accidental activation or movement of the desk and to prevent desk settings from being accidentally changed by children or coworkers.

To lock: Press and hold "M" button. The display will show "S-" then it will show the current numeric height setting of the desk and finally will change to "LOC". Please continue to hold the "M" button until "LOC" is displayed.



To unlock: Press and hold "M" button until display changes to numeric height setting.

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

MEMORY SETTINGS

Save up to four commonly used desk heights and recall them quickly.

1. Use the UP or DOWN button to move the desk to the desired height.
2. Press the "M" button.
3. Press the "1, 2, 3, or 4" button to assign the current height to a number on the keypad.
4. To bring the desk back to any of those assigned heights, press the numbered button.

CONSTANT-TOUCH & ONE-TOUCH

These steps allow the desktop to be set to either One-Touch or Constant-Touch. One-Touch requires only a single touch of the "1, 2, 3, or 4" button to move the desktop to a preset memory location. **One-Touch is the default setting.** Constant-Touch requires a continuous touch of the "1, 2, 3, or 4" button to move the desktop to a preset memory location.

Change between One-Touch and Constant-Touch:

1. Hold the DOWN button on the Keypad until the desk reaches the lowest height, then release.
2. Hold the DOWN button again until display flashes "RST".
3. Press the "1" button until display shows "10.1" (One-Touch) or "10.2" (Constant-Touch) and goes back to "RST".

Note: While "RST" is still flashing, you can press the "1" button as many times as you'd like to toggle between the two settings.

4. Hold the DOWN button until the desktop lowers slightly, then raises slightly, and the display changes back to the numeric height setting, then release.

DISPLAY UNITS

Change the numeric display to show heights in either inches or centimeters.

1. Hold the DOWN button on the Keypad until the desk reaches the lowest height, then release.
2. Hold the DOWN button again until display flashes “RST”.
3. Press the “2” button until display shows “10.3” (centimeters) or “10.4” (inches) and goes back to “RST”.

Note: While “RST” is still flashing, you can press the “2” button as many times as you’d like to toggle between the two settings.

4. Hold the DOWN button until the desktop lowers slightly, then raises slightly, and the display changes back to the numeric height setting, then release.

MINIMUM & MAXIMUM HEIGHT SETTINGS

The desk frame ships with default minimum and maximum height limits. These steps allow the upper and lower limits to be changed to your preference.

To set a new maximum desk height:

1. Use the UP or DOWN button to bring the desk to the desired **maximum** height.
2. 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. — S-
3. Hold the “M” button until the Display shows “999” then changes to numeric value of new upper limit. — 999

To set a new minimum desk height:

1. Use the UP or DOWN buttons to bring the desk to the desired **minimum** height.
2. 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. — S-
3. Hold the “M” button until the Display shows “000” then changes to numeric value of new lower limit. — 000

Removing adjusted maximum and minimum heights:

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

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.

TROUBLESHOOTING

If your desk does not respond when you try to raise it or lower it, or if the Keypad displays error messages ("E01" through "E012") check to make sure all the cables are secure (Legs to cables, cables to Control box). If the problem persists, perform the reset procedure below.

RESET PROCEDURE

1. Unplug the power cord and hold the DOWN button on the Keypad for 30 seconds.
2. Plug the power cord back in.
3. Hold the DOWN button until the desk reaches its lowest height, then release. Hold the DOWN button again until the LED display reads "RST" (or for about 10 seconds on non-LED keypads), then release. Hold the DOWN button again until the desk lowers a bit more, then slightly rises and stops, then release. Your desk is now ready to use.



***Note:** "RST" will look like "ASr" on the display

4. The Advanced Keypad will then display the current height, and you should be able to operate the desk.
5. You may also need to do this if the desktop is ever unplugged or loses power.

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 above

If the error message persists after performing the Reset procedure, or if there is a height difference between the legs which exceeds 1.5", contact UPLIFT Desk at the email address or phone numbers listed at the bottom of each page of these instructions.

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 attached to the frame as shown in Step 11. The control box MUST be attached to your frame in order for your desk to function properly.

Notes

UPLIFT DESK®

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.

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