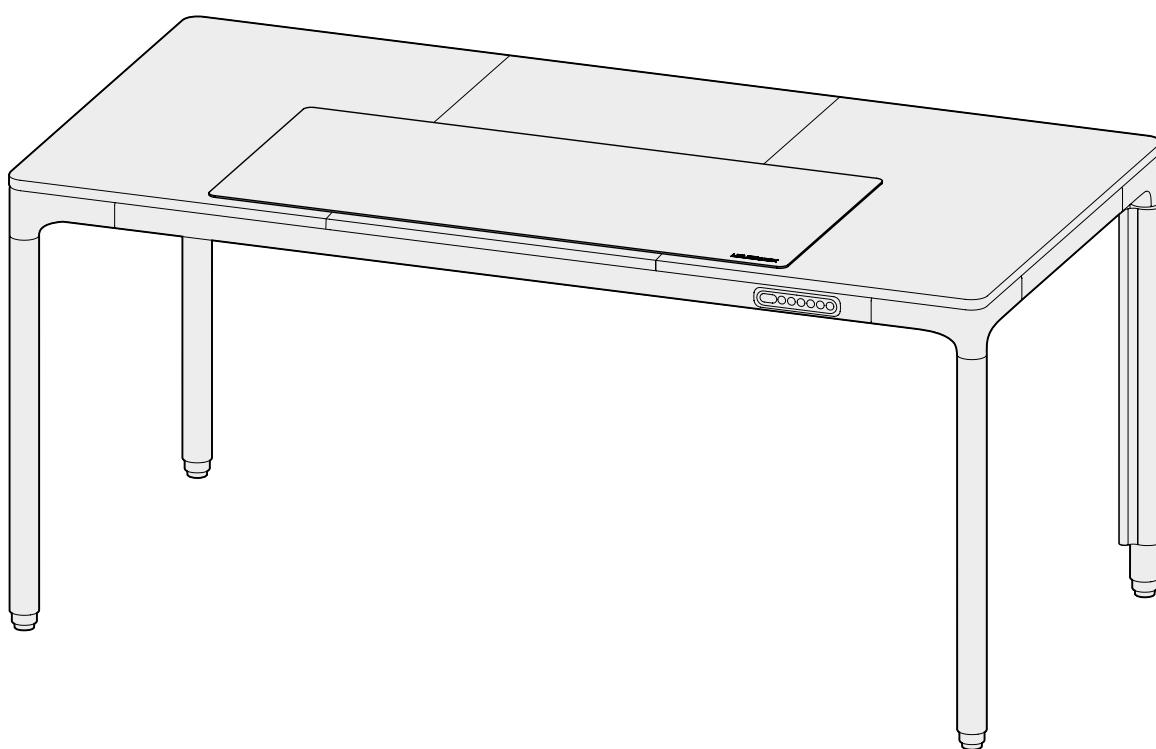


QuadZen Standing Desk

UPL406

UPLIFTDESK

Work better. Live healthier.



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 new owners.

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 cause damage or personal injury.

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 keypad's safety lock feature or remove the power cord to prevent operation.

WARNING: Risk of serious injury or death. Adjusting the height of the desk could pinch or crush body parts trapped between the desktop, frame, or accessories and the floor or any stationary objects under the desk. Ensure that any body part under the desk or accessories are removed from any pinch or crush zones prior to moving the desk.

WARNING: Be sure there is a gap of at least 1" between the moving parts of the standing desk and objects located adjacent to it to avoid pinching and crushing hazards. Move the desk through its full range of motion to ensure a gap of 1" or more is maintained around the perimeter of the desk.

WARNING: The desk is designed for indoor use only. Use of desk outdoors or in damp locations can damage the desk and can cause risk of electric shock and/or fire.

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

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 the desk legs or control box. Doing so may cause damage and can cause risk of electric shock.

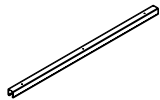
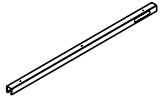
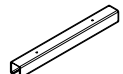
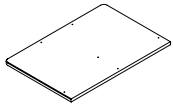
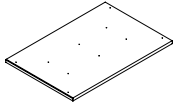
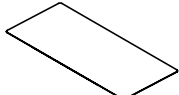
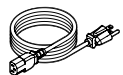
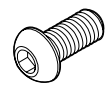
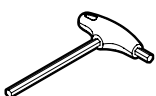
WARNING: Never use the desk if the power cord or plug becomes damaged to avoid risk of fire and/or electric shock. Contact UPLIFT Desk for a replacement power cord if it is damaged in any way.

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.

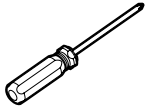
WARNING: Inspect the desk regularly and stop using immediately if you notice damaged or loose parts. Only replace damaged desk parts with authorized UPLIFT Desk parts.

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 product. Provide this manual to any new user.

Package Contents				
Leg qty 4 	Rear Frame Rail 	Front Frame Rail (with Keypad opening) 	Side Frame Rail qty 2 	Support Bar 
Cable Channel  (ships attached to Leg)	Desktop End qty 2 	Desktop Middle 	Mouse Pad 	Control Box with Mounting Bracket 
Keypad 	Power Cord 	Leg Extension Cable qty 4 	M6 x 14mm Machine Screw qty 16 	4mm Allen Wrench 
Cable Mount qty 10 	Hook & Loop Strip qty 10 	#10 x 5/8" Truss Head Wood Screw, qty 20 		

You will also need

Phillips Screwdriver
 

Assembly Instructions

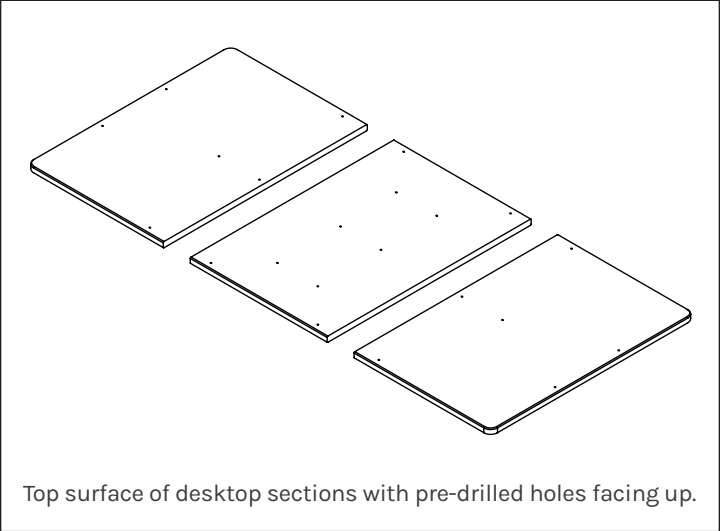
Step 1 - Inventory of Parts

Before discarding any packaging, lay out all the parts from the box and verify that every item listed in the package contents is present.

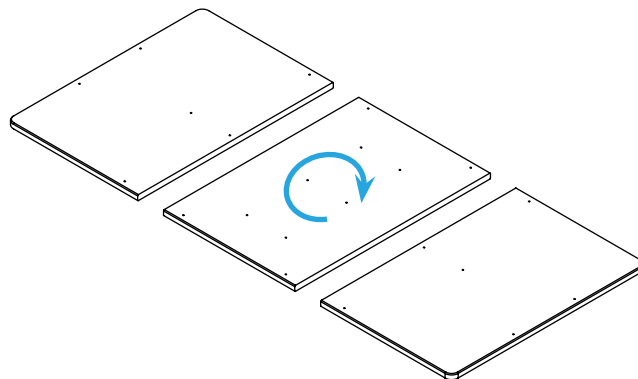
If a part seems to be missing, check the box carefully to ensure it isn't there. If you confirm the part is missing, contact us at (800) 349-3839 or email support@upliftdesk.com before starting assembly.

Step 2 - Position Desktop Sections

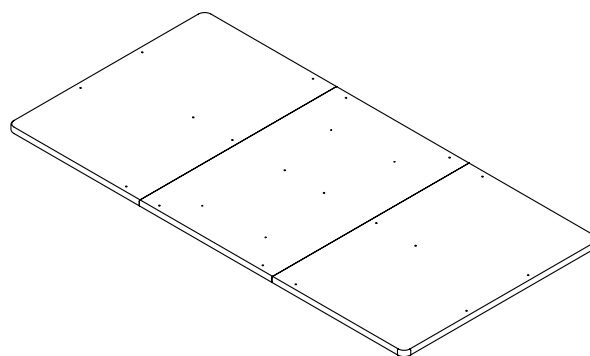
Place the two Desktop Ends and the Desktop Middle as shown on a clean blanket or carpet with the pre-drilled holes facing up.



If the wood grain pattern of the Desktop Middle does not align with the wood grain pattern of the Desktop Ends, rotate the center section 180 degrees so the grain pattern is aligned across all three sections.



Push desktop sections together and ensure there are no gaps between the desktop sections and ensure the front and back edges of the desktop sections are aligned and flush.

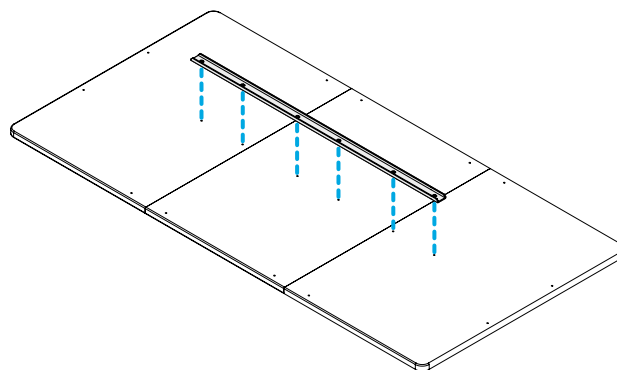


Step 3 - Install Support Bar

Align holes in the Support Bar with pre-drilled holes in center of desktop sections.

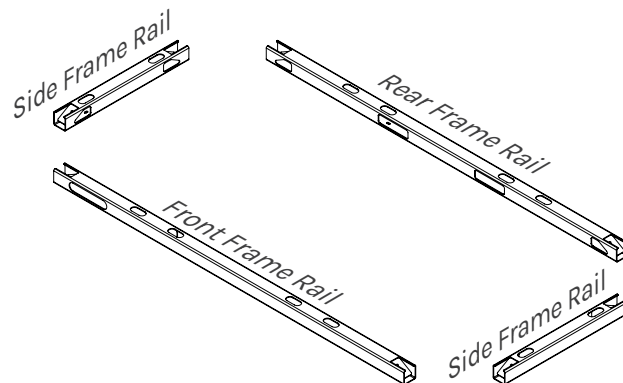
Use a Phillips screwdriver to loosely insert #10 x 5/8" Wood Screws into each hole, do not tighten screws completely.

Confirm there are no gaps between desktop sections and the desktop edges are flush across the seams, then tighten all screws. **Be careful to not overtighten to avoid stripping!**

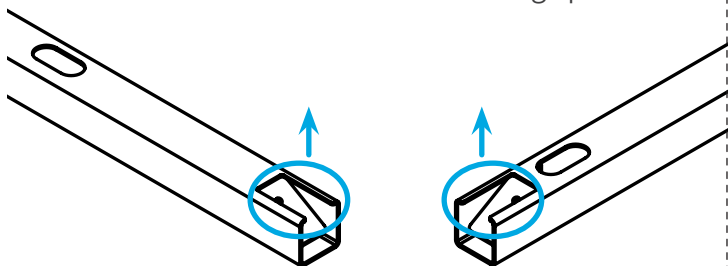


Step 4 - Position Frame Rails

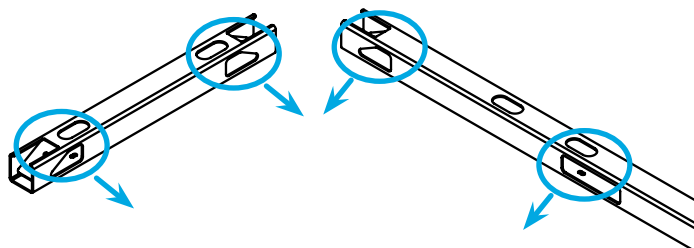
Arrange the Front, Rear, and Side Frame Rails as shown.



Ensure notches in ends are facing up.

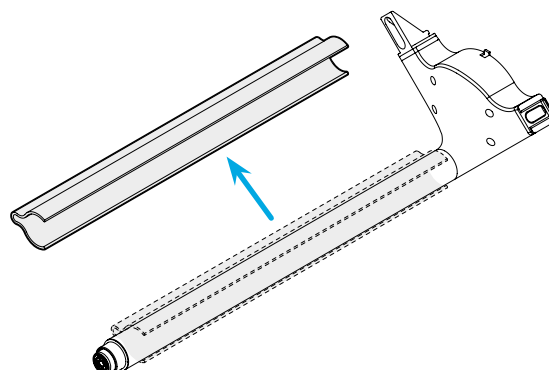


Ensure large openings are facing in.

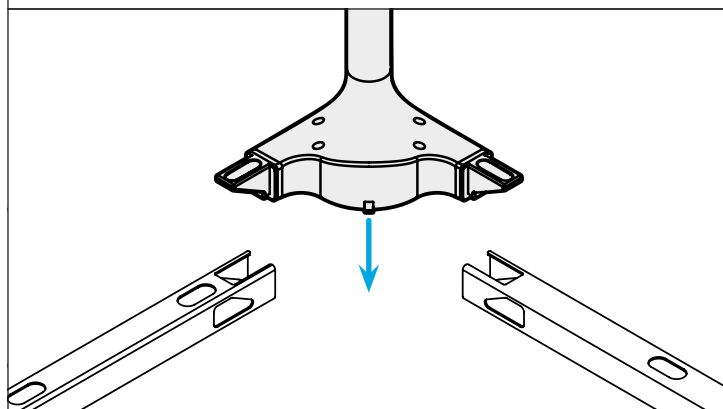


Step 5 - Attach Legs

First, remove the plastic Cable Channel from the one Leg it is pre-attached to.

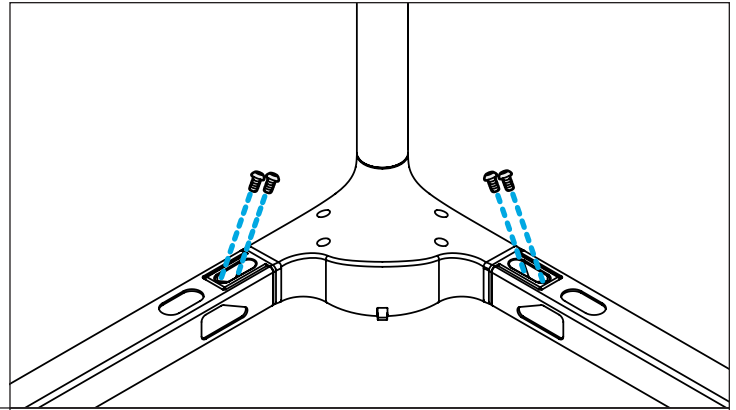


Position a Leg at each corner, the ends of the Legs will be over the ends of the Frame Rails.



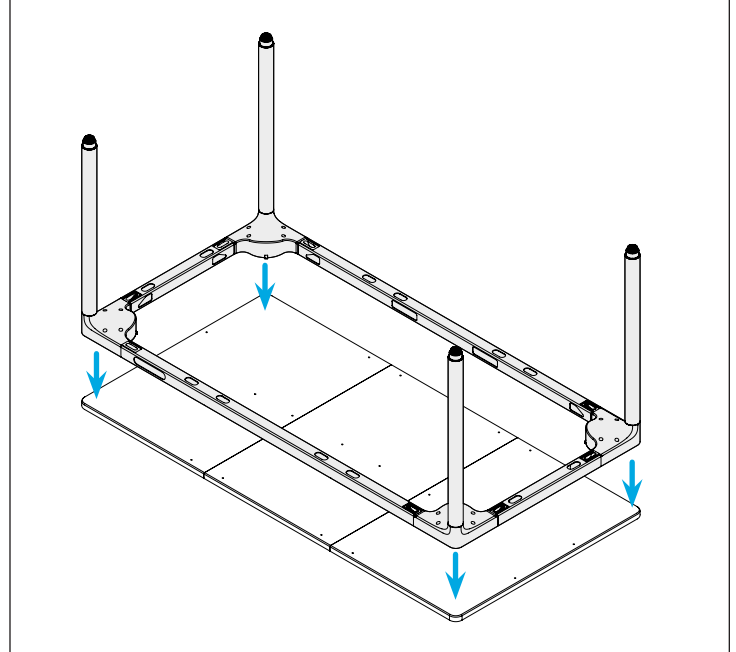
Use the Allen Wrench to loosely insert two M6 x 14mm Machine Screws through the holes in each side of the Legs and into the threaded holes in Frame Rails.

Once all screws are started on each Leg, firmly tighten them with the Allen Wrench.



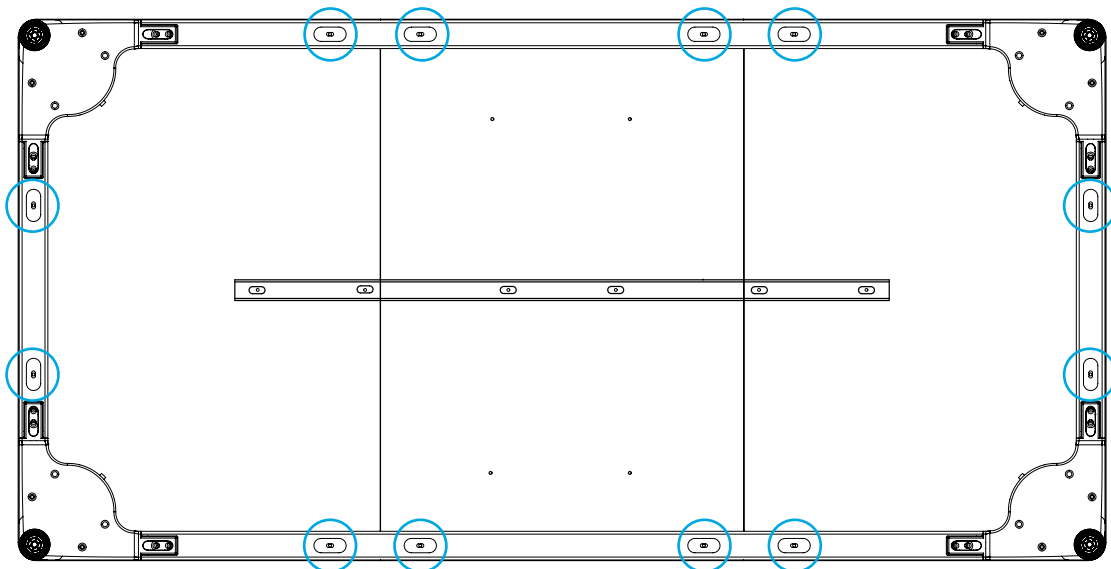
Step 6 - Attach Frame to Desktop

With the help of another person, place the frame on top of the desktop and align the frame mounting holes (12 places circled below) with the pre-drilled holes in the desktop sections.



Make sure none of the Leg cables are between the frame and desktop.

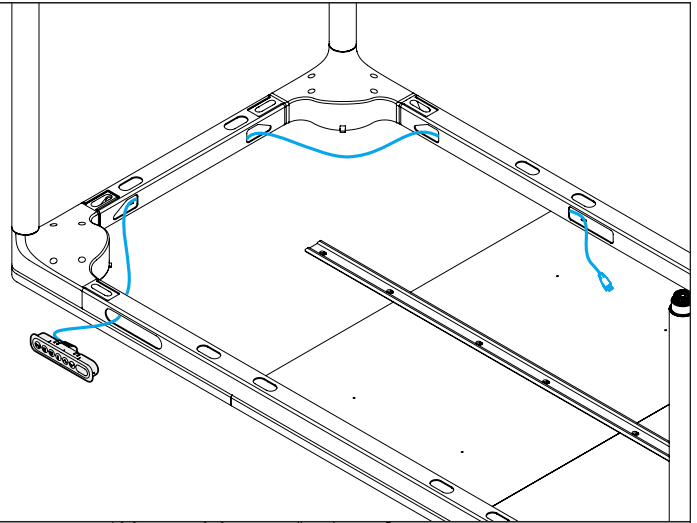
Use a Phillips screwdriver to Insert the twelve #10 x 5/8" Wood Screws into the holes. **Be careful to not overtighten to avoid stripping!**



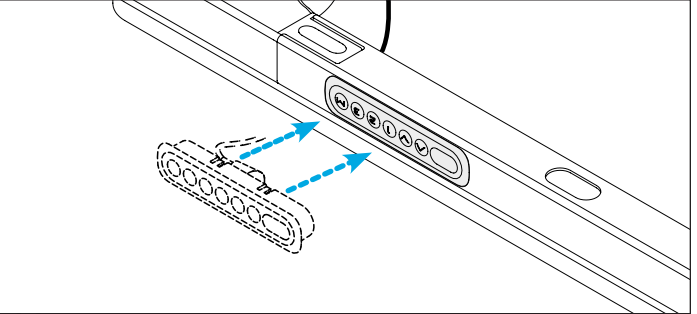
Step 7 - Install the Keypad

Insert the Keypad cable through the opening in the Front Frame Rail then route it through the cable pass-through openings in the Side and Rear Frame Rails as shown.

Position the Keypad into the opening with the text on the Keypad upside down so it will be right-side up when the desk is turned over.

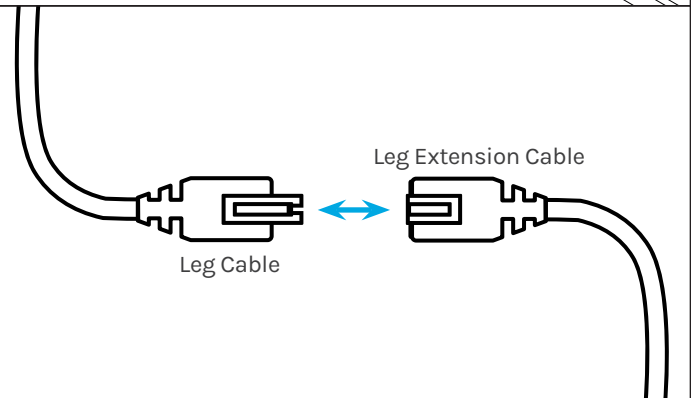


Press the Keypad firmly into the opening until it sits flush with the face of the rail.

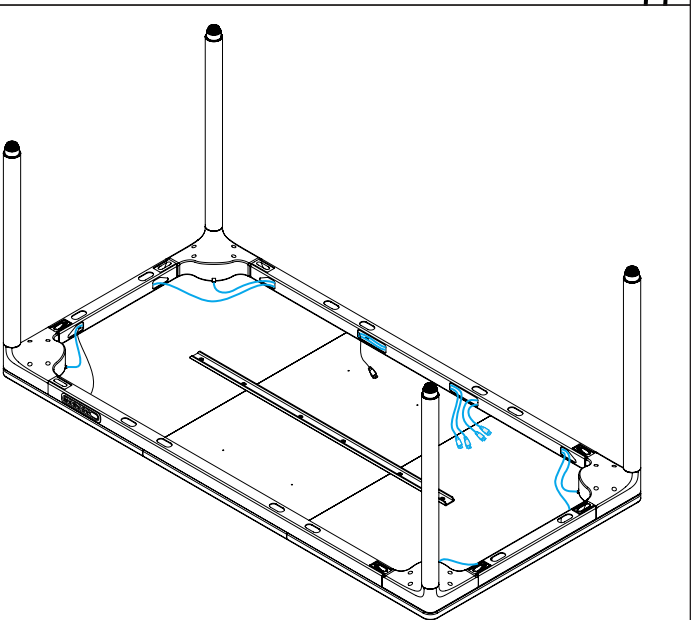


Step 8 - Connect Leg Cables

Connect a Leg Extension Cable to each of the four Leg cables.



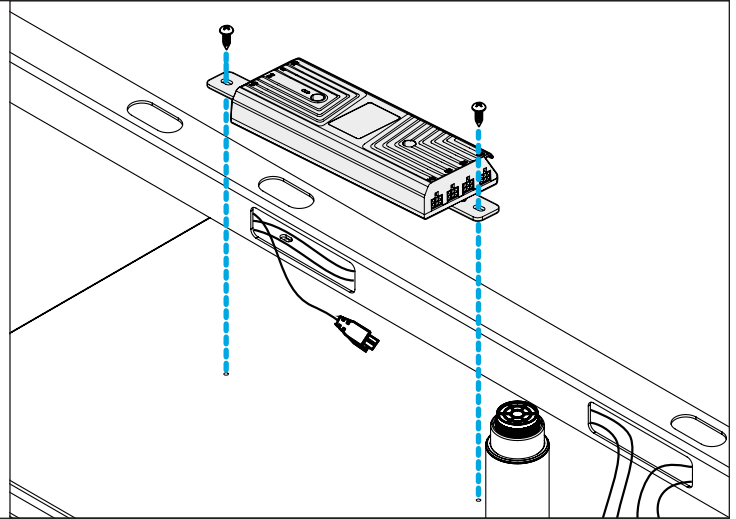
Route the Leg Extension Cables through the cable pass-through openings in the Side and Rear Frame Rails as shown so that all cables exit the same opening in the Rear Frame Rail.



Step 9 - Attach Control Box

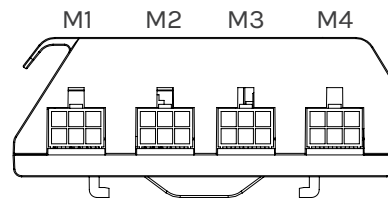
Position the Control Box with attached Mounting Bracket in the orientation shown (with the M1, M2, M3, and M4 ports towards the Leg Extension Cables) and align the Mounting Bracket holes with the pre-drilled holes in the Desktop.

Use a Phillips screwdriver to insert two #10 x 5/8" Wood Screws to attach the Control Box to the Desktop. **Be careful to not overtighten to avoid stripping!**



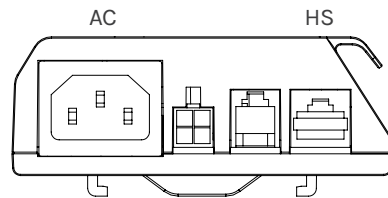
Step 10 - Connect Cables

Connect the four Leg Extension Cables to the Control Box ports marked "M1, M2, M3, and M4". It does not matter which Leg Extension Cable is connected to each port.



Attach the Power Cord to the port marked "AC" on the Control Box.

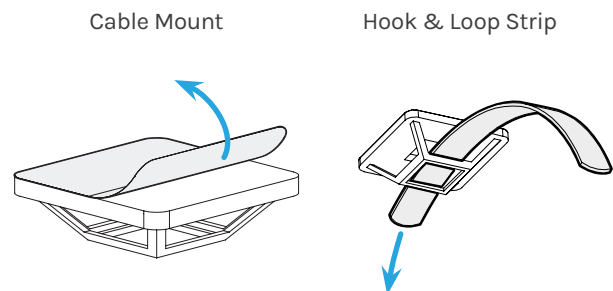
Connect the end of the Keypad cable to the port marked "HS".



Extra cable slack can be tucked into the Frame Rails or secured to the bottom of the desktop with the included Cable Mounts and Hook & Loop Strips.

Peel backing off Cable Mounts and press them to the underside of desktop.

Thread a Hook & Loop Strip through the Cable Mount as shown, then wrap the Strip around any cables.



Step 11 - Position Your Desk

When preparing to turn the desk over, be aware of any loose cables and attached accessories.

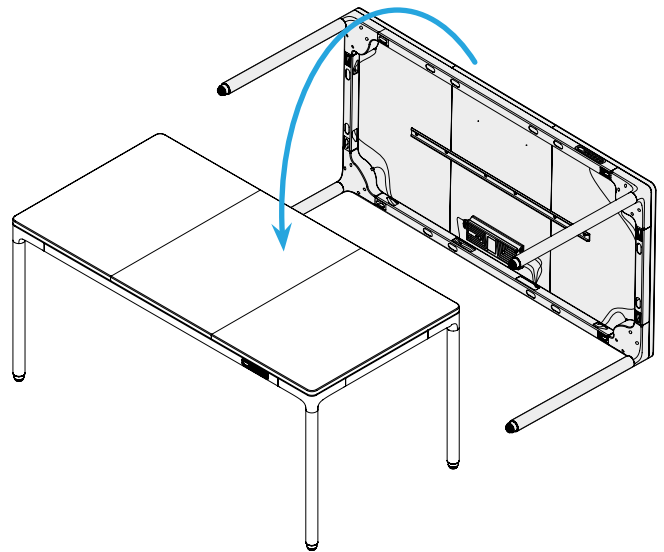
With one person located at each end of the desk, tilt it slowly up so the Keypad is facing up.

Readjust your grip and continue to rotate the desk until it is right-side up.

With one person at each end, lift to position the desk in its final location. **Do NOT drag the desk!**

Adjust leveling glides at the bottom of each leg as needed to level the desk.

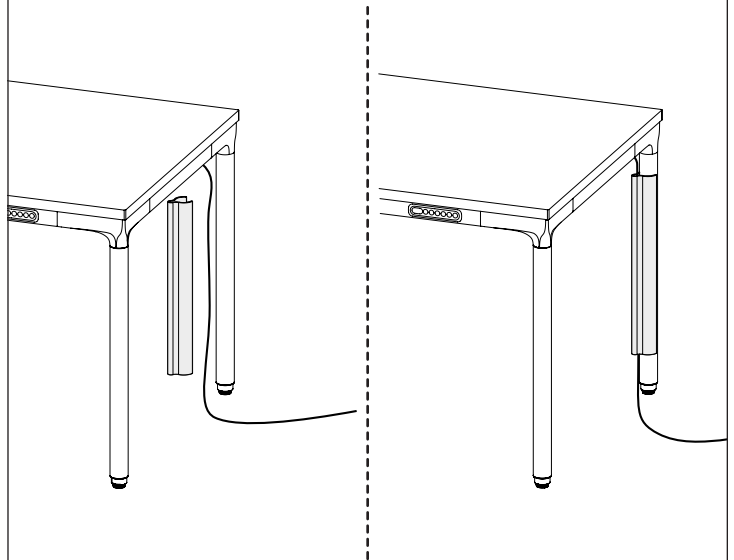
Check the desk's surroundings to ensure there will be no obstacles within the desk's path while it is being raised and lowered. **Note:** The desk can be programmed to limit the maximum and minimum height as needed to avoid a shelf above the desktop.



Step 12 - Route Power Cord

Route the Power Cord along the Cable Channel as shown.

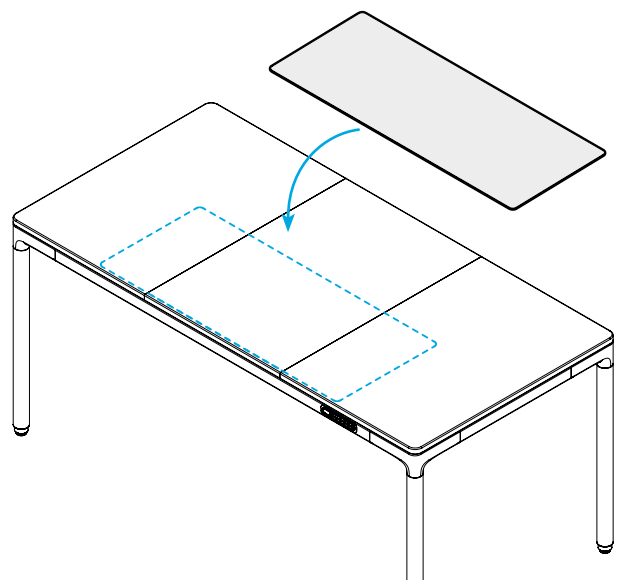
Press the Cable Channel onto the upper portion of the rear Leg closest to the power outlet you will be plugging the desk into.



Step 13 - Apply Mouse Pad (optional)

If you prefer to use the included Mouse Pad, unroll it and lay it on the Desktop covering the seams.

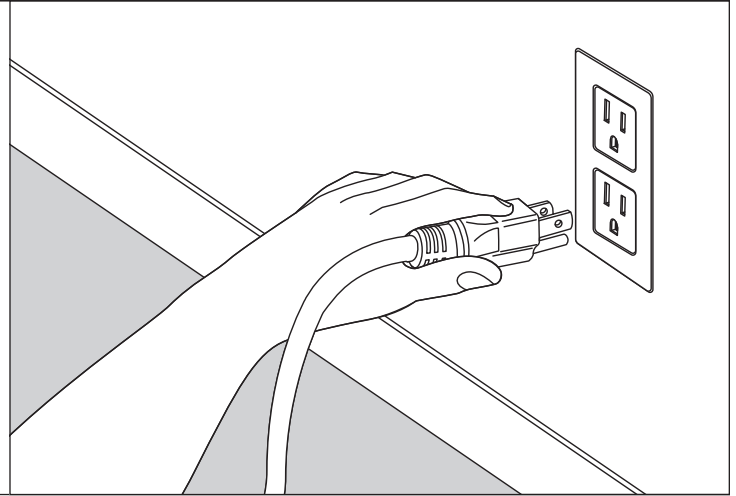
Note: The Mouse Pad will relax and lay flat within about 24 hours. Do not use harsh chemicals or alcohol when cleaning the Mouse Pad. Make sure both the Desktop surface and Mouse Pad are completely dry before placing the Pad on the desk.



Step 14 - Connect to Power

Ensure the desk's Power Cord and any accessory cables have enough slack to reach the maximum desk height (45").

Plug the desk's Power Cord into a grounded, 120V power outlet.



Desk Reset Procedure

IMPORTANT: Before using your desk, perform the following Desk Reset Procedure to sync the Legs and Control Box. You can perform this procedure anytime, it's particularly useful to reset any error codes.

1. Remove anything under the desk that would prevent it from moving to its lowest height.
2. Press the down button to lower the desk to its lowest position.
3. Press and hold the down button again for about 10 seconds. Keypad display will show "ASr".
4. Press and hold the down button again until the desk lowers slightly, rises, and stops. The display should now show the desk height.
5. If the desk is working properly, you're done. If the desk is not working properly, continue with the following steps.
6. Unplug the power cord from the electrical outlet.
7. Press and hold the down button for 10 seconds to discharge any stored power in the Control Box.
8. Plug the desk back in and perform this entire Desk Reset Procedure again.

Advanced Keypad Programming

See below, scan the QR code, or visit <https://www.upliftdesk.com/uplift-desk-assembly-programming/> for Advanced Keypad Programming steps.



Saved Desk Heights

Save sitting and standing heights.

1. Move the desk to the desired height.
2. Tap the “M” button followed by one of the numbered buttons.

See One-Touch, Constant-Touch, or Double-Tap section below for instructions on moving the desk to a saved height.

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

One-touch (default setting) requires just a single touch of a numbered button to automatically move the desk to a saved height.

Constant-touch requires a numbered button to be continuously pressed to move the desk to a saved height.

Double-tap requires two taps of a numbered button to move the desk to a saved height.

Follow the steps below to toggle between these modes.

1. Move the desk to its lowest position.
2. Press and hold the “down” button until the display shows “ASr”.
3. Press and hold the number “1” button until the display shows “10.1” (one-touch), “10.2” (constant-touch), or “10.8” (double-tap). Release the button when the preferred selection is displayed.
4. When the display changes back to “ASr”, press and hold the “down” button until the desk lowers and rises slightly and the display changes back to the desk height setting.

Desk Height Calibration

Ensure the displayed desk height matches the actual desk height.

1. Move the desk to its lowest position.
2. Measure from the floor to the top of the desk. If the measurement does not match the display, follow the steps below.
3. Press and hold the “down” button until the display shows “ASr”.
4. Press and hold the “M” button until the displayed desk height begins flashing.
5. Tap the “up” or “down” button until the displayed height matches the measured height.
6. When the display changes back to “ASr”, press and hold the “down” button until the desk lowers and rises slightly and the display changes back to the desk height setting.

Keypad Lock

Lock the keypad for safety and 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 desk height.

If power is lost the keypad will return to the unlocked setting.

Units of Measurement

Switch between inches and centimeters on your display.

1. Move the desk to its lowest position.
2. Press and hold the “down” button until the display shows “ASr”.
3. Press and hold the number “2” button until the display shows “10.3” (centimeters) or “10.4” (inches). Release the button when the preferred selection is displayed.
4. When the display changes back to “ASr”, press and hold the “down” button until the desk lowers and rises slightly and the display changes back to the desk height setting.

Min and Max Height Limits

Set the desk’s minimum and maximum height limits to prevent the desk from colliding with anything when raising or lowering.

Set minimum desk height limit:

1. Move the desk to where you want the minimum height limit to be set.
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. Press and hold the “M” button until the display shows “000” and changes to the desk height.

Set maximum desk height limit:

1. Move the desk to where you want the maximum height limit to be set.
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. Press and hold the “M” button until the display shows “999” and changes to the desk height.

Remove desk height limits:

1. Tap the “M” button once and the display will show “S-.”
2. Press and hold the “M” button until the display shows “555” and changes to the desk height.

Anti-Collision Sensitivity

Adjust the setting of the anti-collision system to make the desk more or less sensitive to collisions with objects above or below the desk.

1. Move the desk to its lowest position.
2. Press and hold the “down” button until the display shows “ASr”.
3. Press and hold the “up” button until the display shows “10.5” (most sensitive), “10.6” (moderately sensitive), or “10.7” (least sensitive). Release the button when the preferred selection is displayed.
4. When the display changes back to “ASr”, press and hold the “down” button until the desk lowers and rises slightly and the display changes back to the desk height setting.

Troubleshooting

Desk Troubleshooting

See below, scan the QR code, or visit <https://www.upliftdesk.com/uplift-desk-reset-troubleshooting-steps/> for troubleshooting steps.



Error Code	Description	Troubleshooting Solution
H01	Overheated	The desk motor has a 10% duty cycle to protect from overheating. This means that in a 20 minute period if your desk motor is activated continuously for 2 minutes you will need to let it rest for at least 18 minutes. Otherwise you may see an H01 code on your keypad.
E01-E06	Overcurrent issue	1. Ensure the desk does not exceed the 355 lb weight limit 2. Ensure there is no mechanical interference or obstruction 3. Perform the Desk Reset Procedure
E07-E012	Uneven legs	1. Ensure all cables are firmly connected 2. Ensure there is no mechanical interference or obstruction 3. Perform the Desk Reset Procedure

Error Codes

If your keypad display shows any of the error codes listed above, perform the Desk Reset Procedure. If the error message persists after performing the Desk Reset Procedure or if there is a height difference between the Legs of more than 1.5", email support@upliftdesk.com or call 800-349-3839.

Starting & Stopping

If your desk starts and stops as you try to raise or lower it, 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. If the Control Box is secure and the problem persists, perform the Desk Reset Procedure.

Loss of Power

Perform the Desk Reset Procedure any time the desk is unplugged or power has been interrupted.

UPLIFT DESK

Work better. Live healthier.

[upliftdesk.com](https://www.upliftdesk.com)
support@upliftdesk.com
800-349-3839
512-614-3152