



ERGO DESK

USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

NOTE:

This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au



TABLE OF CONTENTS

| | |
|--|----|
| I. Important Safety Instructions | 05 |
| II. Care Instructions | 05 |
| III. Parts List | 06 |
| IV. Assembly Instructions | 07 |
| V. Exploded Diagram | 09 |
| VI. Warranty | 10 |

I. IMPORTANT SAFETY INSTRUCTIONS

WARNING: Read all instructions before using this machine.

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times.

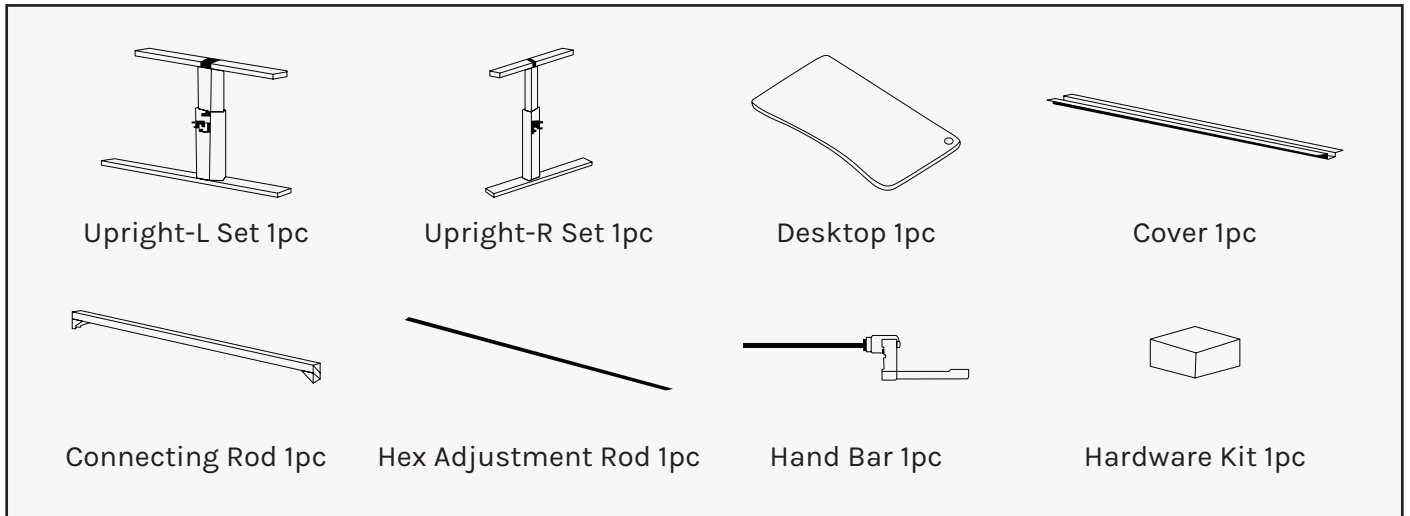
- Maximum loading weight is 80kg.
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- This equipment is designed for indoor domestic use. It is not a medical device.
- Care must be taken when lifting or moving the equipment so as not to injure your back.
- Always keep this instruction manual and assembly tools at hand for reference.

II. CARE INSTRUCTIONS

- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your thread and void your warranty.

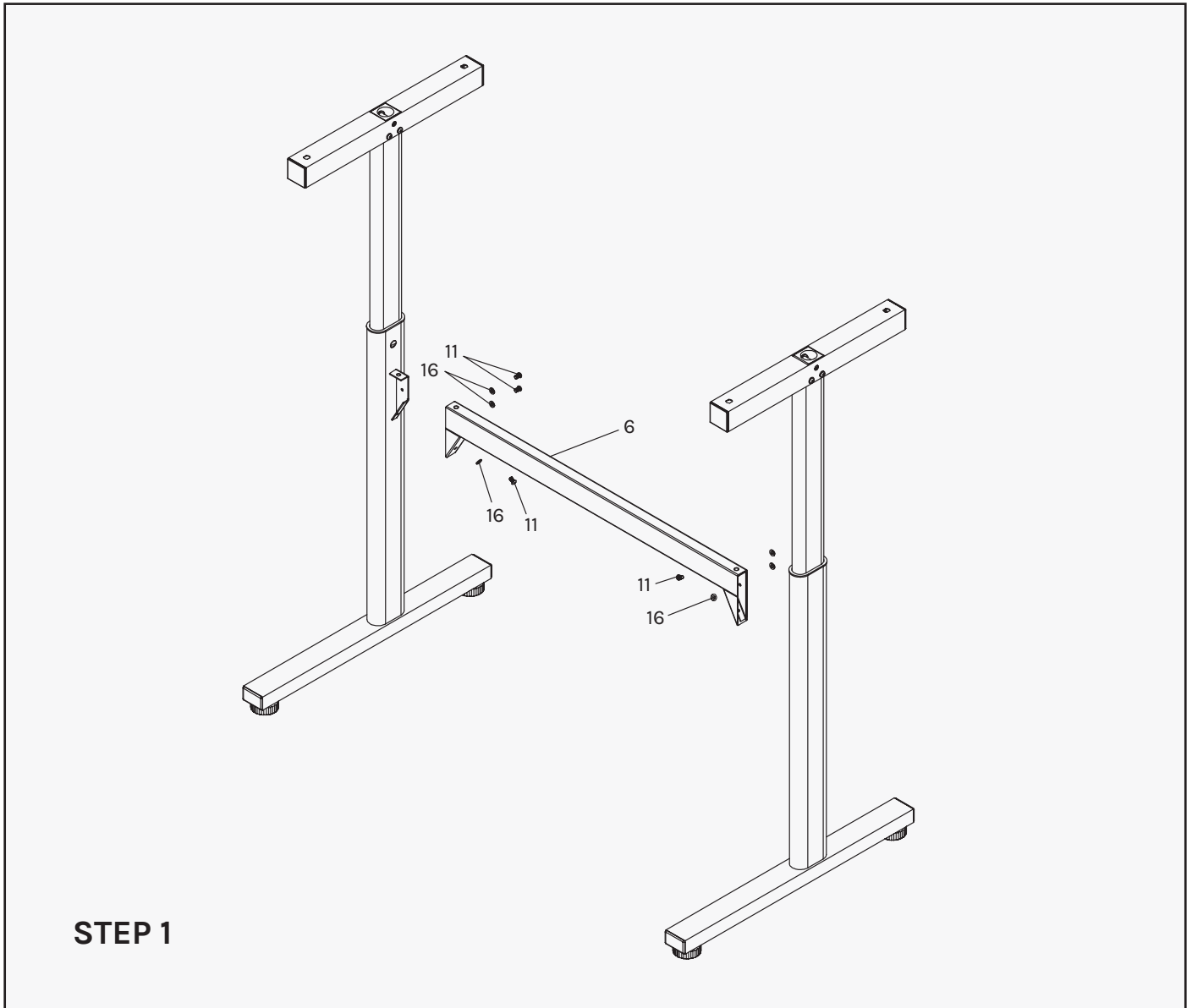
III. PARTS LIST

| No. | Description | Qty | No. | Description | Qty |
|-----|-----------------------|-----|-----|------------------------|-----|
| 1 | Upright-L | 1 | 13 | Cross Screw M6*5mm | 2 |
| 2 | Upright-R | 1 | 14 | Hexagon Fastener | 2 |
| 3 | T Shape Tube-L | 1 | 15 | Washer Φ 8 | 6 |
| 4 | T Shape Tube-R | 1 | 16 | Washer Φ 6 | 14 |
| 5 | Cover | 1 | 17 | 45*45 Pipe Stopper | 4 |
| 6 | Connecting Rod | 1 | 18 | 25*50 Pipe Stopper | 4 |
| 7 | Desktop | 1 | 19 | Pipe Stopper | 2 |
| 8 | Elevator | 2 | 20 | Lower Limit | 2 |
| 9 | Hexagon Screw M8*55mm | 4 | 21 | Hexagon Adjustment Rod | 1 |
| 10 | Hexagon Screw M8*40mm | 2 | 22 | Adjustment Hand Bar | 1 |
| 11 | Hexagon Screw M6*10mm | 14 | 23 | Adjustment Foot Pad | 4 |
| 12 | Cross Screw ST4*10 | 6 | | | |



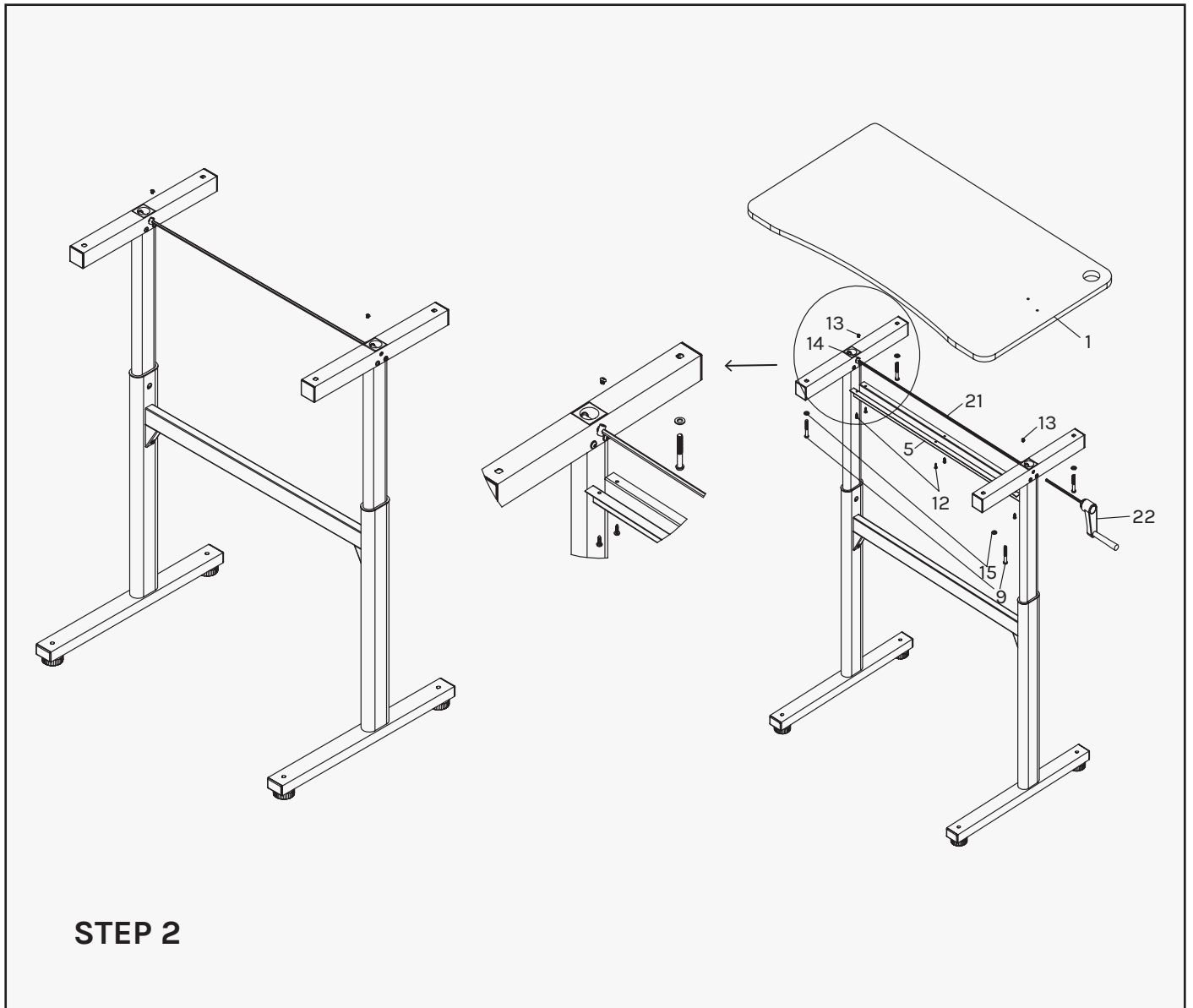
| Name | Drawing | Specification | Qty |
|--------------|---------|-----------------------|-----|
| Hex Screw | | M8*55mm | 4 |
| Hex Screw | | M6*10mm | 6 |
| Washer | | Φ 8 | 4 |
| Washer | | Φ 6 | 6 |
| Hex Fastener | | | 2 |
| Hex Wrench | | 4mm | 1 |
| Hex Wrench | | 6mm with Screw Driver | 1 |

IV. ASSEMBLY INSTRUCTIONS



1. Attach Upright L (1) and Upright R (2) together with Connecting Rod (6) and secure with:

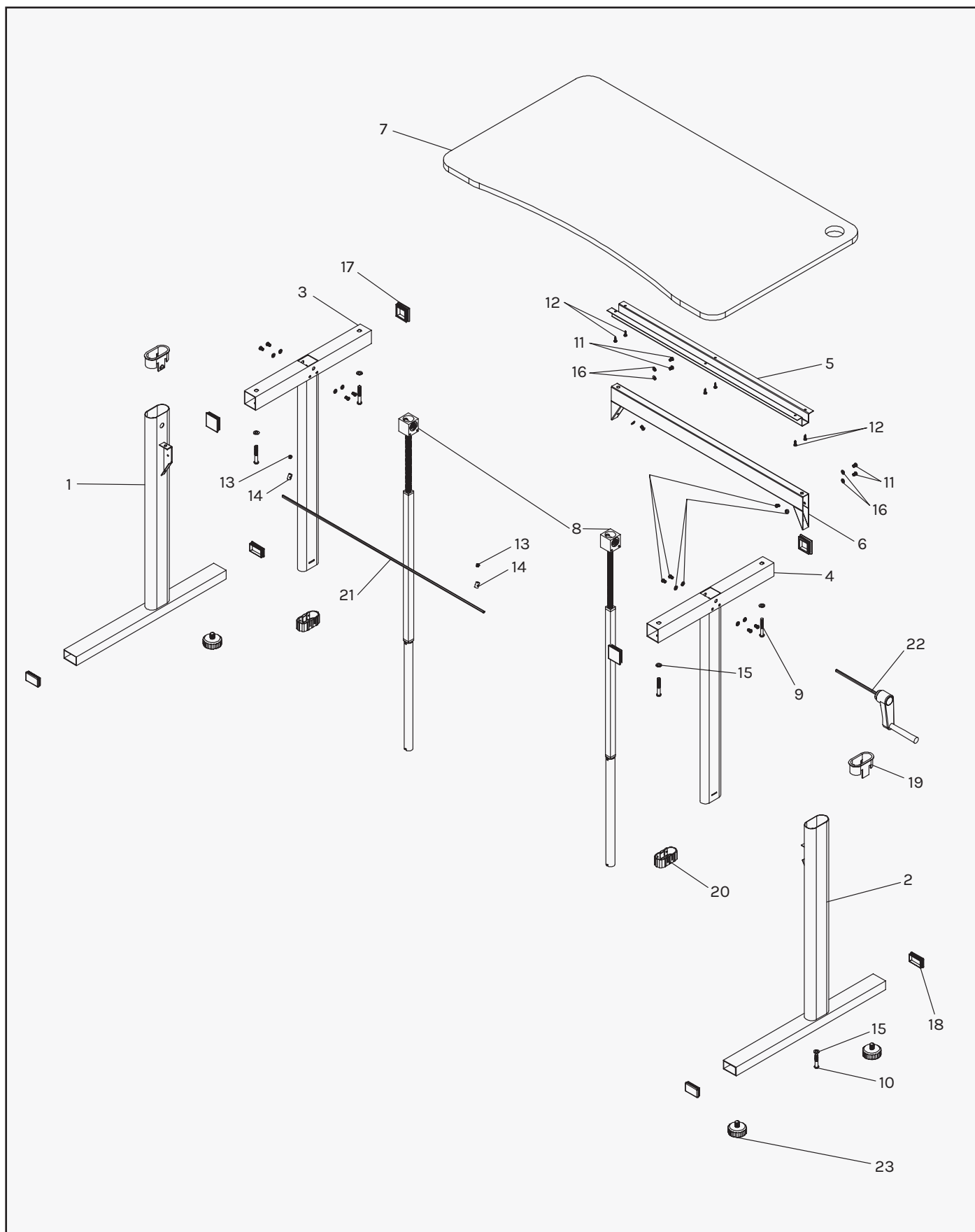
- Hexagon Screw M6*10mm (11)
- Washer Φ 6 (16)
- Hex Wrench 4mm



STEP 2

1. Connect the Hexagon Adjustment Rod(21) in the Elevator (8) and use the Hex Fasteners (14) to fix the rod in position with cross screw driver.
2. Attach the Desktop (7) on both T Shape Tube (3&4) and secure with:
 - Hexagon Screw M8*55mm (9)
 - Washer Φ 8 (15)
3. Use the Cross Screw ST4*10(12) to fix cover onto the desktop.
4. Adjust height of the desk using the Adjustment Hand Bar (22).
Clockwise rotation can increase the height and Anti-clockwise rotation can decrease the height.

V. EXPLODED DIAGRAM



VI. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

