



# ERGODESK AUTO SERIES

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](http://WWW.LIFESPANFITNESS.COM.AU)



# TABLE OF CONTENTS

<b>I.</b>	<b>Important Safety Instructions .....</b>	<b>03</b>
<b>II.</b>	<b>Product Technical Data .....</b>	<b>05</b>
<b>III.</b>	<b>Parts List .....</b>	<b>06</b>
<b>IV.</b>	<b>Assembly Instructions .....</b>	<b>07</b>
<b>V.</b>	<b>Usage Instructions .....</b>	<b>11</b>
<b>VI.</b>	<b>Exercise Guide .....</b>	<b>15</b>
<b>VII.</b>	<b>Warranty .....</b>	<b>17</b>

# I. IMPORTANT SAFETY INSTRUCTIONS

---

 **WARNING:** Please read this manual before operating this equipment.

 **NOTE**

Please use this equipment according to the instructions in this brochure to avoid accidents.

---

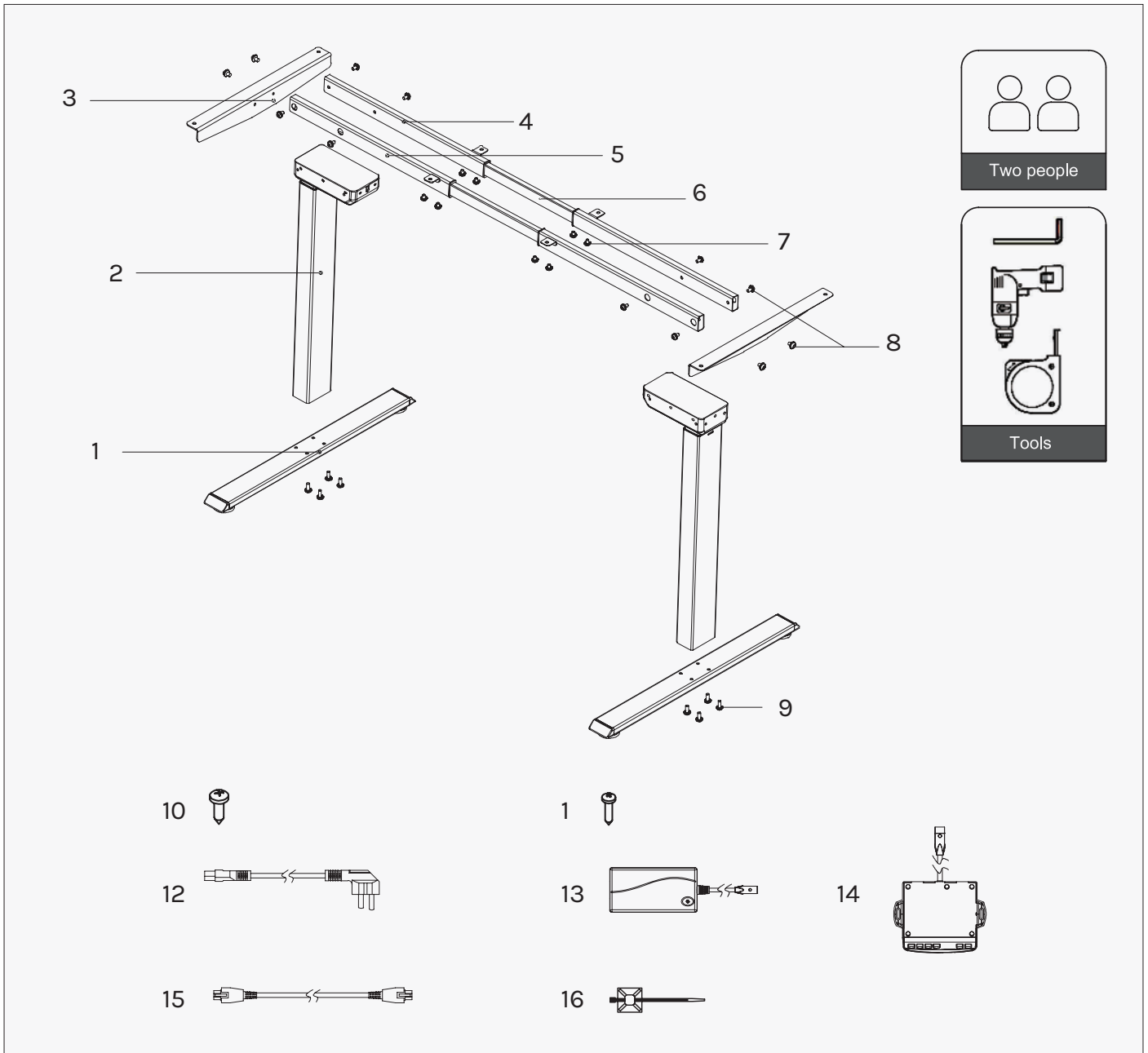
- Keep children and pets away from the electric height-adjustable desk during the operation. Unplug the power cord during a thunderstorm or if you do not intend to use the desk for a long time.
- DO NOT sit or stand or lying on the desk.
- DO NOT immerse in water. Keep away from liquid or heat sources.
- DO NOT adjust the height continuously for more than 20 times in short time. Allow the product to rest for 10 minutes before re-using.
- DO NOT put objects over 100kg on the desk.
- Please DO NOT place anything underneath the tabletop when lowering the desk. Ensure no obstacles in the desk's path and no object above and 20" under the desk. Keep an eye on the desk when lowering to avoid unexpected accidents.
- Make sure desktop is not touching the wall.
- Although the product comes with anti-collision function, to avoid any pinching, please ensures that hands or other parts of your body are in a safe position during the operation. Anti-collision will be closed during resets process.
- Working environment temperature is 0-40°C, keep products away from extreme temperature, humidity environment, corrosive gas, liquid, and dusty objects.
- Please DO NOT disassemble or repair the equipment by uncertified personnel to avoid the failure or damage of product or electric shock to the human body.
- It is necessary to reset manually after the initial installation or power off.

- DO NOT use this equipment in case of failure!
- Before checking or wiping this equipment, please turn off the power!
- Please DO NOT use water or alcohol to clean the equipment!
- The company does not bear any warranty or liability for damage and human injury caused by any abnormal operation.

## II. PRODUCT TECHNICAL DATA

ITEM	Data
Input	220~240VAC / 100~130VAC 50~60Hz
Output	29VDC
Max Loading	220 lbs / 100 kg
Height Range (Without Desktop)	27.6"~47.3"/70CM~120CM
Working Ability	2 Min / 20 Min

# III. PARTS LIST



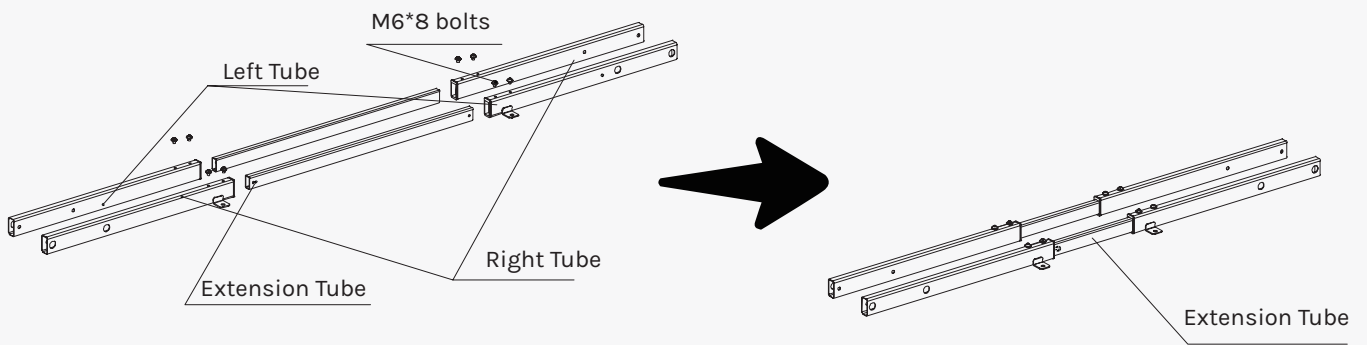
NO.	Name	Qty.
1	Foot	2
2	Column	2
3	Side Bracket	2
4	Right Tube	2
5	Left Tube	2
6	Extension Tube	2
7	M6*8 Bolt	8
8	M6*10 Bolt	12

NO.	Name	Qty.
9	M6*30 Bolt	8
10	ST4.8*16 Screw	8
11	ST2.9*15 Screw	2
12	Power Cord	1
13	Power Adapter	1
14	Control Box	1
15	Extension Cable	1
16	Cable Clip	8

# IV. ASSEMBLY INSTRUCTIONS

**! NOTE:**

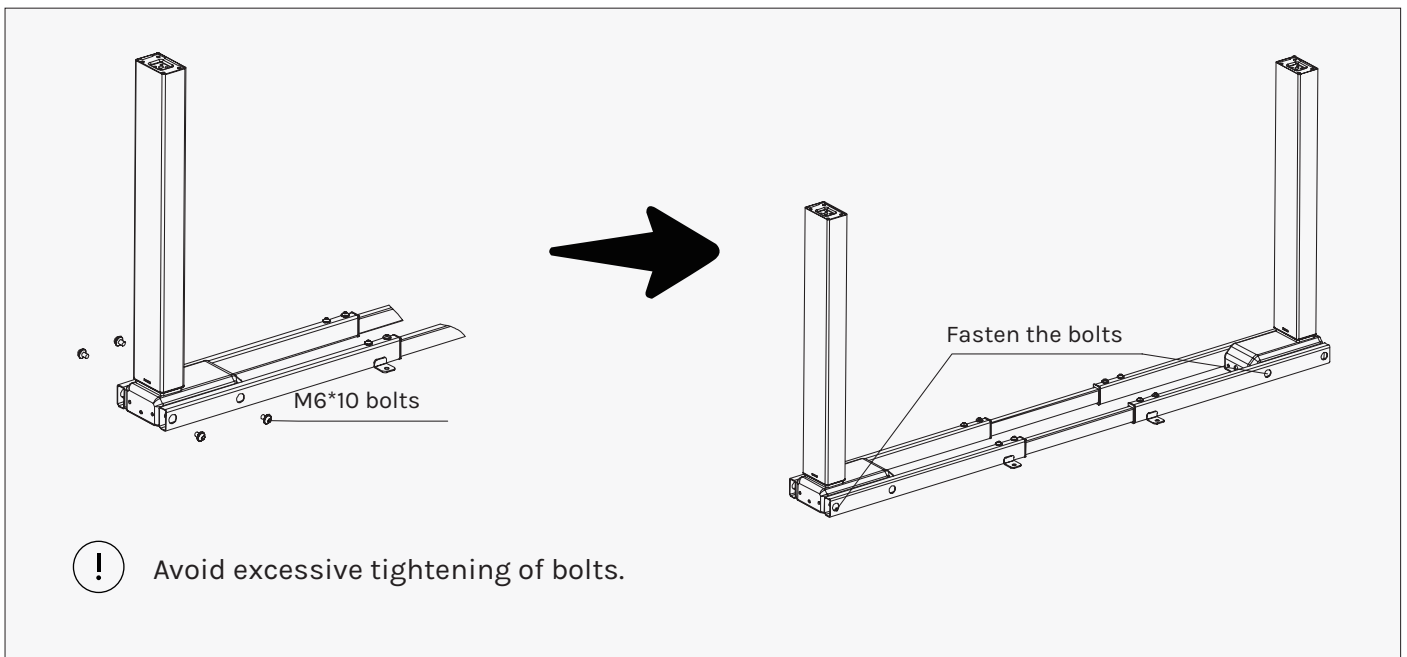
This step has been pre-installed before shipment, please check for missing spare parts and adjust the frame expansion tube to the appropriate length.



**!** Avoid excessive tightening of bolts.

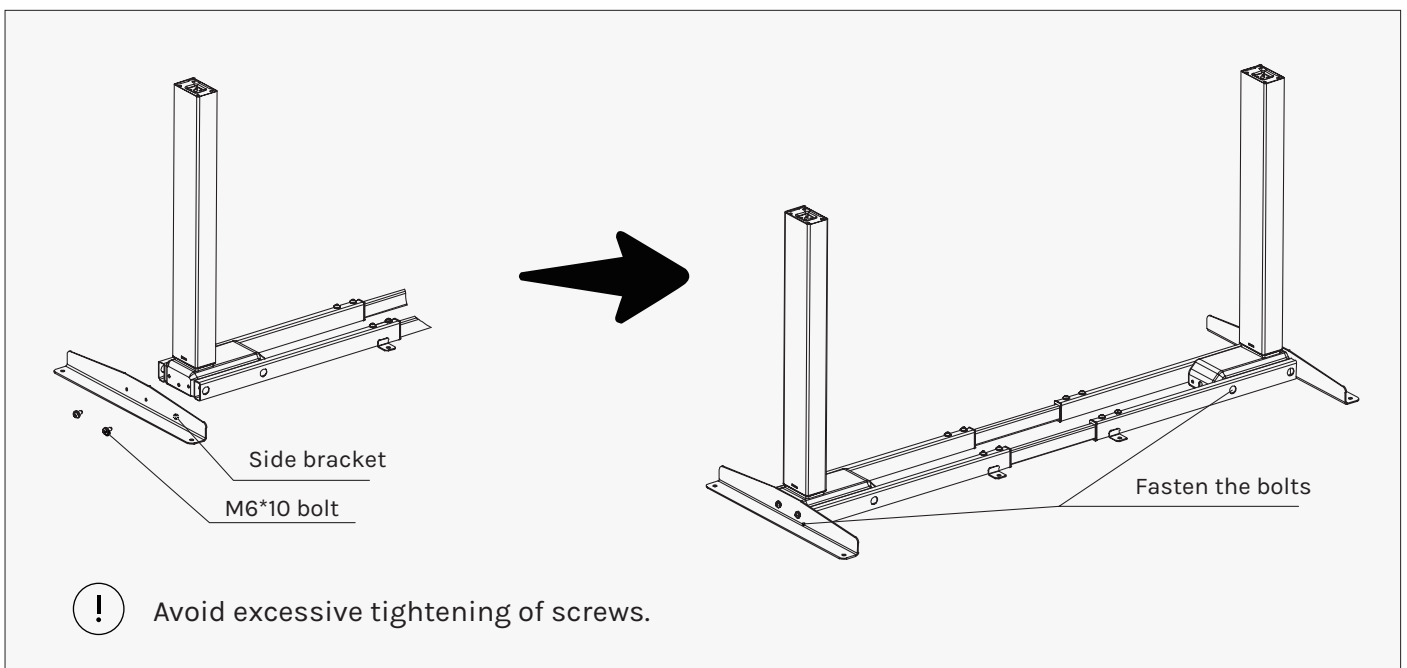
## STEP 1

1. Set the right tube and left tube flat.
2. Insert the extension tube to the right tube and left tube as is shown in the picture, before tightening the bolts.



## STEP 2

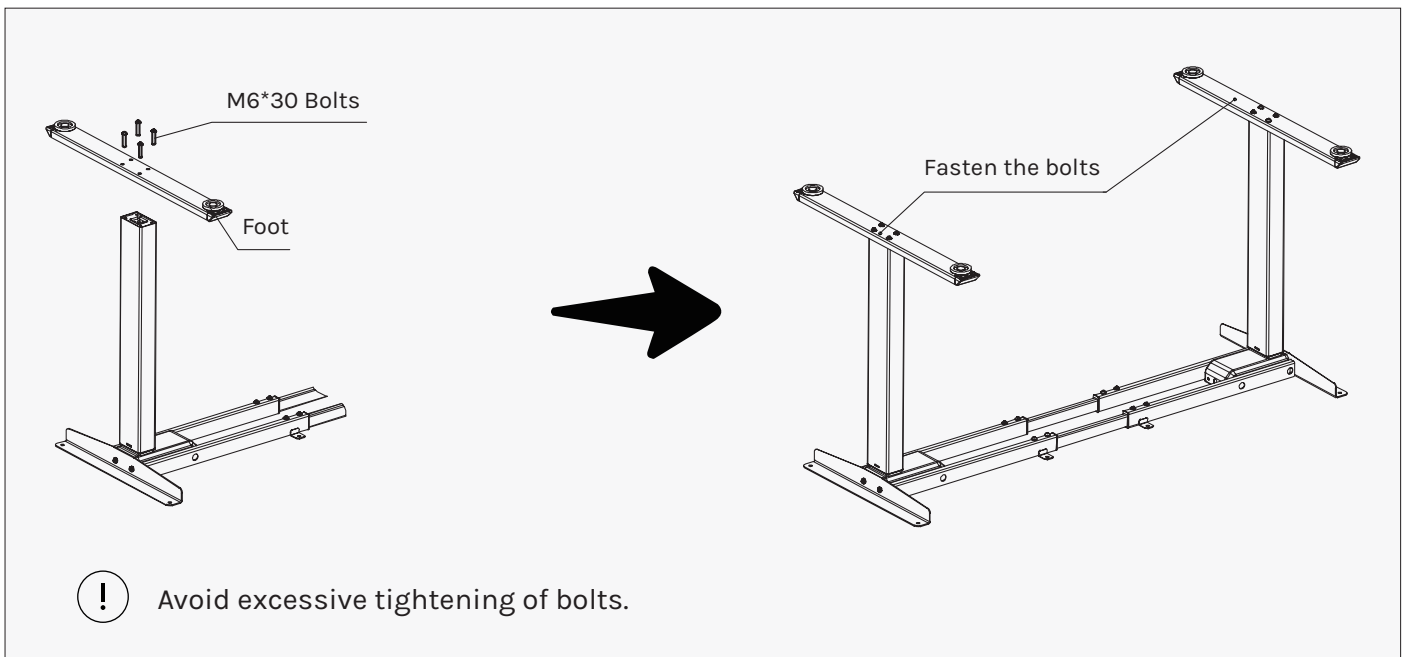
1. Insert the columns into the space which is between the left and right tubes respectively, line up the holes on the frame and column.
2. Tighten the bolts.



## STEP 3

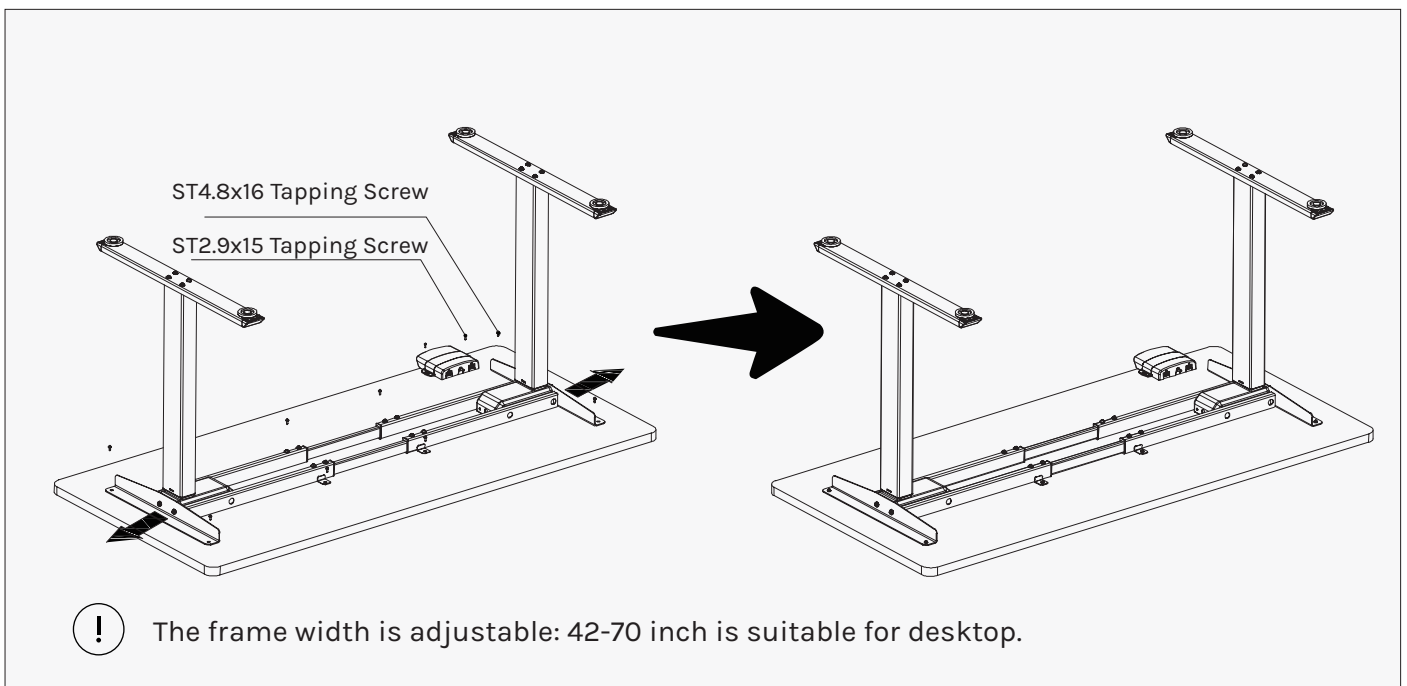
1. Mount the side bracket onto each side of the column.
2. Fasten the screws.





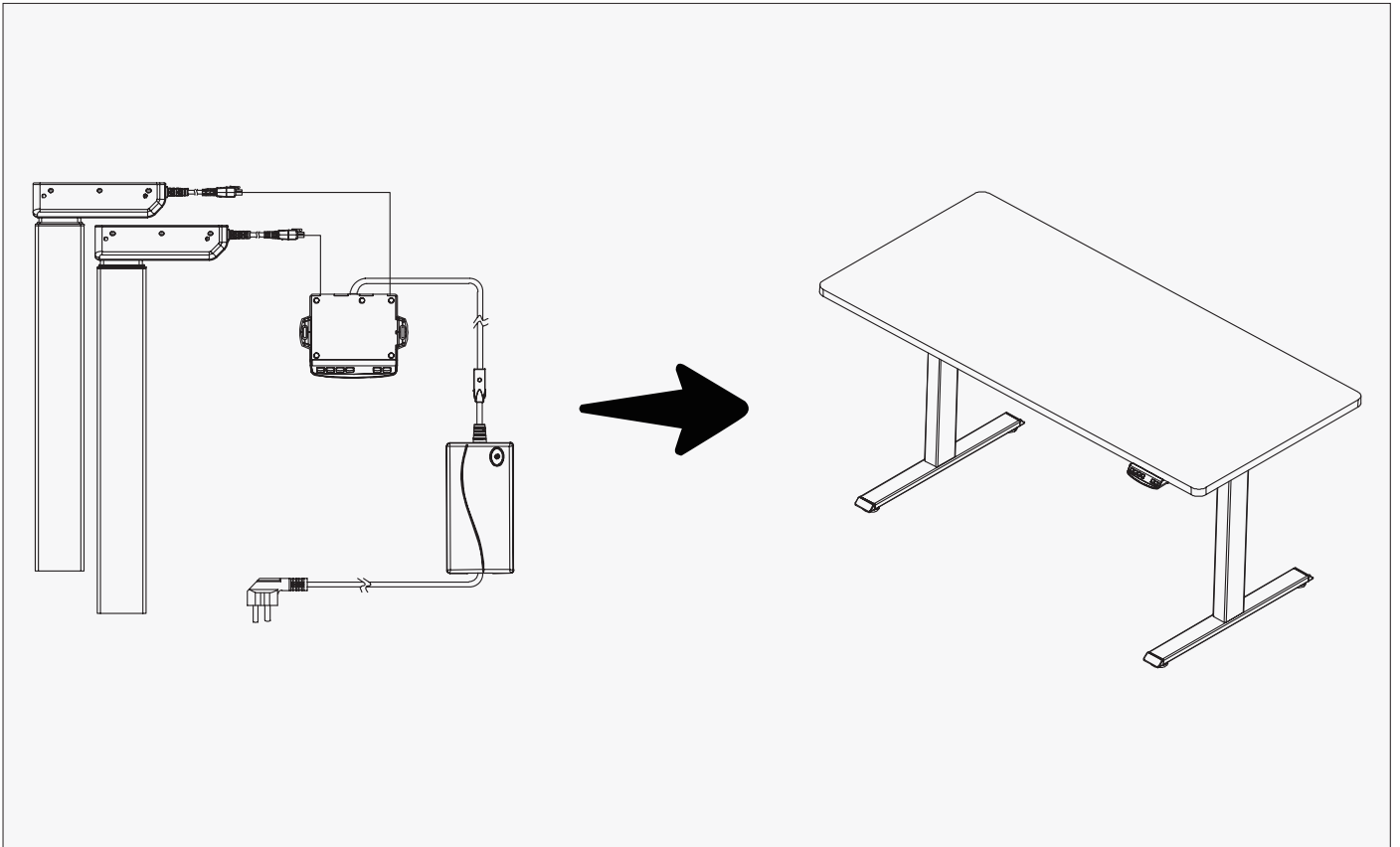
## STEP 4

1. Line up the screw holes with the feet and columns.
2. Fasten the bolts.



## STEP 5

1. Check both side of desktop before placing the base on the bottom side of the desktop. Adjust the suitable width. It is suggested that the two sides of the frame side brackets are 2~4inch/5cm~10cm from the edge of the desktop and fasten screws.
2. As shown below, connect related parts, including control box, extension cable and power cord.
3. Check all bolts and screws ensuring that they are tightened.



## STEP 6




1. Insert the handset and adjust to a suitable position of desktop edge to avoid any obstacles.
2. Tidy up all the power cables and fasten with cable clip.

# V. USAGE INSTRUCTION





## MANUAL RESET

ⓘ It is necessary to be reset manually after the initial installation and power switched off.

1.   Press down key until the display shows "E-1" and "RES" alternately then release the key.
2.  Press down key again, the desktop will move slowly down and return until the display shows "70 (27.6") /60 (23.7)".
3. Release the key.






ⓘ **NOTE:** The anti-collision function is not enabled during all resets. Please note that there is a potential risk of pinching in this case and be sure that the area is clear.

## UP AND DOWN

1.  Press "up" key until the required height is reached.
2.  Press "down" key until the required height is reached.



## SAVING POSITION

---

1.   Adjust the desktop to the desired height.
2.  Press "S" key, until the display will show "S --".
3.  Press "1" and the display will show as "S-1" and the desktop height
4.  Press "S" key, the first position is set successfully. Repeat for Button 2 and 3 height setting.













## ANTI-COLLISION FUNCTION

---

-  Before use, please make sure to remove any obstacles in advance and ensure user is in a safe position.
1.  Once the desktop encounters any obstacle in its path, the screen displays "E-2".  
The desktop will move in the opposite direction and will resume once obstacle is removed.







## MOVEMENT LIMIT & SELF-STOP POSITIONS

---

-  Enable this function only when necessary.
1.  Press "S" key for 3 seconds until the display shows "S--" to enter setup menu.
  2.   Press up key until the display flash as "HLP".
  3.   Press "1", the display will show alternately as "H-P" and current height.
  4.   Press up or down key until the required upper limit position is reached.
  5.  Press "S" key, desktop height will be shown then self-stop position is set.
  6.   Press "2" the display will show alternately "L-P" and current height, keep pressing down key till the low limit position is reached, press "S" key to confirm.
-  **NOTE:** This function is used to limit the height movement of the desk. Once it is set, the new upper or lower limitation position will be stored








## CHANGE THE DISPLAYED UNIT (CM / INCH)


---

1.  Press "S" key until the display show "S--" to enter the setup menu.
2.   Press up key until the display shows "UNT".
3.  Press "1", and the display will show alternately as "Unt" and the desktop current height value in "cm".
4.  Press "S" key to save the unit as cm.
5.  Press "2", and the display will show alternately as "Unt" and the desktop current height value by "inch". Press the "S" key to save the unit as inch.

## AMEND THE DESKTOP HEIGHT DISPLAYED


---




1.  Press "S" key till the display show "A--".
2.   Briefly press the "Up" or "Down" key, until the display shows alternately as "End" and current height. (At this point, the units display mm or inch).
3.    Press "1", "2", "3" to choose the first, second and the third number each click will increase one value.
4.  Press "S" key to confirm.

 **NOTE:** The function enables you to change the height shows on the display based on the actual measurement.

## PLUG DETECTION


---


 The function can detect whether the motors are connected properly.

1.   Once the display shows "E-3" and "RES", it means the motors have failed to connect with the control unit.
2. Please unplug the main cable, check all connections, and make sure all cables are connected properly then plug the main cable in.
3.  Follow the "Manual Reset Progress" to reset system.

## RESET TO FACTORY SETTING

---

 With this function, you can make the control unit to factory setting.

-  Press "S" until the display shows "FAC".
- Press "S" again to confirm.

## CODE MEANING & TROUBLE SHOOTING

---

CODE	Information	Operating
RES	Manual Resetting	Refer to the progress of Manual Reset.
OVR	Overload	Remove the load on desktop until it is less than 1000N (220 lbs) before further operation
E-2	Anti-Collision Function	Resume function after removing obstacle.
DUT	Too Frequent Operation	The desk needs to rest for 15minutes before further operation.
E-4	The Height Difference between Two Legs Exceed 1 Inch	The desk needs to rest for 15minutes before further operation.
E-3	Check the Connection	Check the cables and ensure they are well connected, manual reset before re-use.

# VI. EXERCISE GUIDE

---

## ⓘ PLEASE NOTE:

Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

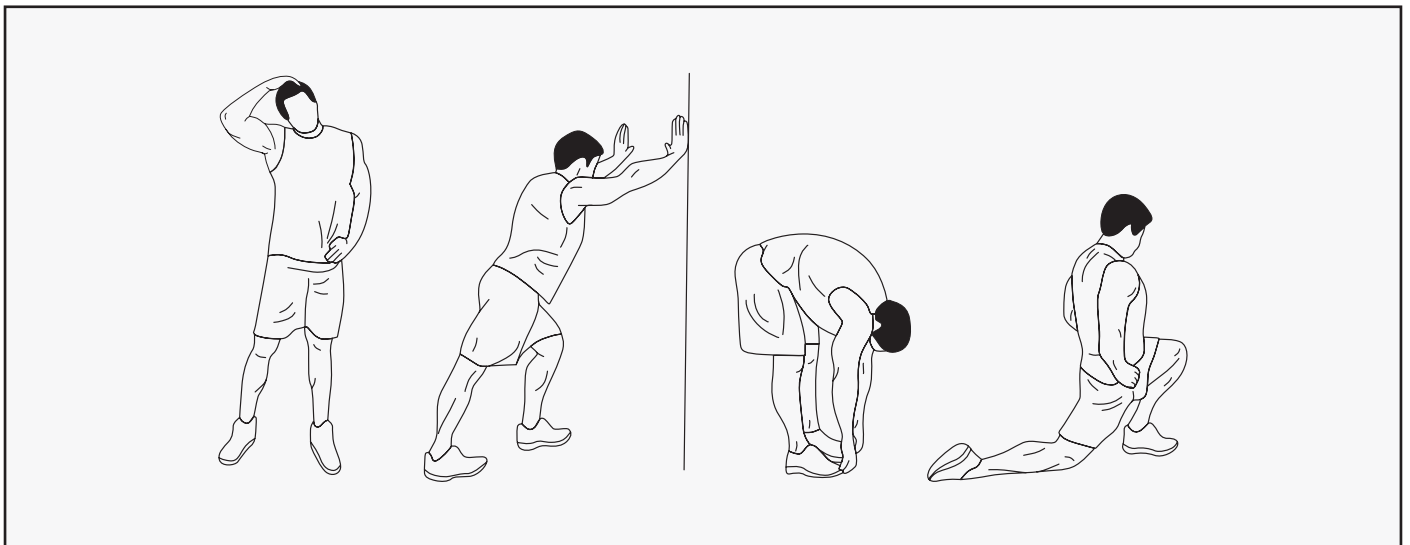
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

---

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



## WARM UP

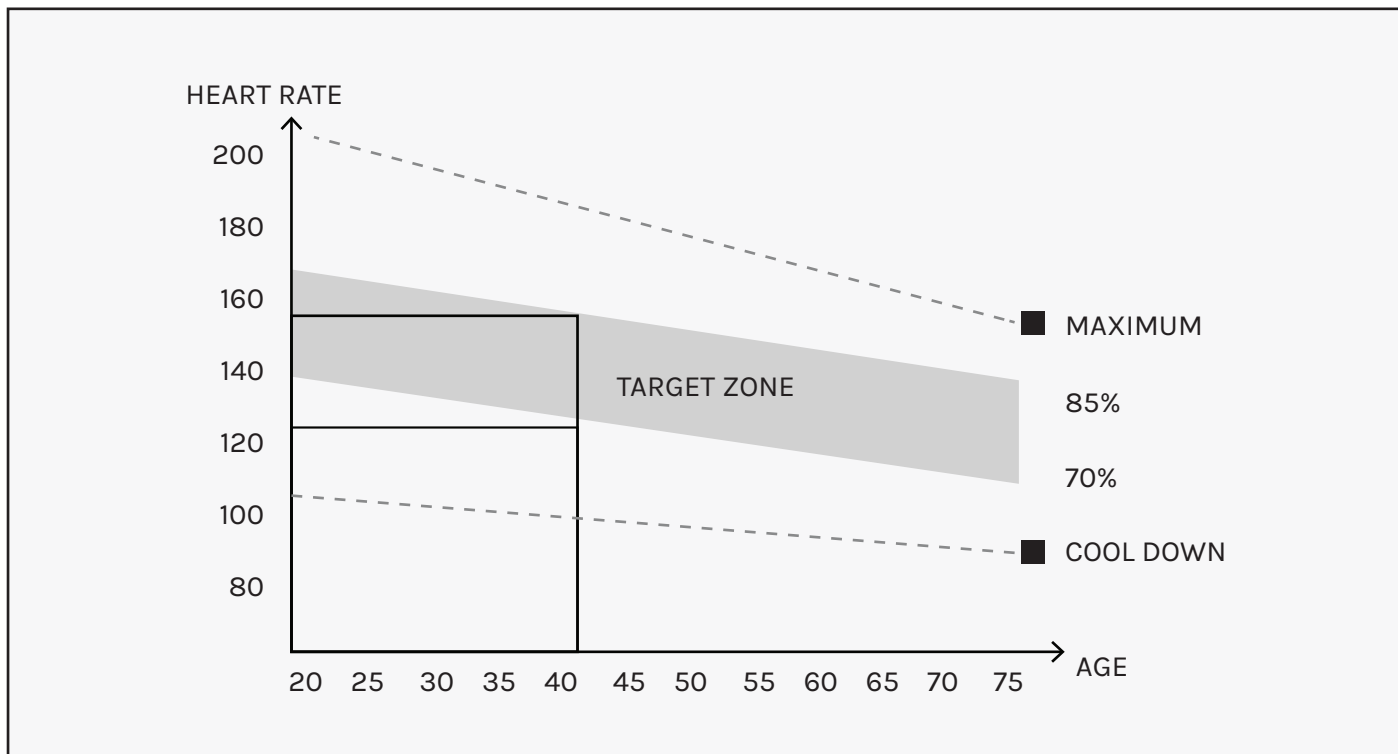
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.



# VII. 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](http://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

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to [lifespanfitness.com.au/warranty-form](https://lifespanfitness.com.au/warranty-form)









[WWW.LIFESPANFITNESS.COM.AU](http://WWW.LIFESPANFITNESS.COM.AU)