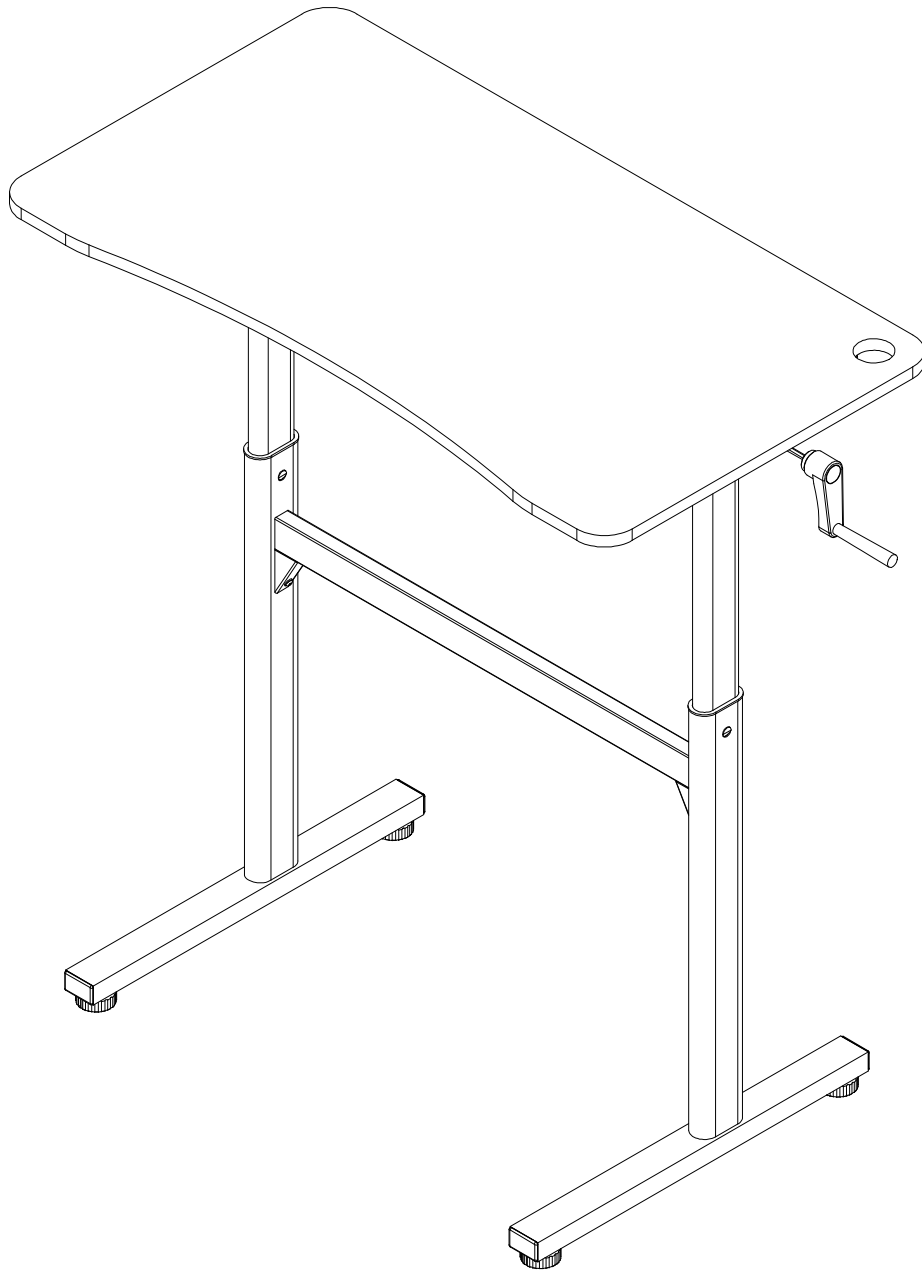


ERGO DESK OWNER'S MANUAL



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.

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1. 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

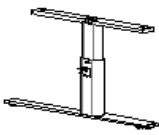
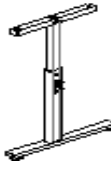
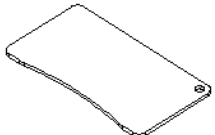


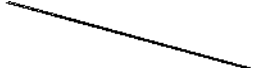
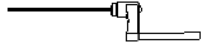

- a. Maximum loading weight is 80kg.
- b. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- c. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- d. 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.
- e. This equipment is designed for indoor domestic use. It is not a medical device.
- f. Care must be taken when lifting or moving the equipment so as not to injure your back.
- g. Always keep this instruction manual and assembly tools at hand for reference.








2. CARE INSTRUCTIONS

- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. The machine can be kept clean by wiping it down using dry cloth
- d. 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.

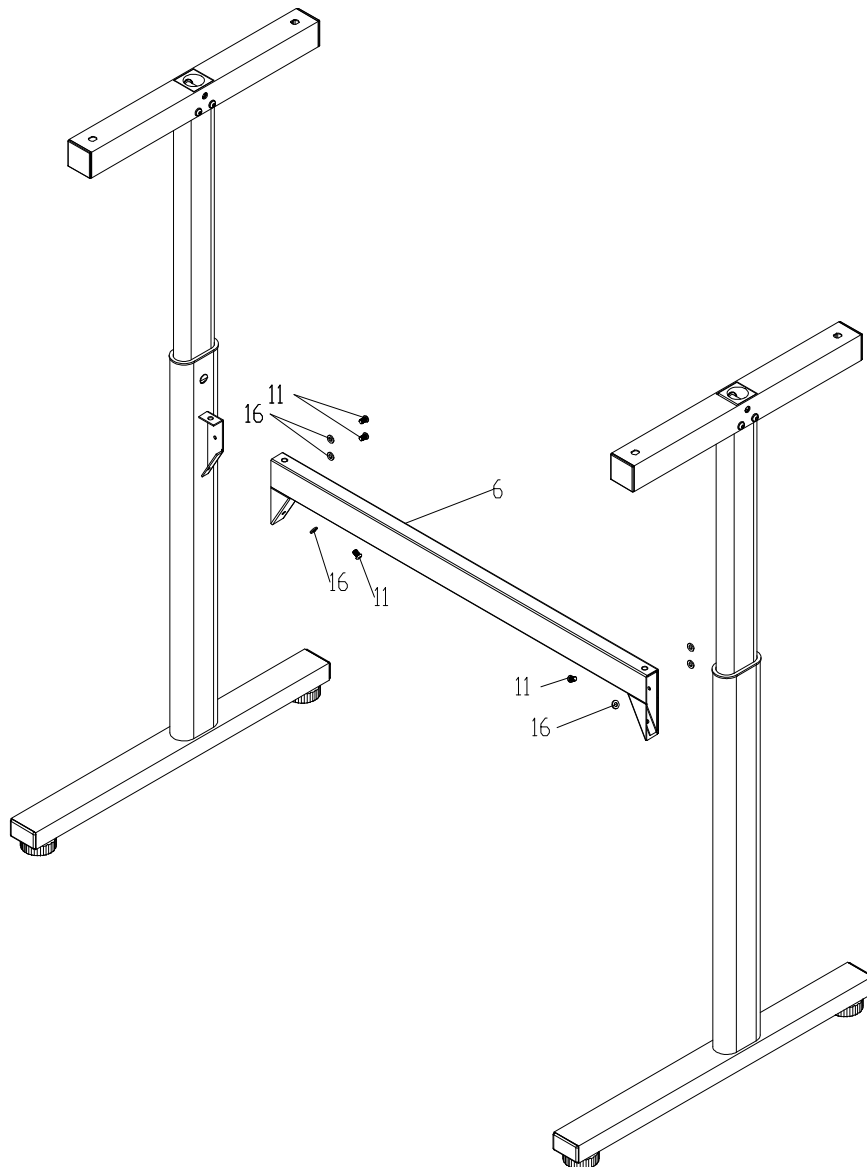
3. PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Upright-L	1	17	45*45 Pipe Stopper	4
2	Upright-R	1	18	25*50 Pipe Stopper	4
3	T Shape Tube-L	1	19	Pipe Stopper	2
4	T Shape Tube-R	1	20	Lower Limit	2
5	Cover	1	21	Hexagon Adjustment Rod	1
6	Connecting Rod	1	22	Adjustment Hand Bar	1
7	Desktop	1	23	Adjustment Foot Pad	4
8	Elevator	2	24		
9	Hexagon Screw M8*55mm	4	25		
10	Hexagon Screw M8*40mm	2	26		
11	Hexagon Screw M6*10mm	14	27		
12	Cross Screw ST4*10	6	28		
13	Cross Screw M6*5mm	2	29		
14	Hexagon Fastener	2	30		
15	Washer Φ 8	6	31		
16	Washer Φ 6	14	32		

Parts		
Upright-L Set 1PCS 	Upright-R Set 1PCS 	Desktop 1PCS 
Cover 1PCS 	Connecting Rod 1PCS 	Hex Adjustment Rod 1PCS 
Hand Bar 1PCS 	Hardware Kit 1PCS 	

Name	Drawing	Specification	Quantity
Hex Screw		M8*55mm	4PCS
Hex Screw		M6*10mm	6PCS
Washer		Φ 8	4PCS
Washer		Φ 6	6PCS
Hex Fastener			2PCS
Hex Wrench		4mm	1PCS
Hex Wrench		6mm with screw driver	1PCS

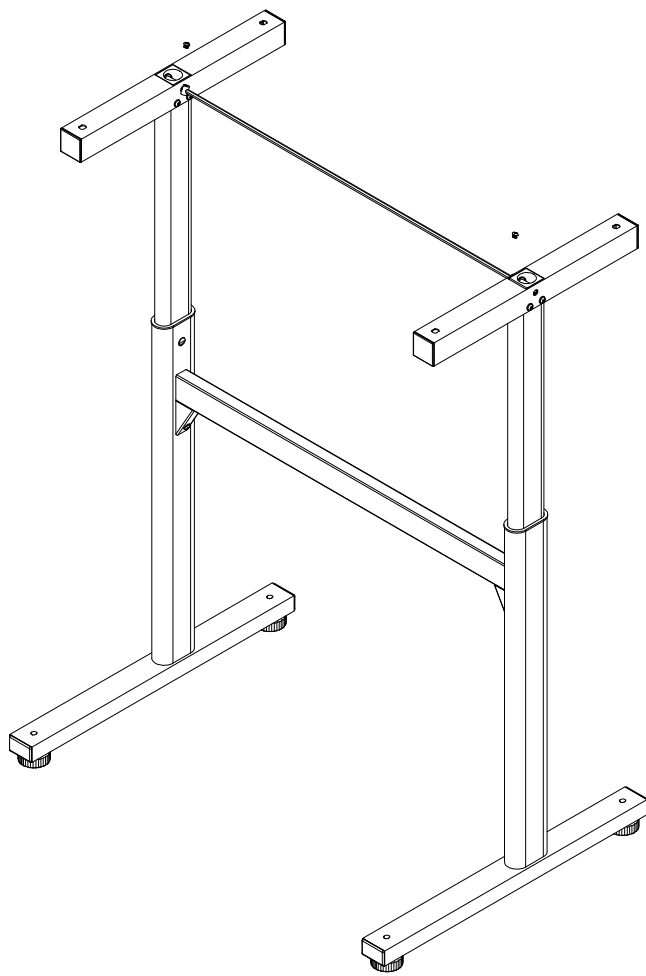
4. ASSEMBLY INSTRUCTIONS



STEP 1:

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.

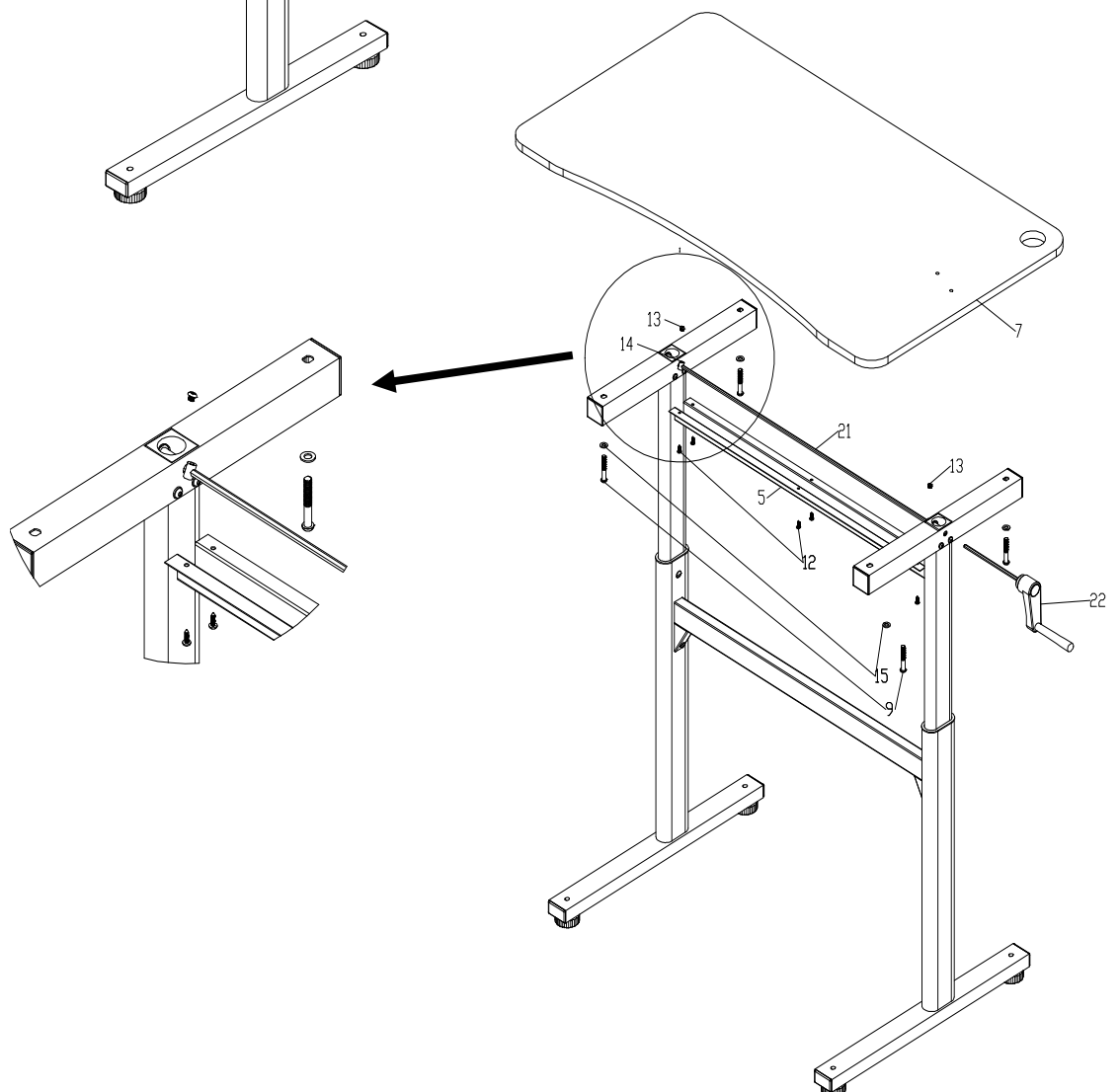
2. Attach the Desktop (7) on both T Shape Tube (3&4) and secure with:

- Hexagon Screw M8*55mm (9)
- Washer Φ 8 (15)

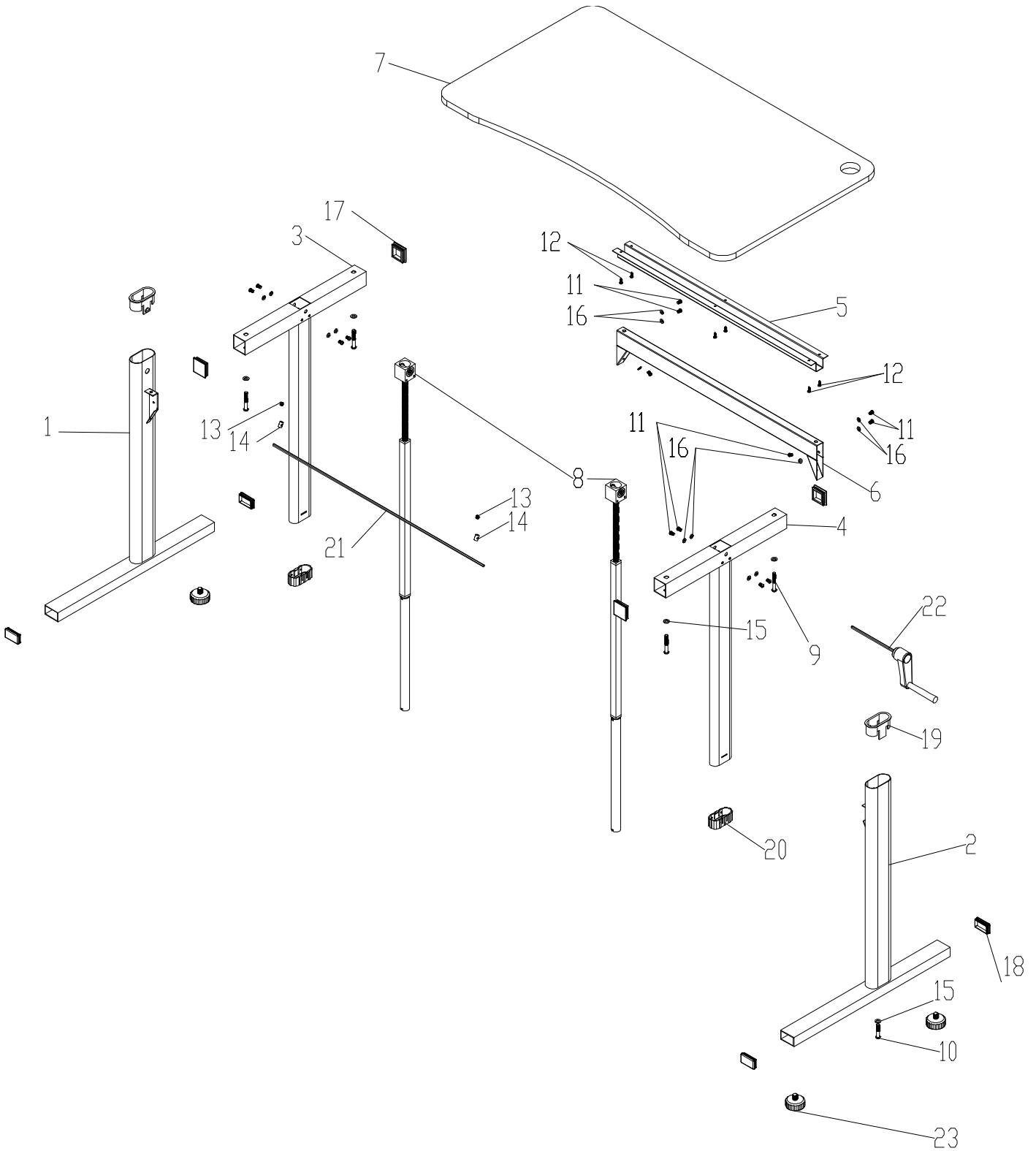
3. Use the Cross Screw ST4*10 (12) to fix cover onto the desktop.

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.



5. EXPLODED DIAGRAM



6. 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.