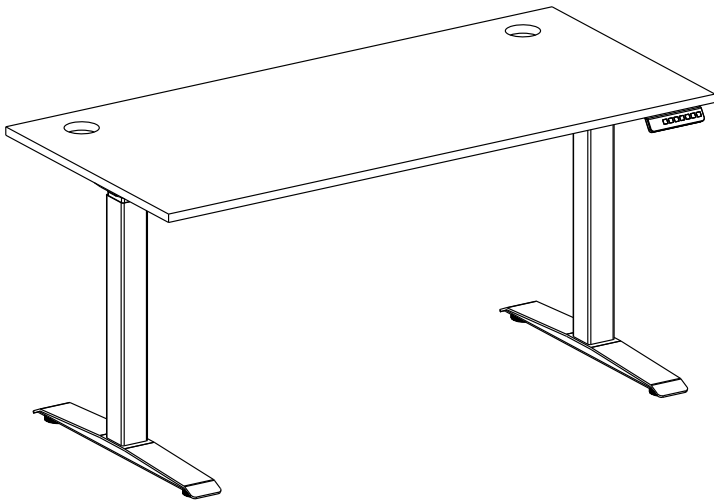


No. ADC-SD1-101

Adjustable standing desk Assembly instructions



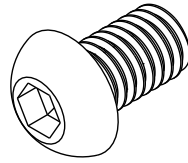
Cautions and use	1
Parts key	2
Specs	3
Assembly	4
Calibration	11
Memory presets	12
Reset procedure	12
Troubleshooting	13

- Attention** Read the entire instruction manual before you start assembly. If you have any questions regarding any of the instructions or warnings, please contact Able Desk Co for assistance.
- Caution** Use with loads heavier than the rated weights indicated may result in instability, product failure, or personal injury.
- Product components must be attached as specified in assembly instructions. Improper assembly may result in damage or serious personal injury.
- Safety gear and proper tools must be used. Make sure that the supporting surface will safely bear the weight of the equipment and all attached hardware and components.
- Use the mounting screws provided. **DO NOT OVER-TIGHTEN** screws.
- This package contains small items that may be of a choking hazard. Please keep away from children during assembly.
- This product is intended for indoor use only. Using this product outdoors could lead to product failure and personal injury.
- Important** If any parts are missing or faulty, contact Able Desk Co for assistance.
-

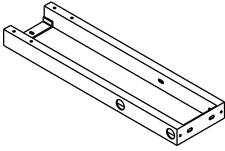
- Atención** Lea todo el manual de instrucciones antes de comenzar el montaje. Si tiene algunas preguntas sobre cualquiera de las instrucciones o advertencias, por favor comuníquese con Able Desk Co. para asistencia.
- Precaución** Usar con cargas más pesadas que los pesos nominales indicadas puede ocasionar inestabilidad, falla del producto, o lesiones personales.
- Los componentes del producto se deben adjuntar como se especifica en las instrucciones de ensamblaje. El montaje incorrecto puede provocar daños o lesiones personales graves.
- Se deben usar dispositivos de seguridad y herramientas adecuadas. Asegúrese de que la superficie de soporte sostenga de manera segura el peso total del equipo y todos sus componentes y hardware.
- Use los tornillos del montaje provistos. **NO APRIETE DEMASIADO** los tornillos.
- Mantenga a los niños alejados de todos los componentes del escritorio. Existe el riesgo de lesiones o descargas eléctricas.
- Este producto está destinado sólo para uso en interiores. El uso de este producto en el exterior podría provocar fallas en el producto y lesiones personales.
- Importante** Si falta alguna pieza o es defectuoso, comuníquese con Able Desk Co para obtener asistencia.



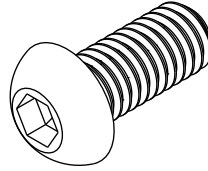
Part A (2x)
Lifting columns



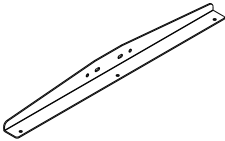
Part H (16x)
M6x10 machine
short screws



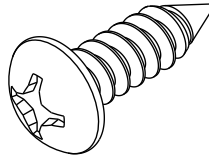
Part B (2x)
Frame ends



Part I (16x)
M6x14 machine
long screws



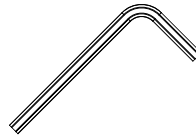
Part C (2x)
Side brackets



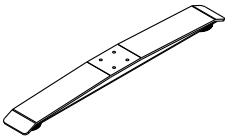
Part J (12x)
M5x16 wood
screws



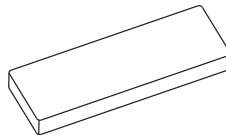
Part D (2x)
Center rails



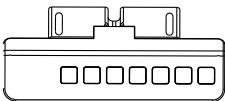
Part K (1x)
4mm hex key



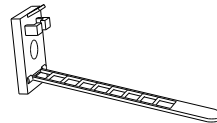
Part E (2x)
Feet



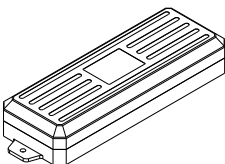
Part L (10x)
Noise reduction
pads



Part F (1x)
Handset



Cable clips (5x)

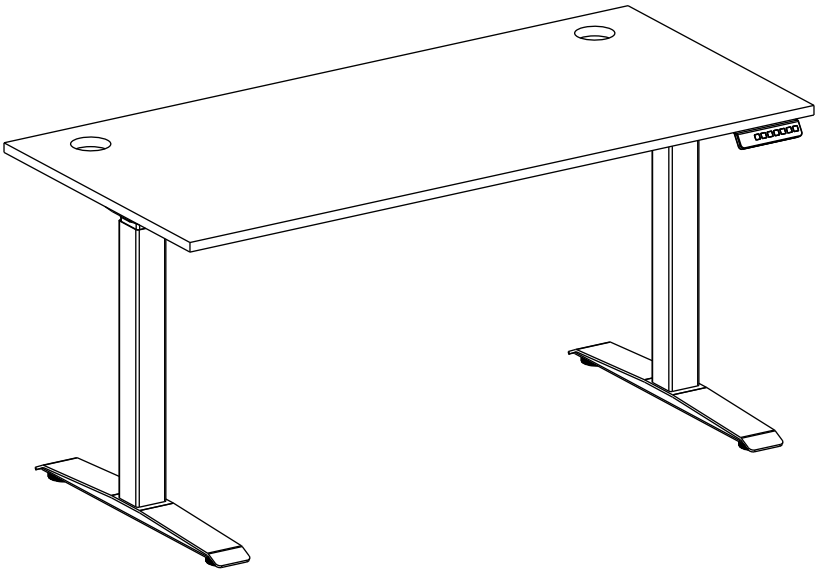


Part G (1x)
Control box



Power cable (1x)

Before you start



Use a padded or carpeted area when assembling the Able desk frame. Refer to page 2 to make sure no parts are missing.

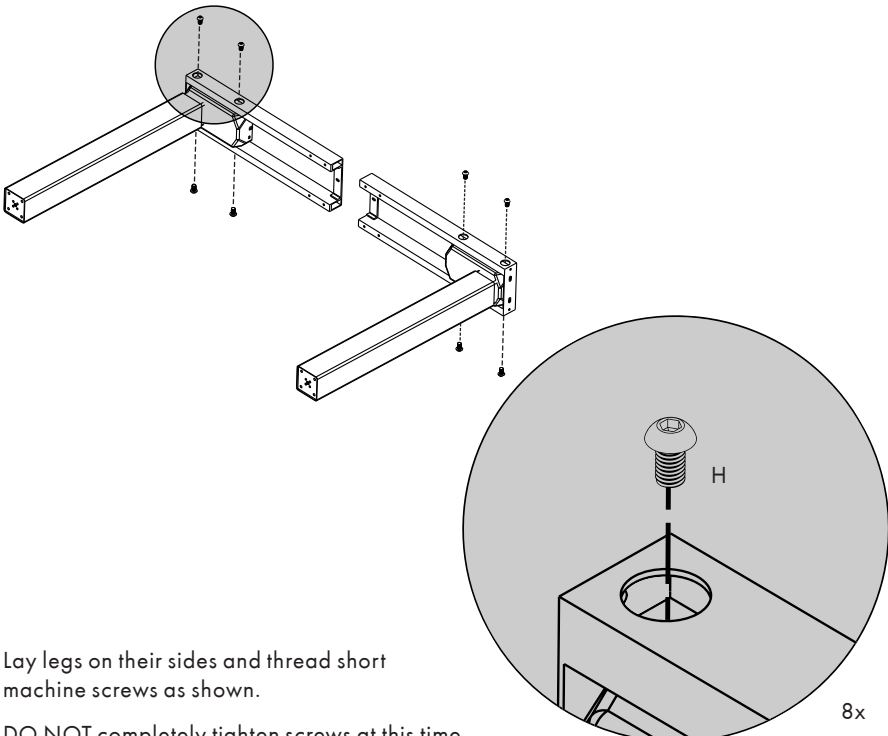
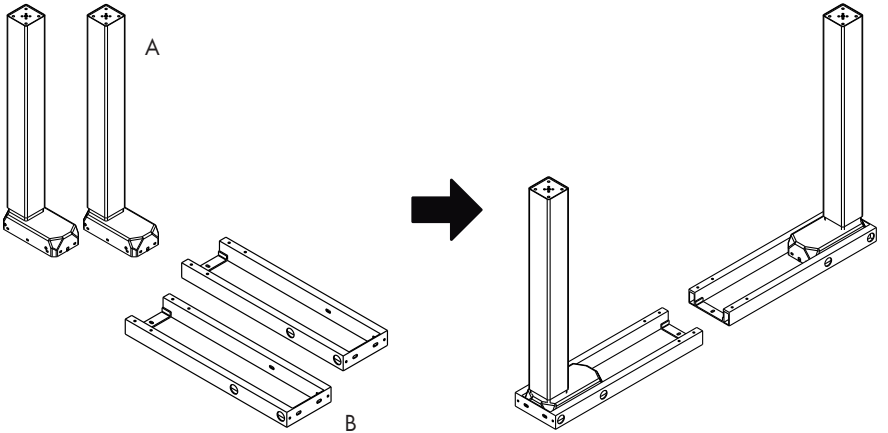
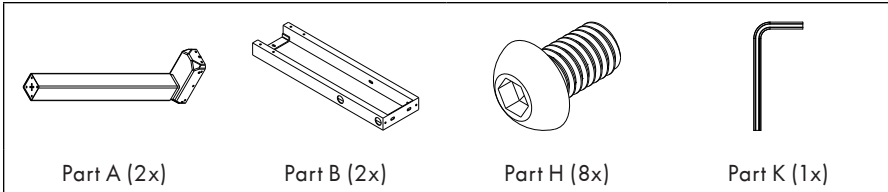
If you are not using an Able desk top, ensure that your top is between 46" - 70" in width and 27" - 36" in depth for maximum stability.

We recommend assembling this desk with a friend.

Specs

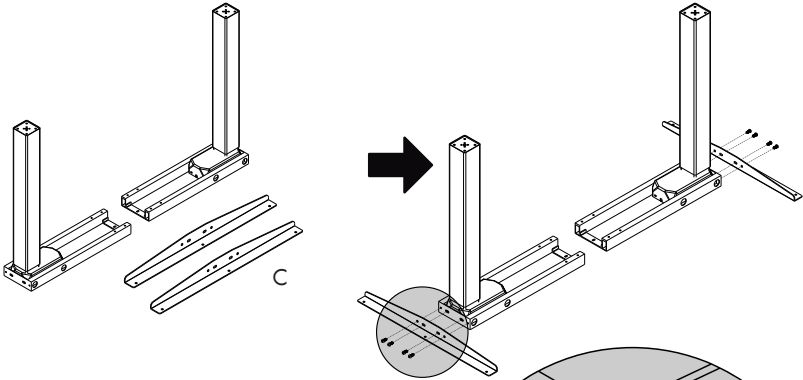
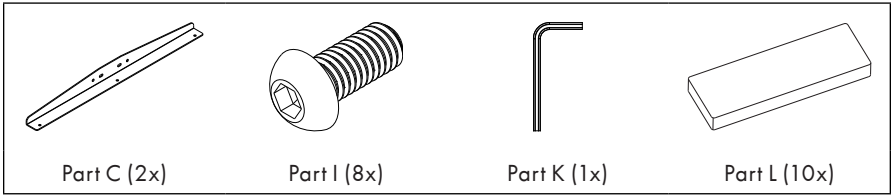
Weight capacity (recommended)	220 lbs
Weight capacity (max)	350 lbs
Height range	27.4" - 47.0"
Lifting speed	1.26"/sec
Noise	<50 db
Maintenance	Check at regular intervals (every 3 months) that screws are secure. Re-tighten if loose.
Warranty	7 year warranty Contact support@abledesk.co for assistance.

Step 1: Attach lifting columns to frame ends to create legs

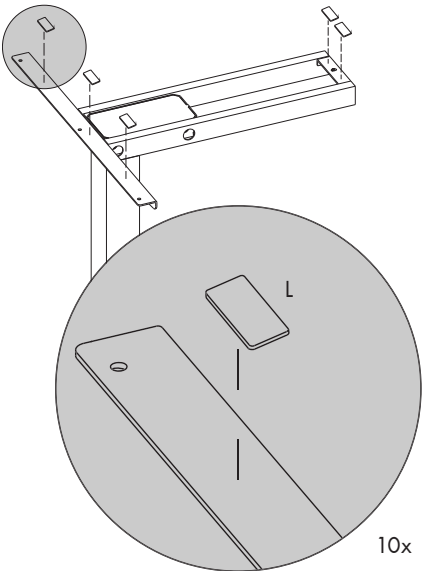
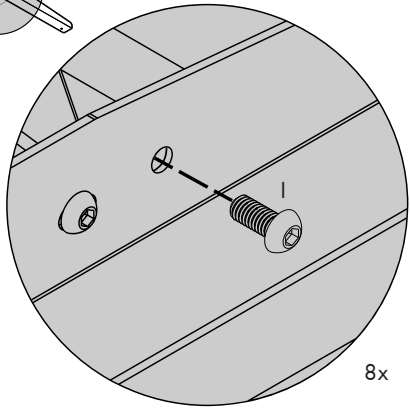


Lay legs on their sides and thread short machine screws as shown.
DO NOT completely tighten screws at this time.

Step 2: Attach brackets and add noise reduction pads



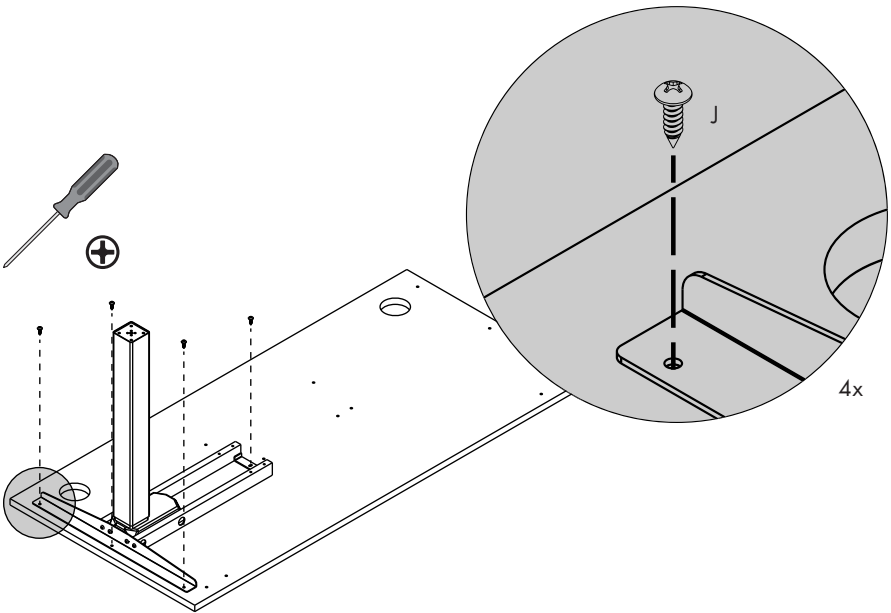
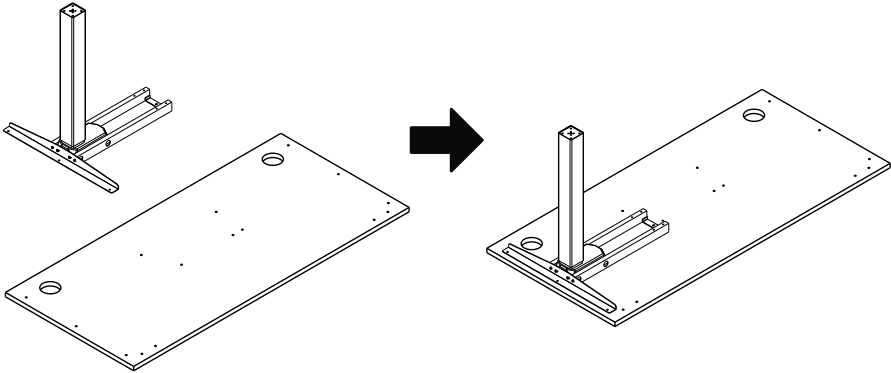
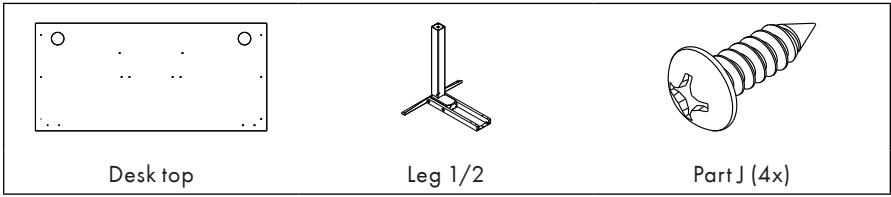
Thread long machine screws as shown here. Once all screws are in place, tighten all screws from step 1 and step 2 with the long end of the hex key (Part K).



Flip the legs over as shown here. Remove the backing on the noise reduction pads (Part L) and position along the bracket and frame end as shown.

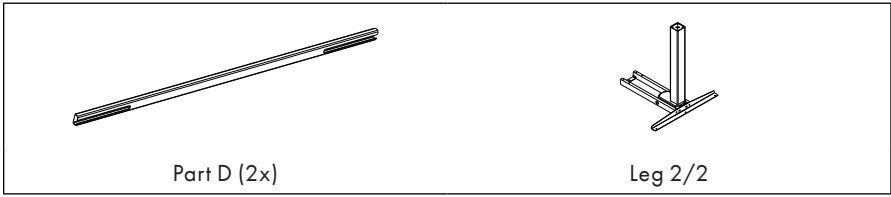
Perform this step on both legs.

Step 3: Attach one leg to the table top

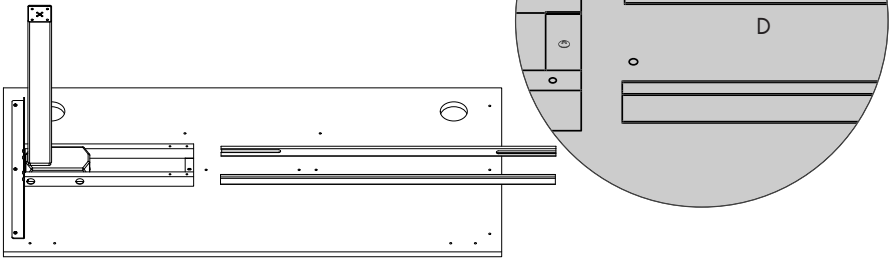


If using an Able desk top, pre-drilled holes are provided.

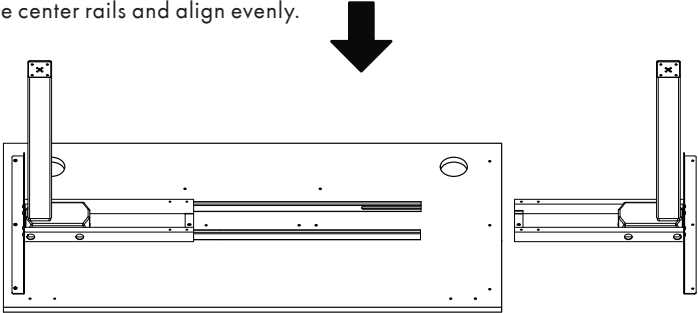
Step 4: Insert the center rails and second leg



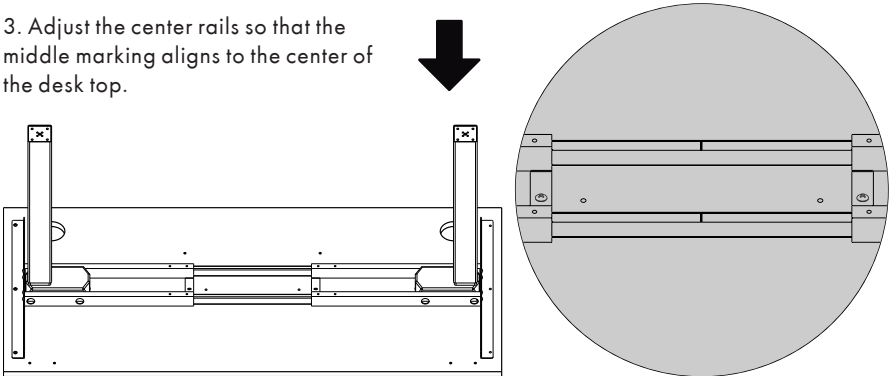
1. Insert center rails into the opening slots of the frame ends. Ensure that the gaps in the center rails are facing inwards towards each other.



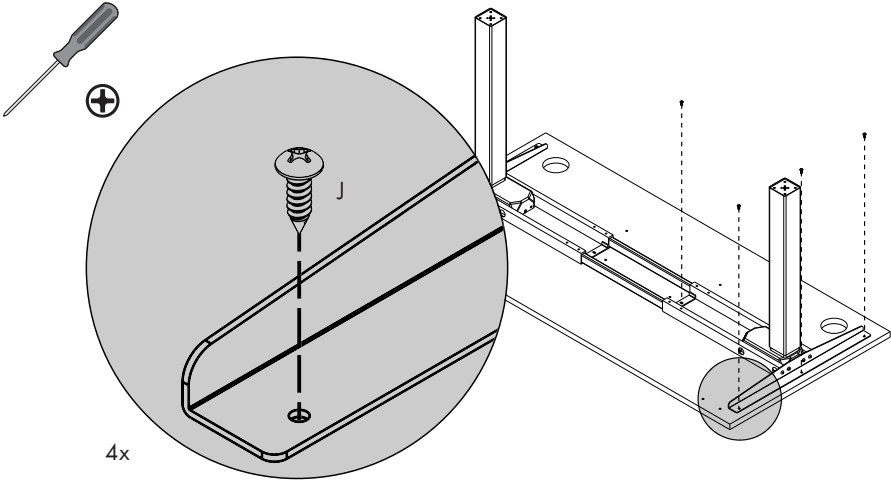
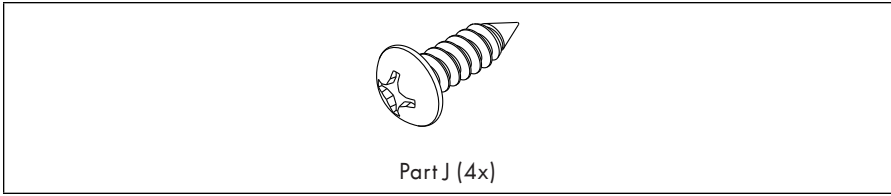
2. Slide the second leg onto the other end of the center rails and align evenly.



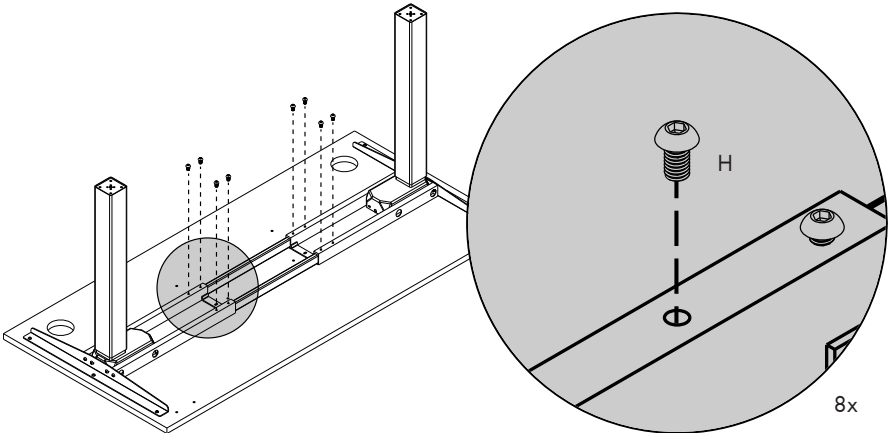
3. Adjust the center rails so that the middle marking aligns to the center of the desk top.



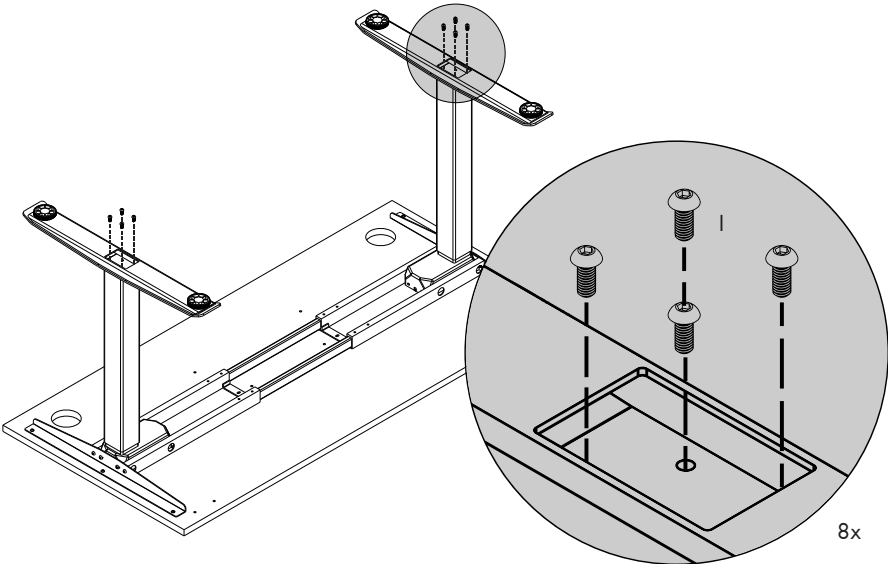
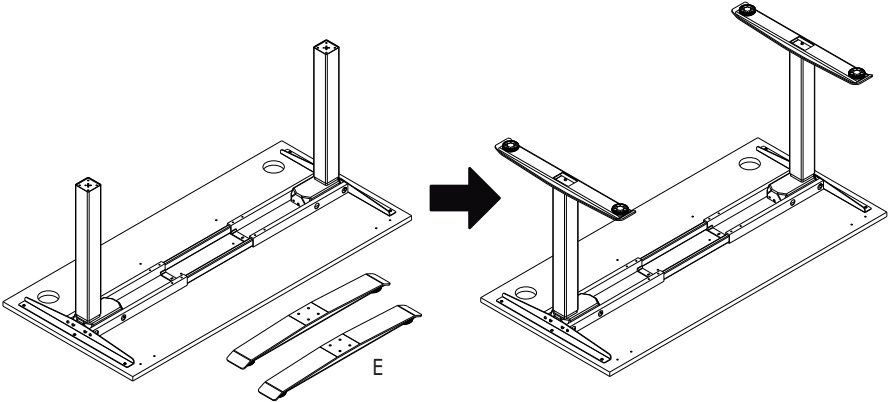
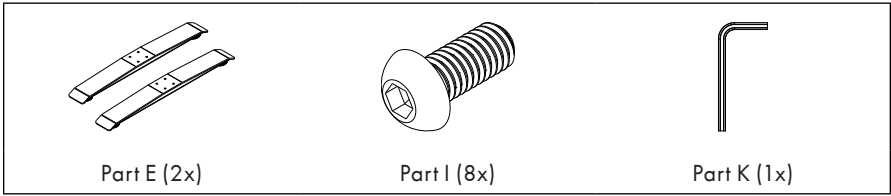
Step 5: Secure the second leg to the desk top



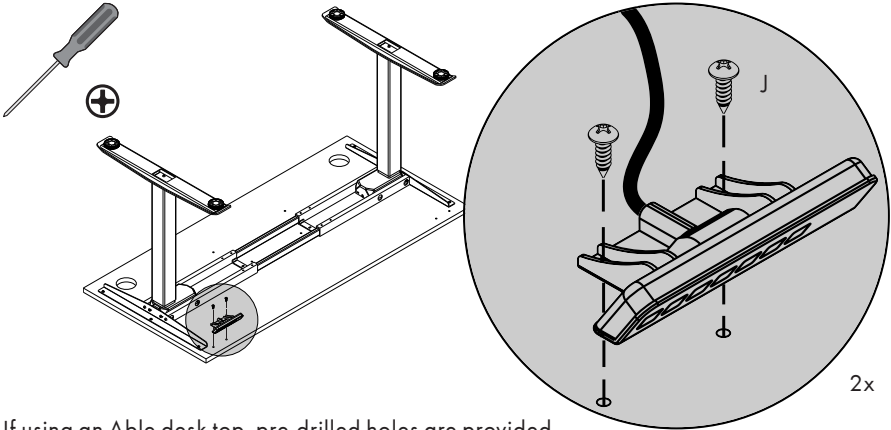
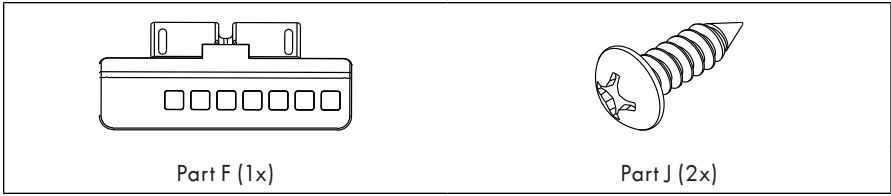
Step 6: Secure the center rails to the rest of the frame



Step 7: Attach the feet to the frame

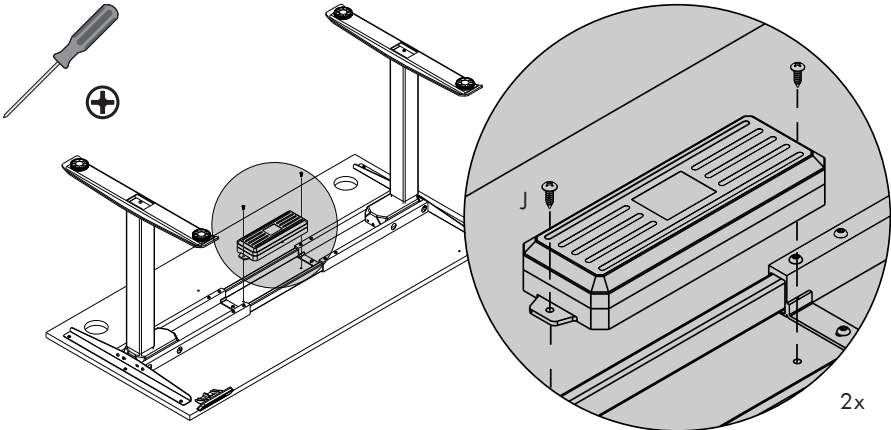
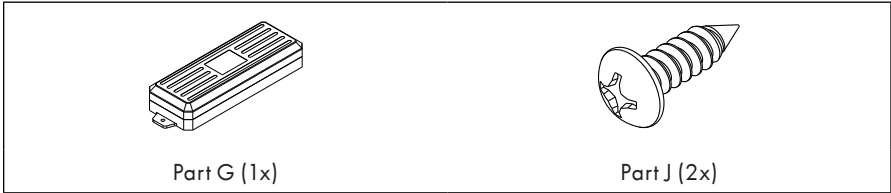


Step 8: Attach handset to the desk top



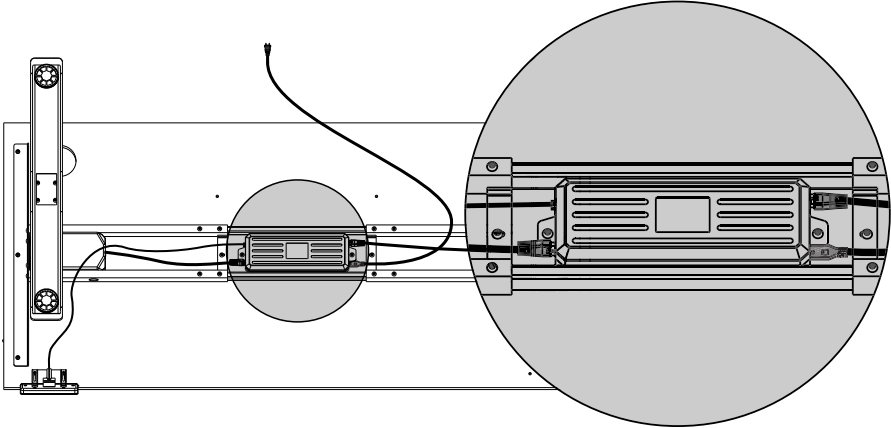
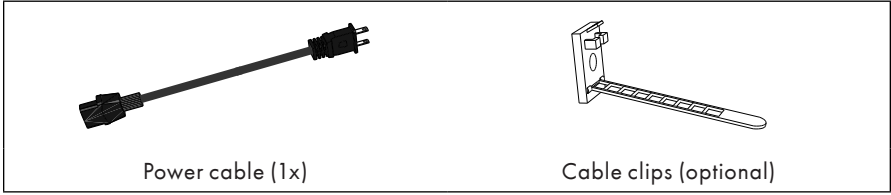
If using an Able desk top, pre-drilled holes are provided.

Step 9: Attach control box to the center of the desk top



If using an Able desk top, pre-drilled holes are provided.

Step 10: Insert cables to the control box



1. Connect the cables from both legs to the control box. Follow labels for M1 and M2.
2. Connect the cable from the handset to the control box. Follow the label for HS.
3. Connect the power cable to the control box. Follow the label for AC.

Optional:

Use cable clips to manage and organize cables. Adhesives work better on the desk frame than the desk top.

Step 11: Secure frame components before standing

1. Check that all screws are tight and that the entire frame is secure.
2. Flip the desk onto it's feet.
3. If the desk is on an uneven floor, use the leveling glides to stabilize the desk.
4. Connect the power cable to a nearby outlet.

The control box is now ready to calibrate.

Step 12: Calibrate the control box using the handset

1. Press and hold DOWN until desk reaches the lowest height position. Release.
2. Press DOWN again but hold until the display flashes RST. Release.
(NOTE: The RST readout may look like AS7)
3. Press and hold DOWN once more until the desk lowers and rises slightly.
DO NOT release the DOWN button until after these motions have finished.

Your desk is now ready to use. Proceed to page 12 for setting memory presets.

Setting memory presets

1. Use the UP/DOWN buttons to adjust desk to the desired height.
2. Press the ★ to display the letter S.
3. Press one of the four memory presets (1,2,3, or 4) to save the current height position to that button's function.
4. Your desired height has now been set. Perform this set up again to save different height adjustments.
5. To change a current memory preset, simply perform this setup to override any of the four numbered buttons.

Reset procedure

This will override any custom upper/lower limits. Ensure that the desk surface and columns are clear of any items before proceeding.

1. Press and hold DOWN until desk reaches the lowest height position. Release.
2. Press DOWN again but hold until the display flashes RST. Release.
3. Press and hold DOWN once more until the desk lowers and rises slightly. DO NOT release the DOWN button until after these motions have finished.
4. Desk has been reset.

If a new control box is installed on an existing desk, a RESET must be performed before using the desk.

Adjust height readout

This handset displays the approximate height of your desk. The accuracy may be affected by the thickness of the installed top, evenness of the floor, etc. To display accurate height readout, follow the steps below:

1. Press and hold DOWN until the desk reaches the lowest height position. Release.
2. Measure the distance from the floor to the top of the desk surface.

(NOTE: If height matches the number displayed on the handset, the height readout is calibrated. If the display is not accurate, proceed to the next step.)

3. Press DOWN again but hold until the display flashes RST. Release.
4. Press and hold ★ until the display flashes with the starting height number. Display will revert back to RST after 5 seconds if nothing is done.
5. Use the UP/DOWN buttons to adjust the display until the correct height is shown.

(NOTE: Height measurement will adjust 0.1 inches at a time.)

6. After reaching the correct height, wait for 5 seconds. The display will automatically return to RST which will reset the lowest height measurement.
7. Complete the reset process by pressing and holding DOWN.

(NOTE: Desk will lower and rise slightly. DO NOT release the DOWN button until after these motions have finished.)

8. Once the new height has calibrated, release the DOWN button and the new height setting will be shown.

Set custom upper height limits

1. Use the UP/DOWN to adjust the desk to the desired maximum height.
2. Press ***** and release. Press UP and release.
The display will flash S, indicating it is ready to set the upper limit.
3. Press and hold ***** for 2 seconds.
Display will show 999 and then return to the height readout.
4. The upper limit has been set.

Set custom lower height limits

1. Use UP/DOWN to adjust the desk to the desired maximum height.
2. Press ***** and release. Press DOWN and release.
The display will flash S, indicating it is ready to set the upper limit.
3. Press and hold ***** for 2 seconds.
Display will show 000 and then return to the height readout.
4. The lower limit has been set.

ATTENTION:

When performing reset procedures, legs may retract and extend below any lower height limits that may be set. Ensure that there is enough clearance under the desk to allow it to lower all the way.

Restore default upper and lower limits

1. Press ***** and release. The display will show S.
2. Within 5 seconds, press the ***** again and hold for about 2 seconds.
Display will show 555. Height limits will reset to factory default.

Troubleshooting

If the desk is not functioning properly, or the memory presets read RST or any other error messages (E01 - E13), confirm that all wires are connected and secure. Once all connections are secure, perform a reset procedure. If the error message is still shown after performing the reset, contact Able Desk Co.

If height difference between the two legs exceed 1.5 inches, stop the reset procedure and contact Able Desk Co.

If the handset displays HOT, stop and let the desk cool down for 20 minutes.



For assistance,
visit abledesk.co/help
or email support@abledesk.co