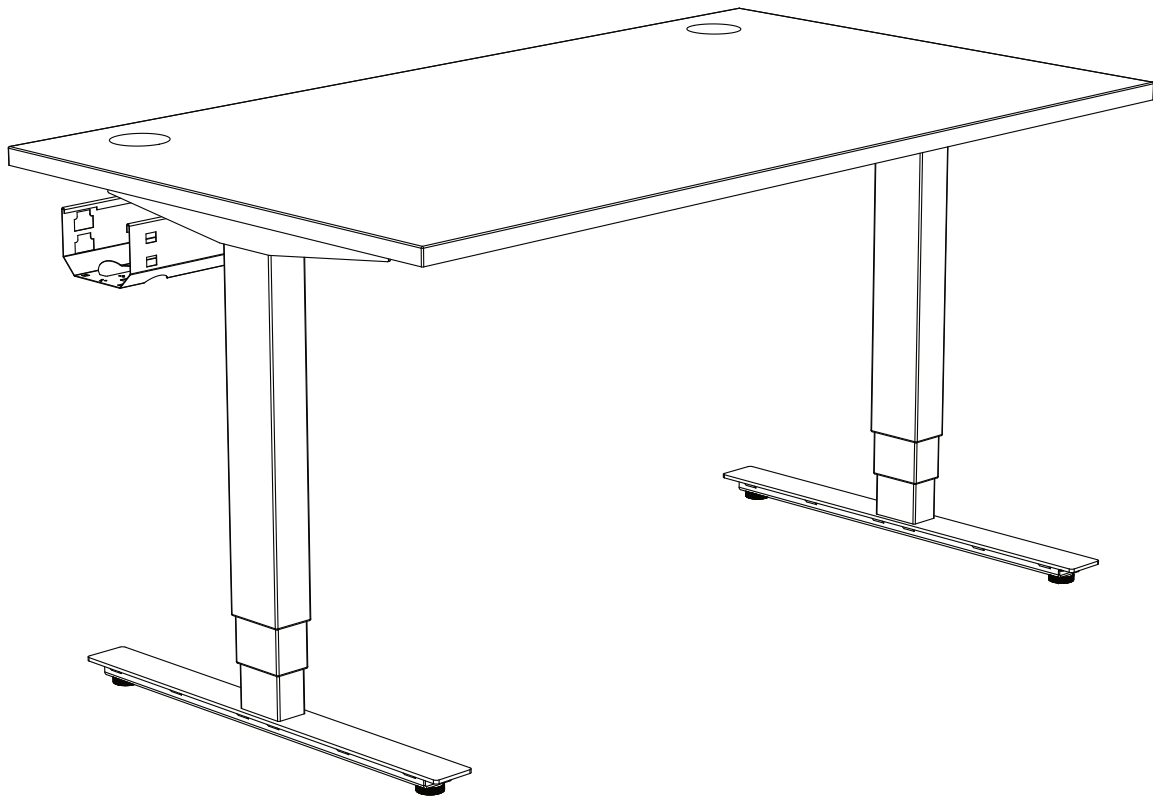
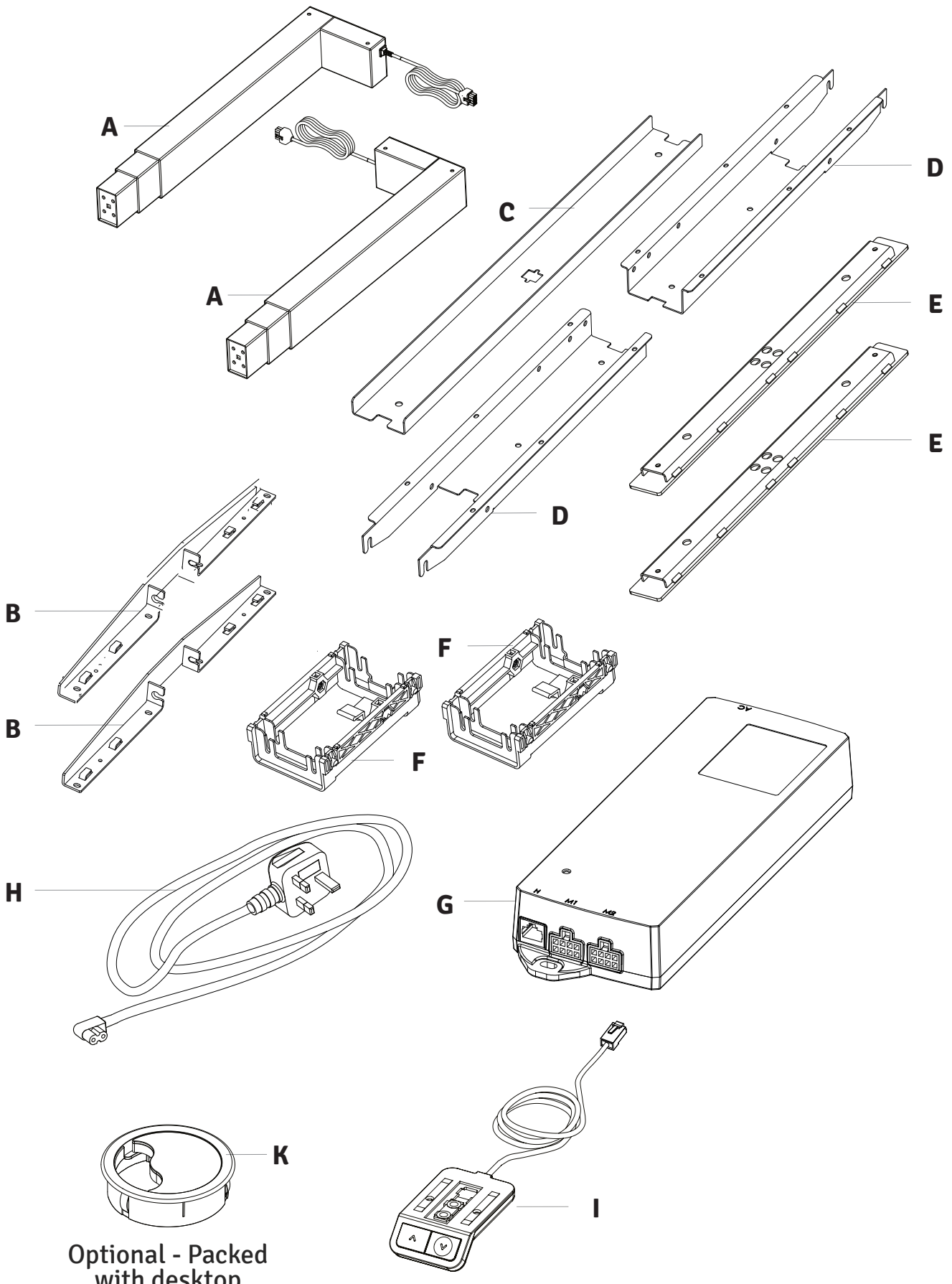


FRISKA

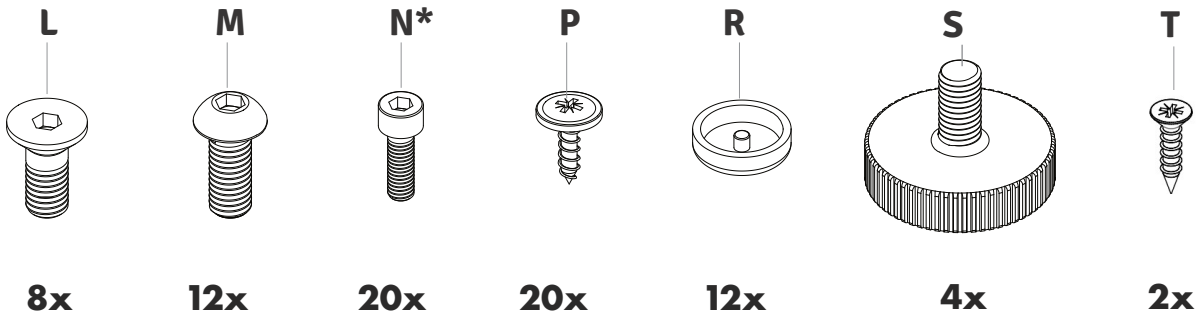


Stockholm Bluetooth Standing Desk Assembly Instructions



Optional - Packed with desktop

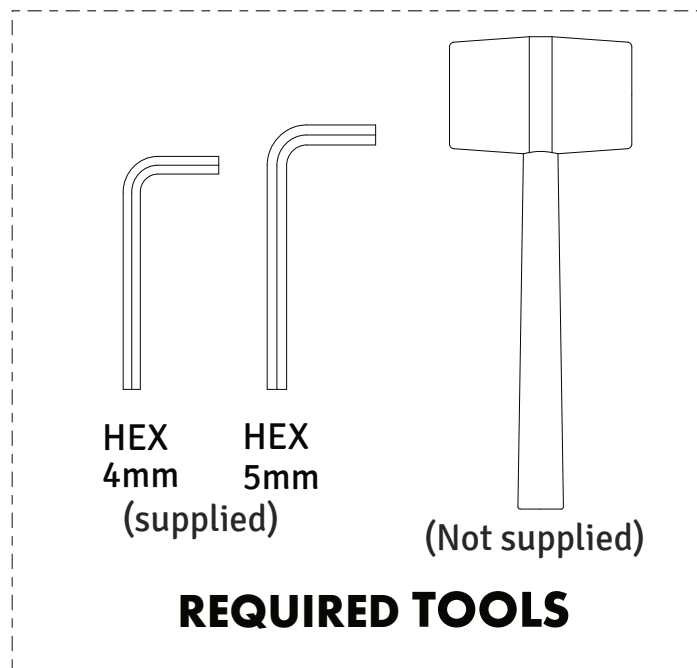
FIXINGS



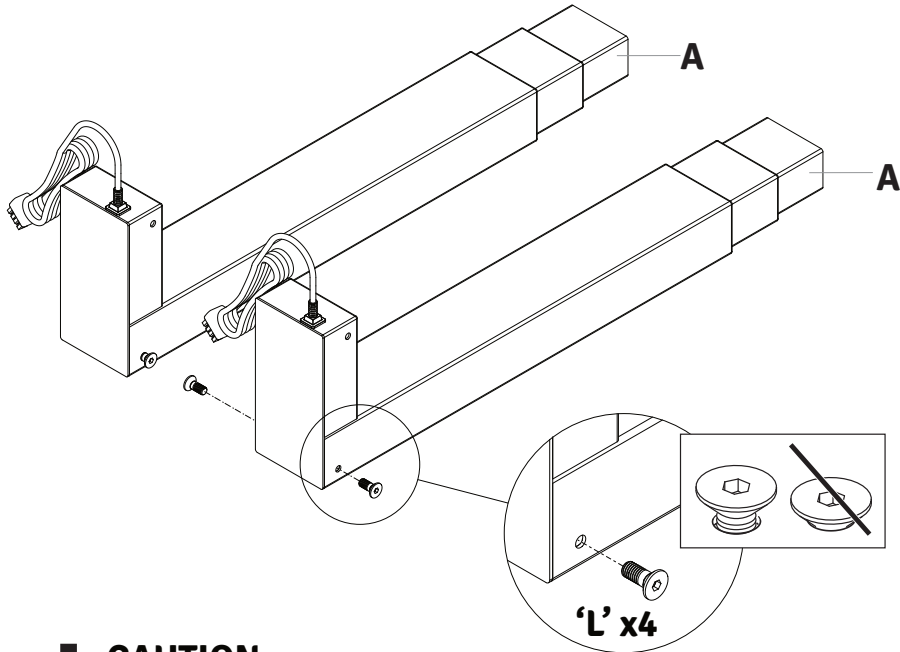
***N** - These screws are used for the frame to desktop fixing except when using a desktop without metal screw inserts.

COMPONENT LIST

- A** - Desk Legs
- B** - Under-desk Support Arms
- C** - Cross Beam Connector
- D** - Cross Beams
- E** - Feet
- F** - Plastic inserts
- G** - Control Box
- H** - Power supply lead
- I** - Control switch (Basic or Memory)
- K** - Cable Port Cover (optional extra)



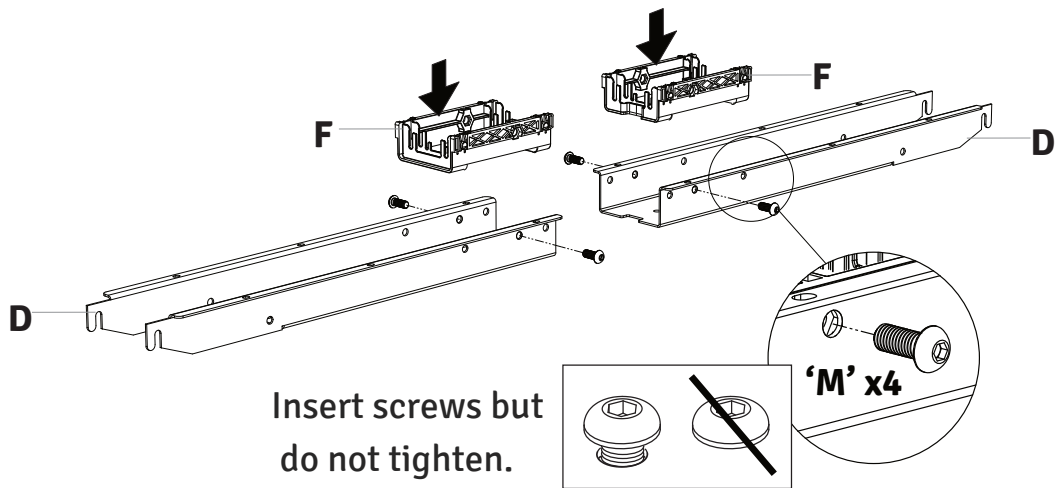
1.



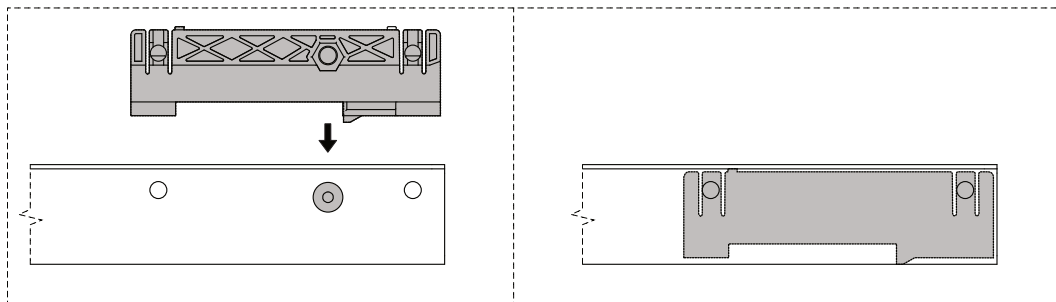
Insert screws but do not tighten. Gap needed for frame and brackets in steps 3 and 5.

! CAUTION Components are heavy – take care when handling

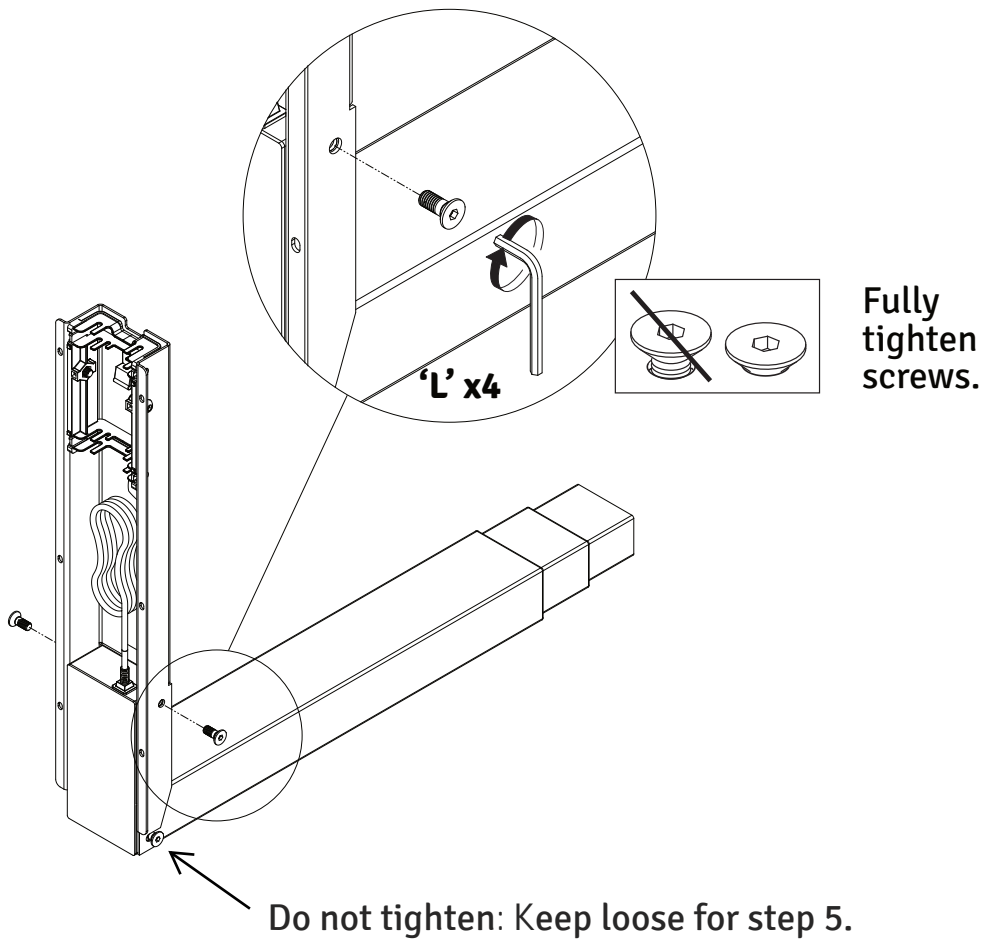
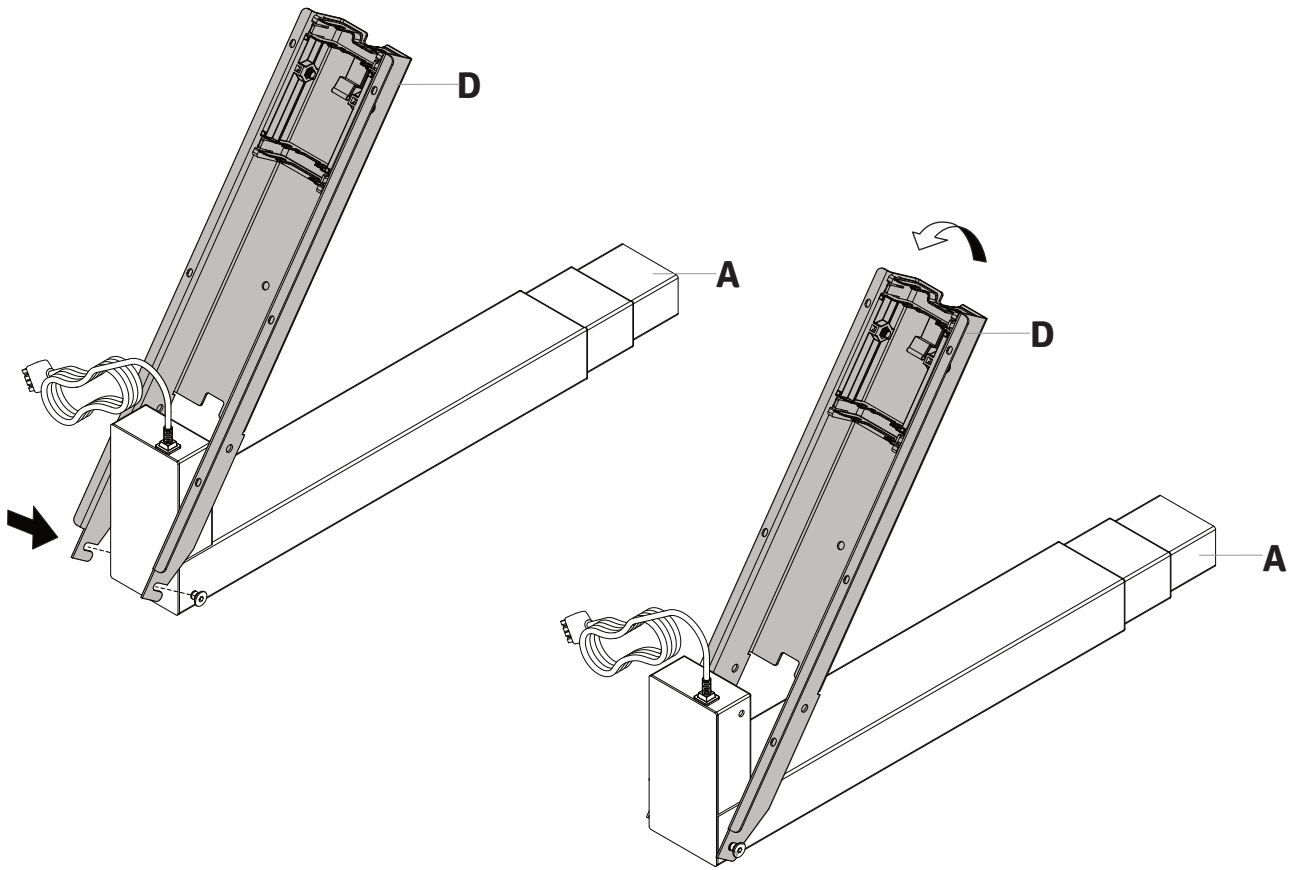
2.



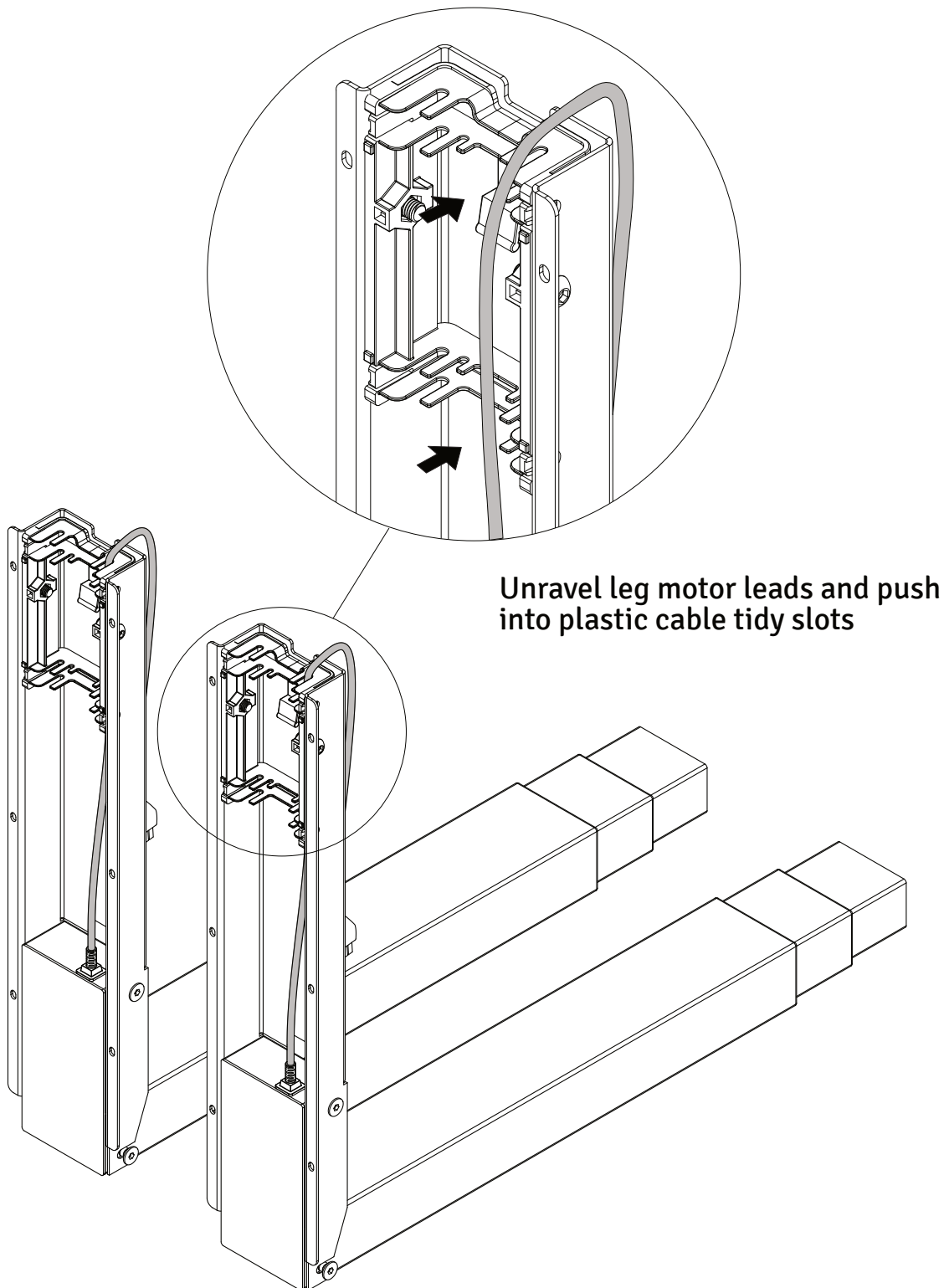
Insert screws but do not tighten.



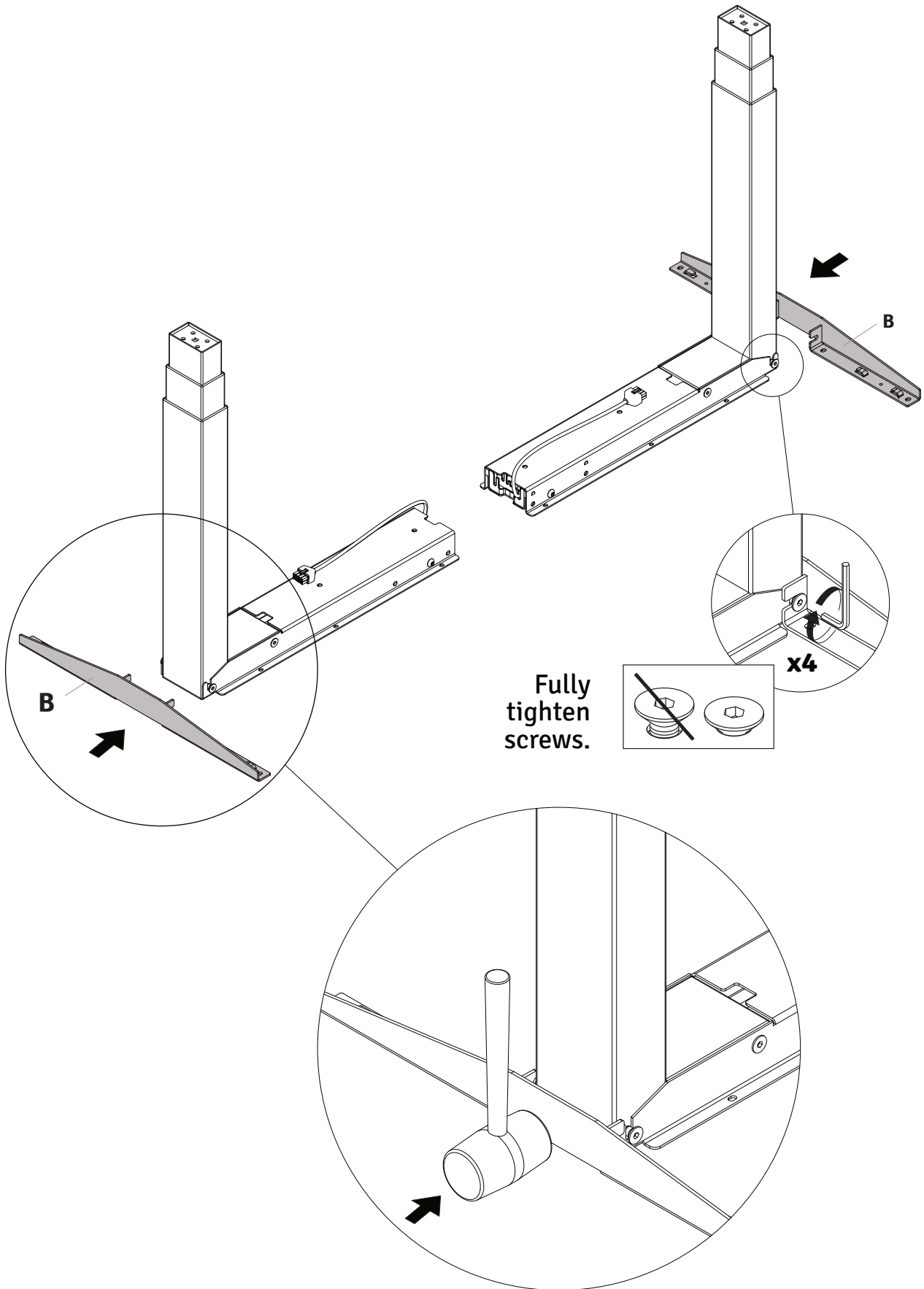
3.



4.

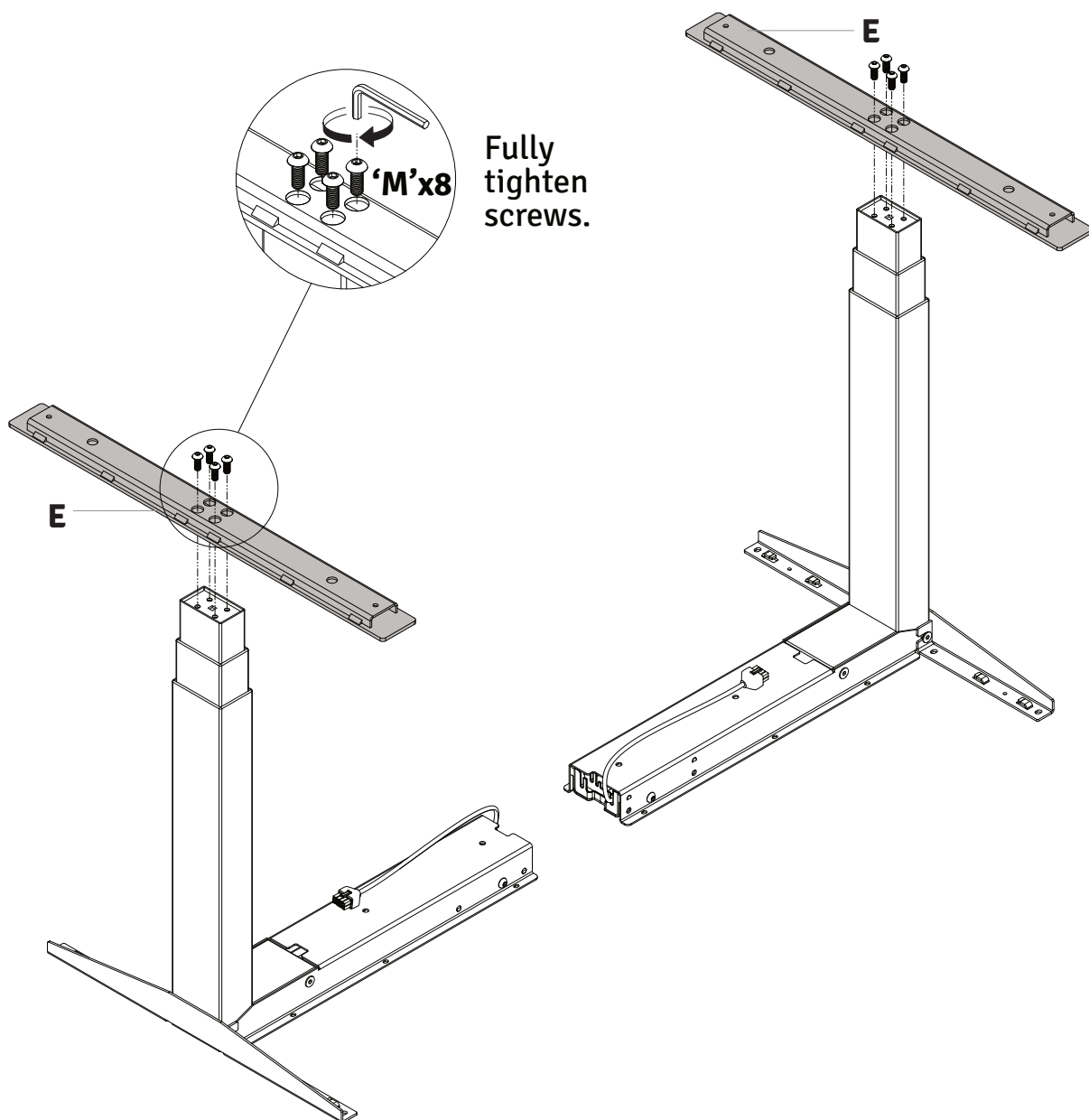


5.

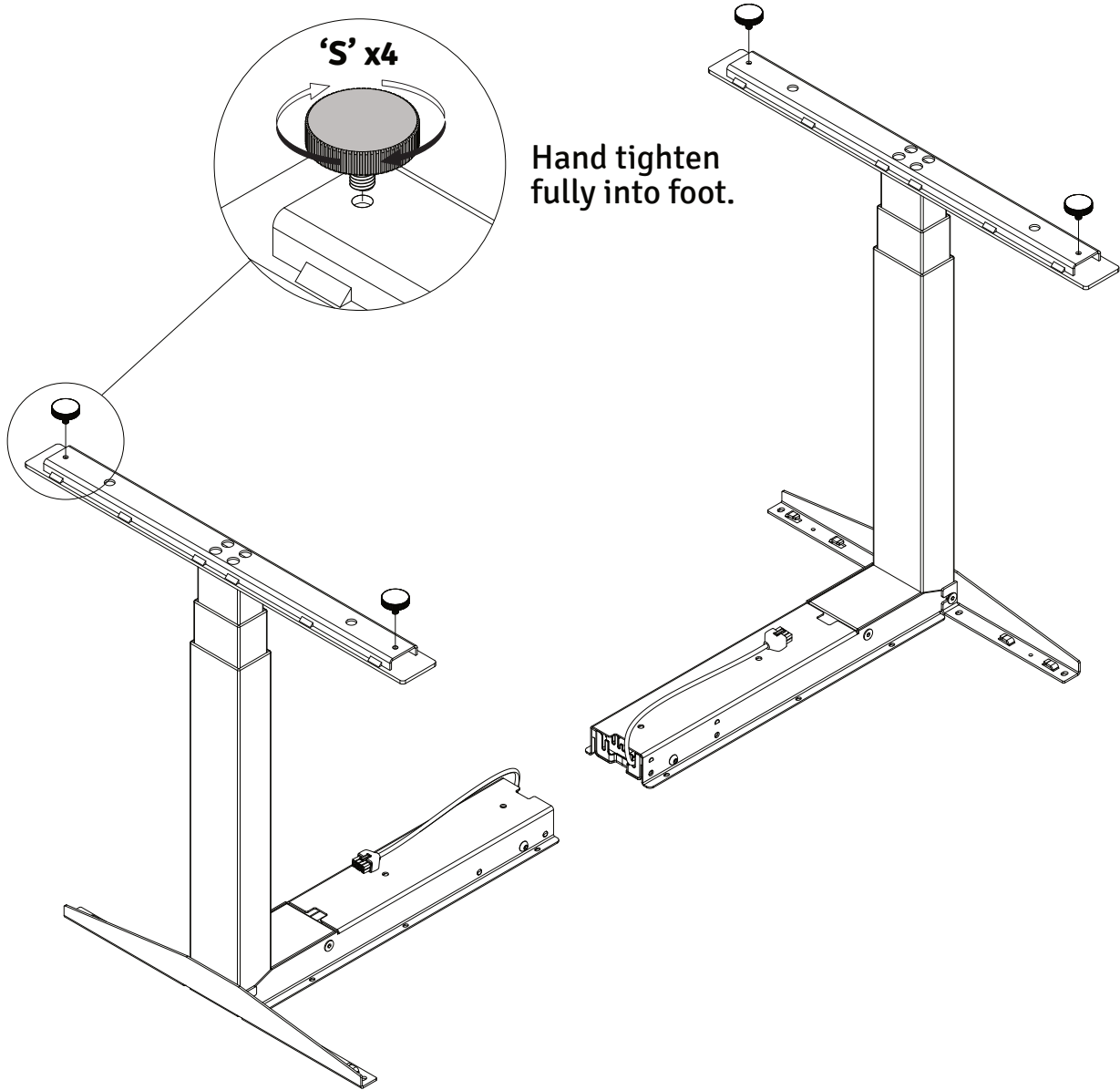


It may be necessary to use a soft headed mallet to fit tight fitting support arm onto the leg / frame.

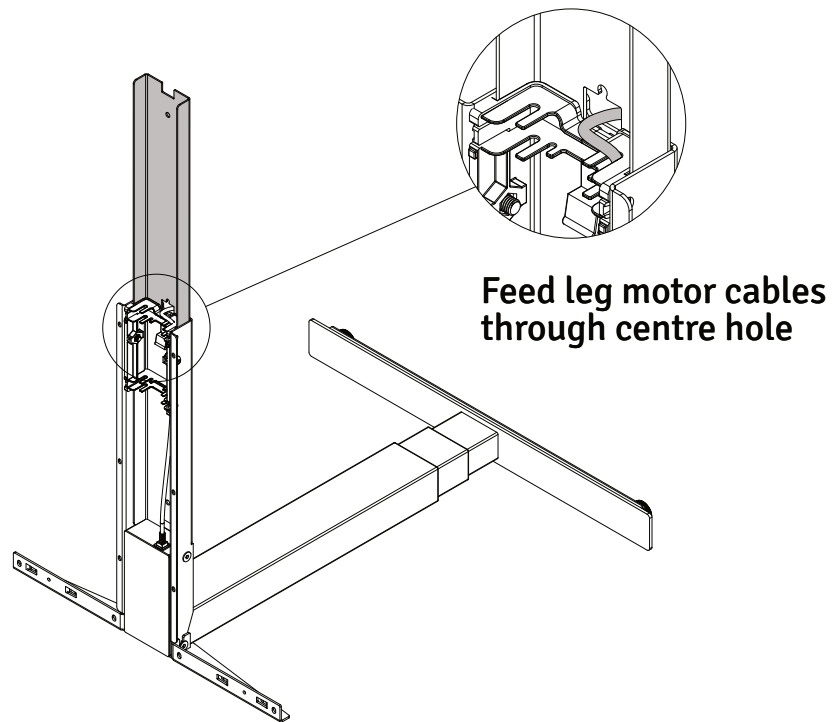
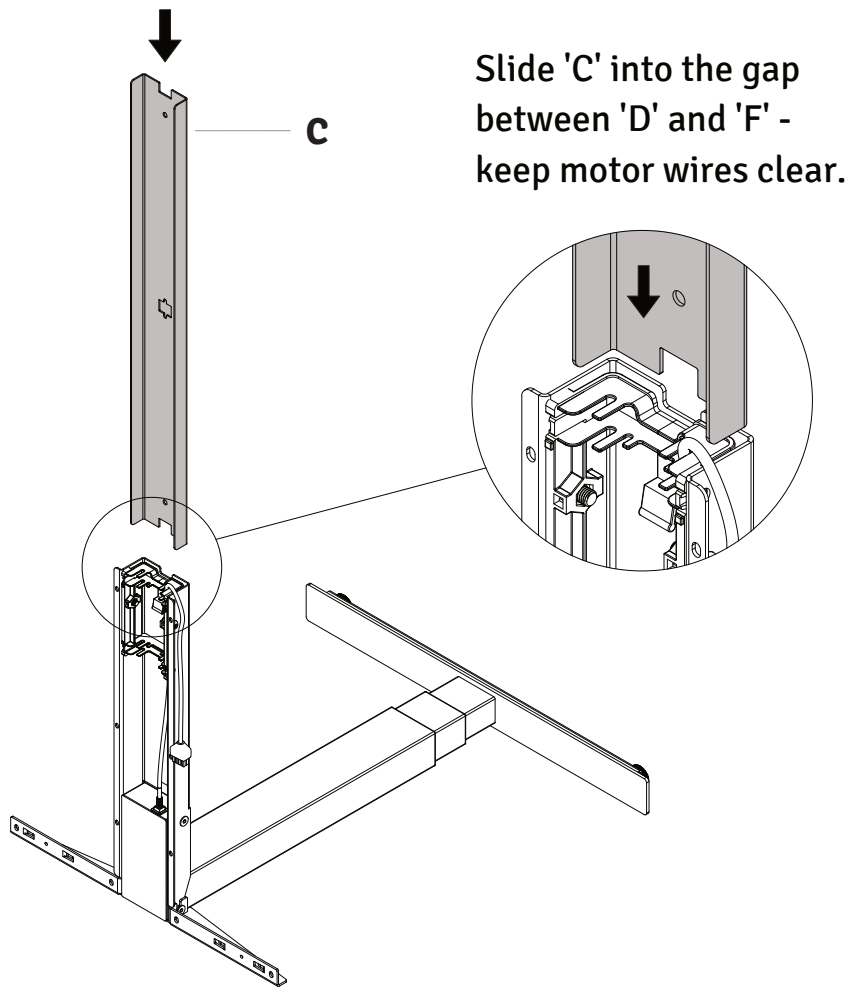
6.



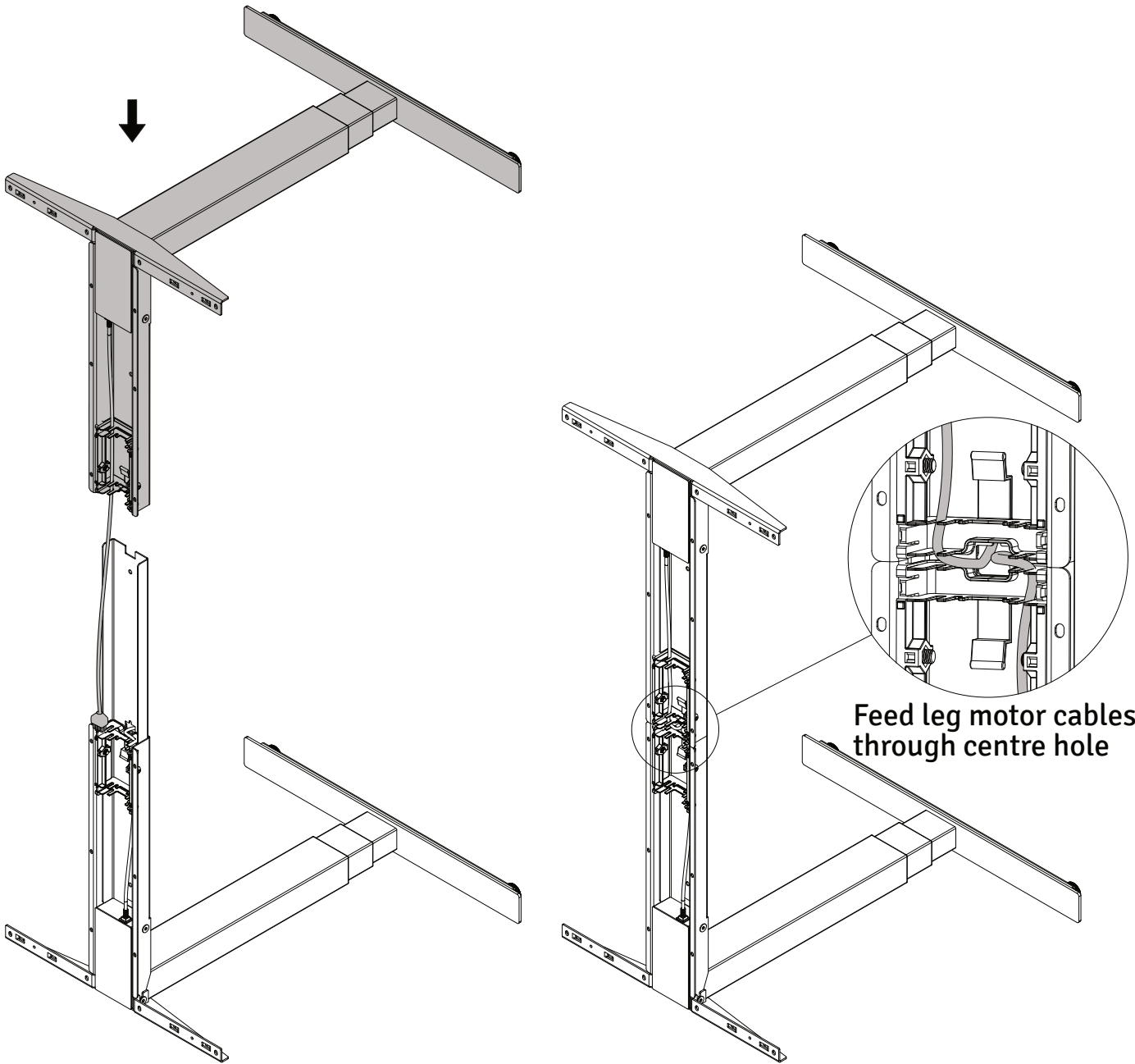
7.



8.



Slide the second half of the frame assembly onto 'C' - keep motor wires clear



CAUTION
Frame is heavy – take care when positioning it.

10.

NOTE:

Double check desktop for any damage before starting this stage. Carefully unpack the desktop leaving it face down on the packaging so as to protect the work surface.

CAUTION

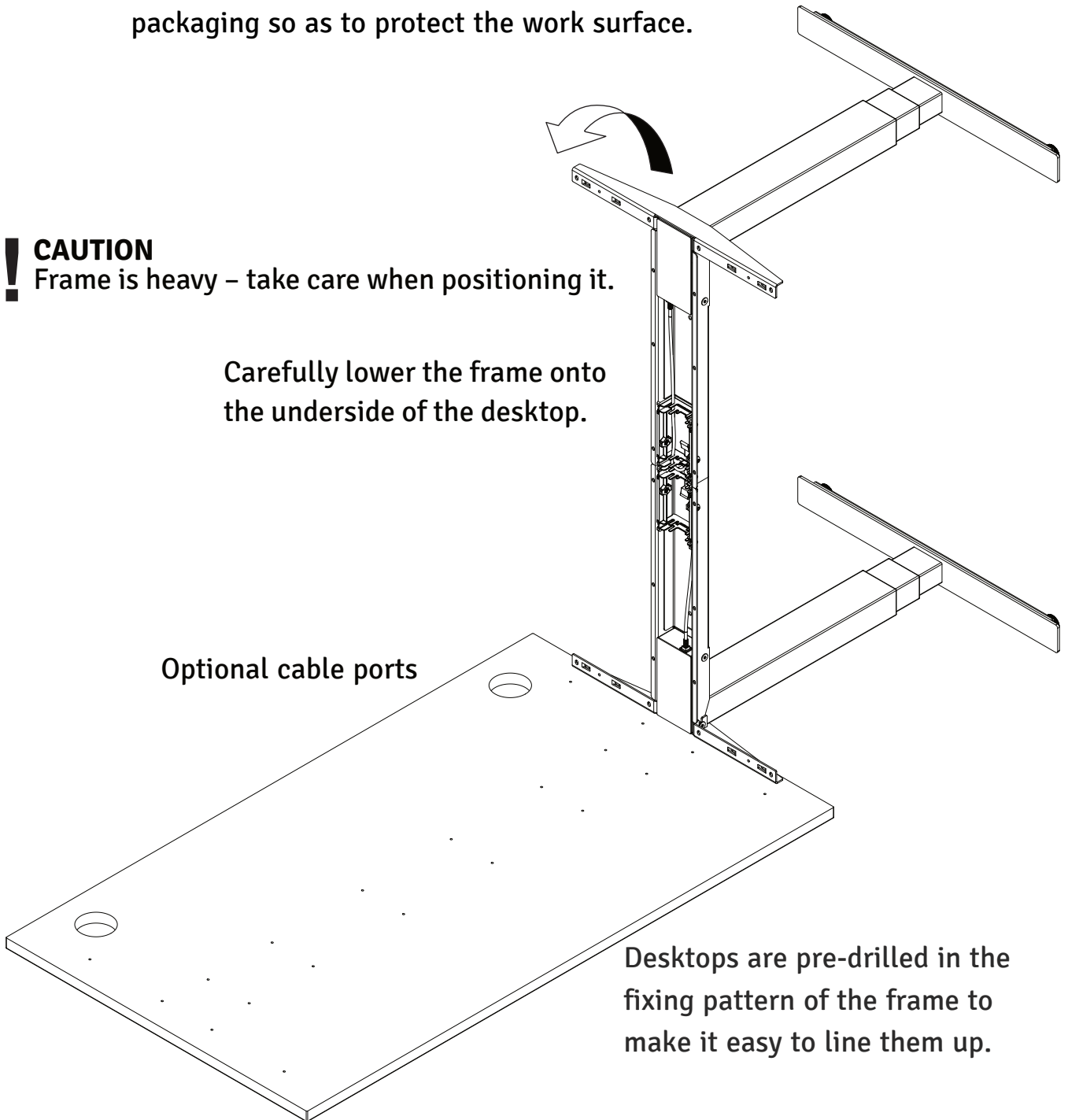
Frame is heavy – take care when positioning it.

Carefully lower the frame onto the underside of the desktop.

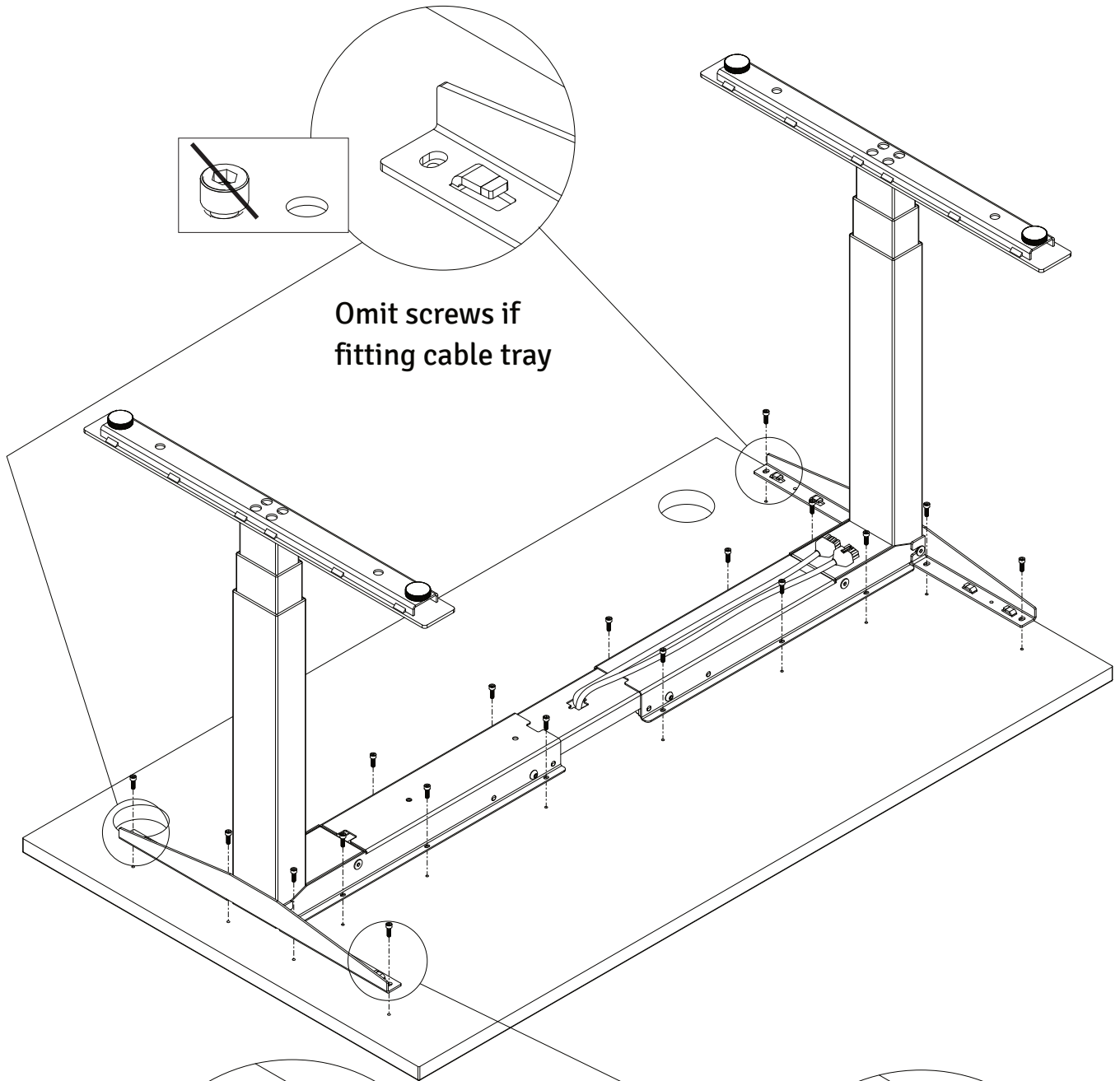
Optional cable ports

Desktops are pre-drilled in the fixing pattern of the frame to make it easy to line them up.

NOTE Frame is extendable to suit 1200-1800 desktop. Safety stops click in to lock the frame when either fully extended or compressed, to release, lift white plastic levers on cross beam insert blocks.

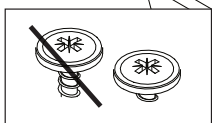


11.



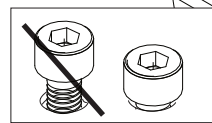
Omit screws if fitting cable tray

Fully tighten screws.



'P'x20

Fully tighten screws.

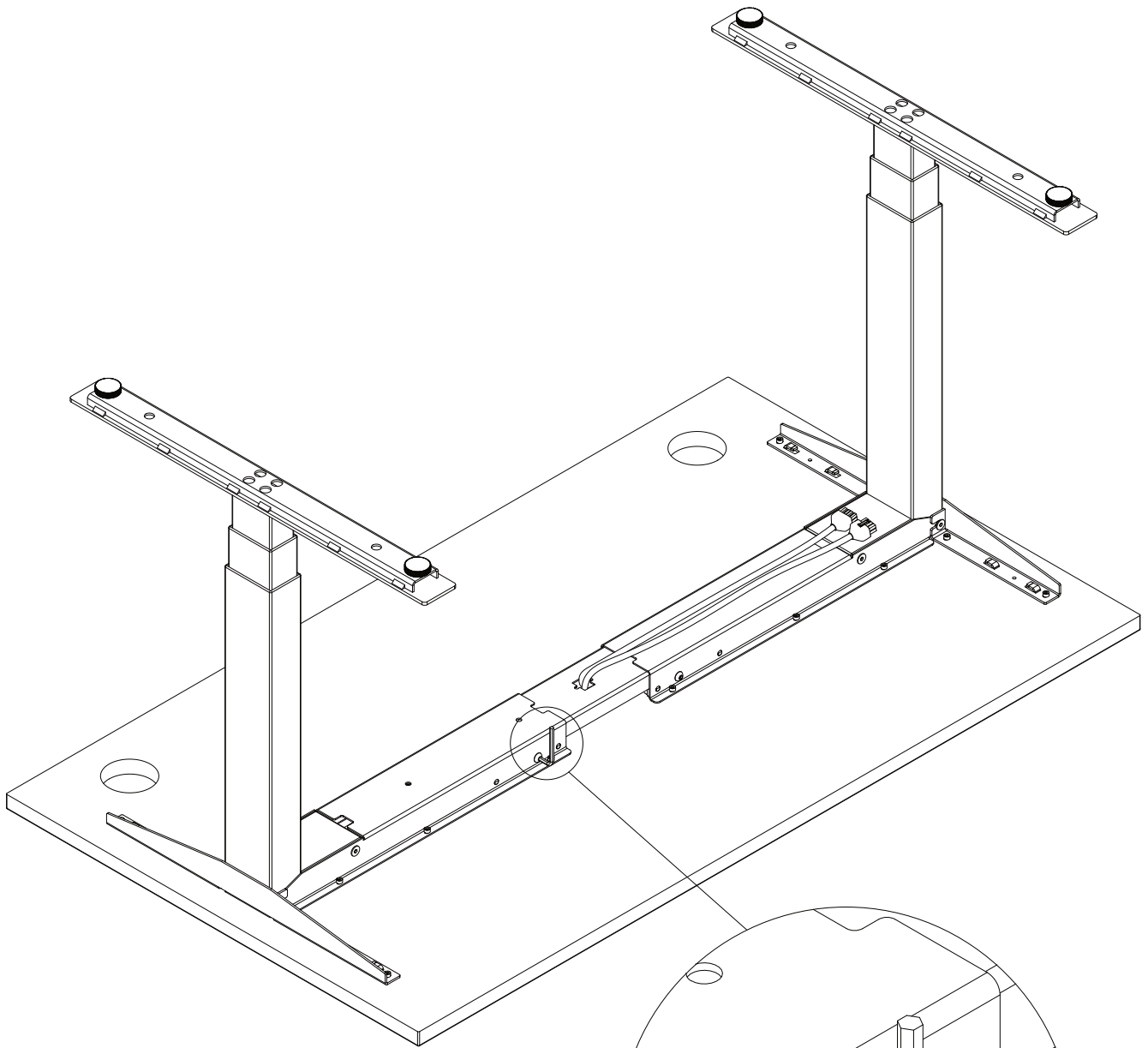


'N'x20

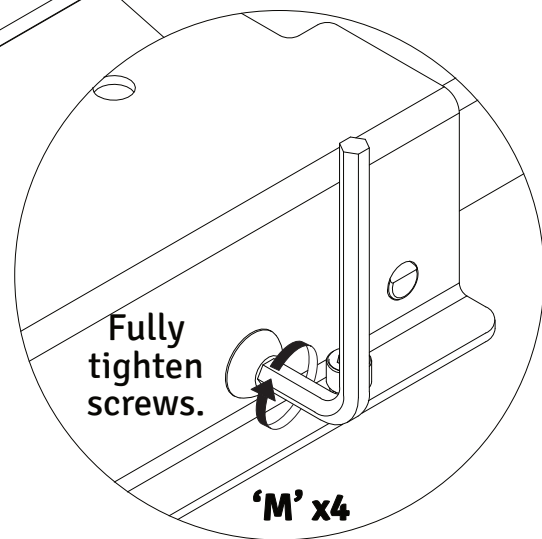
'N'x18 when Cable Tray Used

! NOTE Use P x20 only if using desktop without metal screw inserts

12.

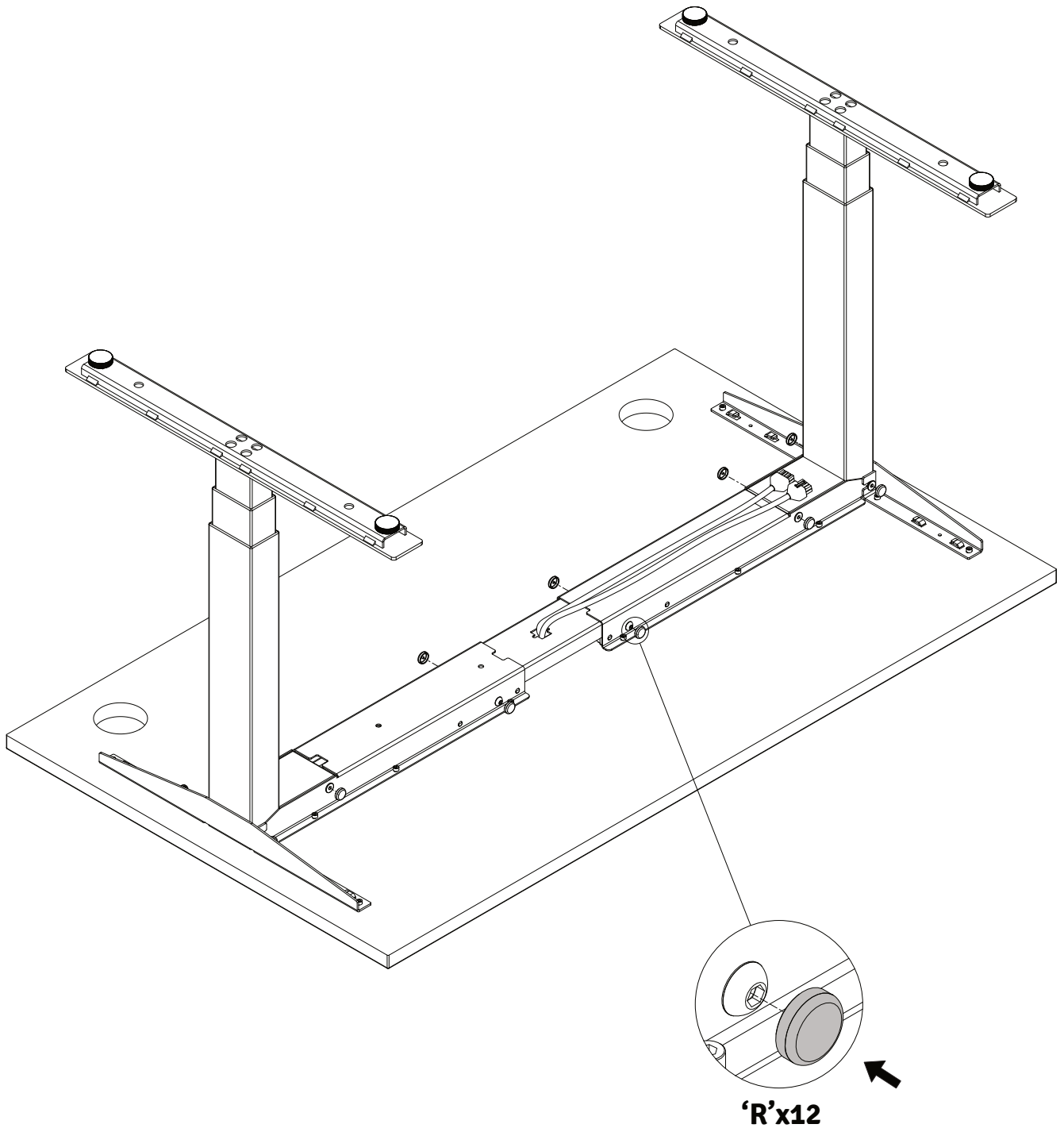


Tighten the 4 x central frame screws previously left loose in step 2.



! **NOTE** Double check all screws are now tight

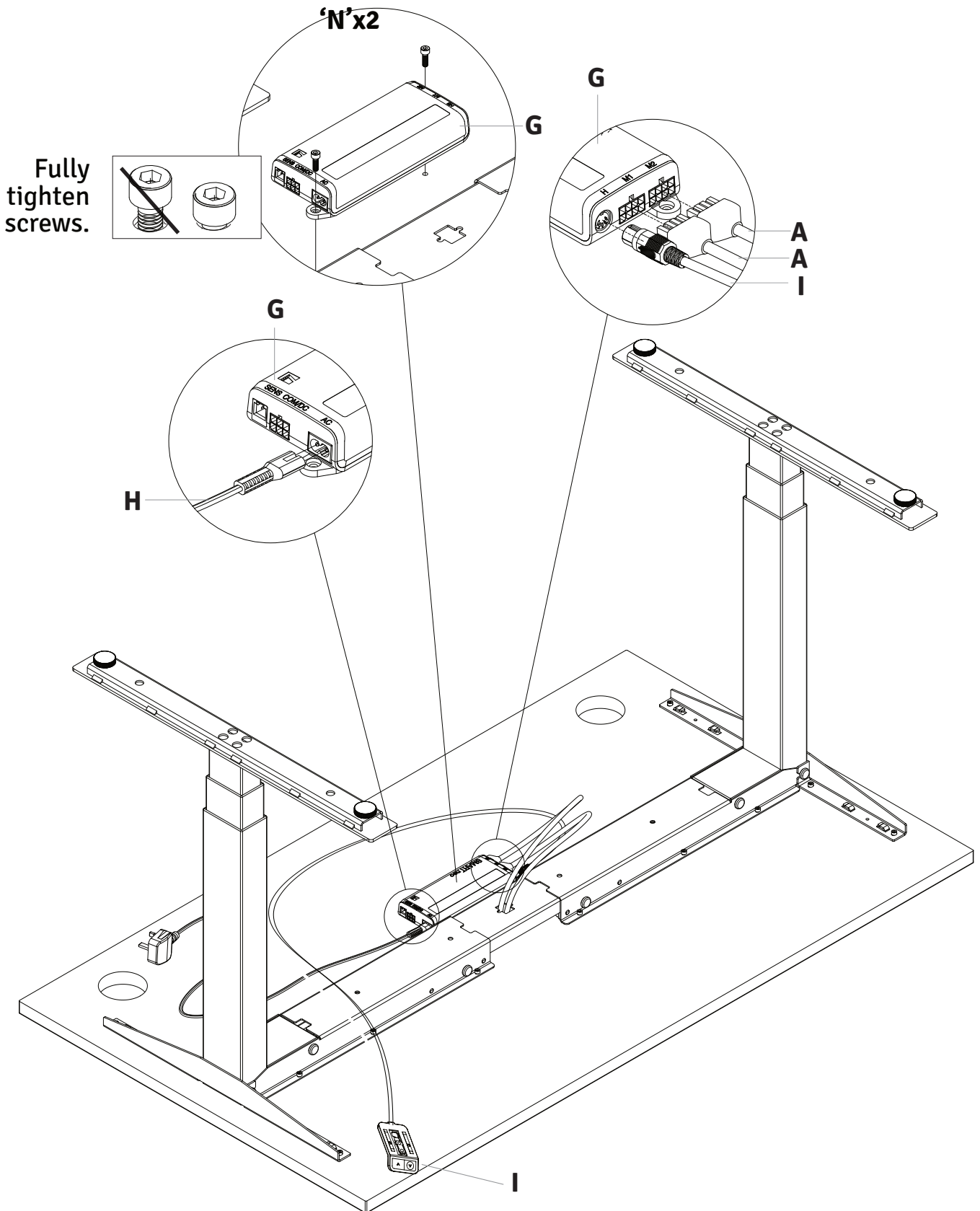
13.



! **NOTE** Fit the plastic caps to exposed frame screw heads. Press hard to locate the caps onto the screws and tap home securely using a mallet. The caps are designed to mould onto the screws through force.

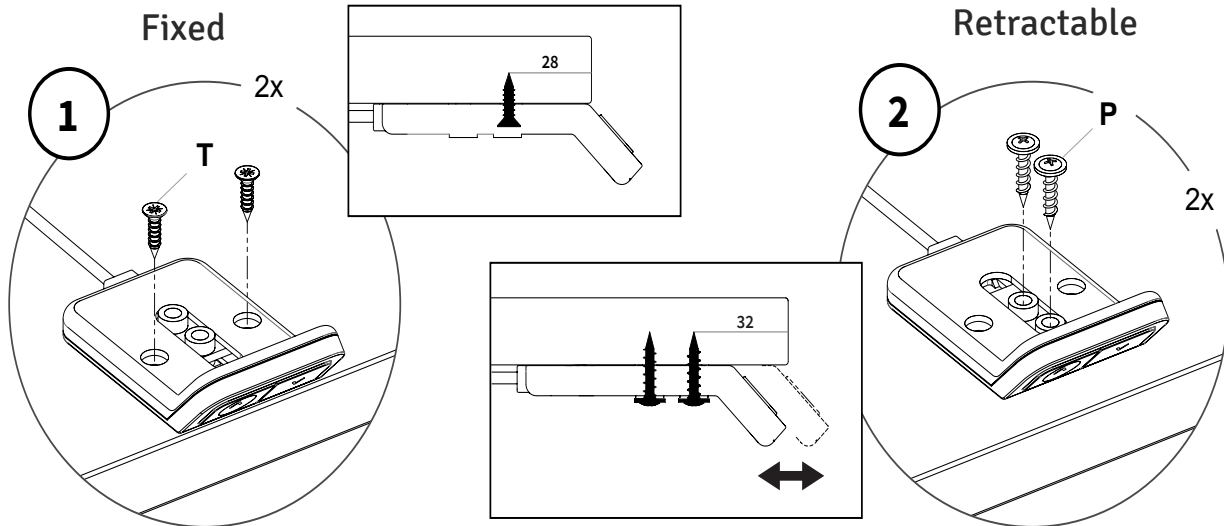
14.

! **NOTE** All leads **MUST** be plugged into the control box in the correct sequence (see next page) before connecting power lead and switching the power on. Failure to comply could result in damage to the unit.



15. Options for mounting the hand controller: Fixed or retractable

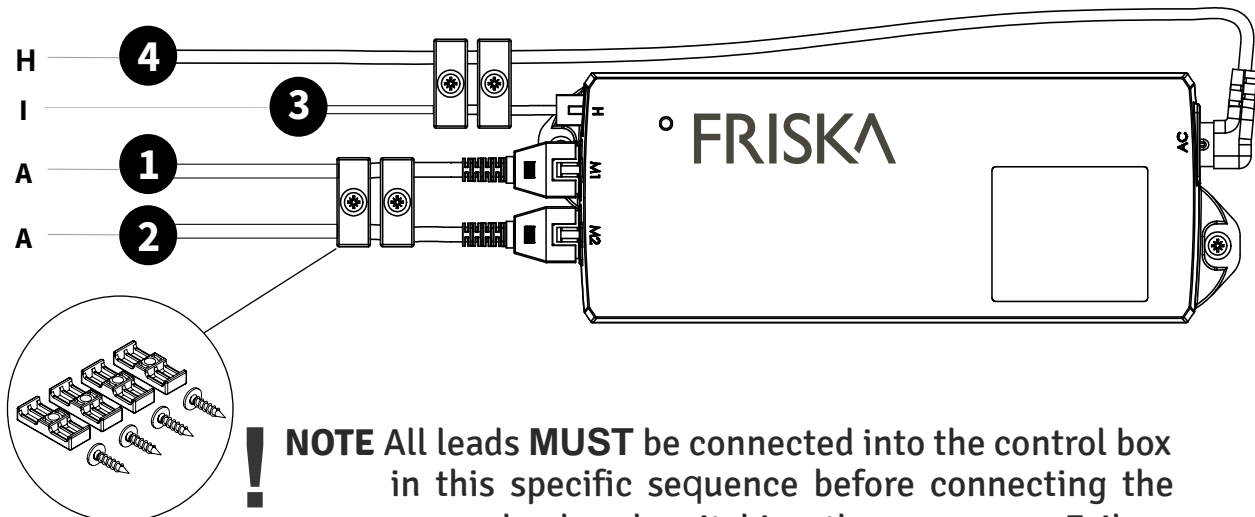
Fixing positions are marked both on the left hand and right hand side of the underside of the desktop by pre-drilled pilot holes to make positioning and fixing the switch easier.



Switch can be pushed back flush with the edge of the desktop when not in use.

16. Control box layout

Important - Please read the instructions in step 17 on the following page and the note below very carefully before starting this section!



NOTE All leads **MUST** be connected into the control box in this specific sequence before connecting the power lead and switching the power on. Failure to comply could result in damage to the unit and invalidate the guarantee. The cable clamps supplied **MUST** be securely fixed in the positions as shown to avoid nuisance tripping of the anti-collision sensor. Use the wood screws (P) in the pre-drilled pilot holes provided in the desktop.

17. Switching method options

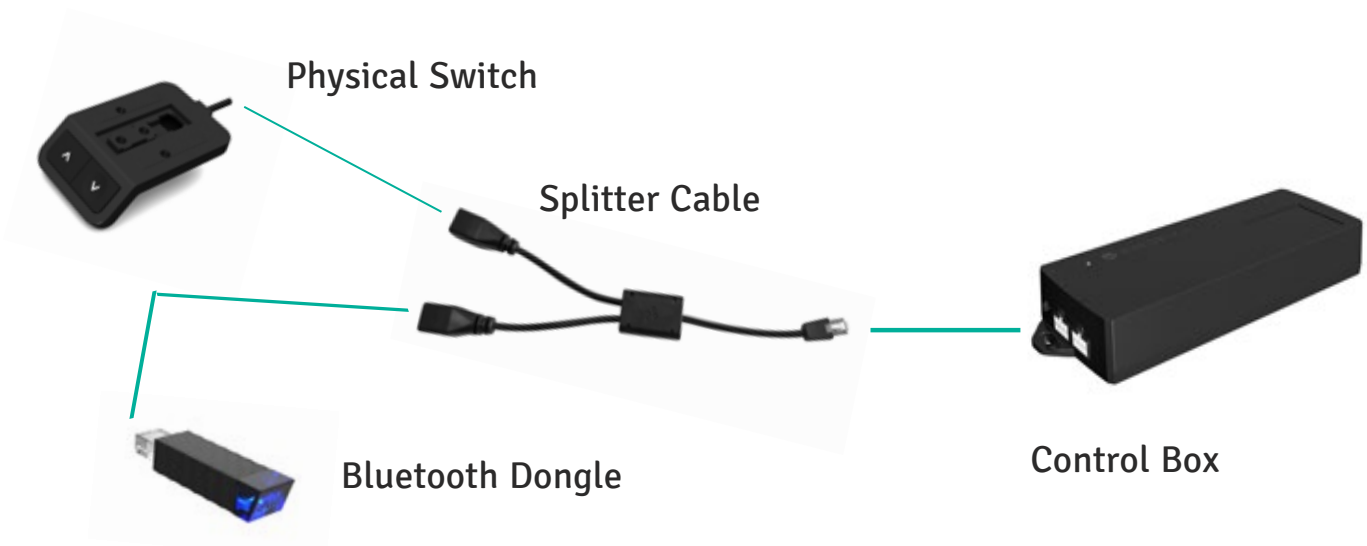
Physical, Bluetooth or both

Physical Only: The diagram in step 16 on the previous page shows the physical switch "I" plugged directly into the control box. This enables the desk to be controlled solely by the physical switch.

Bluetooth Only: To enable the desk to be controlled solely by Bluetooth (via the phone App) plug the Bluetooth dongle into port "H" on the control box instead of the physical switch (See diagram on previous page). The desk can be operated now without any controls visible.

Both Physical and Bluetooth: In order to facilitate both Physical and Bluetooth control on the desk, the splitter cable provided must be used to feed both means of control. One end of the splitter cable plugs into port "H" on the control box (and MUST be clamped along with all the other control cables as shown on the previous page) and the other ends of the splitter cable plug onto both the Bluetooth dongle and the physical switch as shown in the diagram below.

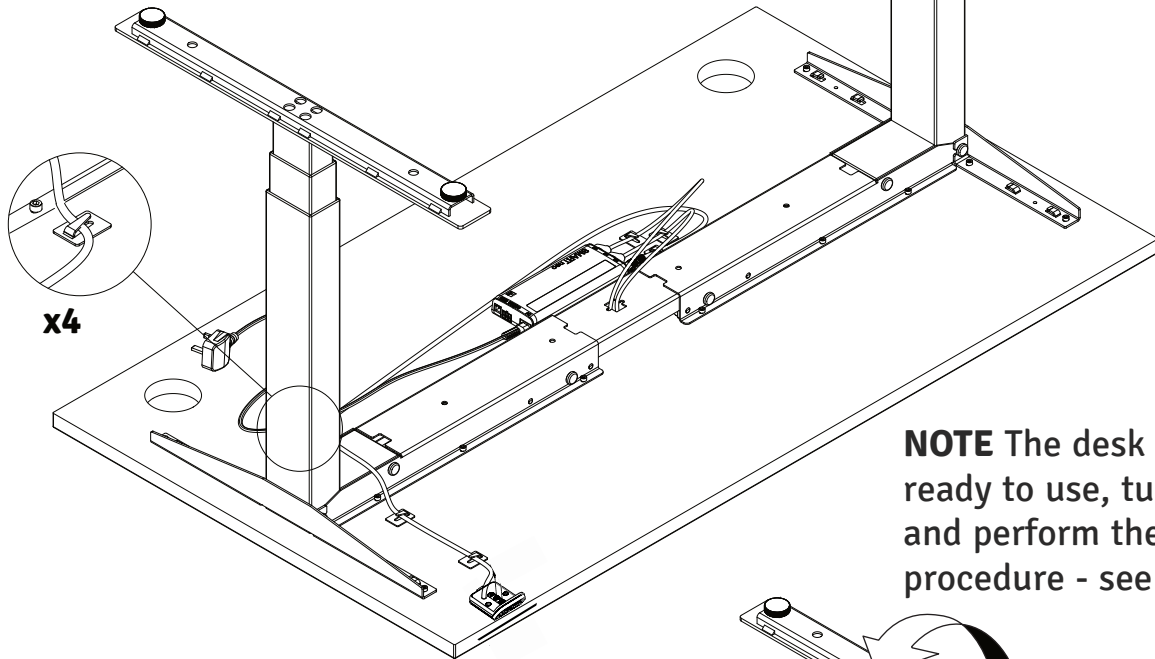
See separate instruction manual for downloading and operating the Bluetooth control App, "Stand up Please".



18. **!** **NOTE** For ease of assembly, fit optional cable tray before turning desk over to upright position.

See separate instructions for cable tray assembly.

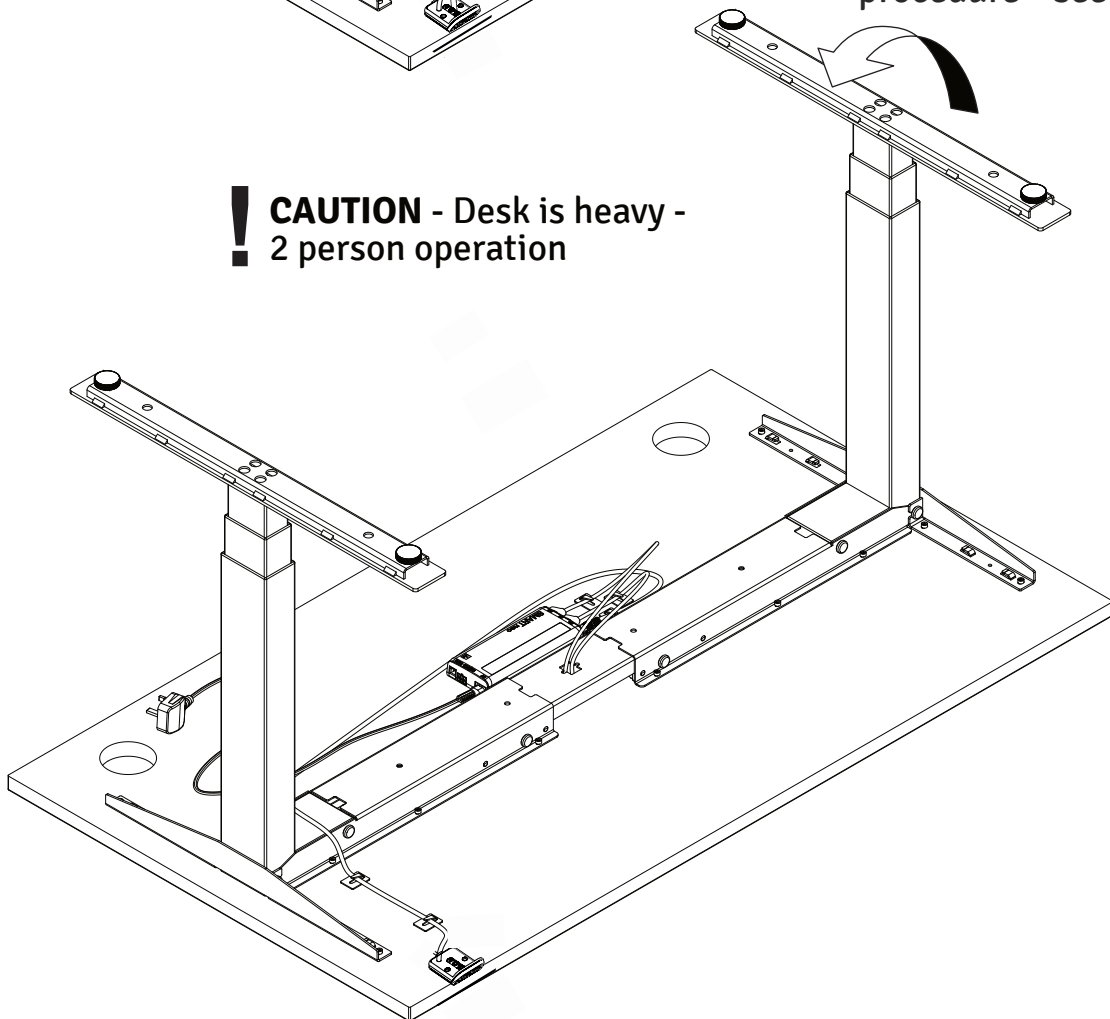
Use cable clips provided to keep the cables tidy



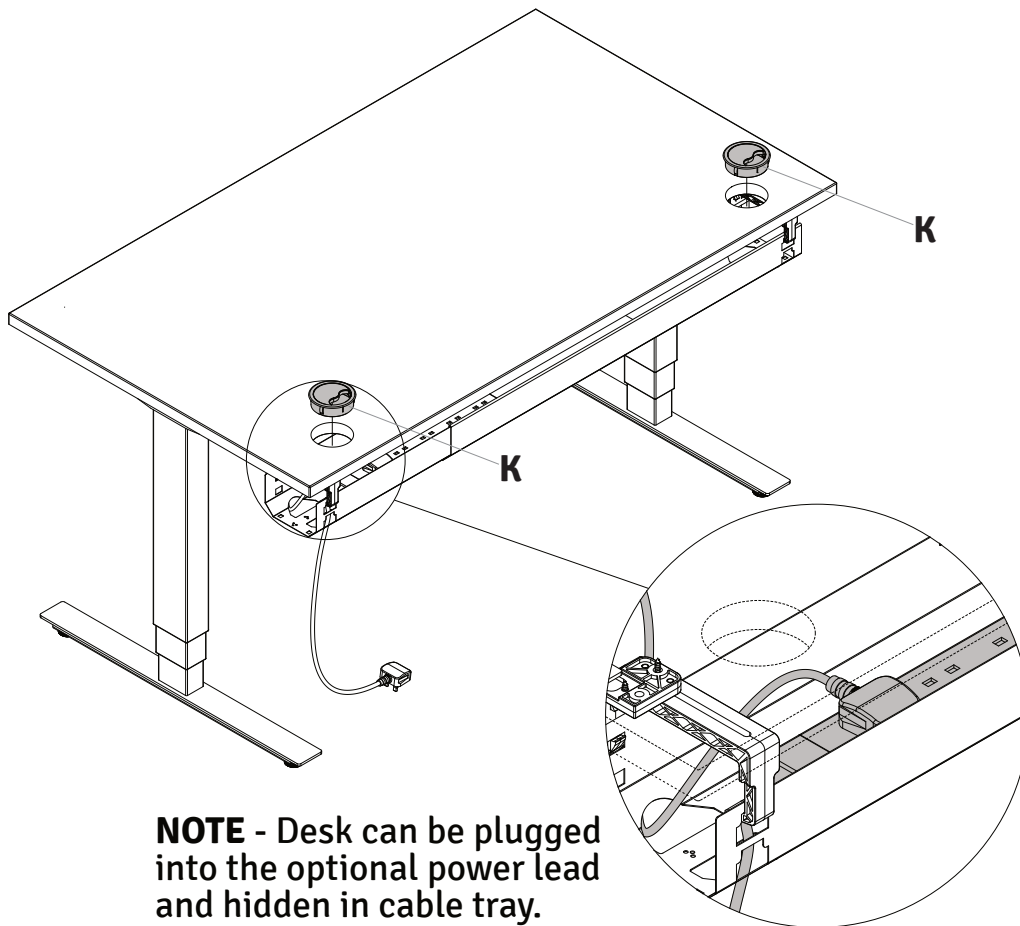
NOTE The desk is now ready to use, turn upright and perform the reset procedure - see page 21.

19.

! **CAUTION** - Desk is heavy - 2 person operation

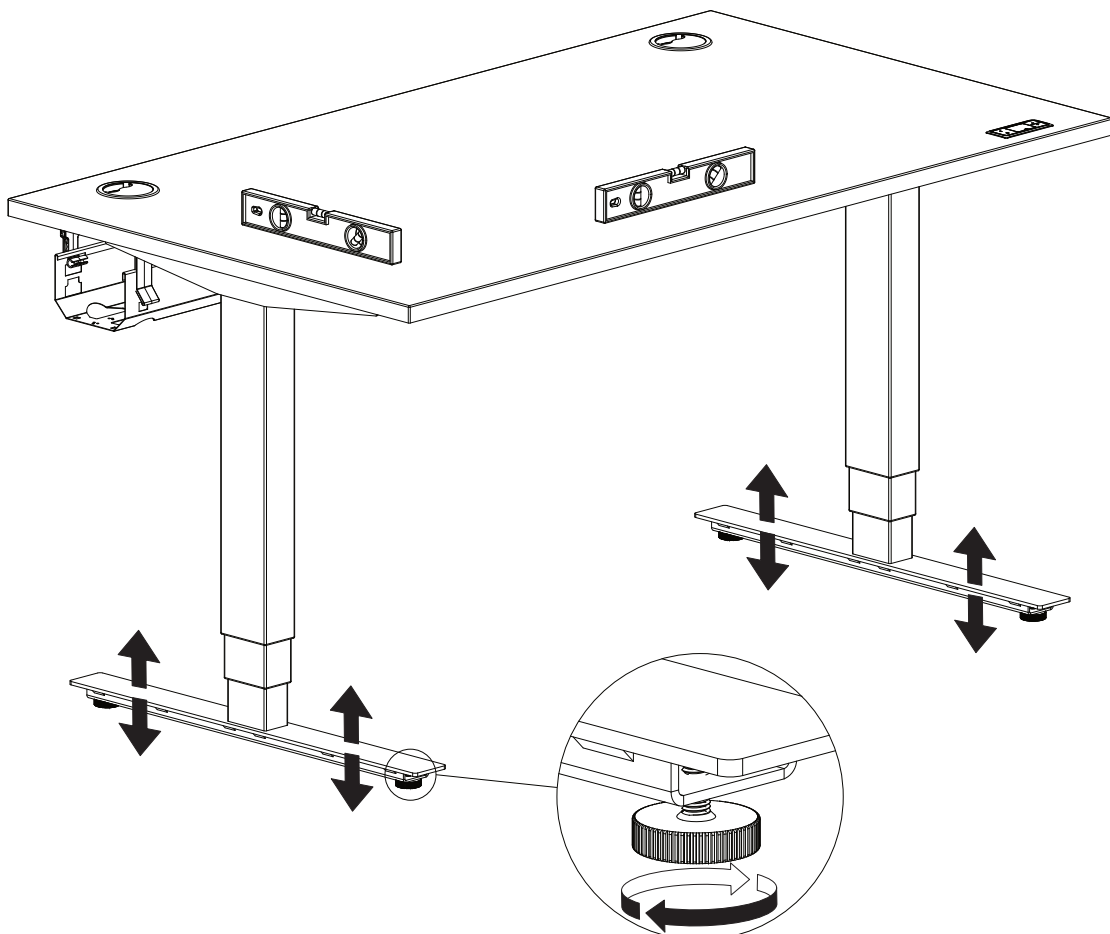


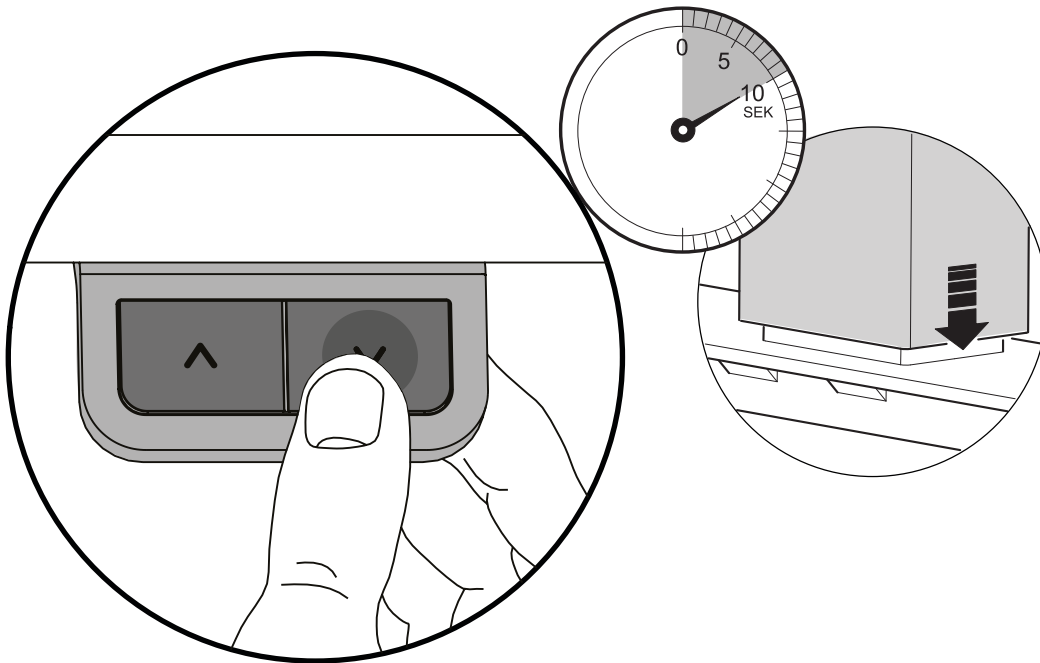
20.



NOTE - Desk can be plugged into the optional power lead and hidden in cable tray.

21.



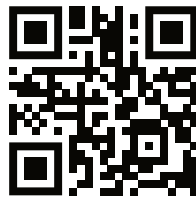
**IMPORTANT!**

A reset procedure **MUST** be carried out immediately following assembly of the desk.

- Lower the desk to its lowest position by pressing the down arrow on the hand control.
- Release the button.
- Press the button again and keep it pressed for 10 seconds
- The desk will make a jolting movement and click
- The reset is now carried out and the desk is ready to use



FRISKA



Friska Desk Assembly Manual

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