

# Nova, Aurora, One, & Alliance Wood Tables



Fig. 1

## To Set-up the Table:

- Place the folded table sitting on the rubber bumpers. With the heel of your hand, bump the UniLock tab between the face rest outlets and the table will open (Fig. 1).
- Open the table up until the legs are fully extended. Remove the face rest (Fig. 2).



Fig. 2

## To Set the Table Upright:

- When the table is fully opened, tilt the table upright until all four feet are on the floor. Lift one end of the table, press down on the middle and tension the cables a little (Fig. 3).



Fig. 3

## To Change the Table Height:

- Choose the hole that represents the desired height and after removing the knob, put the bolt through that hole. Replace and tighten the knob by hand until snug. Repeat on all other leg extensions, setting all extensions at same height (Fig.4).



Fig. 4

NOTE: OAKWORKS® is not liable for injuries or damages sustained when table is not used in the manner prescribed.

Be sure to periodically check knobs & cables to be sure they are secure. They may work their way loose over time.

*\*Discontinue using table if found to be damaged or worn.\**



Fig. 5

## To Close the Table:

- Turn the table on its side with the rubber bumpers down. If you own a face-rest, store it under the table (Fig. 5). Partially close the table top.
- Fold the legs into the table and make sure the armrest is laying flat and the cables are inside of the table. Push the two halves of your table together to lock (Fig. 6).



Fig. 6

## When Using Shiatsu Option:

- With the table on its side, remove the wing nut from the bolt and remove the long brace, cable, and washers from the short brace. Reassemble them without the cable. Repeat on the second wing nut.
- Turn the Unilock clasp to the side (Fig. 7).
- Fold the legs against the underside and lay the table down flat on the floor (Fig. 8).



Shiatsu Cable



Fig. 7

- ***Shiatsu Cables must be installed as shown when using the table in its normal height range.***



Fig. 8



Fig. 9

## Alliance Backrest:

- To open/adjust, release the velcro tab located under the center end of the table and pull up. Raise the center of the backrest, stopping at the desired height.
- Make sure that both sides of the tilting hardware are on the same setting and are both locked in place.
- To close, raise the backrest fully and lower it to the closed position. Re-attach the velcro tab to hold the backrest in the closed position. Refer to the warning on the under side of the table for precautions.



Fig. 10

## Arm Hammock (Standard w/One Table):

- Hold the Arm Hammock with the soft part of the velcro facing up.
- Slip the nylon loop over the two arms of the face rest. Insert the face rest into the outlet holes at the end of the table.
- Remove the crescent pad from the face rest platform.
- Pull the other end of the Arm Hammock up and over the wooden platform to adhere it to the facing velcro strip.
- Re-attach the crescent pad to the wooden platform.

## CAUTION

Dynamic Load Rating:  
**550 lbs. (249 kg.)**



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