



holistic desks

# 01.

## Using your desk for the first time

When you complete the desk assembly, we need to reset the desk system for the first time. This basically makes your desk run a test for the very first time and initializes the system to work correctly. Press and hold on both “UP (↑)” and “DOWN (↓)” button together for 5 seconds. Keep holding as your desk will start to lower and you will hear a beep when the desk has reached the lowest height. Your display now will show number 66 in centimeters which is the lowest adjustable height. System Initialization or Reference Run is now complete. This simple procedure ensures the desk is level and synchronized. Your desk is ready to be used. If you ever have issues operating your desk or the system does not respond for any reason, it's best to do a reference run and reset your desk. This simple step is helpful and necessary when we are trouble shooting the desk or we have shifted or moved the desk into a new space.

# 02.

## How to adjust your desk height

To drive the desk to your desired height, press and hold “UP (↑)” and “DOWN (↓)” button.

# 03.

## Setting up the memory function for your exact height

When your sit and stand desk is at the right height (ergonomic height) and you want the desk to memorize that height, press and hold the “M” button for 5 seconds until the display flashes. Now press 1, 2, 3 or 4. These four automatic height adjustable buttons will allow the desk to memorize up to four different heights.

**For example:** 1 set for standing and 2 set for sitting. The settings won't be lost if the power is switched off or you experience loss of power



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# 04.

## Switching the display from centimeter to inch

Your height adjustable desk has already been factory tested and the display has been set on centimeters. If you wish to change this to height display in inches please follow these simple steps:

1. Press the "1" + "2" + "M" buttons all together at the same time and hold for 5 seconds until display starts flashing "C-E".
2. Press button "1" for 5 seconds. You now are in "C" or metric system centimeters.

**Start operating.**

3. Press button "2" for 5 seconds. You now are in "E" or inches or British system inch.

**Start operating.**

4. If you do not start to operate after the change, it will default back to the previous setting

# 05.

## Maintenance, care and cleaning information

Holistic desks fittings are designed to provide joy for the lifetime of the desk. Here are a few helpful tips to make care, maintenance and cleaning easy.

**Maintenance:** Just tighten the screws after two weeks of use and make sure they stay tight by checking them a couple of times per year.

**The best way to clean your desk:**

1. Wipe using a soft, lint-free cloth, buff or sponge.
2. Lightly damp, not wet.
3. Always dry the area by re-wiping.
4. Only use clean water.
5. Continually remove stains as they appear.

**Do not use the following when cleaning desk fittings:**

1. Steam cleaners.
2. Cleaning agents such as abrasive cleaning powders, steel wool or scourers, including cleaning agents with acetone, chlorine, thinners and solutions that begin with the name tri or tetra.
3. Cleaning agents, baking powder, dishwasher additives and table salt, for example, should be stored in closed containers. The resulting vapors can lead to the corrosion of all metal surfaces.

