

HOW TO HAVE AN ERGONOMIC STANDING DESK SET-UP



Take breaks
every few hours

Monitor 20-30" from eyes,
eyes level with top of screen

Elbows at
90° angle



X-ELITE PRO CORNER

SETTING UP YOUR DESK

Carefully remove the desk from the box and put it on top of your existing desk. Long, straight edge faces you while angled edges perfectly fit in cubicle or other corner setup.



HOW TO RAISE AND LOWER THE DESK

Use the handle to raise the desk: hold both sides of the desk, squeeze the handle on the right side, and lift. In order to lift, you must pull up on both sides of the desktop, the handle on its own will not engage the pump lift assist.

To lower the desk, hold onto both sides of the desk, squeeze handle, and gently push down.



Troubleshooting:

WHAT IF DESK WON'T RAISE

Pull upwards on the desk while squeezing the handle to raise the desk. If this will not work, place desk on the floor and try lifting. We recommend raising and lowering your new desk a few times before you load it up just to get a feel for how it works!

WHAT IF DESK WON'T LOWER

When the desks are new, they may be a little stiff and require extra force to go down. Squeeze the levers and push down hard with both hands. Don't worry - you aren't going to break it!



X-Elite Pro Corner Sit/Stand Converter
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