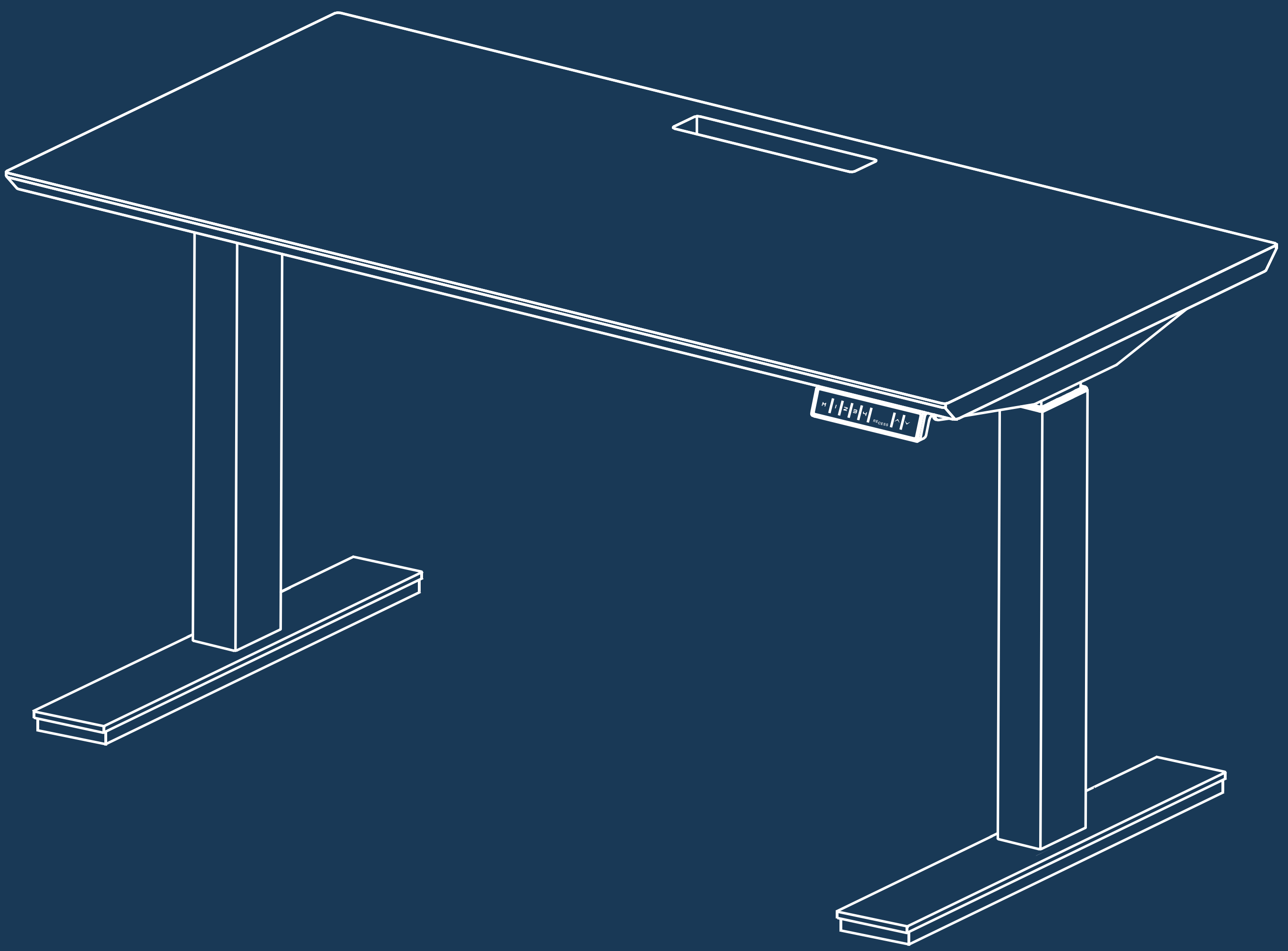


Standup Desk

Assembly and User Guide



RECESS

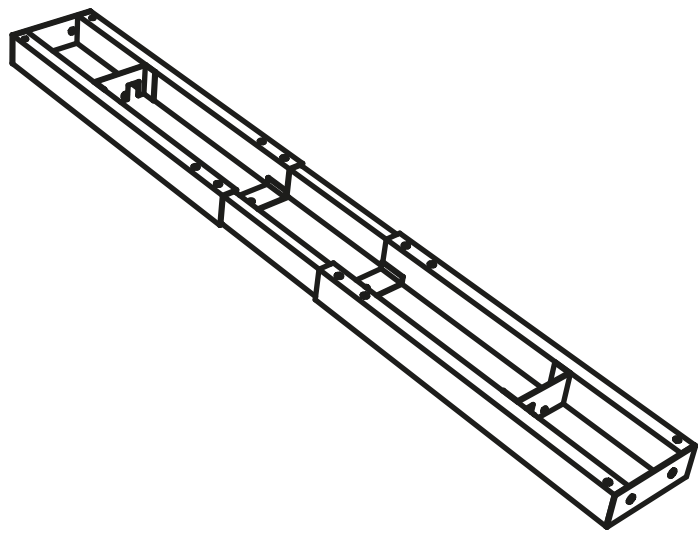
Make work happen from anywhere

Congrats

You are now the proud owner of your very own Recess Standing Desk. Now let's get cracking with assembly- it shouldn't take you much longer than 30mins!

RECESS

In the Box



Beam x 1

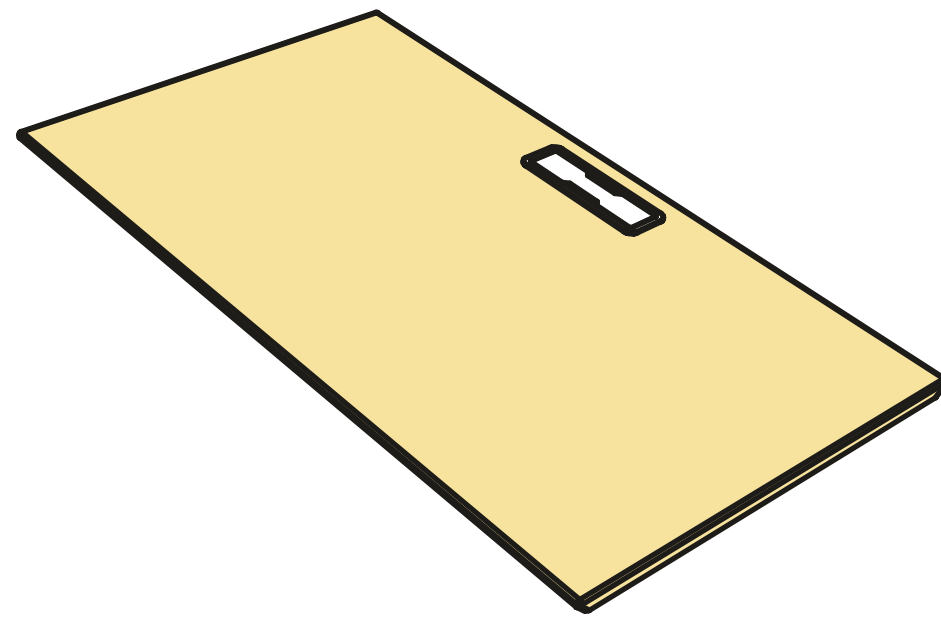
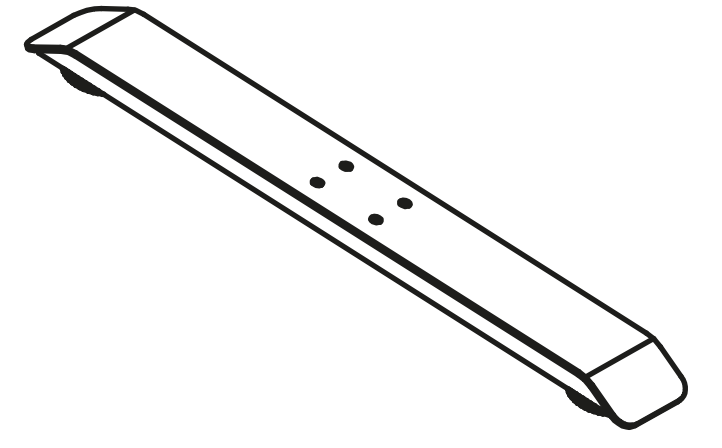
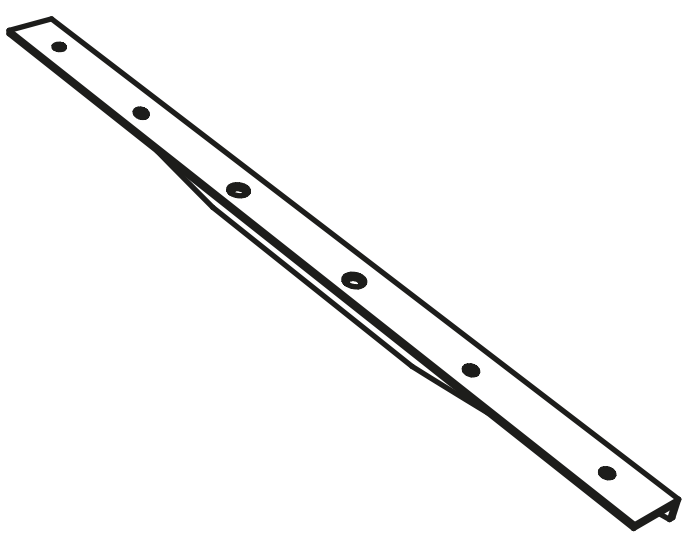


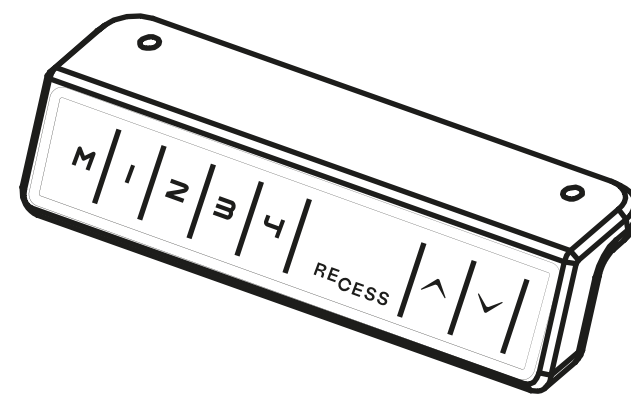
Table Top x 1



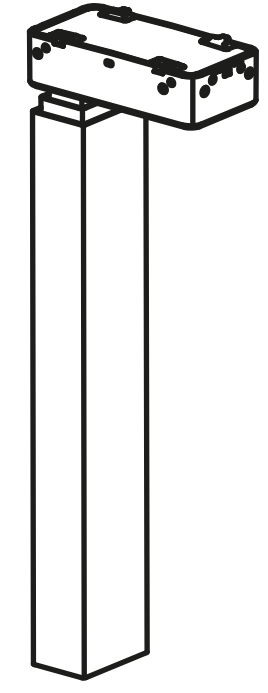
Feet x 2



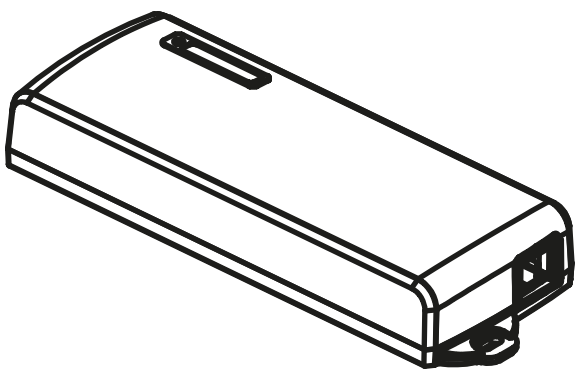
Bracket x 2



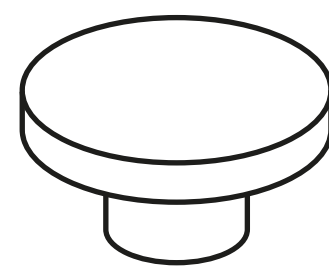
Control Pad x 1



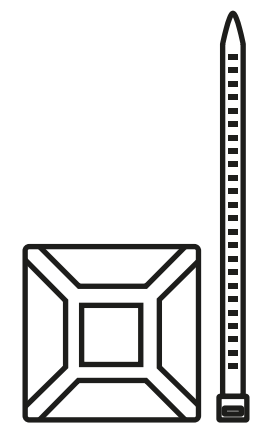
Legs x 2



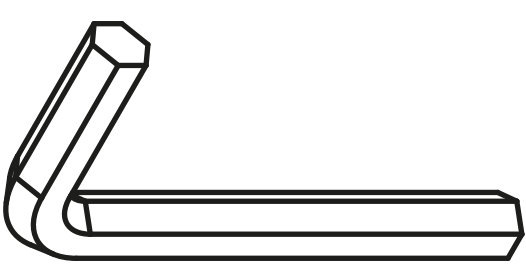
Power Box
with Cable x 1



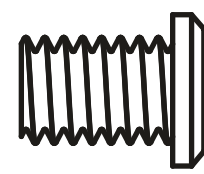
Rubber Pad
x 10



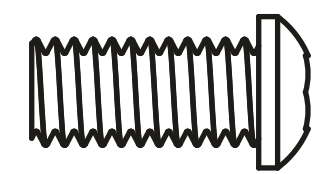
Cable Clips x 5



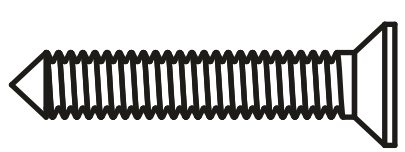
Allen Key x 1



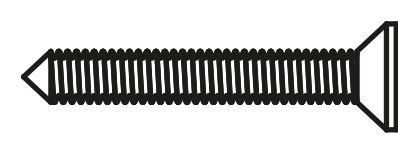
12mm Bolts
x 12



14mm Bolts
x 8



19mm Screws
(Thick) x 12



19mm Screws
(Skinny) x 2

Tools Required



Philips head screwdriver



Can do attitude

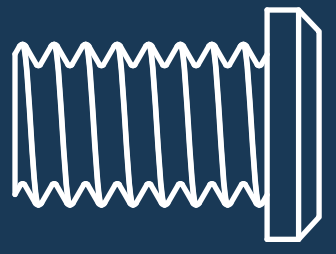
For customers
that bought a
Cable Tray



Power Drill

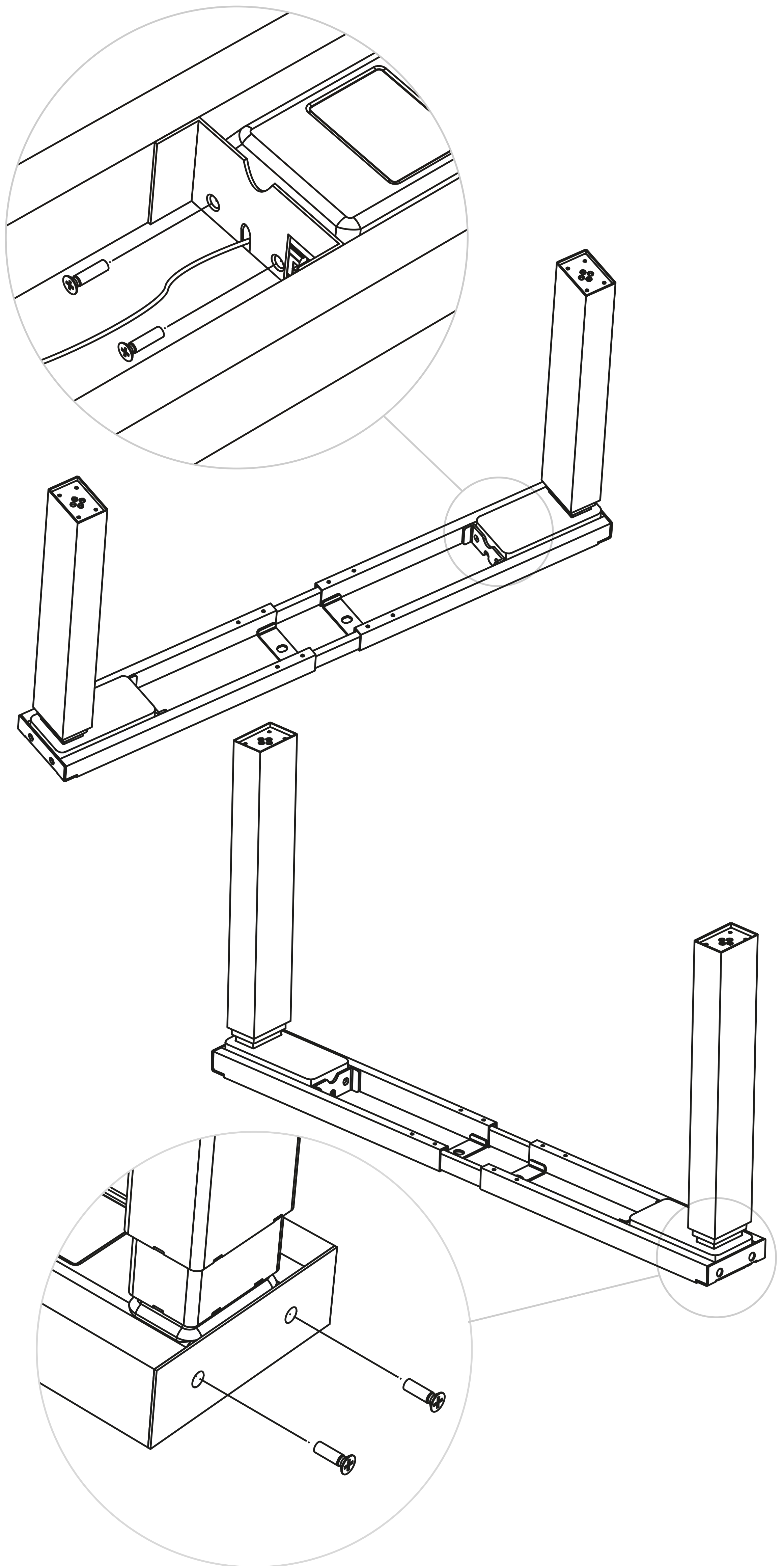
RECESS

1



12mm
Bolts x 8

Place the **Legs (x2)** into the Beam, aligning the holes in the legs with the holes in the beam. Pull the wires from the legs through the openings in the beam, as shown in the diagram below. Tightly secure each leg to the beam with four **12mm Bolts** (4 bolts per leg).



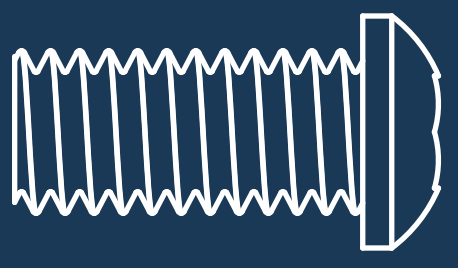
TIP: Both legs work on either side of the beam - stress less!

RECESS

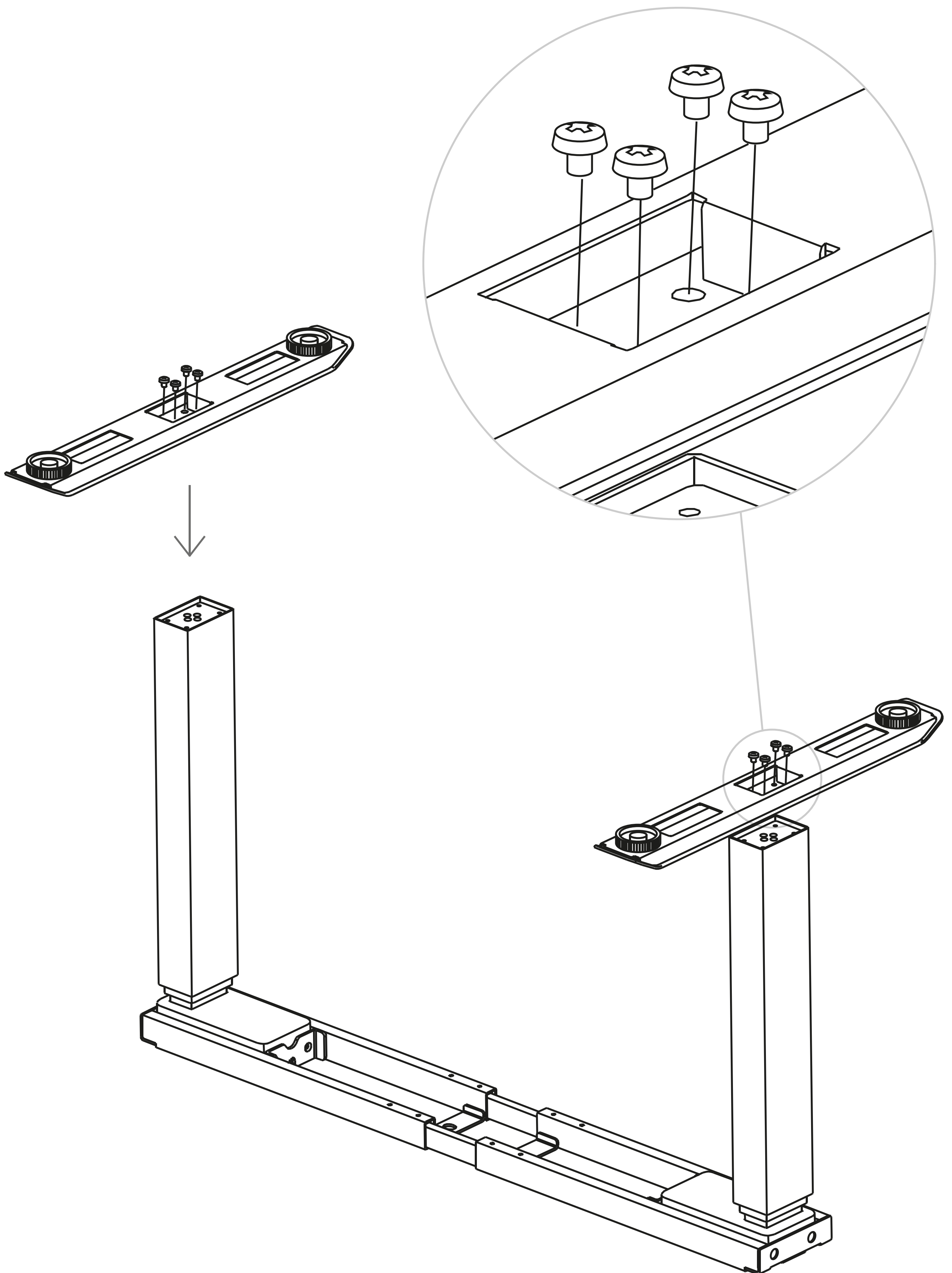


2

Now take the **Feet (x2)** and place each foot on the base of the Legs, ensuring the holes are aligned. Tightly secure the feet to the legs using four **14mm Bolts** (4 bolts per leg).



14mm
Bolts x 8

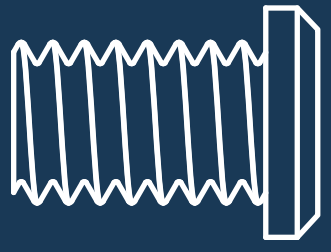


TIP: Either foot works with either leg - your desk is ambidextrous.

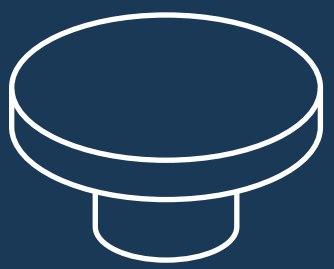
RECESS



3

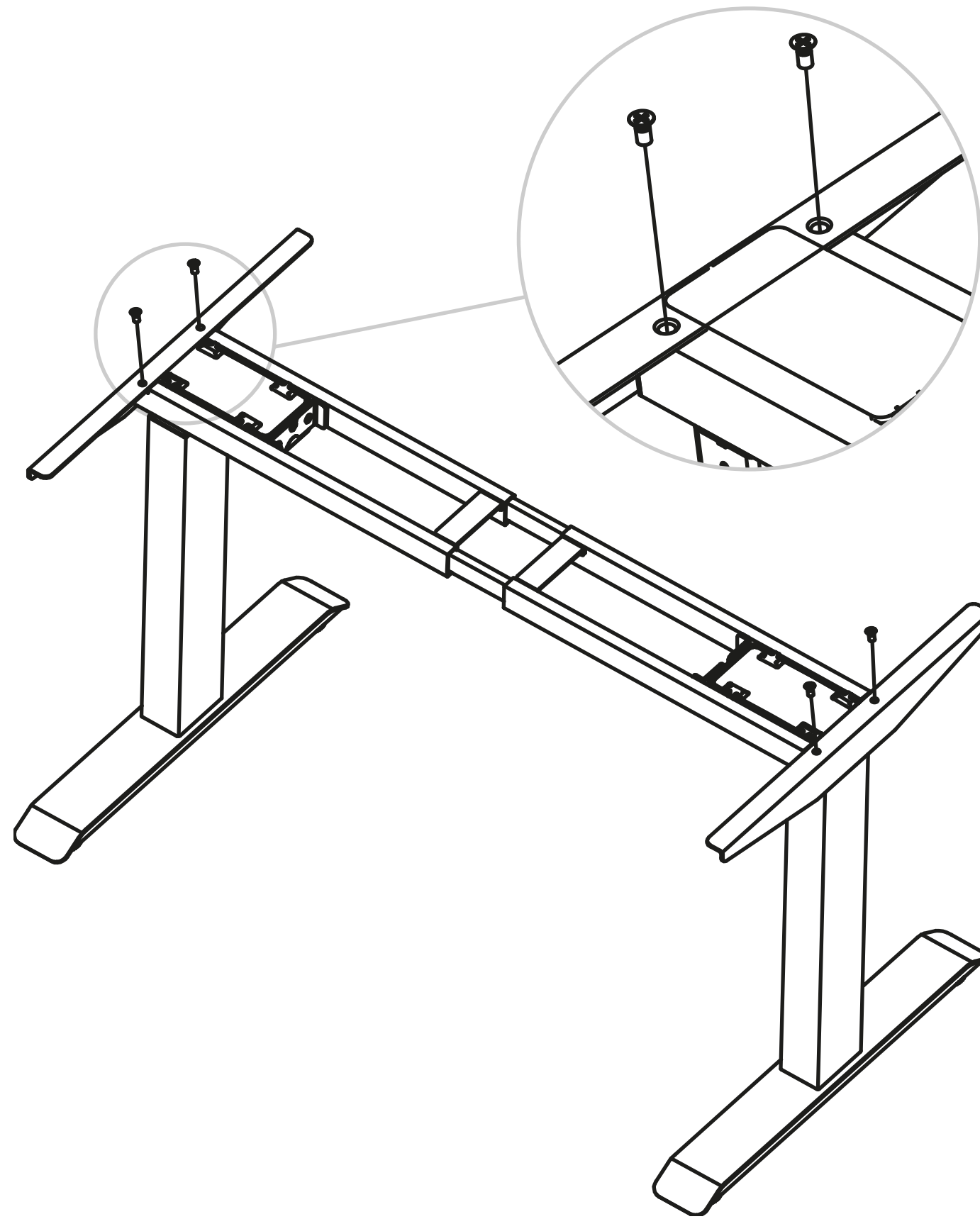


12mm
Bolts x 4

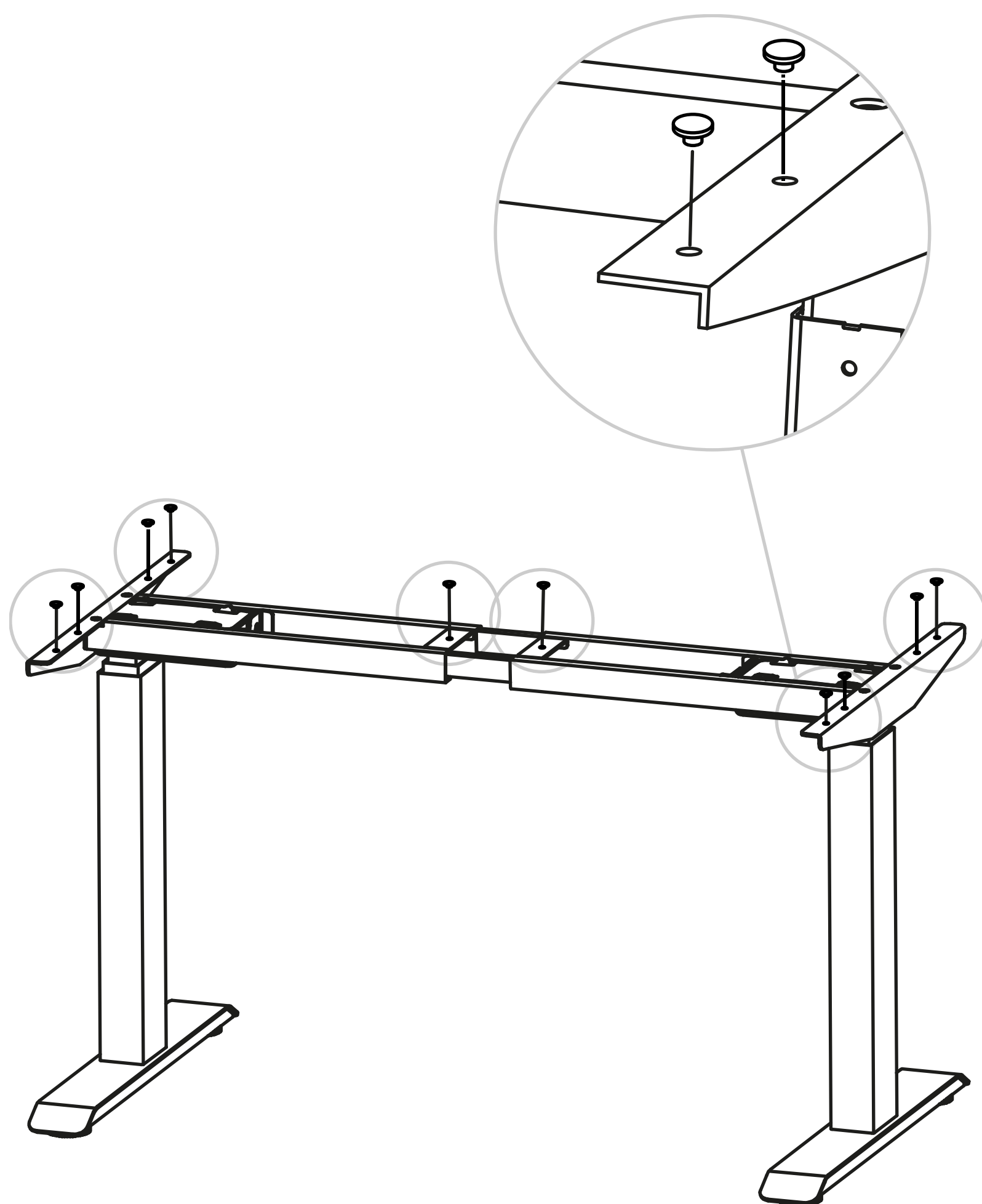


Rubber
Pad x 10

Carefully flip the desk frame so it is now standing upright. Take the **Brackets** (x2) and align the two middle holes with the holes of the Beam. Tightly secure each bracket with two **12mm Bolts** (x4) (2 bolts per bracket)



Next, push the **Rubber Pads** (x10) through the 8 holes on the bracket (4 per bracket) and the two middle holes on the beam (see diagram below) - these ensure a nice comfy cushion for your Table Top.



TIP: If you've got a mate nearby, best to give them a shout for a helping hand for this step - many hands make light work!

RECESS

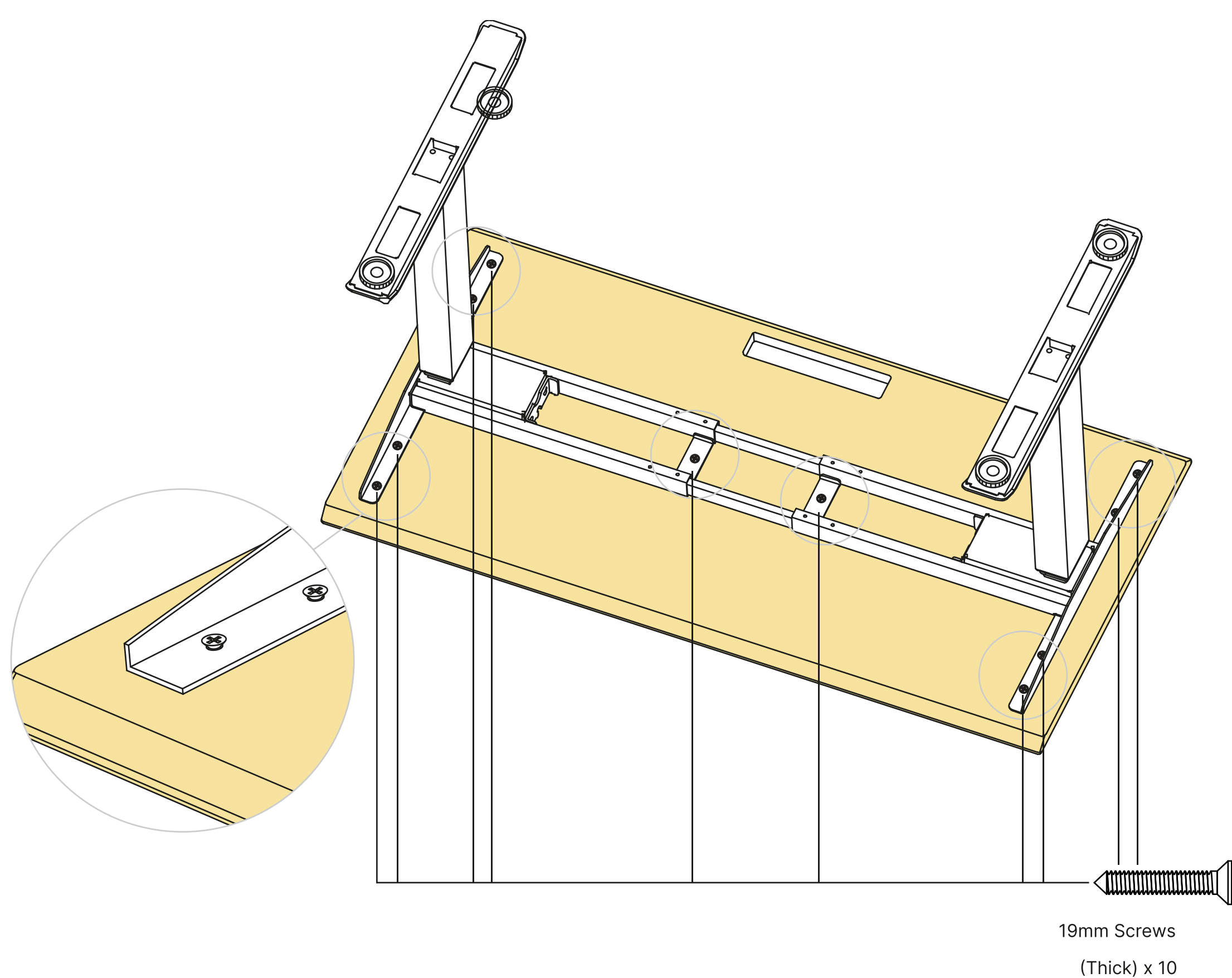


4 A.

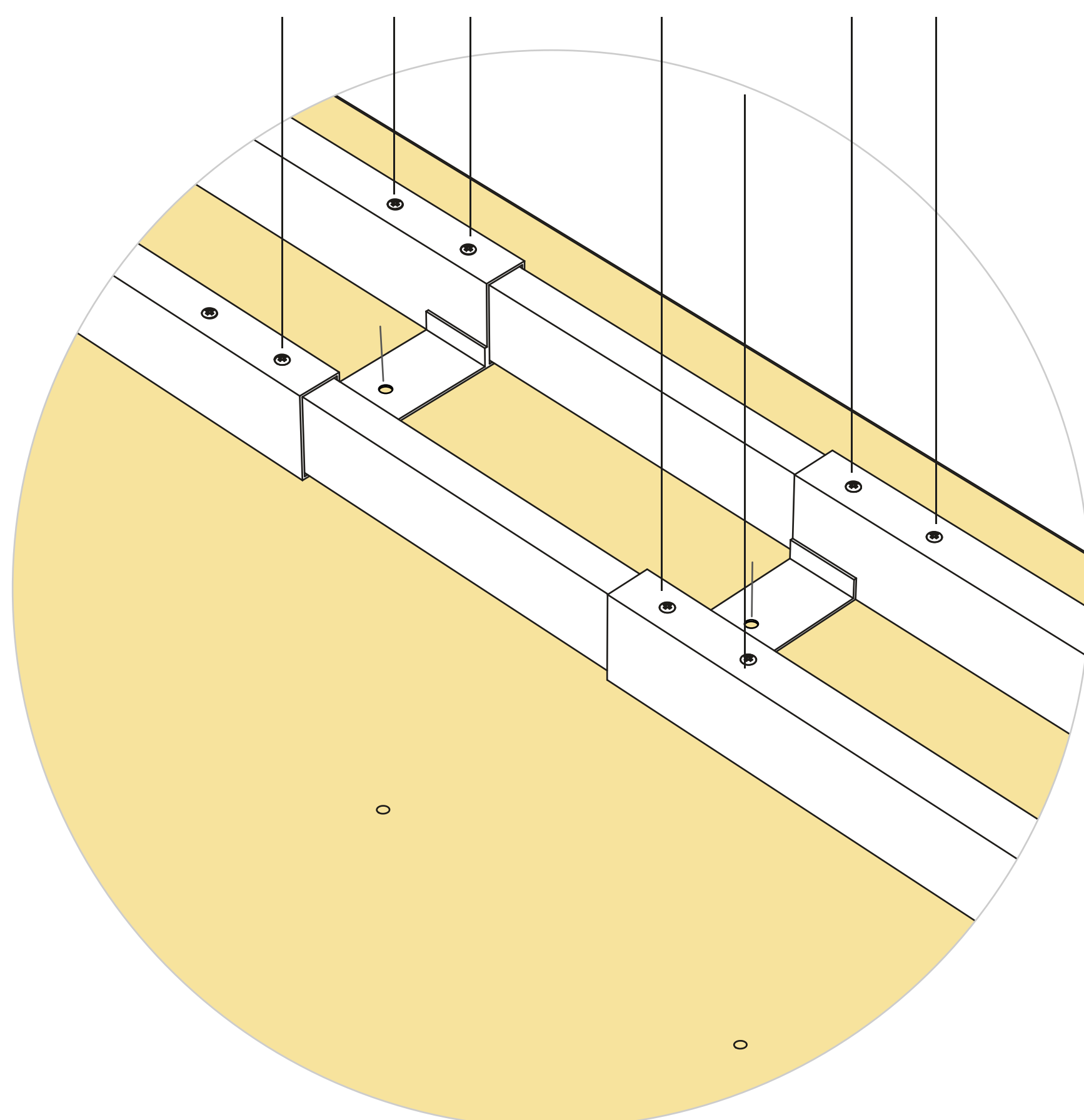
A - With your mate, flip the assembled frame on top of the underside of your Table Top. Align the outside brackets with the Table Top's pilot holes and use the **Thick 19mm Screws** (x10) to secure the frame to the Table Top. The pilot holes should line up with the same holes you inserted those pads into on the frame.



19mm Screws
(Thick) x 12



TIP: Use the Allen Key to loosen the bolts in the centre of the beam to widen or shorten the frame to align the frame with the pilot holes.



RECESS

4 B.

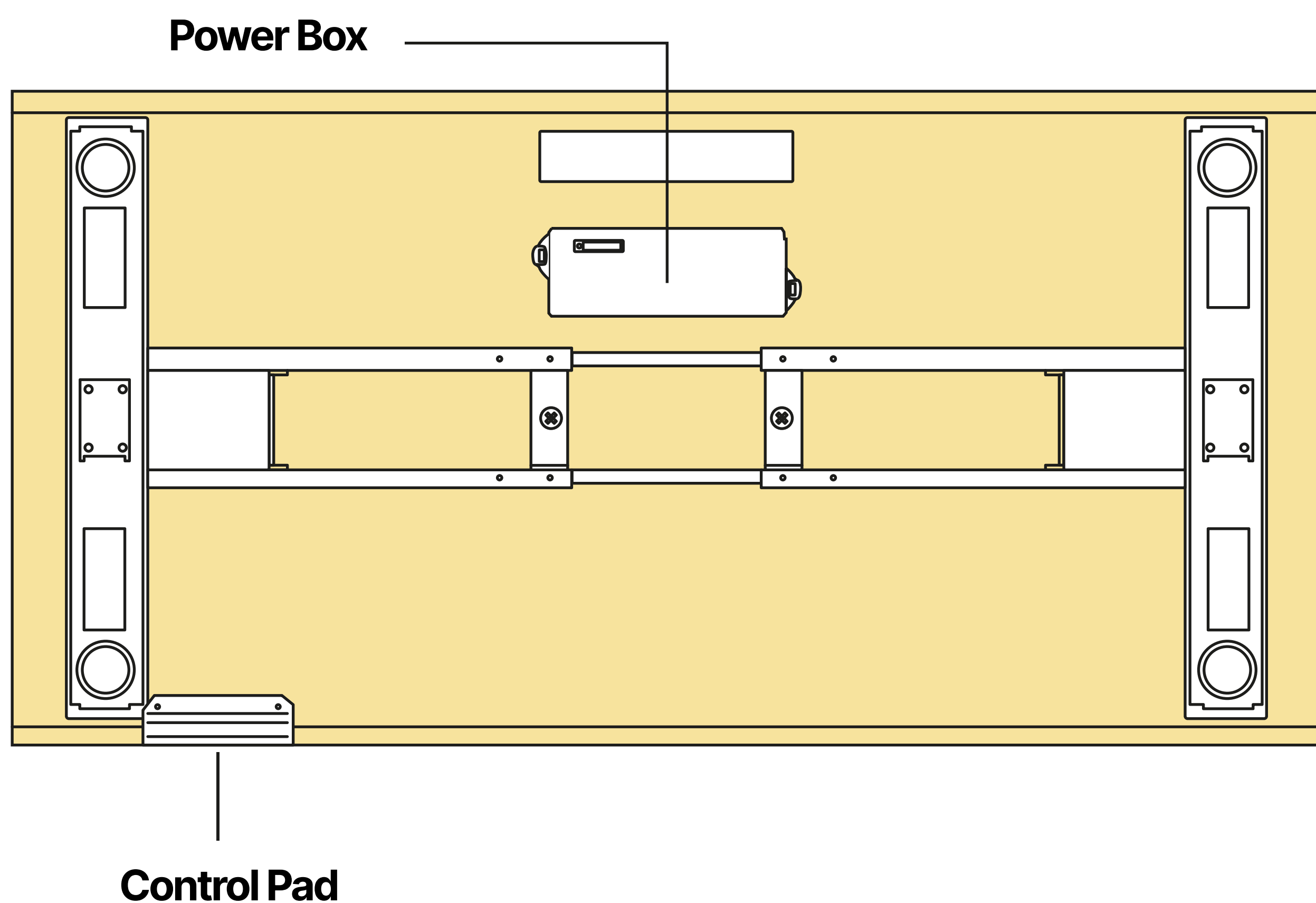


19mm Screws
(Skinny) x 2

STOP:

If you purchased the Cable Tray for cable management, at this point refer over to the assembly instructions for the Cable Tray [here](#).

B - Next, secure the **Power Box** between the Beam and wire grommet by inserting the **Thick 19mm Screws** (x2) into the pre-drilled holes in the Table Top. Then, line up the **Control Pad** holes with the pre-drilled holes in the Table top at the front (the beveled side) and secure the control pad in place using the **Skinny 19mm Screws** (x2).



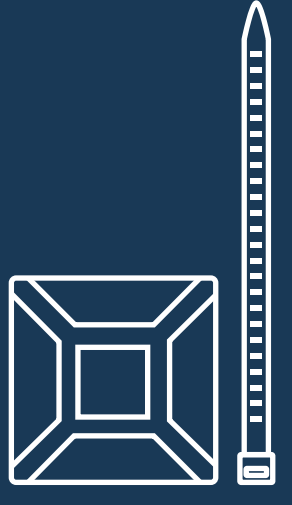
TIP: The Control Pad can go on whichever side pleases you most

Please note: Some tops may come with pilot holes for the power box that don't exactly replicate the instructions here. If that's the case, or if the power box is obstructing your Cable Tray, the power Box can be drilled safely into any location on the desk that suits.

RECESS

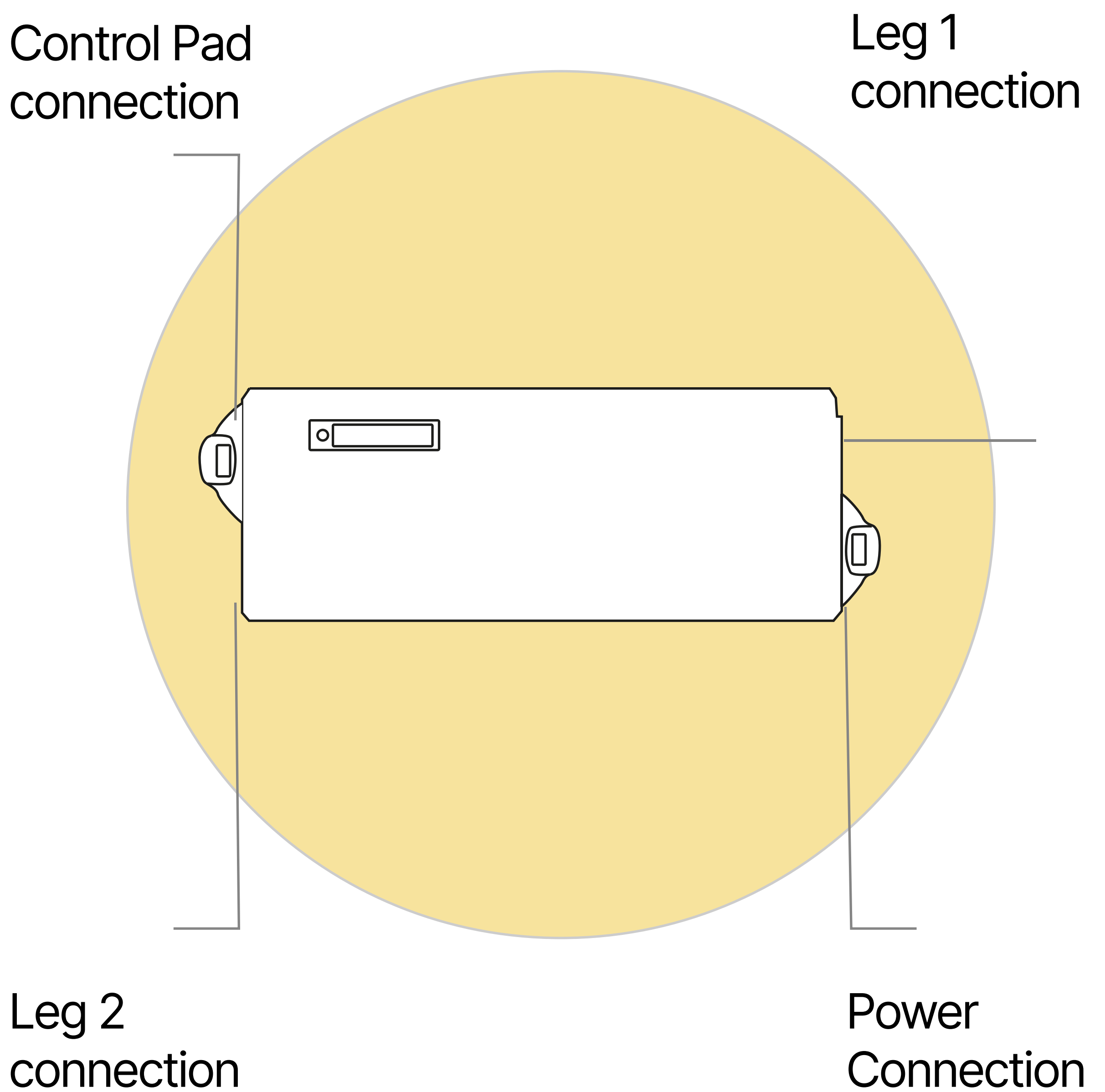


5



Cable
Clips x 5

Almost there - time to wire this bad boy up! Connect the wires coming from the Control Pad and two Legs, into the Power Box as shown in the diagram below. Then, connect the power cable to the power box

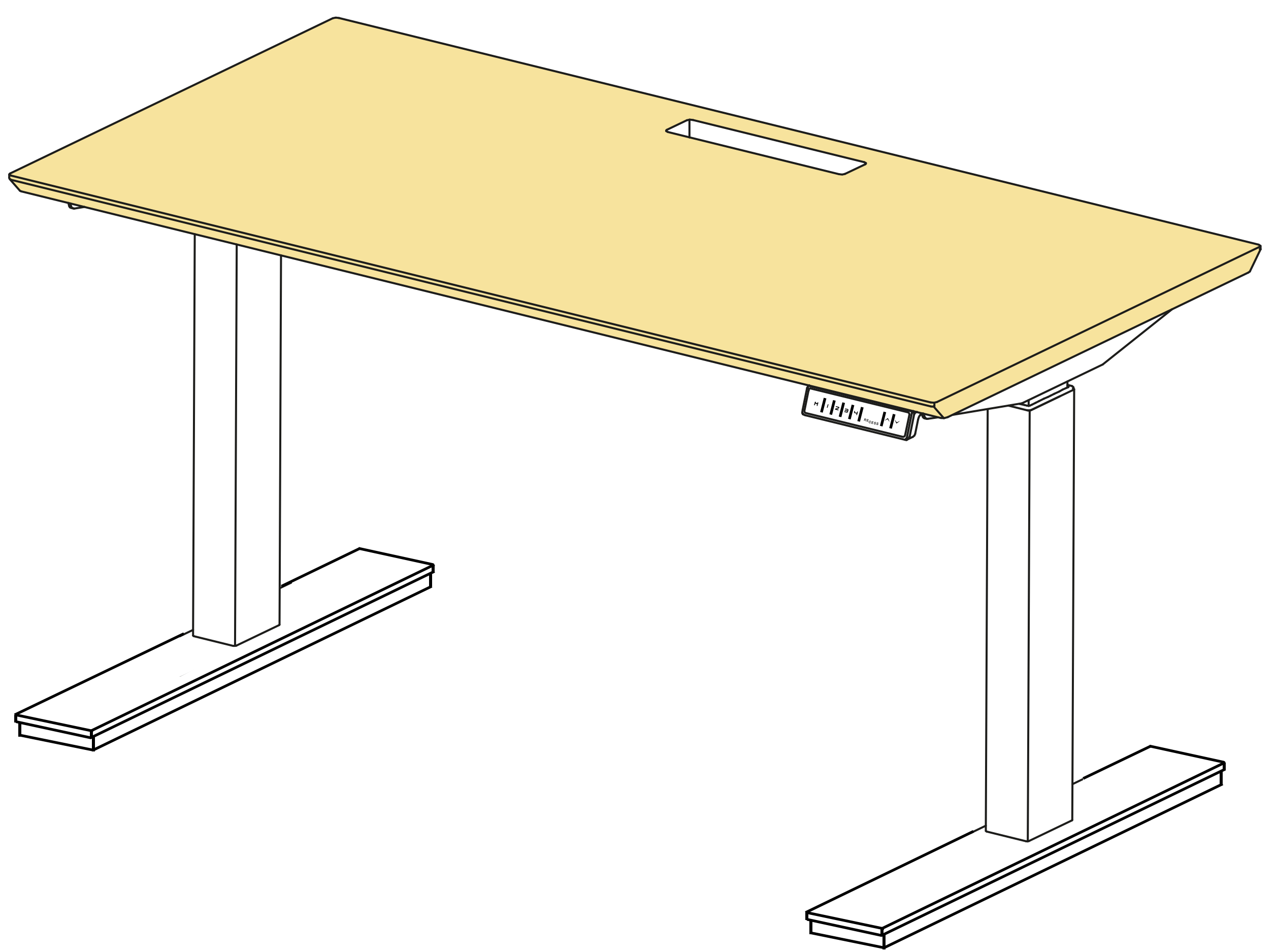


TIP: Use your Cable Clips (x5) to manage those nasty loose cables. Just stick them down where you see fit and loop those cables through



6

Flip your desk with your chosen pal (last favour you ask of them we promise) and plug the power cable into the wall. If you've got a wonky floor, adjust the levellers on the feet as necessary.



TIP: Head to the pub for a bevvy - you've earned it!



RECESS

All done!

Whether you're shipping code for the next great Aussie startup, leverage trading on crypto or just having a gander on the web, we hope your new Standup Desk keeps you working healthy and happy, giving you time for some Recess and play!

Now don't be shy. Show us how it looks!

@recess.au
#myrecessoffice

Contact:

Have a question, comment or suggestion?
hello@recess.com.au

RECESS

User Guide

Memory Preset

To preset a specific height(s), set your desk to the desired height. Once height is appropriately set, press the 'M' button - the display should then show 'S -' where the '-' is flashing. Then select the number you would like to associate with that height. Your handset will remember the exact height for each designated number even if power is lost.



Locking the Control Pad

Should you wish to lock your control pad, press and hold together the 'M' and ' ^ ' buttons until the screen displays 'Loc'. To unlock it, press and hold together the 'M' and ' v ' buttons until the screen display returns to normal.

Anti-Collision Sensitivity

To increase or decrease the sensitivity of the anti collision feature, follow the below steps:

1. Press and hold the 'M' button for 5 seconds.
2. The screen should display 'S-1', where the 1 is flashing.
3. Press the ' ^ ' button so that the display now shows 'S-2', with 2 flashing.
4. Press the 'M' button. From here, you can now adjust the sensitivity of the anti-collision feature, with 8 being the most sensitive and 1 the least.
5. Once the desired sensitivity metric is selected, press the 'M' button to save your selection and return to the normal display.

RECESS

User Guide

Upper & Lower Limit

You can set an upper and lower height of the desk - the operation method is as follows:

1. Set the height to your preferred upper or lower limit. Note: when the height is below 98cm, a lower limit is being set. Above 98cm, and an upper limit is being set.
2. Press the up and down buttons together for 5 seconds at the corresponding height. When you hear a beep sound, the upper or lower has now been set.
3. To cancel the limit you've set, simply lower or raise the desk to the limit you set. Then press the up and down buttons together for 5 seconds - the same beep sound will occur and the limit has now been cancelled.

Resetting the Motor & Control Pad

If you're having issues with your control pad, try resetting it by following these steps:

1. Lower the height of your desk down to the lowest height setting and release the down button.
2. Press and hold the down button - do not release the button until you hear a beep sound.
3. Your handset and motor is now reset and should be working as normal again.

User Guide

Troubleshooting Guide

1. Error Code E01
 - a. Problem: Power box broken
 - b. Solution: Contact Recess support to have new Power Box sent out
2. Error Code E02
 - a. Problem: Rod height difference between the legs is more than 1cm
 - b. Solution: Re-assemble the frame and reset the motor (see above)
3. Error Code E04
 - a. Problem: Control Pad is broken
 - b. Solution: Contact Recess support to have new Control Pad sent out
4. Error Code E06
 - a. Problem: Power box broken
 - b. Solution: Contact Recess support to have new Power Box sent out
5. Error Code HOT
 - a. Problem: Motor is too hot. Time of operation has been more than 2 minutes within 18 minute period.
 - b. Solution: Let the motor rest for 18 minutes
6. Error Code E18 & E26
 - a. Problem: Lift capacity of 125kg has been exceeded
 - b. Solution: Re-distribute the weight on your desk or remove some items.

If you're having further issues, please reach out to the team by email hello@recess.com.au.

RECESS

We promise to only post the good stuff!
Follow us on Instagram and thank us later.

