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Congratulations on choosing the LifeSpan Workplace™ line of products. These products give you the opportunity to remain productive while taking care of yourself as you integrate movement with normally sedentary tasks.

The average American now spends eleven hours, five days a week, sitting, and burns one-hundred fewer calories each day than they did a few decades ago. Sitting for long periods slows your metabolism, reduces calories burned, and increases your risk for heart disease and diabetes.

Whether you plan on placing this product in a TV room, replace your desk at home or are adding another workspace in the office, LifeSpan Workplace™ products are a great way to add movement to an otherwise sedentary activity.

Before you assemble or operate your product, please read this manual thoroughly. Important information, including safety precautions, ongoing product maintenance, assembly instructions, and information on proper operation are included.

If you need to contact LifeSpan customer service, visit our website at www.LifeSpanFitness.com and select customer service. Complete the information requested and we will respond to your inquiry within one business day. In the United States and Canada you can also call 801-973-9993 and choose option 4.

*Neither LifeSpan Fitness nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.*
Warranty

Your LifeSpan standing desk comes with the following limited warranty valid in North America and the United Kingdom. If you are outside of these areas contact your local distributor for warranty information or visit www.LifeSpanFitness.com.

<table>
<thead>
<tr>
<th>Warranty</th>
<th>SD9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frame</td>
<td>10 Years</td>
</tr>
<tr>
<td>Parts</td>
<td>2 Years</td>
</tr>
<tr>
<td>Labor</td>
<td>1 Years</td>
</tr>
</tbody>
</table>

LifeSpan warrants the equipment it manufactures is free from defects in materials and workmanship under normal use and services. The periods above are based on the date of purchase. During these periods, LifeSpan will replace defective parts. Free labor is included on all parts that are not normally assembled or replaced by the customer within the labor period.

If within the time frames specified above, any part fails to operate properly, login to our website at www.LifeSpanFitness.com, click on “Customer Service” and complete the form to request assistance or call 801-973-9993 option 4 for a Customer Service Agent (please note that certain kinds of service should only be performed by a qualified service technician).

LifeSpan reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by LifeSpan are used.

Exclusions and Limitations:
- This warranty does not apply to any defects caused by negligence, misuse, improper assembly, or maintenance, accident, or “act of God.”
- This warranty does not apply to discoloration of paints or plastics.
- LifeSpan shall not be responsible for incidental or consequential damages.
- This warranty is non-transferable from the original owner.

Registration

Should you need to process a warranty claim make sure you retain your purchase receipt to verify the date of purchase and register your LifeSpan product online. To complete the registration go to www.LifeSpanFitness.com and select “Product Registration”.
Proper Grounding

LifeSpan equipment must be grounded. Improper connection of the equipment’s grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the outlet is properly grounded. Do not modify the plug provided with the product or use a ground plug adapter to adapt to a non-grounded outlet. If the plug will not fit in the outlet, have the proper outlet installed by a qualified electrician.

Power Cord Options

This standing desk should only be used with the proper power cord and power outlet. Several power cord options (shown below) are available from LifeSpan. We do our best do include the correct power cord with the standing desk for your area. In the event that the correct power cord is not included in the packaging please contact your local distributor.

Do not use extension cords between the standing desk and power outlet.
At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the product line.

Prior to starting the assembly process, take all the parts out of the box, remove plastic bags and lay everything out on the floor to become familiar with the components.

Since your desk is a heavy piece of equipment, it is recommended that you use two people during assembly and follow these assembly instructions to reduce any problems that may occur.

**Desktop Ships Separately**
Hardware Included

<table>
<thead>
<tr>
<th>Item#</th>
<th>Part Description</th>
<th>Item#</th>
<th>Part Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Front Reinforcement Frame</td>
<td>8</td>
<td>Left Desk Support Bracket</td>
</tr>
<tr>
<td>2</td>
<td>Back Reinforcement Frame</td>
<td>9</td>
<td>Right Desk Support Bracket</td>
</tr>
<tr>
<td>3</td>
<td>Desktop</td>
<td>10</td>
<td>Electronics Control Box</td>
</tr>
<tr>
<td>4</td>
<td>Right Motorized Leg</td>
<td>11</td>
<td>Height Controller</td>
</tr>
<tr>
<td>5</td>
<td>Left Motorized Leg</td>
<td>12</td>
<td>Power Cord</td>
</tr>
<tr>
<td>6</td>
<td>Left Base Foot</td>
<td>7</td>
<td>Right Base Foot</td>
</tr>
</tbody>
</table>

Bag # | Item # | Qty. | Part Description          |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>13</td>
<td>6</td>
<td>M8x12L Screws/Washers</td>
</tr>
<tr>
<td>2</td>
<td>14</td>
<td>8</td>
<td>M8x55L Bolts/Washers</td>
</tr>
<tr>
<td>3</td>
<td>15</td>
<td>6</td>
<td>M6x15L Screws/Washers</td>
</tr>
<tr>
<td>4</td>
<td>16</td>
<td>8</td>
<td>M8x35L Screws/Washers</td>
</tr>
<tr>
<td>4</td>
<td>17</td>
<td>6</td>
<td>M6x15L Screws/Washers</td>
</tr>
<tr>
<td>5</td>
<td>18</td>
<td>3</td>
<td>M4 x10L Screws/Washers</td>
</tr>
<tr>
<td>6</td>
<td>19</td>
<td>2</td>
<td>Phillips Screws</td>
</tr>
<tr>
<td>7</td>
<td>20</td>
<td>4</td>
<td>Cable Ties</td>
</tr>
</tbody>
</table>

M8x12L (x6)  **STEP 1 BAG**  
M8x55L (x8)   **STEP 2 BAG**  
M6x15L Screw (x6)  **STEP 3 BAG**  
M8x35L Screw (x8)  **STEP 4 BAG**  
M6x15L Screw (x6)  **STEP 5 BAG**  
Phillips Screw (x2)  **STEP 6 BAG**  
Cable Ties  **STEP 7 BAG**
SD9 Standing Desk: Assembly Instructions

Step 1: Attach Right and Left Side Bracket

**LOCATE BAG LABELED STEP 1**
Contents: 6 each M8x12L screws with washers

A. Add the *Left Desk Support Bracket*(8) to the *Left Motorized Leg*(5). Each will have an “LLL” sticker attached for easy identification.

B. Stand the leg on the motor side as shown in the illustration and align the bracket.

C. Locate the screws for Step 1 and hand tighten the bracket to the leg. Then securely tighten with the included tool.

D. Repeat for the *Right Desk Support Bracket*(9) and *Right Motorized Leg*(4).

**NOTE:** Make sure that the power cable isn’t set hard on the ground which could damage the wire.

**NOTE:** Do not tighten or loosen set screws. They have been pre-adjusted prior to shipping.
Step 2: Attach Base

**LOCATE BAG LABELED STEP 2**
Contents: 8 each M8x55L bolts with washers

A. Align *Left Base Foot* (6) labelled "LLL" with the *Left Motorized Leg* (5) and connect the wires.

B. Push ALL extra wiring into the *Left Base Foot* (6).
C. Connect the *Left Base Foot*(6) to the *Left Motorized Leg*(5) with the four *M8x55L Bolts with Washers*(14).

D. Insert four *M8x55L Bolts*(14) being careful not to damage wires inside the *Left Base Foot*(6).

E. Hand tighten each of the four *bolts*.

F. Tip the left post on its side.

G. Repeat the same procedure on the right side.

**Step 3: Attach Desktop to Posts**

**LOCATE BAG LABELED STEP 3**

Contents: 6 *M6x15L Screws and Washers*

A. Place the left post on top of the *Desktop*(3) as shown in the illustration. Tighten each of the three *M6 Phillips Screws and Washers*(15) as shown.

B. Repeat on the right side.

**NOTE:**

Be careful not to let the post tip.
Step 4: Attach Reinforcement Frame

**LOCATE BAG LABELED STEP 4**

Contents: 8 each M8x35L Bolts with Washers, 6 each M6x15L Screws.

A. Locate the Front Reinforcement Frame labelled (1) and the Back Reinforcement Frame labeled (2). Place these frames on desktop with screw tabs down and facing each other as shown in figure below.

B. Extend Front and Back Reinforcement Frames (1, 2) to align all mounting holes with Desktop (3) and Motorized Legs (4, 5).

C. Loosely install the eight M8x35L (16) bolts through the Reinforcement Frames (1, 2) and into the Motorized Legs (4, 5).

D. Tighten all eight M8x35L (16) bolts.

E. Using the six M6x15L Screws (17) attach both reinforcement frames to the desktop as shown in the illustration.

F. Tighten the pre-installed Set Screws (A). Be careful not to overtighten as the tube will bend.

**NOTE:**

72" desktop shown for clarity of frame components. When mounting the frame to smaller desktop sizes, the front and back reinforcement frame pieces slide and compress into shorter lengths.
Step 5: Attach Electronics Controller Box

A. Guide the cable with the square connector(B) to the middle of the desk as shown.

B. Connect the 2 pin power cable(C) to the Electronics Controller Box(10).

C. Secure the Electronics Controller Box(10) in place with three M4 screws(18).

D. Attach square connector cables (B, D) to the left side of the Electronics Controller Box(10).
SD9 Standing Desk: Assembly Instructions

Step 6: Attach Height Controller

**LOCATE BAG STEP 6**
Contents: Height Controller, Mounting Clip, 2 Phillips Screws

A. Locate Mounting Clip and Height Controller (11).

B. Connect Mounting Clip to Height Controller by lining up the locking tabs.

C. Slide Mounting clip backward to locking position.

D. Attach to right side of desktop with 2 Phillip screws (19) into pre-drilled holes.
Step 7: Attach Height Controller Cable

**LOCATE BAG LABELED STEP 7**
Contents: 4 **Cable Ties**

A. Locate end of *Height Controller Cable (E)*, guide through hole in *Front Reinforcement Frame (1)* and connect to the *Electronics Control Box (10)*.

B. Attach *Cable Ties (20)* to underside of desk in areas to best secure the *Height Controller Cable*. 
Step 8: Turn Upright and Attach Power

A. Use 2 people to lift and turn upright; and position on floor where desired.

B. Connect the Power Cord (12) from rear Left Desk Foot to an outlet.
Standing Desk Operations
**SD9 Standing Desk: Console Overview & Specifications**

<table>
<thead>
<tr>
<th>CONSOLE</th>
<th>SD9</th>
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<tbody>
<tr>
<td>Readouts</td>
<td><em>Height Adjustment Levels</em></td>
</tr>
<tr>
<td>Display</td>
<td><em>White LED</em></td>
</tr>
<tr>
<td>Buttons</td>
<td><em>Height Adjustments, Memory Pre-sets</em></td>
</tr>
</tbody>
</table>

**Console Buttons**

1. **S**: Sets desk to desired height. Adjust desk height. Hold 'S' button down until display flashes. Push and hold 1, 2, 3 or 4 until number shows in display. This sets your desired height to that button.

2. **1-2-3-4**: Pre-set buttons remember 4 different heights.

3. **Display**: Shows height number setting from range of 079-099.

4. **∧ ∨**: Increases or decreases desk height.
Error Codes

<table>
<thead>
<tr>
<th>Error Code</th>
<th>Description</th>
<th>Handling Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOT</td>
<td>Overheat- System detects the action by not following the rated duty cycle and prevents it from overheating.</td>
<td>Stop operating until cool off.</td>
</tr>
<tr>
<td>E01</td>
<td>Overload- System detects excessive weight* arrangement by not following the rated capacity</td>
<td>Please remove some weight. Release button then press again can continue operation and show current height.</td>
</tr>
<tr>
<td>E16</td>
<td>Block- System detects a sudden resistance or pinch during moving.</td>
<td>Release button. Remove the block source then press button again can continue operation.</td>
</tr>
</tbody>
</table>

* Rated weight capacity is 220 lbs (100kg)

Calibration

1. Press and hold S and UP buttons. The S button needs to be pressed and held first then the UP button so both are being held at the same time. After a second or two the display will start flashing “Set”. The buttons can be released. The desktop will go to the lowest position and then to the highest position and then back to the lowest. The console will then show the normal reading of the desktop.