



Create an Active and Agile Office

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Our Mission

Welcome to **Yo-Yo OFFICE®** and our wellness inspired range of active office furniture solutions. At the age of 17, I lost my father to a coronary heart attack, a loss which has driven me through adulthood to be a force for positive health.

From the outset in 2014 our focus is to encourage “**more movement and activity**” within a workplace to reduce the health risks associated with prolonged sitting. Growing scientific evidence informs us constantly that the **#sitless #movemore** mantra is essential to adopt if a company wishes to improve productivity and mental / physical wellness of their office workers.

With support from **Public Health England**, I commissioned the first global public health **Expert Guidelines Statement** on standing & light activity for office workers. These guidelines were published by the **British Journal for Sports Medicine** in June 2015 and serve as a benchmark for many international research projects. The **Expert Guidelines Statement** for the first time recommends we convert **TWO hours** of sitting time to standing or light activity (during working hours) in order to reduce the risks of prolonged sitting. I also spearhead thought leadership and advocacy on the health benefits of sitting less and moving more in the office workplace.

In 2014 I launched **Get Britain Standing®** a campaign responsible for dramatic growth in awareness of the mental and physical health risks connected with prolonged sedentary working of office workers.

Yo-Yo OFFICE® was established to bring to market high quality standing desk solutions at prices affordable to everyone. Within 9 years **Yo-Yo DESK®** has become the best-selling UK brand in its category and is now selling across Europe.

In 2022 we launched **Yo-Yo POD®** a unique acoustic booth range which focuses on being **#mobile, #modular** and **#multifunctional**. Yo-Yo POD® is ideal for agile work spaces which need ad hoc meeting space, acoustic privacy and inclusive to team members on the move. We are delighted to see workspaces benefit from being more adaptable and flexible.

We look forward to keeping you moving with both **Yo-Yo DESK®** and **Yo-Yo POD®**



Gavin Bradley
Founder & Chief Executive Officer
Yo-Yo OFFICE® Ltd



Benefits of Active

Office workers spend an average **10 hours*** each day sitting; 70% of this sedentary time takes place at the office.

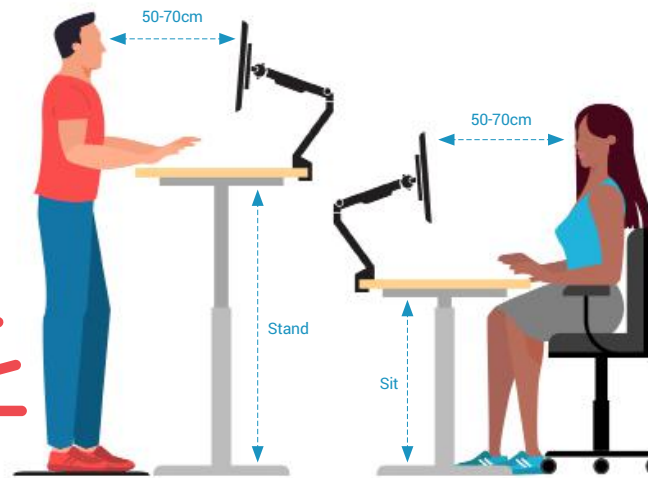
Prolonged and excessive sitting results in increased risks of:

- Heart disease
- Diabetes
- Obesity
- Cancer
- Back ache



To improve mental and physical health it is essential to SWITCH between SITTING and STANDING positions every 30 mins to activate internal organs and boost circulation of blood and oxygen.

The Basics



Posture and Positioning

- **Regular transitioning** between sitting and standing
- Shoulders straight keeping **correct posture**
- **Movement reduces risk** of muscle fatigue (and pain)

Head Position

- Neck straight, **50-70cm** away from screen

Wrist Position

- Wrists at **elbow height** or slightly below
- Elbows at **right angles**

How Movement Improves Your Health

1. Mental Health

Regular hourly movement activates key muscles groups, circulating blood, boosting oxygen flow and keeps internal organs active.

2. Physical Health

Every part of your body benefits from regular movement (including standing) including your brain, shoulders, back, core muscles, glutes and feet.

3. Productivity

It's simple – introducing minor movement changes into your daily routine will increase your mobility and boost your wellness.

Take frequent 'mini breaks' as opportunities to move up/down or away from your desk to help:



Activate your body



Increase your metabolic rate



Break down fats



Reduce blood sugar levels



Boost oxygen flow to your brain

In January 2015, **Public Health England** and **Active Working C.I.C** jointly commissioned an Expert Statement* on the impact of prolonged sitting in the office.

The primary recommendation was that desk-based workers should spend 2-4 hours of their office day in a standing position, to enjoy multiple health benefits.

*Source *Get Britain Standing / Active Working CIC*.

ACTIVE WORKING



Public Health England

On Your Feet Britain



Take part in **On Your Feet Britain**® – the national **activity** awareness day when **2 MILLION desk-based workers** across Britain participate in a variety of fun and simple activities to **#SitLess and #MoveMore** at work.

Taking place this year on the **Thursday 25th April 2024**.

On Your Feet Britain® is a **FREE and FUN** way to reboot and energize your workplace habits and is also a great team activity. This year we're looking

Research shows that regular movement throughout the day leads to

- Better physical and mental health
- Improved concentration
- Increased motivation

Remember it's **FREE** to sign up, www.onyourfeetday.com

Sustainability Focus

Passionate to improve the wellness of our environment, Yo-Yo OFFICE® sustainability drive includes:



Recycled and Sustainable Materials

Desk frames are made from 26% recycled steel. Pod frames are made from 100% hardwood ply and water-based adhesives. Pod fabrics are made 100% from recycled materials.



FSC Certification

All our desktops are made in Britain and FSC certified, an environmental label that requires that the production of wood-based products respect procedures that guarantee the sustainable management of forests.



Eco Packaging

100% cardboard ECO packaging removing plastics and polystyrene from inner packaging.



Solar Power

Our factory and warehouse are powered by electric solar panels.



Easily Re-upholstered & Recycled

Yo-Yo PODS are designed to be easily re-upholstered & recycled. Both carcass & fabrics can be easily dismantled and replaced.



Electric Vehicles

All our company cars are 100% electric powered.

Join the Workplace Revolution

Meet the DESK Family



YO-YODESK[®] PRO 1



YO-YODESK[®] PRO 2



YO-YODESK[®] PRO 3



YO-YO BENCH[®]



YO-YODESK[®] 80



YO-YODESK[®] 90



YO-YODESK[®] BIKE



YO-YODESK[®] 120



YO-YO BOARD 360

About Us

UK's #1 Standing Desk Brand

Yo-Yo DESK[®] is the UK's #1 standing desk brand, with a wide range of options and models.

- With solutions available to match all budgets, our high quality solutions are getting more people moving

- All Yo-Yo DESK[®] standing desks have been designed by ergonomic experts – with “ease of use” central to our design philosophy.

- Regularly featured on TV, Yo-Yo DESK[®] is also Official Partner to **On Your Feet Britain[®]**.

Official partner



Official sponsors



Meet the POD Family



FULLBACK



HALFBACK



OPEN



FREE Shipping

All of our solutions come with **FREE Shipping** and we offer an **installation service** for electric desks.

YO-YO POD®

Keep Moving

Yo-Yo POD® is a mobile acoustic booth – simple to move and reconfigure to add space, flexibility and purpose.

By being modular, it enables numerous layout configurations to be created thereby maximizing flexibility within an agile office. Designed by experts around key movement and sustainability principals.

Available in 2 seater & 4 seater formats:



Mobile

Moves easily & safely, with lockable wheels



Modular

Re-configure any space, again and again



Multifunctional

Meetings, focus work, zoom calls or a room divider



Delivery
7-8 Weeks



100% Recycled
Fabric



Sustainability
Certificate



Made in
Britain



All Aboard the Yo-Yo POD®



2-Seater / FULLBACK

Yo-Yo POD® 2-Seater / FULLBACK our unique **mobile, modular & multifunctional** acoustic booth. Move it around for **meetings, focus work, zoom calls** or as a **sound partition** to create a versatile, inclusive & agile workspace.

Features

- Award-winning **Mobile , modular & multifunctional** acoustic booth
- **Battery power** option , designed to move around an agile workspace
- Fabric made from **100% recycled materials**
- Excellent sustainability credentials & **manufactured in UK**

Specifications

Dimensions	W 200 x D 75 x H 192cm
Lighting	Motion sensor controlled LED light
Product Weight	150kg
User Weight Capacity	300kg
Warranty	5 Years

Camira Eco Fabrics

X2



Oceanic



Quest





2-Seater / HALFBACK

Yo-Yo POD® 2-Seater / HALFBACK our unique **mobile, modular & multifunctional** acoustic booth. Move it around for **meetings, focus work, zoom calls** or as a **sound partition** to create a versatile, inclusive & agile workspace.

Features

- Award-winning **Mobile , modular & multifunctional** acoustic booth
- **Battery power** option , designed to move around an agile workspace
- Fabric made from **100% recycled materials**
- Excellent sustainability credentials & **manufactured in UK**

Specifications

Dimensions	W 200 x D 75 x H 192cm
Lighting	Motion sensor controlled LED light
Product Weight	135kg
User Weight Capacity	300kg
Warranty	5 Years

Camira Eco Fabrics

X2



Oceanic



Quest





2-Seater / OPEN

Yo-Yo POD® 2-Seater / OPEN our unique **mobile, modular & multifunctional** acoustic booth. Move it around for **meetings, focus work, zoom calls** or as a **sound partition** to create a versatile, inclusive & agile workspace.

Features

- Award-winning **Mobile , modular & multifunctional** acoustic booth
- **Battery power** option , designed to move around an agile workspace
- Fabric made from **100% recycled materials**
- Excellent sustainability credentials & **manufactured in UK**

Specifications

Dimensions	W 200 x D 70 x H 192cm
Lighting	Motion sensor controlled LED light
Product Weight	120kg
User Weight Capacity	300kg
Warranty	5 Years

Camira Eco Fabrics

X2



Oceanic



Quest





4-Seater / FULLBACK

Yo-Yo POD® 4-Seater / FULLBACK our unique **mobile, modular & multifunctional** acoustic booth. Move it around for **meetings, focus work, zoom calls** or as a **sound partition** to create a versatile, inclusive & agile workspace.

Features

- Award-winning **Mobile , modular & multifunctional** acoustic booth
- **Battery power** option , designed to move around an agile workspace
- Fabric made from **100% recycled materials**
- Excellent sustainability credentials & **manufactured in UK**

Specifications

Dimensions	W 200 x D 125 x H 192cm
Lighting	Dual motion sensor controlled LED lights
Product Weight	200kg
User Weight Capacity	600kg
Warranty	5 Years

Camira Eco Fabrics

X2



Oceanic



Quest





4-Seater / OPEN

Yo-Yo POD® 4-Seater / OPEN our unique **mobile, modular & multifunctional** acoustic booth. Move it around for **meetings, focus work, zoom calls** or as a **sound partition** to create a versatile, inclusive & agile workspace.

Features

- Award-winning **Mobile , modular & multifunctional** acoustic booth
- **Battery power** option , designed to move around an agile workspace
- Fabric made from **100% recycled materials**
- Excellent sustainability credentials & **manufactured in UK**

Specifications

Dimensions	W 200 x D 120 x H 192cm
Lighting	Dual motion sensor controlled LED lights
Product Weight	180kg
User Weight Capacity	600kg
Warranty	5 Years

Camira Eco Fabrics

X2



Oceanic



Quest



Sustainable Fabrics



Whilst we can use any fabric when building your Yo-Yo POD®, we prefer to focus on those which have a genuine sustainability story.

We source most of our fabrics from **Camira**, a British company that produces fabrics globally. We hold stock of **X2**, **Quest** and **Oceanic** sustainable fabrics made from post-consumer plastic and natural fibres.



Key Benefits

✓ Environmental Sustainability

By using post-consumer plastic waste, **Camira** is reducing the amount of plastic waste that ends up in landfills and oceans. This helps to conserve natural resources and reduce greenhouse gas emissions.

✓ Durability

Can withstand wear and tear and are less likely to need replacing. This reduces the amount of waste generated from discarded fabrics.

✓ Aesthetics

Available in a variety of colours and textures, allowing for customization and versatility in design.

✓ Performance

Stain resistance, flame retardancy, and easy cleaning.

✓ Health and Safety

Produced using non-toxic materials and processes, making them safer for people and the environment.



camira

X2



QUEST



OCEANIC



Battery Power

Yo-Yo POD® is available with a variety of portable battery power solutions which can power multiple devices simultaneously for up to 10 hours*: roof light/PIR, smartphones, laptops, monitor screens and other electronics. If only used for pod LED lighting the battery will provide over 48 hours of power.

Battery power offers a convenient, versatile, and reliable solution for keeping the roof light and electronic devices charged and ready for use. Its portability, versatility, fast charging, long-lasting power, and safety features make it an excellent workplace solution

Key Benefits

✓ Easy to Charge

It takes only **TWO hours** to fully charge each of our battery power solutions. They are designed to stay under the seat, and safely and securely recharged by dropping the cable through a hole in the pod base frame. Simply connect to any mains plug point by moving the pod.

✓ Portable

Whilst our power banks do not need to leave the **Yo-Yo POD®** they are compact and lightweight, making them easy to carry around.

✓ Versatility

Designed to work with a wide range of devices, including smartphones, tablets, laptops, and other electronics. This makes them a versatile and practical solution for keeping devices charged and ready to use.

✓ Fast charging

Super-fast charging technology, allowing for quick and efficient charging of devices. **Full charge within 2 hours.**

✓ Long-lasting power

Designed to provide long-lasting power, allowing users to stay connected and productive for extended periods of time.



DESIGN PLUS
powered by: **light+building**
2022



* All portable battery power solutions come with a max/min guide based on low/high usage. It is possible to charge three devices simultaneously for up to 10 hours. A battery will exceed 48 hours if only used to power the Yo-Yo POD® LED roof light.

Video Conferencing



DTEN® ME Pro is an all-in-one video conferencing touch screen device with wide-angle dynamic cameras designed for professional use. With built-in AI-powered noise suppression and speaker tracking, it will improve audio and video quality during meetings.

DTEN® ME Pro is our “best-in-class” video conferencing solution designed to work with Zoom®, Microsoft® Teams and other video conferencing platforms. Ideal for use in meeting rooms and collaboration spaces - bringing enhanced productivity to the Yo-Yo POD®.



Key Benefits

- ✓ **High-quality video**
4K wide-angle camera gives the impression that you are face-to-face with other participants. 120° camera angle for balanced coverage of all participants in the room. 27-inch screen display with a 1080p resolution.
- ✓ **High-quality audio**
Built-in speakers and 16-microphone array Digital Signal Processing (DSP) technology includes DTEN® Audio AI sound suppression technology to filter out surround sound.
- ✓ **Zoom® Certified**
Certified for use with Zoom® video conferencing software, ensuring compatibility and reliability.
- ✓ **Easy setup and use**
“plug and play”, User-friendly, with a simple setup process and intuitive interface.
- ✓ **Collaboration features**
Screen sharing, whiteboarding, and annotation, making it ideal for team meetings and presentations.



Software
DTEN OS



All-in-One
Multi-Touch Display
3-Camera Array
8-Microphone Array
Integrated Speakers



Display
LED 27” 16:9
1080p Capacitive
Touch Display



Camera System
3 Camera array
Horizontal Field of View (HFOV): 160°
Combined



Your Yo-Yo POD. Your Fabric

Band 1	Band 2	Band 3	Band 3	Band 4	Band 6
Camira Advantage Camira Canopy Camira Cara Camira Carlow Camira Chateau Camira Era Camira Gravity Camira Lucia Camira Manhattan Camira Phoenix Camira Rivet Camira Sonus Camira Target Agua Buro Agua Chea Agua Lavoro Inloom Alba InLoom Bondai Inloom One Inloom Radio Abbotsford Classic Plain Abbotsford Classic Herringbone Chieftain Just Colour Chieftain Carino	Camira Aspect Camira Mainline Flax Camira Mainline Twist Camira Mainline Plus Camira Manila Camira Patina Camira Quest Camira Sonus Etch Camira Urban Camira Vita Camira X2 Camira Xtreme Agua Juno Agua Libra Agua Linetta Agua Task Agua Aries Agua Lunar Agua Paint Pot Agua Stol Inloom Jeans Inloom Jet Inloom King Flex Inloom Riva Inloom Roccia Inloom Time Abbotsford Columbus Plain Abbotsford Columbus Melange Chieftain Pasha	Camira 24/7 Flax Camira 24/7+ Camira Blazer Camira Blazer Lite Camira Halcyon Aspen Camira Halcyon Blossom Camira Halcyon Cedar Camira Hemp Camira Intervene Plain Camira Intervene Texture Camira Kyoto Camira Landscape Balance Camira Landscape Contact Camira Nexus Camira Oceanic* Camira Sumi Camira Synergy Agua Aura Agua Boucle Agua Carmina Agua Cartella Agua Cashmir Agua Eden Agua Kontor Agua Nova Agua Oregon Hyde Agua Primeira Agua Tones Agua VerdEco* Agua Fleck	Agua Parody Inloom Milano Inloom Nautilus* Inloom Sealife* Abbotsford Classic Melton Abbotsford Feast Abbotsford Country Classic Chieftain Earthly Chieftain Lionella *Eco Fabrics	Kvadrat Remix 3 Kvadrat Field 2 Kvadrat Reflect Chieftain Protect 7	Crest Contempo* *Leather not available on all products
			Band 4	Band 5	Band 7
			Camira Acrobat Camira Aquarius Camira Regent Camira Silk Camira Track Camira Yoredale Agua Cord Agua Finezza Agua Pearl Agua Mystique Agua The 7 Collection Inloom Corte Inloom Spazio Abbotsford Cable / Luxury Knitted Weave Abbotsford Sateen	Camira Craggan Flax Camira Deca Camira Zap Inloom Nabucco Abbotsford Exhilerate + London Abbotsford Texture / Luxury Weave Abbotsford Exquisite Heathers Kvadrat Clara 2 Kvadrat Canvas 2 Kvadrat Atlas Kvadrat Melange Nap	Camira Quilt Kvadrat Steelcut 3 Kvadrat Steelcut Trio 3 Ultra Fabrics UltraLeather Crest Old English* Crest Shelly* Crest Selvaggio* *Leather not available on all products

*We can manufacture to most fabric band choices. Delivery timelines may vary according to stock availability.

[Call us to discuss your specific requirements.](#)

YO-YO DESK®

Keep Moving



Yo-Yo DESK® PRO is a brand leading range of executive standing desks ideal for both office and WFH.

Yo-Yo DESK® PRO is an Independent Newspaper award winner for “Best Electric Standing Desk”.

- ✓ Frames made from recycled steel
- ✓ SilentMotion™ technology system which uses very low energy
- ✓ Customizable with over 300 size, décor and frame combinations
- ✓ Up to 7-year warranty



Delivery
1-2 Days



Sustainability
Certificate



Made in
Britain



7 Year
Warranty

Sit-Stand Desks

YO-YO DESK® PRO 1



Yo-Yo DESK® PRO 1 is our economy priced Single Motor and Standard Height (2 step) home office standing desk.

Features

- SilentMotion™ technology. Extendable frame made from recycled steel
- Single motor with an even load capacity of 70kg

Specifications

Colours	Black, White, Silver
Motors	1
Load Capacity	70kg
Height Adjustment Range	72.5 – 122.5cm (Frame only)
Memory Settings Display	No
Anti-Collision	No
Warranty	5 Years

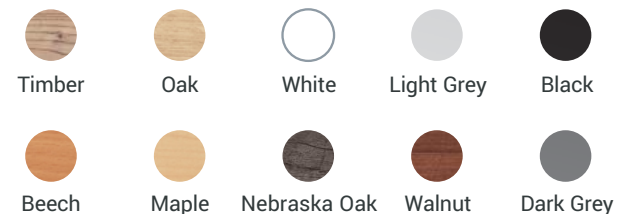
Desktop Sizes

Width	Depth
100cm	60cm
120cm	70cm
120cm	80cm
140cm	80cm

*Installation service available



Desktop Colours



YO-YO DESK® PRO 2



Yo-Yo DESK® PRO is our high-quality, German designed executive sit-stand desk. Built from reinforced steel to deliver **maximum stability**.

Features

- SilentMotion™ technology. Extendable frame made from recycled steel
- Dual motors with load capacity of 100kg. PRO2+ offers extra height range

Main Specifications

Colours	Black, White, Silver
Motors	2
Load Capacity	100kg
Height Adjustment Range	70 – 120cm (Frame only)
Memory Settings Display	Yes
Anti-Collision	Yes
Warranty	7 Years

Desktop Sizes

Width	Depth
120cm	80cm
140cm	80cm
160cm	80cm
180cm	80cm

*Installation service available



Desktop Colours



YO-YO DESK® PRO 3



Yo-Yo DESK® PRO 3 is our high-quality triple motor economy priced Standard Height (2 step) Corner / 3 Leg standing desk.

Features

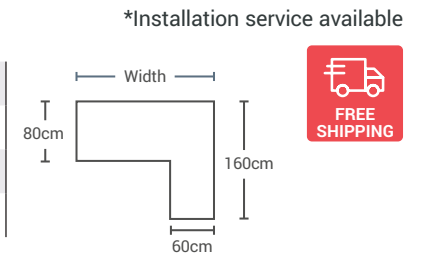
- SilentMotion™ technology. Extendable frame made from recycled steel
- Triple motors with load capacity of 150kg. PRO3+ offers extra height range

Main Specifications

Colours	Black, White, Silver
Motors	3
Load Capacity	150kg
Height Adjustment Range	70 – 120cm (Frame only)
Memory Settings Display	Yes
Anti-Collision	Yes
Warranty	7 Years

Desktop Sizes

Width	Depth
140cm	80cm
160cm	80cm
180cm	80cm



Desktop Colours



YO-YO DESK® DUO



Yo-Yo DESK DUO® is our high-quality Standard Height (2 Step) economy priced Dual / Back-to-Back standing desk.

Features

- SilentMotion™ technology. Extendable frame made from recycled steel
- Excellent cable management and ducting options

Main Specifications

Colours	Black, White, Silver
Motors	2x2
Load Capacity	100kg / Desk
Height Adjustment Range	70 – 120cm (Frame only)
Memory Settings Display	Yes
Anti-Collision	Yes
Warranty	7 Years

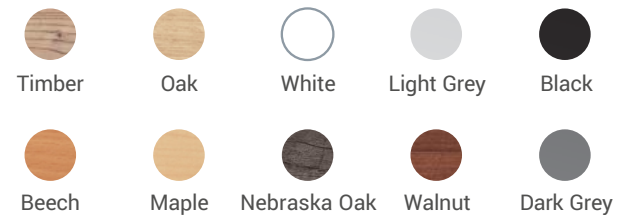
*Installation service available

Desktop Sizes

Width	Depth
120cm	80cm
140cm	80cm
160cm	80cm
180cm	80cm



Desktop Colours



Your Desk. Your Top

We understand every office is individual - so we've expanded our range in order to tailor desktop colour requirements to individual preferences and needs.











Speak to us about your colour, shape, size and edging desktop requirements and we will deliver (within up to 48 hours).

We offer expert installation within 7-12 working days. Standard Yo-Yo DESK® PRO solutions are available within 2 days and Made-to-Order requirements are available in 3-4 weeks.

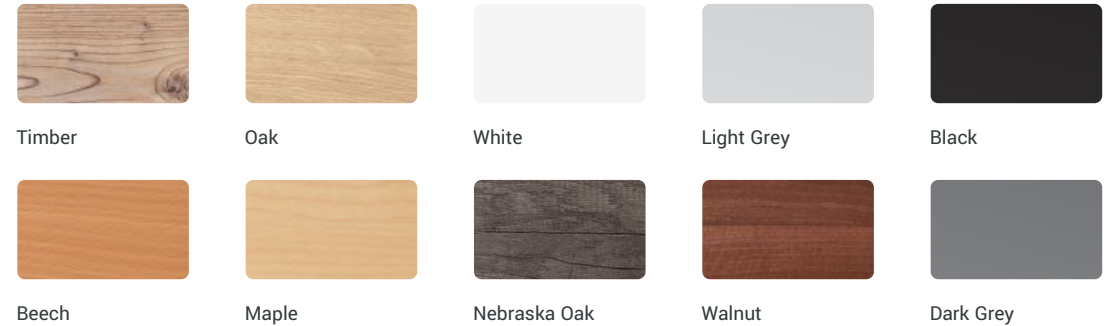
Top Quality

- Heavy duty laminate tops (25mm thick) are hard wearing, heat and scratch resistant
- MFC core is heat resistant to 180° centigrade
- Fitted with metal-to-metal fixings to ensure that the desks have the strongest possible construction

DESKTOP DIMENSIONS

	100 x 60cm <i>No Portholes</i>
	120 x 70cm <i>No Portholes</i>
	120 x 80cm <i>With Portholes</i>
	140 x 70cm <i>With Portholes</i>
	140 x 80cm <i>With Portholes</i>
	160 x 80cm <i>With Portholes</i>
	180 x 80cm <i>With Portholes</i>
	140 x 160 x 80 x 60cm <i>With Portholes</i>
	160 x 160 x 80 x 60cm <i>With Portholes</i>
	180 x 160 x 80 x 60cm <i>With Portholes</i>

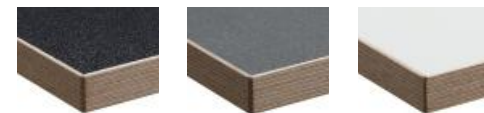
DESKTOP COLOURS



GROMMETS

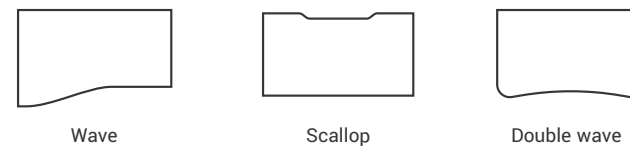


PLYWOOD EDGING



Available with Black, Dark Grey and White (Additional surcharge)

CUSTOM SHAPES AND SIZES**[1]



[1] Delivery of Non-Standard shapes, colours and sizes takes 4-6 weeks and is subject to a surcharge.

YO-YO DESK®

Keep Moving



Yo-Yo DESK® offer a brand leading range of desk rising converters.

Ideal to transform an existing desk into a Sit-Stand desk.

Yo-Yo DESK® 90 is an Independent Newspaper award winner for "Best Desk Riser Solution".

- ✓ Converts any desk into a standing
- ✓ Extensive range of affordable ergonomic solutions
- ✓ 3-year warranty



Delivery
1-2 Days



Sustainability
Certificate



Eco
Packaging





3 Year
Warranty

Desk Risers

YO-YODESK® CLASSIC



Yo-Yo DESK® CLASSIC is the UK's best-selling standing desk converter. It is especially suitable for users who need more desktop space and weight load (ie monitors) to be placed on the desktop. Better performance and pricing than it's leading competitors: Varidesk and Ergotron.

- Converts any desk into a standing desk
- Adjustable to **15 different heights** with easy press levers
- Easy installation (5 minutes)
- Available in **Black and White**  

Features

- Smooth height adjustment: 15 adjustable heights
- Switch from sitting to standing in a second using easy-press levers on each side
- Height extension: 15 - 50cm (Desktop), 0 - 35cm (Keyboard)
- Aircraft grade gas-strut
- 3 sizes: MINI, 90cm and 120cm. All Black or White
- Load capacity: MINI - 15kg, 90 - 15kg, 120 - 20kg
- Easy install (5 minutes)
- **3-year warranty**



YO-YODESK® MINI



YO-YODESK® 90





YO-YODESK® 120

YO-YO DESK® SLIM



Yo-Yo DESK® SLIM has 30 adjustable heights and glides more lightly due to its lower weight. Suitable for users who need less desktop space.

- Converts any desk into a standing desk
- Adjustable to **30 different heights** with patented **Quick-Release® Lock**
- Easy installation (5 minutes)
- Available in **Black and White**  

Features

- **Smooth height adjustment:** 30 adjustable heights
- Switch from sitting to standing in just 1 second using **easy-press lever** on right hand side
- **Height extension:** 10 - 50cm (Desktop), 0 - 38cm (Keyboard)
- **Aircraft grade** gas-strut
- **3 sizes:** 80cm, 95cm and CUBE corner desk. All Black and White
- **SLIM table-top** (40cm deep) with lighter frame
- **15kg load capacity**
- **Easy install** (5 minutes)
- **3-year warranty**



YO-YO DESK® 80 S



YO-YO DESK® 95 S





YO-YO DESK® CUBE S

YO-YODESK® GO



Yo-Yo DESK® GO effortlessly transforms any desk into a personalised sit-stand desk. The height adjustable keyboard tray glides up/down to any height. Flexible monitor movement capability enables swivel, rotation and tilt thereby making it the optimal ergonomic sit-stand solution.

- Height adjustment on a vertical pole promotes optimal ergonomic positioning
- Enables user to develop faultless sit-stand working posture
- Effortlessly lifts to the correct height
- Available in **Black and White**  

Features

- **Height adjustment** on a vertical pole promotes optimal ergonomic positioning
- Enables user to develop **faultless sit-stand working posture**
- **Effortlessly lifts** to the correct height
- Wide range of movement capability which allows for **swivel, rotation and tilt** to match different viewing angle needs
- **Storage organiser** and embedded rack will hold most tablets and phones
- **Cable management** at rear of pole will keep cables organised for a clean clutter-free look
- Detachable VESA plate for **easy installation**. 15 – 30 minutes **simple assembly**
- **3-year warranty**



YO-YODESK® GO 1



YO-YODESK® GO 2

YO-YO DESK®

Keep Moving



When we sit, it is very important to move often and easily. Our Seating solutions are designed to encourage frequent motion.

- ✓ Our Active Seating enable users to move more easily and more often
- ✓ Encouraging continuous adjustments to posture and seating position, throughout your working day
- ✓ We only stock high-quality, best-performance, active seating **options**



Delivery
2-3 Days



Eco
Packaging



Sustainability
Certificate



3 Year
Warranty

Active Seating

Active Seating

Enjoy the benefits of optimal posture and a healthier back



Yo-Yo ERGO® STOOL

Yo-Yo ERGO STOOL is the definitive addition to any standing desk. Seat position designed for optimal posture, combining the ergonomic benefits of stool with a built-in anti-fatigue mat base on castor



Seat colour options:



Ongo® CLASSIC

From our leading active seating range Ongo® CLASSIC seat strikes an excellent balance between sitting and movement. Curved base responds to shift in weight, activating multiple muscle group



Seat colour options:



Ongo® FREE

Ongo® FREE is our best-selling active seating solution. It strikes the perfect balance between sitting and movement - dynamically.



OSLO

OSLO (from Formetiq) is a highly functional chair at unbeatable value. Features a mesh back with rear chrome accent, stylish integrated armrests and its lockable tilting mechanism.



VIENNA

VIENNA (from Formetiq) is stylish yet functional chair at unbeatable value. Includes optional armrests to give you a choice for greater mobility. Features a breathable mesh back with lumbar



TONIQUE

TONIQUE (from Koplus) is an excellent all-round quality task chair available at a very competitive price. Elegant design, Tonique comes "fully loaded" as standard.

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HÅG CAPSICO PULS – Saddle Padded

Iconic Swedish design. Uniquely shaped **active seating solution** lighter plastic seat with an integrated **saddle seat cushion**

Multiple ways to sit or half stand. **Ideal for WFH or Office**



HÅG CAPISCO PULS – Full Seat Padded

Iconic Swedish design. Uniquely shaped **active seating solution** lighter plastic seat with an integrated **FULL seat cushion**

Multiple ways to sit or half stand. **Ideal for WFH or Office**



HÅG CAPISCO

Iconic Swedish design. Uniquely shaped **active seating solution**

Multiple ways to sit or half stand. **Ideal for WFH or Office**



Swopper

Iconic aeris **active stool** puts a smile on all faces
Designed to promote excellent posture and **regular core movement**



Muvman Stool

Award winning aeris active stool. Designed for easy lifting and movement

Alternate often for dynamic sitting & perching

Complete your wellness setup



YO-YO MAT®

Key Features

- Yo-Yo MAT® is the UK's best-selling anti-fatigue mat
- **Excellent strength** and durability
- **10-year warranty**



YO-YO BOARD 360

Key Features

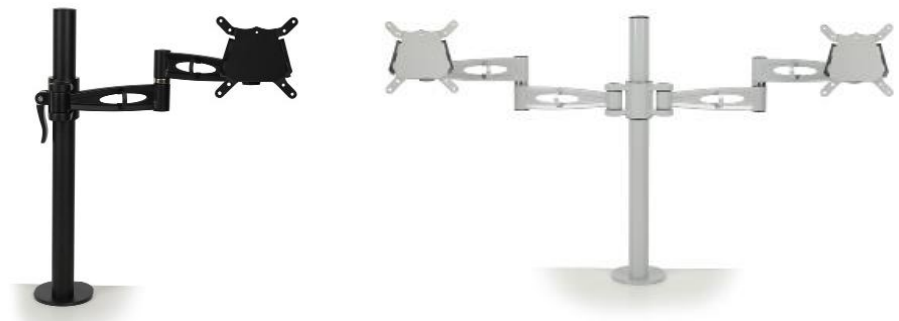
- Mat cushioning encourages **regular foot movement**
- **2 models:** Yo-Yo BOARD (side to side) and Yo-Yo BOARD 360 (360 degree movement)
- **10-year warranty**



LEVO Monitor Arm

Key Features

- Perfect for use with **dual/twin** screens
- Optional **twin rail attachment** to attach dual / twin screens
- **5-year warranty**



Kardo Monitor Arm

Key Features

- Perfect for use with **dual/twin** screens
- **5-year warranty**



Contact Us

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