





Create an Active and Agile Office

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.

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.

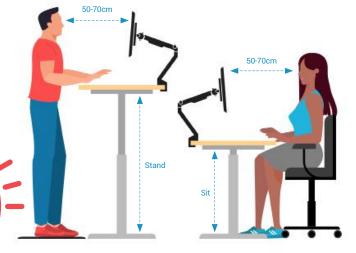
*Source Get Britain Standing / Active Working CIC.





Public Hea England

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
- 2. Physical Health
- 3. Productivity
- Regular hourly movement activates key muscles groups, circulating blood, boosting oxygen flow and keeps internal organs active.
- Every part of your body benefits from regular movement (including standing) including your brain, shoulders, back, core muscles, glutes and feet.
- 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









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



7-8 Weeks



100% Recycled Fabric



















FULLBACK 2-Seater

Yo-Yo POD® / FULLBACK 2-Seater 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

















HALFBACK 2-Seater

Yo-Yo POD® / HALFBACK 2-Seater 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

<u>-</u>	
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

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Oceanic

















OPEN 2-Seater

Yo-Yo POD® / OPEN 2-Seater 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





















FULLBACK 4-Seater

Yo-Yo POD® / FULLBACK 4-Seater 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 light
Product Weight	200kg
User Weight Capacity	600kg
Warranty	5 Years

Camira Eco Fabrics

X2



Oceanic

















OPEN 4-Seater

Yo-Yo POD® / OPEN 4-Seater 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 light
Product Weight	180kg
User Weight Capacity	600kg
Warranty	5 Years

Camira Eco Fabrics

X2







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.

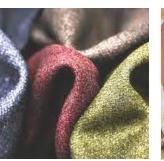
✓ Health and Safety

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





camira



X2

QUEST



OCEANIC





Battery Power

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Yo-Yo POD® is available with a variety of portable battery power solutions which can power multiple devices simultaneously for up to 8 hours*: roof light/PIR, smartphones, laptops, monitor screens and other electronics. If only used for pod LED lighting the battery will provide over 24 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.







* 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 8 hours. A battery will exceed 24 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 Al-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 Al 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.







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 5	Band 6
Camira Era	Abbotsford Classic Melton	Abbotsford Feast	<u>Vescom Samar</u>	Bute Alchemy	Bute Coast
Camira Urban	Agua Cashmir	<u>Abbotsford Chess</u>	Warwick Lustre	Bute Clyde	Bute Tweed
Camira Château	Agua Juno	Abbotsford Polo	Warwick Lovely	Bute Elgin	Bute Lewis
Camira Xtreme	Agua Libra	Agua Furnisoft	Warwick Macrosuede	Bute Ramshead	Camira Synergy Quilt
Camira X2	Agua Tones	Camira Blazer	Warwick Shagreen	Bute Troon	Deploeg Walker
Camira Gravity	Agua Parody	Camira Synergy		Bute Turnberry	Fidivi Voque
Camira Canopy	Camira Main line Flax	Camira Landscape		Camira Zap	Kvadrat Re-wool
<u>Camira Rivet</u>	Camira Honeycomb	Camira 24/7 Flax		Camira Armadillo	Kvadrat Steelcut 2
Camira Manhattan	Camira Aspect	Camira Aquarius		Deploeg Stavanger	Kvadrat Steelcut trio 2
Camira Vita	Camira Patina	Camria Regent		Fidivi Terra	Yarwood Mustang*
Camira Era 170	Camira Manila	Camria Hemp	Band 4	Kvadrat Canvas	Yarwood Cosmopolitian*
<u>Fidivi Alba</u>	Fidivi King Flex	Camira Kyoto			rai wood Cosinopolitian
<u>Fidivi Bondai</u>	<u>Fidivi One</u>	Camira Mainline Flax Stripe	Abbotsford Columbus Plain	<u>Ultrafabrics Ultraleather Pro</u>	
<u>Fidivi Radio</u>	<u>Fidivi Riva</u>	Camira Silk	Abbotsford Columbus Melange	<u>Ultrafabrics Brisa</u>	Band 7
Panaz Cadet	Fidivi Roccia	Camira Blazer Lite	Camira Craggan Flax	<u>Ultrafabrics Tottori</u>	
	Panaz Linear	Camira Synergy 170	Camira Code	<u>Ultrafabrics Cove</u>	Bute Melrose
	Panaz Microvelle	Camira Sumi	Camira 24/7	<u>Ultrafabric Eco Tech</u>	<u>Deploeg Sugar</u>
	Panaz Ultimate Touch	Fidivi Fox	Camira Individuo	<u>Ultrafabrics Wired</u>	Kvadrat Divina3
	Spradling Valencia	Fidivi Laser J	Camira Yoredale	<u>Ultrafabrics Dwell</u>	Panaz Purdey
	Spradling Silvertex	<u>Fidivi Mini Melange</u>	Fidivi Corte	<u>Ultrafabrics Helix</u>	<u>Vescom Ariana</u>
	Spradling Hitch	Fidivi Spazio	Fidivi Goal Unito	<u>Vescom Bowen</u>	Yarwood Chelsea*
	Spradling Vogue	Kvadrat Atlas	Kvadrat Clara 2	Vescom Lani *	Yarwood Hammersmith*
	Warwick Plush	Kvadrat Remix 2	Kvadrat Field	Yarwood Style*	Yarwood Camden*
	Warwick Lino	Panaz Harvard	Kvadrat Floyd		
	Warwick Ultra	Panaz Highland	<u>Ultrafabrics Ultraleather</u>		
	Yarwood Dollaro	<u>Vescom Furka Plus</u>	Warwick Calf		

^{*}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® 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





Sit-Stand Desks



YO-YODESK®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









Nebraska Oak Walnut



















Yo-Yo OFFICE® Brochure 2023

YO-YODESK®PRO 2





Yo-Yo OFFICE® Brochure 2023



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

Deskton Sizes

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

*Installation service available



Desktop Colours





















Nebraska Oak



Walnut

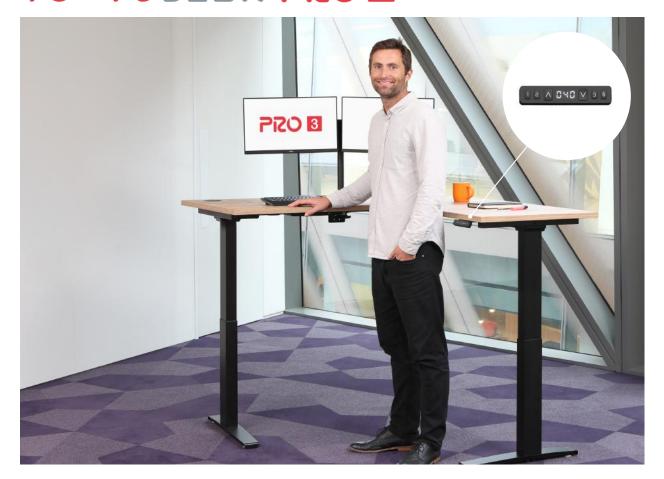








YO-YODESK®PRO 3







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
 Image: Control of the property of the pro

*Installation service available

Desktop Colours





YO-YODESK®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

Desktop Sizes

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

*Installation service available



Desktop Colours



Beech















Nebraska Oak











Yo-Yo OFFICE® Brochure 2023

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



DESKTOP COLOURS



GROMMETS













PLASTIC (FREE)

Black, Grey and White

METAL (£15 each) Black Matt, Chrome and White Gloss

PLYWOOD EDGING







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

CUSTOM SHAPES AND SIZES[1]**







Wave

Scallop

Double wave

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









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



1-2 Days







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® 90



YO-YODESK® 120





YO-YODESK® 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-YODESK®95



YO-YODESK°CUBE S





YO-YODESK®GO



Yo-Yo DESK® GO effortlessly transforms any desk into a personalised sitstand 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 A









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









Active Seating



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



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. Enjoy the benefits of optimul posture and a healthier back



Seat colour options:



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.



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.





Complete your wellness setup











YO-YOMAT'M

YO-YOMAT"

YO-YOMAT ACTIVE



Key Features

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





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

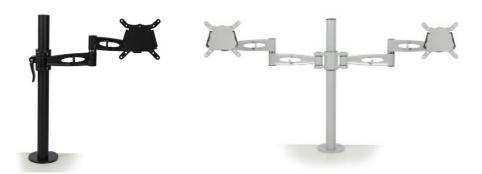




LEVO Monitor Arm

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





YO - YO OFFICE® Keep Moving

