

YO-YO OFFICE®
Keep Moving

Active Working
Agile Design
Circular Responsibility



Active Working – The Basics

Posture and Positioning

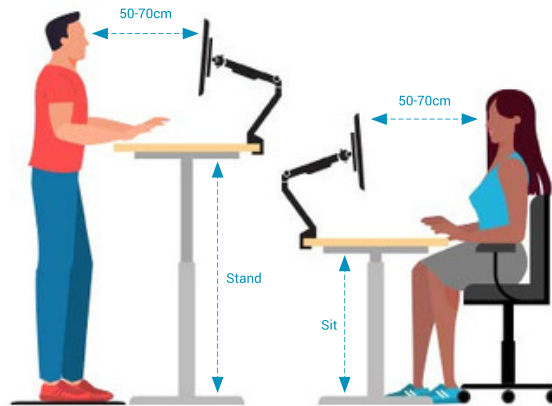
- Regular transitioning between sitting and standing
- Move every 30 minutes. Stand TWO hours during office hours
- Keep shoulders straight and neck up to maintain correct posture
- Regular movement reduces risk of muscle fatigue (and pain)

Head Position

- Neck straight, 50-70cm away from screen
- Eyes focusing on top third of screen

Wrist Position

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



Movement Improves Your Health

1. Mental Health

Regular 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

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 30th April 2026**.

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
- And many, many more wellbeing and performance benefits

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

Circular Responsibility

Committed to helping our partners create workspaces that are active, agile but with best-in-class sustainability credentials. Our furniture is designed to support a circular mission to minimise environmental impact throughout the lifecycle.



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 from 100% recycled materials.



Refurbishment Program

Extend Product Life. Reduce Environmental Impact.

A cost-effective, high-quality and certified refurbishment service to support your clients' sustainability targets:

- **Range of services:** powder coating, component upgrades, full motor replacements
- **Refurbished to order,** reboxed and presented as new
- **Warranty extension:** 5 to 10 years



WEEE Compliant

Responsible Recycling. End-of-life processing with full traceability – zero landfill:

- **Official WEEE disposal** using unique tracking ID
- Steel and electronics fully recyclable
- **Client reassurance:** responsibly recycled, not discarded



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.

Environmental Certification



DESKING

Environmental Product Declarations (EPD):



- ✓ ISO 14025
Environmental labels and declarations
- ✓ ISO 14040
Environmental Life cycle assessment
- ✓ ISO 14044
Environmental Life cycle assessment
- ✓ ISO 21930
Sustainability in Buildings & Civil Engineering Works
- ✓ ISO 15804+A2
Sustainability of construction



PODS, BOOTHS AND MEDIA WALLS

- ✓ ISO 9001
Quality Management Systems
- ✓ ISO 14001
Environmental Management Systems



Health Experts recommend office workers use a Standing Desk for **2-HOURS** daily
Only 5% of typical Standing Desk users stand for the recommended **2-HOURS** daily at their desk.



Active Desk Powered by Active Working®

- ✓ Set Goals, Heights & Timers
- ✓ Nudge Reminders
- ✓ Boost Calorie Burn
- ✓ Operates via PC, Phone or Smartwatch



SMART Active Desks

Active Desks integrate smart app features to encourage greater movement at height-adjustable desks. Compatible with PC, phone, and watch, they enhance wellness and ergonomics for a healthier work experience.

Active Working® App

Lifetime Subscription to boost usage, track performance & improve health



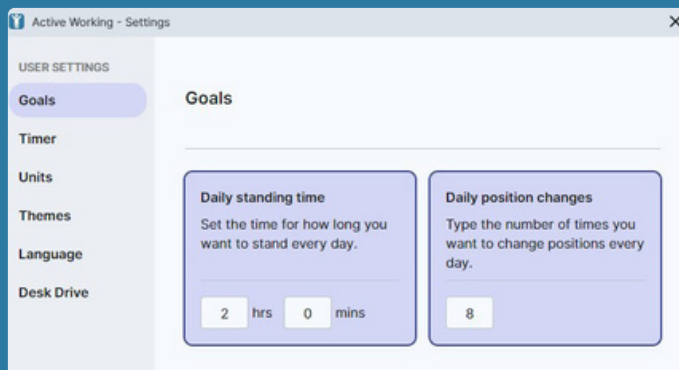
Move More @Work

All SMART **Active Desks** come with a lifetime subscription to the **Active Working® App***,

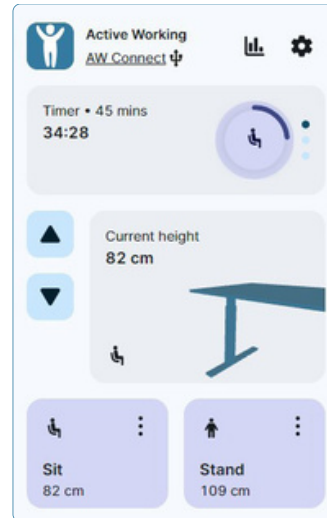
- Set-up desk heights for sitting/standing
- Define goals and track performance (inc calorie burn)
- Set Timer prompts to remind you to “change position”

Download Active Working® App to PC, Phone and/or Watch from relevant Microsoft, Apple or Android App Stores

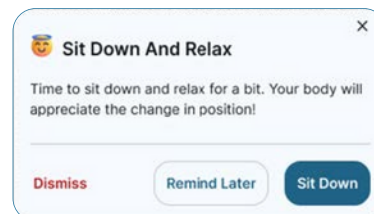
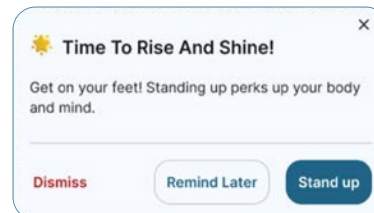
Set personal goals for both **standing time** and **position changes**. This will determine the **reminder messages** to keep you active throughout the workday, thereby improving well-being and boost productivity.



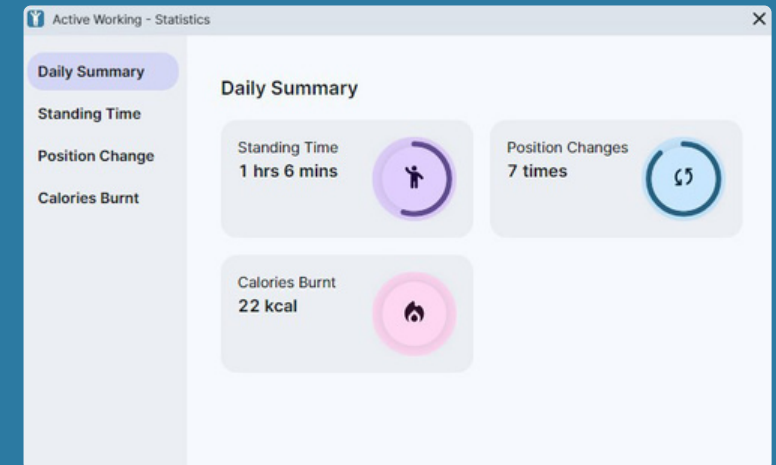
Manage Desk Heights



Nudges & Reminders



Gain insights into your daily, monthly, and annual activity with simple analytics. Improve ergonomics and health with real-time tracking of:



Active Working® App



Flexi Formats

Your Desk. Your Design

ACTIVE Desks, include the Active Working® App and are available for next day delivery. Flexible design formats and custom colours are also available for projects.

Column Shape & Leg Format

Rectangular

Big / Down

Big / Up

Circular

Big / Down

Big / Up

Square

Big / Down

Foot Shape & Leg Position

Flat Foot (A)

Centered

Off-Centered

Tapered Foot (B)

Centered

Off-Centered

Sidebars & Privacy Screen Support

Sidebar

Universal

Sliding Desktop

Privacy Screen Support

Sidebar

Sliding Desktop

Off-Centered Feet

RAL Colours

Customisable options:

Leg Shape

Rectangular, Square or Circular

Leg Direct

Big UP or Big DOWN is a personal preference. Big UP provides marginally more stability at standing height but Big DOWN may look more elegant. You decide!

Sideba

for Fixed or Sliding Desktops

FeetFin

with Flat or Tapered edging

BespokeRALFrame colours 7

lead time and minimum order of ONE pallet.





ACTIVE 2

Active 2 is a next-gen dual motor SMART Desk. Set desk heights, movement timers, and goals via the **Active Working® App**. Track performance to reach NHS-recommended standing time. Made from recycled steel, WEEE certified with refurbish options.

 NEXT DAY Delivery

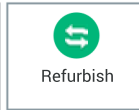


Features

- **Dual Motor, 2 stage**, adjustable width frame
- Custom colours available for projects
- **Active Working® App** – lifetime subscription
- Smartphone, Smartwatch and PC controllable via Bluetooth and/ or USB
- Fully Circular: WEEE certified with refurbishment options

Specifications

Colours	Black, White, Silver
Motors	2 (2-Stage Telescopic Legs)
Load Capacity	100kg
Height Adjustment	662-1152mm (Frame Only)
Supported Top Size	W:1000–1600m D:600–800m
Sustainability Certification	ISO 14024 ISO 14040 EN 527-2 14044 ISO 21930
Low standby consumption	0.02W
Noise level / Speed	<48dB / 30 mm/sec
Anti-Collision Safety	Yes
Warranty	7- Years





ACTIVE 2+

Dual motor, 3-Stage standing desk engineered in Sweden. Recycled steel and designed for full circularity. WEEE certified, with refurbishment options to extend warranties and product life.

 NEXT DAY Delivery

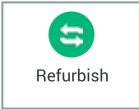


Features

- **Dual motor, 3 stage**, with adjustable width frame
- **Custom colours**: frames and tops available for projects
- **Quick Install**: pre-assembled frame. Single box.
- **Future-proof**: upgrade to SMART Desk with **Active Working® App**
- **Fully Circular**: WEEE certified, guaranteeing recovery at end of live or extend life with refurbishment options

Specifications

Colours	Black, White, Silver
Motors	2 (3-Stage Telescopic Legs)
Load Capacity	120kg
Height Adjustment	617-1267mm (Frame Only)
Supported Top Size	W:1000–1800m D:600–800m
Sustainability Certification	ISO 14044 ISO 15004 ISO 14040 EN 527-2 14044 ISO 21930
Low standby consumption	0.02W
Noise level / Speed	<48dB / 32 mm/sec
Anti-Collision Safety	Yes
Warranty	7- Years





ACTIVE 3+

ACTIVE 3+ is a next-gen L-Shaped **SMART Active Desk**. Set desk heights, movement timers, and goals via the **Active Working® App**. Track performance to reach NHS-recommended standing time. Made from recycled steel, WEEE certified with refurbish options.

 **NEXT DAY Delivery**

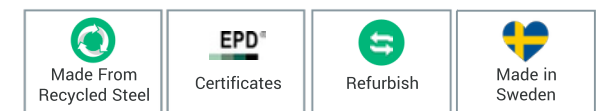


Features

- **3 leg, triple motor, 3 stage**, adjustable width frame
- **Active Working® App** – lifetime subscription
- Smartphone, Smartwatch and PC controllable via Bluetooth and/ or USB
- **Fully Circular**: WEEE certified with refurbishment options

Specifications

Colours	Black, White, Silver
Motors	3 (3-Stage Telescopic Legs)
Load Capacity	180kg
Height Adjustment	617-1267mm (Frame Only)
Supported Top Size	W:1000–1600m D:600–800m
Sustainability Certification	ISO 14025 ISO 14004 EN 527-2 14044 ISO 21930
Low standby consumption	0.02W
Noise level / Speed	<48dB / 32mm/sec
Anti-Collision Safety	Yes
Warranty	7- Years





ACTIVE Design

Swedish “**Design thinking**” sit-stand desk makes a statement. Set desk heights, movement timers, and goals via the **Active Working® App**. Track performance—including calorie burn—and reach NHS-recommended standing time. Made in Sweden from recycled steel, fully circular, WEEE certified, and refurbishable.



Customisable Options



Features

- **Designer Desk, Dual Motor, 3 stage**, adjustable width frame
- **Custom colours**: frames and tops available for projects
- **Active Working® App** – lifetime subscription
- Smartphone, Smartwatch and PC controllable via Bluetooth and/or USB connection

Specifications

Colours	Black, White, Silver
Motors	2 (3-Stage Telescopic Legs)
Load Capacity	120kg
Height Adjustment	620-1200mm (Frame Only)
Supported Top Size	W:1000–1800m D:800m
Sustainability Certification	ISO 14024 ISO 14040 EN 527-2 14044 ISO 21930
Low standby consumption	0.02W
Noise level / Speed	<48dB / 32 mm/sec
Anti-Collision Safety	Yes
Warranty	7- Years



Delivery
5-6 weeks



Made From
Recycled Steel



Certificates



Refurbish



Made in
Sweden



ACTIVE Back-2-Back

Active Back-2-Back is a next-gen SMART Double Desk. Set desk heights, movement timers, and goals via the **Active Working® App**. Track performance to reach NHS-recommended standing time. Made from recycled steel, WEEE certified with refurbish options.



Customisable
Options



FLEXI
Format



Features

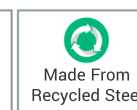
- **Double Desk, Dual Motor, 3 stage**, adjustable width frame
- **Active Working® App** – lifetime subscription
- Smartphone, Smartwatch and PC controllable via Bluetooth and/or USB Custom colours: frames and tops available for projects
- **Fully Circular**: WEEE certified with refurbishment options

Specifications

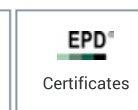
Colours	Black, White, Silver
Motors	2x2 (3-Stage Telescopic Legs)
Load Capacity	120kg per desk
Height Adjustment	617-1267mm (Frame Only)
Supported Top Size	W:1000–1800mm D:600–800mm
Sustainability Certification	ISO 14025 ISO 14040 EN 527-2 ISO 14044 ISO 21930
Low standby consumption	0.02W
Noise level / Speed	<48dB / 32 mm/sec
Anti-Collision Safety	Yes
MOQ / Origin / Lead time	10 units / EU / 5-6 weeks
Warranty	7- Years



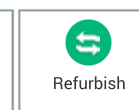
Delivery
5-6 weeks



Made From
Recycled Steel



EPD®
Certificates



Refurbish



Made in
Sweden