

QUICK START GUIDE

STAND SMARTER

TEMPO SMART DESK CONTROLLER



- A simple handset swap makes your standing desk a smart desk
- Want to stand more? Tempo's Cruise Control feature can automatically raise and lower your desk to help you hit your goals!
- Onscreen reporting of your activity data – even send it to your phone for advanced trending

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Installation

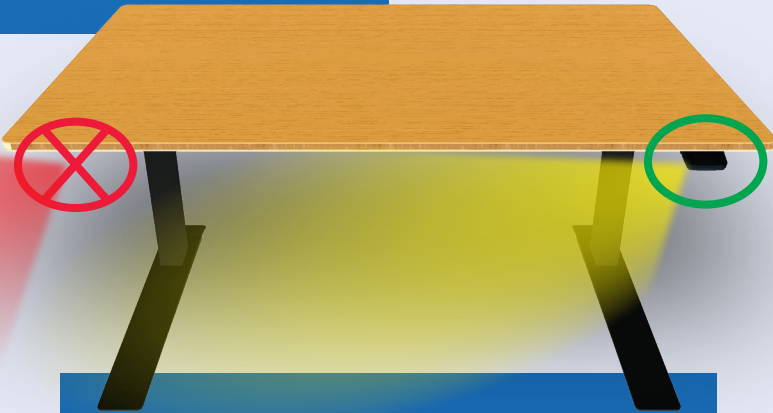
Basics

Automation

More

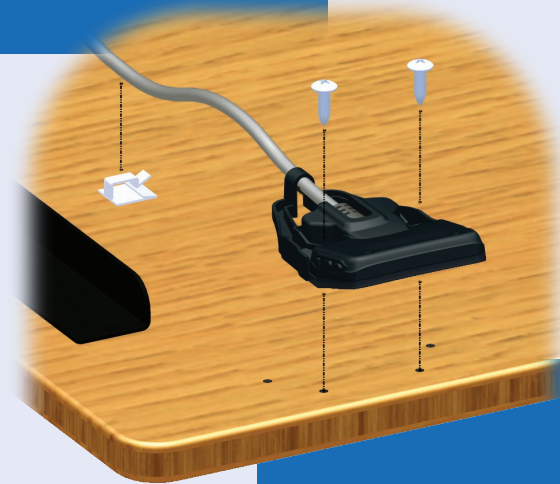
Installation

Mount Tempo on the right side of your desk.



Tempo's presence sensor will not work properly if mounted on the left side!

Screw Tempo securely to the desk using the closer two pre-drilled holes.



Use one or more of the included plastic cable holders to prevent the cable from snagging during desk motion.

Basic Operation

Pull to tilt Tempo upward and raise the desk.



Push to tilt Tempo downward and lower the desk.

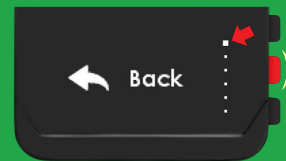


Menu Navigation

Use the buttons on the side to access the menus. Press any button to get started.



To go "back", scroll to the top of any menu and press SELECT.

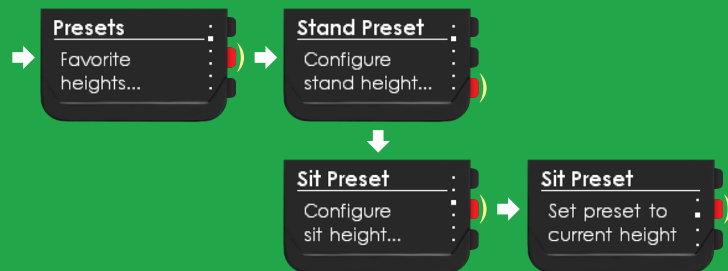


Setting presets

Adjust the desk to your desired "Stand" height, and navigate to set the preset:

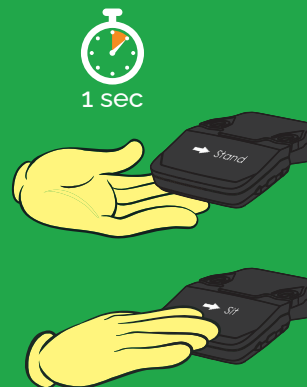


Adjust the desk to your desired "Sit" height, and navigate to set the preset:

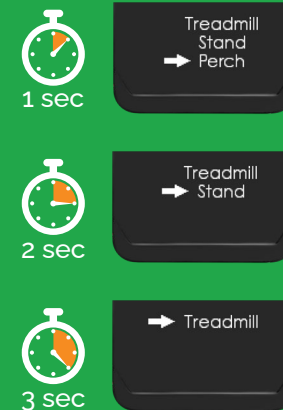


Going to Presets

Tilt Tempo up or down, hold it tilted for 1 second, and release to go to the first preset in that direction.



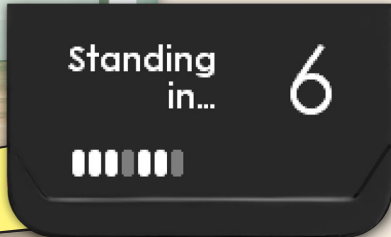
Hold longer to go to farther presets:





Cruise Control

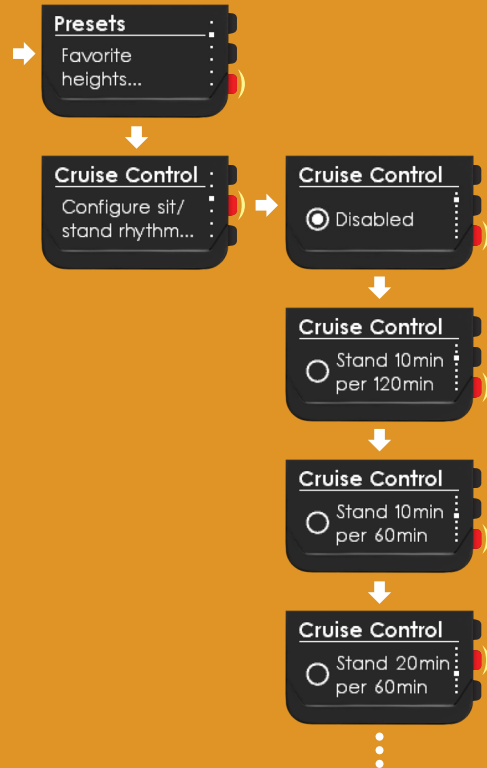
Tempo optimizes your comfort and health by motivating you to change positions throughout the day. Focus on your work, and let Tempo manage your sit/stand schedule.



With Tempo's Cruise Control feature enabled, your desk will "bump" or move slightly when it is time to move. Then, a few seconds later, your desk will automatically move from sitting to standing or vice versa!



Navigate to choose sit and stand durations that work for you:



You Are In Control

If you don't want the desk to move, simply pull up, push down, or press any button to cancel the move.



Presence Detection

Tempo uses an optical sensor to detect your presence, so your desk will only move when you are present.

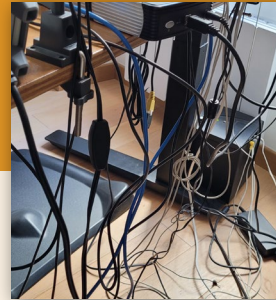


Warning!

It is possible for the desk to move when no one is there. Tempo's presence detection is based on motion, so curtains blowing in the wind, oscillating fans, and other moving things can fool Tempo.



Make sure cords, chairs, and other obstructions won't be a problem if the desk height changes.



Locked
Hold Select
to unlock

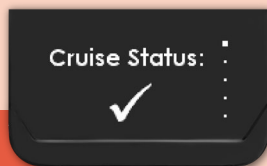
If you are concerned, you can lock the desk when you leave by holding the SELECT button for 4 sec (see the User Manual at ergodriven.com/tempo for more information).

Status Display

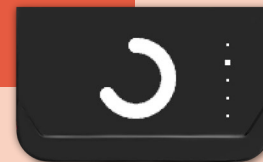
Pass your hand back and forth a few times next to Tempo's lower left side for information to help you maintain healthy habits.



A checkmark means Cruise Control is enabled and running normally. Otherwise, it will explain why Cruise Control is not running.



When the ring completes it is time to change height.



Stand % Today
Moves Today



This shows how much you have stood today and moves that happened. Gray ovals are Cruise Control moves that you canceled.

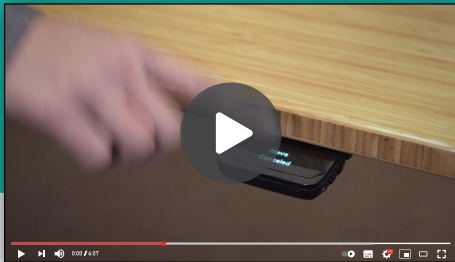
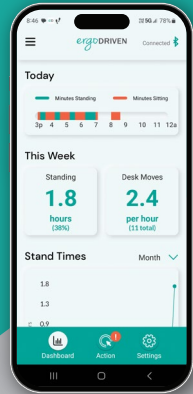
User Manual

Refer to the User's Manual (at ergodriven.com/tempo) for more information on the following and more:

- Pause for meetings
- Multi-user
- Disabling/locking the desk
- Bump-only
- Extreme Mode
- Safety
- Troubleshooting

Intall the Ergodrive Tempo app for more features:

- Graphical visualizations and statistics of your sit/stand usage
- Firmware updates
- Complete control of sit and stand times and other preferences
- Rename users and custom presets
- Automatic settings recommendations based on usage



Visit our website for links to the app, helpful videos, User Manual, and frequently asked questions.



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<https://ergodrive.com/tempo>