

# Sit and Stand Desktop

Instruction Manual



**Model: DESK-V000C**

Email: [help@vivo-us.com](mailto:help@vivo-us.com)  
 Live chat: [www.vivo-us.com](http://www.vivo-us.com)  
 Call: 1-800-371-5654

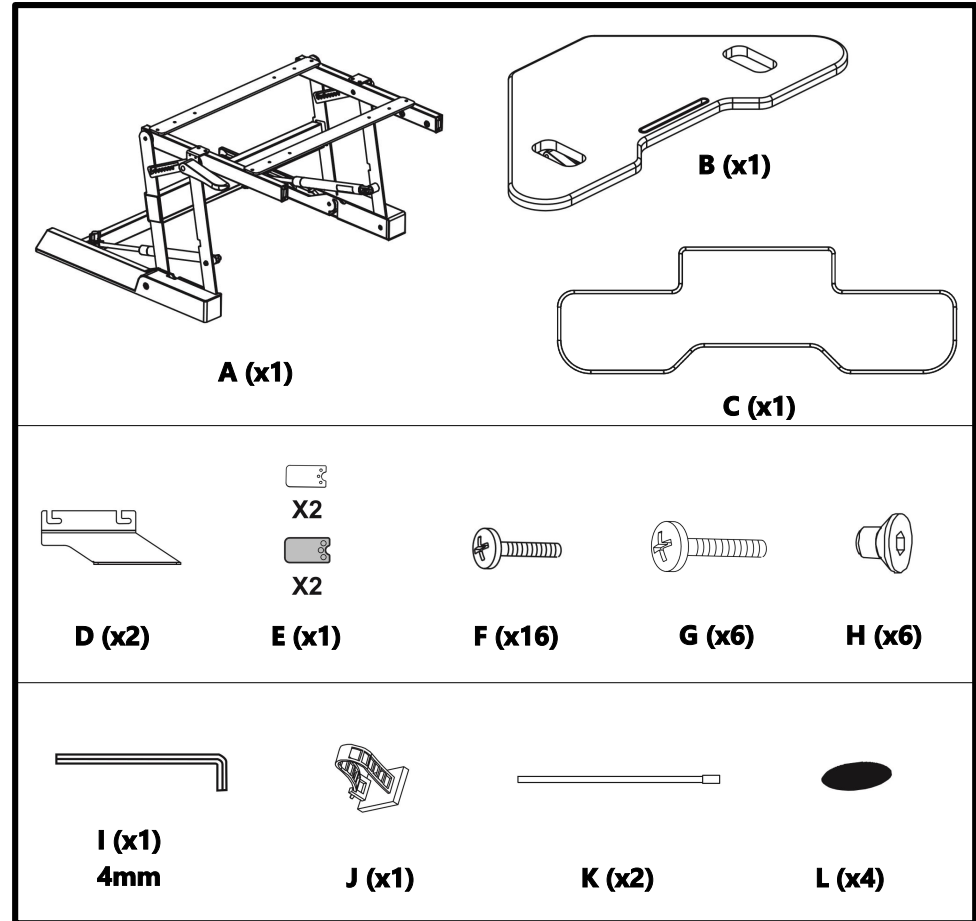


Scan the QR code with your mobile device or follow the link to helpful videos and specifications related to this product.

<https://vivo-us.com/products/desk-v000c>

**Tools Required:**  
 phillips screwdriver, scissors

## Package Contents

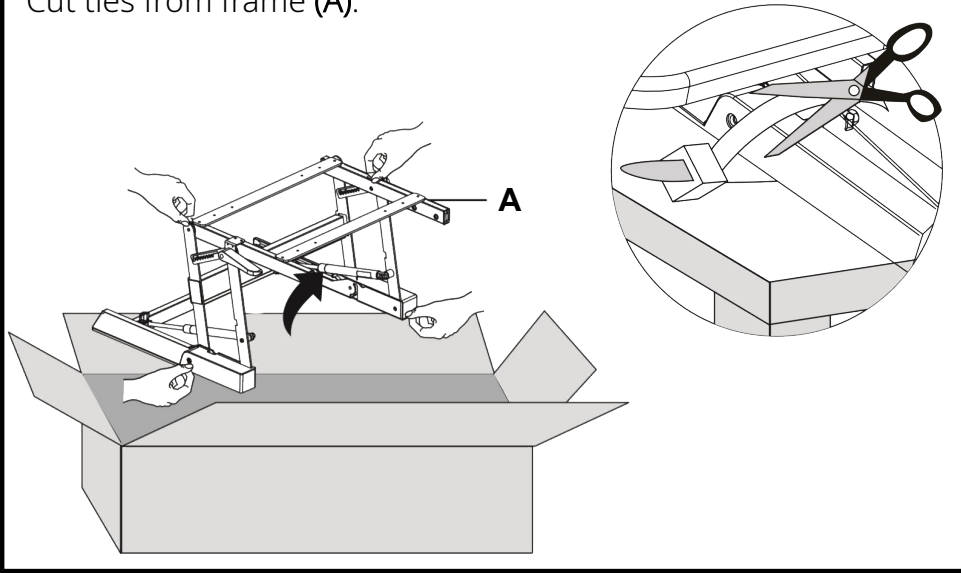


**Warning!**  
 DO NOT place hands on or near support bars. Pinch points are created during lifting and lowering the work surface. Failure to follow these instructions may result in serious personal injury.

# Assembly Steps

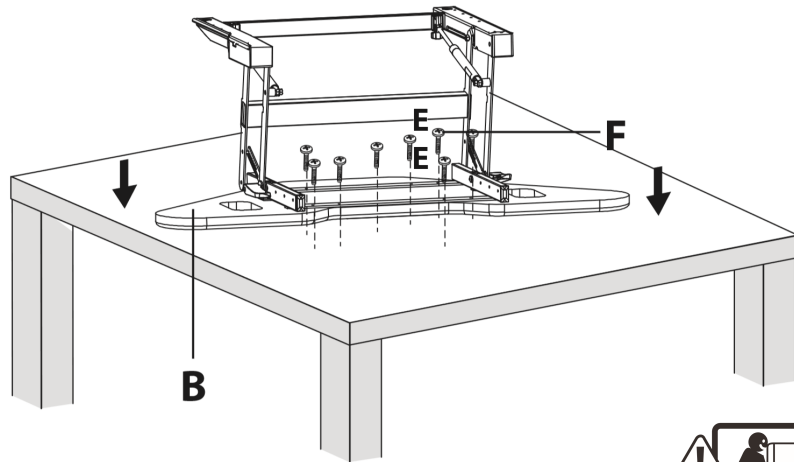
## Step 1:

Carefully remove desk frame and contents from packaging. Cut ties from frame (A).



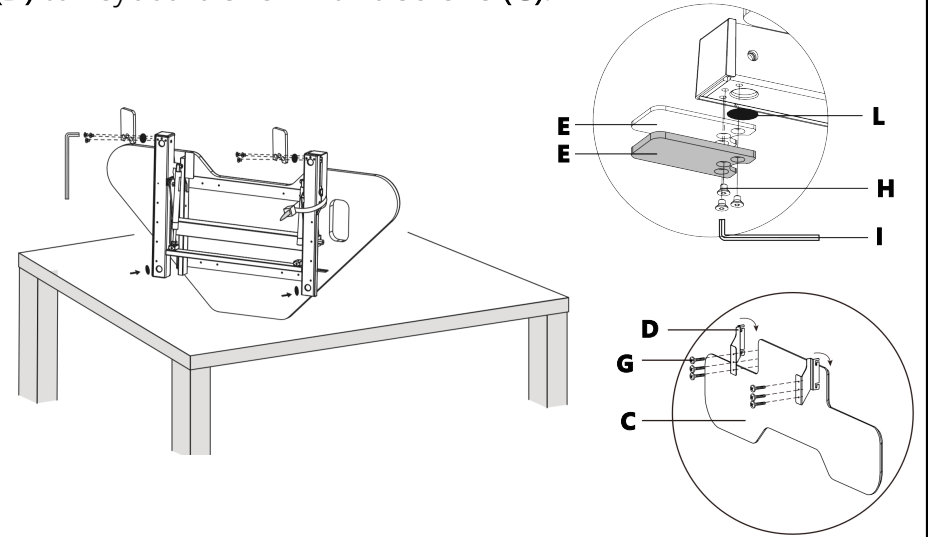
## Step 2:

Place desktop (B) upside down on table. Place frame (A) upside down on desktop, and secure with x12 screws (F).



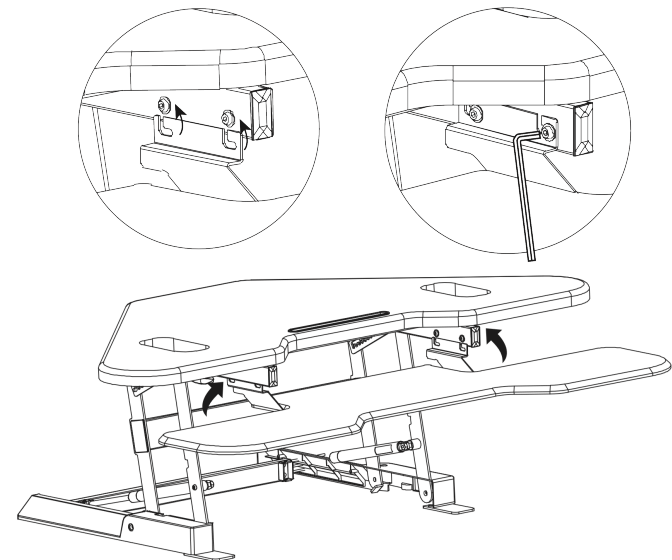
## Step 3:

Mount front feet with pads (E) to frame (A) using 6 screws (H), and apply rubber feet (L) to bottom of frame. Mount brackets (D) to keyboard shelf with 6 screws (G).



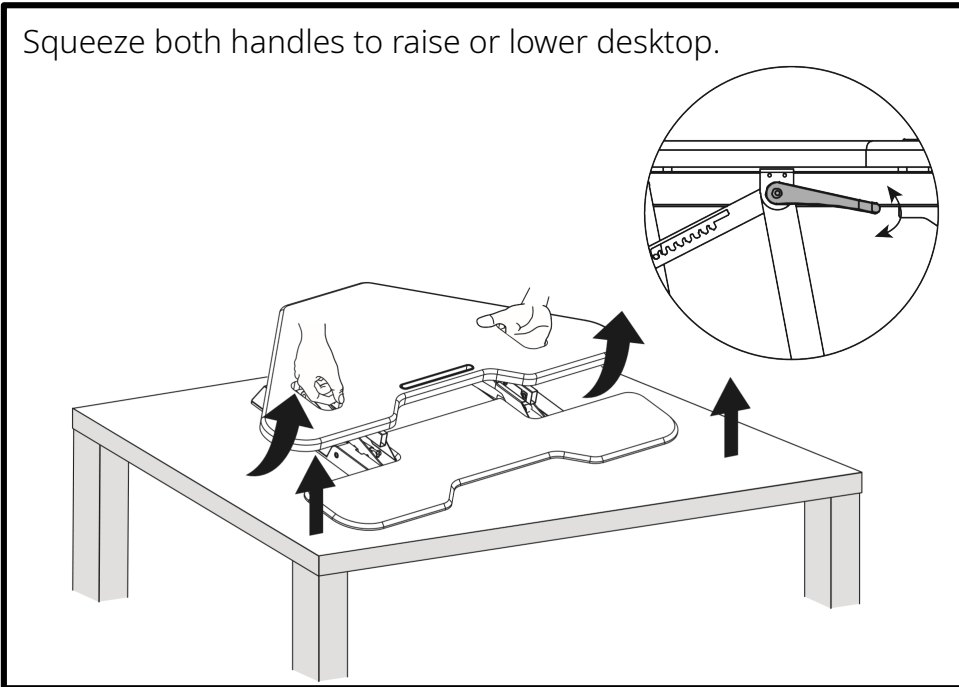
## Step 4:

Hang assembled keyboard tray on pre-installed screws. Tighten screws.



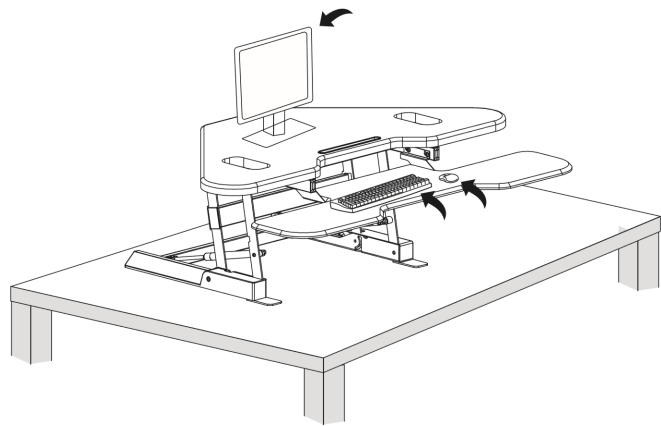
### Step 5:

Squeeze both handles to raise or lower desktop.



### Step 6:

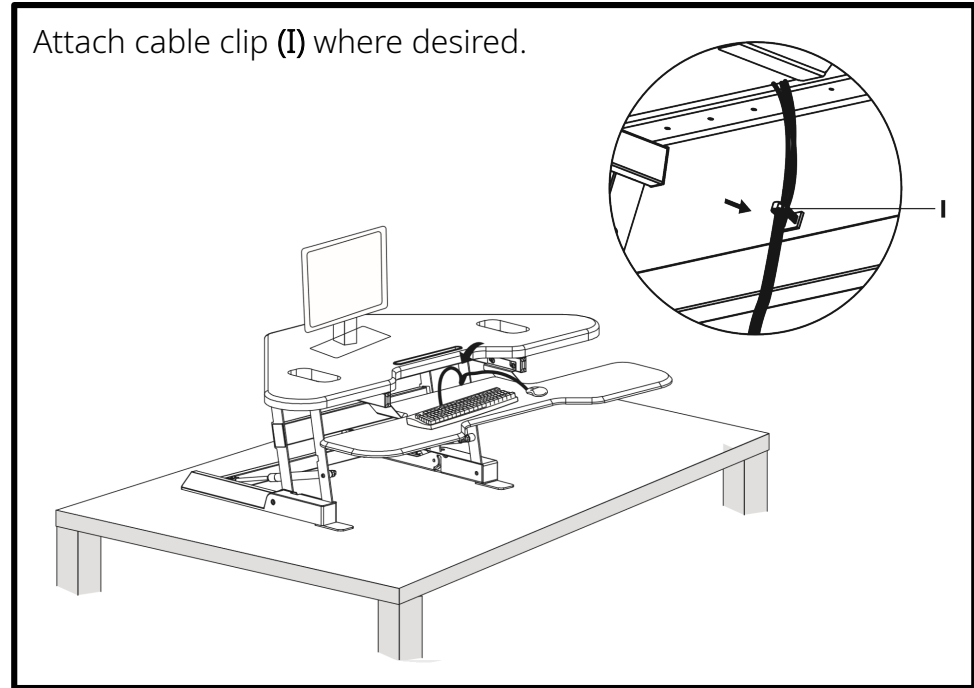
Arrange items on desktop as desired.



**WARNING:** Keep monitor and laptop base fully on the desktop surface. Allowing any part of base or stand to hang off the edge may result in property damage and or personal injury.

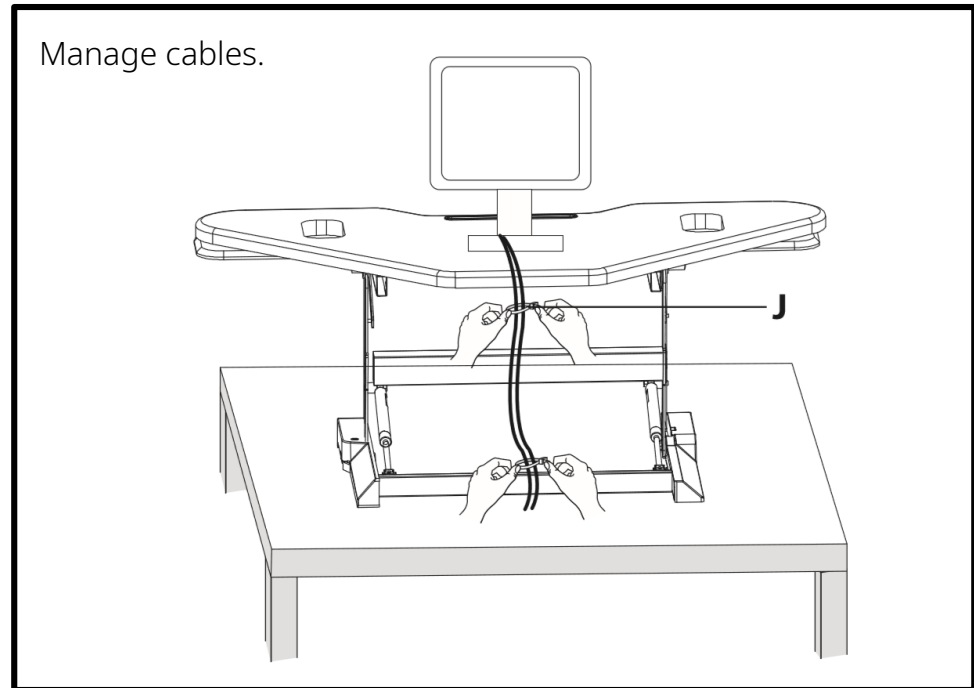
### Step 7:

Attach cable clip (I) where desired.

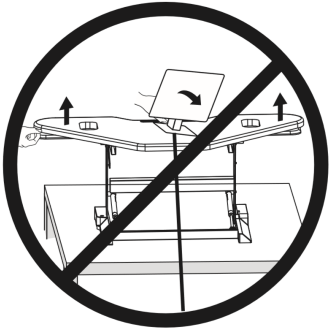


### Step 8:

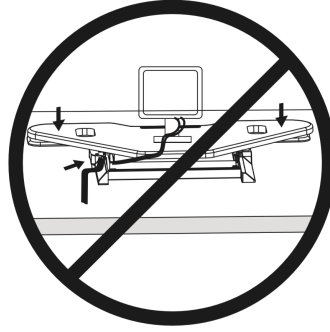
Manage cables.



## Warnings!



Leave enough slack in cable to allow for full range of vertical motion (15" / 38 cm). Failure to heed this warning may result in property damage and or personal injury.



To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.

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<https://vivo-us.com/products/desk-v000c>



## Safety Warning

If you do not understand these directions, or if you have any doubts about the safety of the installation, please call a qualified technician. Check carefully to make sure there are no missing or defective parts. Improper installation may cause damage or serious injury. Do not use this product for any purpose that is not explicitly specified in this manual.

We cannot be liable for damage or injury caused by incorrect assembly or inappropriate use.

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## Contact us at

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If any parts are received damaged or defective, please contact us. We are happy to replace parts to ensure you have a fully functional product.

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