

Table of Contents

Table of Contents	2
Parts List & Hardware	3

Assembly and Installation

Assembly of the Base	4
Assembly of the Furniture Gliders	5
Attach the Top of the Right and Left Frames	6
Assembly of the Cross Bar	7
Flip Desk Upright and Attach Hex Rod	8
Attach the desk surface	9
Finish assembly and tighten bolts	10

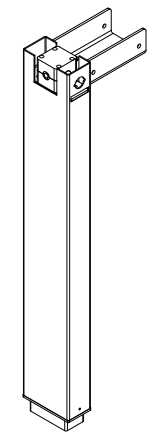
ATTENTION!

Do not fully tighten screws until completely assembled

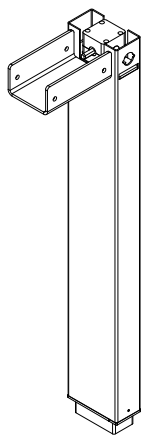
WE ARE GIVING YOU A STANDING OVATION

You did it! You took the first step towards healthier living by purchasing our stand up desk. We couldn't be happier to have you joining the millions of people who were tired of sitting around and ready to take a stand for a healthier life.

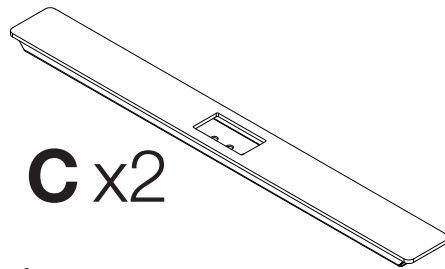
This desk was built with you in mind and every detail was carefully crafted. The following assembly guide is best accomplished with two people. If you have any questions or concerns contact Stand Up Desk Store at 855-843-7920.



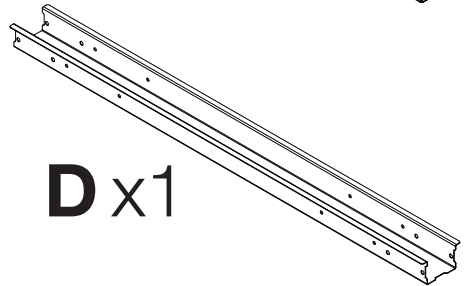
A x1
(Left Side)



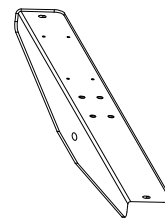
B x1
(Right Side)



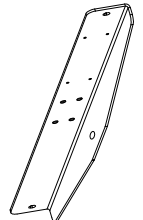
C x2



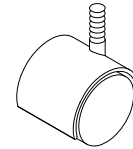
D x1



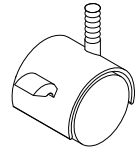
E x1



F x1



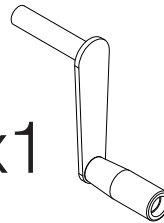
L x2



M x2

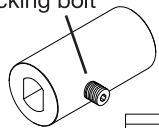


G x1

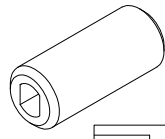


H x1

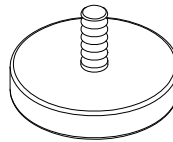
Includes locking bolt



J x1



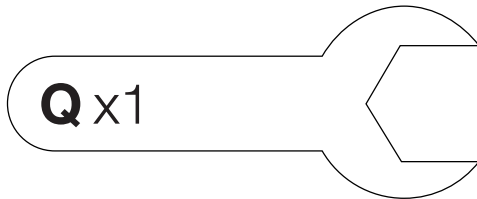
K x1



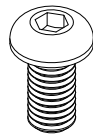
N x4



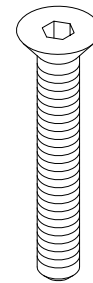
P x1



Q x1



U* x11
M8x15

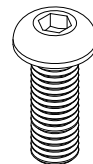


Y x8
M6x60

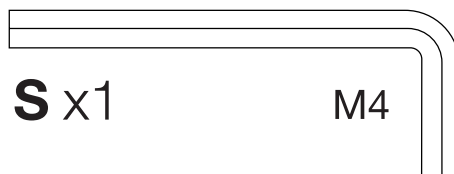


R x1

M5

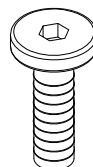


V* x7
M8x20



S x1

M4



W* x5
M6x15



Z* x7

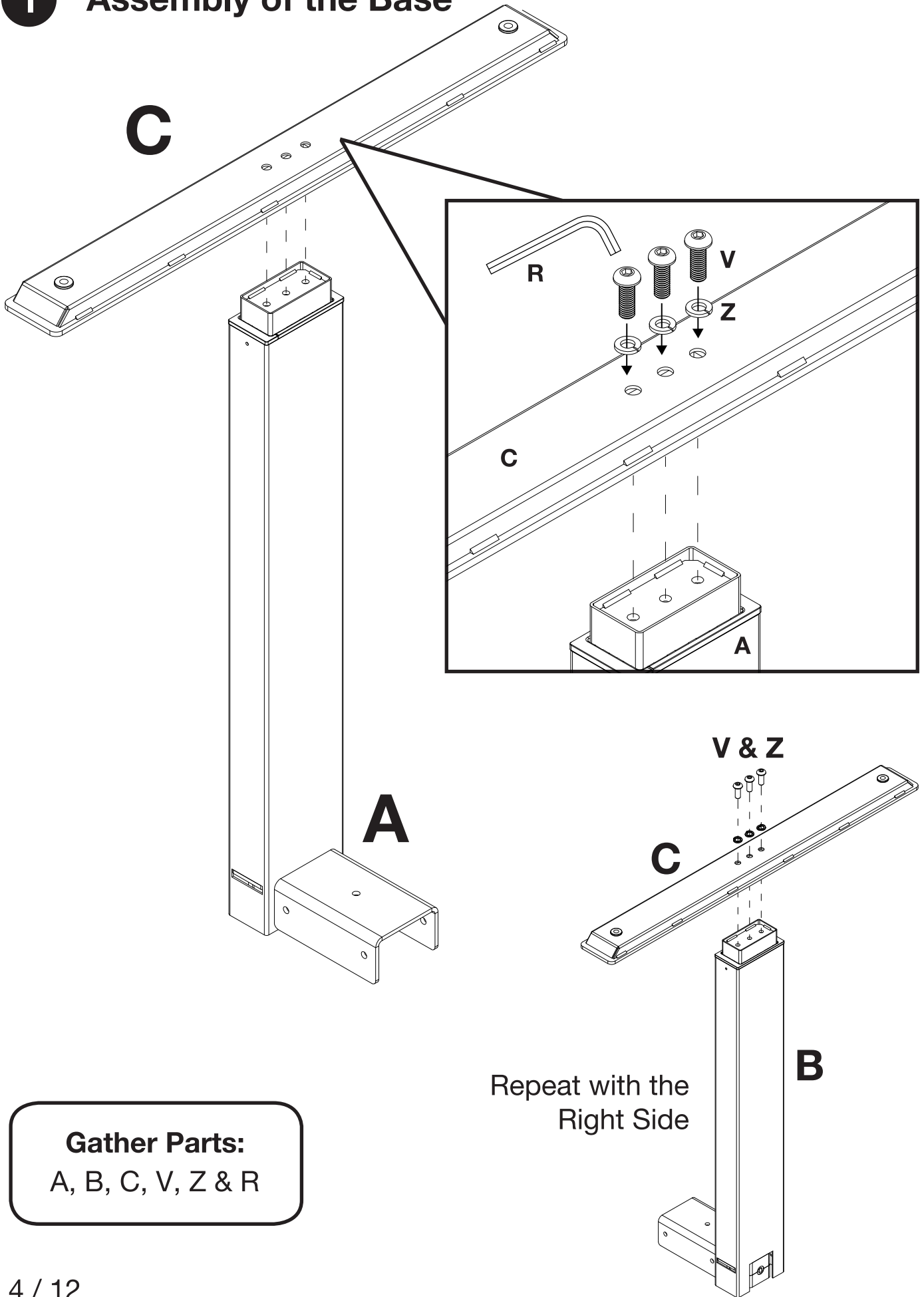


T x1

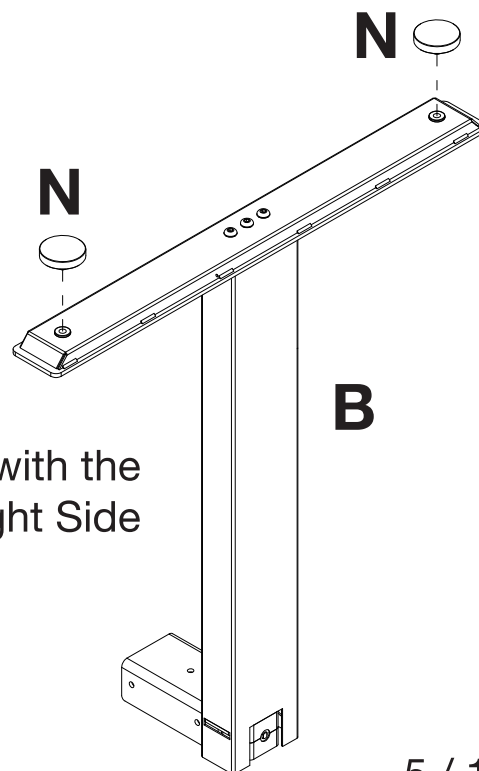
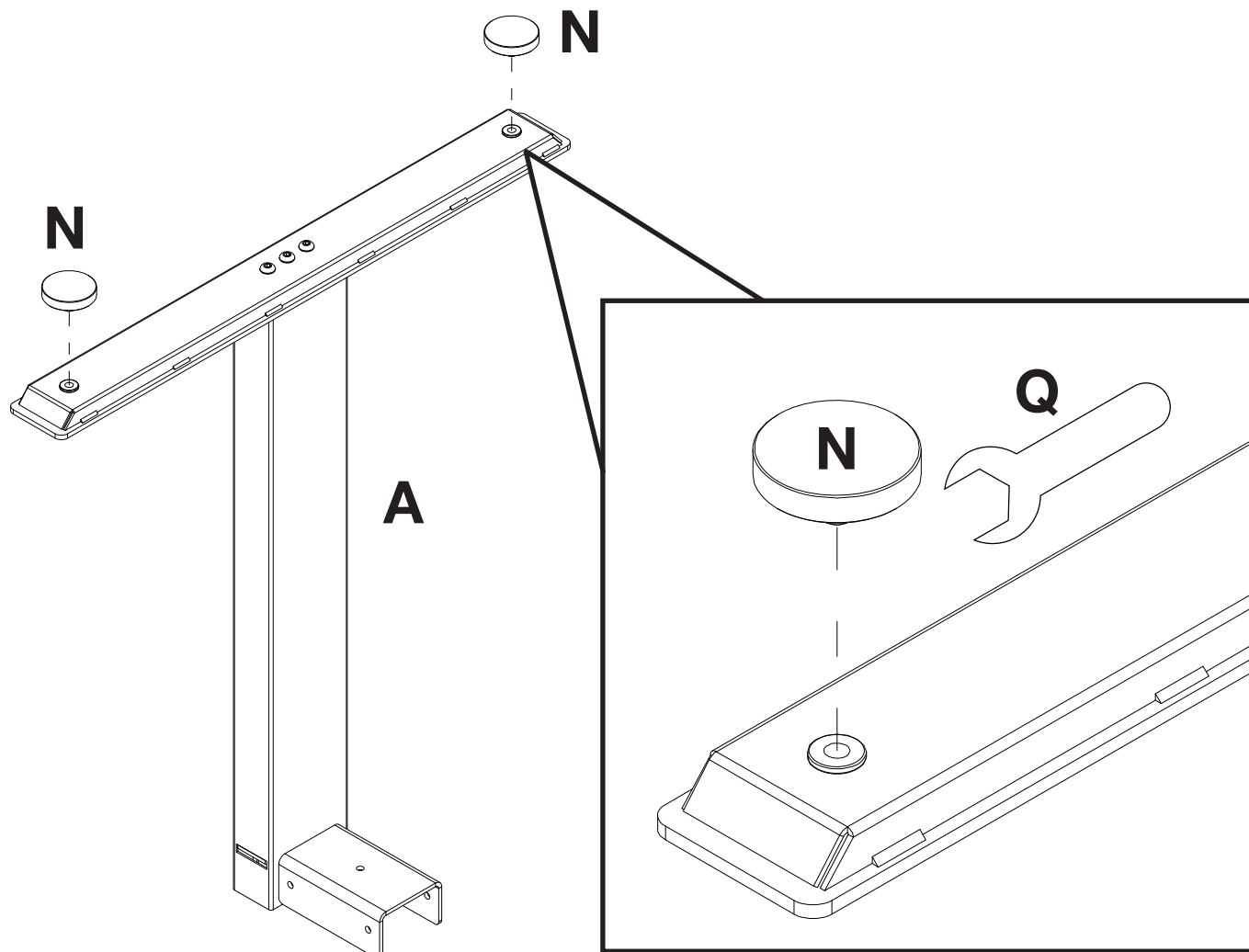
M3

***** - Includes an extra spare part 3 / 12

1 Assembly of the Base

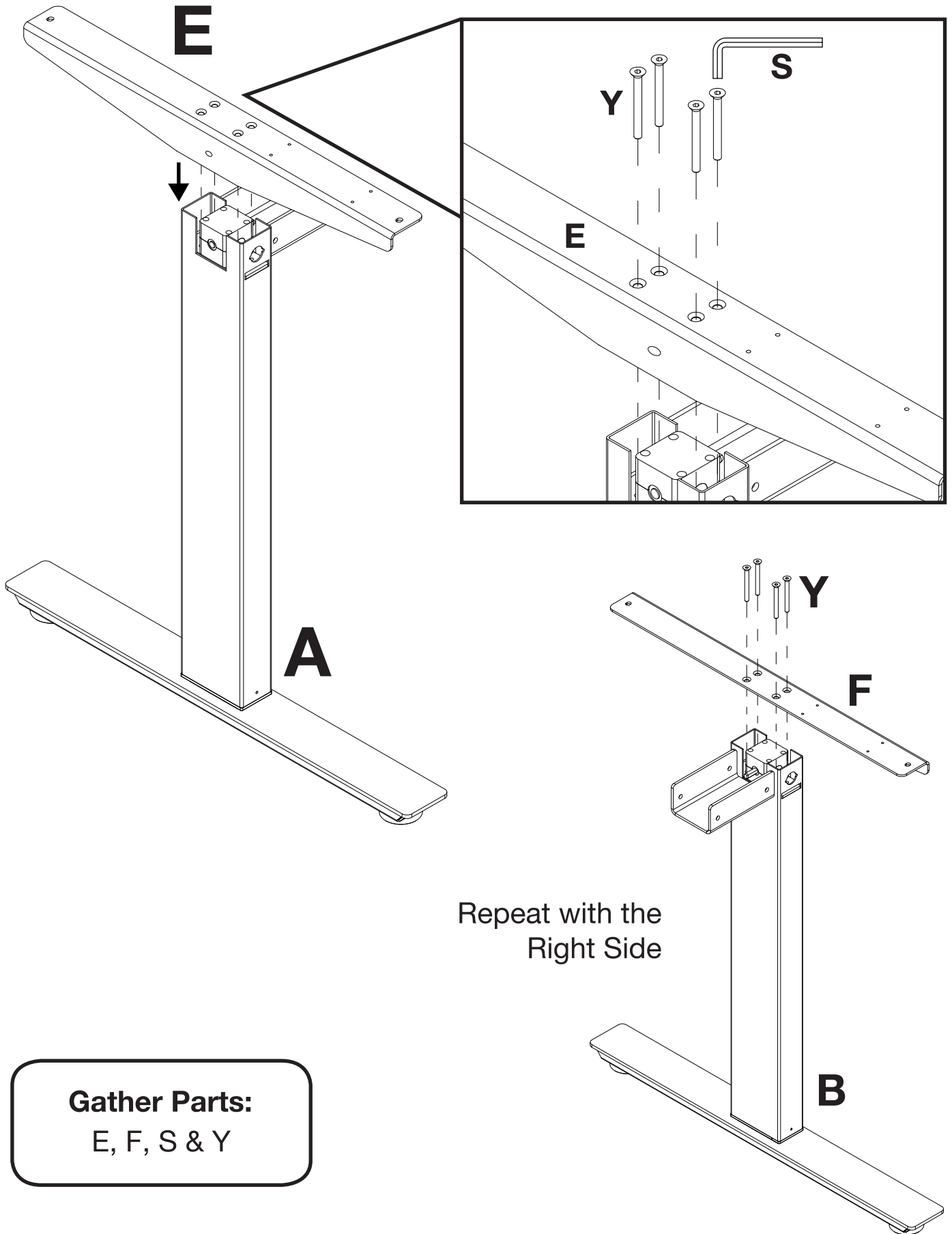


2 Assembly of the Furniture Gliders



Gather Parts:
N, Q

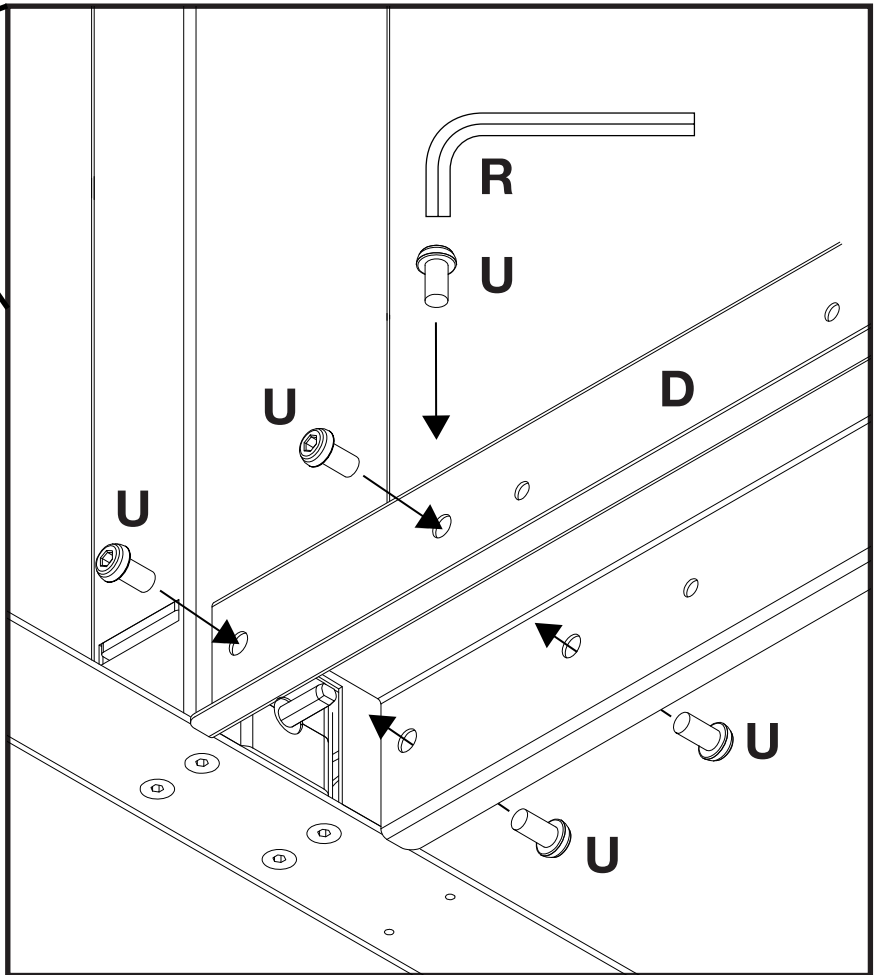
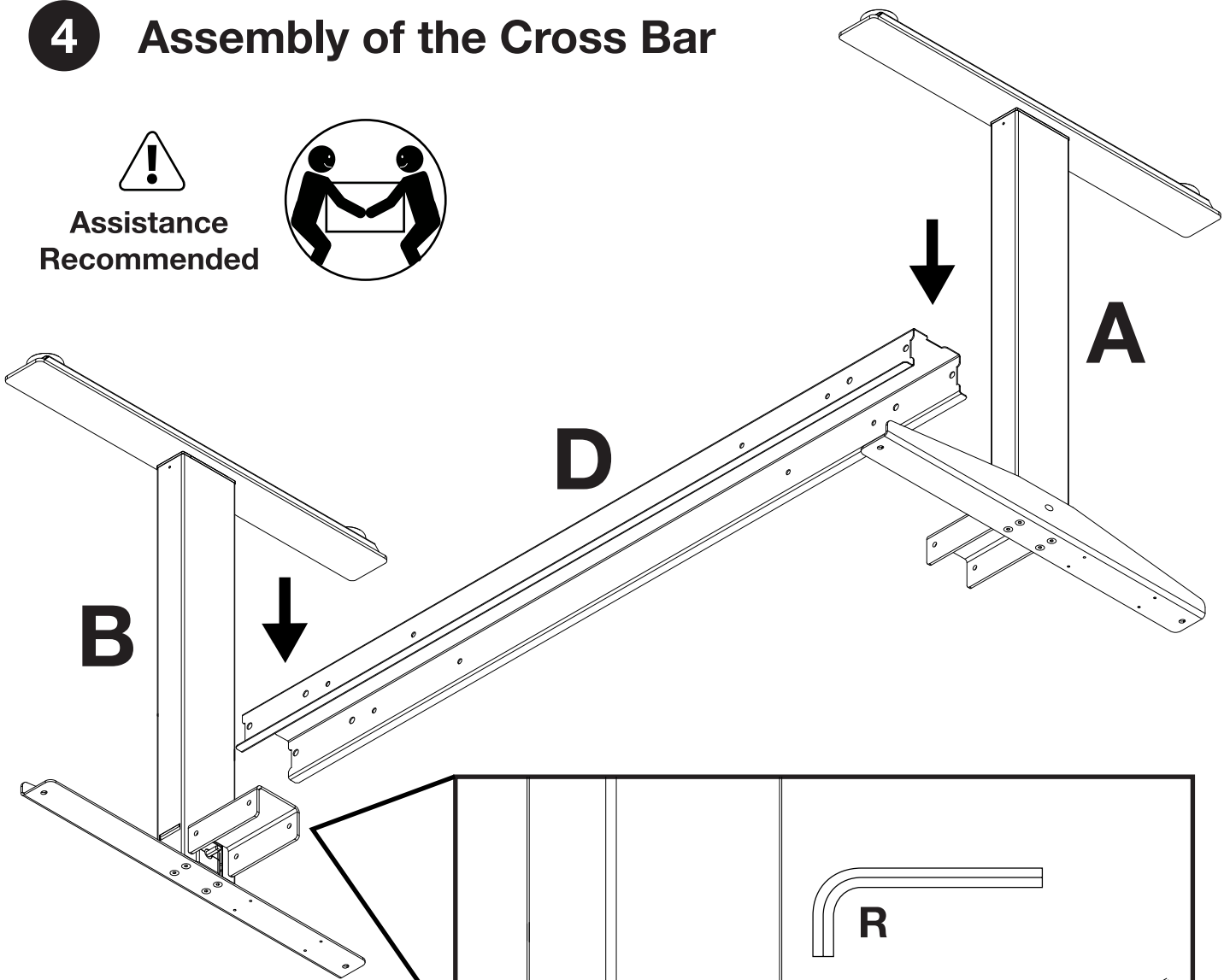
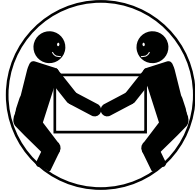
3 Attach the Top of the Right and Left Frames



4 Assembly of the Cross Bar



Assistance Recommended



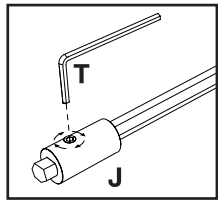
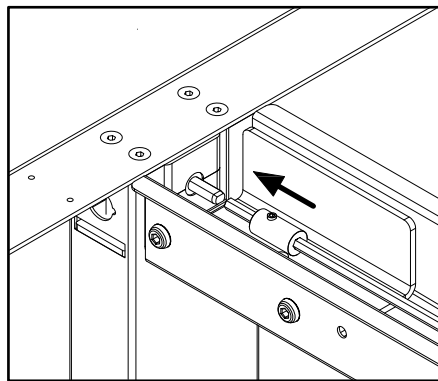
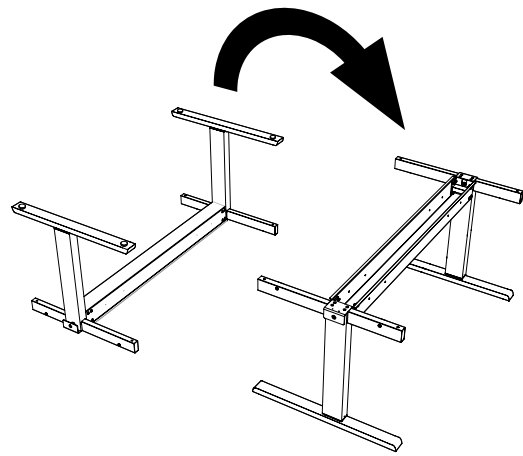
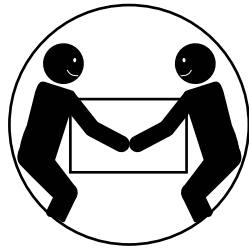
Repeat for the other side

Gather Parts:
D, U & R

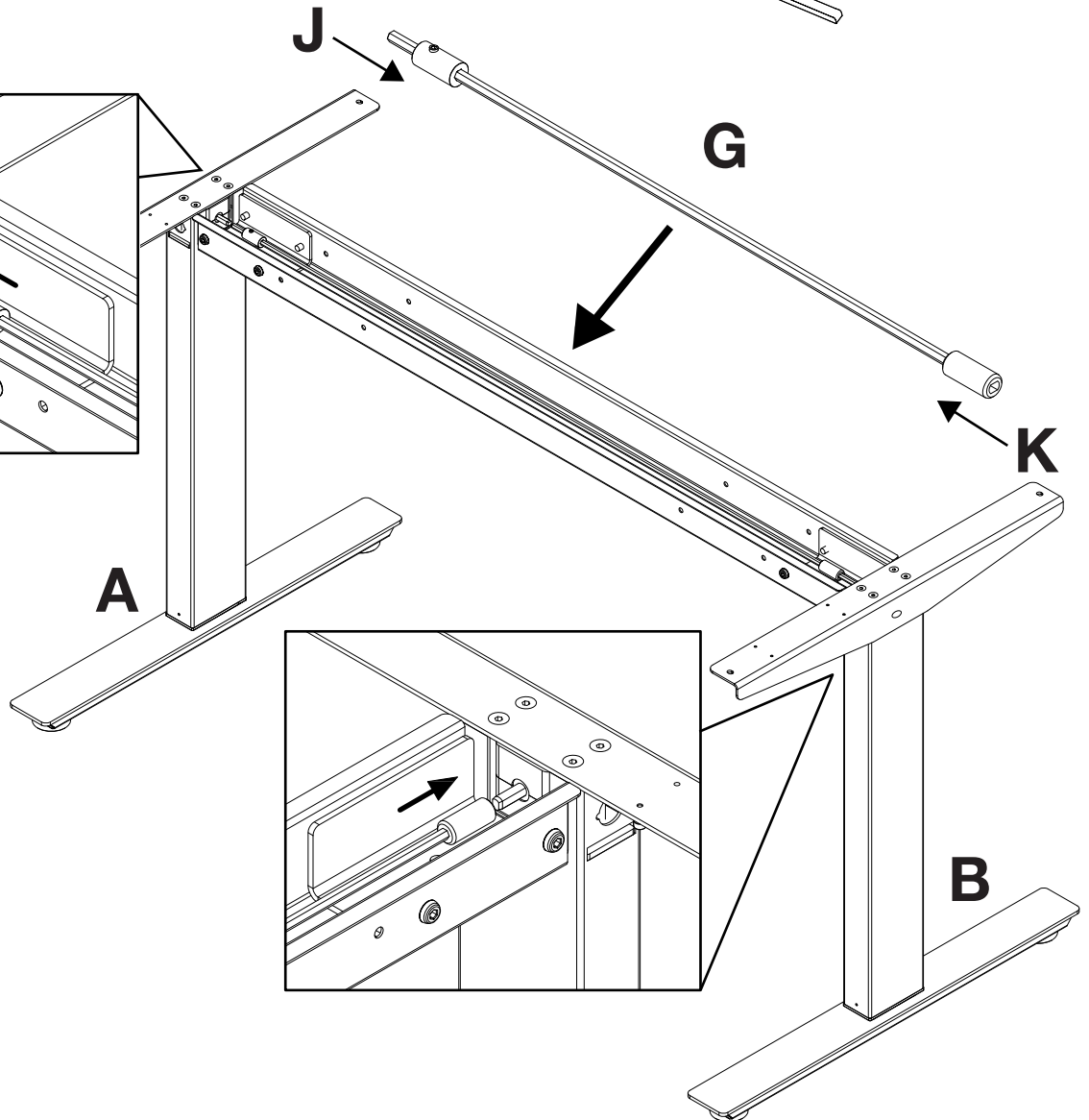
5 Flip Desk Upright and Attach Hex Rod



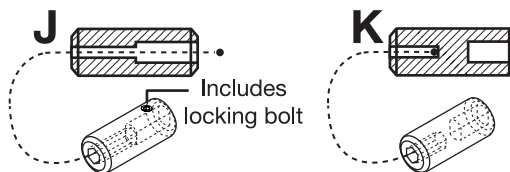
**Assistance
Recommended**



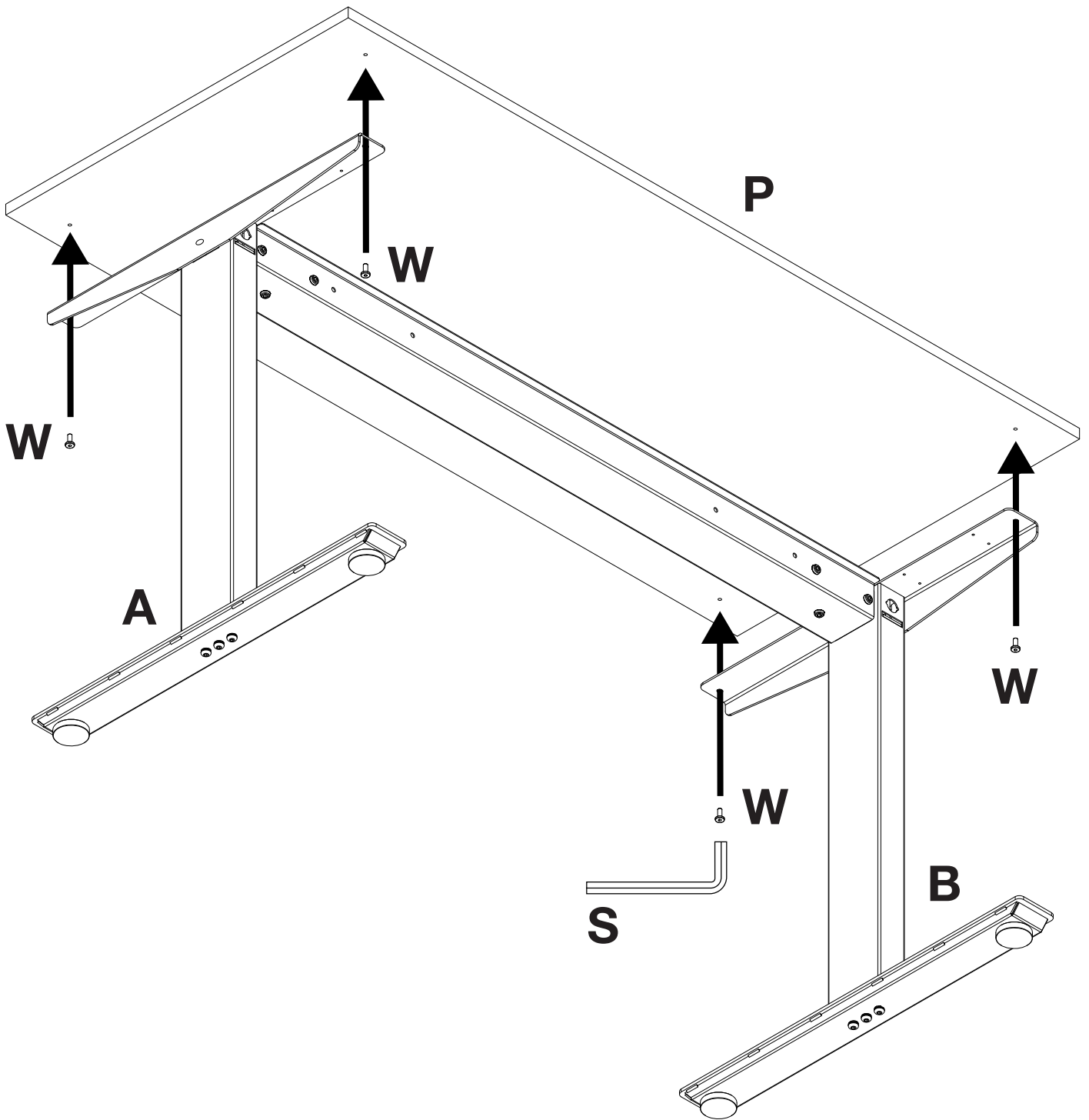
With allen wrench **T**, fasten the locking bolt clock-wise until the nut locks in place.



Gather Parts:
G, J, K, T

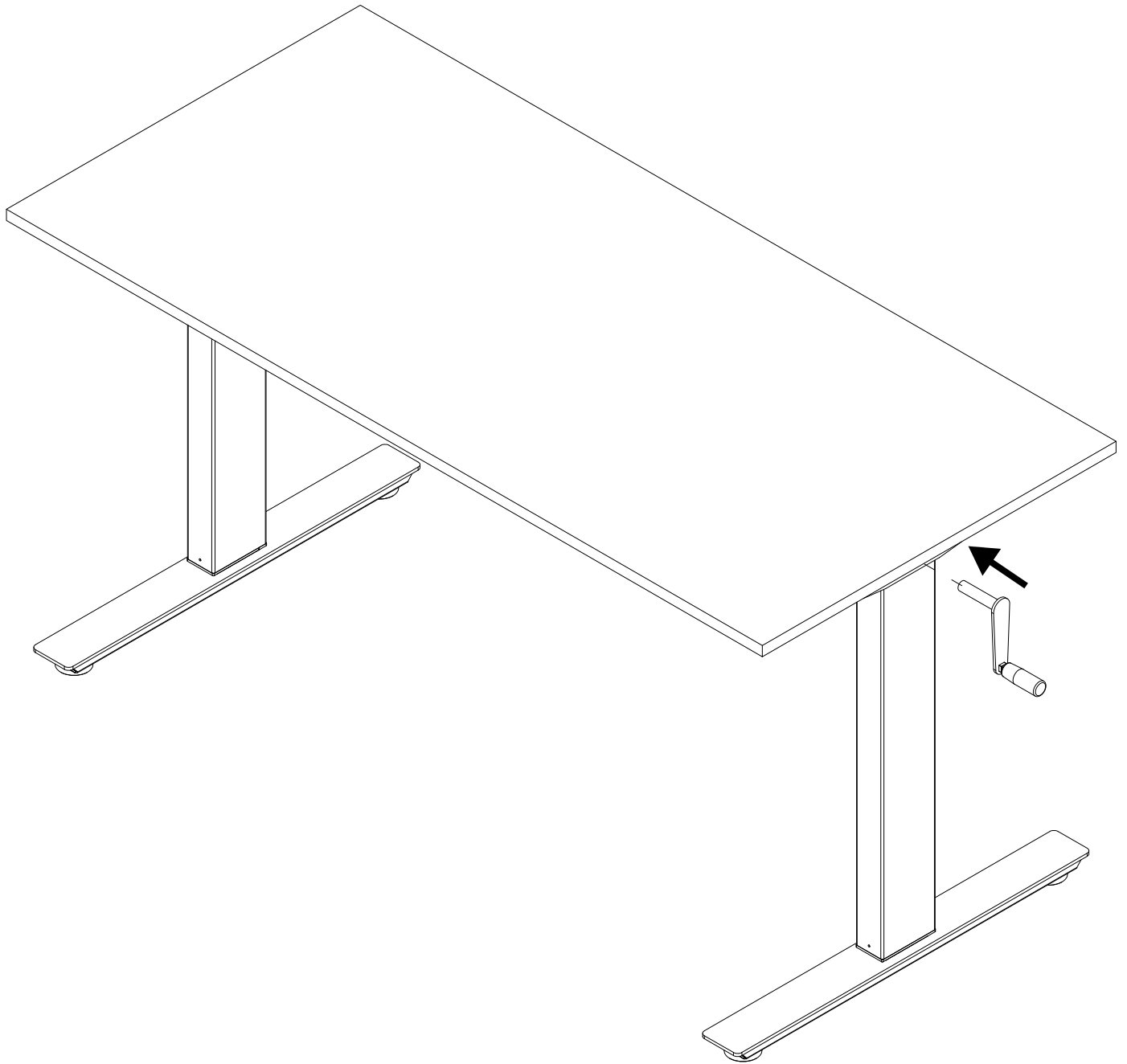


6 Attach the Desk Surface



Gather Parts:
P, S & W

7 Finish Assembly and Tighten Bolts



Gather Parts:

H