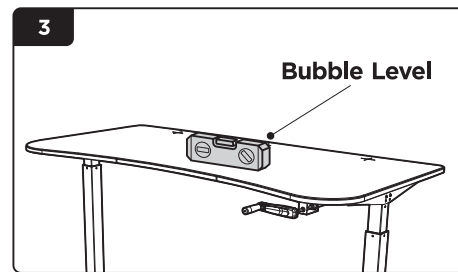
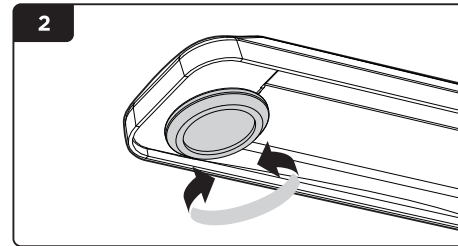
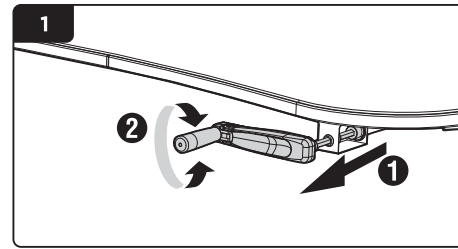


## I Adjusting the Desk

- Pull the handle outward first to adjust the desk height.
- There are two adjustable foot pads under each foot. If the floor isn't even, simply turn the pad to adjust the height to make the desk stable.

**Tip:** Use a **bubble level** to check if the desktop is even.



**inland**<sup>TM</sup>

126920

Instruction Manual

# MANUAL SIT-STAND DESK



# I Preface

This manual height adjustable standing desk consists of a heavy-duty steel desk frame, a desktop and a manual height adjustment system. Please read and completely understand this manual before installation in order to make sure the safe and correct use of the system and maintain the longevity of the overall construction.

## Instructions of Safety and Warnings:

- Any failure to comply with the safety and installation instructions in this manual may cause serious bodily injury.
- Any incomplete observation of the instructions, warnings and additional information marked with the **"Note"** and "⚠" may result in serious damage to the system or its components.
- This product can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Persons with reduced physical, mental abilities and or lack of experience and knowledge must not use the product, unless they're under supervision, understand the hazards involved or they have been thoroughly instructed in the use of the apparatus by a person who is responsible for the safety of these persons.
- Users should make sure that they never sit on the desktop in order to prevent serious bodily injury.



## Other Safety Instructions:

- Clear up all obstacles within the height adjustment range.
- Don't leave the cords or plug unorganized in order to prevent tripping hazards.
- Any attempts to reconstruct the desk frame aren't allowed.
- Don't add anything to the adjustable junctions of the desk frame.
- Outdoor use is prohibited.

# I Preparation

## 1 What are the specifications you need to know?



Weight Capacity  
**50kg (110lbs)**



Operation Temperature  
**(-5°C-+40°C)**

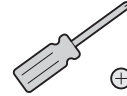
## 2 What are the tools you require while installation?



Bubble Level

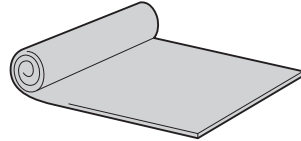


Allen Wrench  
(Included)



Phillips screwdriver

## 3 What's the thing you'd better have before installation?



A Shipping Blanket  
to protect the desk  
and the floor

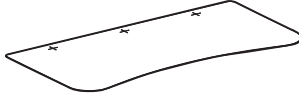
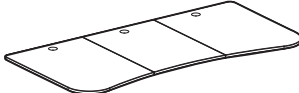
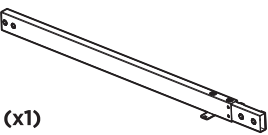



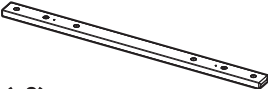
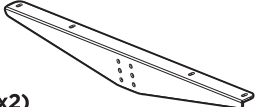
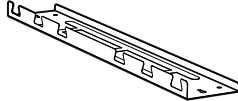
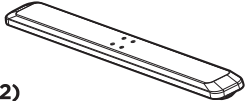

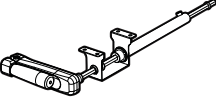
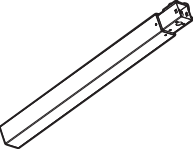
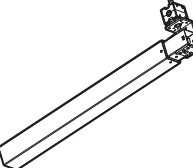
## 4 Things you need to know before installation

Please check all of the components shown in the component checklist. If any of the components are missing or damaged, contact your point of purchase for a replacement.



**Disposal:** The product with this mark indicates that this product shouldn't be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the local recycle service or contact your point of purchase to withdraw the product.

# I Checklist and Installation

 <p><b>A (x1)</b> Surface Pad</p>	 <p><b>B (x1)</b> Desk Board</p>	 <p><b>C (x1)</b> Crossbar</p>	 <p><b>D (x1)</b> End Cap</p>
 <p><b>E (x1)</b> End Cap</p>	 <p><b>F (x1)</b> Sync Rod</p>	 <p><b>G (x2)</b> Connection Bar</p>	 <p><b>H (x2)</b> Side Bracket</p>
 <p><b>I (x1)</b> Cable Management Tray</p>	 <p><b>J (x2)</b> Foot</p>	 <p><b>K (x2)</b> Hook</p>	 <p><b>L (x1)</b> Drive Rod Module</p>
 <p><b>M (x1)</b> Lifting Column</p>	 <p><b>N (x1)</b> Lifting Column</p>		

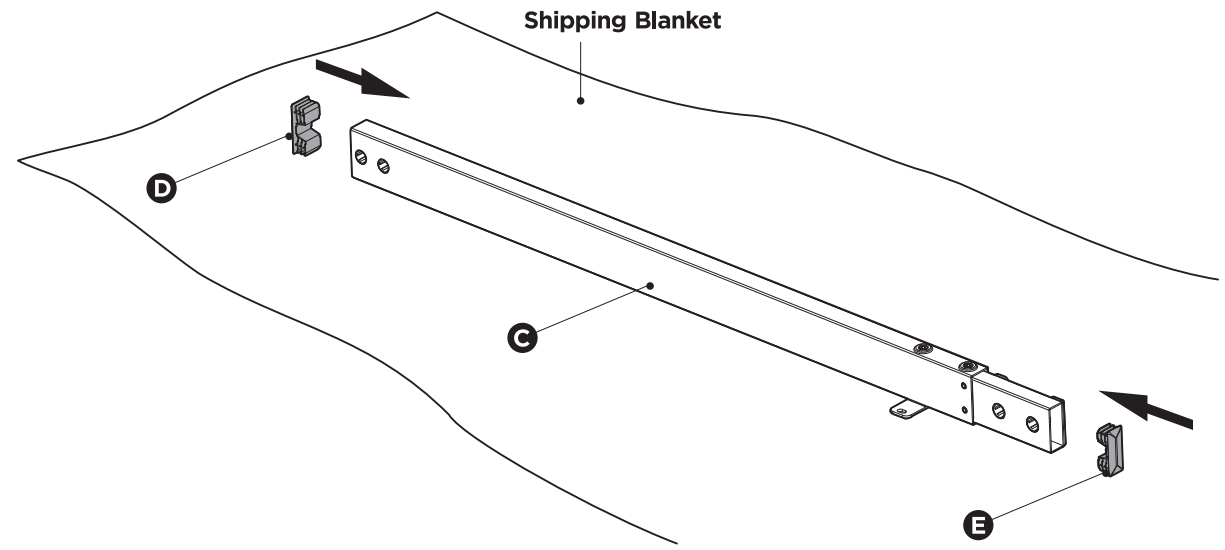


This page can be torn so that it's easier for you to match the components with the images.

<p><b>S-A (x16)</b> Hex Head Screw</p> 	<p><b>S-B (x24)</b> Hex Head Screw</p> 	<p><b>S-C (x4)</b> Phillips Head Screw</p> 
<p><b>S-D (x1)</b> Allen Wrench</p> 		

Now let's start the installation.

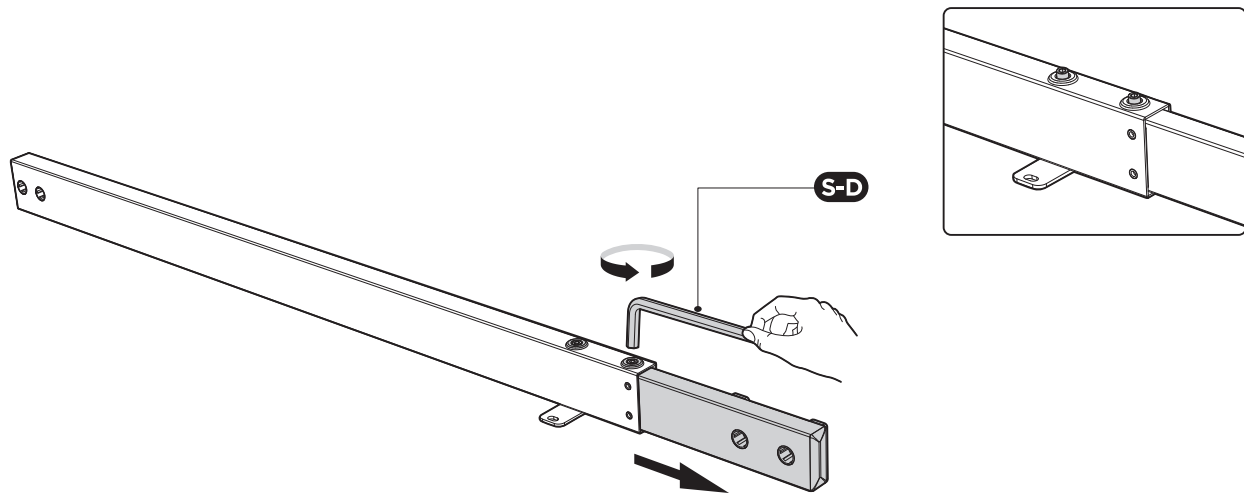
## I Attaching the End Caps



- Please prepare a spacious area for installation, and put a shipping blanket on the area to prevent scratches on the floor and the frame.
- Attach the **end caps D/E** to the ends of the **crossbar C** as shown.

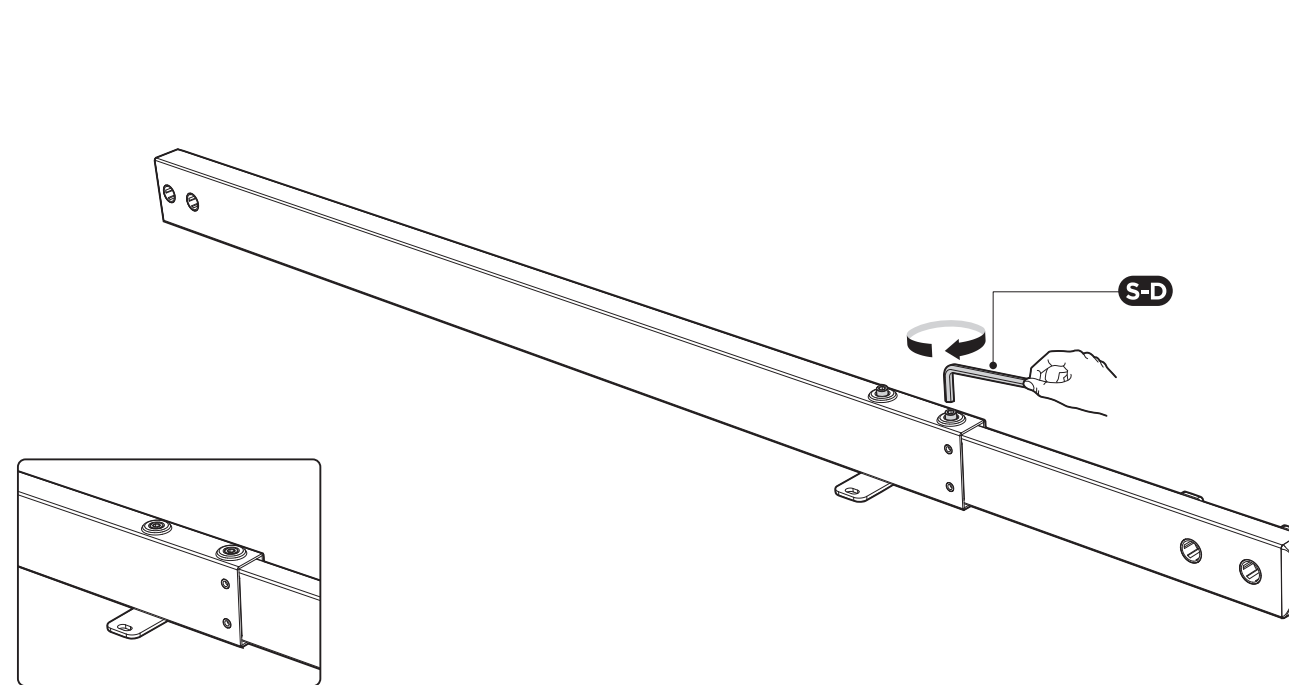


# I Adjusting the Frame



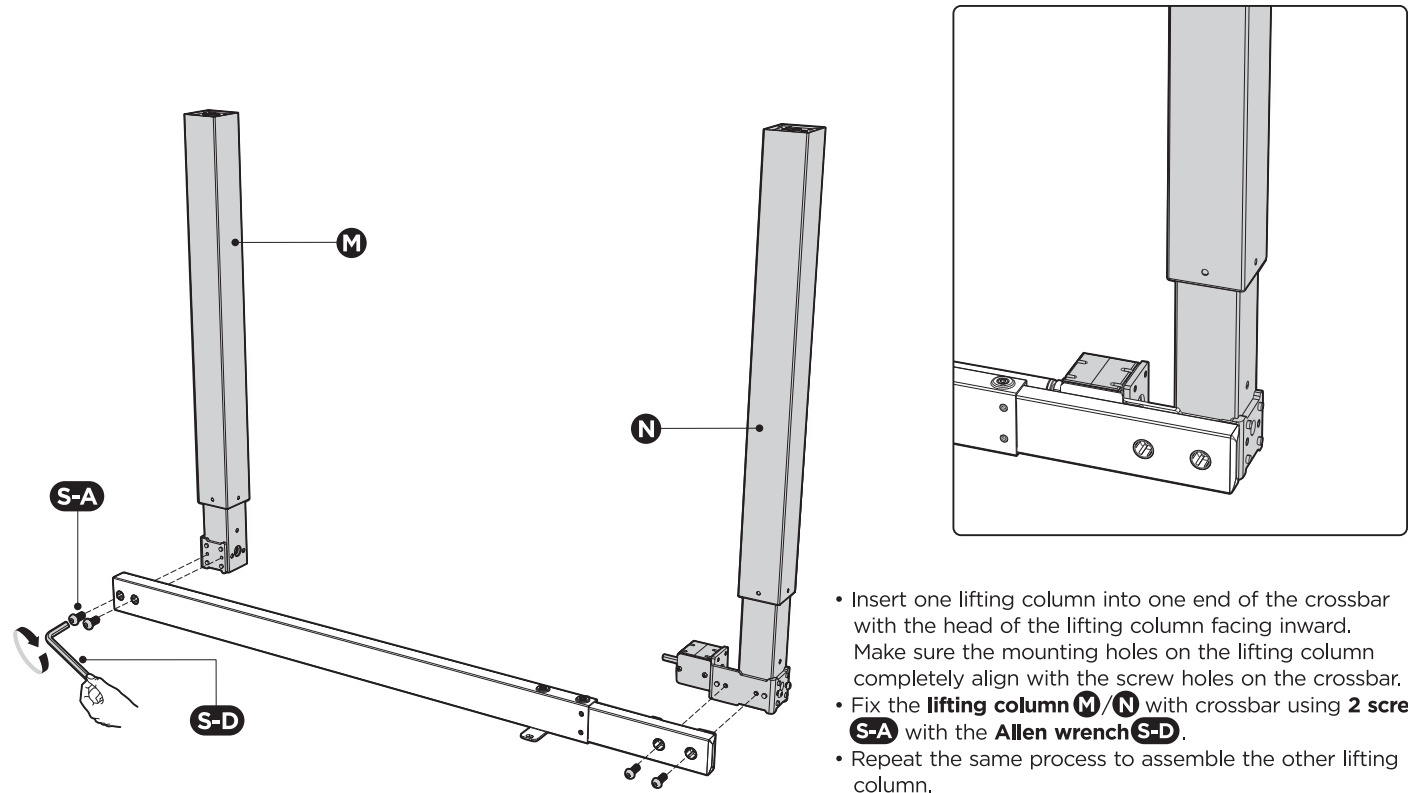
- Loosen the hex head screws that fix the adjustable junction, but don't completely take out the screws.
- Adjusting the crossbar to the size of desktop.

**Note:** The drawings of the crossbar are the **backside** of the components. Please make sure the crossbar keep facing down while installation, which is convenient for the further steps.

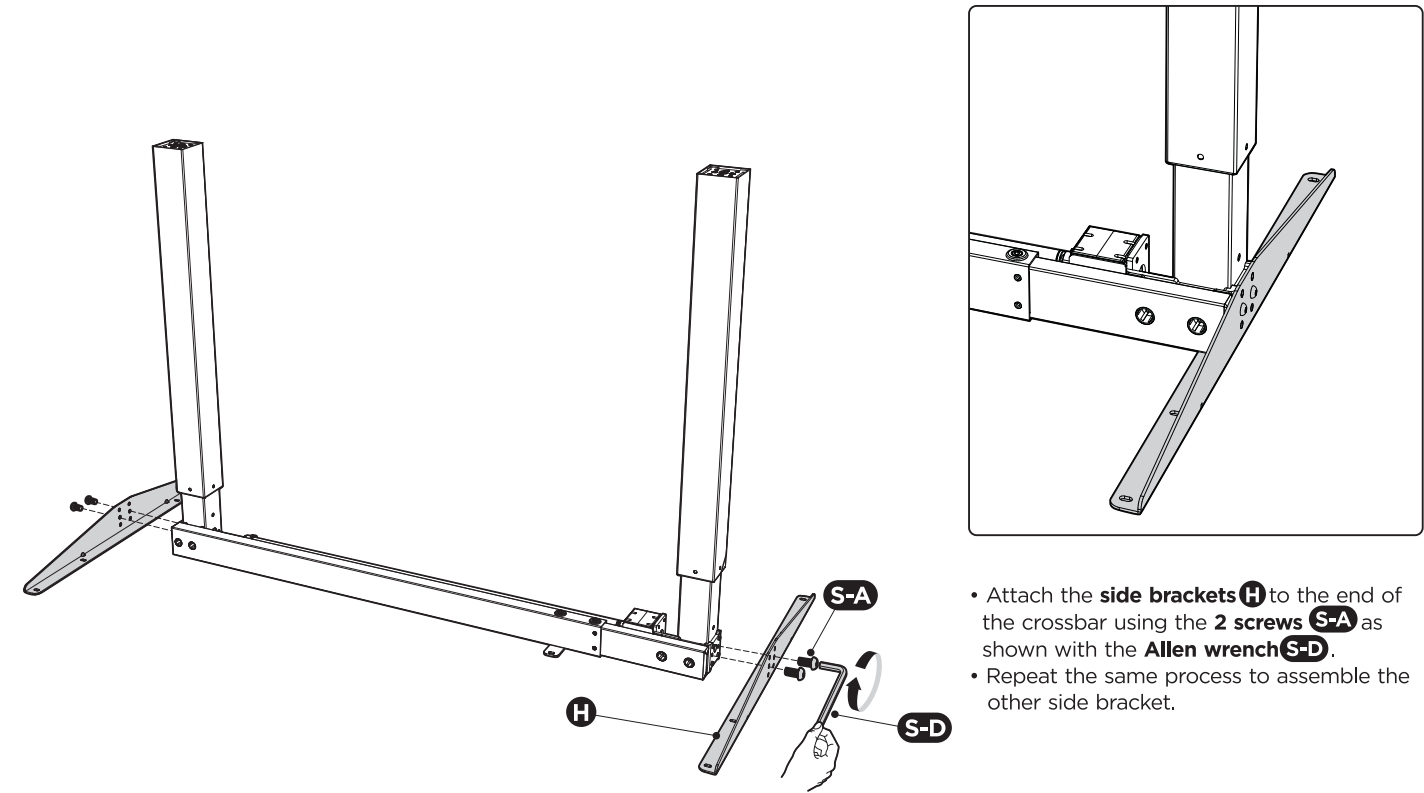


Retighten all the hex head screws to finish the adjustment.

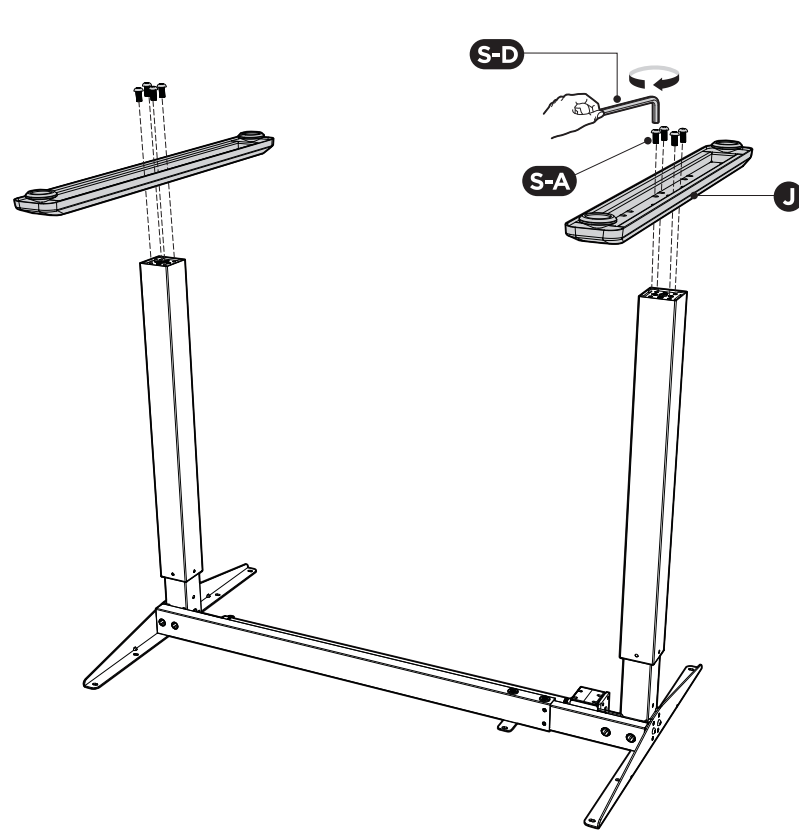
## I Assembling the Lifting Columns



## I Installing the Side Brackets



## I Installing the Feet

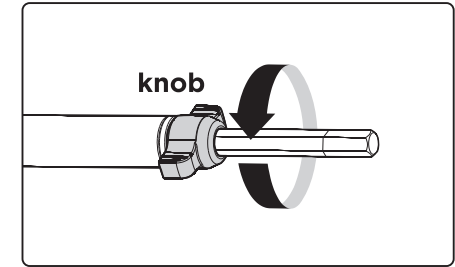
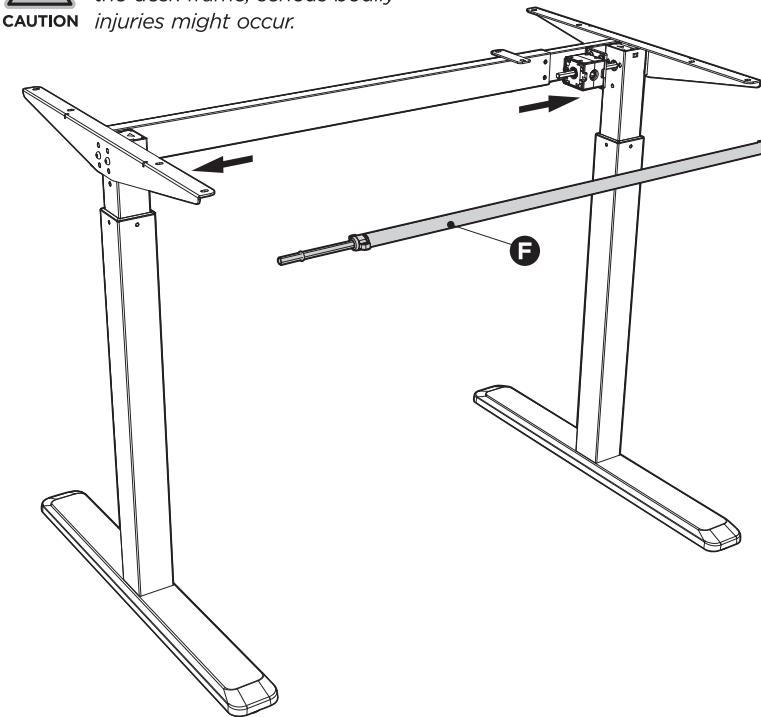


- Place the foot on the bottom of the lifting column. Align the mounting holes on the foot with the screw holes on the lifting column.
- Fix the foot **J** using **4 screws S-A** with the **Allen wrench S-D**.
- Repeat the same process to assemble the other foot.

## I Assembling the Sync Rod

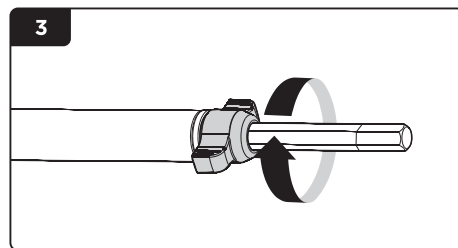
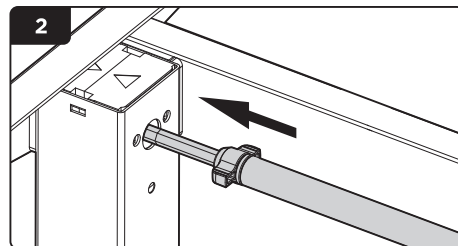
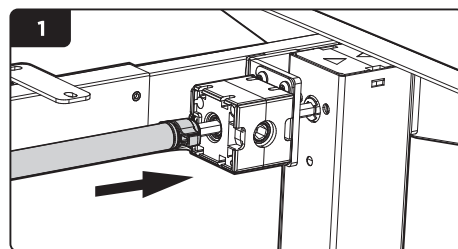
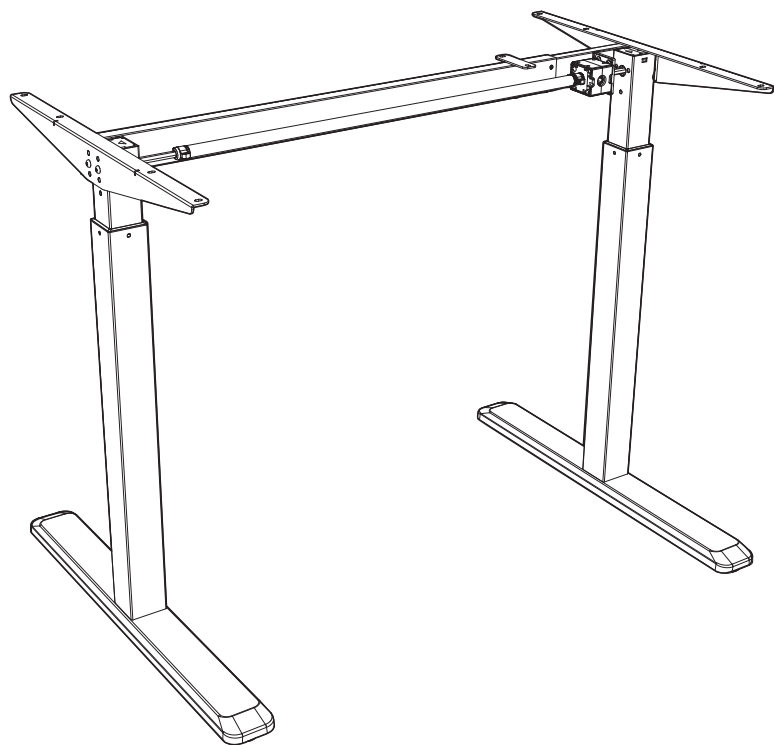


**CAUTION** *If only one person turns over the desk frame, serious bodily injuries might occur.*



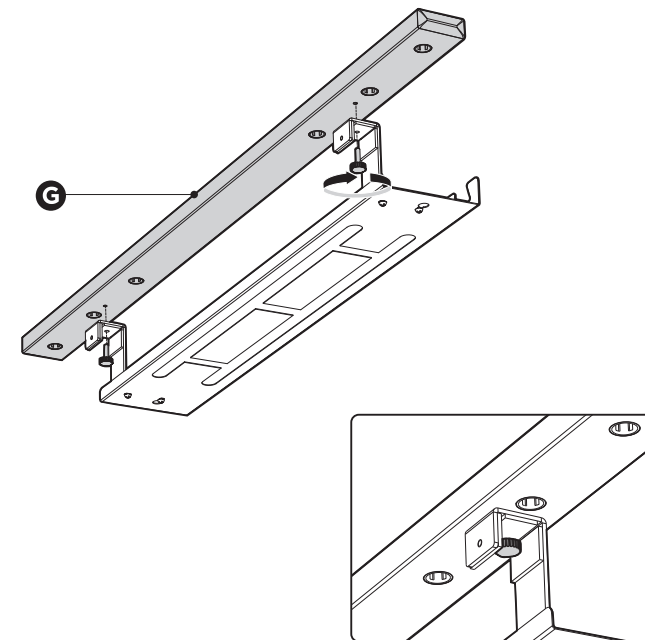
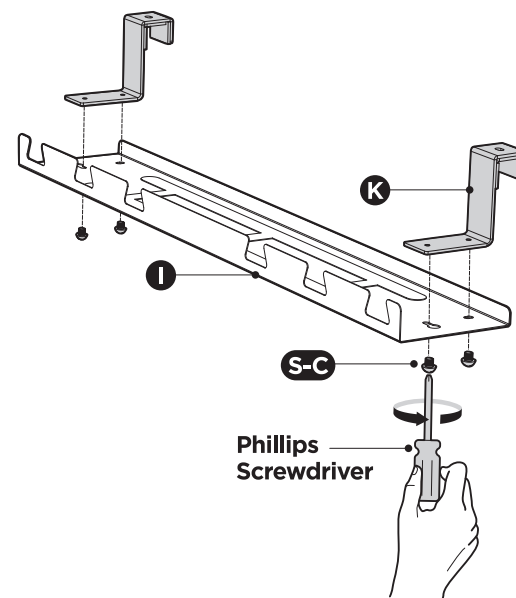
- Turn over the desk frame with the crossbar facing up. **At least two people** are required when turning over the desk frame.
- With the frame positioned upright, turn the knob as shown counterclockwise to loosen the **sync rod F**.
  - Adjust the sync rod to match the frame's width then.

- Match the red line on the sync rod with the right side of left leg.  
Match the right side of the right knob of the sync rod with the red line on the rod of the gearbox.
- Retighten the sync rod by using the knob.



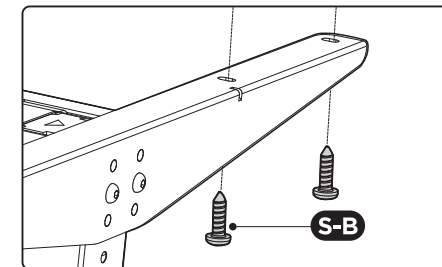
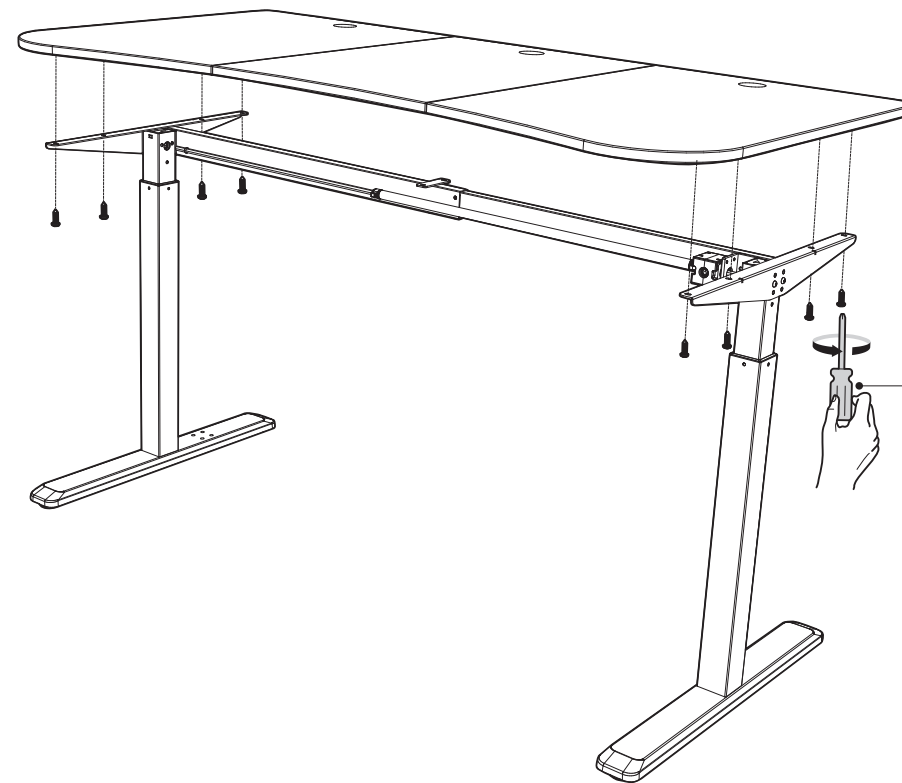
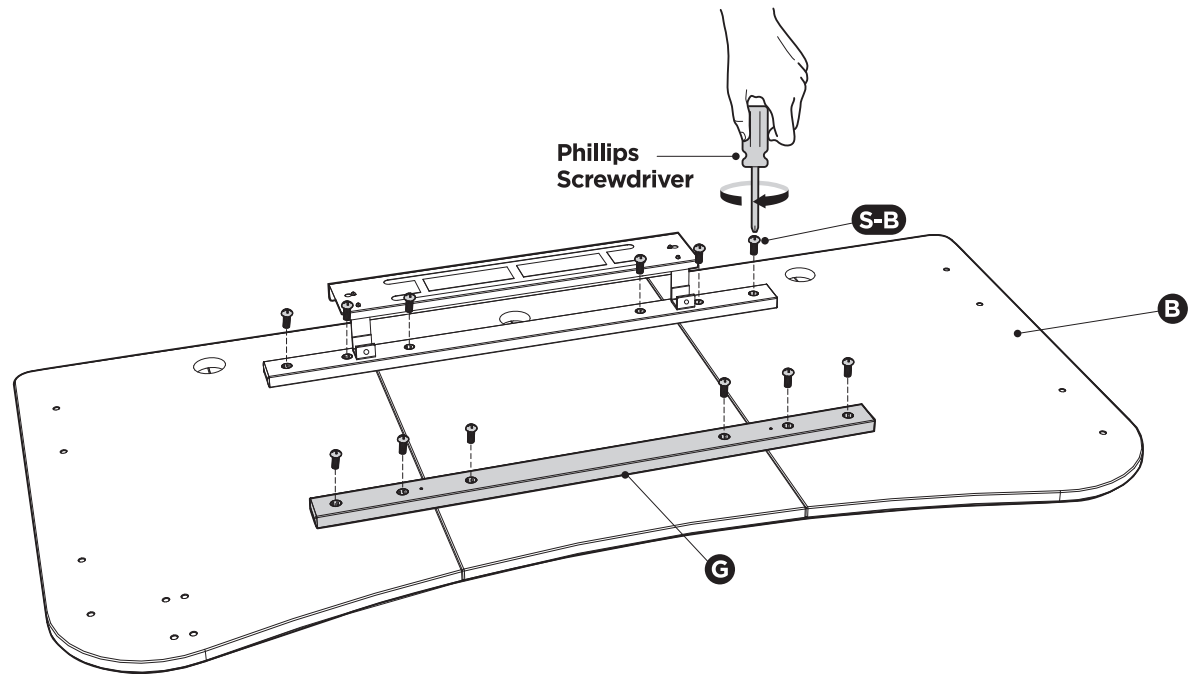
## I Assembling the Cable Management Tray

Align the mounting holes on the tray hangers with the screw holes on the cable management tray. Assemble the tray hangers to the **cable management tray I** with **4 screws S-C** from below using a **Phillips screwdriver**.



# I Installing the Desktop

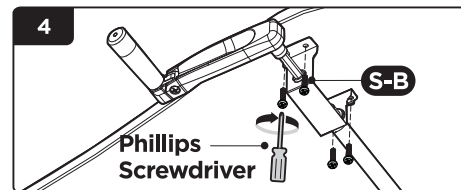
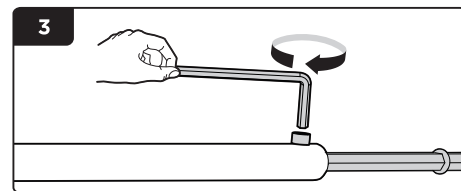
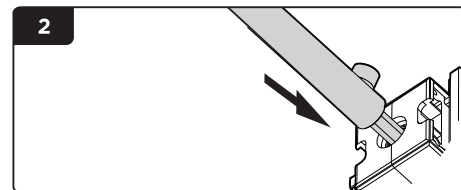
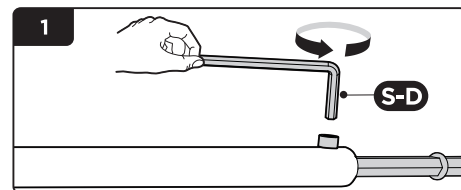
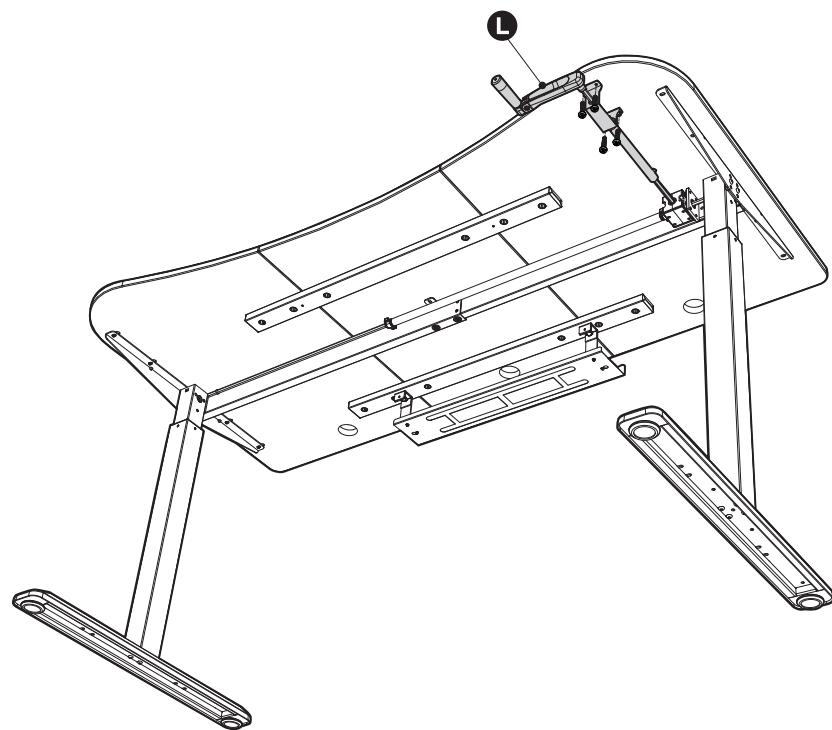
- Assemble 3 desk boards with 2 connection bars as a desktop.
- Place the desktop on the frame and insert the desktop mounting screws.
- Tighten all screws.



- Align the drilled screw holes with the mounting holes on the crossbar. Insert and tighten the **4 screws S-B** from below.
- Repeat the same process to assemble the other side of the desktop.

Phillips  
Screwdriver

- Insert the **drive rod module L** into the lifting column as shown.
- Fix the fixing plate onto the back of the desk by using the screws identified in the illustration.



## I Laying the Surface Pad

