

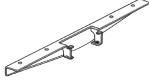
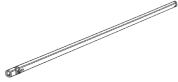
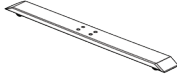
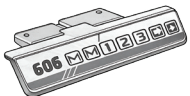
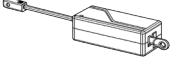
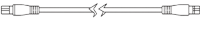
Rise Up Electric Adjustable Height Standing Desk

Assembly, Use, and Safety Instructions

READ AND UNDERSTAND BEFORE USE.

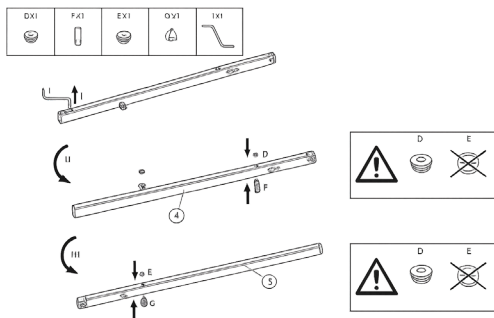
Improper adjustment or overloading may result in device damage or injury.

Parts:

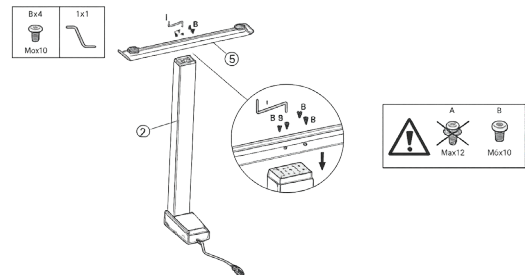
 Column	 Side bracket	 Frame	 Center rail	 Feet	 Handset
 Adapter	 Power cord	 Connecting cable	 M6*12	 M6*10	 ST5*14
 ST4*14	 T4*14	 Washer	 4mm	 Foot plate	 Anti-slip mat

Assembly Instructions

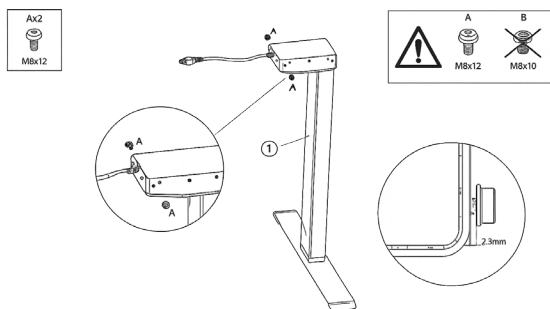
STEP 1:



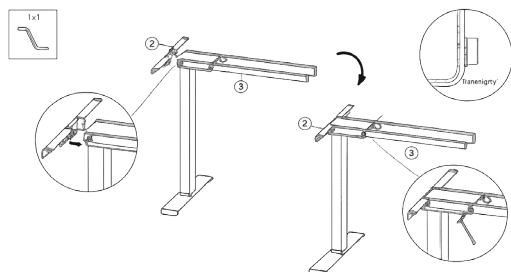
STEP 2:



STEP 3:

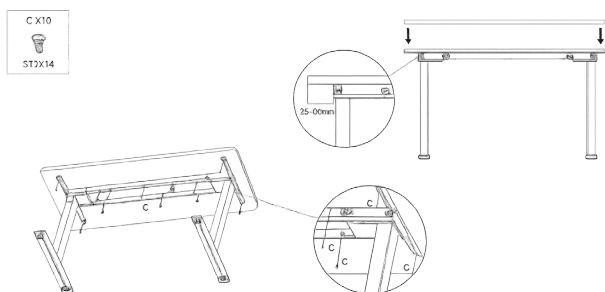


STEP 5:



i Repeat step 5 to complete the installation on the other side

STEP 7:



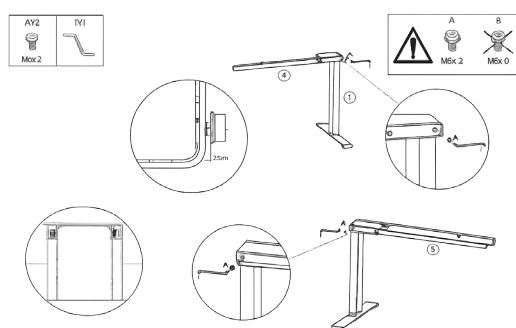
STEP 9:

Press and hold the DOWN button until the desktop is in the lowest position. Release the DOWN button. Press and hold the DOWN button for 5 sec – the desk will "beep", the display will show "RST", and then the display will show the numerical height. Release the DOWN button. Reset is complete.

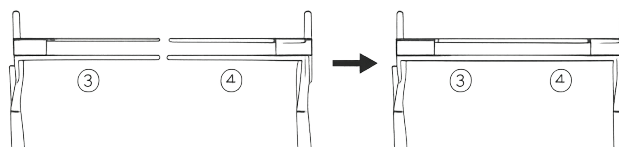
STEP 10:

Congratulations, you are finished setup and your desk is ready to use.

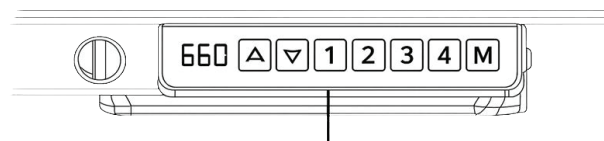
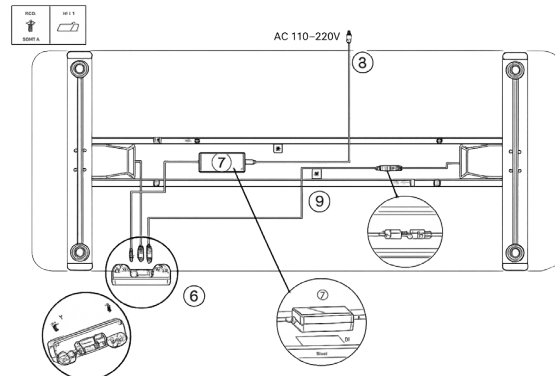
STEP 4:



STEP 6:



STEP 8:



Usage and Settings

STEP 1: Reset:

- a. Press and hold the DOWN button until the desktop is in the lowest position. Release the DOWN button.
- b. Press and hold the DOWN button for 5 sec – the desk will “beep”, the display will show “RST”, and then the display will show the numerical height. Release the DOWN button. Reset is complete.

STEP 2: Adjusting the Height:

- a. Press the UP or DOWN button until the desk reaches the preferred height.

STEP 3: Programming the Memory Settings:

- a. How to Save Memory Settings: Adjust the desk to your desired height. Press “M”. The display will flash. Press the number to which you’d like to save the height.
- b. How to use the Memory Settings: Press the numerical memory setting and the desk will automatically adjust to the saved height.

STEP 4: Lock and Unlock:

- a. LOCK: Simultaneously press “M” and “UP ARROW” for 5 seconds. The display will show “Loc”, indicating the desk is locked and the height cannot be adjusted.
- b. UNLOCK: Simultaneously press “M” and “DOWN ARROW” for 5 seconds. The display will show the numerical height, indicating the desk is unlocked and the height can be adjusted.

STEP 5: Setting the Upper and Lower Height Limits:

Set the upper height limit:

- a. Adjust the desk to the preferred upper height limit(in the upper half of the height range).
- b. Simultaneously press “UP” and “DOWN” button for 5 sec.
- c. The desk will beep, indicating the upper limit has been set.

Set the lower height limit:

- a. Lower the desk to the desired height(in the lower half of the height range).
- b. Simultaneously press “UP” and “DOWN” button for 5 sec.
- c. The desk will beep, indicating the lower limit has been set.

Disable the upper height limit:

- a. Raise the desk to the Upper Height Limit.
- b. Simultaneously press “UP” and “DOWN” buttons for 5 sec.
- c. The desk will beep, indicating the upper limit has been disabled.

Disable the lower height limit:

- a. Lower the desk to the Lower Height Limit.
- b. Simultaneously press “UP” and “DOWN” buttons for 5 sec.
- c. The desk will beep, indicating the lower limit has been disabled.

STEP 6: Preset the Desk Starting Height:

- a. Press “M” for 5 sec until the screen shows “S-1”.
- b. Press the UP or DOWN button until the screen shows “S-5”.
- c. Press “M” to confirm.
- d. Press the UP or DOWN button to adjust the desk starting height. Press “M” when finished.

STEP 7: Change from Metric to English Units:

- Press "M" for 5 sec. The screen will show "S-1". Press "M" to confirm.
- The screen shows the current unit: "0" = Metric | "1" = English.
- Press UP or DOWN to change units. Press "M" to finish the setting.

STEP 8: Sedentary Reminder:

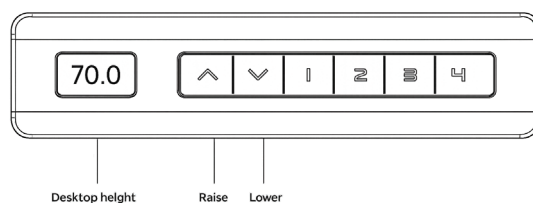
- Simultaneously press "1" and "3". The screen shows "0.0h"
- Press UP or DOWN to set the sedentary reminder time. After 2 sec, the system will exit and save your setting.
- When the time is up, the handset will "Beep" and vibrate. Press any button to stop.

STEP 9: Adjusting the Anti-Collision Sensitivity:

- Press "M" for 5 sec until the screen shows "5-1".
- Press UP or DOWN until the screen shows "S-2". Press "M" to confirm. The screen shows the sensitivity code:
0 = OFF | 1 = Low Sensitivity | 8 = High Sensitivity
- Press UP or DOWN to adjust the sensitivity. Press "M" to finish.

STEP 10: Restore Factory Settings:

- Simultaneously press UP and DOWN for 10 sec. The handset will "beep" and the screen will show "RST".
- Reset the desk by pressing DOWN to lower the desk all the way, release DOWN.



Safety Tips

- Make sure pets, children, and unwanted objects are away from the desk before use. Unplug during thunderstorms and when not in use for long periods.
- Before use, ensure the desktop is not touching any walls.
- Remove obstacles taller than 19 inches from underneath the desk.
- Do not operate in temperatures below 0°F or above 98°F. Keep away from gas, liquids, and dust.
- Never disassemble the sealed components or parts. This product contains electrical components that may cause serious injury or death if misused.
- To avoid injury, do not place hands, feet, other body parts, or other objects under the desk when adjusting.
- Read and understand this manual before use.
- Reset the desk after first assembly and after power outages.

SAFETY AND LEGAL INFORMATION

General Safety Warnings

- Pinch and crush hazard. Keep hands, feet, pets, and objects clear while raising or lowering.
- Assembly required. Follow instructions and verify all fasteners are tight before use.
- Electrical components present. Use only with properly grounded outlets and the approved power supply provided.
- For indoor use only. Keep liquids away from control panels, motors, and power supplies.
- Not intended to support body weight. Do not sit, stand, climb, or hang on the desk.
- Do not exceed the maximum rated load for your specific model. Load includes desktop and all items placed on the desk.
- Distribute weight evenly. Do not load heavy items on one edge or corner.
- Keep children and pets clear during operation. Do not allow children to operate controls.
- Do not use with a damaged power cord or adapter. Replace only with approved parts.

Operation and Adjustment Safety

- Operate only while observing desk movement.
- Stop immediately if obstruction, unusual noise, or resistance occurs.
- Anti-collision features may reduce risk but do not prevent all injury or damage.
- Unplug before cleaning or servicing.

Stop-Use Notice

- Discontinue use if instability, electrical malfunction, or damage is observed.

Important Legal Disclaimers

- Not a medical device. This product is not intended to diagnose, treat, cure, or prevent any medical condition.
- Uncaged Ergonomics LLC assumes no liability for injury, property damage, or loss resulting from misuse, improper assembly, failure to follow instructions, or use in unsafe environments.
- Use of this product constitutes acceptance of all safety instructions, warnings, and limitations of liability described herein.

Model Addendums

- Rise Up Frame: Load rating applies to frame only. User is responsible for desktop compatibility and secure attachment.
- Rise Up Essential: Maximum load 155 lb total (includes desktop and all items).
- Rise Up Glass: Glass desktop hazard. Avoid impacts and uneven loading. Keep liquids away from integrated ports and outlets.
- Rise Up L-Shaped: Balance loads across both surfaces. Uneven loading may reduce stability.

Manufacturer Information

Designed by Uncaged Ergonomics LLC (USA)
Made in China

Need Help?

Email: hello@UncagedErgonomics.com
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www.UncagedErgonomics.com