

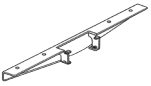
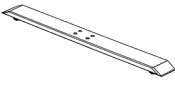
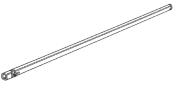
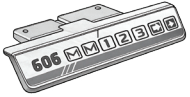
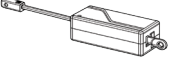
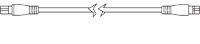
Rise Up Electric Adjustable Height Standing Desk

Assembly, Use, and Safety Instructions

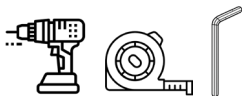
READ AND UNDERSTAND BEFORE USE.

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

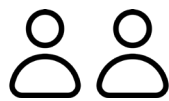
Parts:

 Side bracket	 Feet	 Column	 Frame	 Center rail	 Handset
 Adapter	 Power cord	 Connecting cable	 Desktop	 M6 Fastening screw	  M3 Wrench M4
  M6 Machine screw M6	 ST5*16 Wood screw	 ST4*16 Wood screw	 Velcro	 Cable clip	 ST4*13 Wood screw

Required Tools & Installers:



Installation Tools
(Self - Provided)

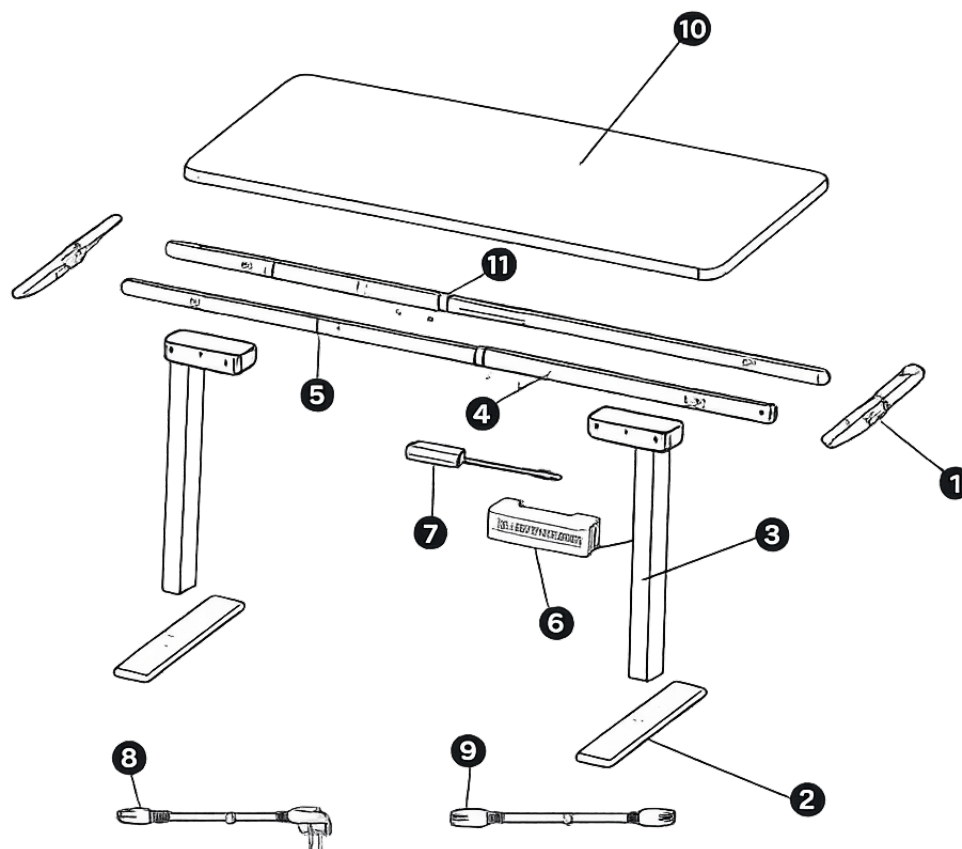


At least two persons
required for installtion

15 min

Required time for
insatallation

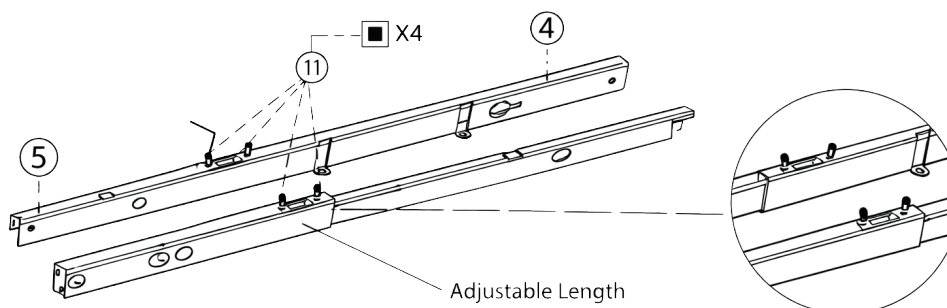
Package Contents



Assembly Instructions

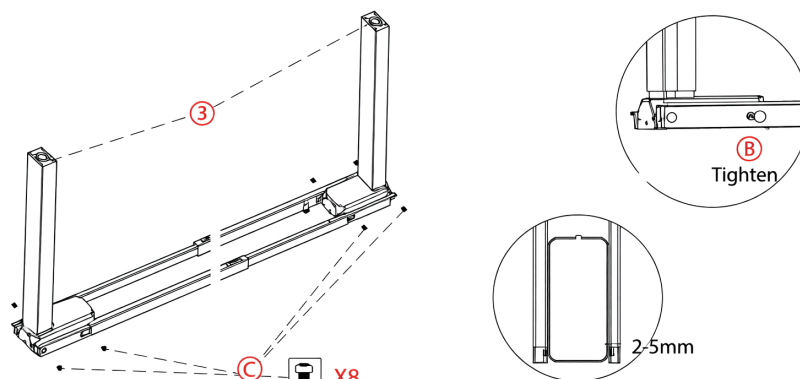
STEP 1: Use a 3mm allen wrench(A) to loosen the 4 screws (11) of the frame(4), adjust the connecting rod(5) and frame(4) to fit the desktop(10), and then tighten the screws to secure.

- The center rail has been pre-assembled. Check to make sure there are no missing parts and adjust the telescoping center rail to the proper length for your desktop.
- Avoid damaging the product by over-tightening the screws.
- Pay attention to the direction of the center rail and connecting rod notches.



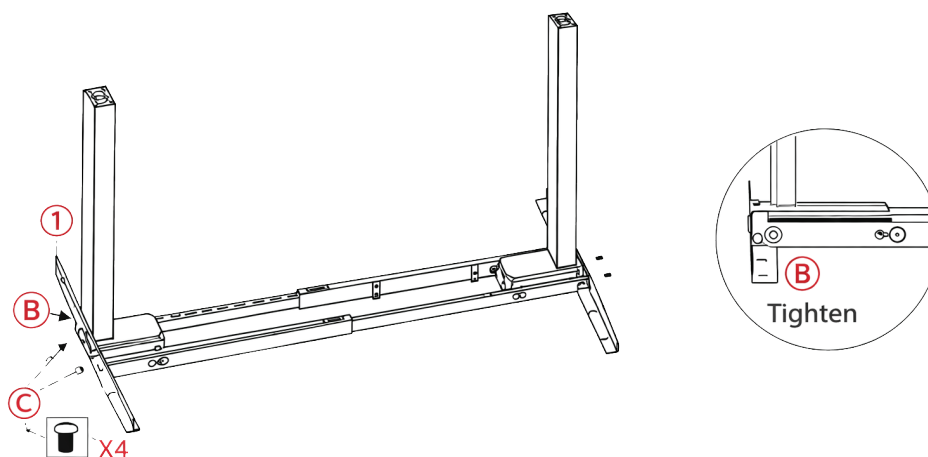
STEP 2: Attach the columns to the frame using the provided screws. Tighten some screws partially first, leaving a small gap (2–5 mm). After proper alignment, fully tighten all screws. Repeat this step for the opposite side.

Note: Ensure all parts are aligned before tightening. Do not over-tighten.



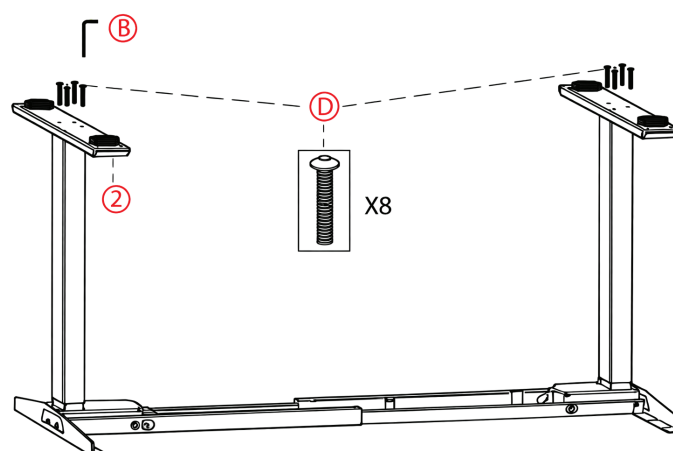
STEP 3: Insert the hexagonal drive rod into both columns. If needed, use the wrench to slightly rotate and align the rod until both ends fit properly. Secure using the screws and ensure the rod is fully seated before tightening.

Note: Do not force the rod if misaligned.



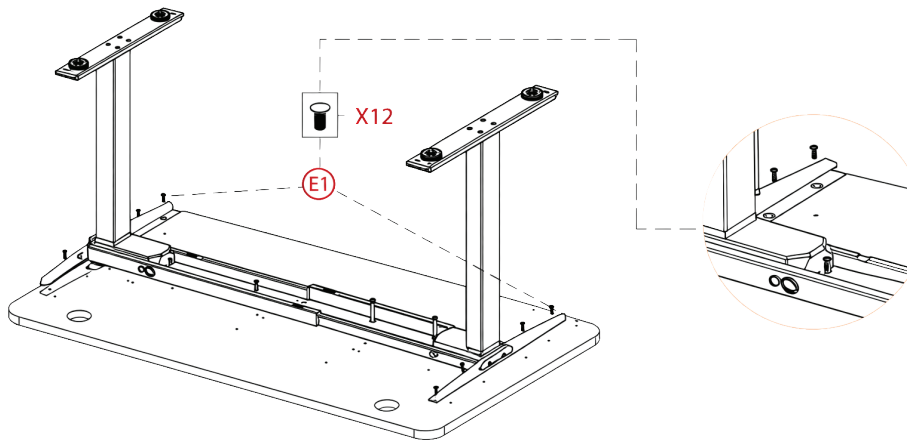
STEP 4: Secure the feet to the bottom of each column using the provided screws. Repeat this step for the opposite side.

Note: Ensure the feet are aligned properly before fully tightening. Do not over-tighten screws.

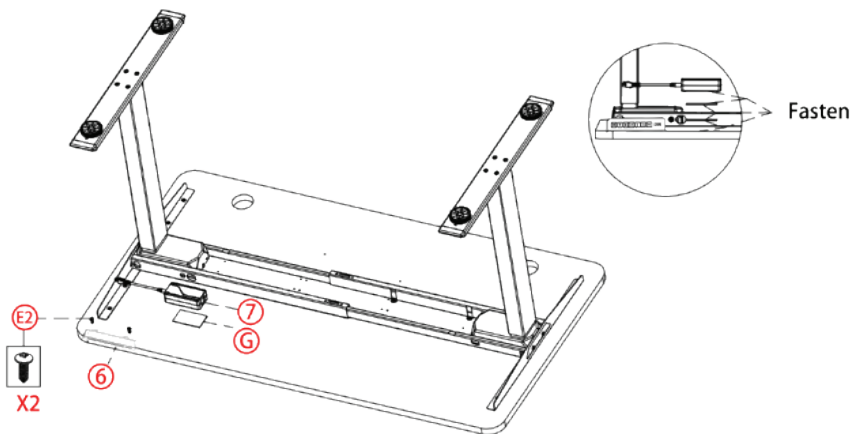


STEP 5: Fasten the complete table frame to the desktop with screw(E1).

- Frame width is adjustable from 43.3-59.1" to accommodate different desktop widths.

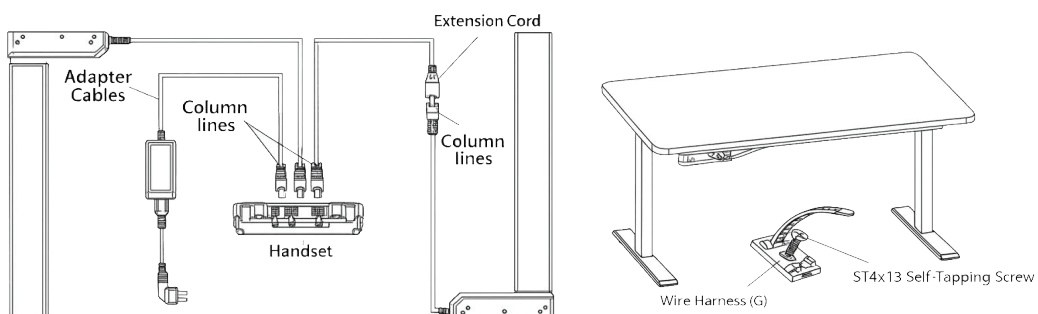


STEP 6: Secure the handset to the desktop with screw(E2). Place the velcro(F) where you'd like to mount the adapter on the bottom of the desktop. The cable length on the adapter is limited, so it should be placed close to the handset. Mount the adapter in the desired position.



STEP 7: Connect the column cables and handset cable to the control box. Then connect the power cord to the adapter. Route cables neatly along the frame and secure them using clips or ties. Keep cables away from moving parts and allow enough slack for height adjustment. Turn the desk upright with assistance and plug the power cord into a wall outlet.

Note: Do not pinch or stretch cables during operation.



Usage and Settings

STEP 1: Reset:

- a. Press the down arrow to lower the desk to the shortest position. Release the down arrow. Press the down arrow again for 5sec. The control box will beep. Release the Down arrow.
- b. When the reset is completed, the display will show the lowest height. Users must complete a reset when operating the desk for the first time.

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. Saving your Height: Adjust the desk to the desired height. Press "M", the display will flash, press the memory button you'd like to save the height.
- b. How to Use: Press the numerical memory button to move the desk to the saved height.

STEP 4: Lock and Unlock:

- a. Lock: Simultaneously press "M" and "UP" for 5sec. The display will show "Loc", indicating the desk is locked and height cannot be adjusted.
- b. Unlock: Simultaneously press "M" and "DOWN" for 5sec. The display will show the numerical height, indicating the desk is unlocked and 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 5sec.
- 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 5sec.
- 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 set.

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 upper limit has been set.

STEP 6: Preset the Desk Starting Height:

- a. Press "M" for 5sec 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:

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

STEP 8: Sedentary Reminder:

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

STEP 9: Adjusting the Anti-Collision Sensitivity:

- a. Press "M" for 5sec until the screen shows "5-1".
- b. 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
- c. Press UP or DOWN to adjust the sensitivity. Press "M" to finish.

STEP 10: Restore Factory Settings:

- a. Simultaneously press UP and DOWN for 10sec. The handset will "beep" and the screen will show "RST".
- b. 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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