

Welcome!

Congratulations on your purchase of this motiondesk™-electric height adjustable sit to stand ergonomic desk. With this desk you can adjust the work surface easily, quickly and effortlessly to you personal needs and tasks.

The motiondesk has many features which are easy to use. This guide provides guidelines on using your desk and setting it up for your personal use.

Warning

To prevent fire or shock hazard, do not expose the desk to water or moisture.

To avoid electrical shock, do not open the control box. Refer servicing to Ergomotion Pty Ltd.

Main Features: -

- Push button electric adjustment.
- Height range from sit to stand
- Quick, quiet and easy adjustment
- Memory positions available (optional)

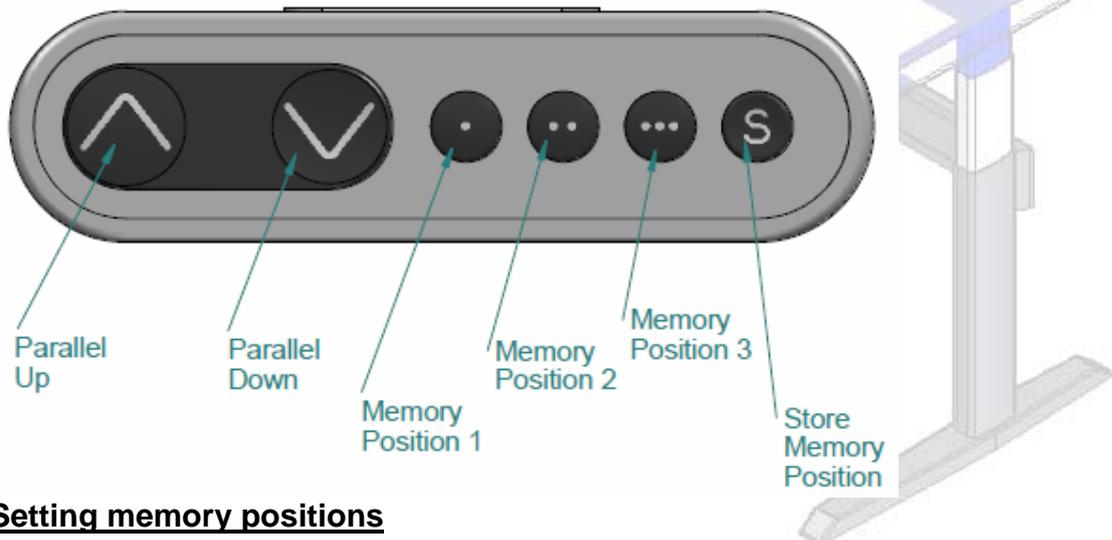
Usage instructions: -

Desk without memory option

Your desk has been supplied with a panel that has an up and down buttons only.

1. Plug the mains power in to the mains
2. Turn plug on
3. Operate desk up and down with the up down buttons
4. Initialization may be required. See guideline at the end of this guide

Desk with memory panel (without LCD readout)



Setting memory positions

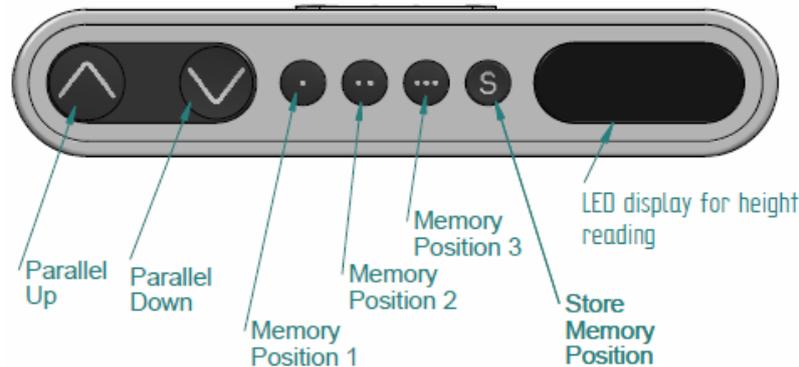
1. Drive the table to its lowest position to initialise the system if necessary (see below).
2. Adjust table to desired height using the 'Parallel Up' and "Parallel Down" buttons.
3. Press "Store" then "Memory 1"
Memory position "1" is now stored.
4. Repeat steps 1 and 2 for positions "1" and "2".

Recalling memory position.

1. Press "Memory 1" and hold until desk reaches stored position and stops.
2. Press "Memory 2 or 3" until desk reaches these memory positions and stops.

Memory positioning can be bypassed by pressing "Memory Up" or "Memory Down" until the correct position is reached.

Desk with memory panel (with LCD readout)



Normal Operation:

To run the table up or down, press the “Parallel Up” or “Parallel Down” button, and keep it pressed until the table reaches your desired height. The display will count up or down while running, and after it stops will continuously show the current height of the table.

Store a memory position:

1. Run the desk to the desired height.
2. Press the “Store” button and the display will flash “S” for 2 seconds.
3. Within the 2 seconds press “Memory 1, 2 or 3. The position is now stored.
4. To abort the sequence press the “up” or “Down” whilst the “S” is flashing, or wait 2 seconds until the display automatically returns to show the height of the table.

Recalling a memory position:

1. Press and hold the "memory 1" button until desk reaches stored position and stops.
2. Repeat previous step for memory position 2 and 3.
3. Memory positions can be bypassed by pressing the "parallel up" or "parallel down" buttons.

Adjusting the display to show the correct height:

Adjusting initial height

It may be necessary to adjust the displayed height due to different thicknesses of desktops. As a standard it will show 68cm as the default height of the desk.

1. Press ^ and v keys at the same time and keep them pressed for 5 seconds. The display will show three minuses (---) and then the display will revert to showing the height.
2. The height can then be adjusted by either ^ or v until the desired height has been reached.
3. The system will return to normal operation (and give a short blink) after 5 seconds of inactivity on the keys.

Guidelines to set up the desk to suit yourself: -

Creating an ergonomically sound workstation is the most important aspect of keeping a healthy work style. Using the guidelines described here you can create a comfortable and healthy work environment. This covers how your desk and chair should fit with your working environment.

1. Firstly your chair height should be adjusted so that your feet are flat on the floor and your thighs are parallel to the floor.
2. Adjust your desk height so that your shoulders are relaxed with your forearms resting on the desk.
3. Small height adjustments can be made to suit the task being done.
4. When you want to stand adjust the desk to your standing height. As above adjust the height so that your shoulders are relaxed with your forearms resting on the desk.
5. Small height adjustments can be made to suit the task being done while standing.
6. Adjust your working position between standing and sitting throughout the day to gain the maximum benefits from your desk as well as creating a healthy, productive and enjoyable working environment.

Troubleshooting Guide



Symptom	Check	Try
The desk does not run	Is the mains connected to the control box?	Connect a lamp or something similar to check the mains supply is OK.
	Are all the plugs mounted correctly in to the control box and to the legs?	Check all connections.
	Is there any visible damage to the cables, controls, control box or legs?	Damaged parts must be exchanged-contact Ergomotion.
The desk stops and can only be run in the opposite direction	Is the desk in the fully extracted position?	When the desk has reached its upper position it can only run down again.
	Is there extra load on the desk compared to when it was running normally?	Remove some of the load and try again.
The desk will only run downwards even though the desk is not overloaded		Perform initialization procedure.
The desk does not run its full extension. It always stops at the same position		The system has set a new end stop position. Perform the initialization procedure to remove this stop.

Initialization of your desk: -

Initialization is only necessary if control boxes are changed or the desk loses its memory position.

1. Push the arrow down button until the desk will run to its lowest position.
2. Press the "Down" button again for 6 seconds, after the desk has reached its bottom position.
3. The desk will lower and rise a few mm during these 6 seconds.
4. The desk has now been initialized and can be used normally again.

Enjoy your desk

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