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› [FLEXISPOT EF1 Electric Standing Desk User Manual](#)

## FLEXISPOT EF1

# FLEXISPOT EF1 Electric Standing Desk User Manual

Model: EF1  
Brand: FLEXISPOT

### 1. PRODUCT OVERVIEW

The FLEXISPOT EF1 Electric Standing Desk is designed to provide a versatile and ergonomic workspace, allowing users to easily switch between sitting and standing positions. This manual provides detailed instructions for assembly, operation, and maintenance to ensure optimal performance and longevity of your desk.



Figure 1.1: FLEXISPOT EF1 Electric Standing Desk Frame (White Legs)



Figure 1.2: The EF1 Electric Standing Desk integrated into a modern office environment, showcasing its functionality with a tabletop.

## 2. KEY FEATURES

- **Adjustable Height Range:** Easily switch between sitting and standing positions with a lifting range of 71-121 cm (legs only).
- **Memory Function:** Store up to four preferred height settings for quick and convenient adjustments with a single touch.
- **Robust Load Capacity:** Supports up to 70 kg, accommodating various office equipment.
- **Quiet Operation:** Operates with a low noise level of below 50dB, ensuring a peaceful work environment.
- **Obstacle Detection:** Built-in safety feature that stops and slightly reverses the desk's movement if an obstacle is detected during adjustment.
- **Durable Construction:** Made with high-strength SPCC steel for a stable and long-lasting frame.

## 高強度SPCC鋼製フレーム

耐久性に優れたSPCC鋼材を採用した脚部フレームは、昇降時の揺れを最小限に抑制。シングルモーター駆動により、スムーズかつ優れた昇降動作を実現。

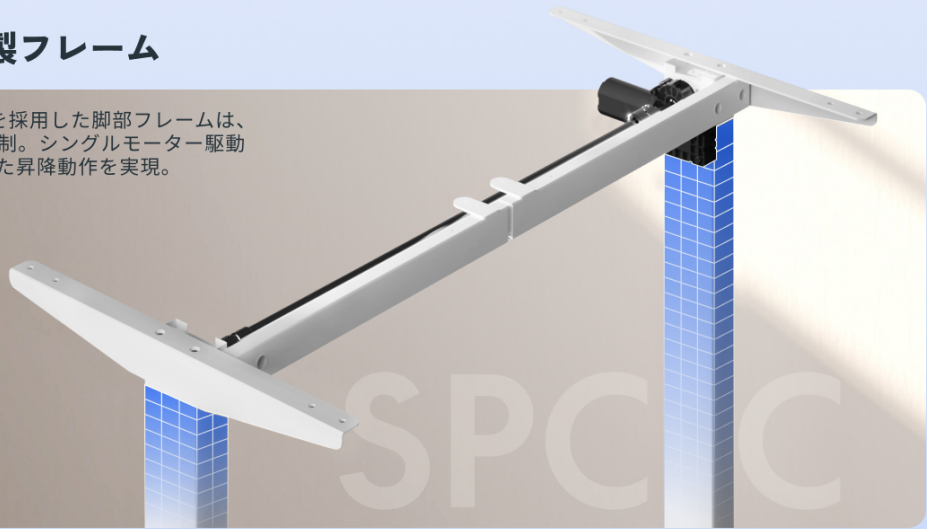


Figure 2.1: Illustration of the obstacle detection safety feature, showing the desk stopping and reversing upon encountering an obstruction.

## 耐荷重70kg



Figure 2.2: Diagram highlighting the robust SPCC steel frame construction, emphasizing durability and stability.

## 3. SETUP AND ASSEMBLY

Please follow these instructions carefully for proper assembly. It is recommended to have an electric screwdriver for easier installation of the tabletop.

### 3.1 Checking for Height Differences

Before assembly, verify if there is any height difference between the left and right support columns. This is crucial for proper desk operation.

# 仕様

動作:

50dB以下

耐荷重:

70kg

昇降範囲:

69.5-112cm

フレームの幅を調整すれば色々な天板に適応できます。

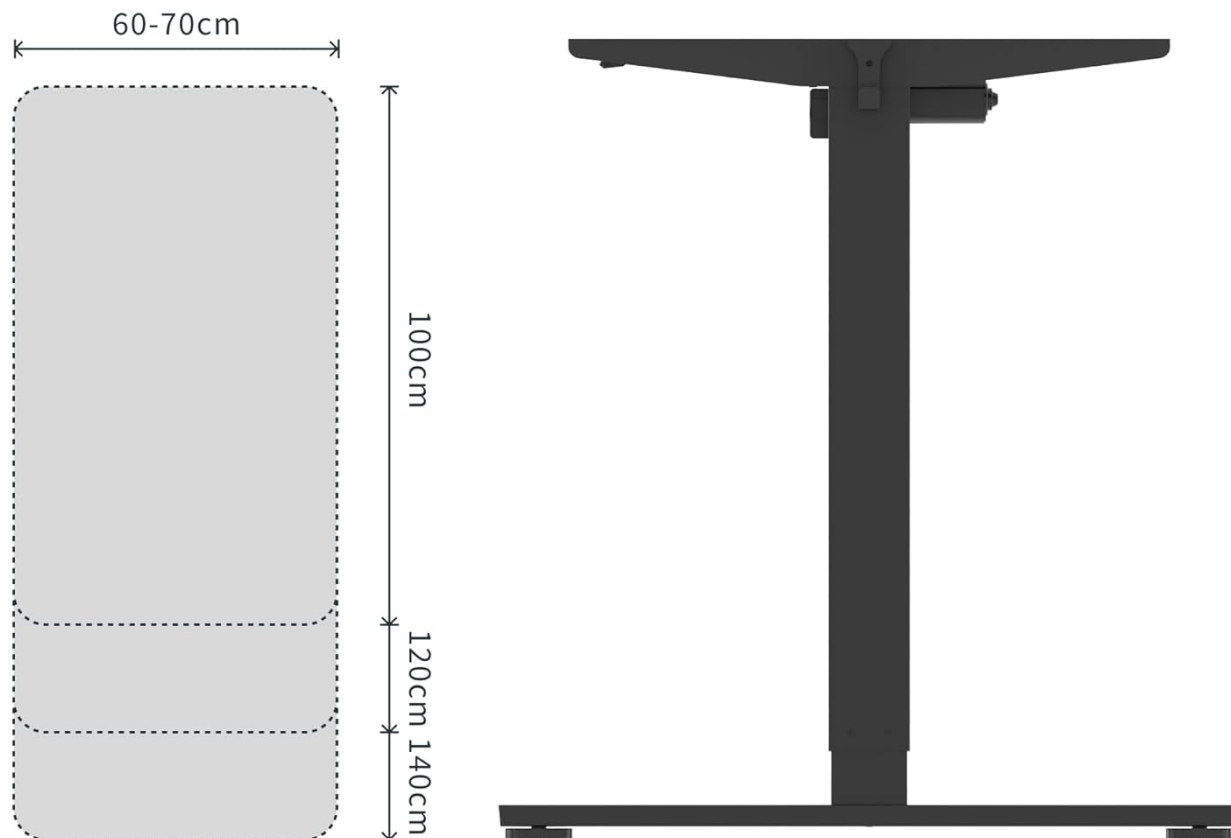


Figure 3.1: Visual guide for checking and adjusting height differences between the desk legs before full assembly. If a height difference exists, loosen the screw and insert the propeller shaft to adjust.

## 3.2 Tabletop Installation and Screw Holes

When attaching the tabletop and the central beam, you may need to drill your own screw holes. An electric screwdriver is highly recommended for this step.

If you are using a FLEXISPOT tabletop, some pre-drilled screw holes may align with the leg plates, serving as a reference for positioning. Other screw holes are designed for different FLEXISPOT models.

**FlexiSpot**

# 電動昇降デスクフレーム シリーズEF1

学習机から在宅ワーク用途にまで、  
多目的に使える高コスパな「電動昇降デスク」！

**フレームのみの販売**



Figure 3.2: Illustration demonstrating the process of drilling screw holes for attaching the central beam and controller to the tabletop.  
An electric drill is shown as a recommended tool.

## 4. OPERATING INSTRUCTIONS

The FLEXISPOT EF1 desk features an intuitive control panel for easy height adjustments and memory functions.

### 4.1 Adjusting Height

To adjust the desk height, simply press the up or down arrow buttons on the controller until the desired height is reached. The desk will move smoothly at a speed of 25mm/s.

### 4.2 Using Memory Presets

The controller allows you to save and recall up to four different height settings. To save a height:

1. Adjust the desk to your desired height.



2. Press the 'M' button (or similar memory button) followed by one of the numbered preset buttons (1, 2, 3, or 4).  
The height is now saved to that preset.

To recall a saved height, simply press the corresponding numbered preset button (1, 2, 3, or 4). The desk will automatically move to the saved position.

*Note: The physical location of the controller on the desk may vary from some product images; the actual controller is typically located on the left side of the desk.*

## 5. SPECIFICATIONS

Detailed technical specifications for the FLEXISPOT EF1 Electric Standing Desk:

Feature	Specification
Brand	FLEXISPOT
Model	EF1
Color	No Top (White Legs)
Product Dimensions	60 x 120 x 71 cm (Depth x Width x Height)
Weight	22.36 kg
Shape	Rectangular, Ergonomic
Desk Type	Computer Desk, Standing Desk
Style	Height Adjustable Desk
Base Material	Metal (SPCC Steel)
Top Material Type	Metal (Frame only, tabletop sold separately)
Finish Type	Paint
Lifting Range	71-121 cm (excluding tabletop thickness)
Lifting Speed	25mm/s
Load Capacity	70 kg
Input Voltage	100-240V
Noise Level	Below 50dB

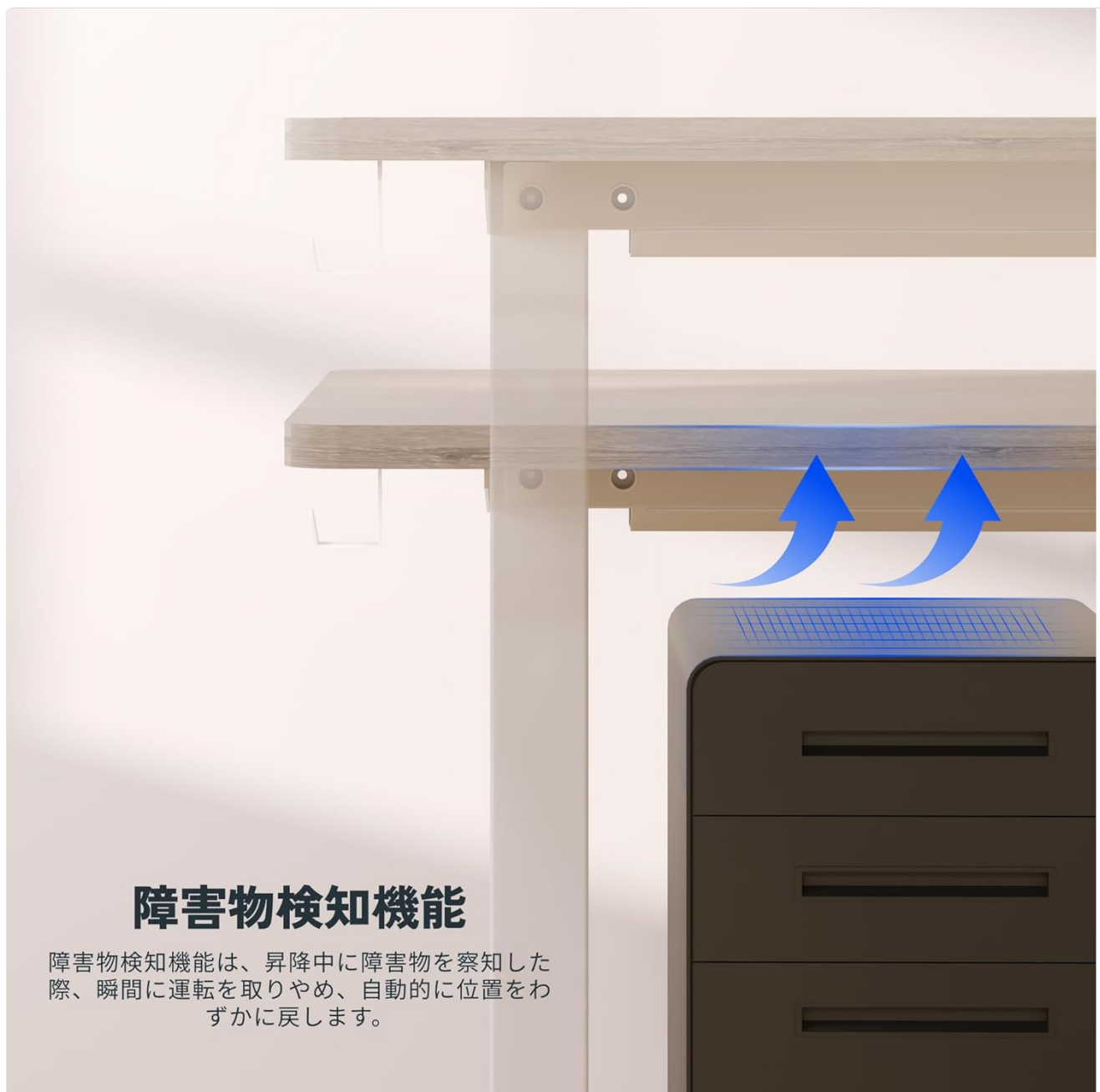


Figure 5.1: Diagram illustrating key specifications including lifting range, load capacity, and noise level.

## 6. MAINTENANCE

To ensure the longevity and smooth operation of your FLEXISPOT EF1 Electric Standing Desk, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the desk frame and controller with a soft, damp cloth. Avoid using abrasive cleaners or solvents that could damage the finish.
- **Cable Management:** Regularly check and organize cables to prevent tangling or interference with the desk's movement.
- **Lubrication:** The internal mechanisms are generally maintenance-free. Do not attempt to lubricate any moving parts unless specifically instructed by FLEXISPOT support.
- **Regular Inspection:** Periodically check all screws and bolts to ensure they are tight. Retighten if necessary.



## 7. TROUBLESHOOTING

If you encounter any issues with your FLEXISPOT EF1 Electric Standing Desk, please refer to the following common troubleshooting tips:

- **Desk Not Moving:**
  - Check if the power cable is securely plugged into both the desk and the wall outlet.
  - Ensure there are no obstructions preventing the desk from moving up or down.
  - Perform a reset (refer to the controller manual for specific reset procedures, if available).
- **Uneven Height:**
  - Refer to Section 3.1 on checking for height differences during assembly. If the issue persists, contact support.
- **Obstacle Detection Triggered:**
  - If the desk stops unexpectedly, check for any objects in its path. Remove the obstruction and try adjusting the height again.
- **Unusual Noises:**
  - Minor operational noise is normal. If you hear loud grinding or unusual sounds, stop using the desk and contact support.

For issues not covered here, please contact FLEXISPOT customer service.







## 8. WARRANTY AND SUPPORT

FLEXISPOT is committed to providing excellent after-sales service. Your EF1 Electric Standing Desk comes with a comprehensive warranty and dedicated support.

- **Manufacturer's Warranty:** Enjoy a 5-year free long-term manufacturer's warranty. There is no limit to the number of support requests during the warranty period, providing you with complete peace of mind.
- **Domestic Support System:** FLEXISPOT has established a dedicated call center in Japan to ensure better after-sales service for our customers.
- **Language Support:** In the event that you require support, assistance will be provided in Japanese, eliminating any language barriers.
- **Assembly Videos:** Detailed assembly videos are available on the product detail page for your convenience.

For any inquiries or support needs, please contact FLEXISPOT customer service through the official channels.

## Related Documents - EF1

	<p><a href="#">FlexiSpot E7QB Standing Desk User Manual</a></p> <p>Comprehensive user manual for the FlexiSpot E7QB standing desk, covering components, installation, usage, troubleshooting, and warranty information.</p>
	<p><a href="#">FlexiSpot Q8B/Q8W Height Adjustable Standing Desk Installation Guide and Warranty</a></p> <p>Comprehensive installation guide and warranty information for the FlexiSpot Q8B/Q8W height adjustable standing desk, including setup instructions, usage tips, troubleshooting, and warranty details.</p>
	<p><a href="#">FlexiSpot E2LB-V2/E2LW-V2 Electric Height-Adjustable Desk User Manual</a></p> <p>User manual for the FlexiSpot E2LB-V2 and E2LW-V2 electric height-adjustable desks, covering assembly, operation, technical specifications, and troubleshooting.</p>
	<p><a href="#">FlexiSpot E7B/E7W/E7S-Plus Height Adjustable Desk User Manual &amp; Installation Guide</a></p> <p>Detailed user manual for FlexiSpot E7B-Plus, E7W-Plus, and E7S-Plus height adjustable desks. Includes technical specifications, step-by-step installation instructions, handset operation, troubleshooting guide, and warranty information.</p>
	<p><a href="#">FlexiSpot Height Adjustable Desk EG1B/EG1W/EG1S Series Installation Guide and Limited Warranty</a></p> <p>Comprehensive guide for installing FlexiSpot height adjustable desks (EG1B/EG1W/EG1S series), including detailed steps, specifications, warranty information, and troubleshooting tips.</p>
	<p><a href="#">FlexiSpot E5-UKV2 Standing Desk Frame User Manual and Installation Guide</a></p> <p>Comprehensive user manual and installation guide for the FlexiSpot E5-UKV2 electric height-adjustable desk frame. It includes detailed specifications, component identification, step-by-step assembly guidance, keypad functions, troubleshooting tips, and safety precautions. Learn how to set up your ergonomic workspace with FlexiSpot.</p>