

## FLEXISPOT MAH0002193

# FLEXISPOT EN1 Electric Height Adjustable Standing Desk User Manual

Model: MAH0002193

## PRODUCT OVERVIEW

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The FLEXISPOT EN1 Electric Height Adjustable Standing Desk is designed to enhance your workspace with its seamless, sturdy, and ergonomically conscious features. This whole-piece desktop provides a smooth surface, while the electric lift system allows for effortless transitions between sitting and standing positions, promoting a healthier work environment.



*Image: The FLEXISPOT EN1 Standing Desk featuring a maple top and black frame, set up in a home office environment with dual monitors.*

## KEY FEATURES

- **1" Thick One-Piece Desktop:** Provides a completely smooth, seamless, and stable work surface.
- **Smooth Electric Height Adjustment:** Easily adjust desk height from 28.1" to 45.7" (without 1" thickness of table top included) with quiet motor operation (below 50 dB).
- **4 Memory Presets:** Store and recall preferred sitting and standing heights for quick transitions.
- **Sturdy and Stable Construction:** Industrial-grade steel frame supports up to 176 lbs, ensuring durability and stability.
- **Easy Installation:** Comes with assembly tools and detailed instructions for straightforward setup.

**20,000+**

Cycle Test Ensures Stability  
And Safety.



**1"THICK**

Commercial-Grade Desktop  
And Durable Frame.



*Image: A detailed view highlighting the 1-inch thick one-piece desktop and the robust industrial-grade steel frame of the FLEXISPOT EN1 desk, emphasizing its stability and durability.*

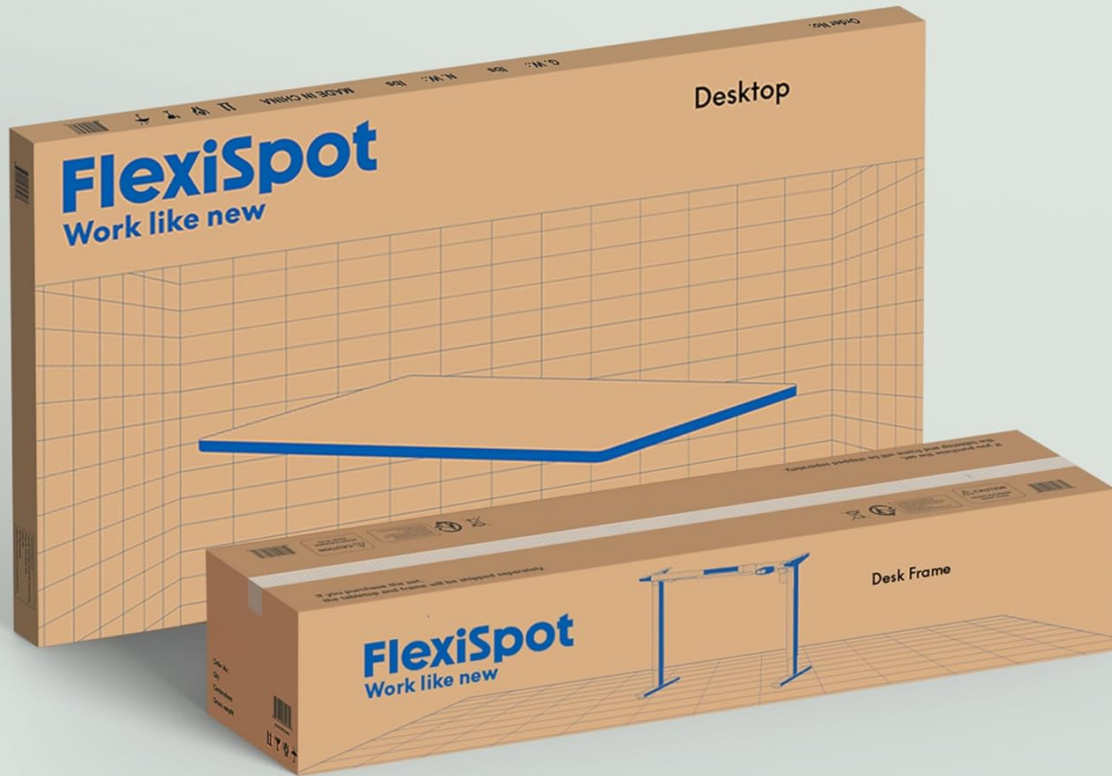
## PACKAGE CONTENTS

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Your FLEXISPOT EN1 Standing Desk package includes the following components, typically shipped in two separate boxes:

- One-piece Desktop (Maple, 55x28")
- Electric Height Adjustable Desk Frame (Black)
- Control Panel with LED Display and Memory Presets
- Power Adapter and Cables
- Assembly Tools
- Detailed Assembly Instructions

# BOXES MAY SHIP & ARRIVE SEPARATELY



*Image: An illustration showing two separate packages, one for the desktop and one for the desk frame, indicating that the components may arrive in different shipments.*

## SETUP AND ASSEMBLY

Assembly of your FLEXISPOT EN1 desk is designed to be straightforward. Please follow the included detailed instructions and use the provided assembly tools. It is recommended to have two people for assembly due to the size and weight of the components.

1. **Unpack Components:** Carefully unbox all components and verify against the package contents list.
2. **Assemble Desk Frame:** Follow the step-by-step instructions to connect the legs, crossbar, and motor components of the desk frame. Ensure all screws are tightened securely.
3. **Attach Desktop:** Carefully place the desktop upside down on a soft, clean surface. Align the assembled desk frame with the pre-drilled holes on the desktop and secure it using the provided screws.
4. **Connect Control Panel and Power:** Attach the control panel to the underside of the desktop and connect all necessary cables to the motor and power adapter.
5. **Position Desk:** With assistance, carefully flip the desk upright and place it in your desired location. Ensure cables



are not pinched.

## DUAL-STAGE LEGS

Continuous height adjustment  
from 28.1"-45.7"

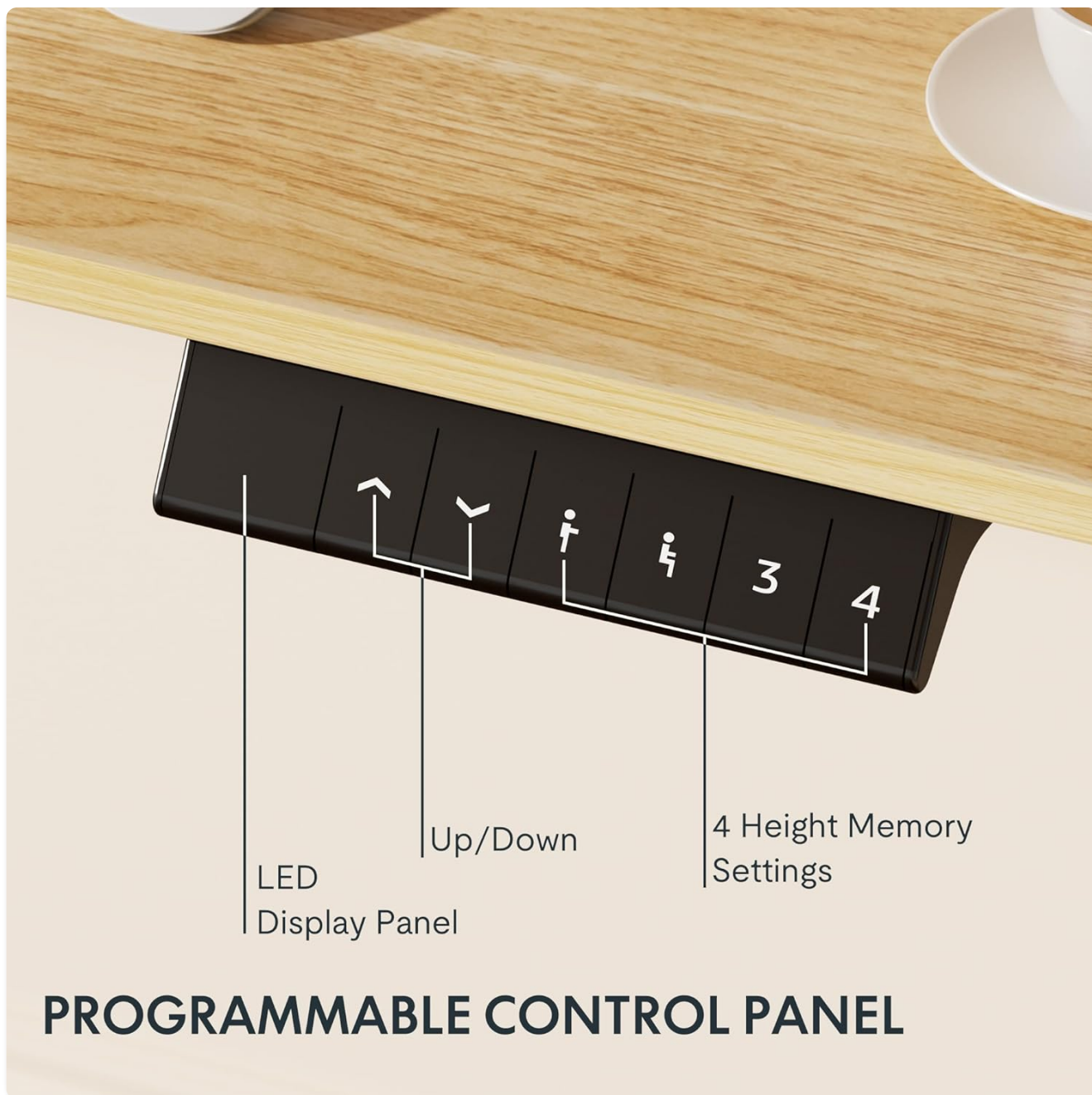


*Image: A close-up view of the dual-stage legs of the FLEXISPOT EN1 standing desk, illustrating the sturdy base and adjustable height mechanism.*

## OPERATING INSTRUCTIONS

Your FLEXISPOT EN1 desk features an intuitive control panel for easy height adjustment and memory functions.

- **Adjusting Height:** Use the **Up** (▲) and **Down** (▼) arrow buttons on the control panel to raise or lower the desk to your desired height. The LED display will show the current height.
- **Setting Memory Presets:**
  - a. Adjust the desk to your preferred height.
  - b. Press the '**M**' button (or similar memory set button) once. The display may flash.
  - c. Immediately press one of the numbered preset buttons (**1**, **2**, **3**, or **4**) to save the current height to that preset.
- **Recalling Memory Presets:** Simply press the desired numbered preset button (**1**, **2**, **3**, or **4**) and the desk will automatically move to the saved height.



*Image: A close-up of the programmable control panel located on the underside of the desk, showing the LED display, up/down buttons, and four height memory settings.*

## MAINTENANCE

To ensure the longevity and optimal performance of your FLEXISPOT EN1 desk, follow these maintenance guidelines:

- **Cleaning:** Wipe the desktop surface with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners that could damage the finish.
- **Check Connections:** Periodically inspect all screws and connections to ensure they remain tight. Re-tighten if necessary.
- **Cable Management:** Keep cables organized and free from tangles to prevent interference with the desk's movement.
- **Weight Limit:** Do not exceed the maximum weight capacity of 176 lbs to prevent damage to the motor and frame.

## TROUBLESHOOTING

If you encounter any issues with your FLEXISPOT EN1 desk, refer to the following common troubleshooting steps:

Problem	Solution
Desk not moving / Display shows "RST" or "E01/E02"	Unplug the desk for at least 18 minutes, then plug it back in. If "RST" is displayed, press and hold the Down ( ▼ ) key until the desk reaches its lowest height and rebounds slightly. Release the button.
Desk is unresponsive / Other error codes	Check all cable connections to ensure they are secure. Unplug the desk for 10 seconds, then plug it back in. If the issue persists, contact customer service.
Desk wobbles at full height	Ensure all screws are tightly secured, especially those connecting the legs to the desktop and the crossbar. Adjust the leveling feet on the base if the floor is uneven.

For further assistance, please do not hesitate to contact FLEXISPOT customer support.

## SPECIFICATIONS

Attribute	Detail
Brand	FLEXISPOT
Model Number	MAH0002193
Desktop Dimensions (D x W)	28"D x 55"W
Desktop Thickness	1"
Color	Maple Top / Black Frame
Height Adjustment Range	28.1" to 45.7" (without 1" thickness of table top included)
Base Material	Alloy Steel
Maximum Weight Capacity	176 lbs (80 kg)
Lifting Mechanism	Electric
Noise Level	Below 50 dB
Assembly Required	Yes (Assembly tools included)

## WARRANTY AND SUPPORT

FLEXISPOT offers a limited warranty for this product. For specific warranty details, please refer to the documentation included with your purchase or contact FLEXISPOT customer service.

**Customer Support:** If you have any questions during assembly, use, or require technical assistance, please contact FLEXISPOT customer support. Contact information can be found in your product packaging or on the official FLEXISPOT website.

**Returns:** This product is eligible for 30-day easy returns. Please refer to your purchase platform's return policy for

details.

## Safety Information

Please read all safety instructions carefully before assembling and using your FLEXISPOT EN1 desk. Keep children and pets away from the desk during operation. Ensure the desk is placed on a level surface and that all connections are secure. Do not attempt to modify the desk or its components. Use only as intended for office and computer workstation purposes.

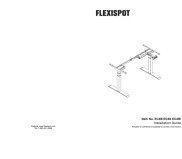

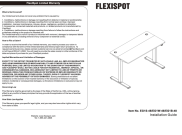
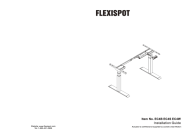
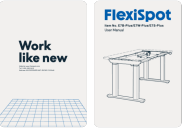
## Official FLEXISPOT Factory Tour

Gain insight into the precision and innovation behind every FLEXISPOT product by watching this official factory tour video:

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Video: "Welcome to FLEXISPOT'S Mega Factory" - An official video showcasing the manufacturing process and quality control at the FLEXISPOT factory.

### Related Documents - MAH0002193

	<p><a href="#">FlexiSpot EC4B EC4S EC4W Electric Height-Adjustable Desk Installation Guide</a></p> <p>This guide provides detailed instructions for installing FlexiSpot EC4B, EC4S, and EC4W electric height-adjustable desk frames. It covers specifications, parts, assembly steps, handset operation, troubleshooting, and warranty information.</p>
	<p><a href="#">FlexiSpot EC1B/EC1S/EC1W Installation Guide and Limited Warranty</a></p> <p>Comprehensive installation guide and limited warranty details for FlexiSpot EC1B/EC1S/EC1W electric height-adjustable desks. Includes specifications, troubleshooting, and product care information.</p>
	<p><a href="#">FlexiSpot EG1S/EG1W/EG1B Series Height-Adjustable Desk: Installation Guide &amp; Limited Warranty</a></p> <p>Comprehensive installation guide and limited warranty details for FlexiSpot EG1S, EG1W, and EG1B series height-adjustable desks, covering setup, specifications, troubleshooting, and warranty coverage.</p>
	<p><a href="#">FlexiSpot EC4B EC4S EC4W Installation Guide</a></p> <p>This document provides a comprehensive installation guide for the FlexiSpot EC4B, EC4S, and EC4W electric height-adjustable standing desks. It includes specifications, accessory packages, parts included, step-by-step assembly instructions, handset operation, troubleshooting tips, attention notes, and warranty information.</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>



FLEXISPOT



"E7" SERIES

Model: E7LB/E7LS/E7LW  
Weight Capacity: 150kg/330lb

### [FlexiSpot E7LB/E7LS/E7LW Installation Guide](#)

Comprehensive installation guide for FlexiSpot E7LB/E7LS/E7LW height-adjustable desk frames, covering specifications, parts included, assembly steps, troubleshooting, and warranty information.