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› [FLEXISPOT](#) /

› [FLEXISPOT EN1 Electric Height Adjustable Standing Desk User Manual \(48x30 inch, White Frame + White Top\)](#)

FLEXISPOT MAH0002307

# FLEXISPOT EN1 Electric Height Adjustable Standing Desk User Manual

Model: EN1 (MAH0002307) - 48x30 inch, White Frame + White Top

## 1. INTRODUCTION

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This manual provides detailed instructions for the assembly, operation, and maintenance of your FLEXISPOT EN1 Electric Height Adjustable Standing Desk. This desk features a 48x30 inch one-piece desktop, an electric lift system for smooth height adjustments, and a smart keypad with four memory presets. Please read this manual thoroughly before use to ensure proper function and safety.



Figure 1: FLEXISPOT EN1 Electric Standing Desk.

## 2. SAFETY INFORMATION

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To prevent injury or damage to the product, observe the following safety guidelines:

- This desk has a maximum weight capacity of 176 lbs (80 kg). Do not exceed this limit.
- Ensure all components are securely fastened during assembly.
- Keep children and pets away from the desk during operation.
- Do not place hands or other objects near moving parts during height adjustment.
- Only use the desk on a level surface.
- Disconnect power before cleaning or performing maintenance.

## 3. PACKAGE CONTENTS

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Verify that all components are present before beginning assembly. The package includes:

- Desk frame (legs and crossbar)
- Desktop (one-piece, 48x30 inch, white)

- Control panel with LED display
- Power adapter and cables
- Assembly tools
- Detailed instruction manual

Note: The desk frame and desktop may ship and arrive in separate packages.

## BOXES MAY SHIP & ARRIVE SEPARATELY

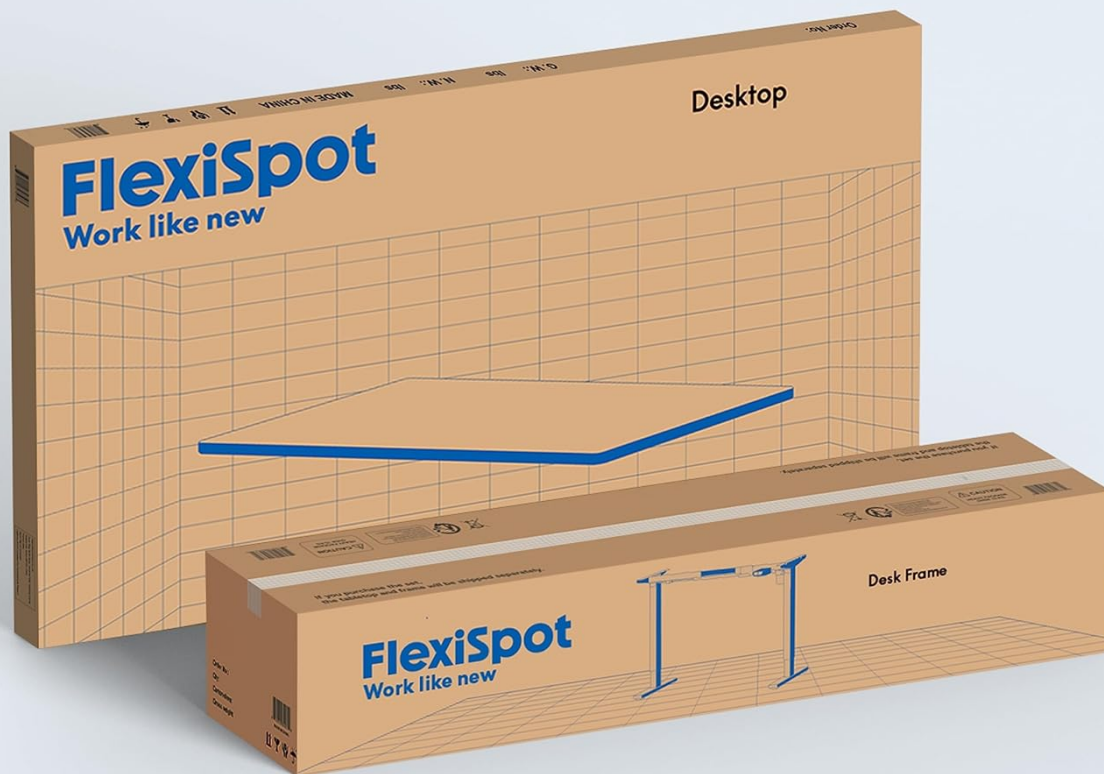


Figure 2: Desk components are shipped in two packages.

## 4. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow the step-by-step instructions provided in the included manual. A detailed sit-stand desk installation video is also available for reference.

1. Unpack all components and verify against the package contents list.
2. Attach the lifting columns to the feet using the provided screws and tools.
3. Connect the crossbar between the two lifting columns.

4. Carefully place the desktop upside down on a soft, clean surface.
5. Align the assembled frame with the pre-drilled holes on the desktop and secure it with screws.
6. Mount the control panel to the underside of the desktop in a convenient location.
7. Connect all cables (motor to control box, control panel to control box, power adapter to control box).
8. Flip the desk upright and connect it to a power outlet.

The desk features a 1-inch thick one-piece desktop, which provides enhanced stability compared to multi-piece designs.

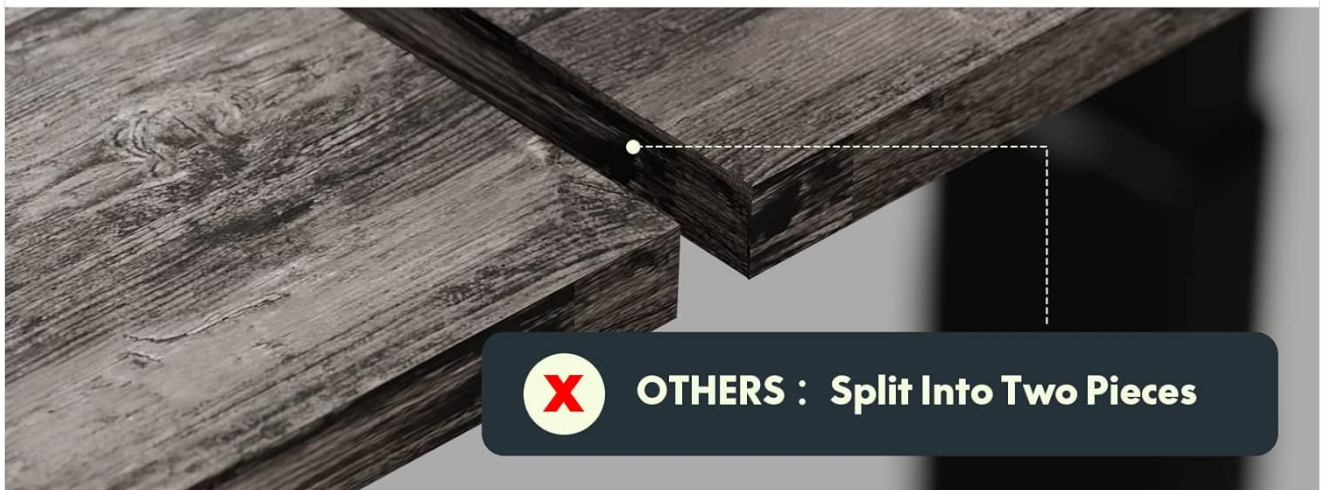
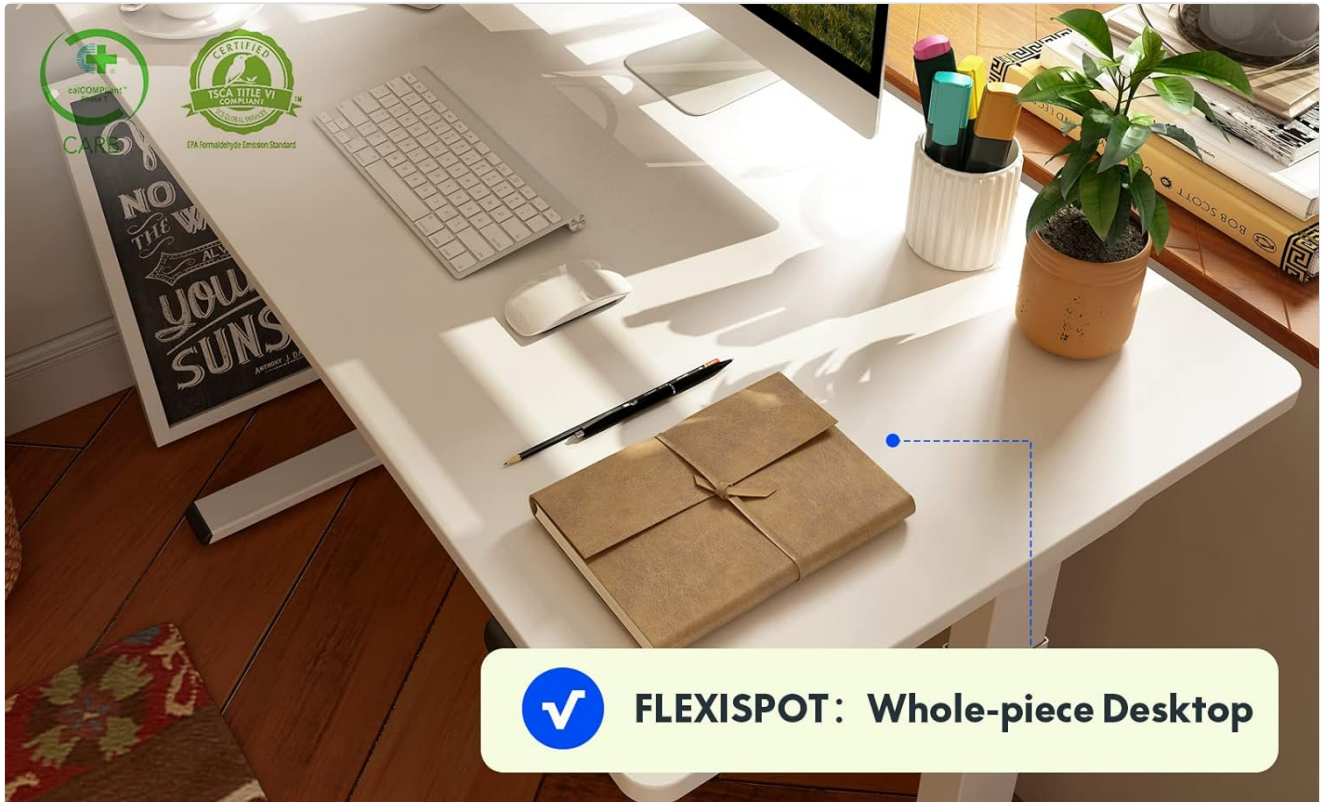


Figure 3: One-piece desktop for enhanced stability.

## 5. OPERATING INSTRUCTIONS

### 5.1. Height Adjustment

The desk is equipped with an electric lift system for smooth height adjustments. Use the 'Up' and 'Down' arrows on the control panel to move the desk to your desired height. The height range is from 28.1 inches to 45.7 inches (excluding the 1-inch desktop thickness). The motor operates quietly, with noise levels below 50 dB.

## 5.2. Memory Presets

The control panel features four programmable memory presets, allowing you to save and recall your preferred sitting and standing heights.

1. Adjust the desk to your desired height using the 'Up' or 'Down' arrows.
2. Press the 'M' button (or similar memory set button, indicated by 'i' on the image) followed by a number button (1, 2, 3, or 4) to save the current height.
3. To recall a saved height, simply press the corresponding number button (1, 2, 3, or 4). The desk will automatically move to the saved position.

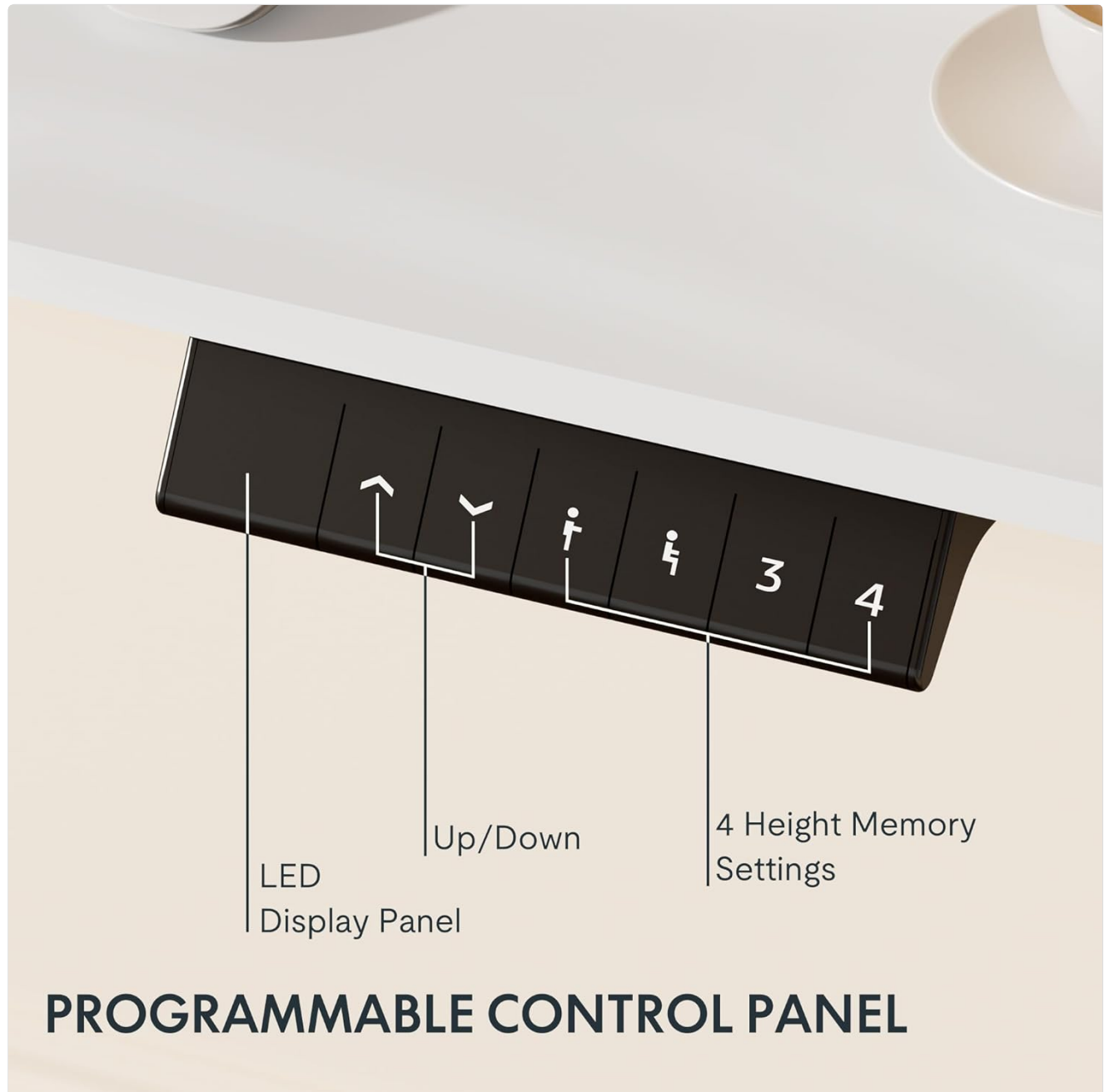


Figure 4: Programmable Control Panel.





Figure 5: Desk in standing position.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your desk.

- **Cleaning:** Wipe the desktop and frame with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Retighten if necessary.
- **Cable Management:** Ensure cables are not pinched or tangled, especially during height adjustments.

## 7. TROUBLESHOOTING

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If you encounter any issues with your FLEXISPOT EN1 desk, please refer to the following general troubleshooting tips:

- **Desk not moving:** Check if the power cable is securely connected to both the desk and the wall outlet. Try unplugging and re-plugging the desk.
- **Error message on display:** Disconnect the power for 10 seconds, then reconnect. If the error persists, contact

customer support.

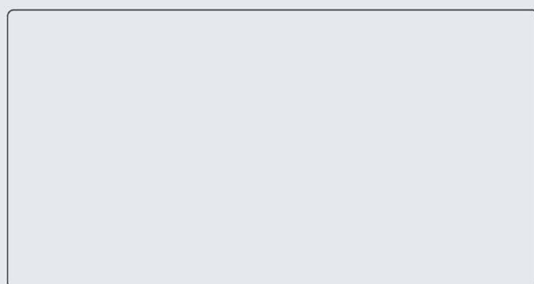
- **Unstable desk:** Ensure all assembly screws are tightened. Verify the desk is on a level surface.

For further assistance, please contact FLEXISPOT customer support.

## 8. SPECIFICATIONS

Feature	Specification
Brand	FLEXISPOT
Model Number	MAH0002307
Desktop Dimensions (D x W)	30" x 48" (76.2 cm x 121.9 cm)
Desktop Thickness	1 inch (2.54 cm)
Adjustable Height Range	28.1" - 45.7" (71.4 cm - 116.1 cm)
Maximum Weight Capacity	176 lbs (80 kg)
Motor Noise Level	Below 50 dB
Desktop Material	FSC-Certified Wood
Frame Material	Alloy Steel
Color	White Frame + White Top
Item Weight	80 Pounds (36.3 kg)
Required Assembly	Yes

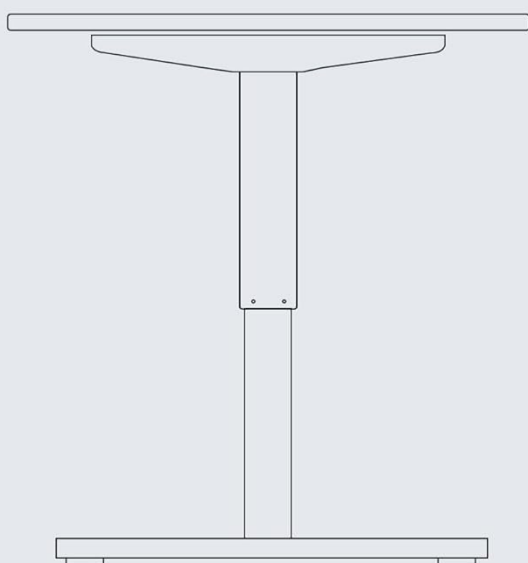
# DIMENSIONS



## Desktop

Size: 48"-30"

Can hold one 27" monitor and one laptop



## Desk Frame

Adjustable Height:  
28.1"-45.7"

Can support your daily work

Figure 6: Desk Dimensions.



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And Safety.



**1"THICK**

Commercial-Grade Desktop  
And Durable Frame.



Figure 7: Thick desktop and durable frame.

# DUAL-STAGE LEGS

Continuous height adjustment  
from 28.1"-45.7"



Figure 8: Dual-stage legs for continuous height adjustment.

## 9. WARRANTY AND SUPPORT

The FLEXISPOT EN1 desk comes with a manufacturer's warranty. Please refer to the product packaging or the official FLEXISPOT website for specific warranty terms and conditions (e.g., 'Limited' or 'Full' warranty type). For technical support, assembly questions, or warranty claims, please contact FLEXISPOT customer service directly.

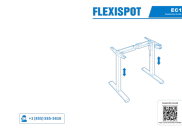
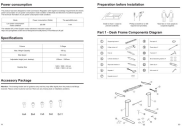

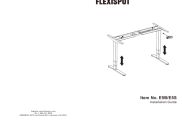
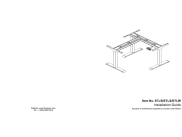
Contact information can typically be found on the FLEXISPOT official website or within your product packaging.

### Related Documents - MAH0002307



#### [FlexiSpot EH1-EU Electric Standing Desk Frame User Manual](#)

Comprehensive user manual for the FlexiSpot EH1-EU electric standing desk frame, detailing specifications, assembly instructions, wiring, operation, and troubleshooting for optimal use.

	<p><a href="#">FlexiSpot EC1 Electric Height Adjustable Standing Desk Assembly Guide</a></p> <p>This assembly guide provides step-by-step instructions for setting up the FlexiSpot EC1 electric height-adjustable standing desk. It includes specifications, parts list, assembly procedures, keypad operation, troubleshooting tips, and warranty information.</p>
	<p><a href="#">FlexiSpot E7-Flow Electric Height Adjustable Desk Frame - User Manual</a></p> <p>Comprehensive user manual for the FlexiSpot E7-Flow electric height-adjustable desk frame, covering specifications, power consumption, installation, operation, 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 E5B/E5S Installation Guide: Step-by-Step Assembly Instructions</a></p> <p>Comprehensive installation guide for the FlexiSpot E5B and E5S height-adjustable desk frames. Learn how to assemble your new desk with clear steps, specifications, and troubleshooting tips.</p>
	<p><a href="#">FlexiSpot E7LB/E7LS/E7LW Installation Guide</a></p> <p>Comprehensive installation guide for FlexiSpot E7LB/E7LS/E7LW height-adjustable desk frames, covering specifications, parts included, assembly steps, troubleshooting, and warranty information.</p>