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› [FLEXISPOT EF1 Electric Standing Desk User Manual \(100x60cm, White Legs + Maple Top\)](#)

## FLEXISPOT EF1

# FLEXISPOT EF1 Electric Standing Desk User Manual

Model: EF1 (100x60cm, White Legs + Maple Top)

## 1. INTRODUCTION

Thank you for choosing the FLEXISPOT EF1 Electric Standing Desk. This manual provides essential information for the safe and efficient assembly, operation, and maintenance of your new desk. Please read it thoroughly before use and keep it for future reference.

The FLEXISPOT EF1 is an electric standing desk designed for comfortable work during long hours. The product includes the desk legs and a top plate (100x60x2.5cm). Note: The specified height refers to the leg frame only, excluding the desktop thickness.

## 2. IMPORTANT SAFETY INFORMATION

### WARNING:

- This is an electric standing desk. Do not exceed the maximum load capacity of 70 kg.
- Exercise caution when adjusting the desk height to prevent injury or damage. Ensure no objects are obstructing the desk's movement path.
- Keep children and pets away from the desk during operation.
- Do not sit or stand on the desk.
- Ensure all cables are properly managed to avoid tripping hazards or damage during height adjustments.

## 3. ASSEMBLY INSTRUCTIONS

Assembly of your FLEXISPOT EF1 desk is straightforward. We recommend having an electric screwdriver ready for efficient installation.

### 3.1 Unpacking and Component Check

Carefully unpack all components and verify against the parts list in your separate assembly guide. Ensure no parts are missing or damaged.



Image: All components of the FLEXISPOT EF1 Electric Standing Desk laid out before assembly.

### 3.2 Assembling the Desk Frame

Follow the detailed steps in your assembly guide to connect the leg columns to the crossbar and feet. Ensure all screws are tightened securely.

## 環境に優しい素材を使用

環境にやさしい素材を利用CARB、EPA安全認証を取得



Image: Close-up of a screw being fastened into the desk frame during the assembly process.

### 3.3 Attaching the Desktop

Align the pre-drilled screw holes on the desktop with the leg plates. Some holes are for alignment, while others are for different models. Use an electric screwdriver to secure the desktop to the frame.

# しっかり支える安心設計

耐荷重70kg！頑丈な構造で大型モニターもOK

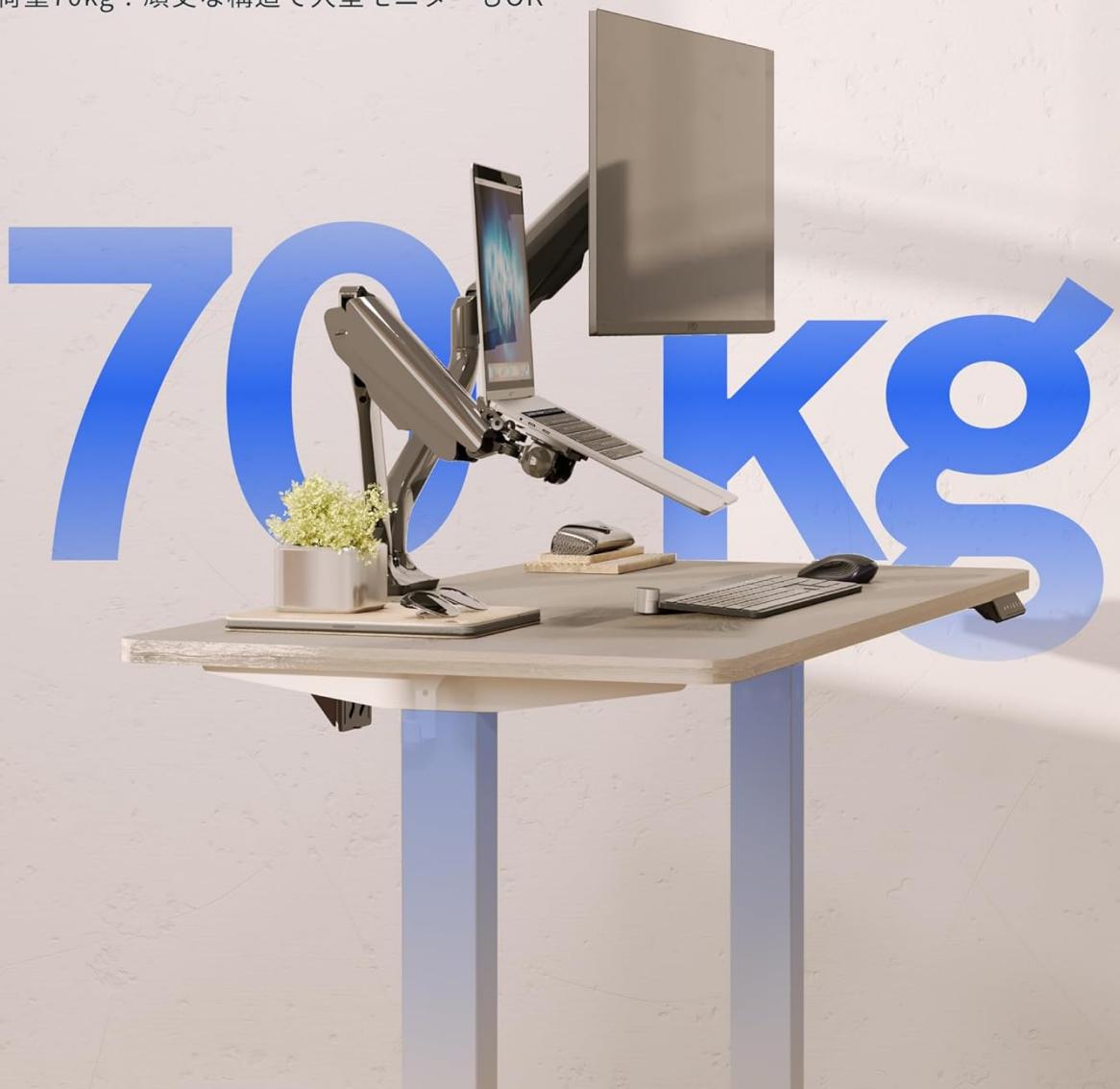


Image: Underside view illustrating how the desktop is attached to the desk frame, highlighting screw points.

## 3.4 Assembly Video

For a visual guide, please refer to the official assembly video below:

Your browser does not support the video tag.

Video: Official FLEXISPOT EF1 assembly and feature demonstration video. This video guides you through the setup process and showcases key functionalities.

## 4. OPERATING INSTRUCTIONS

The FLEXISPOT EF1 desk features intuitive controls for height adjustment and memory functions.

### 4.1 Adjusting Desk Height

The desk offers a height adjustment range of 69.5 cm to 112 cm. Use the up and down arrow buttons on the controller to

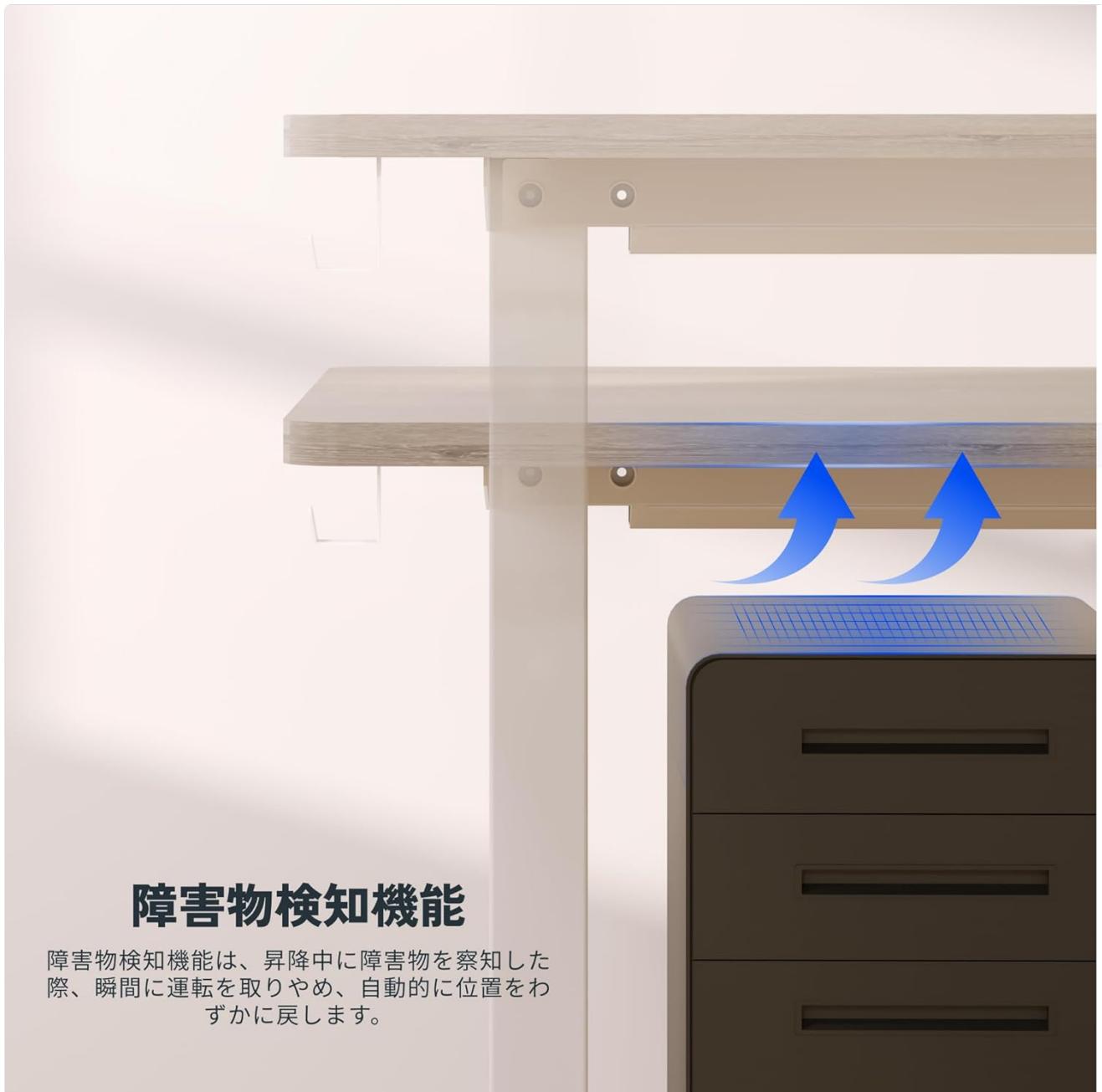
raise or lower the desk to your desired height. A simple touch allows you to switch between sitting and standing postures, promoting a healthier work routine.



Image: Visual representation of the FLEXISPOT EF1 desk's height adjustment range, from 69.5 cm to 112 cm.

#### 4.2 Memory Function

The desk features a memory function, allowing you to save up to four preferred heights for quick adjustments. To save a height, adjust the desk to the desired level, then press and hold one of the numbered memory buttons (1, 2, 3, or 4) until the display flashes or beeps. To recall a saved height, simply press the corresponding numbered button once.



## 障害物検知機能

障害物検知機能は、昇降中に障害物を察知した際、瞬間に運転を取りやめ、自動的に位置をわずかに戻します。

Image: Close-up of the control panel, showing the digital height display and the four memory preset buttons.

### 4.3 Alarm Function

An integrated alarm function reminds you to change posture, preventing prolonged sitting during work or study. Consult your full assembly guide for instructions on how to activate and customize the alarm settings.

## 5. KEY FEATURES

- Ergonomic Design:** Promotes a healthier work environment by allowing seamless transitions between sitting and standing.
- Robust Construction:** The desk supports a load capacity of up to 70 kg, providing a stable platform for your equipment.
- Obstacle Detection:** The desk is equipped with an obstacle detection system. If an obstruction is encountered during height adjustment, the desk will stop and slightly reverse its movement to prevent damage or injury.

## 障害物検知機能

昇降中に障害物を検知すると即時に停止。  
自動で安全位置へ戻るダブルセーフティ機構。

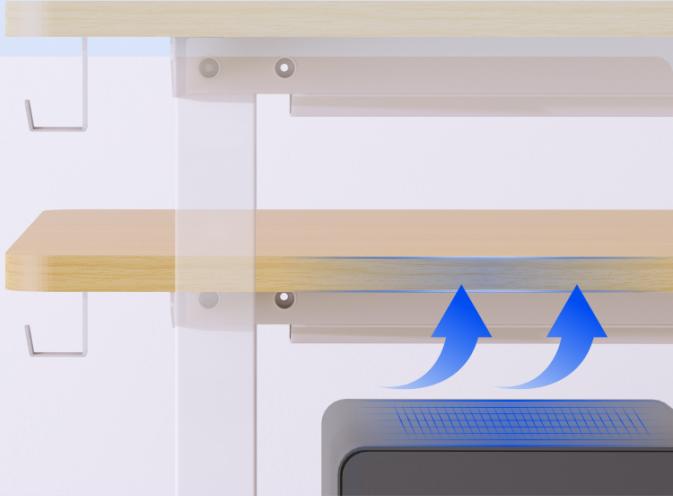
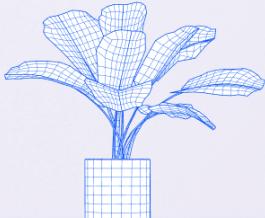


Image: Illustration of the desk's obstacle detection feature, where the desk automatically stops and reverses if it encounters an object during movement.

## 6. SPECIFICATIONS

<b>Brand</b>	FLEXISPOT
<b>Model</b>	EF1
<b>Color</b>	White Legs + Maple Top
<b>Desktop Dimensions (W x D x H)</b>	100 cm x 60 cm x 2.5 cm (approx.)
<b>Overall Product Dimensions (D x W x H)</b>	60 x 100 x 71 cm (minimum height)
<b>Height Adjustment Range</b>	69.5 cm - 112 cm (excluding desktop thickness)
<b>Load Capacity</b>	70 kg
<b>Desk Type</b>	Computer Desk, Standing Desk
<b>Special Features</b>	Ergonomic, Adjustable Height, Memory Function, Alarm Function, Obstacle Detection
<b>Base Material</b>	Steel (SPCC)
<b>Top Material Type</b>	Maple Wood

## 7. MAINTENANCE

To ensure the longevity and optimal performance of your FLEXISPOT EF1 desk, follow these maintenance guidelines:

- **Cleaning:** Wipe the desk surface and frame with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals that could damage the finish.
- **Cable Management:** Regularly check and organize cables to prevent tangling or interference with the desk's movement.
- **Inspection:** Periodically inspect all screws and connections to ensure they are tight. Retighten if necessary.
- **Load Capacity:** Do not exceed the maximum load capacity of 70 kg to prevent damage to the motor and frame.

## 8. TROUBLESHOOTING

If you encounter any issues with your FLEXISPOT EF1 desk, please refer to the following common troubleshooting steps:

- **Desk Not Moving:** Check if the power cable is securely plugged into both the desk and the wall outlet. Ensure no objects are obstructing the desk's path.
- **Uneven Movement:** If the desk moves unevenly, perform a reset procedure as described in your detailed assembly guide. This usually involves lowering the desk to its lowest point and holding the down button for a few seconds.
- **Error Codes:** If the control panel displays an error code, consult your detailed assembly guide for specific instructions related to that code.
- **Noise During Operation:** A slight motor sound is normal during height adjustment. If you hear unusual or loud noises, ensure all assembly screws are tight.

If the problem persists after attempting these steps, please contact FLEXISPOT customer support.

## 9. WARRANTY AND SUPPORT

Your FLEXISPOT EF1 Electric Standing Desk comes with a 5-year manufacturer's warranty, offering unlimited support during the warranty period. FLEXISPOT is committed to providing excellent after-sales service. For any support inquiries, please contact our customer service team. Contact details can be found on the official FLEXISPOT website.