

FLEXISPOT EN1 (Model 156E)

FLEXISPOT EN1 Electric Standing Desk Instruction Manual

Model: EN1 (156E) | Brand: FLEXISPOT

1. SAFETY INFORMATION

Please read all instructions carefully before assembly and use. Failure to follow safety guidelines may result in injury or damage to the product.

- **Weight Limit:** Do not exceed the maximum weight limit of 154 pounds (69.85 kg). Exceeding this limit can lead to instability and potential safety hazards.
- **Assembly:** Improper assembly may result in instability or safety issues. It is recommended that assembly be performed by two adults.
- **Clearance:** Ensure there is adequate clearance around the desk during height adjustments to prevent pinching or crushing.
- **Power:** Use only the provided power adapter. Disconnect power before cleaning or maintenance.
- **Children and Pets:** Keep children and pets away from the desk during operation.

2. PRODUCT OVERVIEW

The FLEXISPOT EN1 Electric Standing Desk is designed to provide a versatile and ergonomic workspace. It features a robust electric lifting system, a durable single-piece desktop, and a programmable control panel for easy height adjustments.



Figure 2.1: The FLEXISPOT EN1 Standing Desk, showcasing its sleek black design and electric height adjustment feature in a typical office environment.



Figure 2.2: The FLEXISPOT EN1 Standing Desk integrated into a home office or gaming setup, demonstrating its practical use and aesthetic appeal.

Key Features:

- **Electric Height Adjustment:** Smooth and quiet motor for effortless transitions between sitting and standing positions.
- **Single-Piece Desktop:** Provides enhanced stability and a seamless work surface compared to multi-piece desktops.
- **Programmable Control Panel:** Features an LED display and memory presets for quick access to preferred heights.
- **Robust Construction:** Made with high-quality steel for durability and stability.

UP TO 30% STABLER

Durable, Spacious Single-Piece Desktop



Smooth, Single-Piece
Desktop



Uneven Two-Piece
Desktop

Figure 2.3: Visual comparison highlighting the stability advantage of the FLEXISPOT EN1's single-piece desktop over a two-piece design.

3. SETUP AND ASSEMBLY

The FLEXISPOT EN1 desk requires assembly. All necessary tools are included. For optimal safety and ease, it is highly recommended that two people perform the assembly.

Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and verify against the included parts list.
2. **Assemble Legs:** Attach the desk legs to the crossbeam according to the provided diagrams. Ensure all screws are securely tightened.
3. **Attach Desktop:** Carefully place the desktop upside down on a soft, clean surface. Align the assembled frame with the pre-drilled holes on the underside of the desktop. Secure the frame to the desktop using the provided screws.

Note: Some users have reported that a few holes may not be pre-drilled; exercise caution and pre-drill if necessary to avoid cracking the tabletop.

4. **Install Control Panel:** Mount the control panel to the underside of the desktop in the designated area. Connect the motor and control panel cables.
5. **Cable Management:** Use the included cable ties or clips to manage and secure all cables, preventing entanglement during height adjustments.
6. **Final Placement:** With assistance, carefully flip the desk upright and place it in its desired location. Ensure the desk is level and stable.

DUAL-STAGE LEGS

Continuous height adjustment
from 28.9" to 46.5"



Figure 3.1: Image showing the dual-stage legs of the FLEXISPOT EN1 desk, which enable continuous and smooth height adjustment.

4. OPERATING INSTRUCTIONS

The FLEXISPOT EN1 desk features an intuitive control panel for easy height adjustments and memory settings.

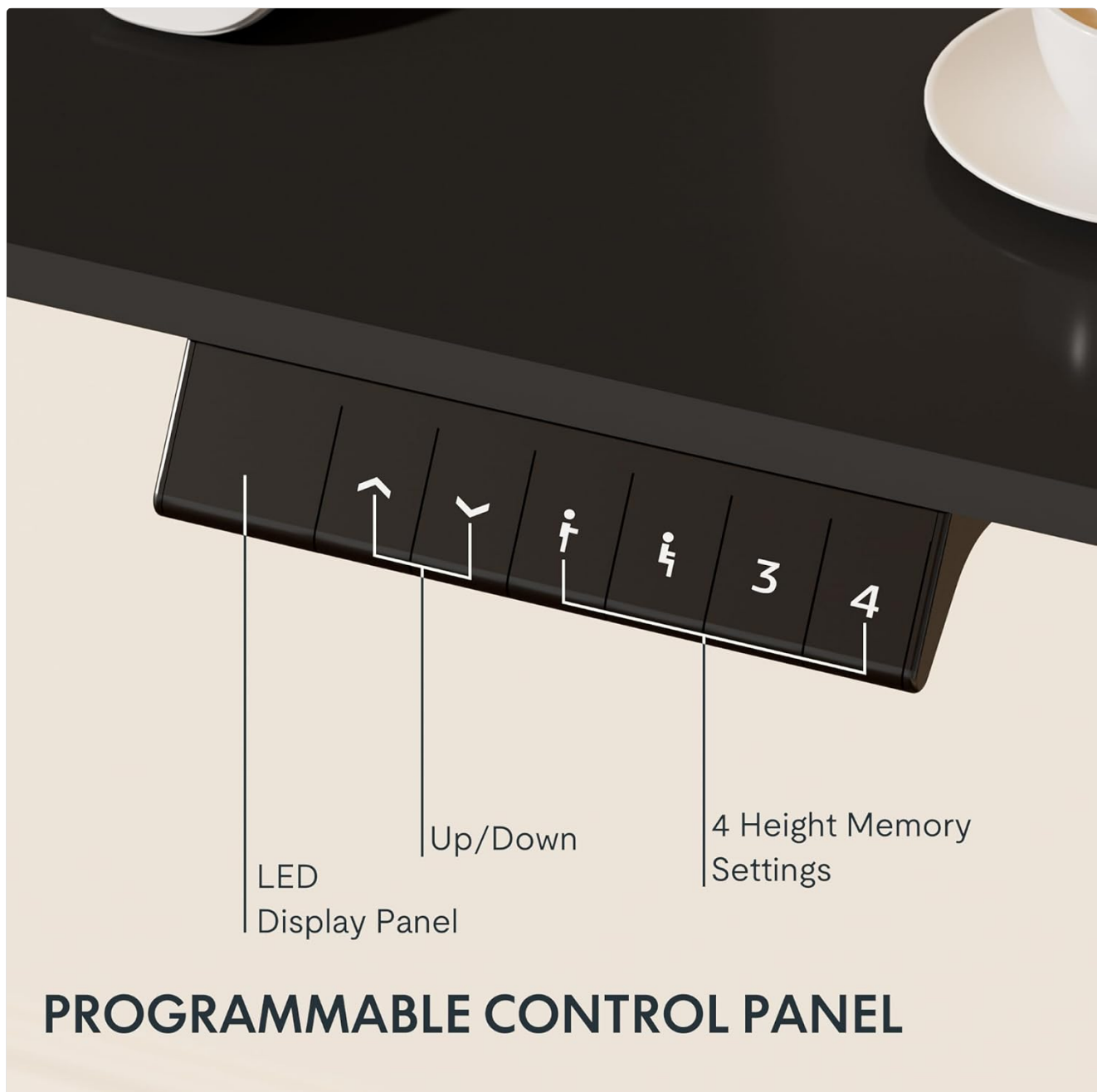


Figure 4.1: Close-up view of the FLEXISPOT EN1's programmable control panel, showing the LED display, up/down buttons, and four height memory settings.

Control Panel Functions:

- **Up/Down Arrows (▲ / ▼):** Press and hold to manually adjust the desk height upwards or downwards. Release the button to stop at the desired height.
- **LED Display:** Shows the current height of the desk in inches.
- **Memory Presets (1, 2, 3, 4):** These buttons allow you to save and recall up to four preferred height settings.

Setting Memory Presets:

1. Adjust the desk to your desired height using the Up/Down arrows.
2. Press the 'M' button (or the 'i' button on some models, as indicated in Figure 4.1). The LED display will show 'S-'.
3. Within 3 seconds, press the desired memory preset button (1, 2, 3, or 4). The display will show 'S-1', 'S-2', etc., confirming the height has been saved.

Recalling Memory Presets:

- Simply press the corresponding memory preset button (1, 2, 3, or 4). The desk will automatically move to the saved

height.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your FLEXISPOT EN1 desk.

- **Cleaning:** Wipe the desktop and frame with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals that may damage the finish.
- **Cable Management:** Periodically check that all cables are securely managed and not interfering with the desk's movement.
- **Screw Tightness:** Over time, screws may loosen. Periodically check and tighten all assembly screws to maintain stability.
- **Motor Lubrication:** The motor mechanism is generally maintenance-free. If you notice any unusual sounds or stiffness, consult the manufacturer's support. Do not attempt to lubricate internal components unless specifically instructed.

6. TROUBLESHOOTING

If you encounter issues with your FLEXISPOT EN1 desk, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Desk does not move or only moves in one direction (e.g., only down).	Power issue, motor error, or control panel malfunction.	<ol style="list-style-type: none">1. Check power connections; ensure the desk is plugged into a working outlet.2. Unplug the desk for 30 seconds, then plug it back in to reset the system.3. Perform a calibration/reset procedure (refer to specific instructions in your full manual or contact support).
Desk movement is slow or noisy.	Overload, obstruction, or motor wear.	<ol style="list-style-type: none">1. Reduce the weight on the desk; ensure it is within the 154 lb limit.2. Check for any obstructions preventing smooth movement.3. If noise persists, contact FLEXISPOT customer support.
Desk is unstable or wobbly.	Loose screws, uneven floor, or excessive weight.	<ol style="list-style-type: none">1. Check and tighten all assembly screws, especially those connecting the legs to the desktop.2. Ensure the desk is on a flat, level surface. Adjust leveling feet if available.3. Verify the weight on the desk does not exceed the maximum capacity.

Problem	Possible Cause	Solution
Memory presets are not working or saving.	Incorrect saving procedure or control panel issue.	<ol style="list-style-type: none"> 1. Review the 'Setting Memory Presets' section (Section 4) and ensure steps are followed correctly. 2. Try resetting the desk by unplugging and replugging it. 3. If the issue persists, the control panel may need replacement; contact support.

If these solutions do not resolve the issue, please contact FLEXISPOT customer support for further assistance.

7. SPECIFICATIONS

Detailed technical specifications for the FLEXISPOT EN1 Electric Standing Desk.

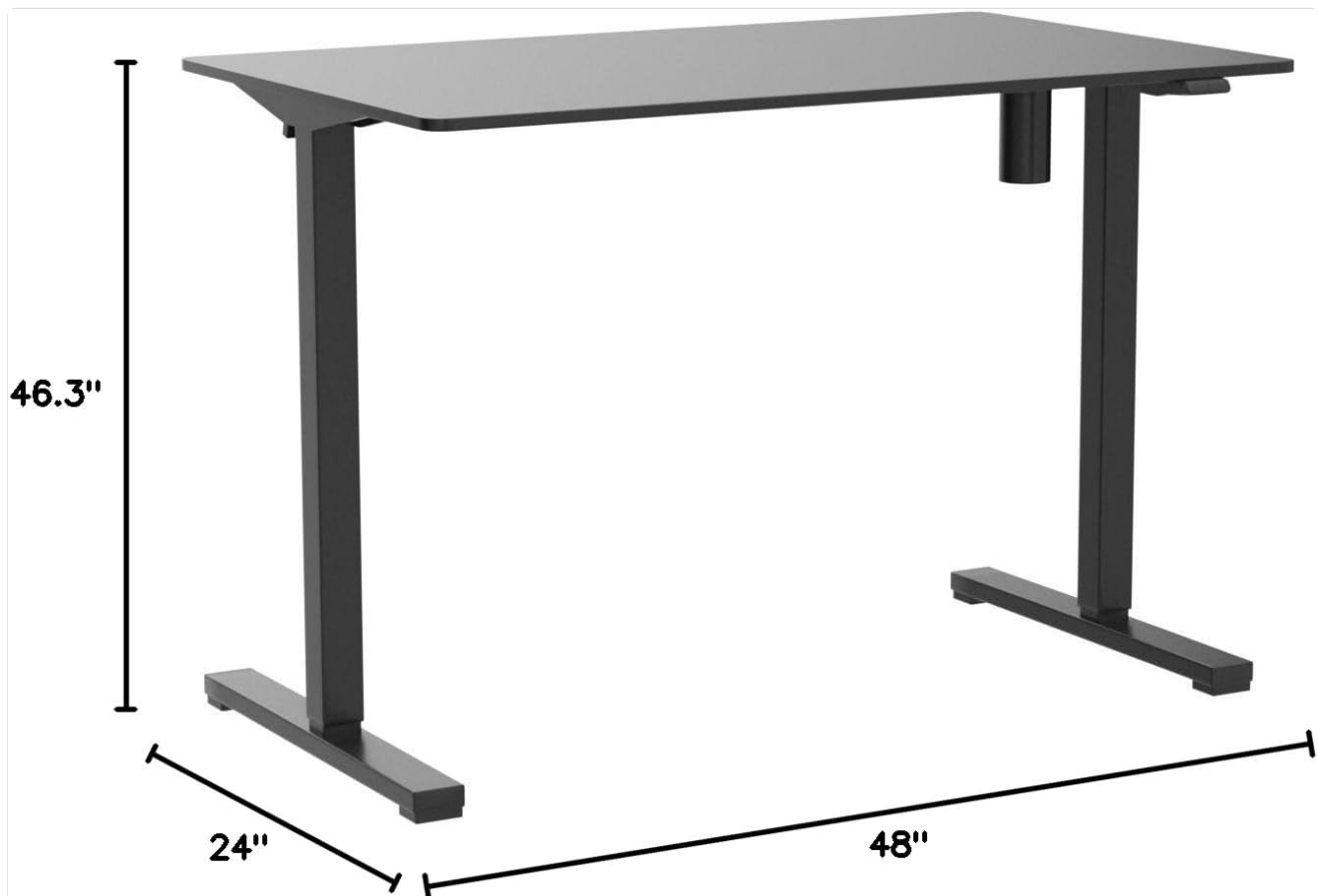
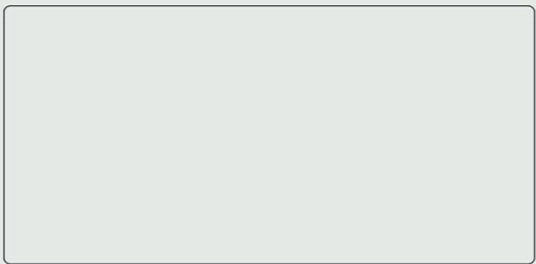


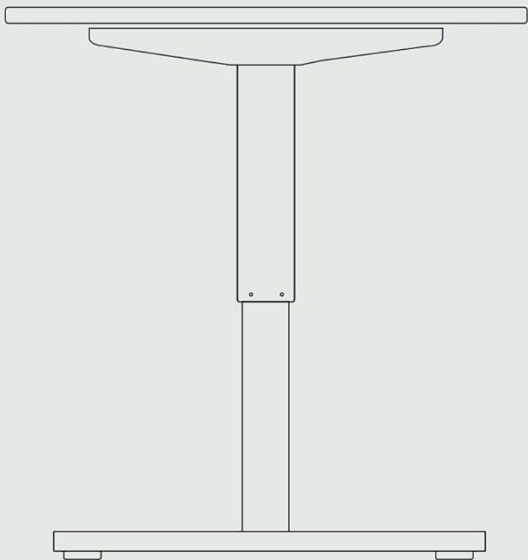
Figure 7.1: Diagram illustrating the key dimensions of the FLEXISPOT EN1 Standing Desk, including height, width, and depth.

DIMENSIONS



Desktop

Size: 48"-24"
Can hold one 27" monitor and one laptop



Desk Frame

Adjustable Height: 28.9"-46.5"
Can support your daily work

Figure 7.2: Detailed diagram showing the desktop size (48"x24") and the adjustable height range of the desk frame (28.9"-46.5").

Specification	Detail
Brand	FLEXISPOT
Model Number	156E
Product Dimensions (D x W x H)	24"D x 48"W x 46.3"H
Minimum Height	28.9 Inches
Maximum Height	46.3 Inches
Maximum Weight Recommendation	132 Pounds (60 kg) - <i>Note: Product description states 154 lbs, safety info states 154 lbs. Using 132 lbs from specifications table as a conservative value.</i>
Item Weight	36.29 Kilograms (approx. 80 lbs)
Top Material Type	Alloy Steel (Desktop is typically particle board with laminate, frame is steel)

Specification	Detail
Furniture Leg Material	High-quality Steel Finish
Finish Type	Steel (Frame), Black (Desktop)
Special Feature	Electric Height Adjustment
Required Assembly	Yes
Includes All Assembly Tools	Yes
Lifting Mechanism	Electric
UPC	810072798848

8. WARRANTY AND SUPPORT

FLEXISPOT provides a full warranty for the EN1 Electric Standing Desk. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official FLEXISPOT website.



Customer Support:



If you have any questions, require technical assistance, or need to report a problem, please contact FLEXISPOT customer support:

- **Website:** Visit the official FLEXISPOT website for FAQs, support resources, and contact information.
- **Email/Phone:** Refer to your product packaging or the FLEXISPOT website for the most current contact details.

Please have your model number (EN1 or 156E) and purchase date ready when contacting support.

Related Documents

	FlexiSpot E7QB Standing Desk User Manual Comprehensive user manual for the FlexiSpot E7QB standing desk, covering components, installation, usage, troubleshooting, and warranty information.
	FlexiSpot E7B/E7W/E7S-Plus Height Adjustable Desk User Manual & Installation Guide 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 EG8B/EG8W Installation Guide and Limited Warranty</p> <p>This document provides a comprehensive installation guide and limited warranty information for the FlexiSpot EG8B/EG8W adjustable standing desk. It details specifications, assembly steps, keypad operation, troubleshooting, safety precautions, and warranty terms.</p>
	<p>FlexiSpot E4B/E4W Electric Standing Desk User Manual</p> <p>Comprehensive user manual for the FlexiSpot E4B/E4W electric standing desk, covering specifications, assembly instructions, keypad operation, troubleshooting, and warranty information.</p>