

## FLEXISPOT E7 Plus

# FLEXISPOT 4-Legs Electric Standing Desk (Model E7 Plus) Instruction Manual

Your guide to assembly, operation, and maintenance.

## 1. SAFETY INFORMATION

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

- Ensure all components are present and undamaged before assembly. Do not use if any parts are missing or faulty.
- Keep children and pets away from the desk during operation to prevent accidents.
- Do not overload the desk. Refer to the specifications for maximum weight capacity.
- Avoid placing liquids directly on the control panel or near electrical components.
- Regularly check all screws and bolts to ensure they are tightened.
- Do not attempt to modify the desk's structure or electrical system. Contact customer support for assistance.
- The anti-collision system is designed to prevent damage, but always exercise caution during height adjustments.

## 2. PACKAGE CONTENTS

Verify that all the following components are included in your package:

- Desktop (55 x 28 Inch, Black)
- 4 x Desk Legs (Black Frame)
- Control Panel with LED Display
- Power Adapter and Cables
- Assembly Hardware (screws, bolts, tools)
- Instruction Manual

### 3. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your FLEXISPOT 4-Legs Electric Standing Desk:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, soft surface to prevent scratches.
2. **Attach Desk Legs:** Secure each of the four desk legs to the desktop using the provided screws and tools. Ensure they are firmly attached and aligned.
3. **Install Control Panel:** Mount the digital control panel to the underside of the desktop in the designated location. Connect the necessary cables from the control panel to the desk's motor system.
4. **Connect Power:** Plug the power adapter into the desk's control box and then into a wall outlet.
5. **Cable Management:** Utilize the integrated cable management tray to organize and secure all power and control cables, ensuring a tidy workspace.



The assembled FLEXISPOT 4-Legs Electric Standing Desk in a typical home office environment.

## 4. OPERATING INSTRUCTIONS

### 4.1 Control Panel Overview

# Digital Keypad

Multi-functional with simple operation



The digital control panel features an LED display, up/down arrows, and memory preset buttons.

- **Up/Down Arrows:** Press and hold to adjust the desk height manually.
- **Memory Presets (1, 2, 3):** Save your preferred sitting and standing heights.
- **'M' Button:** Used to save height settings.

## 4.2 Adjusting Height

To adjust the desk height, press and hold the up or down arrow buttons on the control panel until the desired height is reached. Release the button to stop movement.

## 4.3 Setting Memory Presets

You can save up to three preferred height settings:

1. Adjust the desk to your desired height using the up/down arrows.
2. Press the 'M' button. The LED display will show 'S-'.
3. Within 3 seconds, press one of the number buttons (1, 2, or 3) to save the current height to that preset. The display will show 'S-1', 'S-2', or 'S-3' to confirm.
4. To recall a saved height, simply press the corresponding number button (1, 2, or 3). The desk will

automatically move to the saved position.

#### 4.4 Anti-Collision System

The desk is equipped with an anti-collision system that automatically stops and slightly reverses movement if it encounters an obstacle during height adjustment. This feature helps prevent damage to the desk and surrounding objects.



The anti-collision system detects obstacles and stops movement for safety.

#### 4.5 Video Demonstration

Your browser does not support the video tag.

Demonstration of the FLEXISPOT 4-Legs Electric Standing Desk features, including height adjustment, memory presets, cable management, headset hook, and anti-collision system.



## 5. KEY FEATURES

- **4-Legs Stable Frame:** Provides enhanced stability and durability compared to two-legged designs, supporting a weight capacity of 220 lbs.
- **Electric Height Adjustment:** Smooth and quiet height transitions from 28.7" to 47.2" (73cm to 120cm).
- **LED Control Panel:** Intuitive interface with digital height display and memory preset functions.
- **Anti-Collision System:** Automatically stops and reverses if an obstacle is detected during movement.
- **Cable Management Tray:** Helps keep your workspace organized and free from tangled wires.
- **Headset Hook & Bag Hanger:** Convenient accessories for keeping your essentials within reach and off the desk surface.



The FLEXISPOT 4-Legs Electric Standing Desk offers a spacious and organized workspace.

## 6. SPECIFICATIONS

Brand	FLEXISPOT
Model	E7 Plus
Desktop Dimensions	55 x 28 inches (140 x 71 cm)
Adjustable Height Range	28.7" to 47.2" (73 cm to 120 cm)
Weight Capacity	220 lbs (100 kg)
Frame Material	Metal (Black Frame)
Top Material	Wood (Black Top)
Number of Legs	4
Special Features	Electric Adjustment, Memory Presets, Anti-Collision System, Cable Management



Detailed dimensions of the desk, including height and surface area.

## 7. MAINTENANCE

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

- **Cleaning:** Wipe the desktop and frame with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Cable Management:** Periodically check and reorganize cables to prevent tangling or damage.
- **Fasteners:** Every few months, inspect all screws and bolts and tighten them if necessary.
- **Motor Care:** Keep the motor and lifting columns free from dust and debris. Do not lubricate the lifting columns unless specified by the manufacturer.

## 8. TROUBLESHOOTING

If you encounter any issues with your desk, refer to the following table for common problems and solutions:

Problem	Possible Cause	Solution
Desk does not move.	Power cable disconnected, motor error, overload.	Check power connections. Reduce weight on the desk. Perform a reset (refer to full manual for specific reset procedure).
Desk moves unevenly.	Uneven load, loose connections.	Distribute weight evenly. Check and tighten all leg and frame connections.
Anti-collision system frequently activates.	Obstacle in path, sensitivity setting too high.	Ensure clear path during adjustment. Adjust anti-collision sensitivity (refer to full manual).
Memory presets not working.	Settings not saved correctly.	Re-save your desired height settings following the instructions in Section 4.3.

## 9. WARRANTY & SUPPORT

FLEXISPOT offers a comprehensive warranty for your peace of mind:




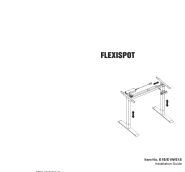

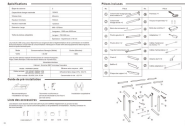
- **5-Year Coverage:** Applies to the desk frame and motor.
- **2-Year Coverage:** Applies to the control panel and electronics.

For further assistance, technical support, or warranty claims, please visit the official FLEXISPOT website or contact their customer service department.

Visit the [FLEXISPOT Store](#) for more information and products.



Related Documents - E7 Plus

	<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 E4B/E4W Electric Standing Desk User Manual</a></p> <p>Comprehensive user manual for the FlexiSpot E4B/E4W electric standing desk, covering specifications, assembly instructions, keypad operation, troubleshooting, and warranty information.</p>
	<p><a href="#">FlexiSpot H2B/H2S Height-Adjustable Desk Frame Installation Guide and Warranty</a></p> <p>Comprehensive installation guide and limited warranty information for the FlexiSpot H2B and H2S height-adjustable desk frames. Learn how to assemble your desk and understand warranty coverage.</p>
	<p><a href="#">FlexiSpot E1B/E1W/E1S Height Adjustable Desk Installation Guide</a></p> <p>This document provides a comprehensive installation guide for FlexiSpot E1B, E1W, and E1S height adjustable desk frames. It includes detailed specifications, a list of included parts and accessories, step-by-step assembly instructions with textual descriptions of diagrams, handset operation details, troubleshooting tips, important attention and safety information, recycling guidelines, and warranty details.</p>
	<p><a href="#">FlexiSpot Q3G-1206-EU Electric Standing Desk User Manual</a></p> <p>Comprehensive user manual and installation guide for the FlexiSpot Q3G-1206-EU electric standing desk, covering specifications, assembly, operation, safety, and troubleshooting.</p>
	<p><a href="#">FlexiSpot E2Q Electric Standing Desk: Installation Guide and Specifications</a></p> <p>Comprehensive installation guide and specifications for the FlexiSpot E2Q electric standing desk. Learn how to assemble, operate, and troubleshoot your adjustable height desk.</p>

Documents - FLEXISPOT – E7 Plus



[FlexiSpot E7-Plus-EU User Manual](#)

User manual for the FlexiSpot E7-Plus-EU electric height-adjustable desk frame, providing assembly instructions, specifications, and troubleshooting.  
lang: **score:17** filesize: 4.86 M page\_count: 9 document date: 2025-03-18



[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.  
lang: **score:12** filesize: 6.35 M page\_count: 9 document date: 2023-09-27

