

## VIVO STAND-TDML2A

# VIVO STAND-TDML2A Deluxe Universal Treadmill Desk Instruction Manual

## INTRODUCTION

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This manual provides detailed instructions for the assembly, operation, and maintenance of your VIVO STAND-TDML2A Deluxe Universal Treadmill Desk. Designed to transform your treadmill into an active workstation, this platform supports various devices, allowing you to multitask efficiently. Please read all instructions carefully before use to ensure proper setup and safe operation.

## SETUP

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The VIVO STAND-TDML2A Treadmill Desk is designed for minimal assembly. Follow these steps to prepare your desk for use:

- Assemble the Desk Platform:** The desk platform comes in two parts. Use the provided connecting plates and screws to securely join the two halves.
- Install Phone Slot:** Insert the phone slot into the designated opening on the desk platform.
- Attach Rubber Pads:** Secure the anti-slip rubber pads to the underside of the desk platform using the provided screws. These pads increase traction and protect your treadmill handlebars.
- Mount Strap Brackets:** Attach the strap brackets to the underside of the desk platform. Then, secure the adjustable Velcro straps to these brackets.
- Secure Cup Holder:** Attach the cup holder bracket to the desk platform. Then, secure the cup holder to its bracket. The cup holder arms are adjustable from 2.6" to 3.6" to accommodate various drink sizes.
- Attach to Treadmill:** Carefully place the assembled desk platform onto your treadmill handlebars. Ensure the handlebars fit within the desk's design (fits handlebar distances from 26.8" to 31.5"). Secure the desk to the handlebars using the adjustable Velcro straps. Note: This desk is not compatible with tilted or slanted handlebars.



Image: The VIVO Treadmill Desk securely installed on a treadmill, showcasing its use as an active workstation with a laptop, headphones, and a water bottle in the cup holder.

# UNIVERSAL DESIGN



Weight Capacity  
up to 22 lbs



**NOTE:** The inside distance between handlebars must not exceed 31.5”

Image: A detailed diagram illustrating the dimensions of the VIVO Treadmill Desk, including its width, depth, thickness, and the placement of the phone slot and adjustable cup holder. A crucial note indicates that the inside distance between treadmill handlebars must not exceed 31.5 inches for proper fit.

Your browser does not support the video tag.

Video: An official VIVO assembly guide for the STAND-TDML2A Universal Laptop Desk, demonstrating each step of putting the desk together and attaching it to a treadmill. This video provides a visual walkthrough of the setup process.

## OPERATING INSTRUCTIONS

Once your VIVO Treadmill Desk is securely installed, you can begin using it as an ergonomic workstation:

- **Place Your Devices:** The sturdy 34.1” x 11” platform can support laptops, Macbooks, iPads, tablets, and other equipment weighing up to 22 lbs. Position your devices comfortably for easy access while walking.
- **Utilize Device Slot:** The integrated device slot is perfect for holding your cellphone or tablet upright, keeping it within arm's reach and at an optimal viewing angle.
- **Use Cup Holder:** Place your beverage in the adjustable cup holder. Its design accommodates various sizes, from standard coffee mugs to 32oz hydro flasks, ensuring your drink is secure.

- **Adjust Treadmill Speed:** Start your treadmill at a comfortable walking speed that allows you to work effectively without compromising stability or focus.

## SIMPLE INSTALLATION

fits most handles



Image: A user actively working on a laptop positioned on the VIVO Treadmill Desk, demonstrating the product's functionality for combining exercise with work tasks.

# DEVICE SLOT



Image: A close-up view of the integrated device slot on the VIVO Treadmill Desk, showing a smartphone and a tablet securely held upright, along with headphones on the desk surface.



Image: A detailed shot of the adjustable cup holder attached to the VIVO Treadmill Desk, securely holding a white water bottle, highlighting its practical design.

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Video: An official VIVO feature video for the STAND-TDML2A Universal Laptop Desk, highlighting its key functionalities such as the cup holder and phone slot, and demonstrating its use in an active workstation setup.

## MAINTENANCE

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To ensure the longevity and optimal performance of your VIVO Treadmill Desk, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the desk surface with a soft, damp cloth. Avoid using abrasive cleaners or harsh chemicals that could damage the laminated finish.
- **Strap Inspection:** Periodically check the Velcro straps for wear and tear. Ensure they remain securely fastened to the treadmill handlebars to prevent movement during use.
- **Screw Tightness:** Occasionally inspect all screws, especially those connecting the two platform parts and the rubber pads, to ensure they are tight. Tighten if necessary.

## TROUBLESHOOTING

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If you encounter any issues with your VIVO Treadmill Desk, consider the following common solutions:

- **Desk Movement/Instability:** Ensure all Velcro straps are tightly secured around the treadmill handlebars. Verify that the rubber pads are correctly positioned and screwed in to provide maximum grip. The desk is designed for handlebars within the 26.8" to 31.5" range; ensure your treadmill falls within this specification.
- **Device Slippage:** Confirm that the anti-slip rubber pads are properly installed. For devices in the phone slot, ensure they are seated correctly.
- **Cup Holder Issues:** Check that the cup holder is firmly attached to its bracket and that the bracket is securely screwed to the desk. Adjust the holder arms to fit your beverage snugly.

## SPECIFICATIONS

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Feature	Detail
Brand	VIVO
Model Number	STAND-TDML2A
Product Dimensions	11"D x 34.1"W x 0.6"H
Item Weight	8.3 Pounds
Maximum Weight Recommendation	22 Pounds
Material Type	Engineered Wood, Alloy Steel, Plastic
Finish Type	Laminated
Color	Black
Mounting Type	Handlebar Mount
Handlebar Compatibility	Fits handlebars up to 31 inches (inside distance from 26.8" to 31.5"). Not compatible with tilted/slanted handlebars.
Special Feature	Ergonomic, Cup holder, Device slot

## WARRANTY

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This VIVO Treadmill Desk is backed by a 3-Year Manufacturer Warranty. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

## SUPPORT

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VIVO is committed to providing high-quality products and excellent customer service. If you have any questions, concerns, or require technical assistance with your STAND-TDML2A Treadmill Desk, please contact our friendly U.S.-based tech support team. We are dedicated to ensuring your satisfaction and improving your workspace experience.