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› FitStand FQ1 Electric Standing Desk User Manual (200 x 80 cm)

FitStand FitStand FQ1

FitStand FQ1 Electric Standing Desk User Manual

Model: FitStand FQ1 (200 x 80 cm)

INTRODUCTION

Thank you for choosing the FitStand FQ1 Electric Standing Desk. This manual provides essential information for the safe assembly, operation, and maintenance of your new desk. Please read these instructions carefully before use and retain them for future reference.

The FitStand FQ1 is designed to offer a versatile and ergonomic workspace, allowing you to easily switch between sitting and standing positions to promote a healthier work routine. This model features a spacious 200 x 80 cm tabletop, electric height adjustment, memory presets, and a child safety lock.

SAFETY INFORMATION

- Ensure all components are securely fastened before use.
- Keep children and pets away from the desk during height adjustment to prevent injury.
- Do not place liquids directly on the control panel or near electrical components.
- Do not overload the desk beyond its maximum weight capacity (70 kg).
- The desk features a **Child Safety Lock** function to prevent accidental adjustments. Refer to the Operating Instructions for how to activate and deactivate this feature.
- The desk has smoothly rounded edges to minimize the risk of injury.



SAFETY ENSURED WITH SMOOTH ROUNDED EDGES

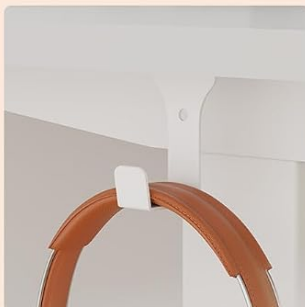
Image: The desk features smoothly rounded edges to prevent accidental bumps and ensure user safety.

PACKAGE CONTENTS

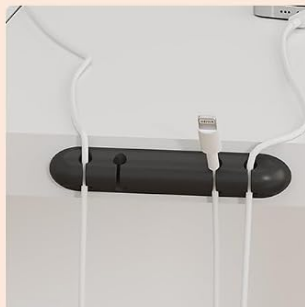
Please verify that all components are present before beginning assembly:

- Desk Frame (Legs, Crossbar, Motor)
- Tabletop (Multi-panel construction for 200x80cm model)
- Control Panel
- Power Adapter and Cable
- Assembly Hardware (Screws, Allen wrenches, etc.)
- Cable Management Tray
- Cable Ties
- 2 x Hooks (for headphones, bags, etc.)
- Cup Holder

ORGANIZE YOUR DESK ALREADY INCLUDED FOR FREE



Hook
x2



Cable
Management



Storage
Box



Cup
Holder

Image: Enhance your workspace organization with the included accessories: two hooks for headphones or bags, integrated cable management, a storage box, and a convenient cup holder.

ASSEMBLY INSTRUCTIONS

Assembly of the FitStand FQ1 desk is designed to be straightforward, typically taking approximately 30 minutes. It is recommended that **two people** assist with the assembly process for safety and ease, especially when handling the tabletop.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, soft surface to prevent scratches. Verify all package contents against the list above.
2. **Assemble Desk Frame:** Follow the detailed diagrams in the included assembly guide to connect the legs to the crossbar and motor assembly. Ensure all screws are tightened securely.
3. **Attach Tabletop:** Carefully place the multi-panel tabletop onto the assembled frame. Align the pre-drilled holes and secure the tabletop to the frame using the provided screws. Ensure the tabletop panels are flush and properly aligned.

4. **Install Control Panel:** Mount the control panel to the underside of the desk in the desired location using the provided screws.
5. **Connect Cables:** Connect the motor cable to the control panel and the power adapter to the control panel. Route cables neatly using the included cable management tray and ties.
6. **Attach Accessories:** Install the hooks, cup holder, and storage box as desired.
7. **Initial Power-Up:** Plug the power adapter into a wall outlet. The desk should be ready for initial operation.

SETUP IN ABOUT 30 MINUTES

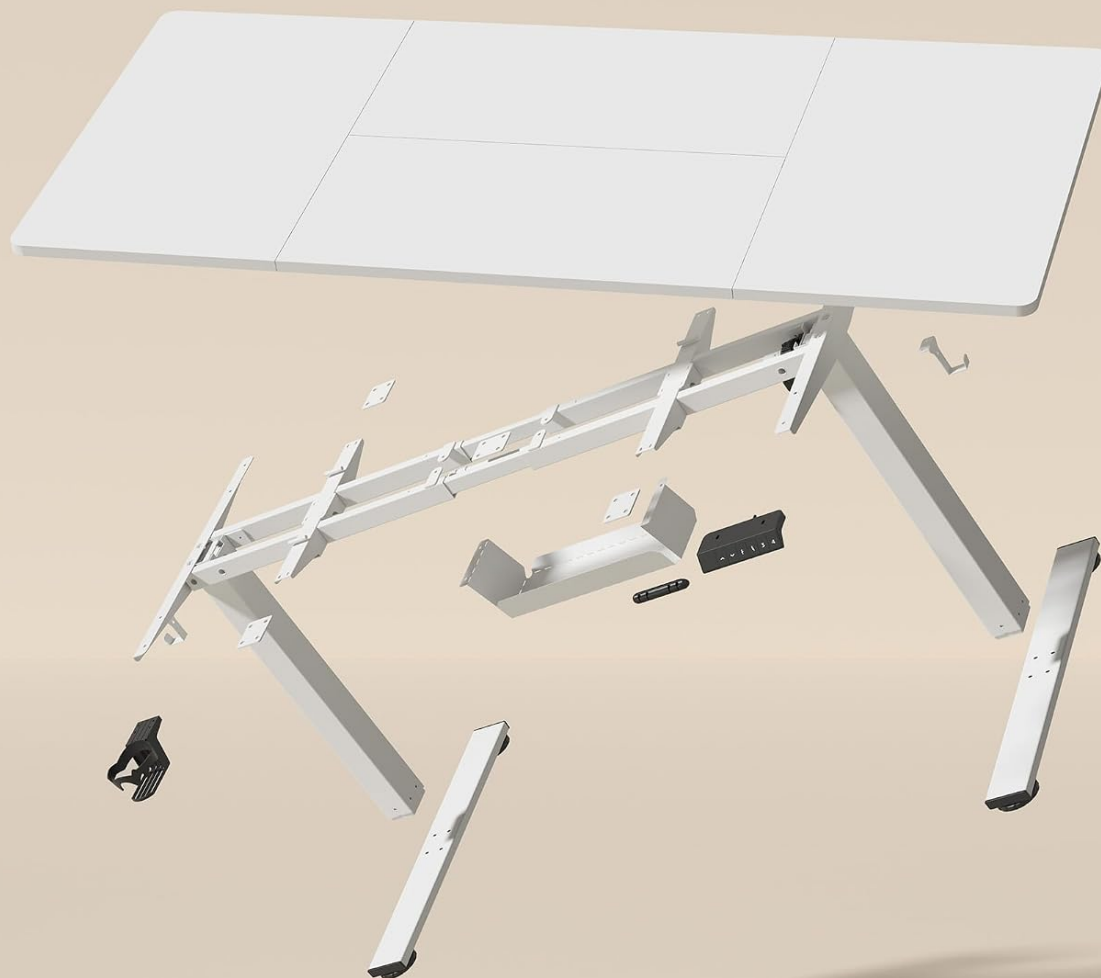


Image: The FitStand FQ1 desk is designed for straightforward assembly, typically completed in about 30 minutes with clear instructions.

OPERATING INSTRUCTIONS

The FitStand FQ1 desk features an intuitive control panel for easy height adjustment and memory functions.



Image: The intuitive control panel includes an LCD screen, up/down buttons, sit/stand presets, a child lock function, and height memory settings.

Control Panel Overview:

- **LCD Screen:** Displays current desk height.
- **Up/Down Arrows (▲ / ▼):** Press and hold to adjust the desk height manually. The desk adjusts smoothly and quietly (under 50 dB).
- **Sit/Stand Presets (1, 2, 3, 4):** These buttons allow you to save and recall preferred height settings.
- **Child Lock Button (🔒):** Activates or deactivates the child safety lock.
- **Memory Function (M):** Used to save custom height settings.

Height Adjustment:

The desk's height can be adjusted from 73 cm (sitting height) to 118 cm (standing height). Press and hold the Up (▲) or Down (▼) arrow buttons to move the desk to your desired height. Release the button to stop the movement.

EXPERIENCE CUSTOMIZABLE COMFORT

A height range of 73 to 118 cm



Image: The desk offers a customizable height range from 73 cm to 118 cm, allowing users to switch between sitting and standing positions.

Memory Presets:

The desk allows you to save up to four preferred height settings for quick recall.

1. Adjust the desk to your desired height using the Up/Down arrows.
2. Press the '**M**' button. The LCD screen will display 'S-'.
3. Within 3 seconds, press one of the preset buttons (**1, 2, 3, or 4**). The current height will be saved to that preset.
4. To recall a saved height, simply press the corresponding preset button (**1, 2, 3, or 4**). The desk will automatically move to the saved position.

Child Safety Lock:

To activate the child safety lock, press and hold the **Child Lock** () button for approximately 3 seconds until a lock icon appears on the LCD screen. This will disable all height adjustment functions.

To deactivate, press and hold the **Child Lock** () button again for 3 seconds until the lock icon disappears. The desk will then be

operational.

Quiet Operation:

The FitStand FQ1 desk operates with a noise level of less than 50 decibels, ensuring a quiet and undisturbed environment during height adjustments.

SMOOTH AND QUIET ADJUSTMENT

•||• <50db



Image: The FitStand FQ1 desk operates with minimal noise, less than 50 dB, ensuring a quiet work environment.

MAINTENANCE

- **Cleaning:** Wipe the desk surface and frame with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners, as they may damage the finish.
- **Cable Management:** Periodically check and reorganize cables to prevent tangles and ensure smooth operation of the desk.
- **Inspection:** Regularly inspect all screws and connections to ensure they remain tight. Retighten if necessary.
- **Avoid Obstructions:** Ensure there are no obstructions above or below the desk when adjusting its height.

TROUBLESHOOTING

If you encounter any issues with your FitStand FQ1 desk, please refer to the following common solutions:

- **Desk Not Moving:**
 - Check if the power cable is securely plugged into both the desk and the wall outlet.
 - Ensure the child safety lock is not activated (check for a lock icon on the LCD screen).
 - Unplug the desk for 10 seconds, then plug it back in to reset the system.
- **Uneven Movement:**
 - Ensure the desk is not overloaded beyond its maximum capacity.
 - Check that all screws and connections are tight and secure.
- **Error Code on Display:**
 - Refer to the specific error code in the full product manual (if provided separately) or contact customer support for assistance.

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

SPECIFICATIONS

Model Number	FitStand FQ1
Dimensions (L x W x H)	200 x 80 x 73 cm (minimum height)
Adjustable Height Range	73 cm - 118 cm
Maximum Load Capacity	70 kg
Material	Alloy Steel (Frame), Tabletop (Multi-panel)
Noise Level	< 50 dB
Special Features	Electric Height Adjustment, Memory Presets, Child Safety Lock, Ergonomic Design
Assembly Required	Yes (2 persons recommended)
Included Components	Desk, Frame, Control Panel, Power Adapter, Cable Management, 2 Hooks, Cup Holder, Storage Box



Image: This image illustrates the generous 200 cm by 80 cm dimensions of the FitStand FQ1 desk, providing ample workspace.

WARRANTY AND SUPPORT

For warranty information, technical support, or any questions not covered in this manual, please contact FitStand customer service through the retailer's platform or the official FitStand website. Please have your model number (FitStand FQ1) and purchase date available when contacting support.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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