

FitStand FQ1

FitStand FQ1 Electric Height Adjustable Desk User Manual

Brand: FitStand | Model: FQ1

1. INTRODUCTION

This manual provides essential instructions for the safe and efficient use of your FitStand FQ1 Electric Height Adjustable Desk. Please read this manual thoroughly before assembly and operation, and retain it for future reference. The FitStand FQ1 desk is designed to offer a versatile and ergonomic workspace, allowing seamless transitions between sitting and standing positions.

2. SAFETY INFORMATION

- **Adult Supervision:** Children must use this product under adult supervision to prevent accidents.
- **Weight Capacity:** Do not exceed the maximum load capacity of 60 kg for 1260/1460/1660 models or 70 kg for 1880/2080 models. Overloading can cause damage or injury.
- **Clearance:** Ensure there are no obstructions above or below the desk when adjusting its height to prevent pinching or damage.
- **Power Supply:** Use only the provided power adapter and ensure it is connected to a grounded outlet.
- **Liquid Contact:** Keep liquids away from the control panel and electrical components to avoid electric shock or malfunction.
- **Child Safety Lock:** Utilize the child safety lock feature to prevent unintended height adjustments by children.

3. SETUP

The FitStand FQ1 desk is designed for quick and straightforward assembly, typically taking around 30 minutes. All necessary tools and clear instructions are included in the packaging.

1. **Unpack Components:** Carefully remove all parts from the packaging and verify against the parts list in the included assembly guide.

2. **Assemble Frame:** Attach the desk legs to the crossbar frame using the provided screws.
3. **Attach Tabletop:** Secure the tabletop to the assembled frame. Note that some larger tabletops (1660/1880/2008 models) consist of multiple boards.
4. **Install Control Panel:** Mount the control panel to the underside of the desk in an easily accessible location.
5. **Connect Cables:** Connect all motor and control panel cables to the control box. Use the included cable management channel to organize wires neatly.
6. **Power On:** Plug the power adapter into the control box and then into a wall outlet.

Quick Setup in 30 Minutes

Enjoy the New Desk Faster



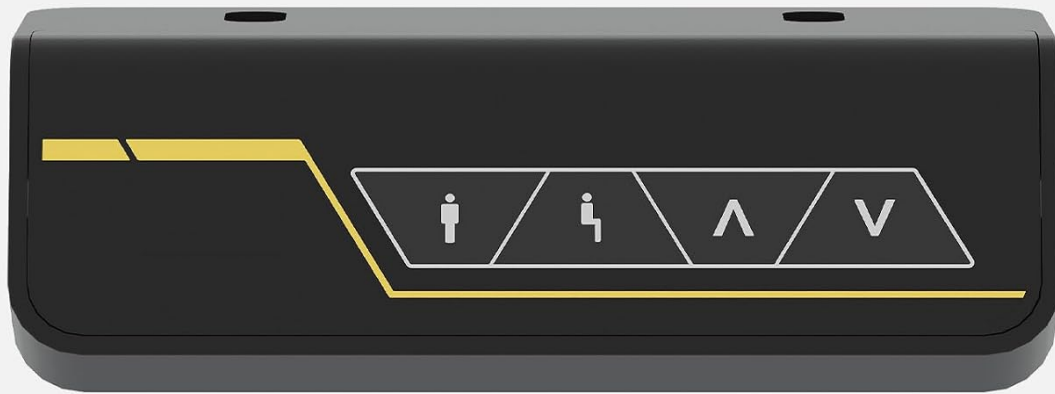
Image: Exploded view showing the desk components for quick setup. The tabletop, frame, and legs are separated, illustrating the ease of assembly.

For detailed step-by-step instructions, please refer to the dedicated assembly guide included in your product packaging.

4. OPERATING INSTRUCTIONS

4.1 Control Panel Overview

Multifunction Control Panel



Memory
Function



Child
Safety Lock



Sit
/Stand



Up
/Down

Image: Close-up of the multifunction control panel, highlighting buttons for Memory Function, Child Safety Lock, Sit/Stand presets, and Up/Down height adjustment.

The control panel allows you to adjust the desk height and utilize its smart features:

- **Up/Down Buttons (▲ / ▼):** Press and hold to manually adjust the desk to your desired height. Release the button to stop movement.
- **Memory Function (M1/M2):** The desk features two programmable memory positions. To set a memory position:
 - a. Adjust the desk to your desired height using the Up/Down buttons.
 - b. Press the 'M' button, then press either '1' or '2' within 3 seconds. The display will show 'S-1' or 'S-2' to confirm the setting.

To recall a saved position, simply press '1' or '2'.

- **Child Safety Lock:** To activate the child safety lock, press and hold the 'Lock' button (often indicated by a padlock icon) for 3 seconds. The display will show 'LOC'. All buttons will be disabled. To deactivate, press and hold the 'Lock' button again for 3 seconds.

- **Sit/Stand Presets:** Some models may have dedicated sit/stand buttons for quick transitions between common ergonomic heights.

4.2 Height Adjustment

Easily switch between 73-118cm heights for ergonomic support



Image: Illustration of the FitStand FQ1 desk adjusting its height, showing a range from 73 cm (sitting) to 118 cm (standing) for ergonomic support.

The desk offers a wide adjustable height range to accommodate various user preferences and ergonomic needs. For 1260/1460/1660 models, the height adjusts from 73 cm to 118 cm. For 1880/2080 models, the range is 73 cm to 122 cm.

4.3 Whisper-Quiet Operation



Whisper-Quiet Operation

Less Than 50dB for a Peaceful Workspace

Image: A sound meter displaying a reading below 50 dB, indicating the desk's quiet operation for a peaceful workspace.

The FitStand FQ1 desk operates with a super low noise level, typically not exceeding 50 decibels. This ensures a quiet and undisturbed working environment.

4.4 Convenient Hooks

Stay Organized with Convenient Hooks



Image: A pair of white headphones hanging on a hook conveniently located under the desk, demonstrating the integrated storage solution.

The desk includes convenient hooks for organizing accessories such as headphones or bags, helping to keep your workspace tidy.

5. MAINTENANCE

- **Cleaning:** Wipe the desk surface with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals that could damage the finish.
- **Cable Management:** Regularly check and ensure all cables are securely connected and properly routed through the cable management system to prevent damage or entanglement.
- **Fastener Check:** Periodically check all screws and fasteners to ensure they are tight. Retighten if necessary.
- **Motor Care:** Do not attempt to open or service the motor or control box. Contact customer support for any issues.

6. TROUBLESHOOTING

- **Desk Not Moving:**

- Check if the power cable is securely plugged into both the wall outlet and the control box.
- Ensure the child safety lock is not activated.
- If an error code appears on the display, refer to the full user manual for specific code meanings and solutions.

- **Uneven Movement:**

- Ensure the desk is not overloaded and weight is evenly distributed.
- Perform a reset procedure (usually by holding the 'Down' button until the lowest position is reached and then holding it again for a few seconds until a 'reset' indicator appears). Refer to the full manual for exact steps.

- **Noise During Operation:**

- A slight hum is normal. If the noise is excessive or unusual, check for loose components or contact support.

7. SPECIFICATIONS

Sturdy Design With A Weight Capacity Of 60kg



Image: A heavy weight (60 kg) placed on the desk, demonstrating its sturdy design and maximum load capacity.

Feature	Detail
Brand	FitStand
Model	FQ1
Product Dimensions (L x W x H)	60 x 160 x 73 cm (example size)
Minimum Height	73 cm
Maximum Height (1260/1460/1660 models)	118 cm
Maximum Height (1880/2080 models)	122 cm
Maximum Load Capacity (1260/1460/1660 models)	60 kg

Feature	Detail
Maximum Load Capacity (1880/2080 models)	70 kg
Tabletop Material Type	Oak Wood
Furniture Finish	Maple
Noise Level	Less than 50 dB
Special Features	Ergonomic, Height Adjustable, Electric, Memory Function, Child Safety Lock
Assembly Required	Yes
Included Components	Electric Cable Channel

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact FitStand customer support directly. If you encounter any issues or require assistance with your FitStand FQ1 desk, please reach out to the manufacturer's customer service team. Contact details can typically be found on the product packaging or the official FitStand website.

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.

Name

Anonymous

Email

you@example.com

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