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FLEXISPOT H7D-2816

FLEXISPOT Mobile Standing Desk with Wheels

MODEL: H7D-2816

User Manual

Introduction

The FLEXISPOT Mobile Standing Desk H7D-2816 is designed to provide a flexible and ergonomic workspace. Its pneumatic lift system allows for smooth, one-hand height adjustment, enabling users to easily switch between sitting and standing positions. Equipped with hidden casters, this desk offers effortless mobility, making it suitable for various environments, from home offices to living rooms and bedrooms.

This manual provides essential information for the assembly, operation, maintenance, and troubleshooting of your new mobile standing desk.

Package Contents

Please ensure all components are present before beginning assembly. All necessary tools for assembly are included in the package.

- Desktop Surface (Mahogany, 27.6" W x 15.7" D)
- Desk Frame (Metal and Wood)
- Pneumatic Lift Mechanism
- Hidden Casters (pre-installed or to be installed)
- Assembly Hardware (screws, washers, etc.)
- Assembly Tools (e.g., screwdriver, Allen key)
- User Manual

Assembly Instructions

Assembly of the FLEXISPOT Mobile Standing Desk is designed to be straightforward and typically takes around 10 minutes. Follow the included step-by-step instructions carefully.

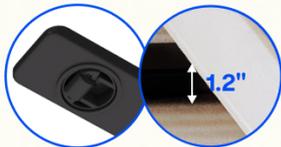
1. Unpack all components and verify against the package contents list.
2. Attach the desk frame components as per the visual guide in the separate instruction sheet. Ensure all screws are tightened securely.
3. Mount the desktop surface onto the assembled frame.
4. If not pre-installed, attach the hidden casters to the base of the desk.
5. Test the pneumatic lift mechanism to ensure smooth operation.

For detailed visual guidance, refer to the assembly diagrams provided in the separate instruction leaflet.

Operating Instructions

SMOOTH ADJUSTMENT

Hidden smooth casters 360° rotate, easily maneuver it anywhere you like



Lower Base Height 1.2"



Image: Pneumatic Hand Control. This image shows a close-up of the pneumatic hand control lever located on the side of the desk, used for adjusting its height.

DESK DIMENSIONS



Image: Hidden Casters. This diagram illustrates the C-shaped base of the desk and highlights the hidden casters, with an inset showing a detailed view of one of the casters for easy mobility.

Height Adjustment (Pneumatic Lift System)

The desk features a gas spring pneumatic lift system for smooth and effortless height adjustment. To adjust the height:

1. Locate the pneumatic hand control lever on the side of the desktop.
2. To raise the desk, gently pull the lever upwards while applying slight upward pressure to the desktop. The desk will rise smoothly.
3. To lower the desk, gently pull the lever upwards while applying slight downward pressure to the desktop. The desk will descend smoothly.
4. Release the lever once the desired height (between 26" and 41.7") is reached.

Mobility

The desk is equipped with four hidden casters, allowing for easy movement across various surfaces. Simply push or pull the desk to reposition it as needed. The low-profile base (minimum 1.2" high) is designed to tuck beneath most furniture, optimizing space utilization.

Features

- **Gas Spring Pneumatic Lift System:** Offers smooth, one-hand height adjustment from 26" to 41.7" without requiring significant effort.
- **Hidden Casters:** Four integrated casters allow for easy 360° rotation and maneuverability, making the desk portable and space-saving.
- **Low-Profile Base:** Designed to slide under furniture with a minimum clearance of 1.2 inches, maximizing versatility and saving space.
- **Spacious & Durable Desktop:** The 27.6" W x 15.7" D desktop, made of FSC-Certified wood, provides ample space for laptops, notebooks, and accessories. It features rounded edges for safety and comfort.
- **Integrated Cup Holder:** A convenient, detachable cup holder is included to keep beverages secure and within reach, preventing spills and saving desktop space.
- **Versatile Design:** Functions as a mobile workstation, laptop desk, overbed table, bedside table, or a portable dining surface.



Image: Rounded Edges and Cup Holder. This image highlights the rounded edges of the desktop and the practical integrated

cup holder, designed for user convenience and safety.

INTEGRATED COASTER

Elegance Meets Functionality



Image: Integrated Cup Holder in Use. A woman is shown comfortably using the mobile standing desk while seated on a sofa, with the integrated cup holder securely holding a beverage.

Usage Scenarios

The FLEXISPOT Mobile Standing Desk is highly adaptable for various activities and environments:



Image: Living Room Workstation. The desk is positioned next to a sofa in a living room, holding a laptop and a coffee cup, illustrating its use as a convenient mobile workstation.



Image: Overbed Table in Bedroom. The desk is shown functioning as an overbed table in a bedroom, providing a surface for a laptop and other items while in bed.



Image: Bathroom Side Table. The desk is placed beside a bathtub in a bathroom, holding various bath essentials, demonstrating its utility in different rooms.



Image: Outdoor Workspace. The desk is set up on a balcony with a laptop and coffee, showcasing its portability for outdoor work or leisure.



Image: Treadmill Ready. A woman is shown using the mobile standing desk with her laptop while on a treadmill, highlighting its use for active work setups.

Care for Your Pets

Adjust the table to your ideal height.
Groom, brush, and pamper your furry friends with ease.



Image: Pet Grooming Station. The desk is utilized as a convenient pet grooming station, with a woman grooming a small dog on its surface.



Senior-Friendly & Versatile

Personal dining spot for one.
Eat by the TV or any cozy corner.

Image: Senior-Friendly Overbed Table. An elderly man in a wheelchair is shown comfortably using the mobile standing desk for meals, demonstrating its accessibility and versatility.



Image: Movable Podium. The desk serves as a movable podium in a meeting room, with a man presenting from a laptop, showcasing its professional utility.

Official Product Videos

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Video: FLEXISPOT Overbed Table Home Use. This video demonstrates various home use scenarios for the FLEXISPOT Mobile Standing Desk, highlighting its adaptability as an overbed table.

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Video: FLEXISPOT Overbed Bedside Table. This video showcases the FLEXISPOT Mobile Standing Desk functioning as a versatile overbed or bedside table, emphasizing its convenience.

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Video: FLEXISPOT H7 Mobile Side Table. This video illustrates the various applications and mobility of the FLEXISPOT H7 Mobile Side Table in different settings.

Maintenance

To ensure the longevity and optimal performance of your FLEXISPOT Mobile Standing Desk, follow these maintenance guidelines:

- **Cleaning:** Wipe the desktop surface and metal frame with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners, which can damage the finish.
- **Spill Management:** The durable tabletop is designed for easy cleaning. In case of spills, wipe immediately with a dry cloth to prevent stains.
- **Caster Care:** Periodically check the hidden casters for any debris (e.g., hair, dust) that might hinder smooth movement. Clean as necessary.
- **Mechanism Check:** Occasionally test the pneumatic lift mechanism to ensure it operates smoothly. If you notice any stiffness or unusual sounds, contact customer support.

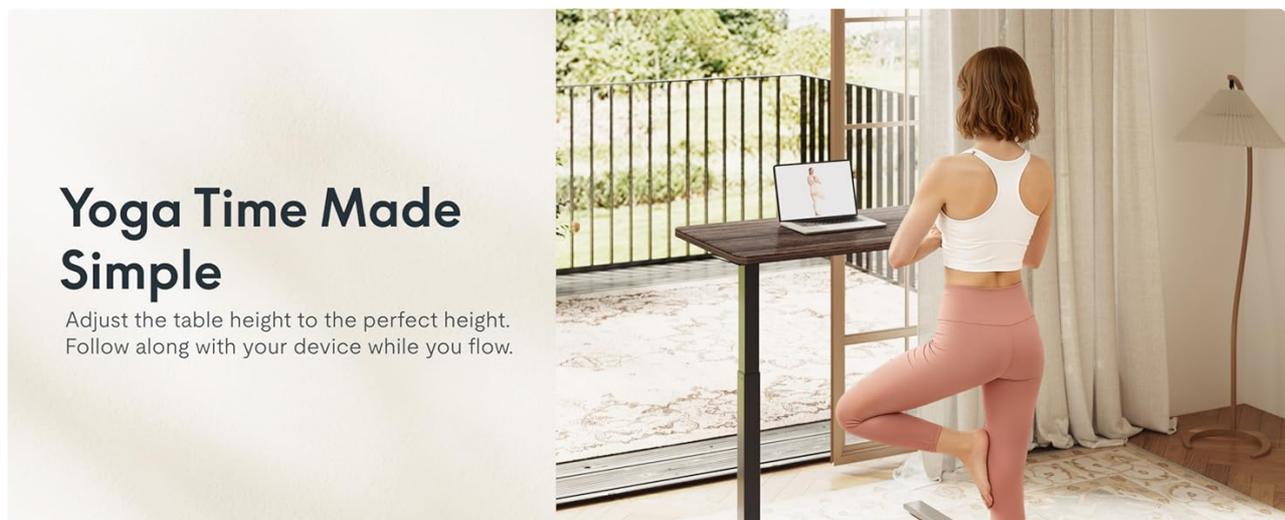


Image: Durable Tabletop Cleaning. A hand is shown wiping a liquid spill from the desk's durable tabletop, demonstrating its easy-clean design.

Troubleshooting

If you encounter any issues with your FLEXISPOT Mobile Standing Desk, refer to the following common troubleshooting tips:

- **Desk Not Adjusting Height:**
 - Ensure the pneumatic lever is fully engaged when attempting to adjust the height.

- Check if any obstructions are preventing the desk from moving freely.
- **Desk Wobbles:**
 - Verify that all assembly screws are securely tightened.
 - Ensure the desk is placed on a flat, stable surface.
- **Casters Not Rolling Smoothly:**
 - Inspect casters for any accumulated debris (e.g., lint, hair) and remove it.
 - Ensure the casters are properly installed and not damaged.

If the issue persists after attempting these solutions, please contact FLEXISPOT customer support for further assistance.

Specifications

Feature	Detail
Brand	FLEXISPOT
Model Number	H7D-2816
Product Dimensions (D x W x H)	16"D x 28"W x 37"H
Desktop Size	27.6" W x 15.7" D
Minimum Height	26 Inches
Maximum Height	41.7 Inches
Color	Mahogany
Top Material Type	Wood (FSC-Certified)
Base Material	Metal and Wood
Special Feature	Portable, Wheel, Pneumatic Lift
Required Assembly	Yes (Recommended 1 person)
GTIN / UPC	840460401562

Warranty and Support

The FLEXISPOT Mobile Standing Desk H7D-2816 comes with a Limited Warranty. For specific terms and

conditions of your warranty, please refer to the warranty card included in your package or visit the official FLEXISPOT website.

Should you require any assistance with assembly, operation, or encounter any issues not covered in the troubleshooting section, our customer support team is available to help. We aim to respond to inquiries within 24 hours.

Contact Information:

- **Website:** www.flexispot.com
- **Customer Service:** Refer to your product packaging or website for the most current contact details.