

ModernMate F1

ModernMate F1 Electric Standing Desk User Manual

Model: F1 (US004-USAN1056) | Brand: ModernMate

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembly and use. Keep this manual for future reference.

- **Weight Capacity:** Do not overload the desk. The maximum weight capacity for this standing desk is **154 pounds (70 kg)**. Exceeding this limit may cause damage or injury.
- **Power Source:** Ensure the desk is connected to a grounded power outlet with the correct voltage as specified in the power adapter.
- **Clearance:** Ensure there are no obstructions above or below the desk during height adjustment to prevent damage or injury.
- **Children and Pets:** Keep children and pets away from the desk during operation.
- **Maintenance:** Do not attempt to disassemble or repair the motor or control unit yourself. Contact customer service for assistance.

2. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. The desk is typically shipped in two separate packages, which may arrive on different days.

Package Protection

Ensuring safe delivery and lighter lifting for your convenience, desk tops, and frames are delivered in 2 packages



Image: Packaging for the ModernMate F1 Electric Standing Desk, showing two boxes for safe delivery of the desktop and frame.

- Standing Desk Frame and Desktop (Whole Piece)
- Hand Control Unit
- Power Adapter
- All necessary screws and hardware
- Installation Instructions Manual

3. ASSEMBLY INSTRUCTIONS

Detailed assembly instructions are included in the separate manual provided with your product. Please follow those instructions carefully. Assembly typically requires 2-3 hours.

Key Assembly Notes:

- Ensure you have adequate space for assembly.

- Organize all parts and hardware before starting.
- Do not overtighten screws during initial assembly; tighten fully once all components are aligned.
- The desktop is a single, whole piece for enhanced stability.

One-piece Desk Board

Durability and stability



ModernMate
Whole-piece Desktop

VS



Others
Split Into Two Piece

Image: The ModernMate F1 features a durable one-piece desktop for stability.

4. OPERATING INSTRUCTIONS

4.1 Height Adjustment

The ModernMate F1 Electric Standing Desk allows for smooth and quiet height adjustment from **27.9 inches to 47.5 inches** (excluding desktop height).

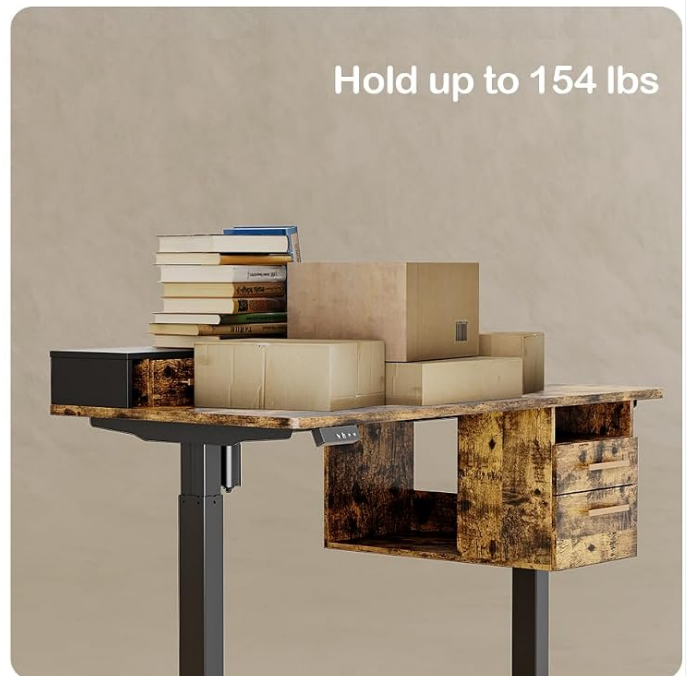
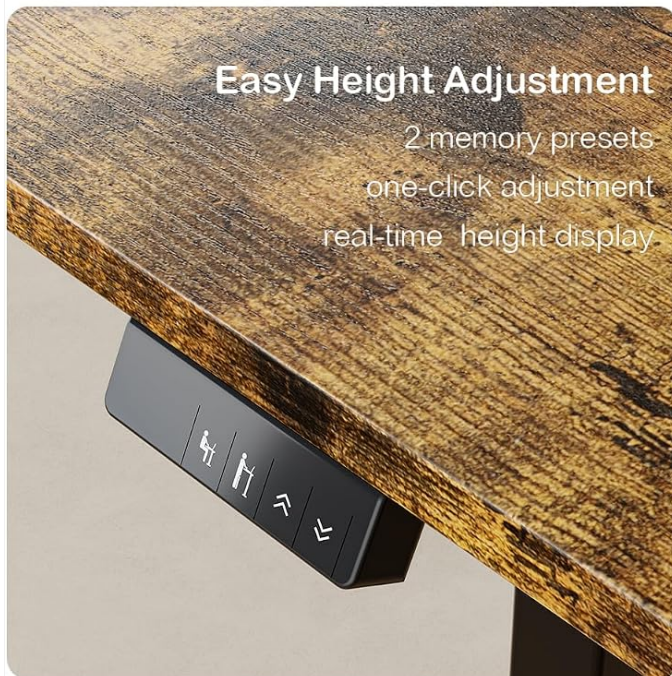


Image: The control panel for adjusting desk height and setting memory presets.

- **Raise Desk:** Press and hold the **Up arrow** button on the control panel.
- **Lower Desk:** Press and hold the **Down arrow** button on the control panel.
- Release the button at your desired height. The lifting process operates below 50 dB.

4.2 Memory Presets

The desk features two memory buttons to save your preferred sitting and standing heights for quick adjustment.

- **To Set a Memory Height:**
 1. Adjust the desk to your desired height using the Up/Down arrows.
 2. Press and hold one of the memory buttons (e.g., '1' or '2') until the display flashes or a beep is heard, indicating the height is saved.
- **To Use a Memory Height:** Simply press the corresponding memory button ('1' or '2'), and the desk will automatically move to the saved height.

5. STORAGE FEATURES

The ModernMate F1 desk is designed with integrated storage solutions to help keep your workspace organized.

Smooth Wooden Drawers

Unlock hidden storage, maximize your space



Image: Integrated wooden drawers and an open cube provide convenient storage for office essentials.

5.1 Under-Desk Drawers

Two spacious drawers are located under the main desktop, ideal for storing documents, stationery, and other office supplies.

5.2 Monitor Shelf with Drawers

An elevated monitor shelf provides an ergonomic viewing height and includes two additional smaller drawers for quick access items.

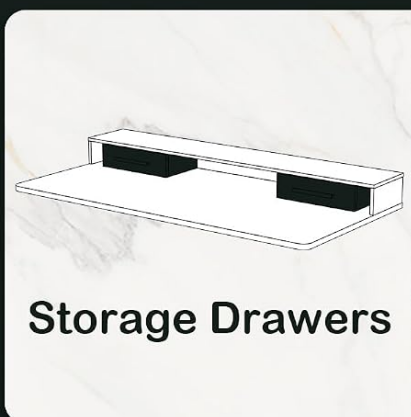
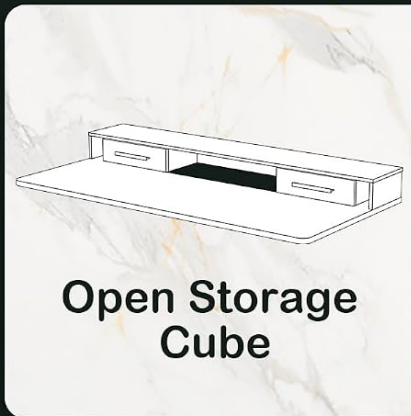


Image: Visual representation of the monitor stand, open storage, and integrated drawers.

5.3 Open Storage Cube

An open storage cube is integrated into the under-desk structure, suitable for larger items like books, small speakers, or personal belongings.

Under-table Storage Solution

Efficient and organized



Image: The under-table open storage cube, designed for lightweight items.

6. MAINTENANCE

Regular maintenance helps ensure the longevity and proper function of your standing desk.

- **Cleaning:** Wipe the desk surface and frame with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Inspections:** Periodically check all screws and connections to ensure they are secure. Tighten if necessary.
- **Cable Management:** Ensure power cables are not pinched or tangled during height adjustments.

7. TROUBLESHOOTING

If you encounter issues with your ModernMate F1 Electric Standing Desk, refer to the following common solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Desk does not move	Power cable disconnected; Overload; Motor error	Check power connection; Reduce weight on desk; Unplug for 30 seconds and replug.
Uneven height adjustment	Obstruction; Unbalanced load	Clear any obstructions; Redistribute weight evenly on the desktop.
Memory presets not working	Not saved correctly	Re-save the desired height by holding the memory button until confirmed.

If the problem persists, please contact ModernMate customer service for further assistance.

8. SPECIFICATIONS



Image: Detailed dimensions and specifications of the ModernMate F1 Electric Standing Desk.

- **Brand:** ModernMate
- **Model Number:** F1
- **Model Name:** US004-USAN1056
- **Product Dimensions (D x W x H):** 23.6" x 47.2" x 31.6" (at lowest fixed height)
- **Adjustable Height Range:** 27.9" to 47.5" (excluding desktop height)
- **Maximum Weight Capacity:** 154 Pounds (70 kg)
- **Item Weight:** 76 Pounds (34.5 kg)
- **Color:** Rustic Brown
- **Base Material:** Alloy Steel
- **Top Material Type:** Engineered Wood (Whole Piece)
- **Special Features:** 4 Drawers, Adjustable Height, Monitor Shelf, Open Storage Cube
- **Noise Level:** Below 50 dB during operation
- **Assembly Required:** Yes

9. WARRANTY AND SUPPORT

The ModernMate F1 Electric Standing Desk comes with a **Limited Warranty**. Please refer to the warranty card included with your product for specific terms and conditions.

For technical support, replacement parts, or any questions regarding your product, please contact ModernMate customer service. You can find contact information on the ModernMate official website or through your purchase platform.

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

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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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.

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