

**FlexiSpot**

**156E EN1 One-Piece Standing Desk**



# FLEXISPOT 156E EN1 One-Piece Standing Desk User Manual

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# FlexiSpot

**FLEXISPOT 156E EN1 One-Piece Standing Desk**



**Launch Date:** December 22, 2024

**Price:** \$350

## Introduction

The innovative and ergonomic FLEXISPOT 156E EN1 One-Piece Standing Desk is made to make your workspace better and your total productivity higher. This desk has an electric height adjustment system that makes it easy to go from sitting to standing. This helps with balance and keeps you from getting tired after long work hours. Its large 48" x 24" one-piece desktop has plenty of room for multiple computers and other office supplies. The FLEXISPOT 156E is made with a strong alloy steel base that can hold up to 132 pounds, making it stable and long-lasting. It has a modern look and a smooth white finish that makes it look good in any office. The tool drawer, headphone hook, and whisper-quiet motor are some of the extra features that make this desk useful and easy to use. Thoughtful engineering and easy assembly make for a hassle-free setting. This desk is both useful and beautiful, so you can use it at home or at work. With FLEXISPOT 156E, you can work healthily and more efficiently.

## Specifications

- **Model Number:** 156E
- **Brand Name:** FLEXISPOT
- **Desk Design:** Computer Desk
- **Color:** White
- **Shape:** Rectangular
- **Dimensions:** 48" D x 24" W x 28" H

- **Weight:** 49 Pounds
- **Height Adjustment Range:** 28" (Minimum) to 46.5" (Maximum)
- **Tabletop Thickness:** 0.6 Inches
- **Weight Capacity:** 132 Pounds
- **Top Material:** Engineered Wood
- **Base Material:** Alloy Steel
- **Leg Style:** Simple
- **Finish Types:** Powder Coated
- **Drawer:** Single Utility Drawer with Ball Bearing Glide Mechanism
- **Recommended Assembly:** Yes (2 People Recommended)
- **Warranty Type:** Limited

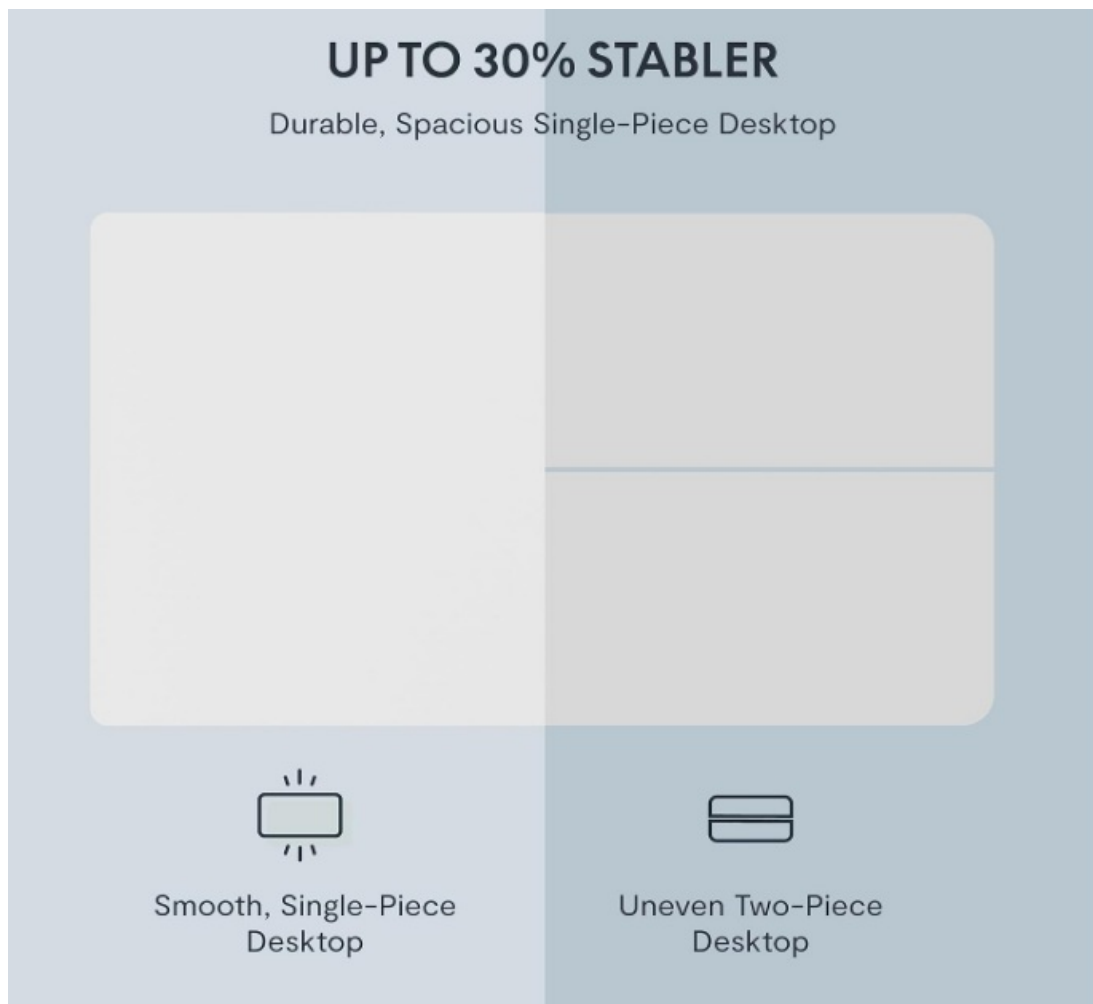
## Package Includes

- FLEXISPOT 156E EN1 Standing Desk
- One-Piece 48" x 24" Desktop
- Headphone Hook
- Assembly Tools
- Instruction Manual

## Features

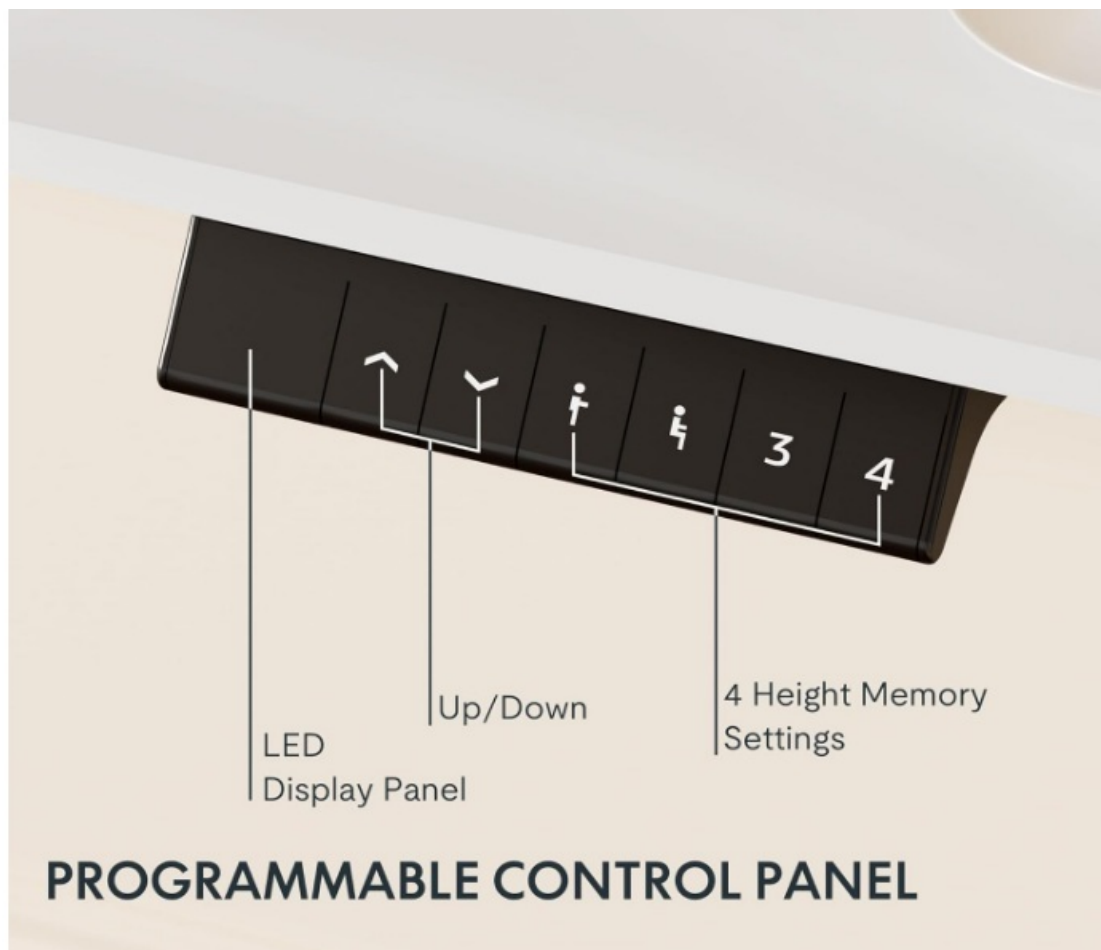
### 1. Large desktop made of one piece

The one-piece, seamless table on the FLEXISPOT 156E EN1 makes for a smooth, stylish place to work. The one-piece design, as opposed to split tabletops, not only makes the desk look better, but it also makes it stronger and more stable. It looks sleek and professional, and its 48" x 30" surface can fit multiple monitors, laptops, and other office tools.



## 2. Electric Height Adjustment That Is Smooth

Forget about making changes by hand—this desk has an electric lift system that makes it easy to change the height from 28.9" to 46.5". Just press a button, and you can go from sitting to standing without any problems. The machine makes noises that are less than 50 decibels, so they won't get in the way of your work.



### 3. 4 Presets for Memory

You can save and access up to four height sets with the multifunctional memory system. For people who share a workspace or who often move from sitting to standing, this is especially helpful. Back and neck pain that comes from sitting for long periods are less likely to happen.

### 4. Construction that is Strong and Lasts

Design-wise, the desk is made to last and stay stable. Its frame is made of industrial-grade steel, which means it can hold up to 154 pounds of heavy monitors, desks, and other work essentials. This solid design leaves no room for wobble, so you can be sure of its stability throughout the day.

5. **Safety** is very important to the FLEXISPOT 156E EN1 and its anti-collision technology. The built-in anti-collision technology makes sure that the desk stops automatically if it hits something while adjusting the height. This keeps your desk, office supplies, and walls from getting damaged.

### 6. Motor That Uses Less Energy

Not only is the electric lift device strong, but it also uses little power. Because it uses very little power, it's an eco-friendly choice for your workspace that doesn't sacrifice efficiency.

### 7. Easy to use and very quiet

The motorized system in the desk works quietly and easily. This desk is great for places where noise can be a problem, like offices, shared areas, or homes since the noise level is less than 50 dB.

### 8. Stylish Look

The desk comes in three stylish finishes: black, white, and mahogany. It goes well with a wide range of office or home decor styles. It will make your desk look better because of how modern and simple it is designed.

### 9. Installation that is easy and technical support

There is a full instruction manual, assembly tools, and an installation video that comes with the desk to make it easy to set up. FLEXISPOT also has great technical help that makes sure any questions you have during setup or use are answered quickly.

## 10. **Good for your health**

It is good for your health to switch between sitting and standing at work. By making the workplace more comfortable, this desk helps people stand up straighter, avoid back and neck pain, and get more done.

## 11. **Better customization of the workspace**

FLEXISPOT lets users make their desks unique by adding accessories that can be changed. While some desks only come in a few color combinations, this one lets you choose from a variety of colors so that your office matches your personal style.

## **Usage**

The FLEXISPOT 156E EN1 is perfect for professionals and students who require an ergonomic workstation. Adjust the height effortlessly to alternate between sitting and standing, promoting better posture and reducing health risks associated with prolonged sitting. Its durable construction and ample workspace make it ideal for multitasking, whether in a home office or a corporate setting.

## **Care and Maintenance**

- **Desktop Care:** Wipe the engineered wood surface with a damp cloth to remove dust and stains. Avoid abrasive cleaners.
- **Frame Maintenance:** Clean the alloy steel frame with a dry cloth to maintain its powder-coated finish.
- **General Tips:** Ensure the desk is placed on a level surface to maintain stability. Avoid exceeding the 132-pound weight limit.

## **Troubleshooting**

### **Desk Does Not Adjust:**

- Check the power connection and ensure the outlet is functional.
- Restart the system by unplugging and plugging it back in.

### **Motor Noise:**

- Ensure no obstacles are blocking the height adjustment.
- Check if the desk is on an uneven surface, causing vibration.

### **Drawer Sticking:**

- Inspect the drawer glide mechanism for obstructions or debris.
- Apply lubricant to the ball bearings if necessary.

### **Desk Wobbles:**

- Verify that all screws are securely tightened during assembly.
- Ensure the desk is placed on a level surface.

### **Anti-Collision Not Working:**

- Test the anti-collision feature with a small obstacle. If unresponsive, contact FLEXISPOT support.

## Pros and Cons

### Pros

- Ergonomic design promotes better posture.
- Easy height adjustment with electric controls.
- Sturdy build quality ensures durability.

### Cons

- Requires access to power outlets for operation.
- Initial assembly may be time-consuming for some users.

## Warranty

The FLEXISPOT EN1 comes with a standard warranty that covers manufacturing defects and ensures customer satisfaction, providing peace of mind with your purchase.

## FAQs

What is the weight capacity of the FLEXISPOT 156E EN1 One-Piece Standing Desk?

The FLEXISPOT 156E EN1 can support up to 132 lbs, making it ideal for holding monitors, office supplies, and other equipment.

What are the dimensions of the FLEXISPOT 156E EN1 One-Piece Standing Desk?

The FLEXISPOT 156E EN1 has a desktop size of 48 x 24, providing a spacious work surface for multitasking.

What is the height adjustment range of the FLEXISPOT 156E EN1?

The FLEXISPOT 156E EN1 offers an electric height adjustment range from 28.9 to 46.5.

What material is the FLEXISPOT 156E EN1 desk made of?

The FLEXISPOT 156E EN1 features an engineered wood desktop and an alloy steel frame for durability and stability.

What additional features does the FLEXISPOT 156E EN1 desk offer?

The FLEXISPOT 156E EN1 includes a headphone hook, a single utility drawer, and an anti-collision feature for added convenience.

What is the recommended weight capacity for the FLEXISPOT 156E EN1?

The FLEXISPOT 156E EN1 is recommended to hold up to 132 lbs to ensure long-term stability and performance.

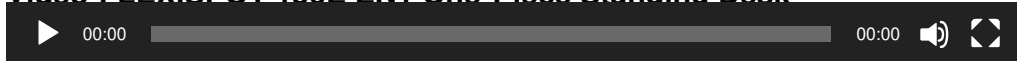
What type of finish does the FLEXISPOT 156E EN1 desk have?

The FLEXISPOT 156E EN1 has a sleek, powder-coated white finish for a modern and clean appearance.

What care instructions should I follow for the FLEXISPOT 156E EN1?

To maintain the FLEXISPOT 156E EN1, wipe the desktop with a damp cloth and clean the frame with a dry cloth.

#### Video-FLEXISPOT 156E EN1 One-Piece Standing Desk



<https://manuals.plus/wp-content/uploads/2025/01/FLEXISPOT-156E-EN1-One-Piece-Standing-Desk.mp4>

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