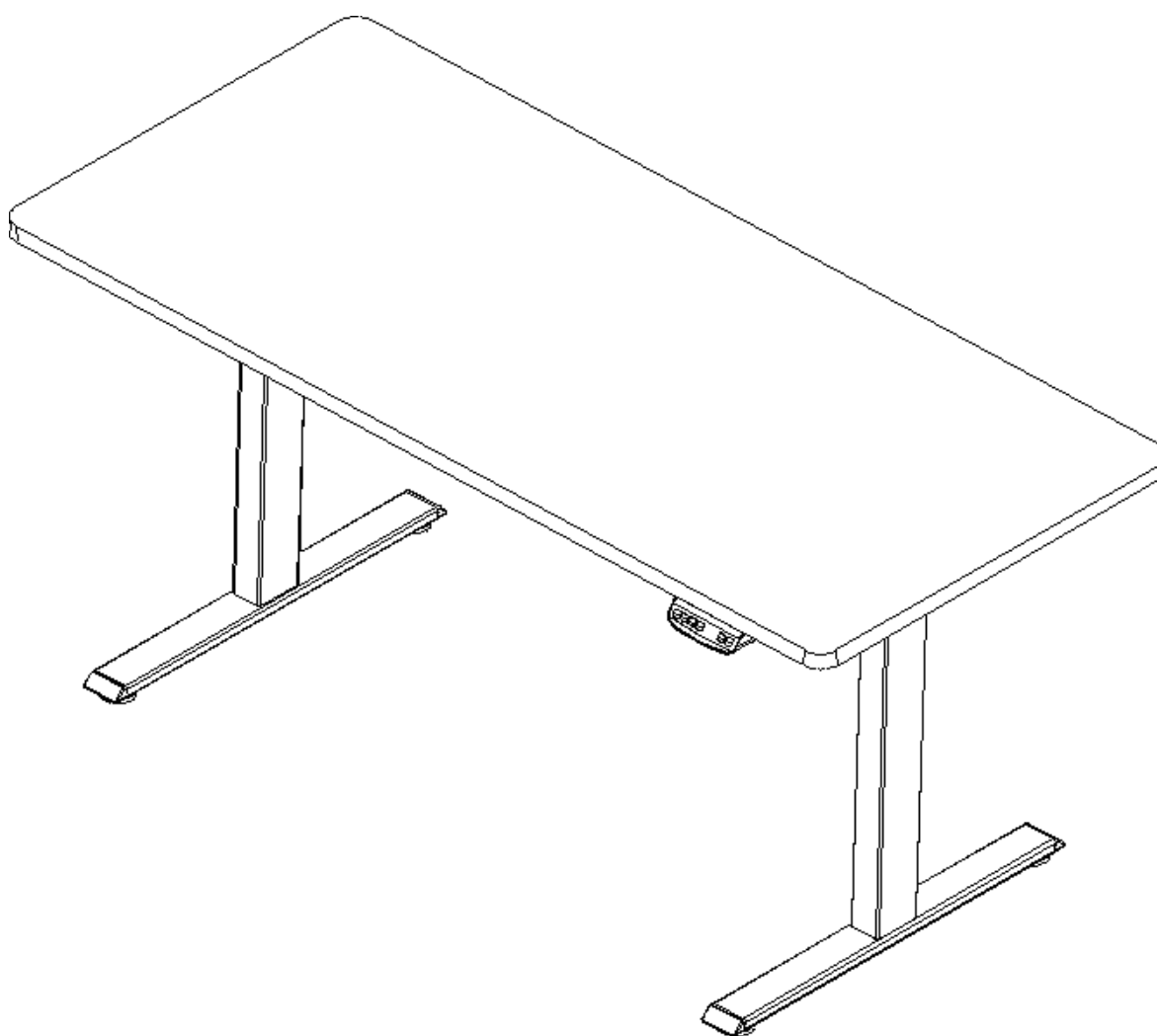




ERGODESK AUTO SERIES

USER MANUAL



PRODUCT MAY VARY SLIGHTLY FROM THE ITEM PICTURED DUE TO MODEL UPGRADES.



**READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT.
RETAIN THIS OWNER'S MANUAL FOR FUTURE REFERENCE.**

NOTE:

THIS MANUAL MAY BE SUBJECT TO UPDATES OR CHANGES. UP TO DATE MANUALS ARE AVAILABLE THROUGH OUR WEBSITE AT WWW.LIFESPANFITNESS.COM.AU



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I. IMPORTANT SAFETY INSTRUCTIONS

 **WARNING:** Please read this manual before operating this equipment.

 NOTE

Please use this equipment according to the instructions in this brochure to avoid accidents.

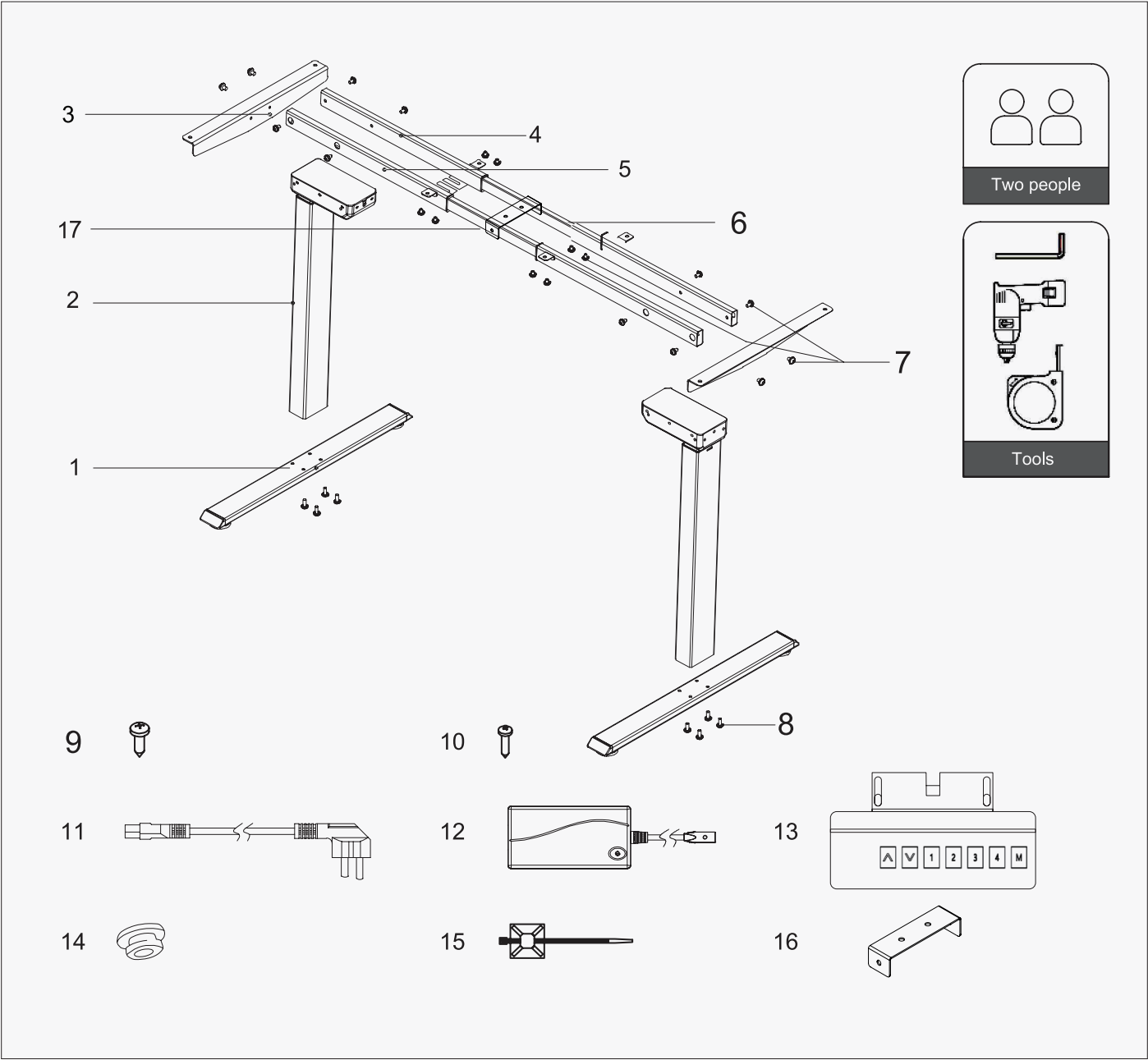
- Keep children and pets away from the electric height-adjustable desk during the operation. Unplug the power cord during a thunderstorm or if you do not intend to use the desk for a long time.
- DO NOT sit or stand or lying on the desk.
- DO NOT immerse in water. Keep away from liquid or heat sources.
- DO NOT adjust the height continuously for more than 20 times in short time. Allow the product to rest for 10 minutes before re-using.
- DO NOT put objects over 100kg on the desk.
- Please DO NOT place anything underneath the tabletop when lowering the desk. Ensure no obstacles in the desk's path and no object above and 20" under the desk. Keep an eye on the desk when lowering to avoid unexpected accidents.
- Make sure desktop is not touching the wall.
- Although the product comes with anti-collision function, to avoid any pinching, please ensures that hands or other parts of your body are in a safe position during the operation. Anti-collision will be closed during resets process.
- Working environment temperature is 0-40°C, keep products away from extreme temperature, humidity environment, corrosive gas, liquid, and dusty objects.
- Please DO NOT disassemble or repair the equipment by uncertified personnel to avoid the failure or damage of product or electric shock to the human body.
- It is necessary to reset manually after the initial installation or power off.

- DO NOT use this equipment in case of failure!
- Before checking or wiping this equipment, please turn off the power!
- Please DO NOT use water or alcohol to clean the equipment!
- The company does not bear any warranty or liability for damage and human injury caused by any abnormal operation.

II. PRODUCT TECHNICAL DATA

ITEM	Data
Input	220~240VAC / 100~130VAC 50~60Hz
Output	29VDC
Max Loading	220 lbs / 100 kg
Height Range (Without Desktop)	27.6"~47.3"/70CM~120CM
Working Ability	2 Min / 20 Min

III. PARTS LIST



NO.	Name	Qty.
1	Foot	2
2	Column	2
3	Side Bracket	2
4	Right Tube	2
5	Left Tube	2
6	Extension Tube	2
7	M6*12 Bolt	22
8	M6*16 Bolt	8

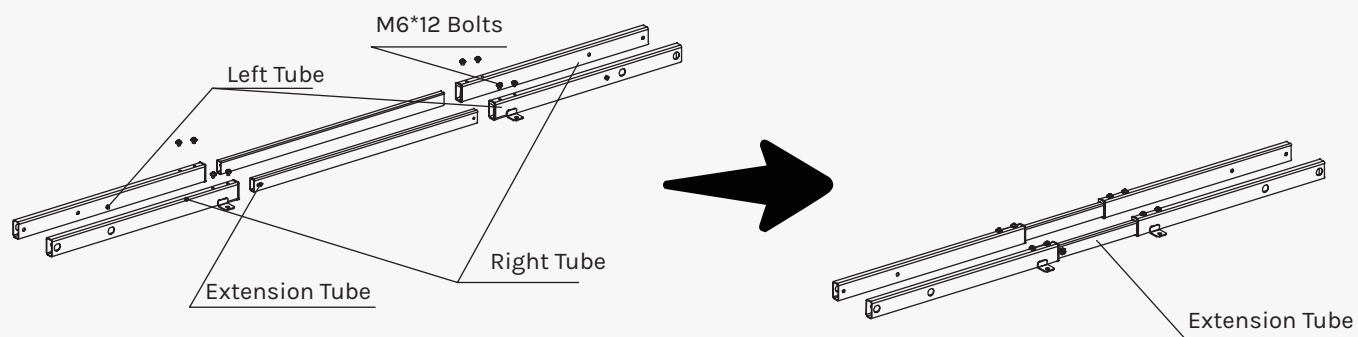
NO.	Name	Qty.
9	ST4.8*16 Screw	16
10	ST2.9*15 Screw	2
11	Power Cord	1
12	Power Adapter	1
13	Control Box	1
14	Rubber	12
15	Cable Clip	3
16	Fixed Piece	1

IV. ASSEMBLY INSTRUCTIONS



NOTE:

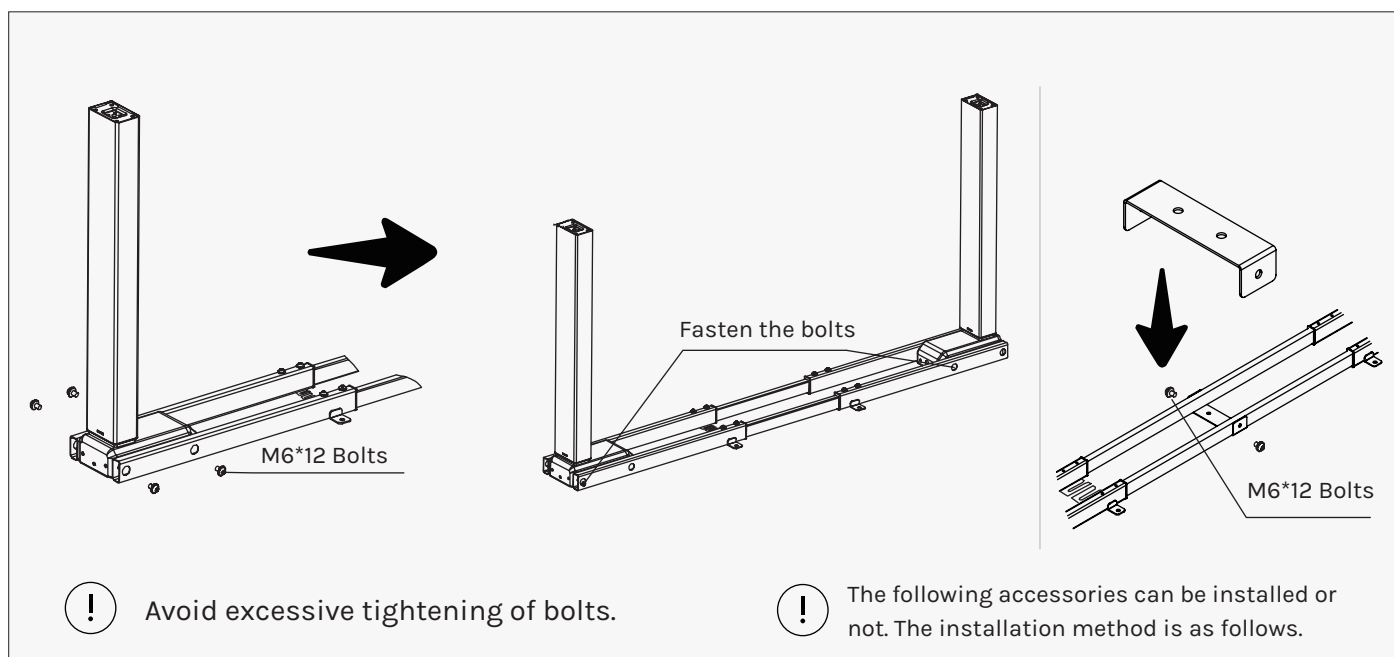
Please check whether there is a lack of spare parts and adjust the frame expansion tube to the appropriate length.



Avoid excessive tightening of bolts.

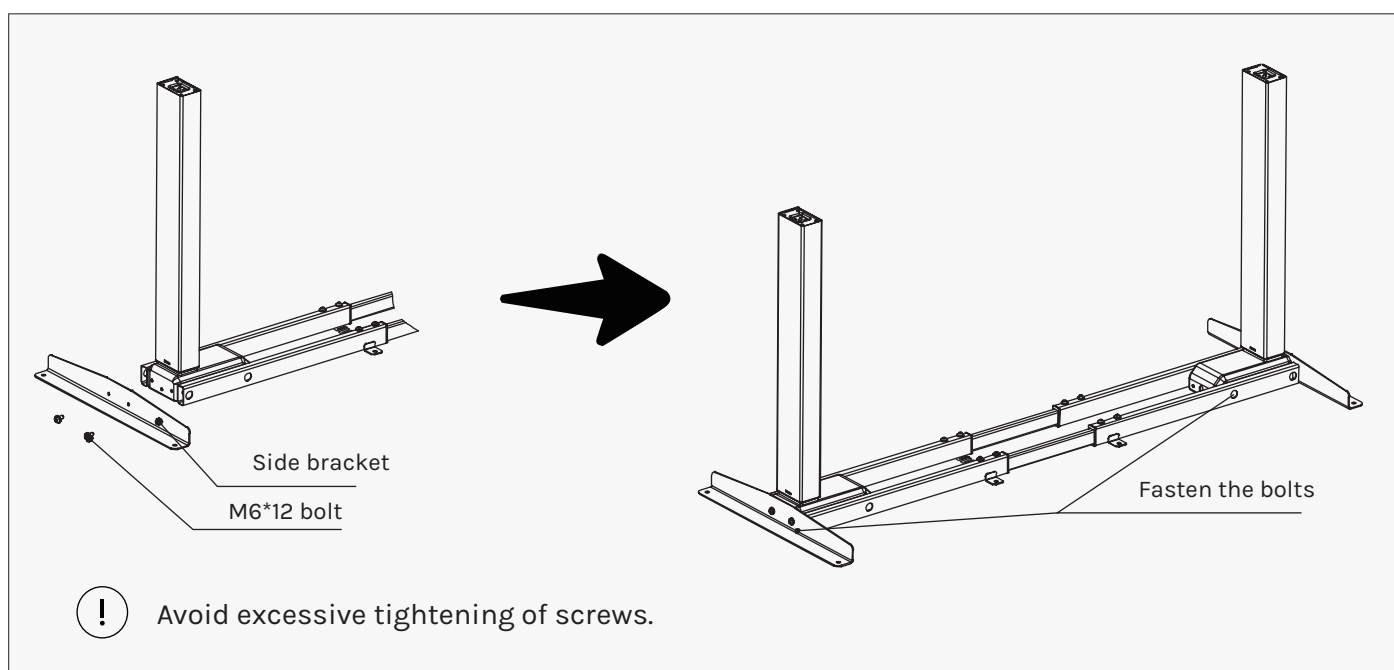
STEP 1

1. Set the right tube and left tube flat.
2. Insert the extension tube to the right tube and left tube as is shown in the picture, before pre-tightening the bolts.



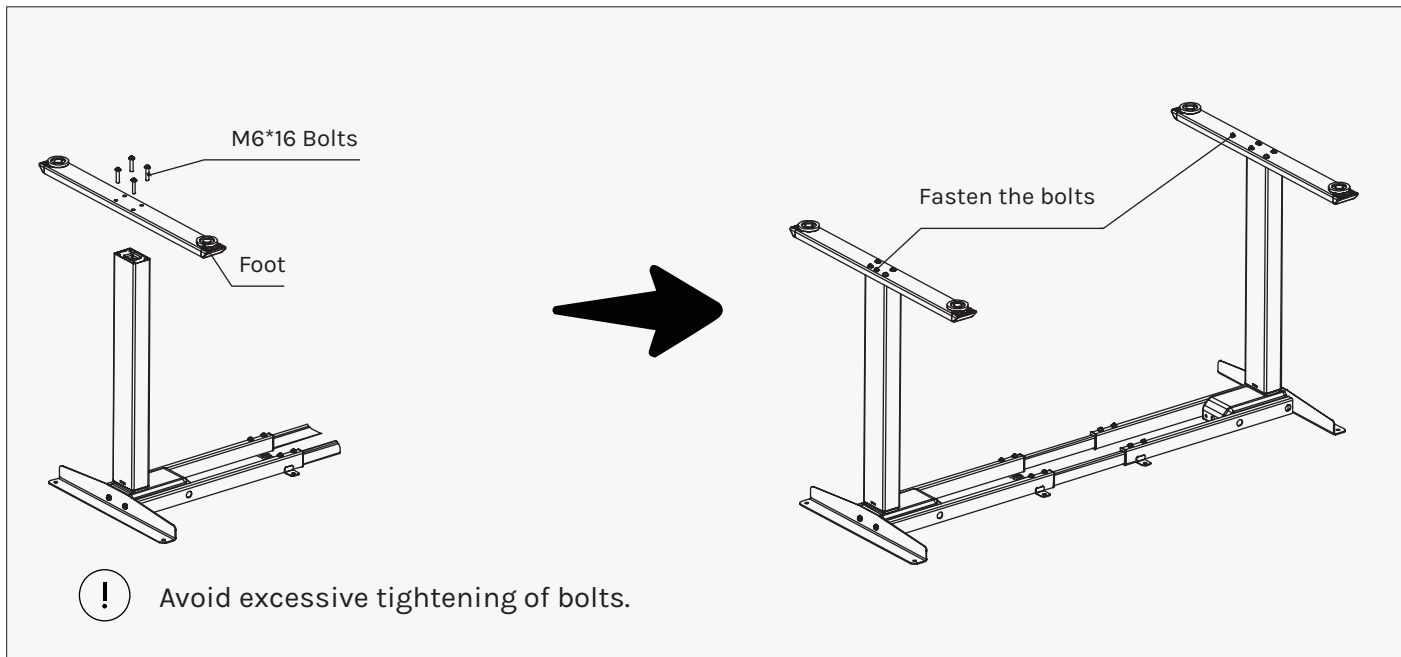
STEP 2

1. Insert the columns into the place which is between the left and right tubes respectively, line up the holes on the frame and column.
2. Pre-tighten the bolts.



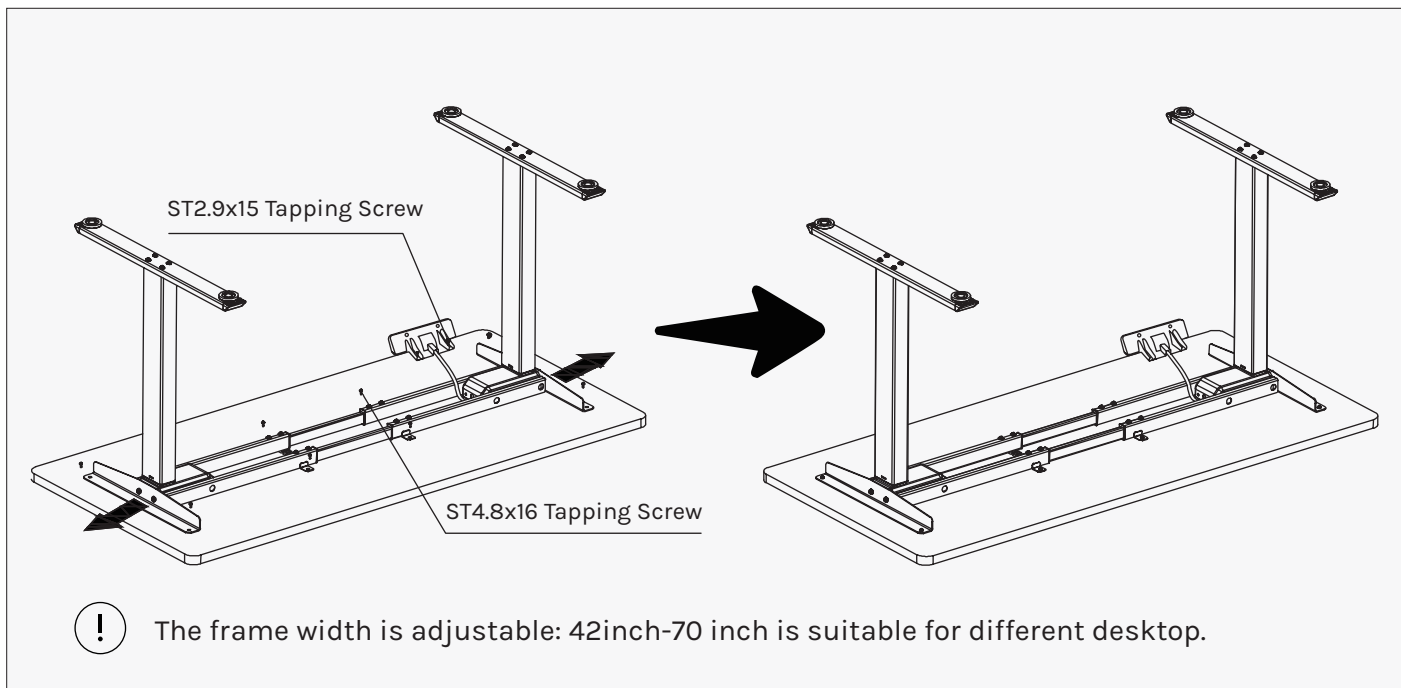
STEP 3

1. Mounting the side bracket on each side of the column.
2. Fasten the screws.



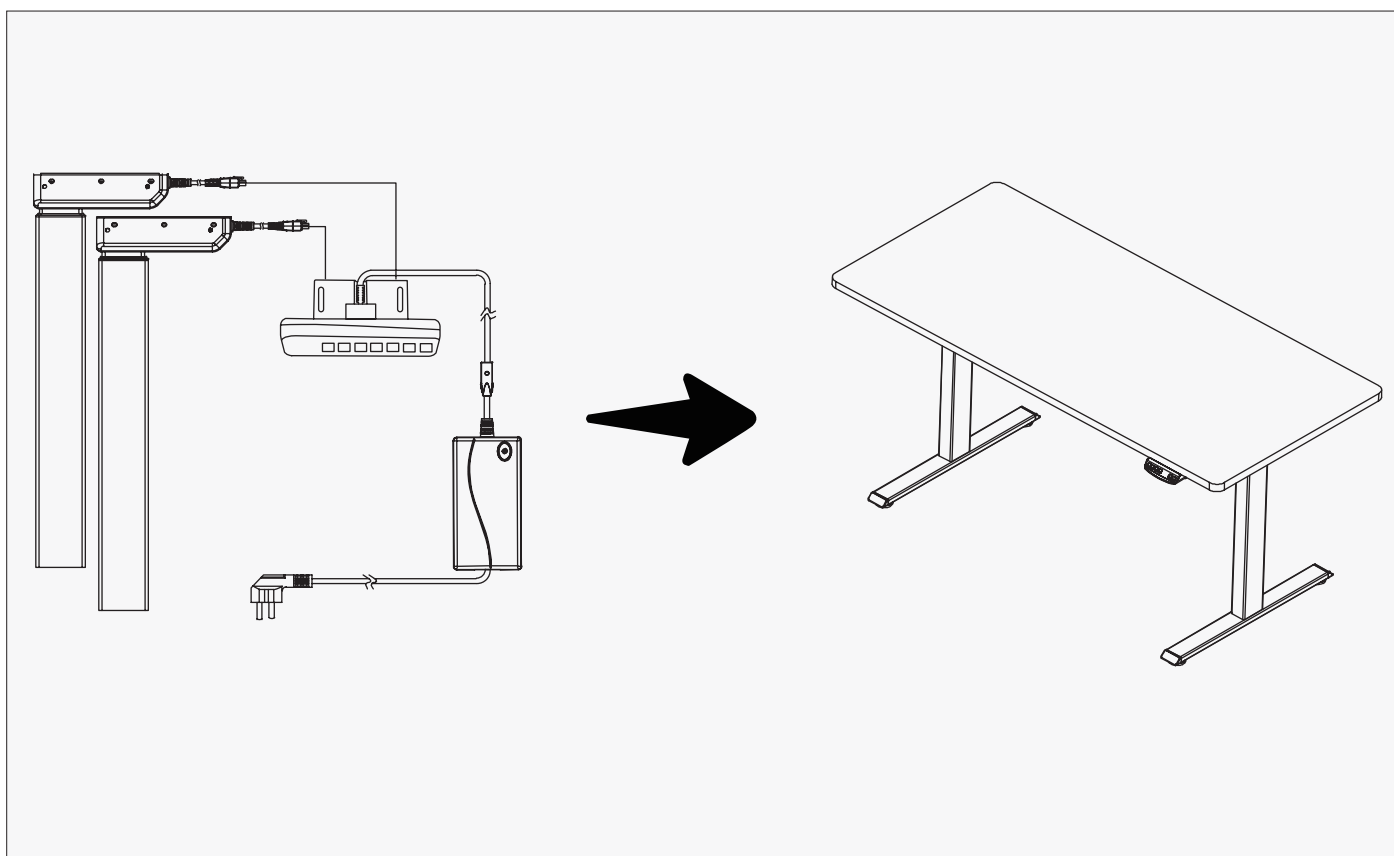
STEP 4

1. Line up the screw holes with the feet and columns.
2. Fasten the bolts.



STEP 5

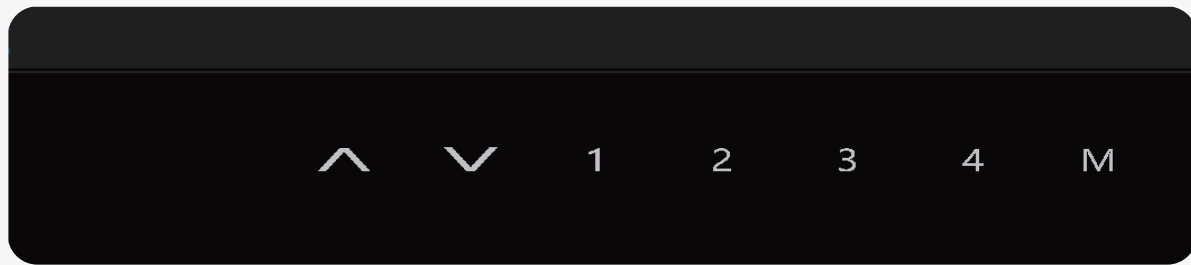
1. Check both side of desktop before placing the base on the bottom side of the desktop. Adjust the suitable width. It is suggested that the two sides of the frame side brackets are 2~4inch/5cm~10cm from the edge of the desktop and fasten screws.
2. As shown below, connect related parts, including control box, extension cable and power cord.
3. Check all bolts and screws. Make sure all bolts and screws are tightened.



STEP 6

1. Insert the handset on suitable position of desktop edge to avoid interference with human or chairs.
2. Tidy up all the power cables and fasten with cable clip.

V. USAGE INSTRUCTION



MANUAL RESET

! It is necessary to be reset manually after the initial installation and power switched off.

1. **rST** Keep pressing  and  until the display shows "rST" and the desktop starts moving down slowly to the lowest, then release  and  to reset the system.

! **NOTE:** The anti-collision function is not enabled during all resets. Please note that there is a potential risk of pinching in this case and be sure no obstacles in the desk's path.

UP AND DOWN

1.  Keep pressing "up" key until the required height is reached.
2.  Keep pressing "down" key until the required height is reached.

SAVING POSITION

1.   Adjust the heights of the desktop you want to save by the two buttons.
2.  Press "M" and Numbers and STo will flash alternately ("Save" action will stop within 5 seconds if no further operation), then press number 1/2/3 to save Height 1/2/3.

ANTI-COLLISION FUNCTION

- ! Before use, please make sure to remove any obstacles in advance and ensure user is in a safe position.
1. Once the desktop encounters an obstacle, the desktop will move in the opposite direction and will resume moving when the obstacle is removed.

MOVEMENT LIMIT & SELF-STOP POSITIONS

- ! Enable this function only when necessary.
1.   Keep pressing "M" and "^" for 5 seconds until the display shows "___" twice to start Setting Menu.
 2.   Press number 2+3 until the display shows "C01 ESC".
 3.  Press "^" until the display shows C06 ToP.
 4.  Press "M" until the display shows numbers and then press "^" or "v" to reach the desired height.
 5.   keep pressing "M" and "^" until the display shows "C06 ToP" to save. Then press "v" to back to "C01 ESC" and press "M" to exit the current status.
- ! **NOTE:** This function is used to limit the height movement of the desk. Once it is set, the new upper or lower limitation position will be stored

CHANGE THE DISPLAYED UNIT (CM / INCH)

1. **SET ICH** Simultaneously press "M" and "I" for 5 seconds and the display shows "inch".
2. **SET CEN** Simultaneously press "M" and "I" for 5 seconds and the display shows "cm".

AMEND THE DESKTOP HEIGHT DISPLAYED

1.   Keep pressing "M" and "^" for 5 seconds until the display shows "___" five times and then you will hear the sound of "beep".
2.   Press (2+3) until the display shows "C01 ESC".
3.  Press "^" until the display shows C07 boT.
4.  Press "M" until the display shows numbers and then press "^" or "v" to reach the desired height.
5.   keep pressing "M" and "^" until the display shows "C07 ToP" to save. Then press "v" to back to "C01 ESC" and press "M" to exit the current status.

 **NOTE:** The function enables you to change the height shows on the display based on the actual measurement.

PLUG DETECTION

 The function can detect whether the motors are connected properly.

1. **LFT rST rHT rST** If the display shows "LFT rST" and "rHT rST", it means the motor fails to connect with the control unit.
2. Please unplug the plug, check and make sure all the wires are connected correctly and then plug the plug once more
3.   Simultaneoulsy press "^" and "v" to reset the system.

CODE MEANING & TROUBLE SHOOTING

CODE	Information	Operating
rsT	Manual Resetting	Refer to the progress of Manual Reset.
oEr Lod	Overload Protection	Cut off the power, remove the load and re-connect the power.
Hot	Overheat Protection	Let the desktop stop working for more than 18 minutes and then adjust the height.
LFT rST	Left motor malfunction	Check if the left plug is connected well and long press "^" and "v" for 10s to reset the system.
rHT rST	Right motor malfunction	Check if the right plug is connected well and long press "^" and "v" for 10s to reset the system.

VI. EXERCISE GUIDE

! PLEASE NOTE:

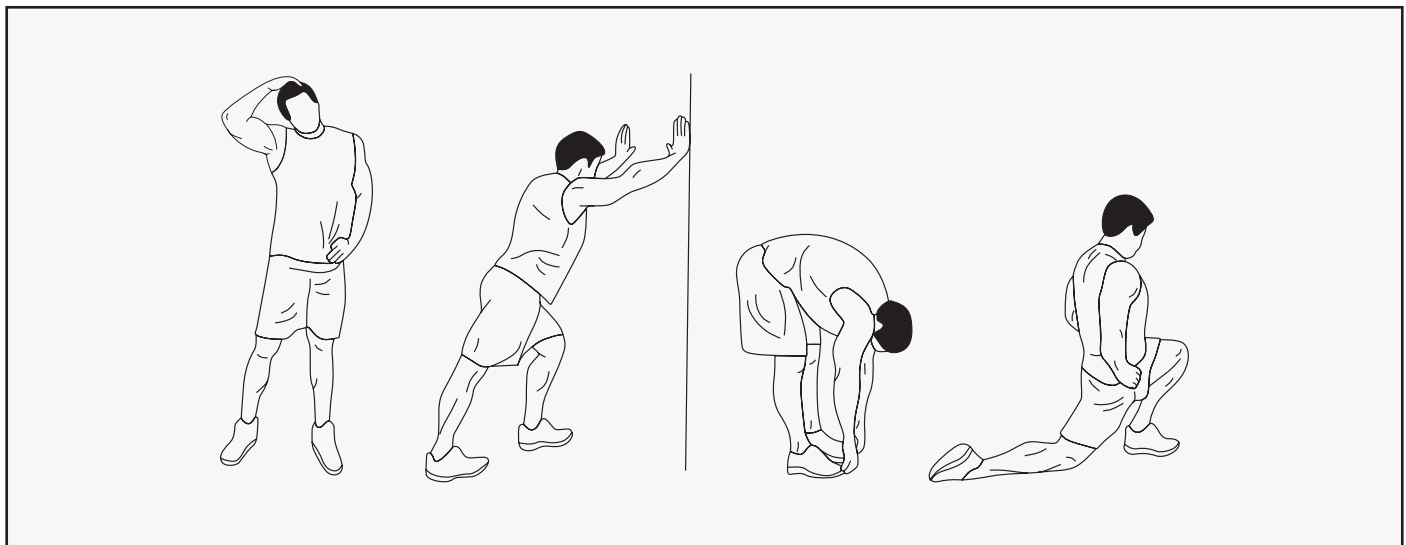
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

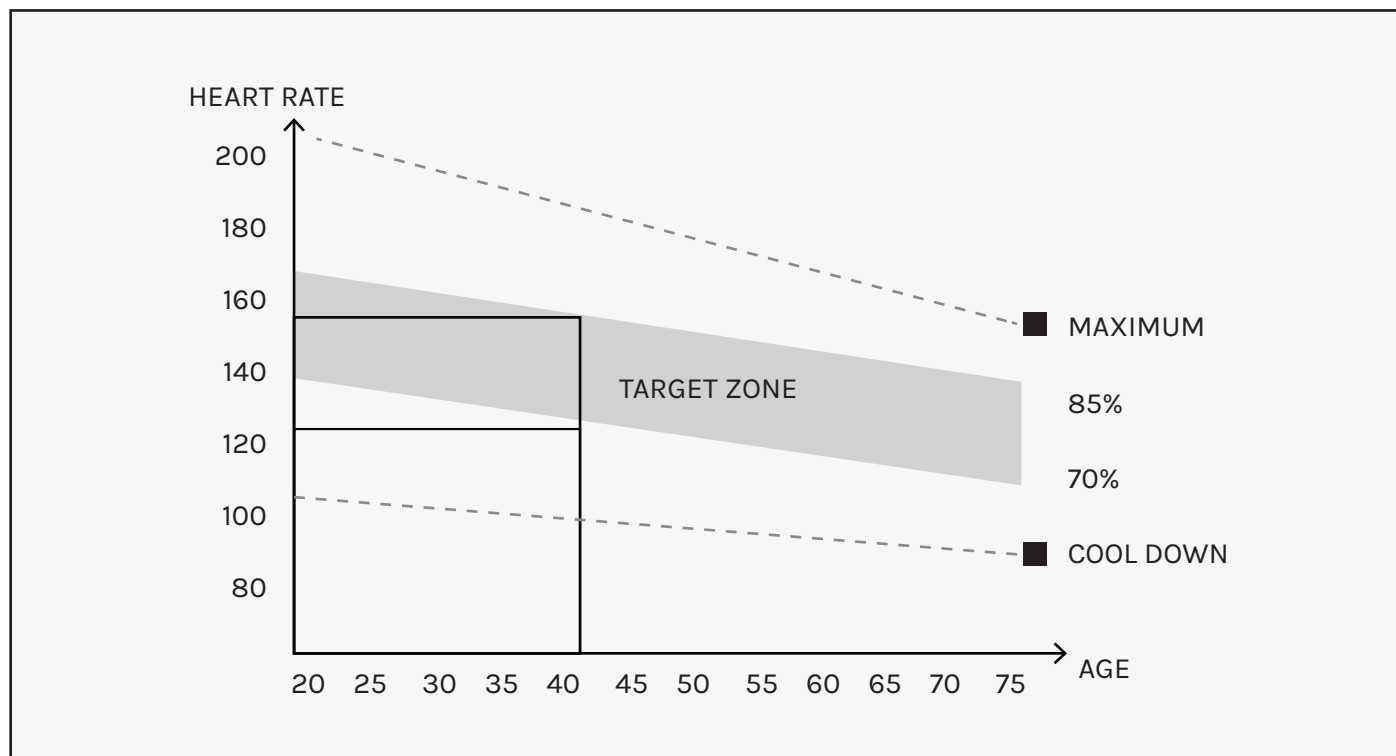
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

VII. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form





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