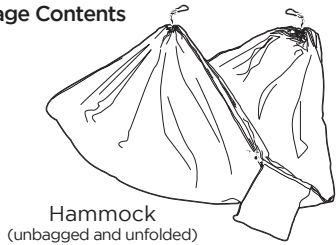


# UPLIFT DESK<sup>®</sup> Under Desk Hammock

ACC042

## Package Contents



Hammock  
(unbagged and unfolded)

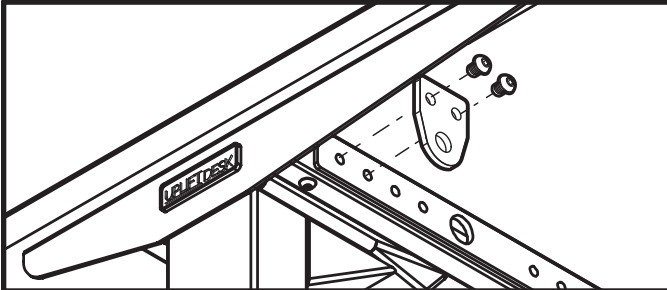


6.5' Ropes  
(optional, not for desk use, qty 2)

## IMPORTANT NOTE

Body weight limit to use hammock when attached to desk is 200 lbs or less. Your body weight AND the combined weight of your desktop plus all of the items on your desk must be factored in. The Hammock has a weight capacity of 400 lbs, but the lifting capacity for a 2-leg frame is 355 lbs.

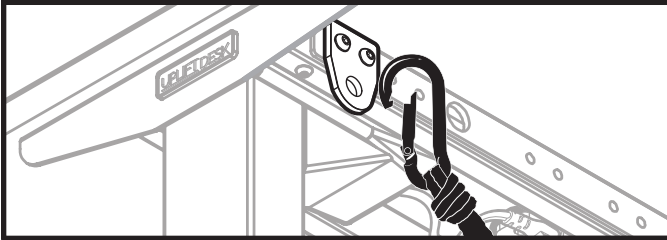
**NOTE:** The Under Desk Hammock was designed to be used on two and three leg desks 72" wide or wider.



### Step 1

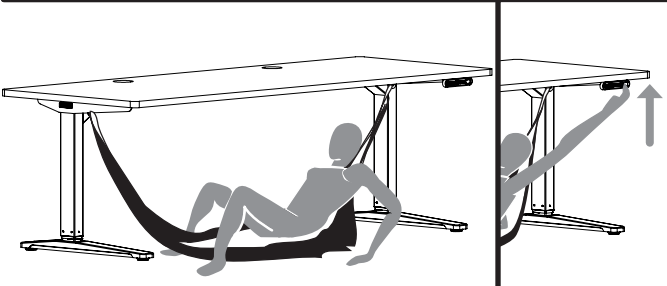
Under your desktop are mounting points to attach accessories. Starting at the outer most holes on both left and right sides, attach the Anchor Plates that came with your UPLIFT Desk to your frame.

Refer to the instructions provided with your UPLIFT Desk frame for complete frame assembly.



### Step 2

Unpack and unroll your Hammock, and attach one Carabiner to each side of the frame at the large hole on the Anchor Plates.



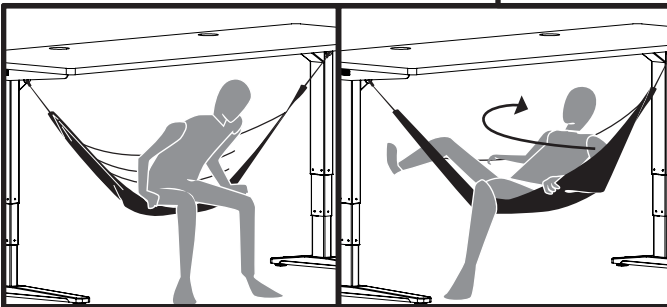
### Step 3

You may find that it is easier to get into the Hammock when the desk is completely lowered, and the Hammock is resting on the floor. To enter the Hammock, insure that you weigh 230 lbs or less then shimmy under the desk and lay down inside the pocket of the Hammock. If you're alone, lay with your head toward the keypad so you can reach it. Otherwise, we advise having a friend help you raise the desk safely. Once in the Hammock, raise the desk to a height where you are comfortable.

### Alternately:

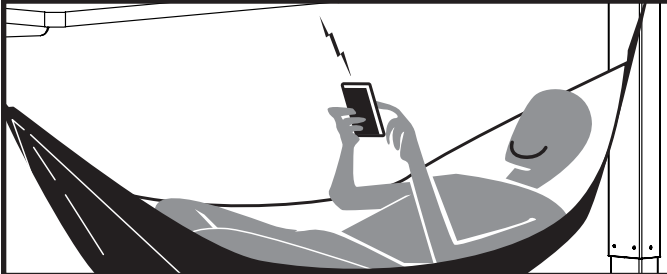
You may prefer to raise the desk to the preferred height first, and enter the Hammock that way. To do this, lean over and back yourself under the desk, holding firmly onto the edge closest to you as you sit down carefully in the center of the Hammock. Holding onto both the right and left sides of the Hammock, rotate your body inside and get comfortable!

**NOTE:** If you want to leave the desk up when getting in or out, TAKE SPECIAL CARE to avoid falling as you exit.



### Pro Tip:

Our UPLIFT Desk Connect App and Dongle (FRM025) are the perfect accessories to use with the Under Desk Hammock, and let you raise or lower your desk with your smartphone while laying in the accessory. This can make getting in and out of the Hammock easier and will allow for adjustments for you to dangle your feet or bring them down to the floor.





### **Further use: Outdoor Hammock Use.**

The extra Ropes included in this package are not for use with your UPLIFT Desk, but are provided should you desire to use your Hammock outdoors.

Ropes can be used to secure your Hammock to two weight-bearing posts or strong trees. Make sure you know your knots before you attempt to tie your Hammock to any location.

### **! CAUTIONS & WARNINGS**

- ▲ **CAUTION:** Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.
- ▲ **WARNING:** Body weight limit to use hammock when attached to desk is 200 lbs or less. Your body weight AND the combined weight of your desktop plus all of the items on your desk must be factored in. The Hammock has a weight capacity of 400 lbs, but the lifting capacity for a 2-leg frame is 355 lbs.
- ▲ **WARNING:** Do not swing Hammock while lying in it, as this can cause the desk to tip over.
- ▲ **WARNING:** Hammock is intended to be used by one person at a time.