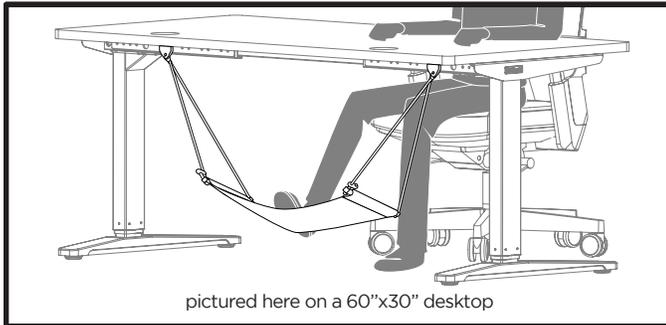


A note before you begin:

There are two ways to attach your Foot Hammock: directly onto your UPLIFT V2 Frame with **UPLIFT Anchor Plates** and directly to your Desktop using **Eye plates**. There are several different functions and positions for your Foot Hammock, you may reference this page to help you find the position that will best fit your needs. Once you have determined how you want to attach your Foot Hammock, turn the page for specific information on how to secure the hammock to your V2 Desk Frame or Desktop.

The Four most popular positions of the Foot Hammock

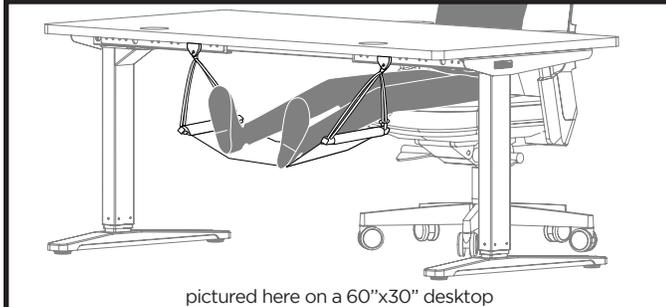


pictured here on a 60"x30" desktop

Position 1: Low- Standard Foot Hammock Use

Lengthen the ropes of your Foot Hammock and mount the plates. The carabiners should be placed far enough apart to allow yourself enough room for a casual swing while working from your desk.

Attach the Foot Hammock using Anchor Plates on your V2 Frame's mounting points, or Eye plates should you desire a closer placement.

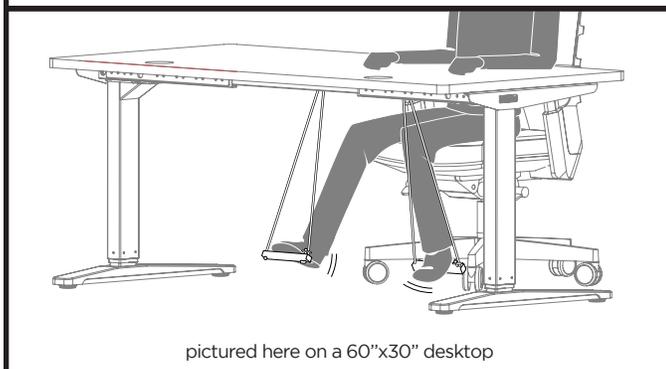


pictured here on a 60"x30" desktop

Position 2: High- Standard Foot Hammock Use

Shorten the ropes of your Foot Hammock and mount the plates for the carabiners at positions that allow both your feet to rest on the Foot Hammock comfortably. This offers a high position that is good for reclining while on break or for long phone calls.

Attach the Foot Hammock using Anchor Plates on your V2 Frame's mounting points, or Eye plates should you desire a closer placement.

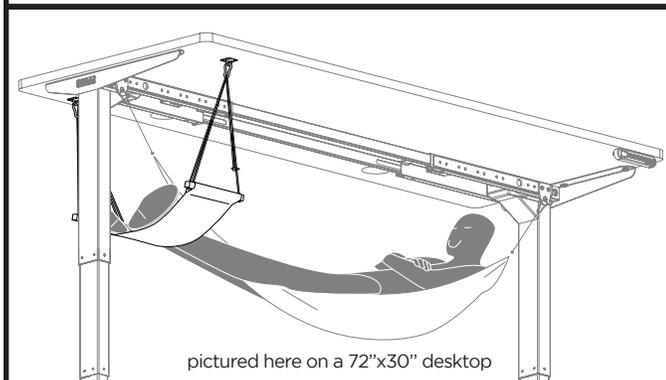


pictured here on a 60"x30" desktop

Position 3: Foot Swings

Untie the ropes of your hammock and remove the canvas piece from the wooden posts. Thread the ropes through the holes and tie knots on each end of the wooden post. This will create two individual footholds- each with a full range of motion.

The distance between each foot swing should mirror the distance between your shoulders. You can attach the foot swings to the V2 Frame using Anchor Plates. If your desk is too wide, and the V2 mounting points are farther apart than the width of your shoulders, you can attach the foot swings using Eye plates.



pictured here on a 72"x30" desktop

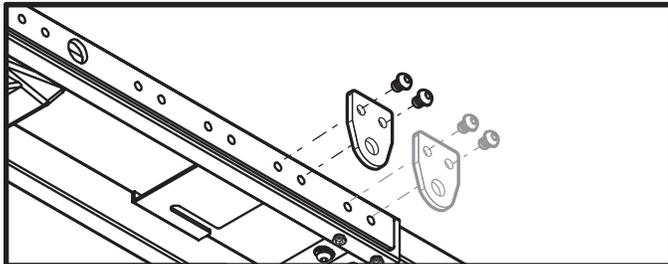
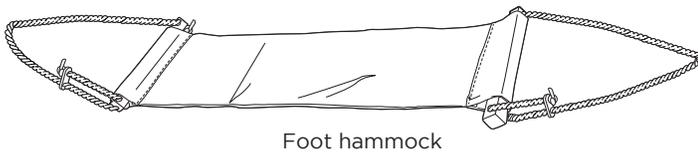
Position 4: Full Body Hammock

Use the Foot Hammock in conjunction with the large UPLIFT Under Desk Hammock.

The large Hammock is only recommended for 72"x30" and 80"x30" size UPLIFT Desktops, and mounted on the V2 Frame via Anchor Plates. The Foot Hammock should be mounted onto the desktop using Eye plates, placed 7" in from the Side bracket (to clear the desk's leg) and 12" from either side of where the large hammock is hanging.

Adjust the Foot Hammock's ropes until your feet are comfortable.

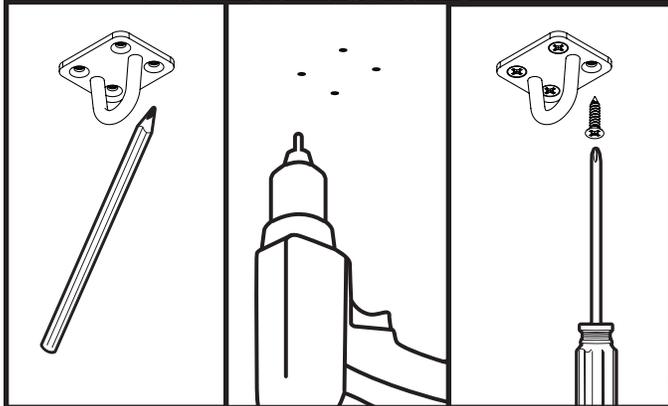
Package Contents



Step 1.1 V2 Frame mounted UPLIFT Anchor Plates

Under the desktop of the V2 Frame are mounting points to attach accessories. Attach the Anchor plates that came with your UPLIFT V2 Desk to the frame using the instructions provided with your UPLIFT V2 Desk.

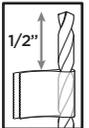
Space each Anchor plate as needed for your desired width.



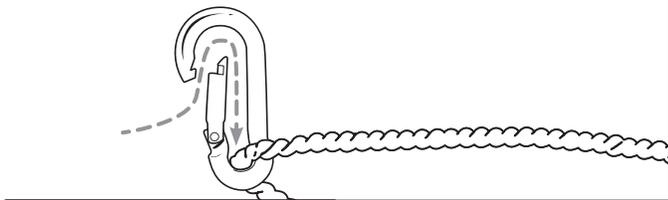
Step 1.2 Desk mounted Eye plates

Once you determine the best position for your Foot hammock, hold an Eye plate up on the desktop and mark the center of each hole with a pencil. If you have a drill, you can make this a little easier by drilling pilot holes where you've made your pencil marks using a 1/8" diameter bit.

Note: DRILL NO DEEPER THAN 1/2". To ensure this, we recommend wrapping a piece of tape around your drill bit 1/2" from the tip. Stop drilling just before the tape touches the desktop.



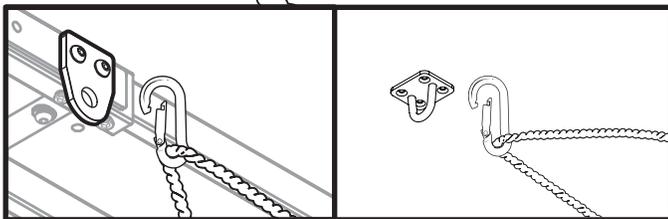
Attach each Eye plate using four #8x3/4" Wood screws.



Step 2

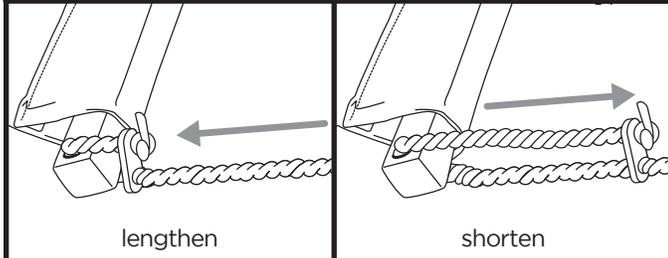
Unroll your Foot hammock. Take the ropes from one side, open a Carabiner, and thread the ropes through it.

Repeat on the second side.



Step 3

Hook each Carabiner into each Anchor plate or Eye plate.



Step 4

Lengthen or shorten the ropes as needed to get a comfortable resting position.

Lengthen by sliding the plastic tabs toward the hammock, and shorten by sliding them away.

! CAUTIONS & WARNINGS

! CAUTION: Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury.

! WARNING: Weight limit: 50 lb if Desktop mounted, and 100 lb if V2 Frame mounted.

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