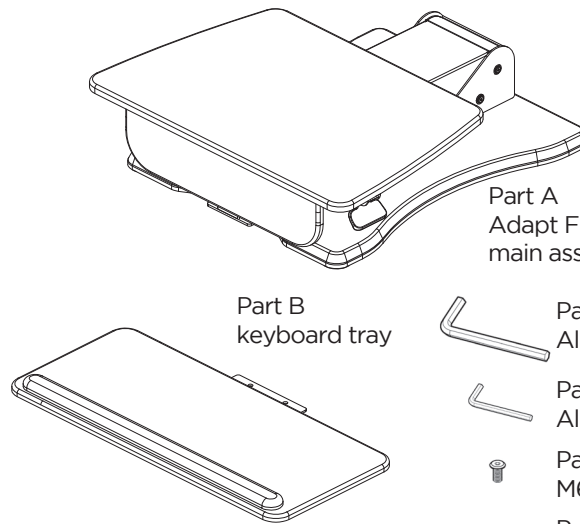
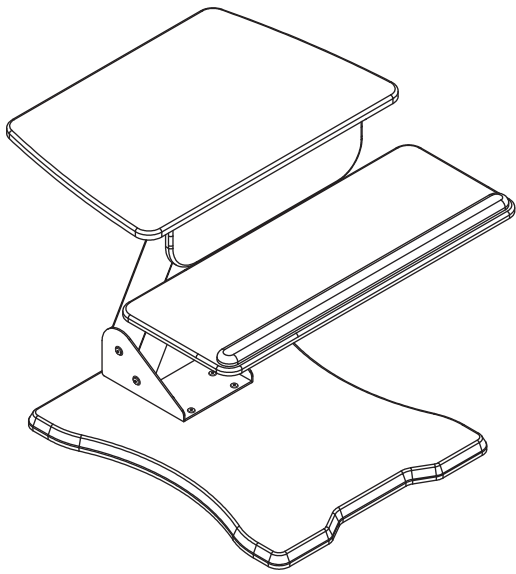


UPLIFT DESK[®]

UPLIFT Adapt Freestand™ Instructions
UDA100~freestand



Part A
Adapt Freestand
main assembly

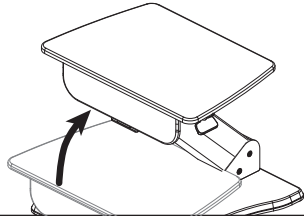
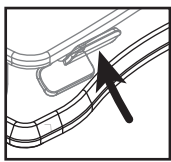
Part B
keyboard tray

Part C
Allen wrench (large)

Part D
Allen wrench (small)

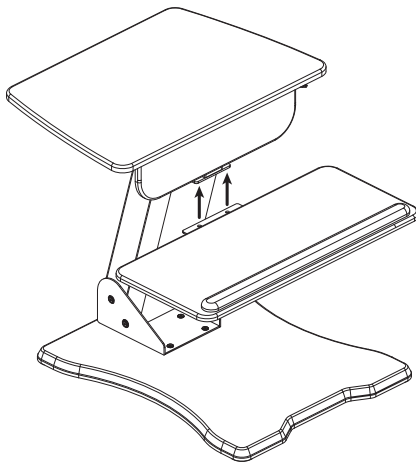
Part E
M6*10 bolts Qty. 2

Part F
bolt covers Qty. 2



Step 1

Press and hold the release paddle in the up position on the UPLIFT Adapt main assembly (Part A) to raise the worksurface to the highest position. Release the paddle to lock in place.

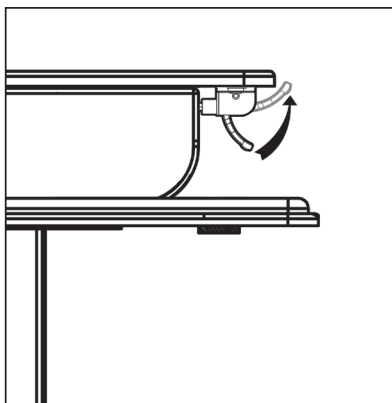
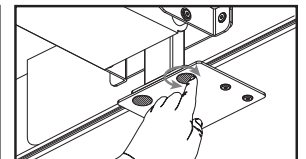
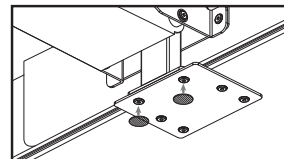
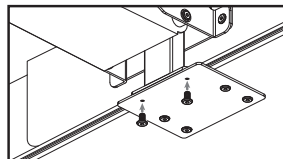


Step 2

Line up the holes on the plate of the keyboard tray (Part B) with the holes on the vertical connector under the main assembly's work surface.

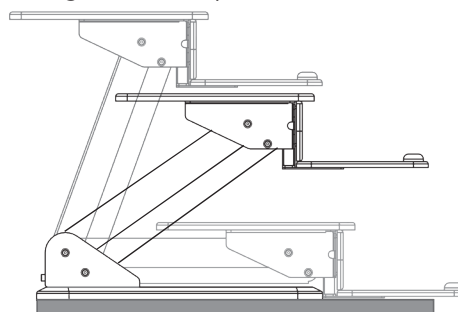
Attach keyboard tray to the main assembly using two M6*10 bolts (Part E) and tighten using the small Allen wrench (Part D).

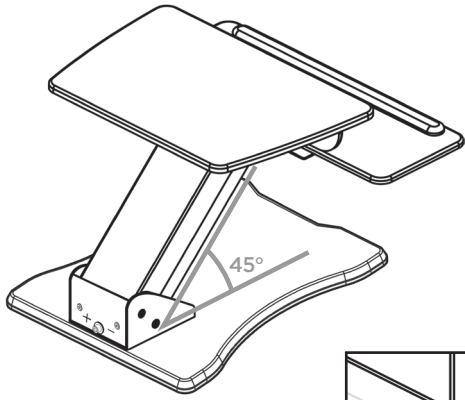
Cover the bolts with the adhesive bolt covers (Part F) by centering the sticky side on the heads of the exposed bolts as shown in diagram. Adhere the pad around the bolt by pressing all around the bolt.



Step 3

Adjust the height of the unit by squeezing the release paddle and moving to desired position.

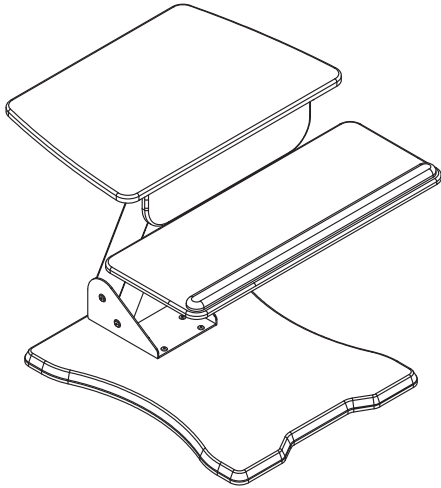
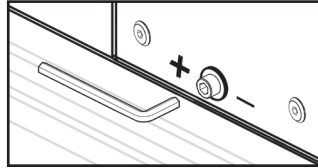




Step 4 (Optional)

This step is optional. We have pre-adjusted the tension for you. However, you may need to make adjustments once equipment, such as monitors and keyboards, are placed on the unit.

To adjust the lift to the exact amount of weight you place on it; squeeze the paddle then lower the unit until the main support column is at a 45° angle. Using the larger Allen wrench (Part C) and the tension adjustment bolt on the rear of the unit, adjust the tension for smooth operation. Turn clockwise to lessen the tension or counterclockwise to increase it.



CAUTION

- The maximum load capacity of the UPLIFT Adapt Freestand is 28.6 lbs. Do not overload.
- Do not position the keyboard tray to hang over the edge of your desktop when in the lowest position. The keyboard tray is designed to rest ON the desktop to prevent tipping.
- Failing to follow these assembly instructions and safety precautions may result in personal injury.
- Failing to follow these assembly instructions and safety precautions voids your warranty and may result in property damage.

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These instructions are a component of the UPLIFT Adapt Freestand™. These instructions are part of the scope of delivery, even if the item is resold.

These instructions are also available on the UPLIFT Desk website: upliftdesk.com

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