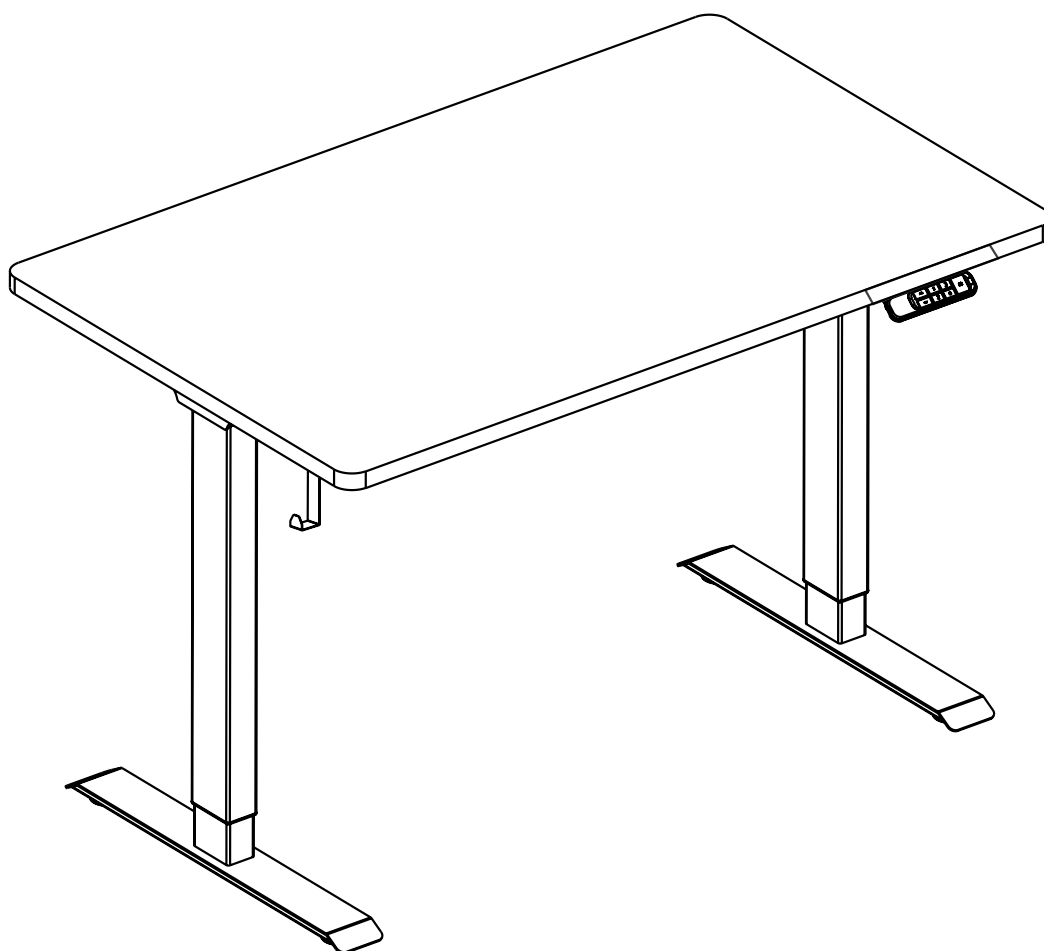




ErgoDesk Electric Standing Desk Top (160cm/180cm) and Frame

USER MANUAL



CAUTION: Make sure there are no obstacles in the desk's path and that all cords are of appropriate length for desk movement. Failure to comply with or follow all assembly, safety, and operation instructions and warnings regarding the use of this product may result in serious property damage or bodily injury.

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:** Read this manual carefully before operating this equipment.

NOTE: Follow all instructions to prevent accidents, injury, or equipment damage.

GENERAL SAFETY

- Improper use may cause property damage or bodily injury.
- Keep children and pets away from the desk during operation.
- These desks are designed only for the purposes described in this manual. Any other use is at the user's risk.
- Do not use in environments with high humidity or dampness.
- Do not sit, stand, or lie on the desk.
- Do not move around, crawl, or lie under the desk frame.
- Do not place objects over 100 kg on the desktop.
- Avoid adjusting the desk height more than 20 times in a short period. Allow a 10-minute rest before reuse.
- Unplug the power cord during thunderstorms or if the desk will not be used for an extended period.
- Do not immerse in water. Keep the desk away from liquids and heat sources.
- Do not disassemble or repair the product yourself. Only certified personnel may perform repairs.

OPERATION SAFETY

- Ensure there are no obstacles in the desk's path and no objects within 20 inches (500 mm) underneath the desk.
- Body parts or items can be crushed if trapped between the desk and an immovable object.
- Keep hands and body parts clear of moving components to prevent pinching.
- Although the desk includes anti-collision protection, always supervise movement.
- Note: The anti-collision function is disabled during the reset process.
- Keep an eye on the desk while lowering or raising it.
- Ensure all cables and device cords are long enough for full range of motion. Items that are pulled off the desk may fall and cause damage or injury.
- Do not use the desk if it malfunctions.

ENVIRONMENT & MAINTENANCE

- Operating temperature: 0°C – 40°C.
- Keep away from excessive humidity, extreme temperatures, corrosive gases, liquids, and dust.
- Turn off and unplug power before cleaning or inspection.
- Do not use water, alcohol, or strong cleaning chemicals. Use a dry or slightly damp cloth only.
- A manual reset is required after initial installation or power loss.
- The company accepts no liability or warranty for damage or injury caused by improper or abnormal operation.

USAGE

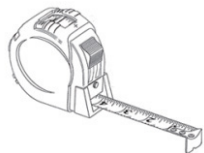
- The desk height is adjustable to promote ergonomic working posture.
- Designed for indoor use only as described in this manual.
- Children should only use the desk under adult supervision.
- Under no circumstances does the manufacturer accept warranty or liability claims for damages caused by improper use or handling of the desk beyond what is described in this operation manual.

II. SETUP AND INSTALLATION

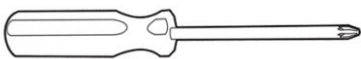
- Once the desk has been assembled, adjust the feet so that the desk is level and does not shift during use.
- After leveling, connect the desk to a 110V or 240V outlet. The desk is now ready for use.
- Check that no cables can get jammed or pinched during movement.
- Choose a placement for the desk that is a safe distance from window frames, radiators, furniture, and walls to avoid people getting stuck or trapped.
- Ensure the desktop does not touch the wall during movement.
- Do not place any objects taller than 50 cm (20") underneath the desk.
- After assembly, when moving the desk, DO NOT lift the desk by the desktop. This can stress the fasteners connecting the desk base to the desktop.
- To move the desk, lower it completely and lift from the desk base, or remove the desktop first.

III. PARTS LIST

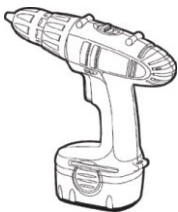
TOOLS REQUIRED



Tape Measure



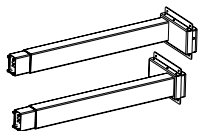
Philips Head Screwdriver



Power Drill

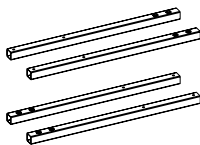
COMPONENTS

1



Lifting Column *2

2



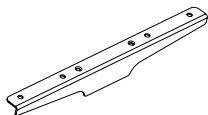
Crossbar End *4

3



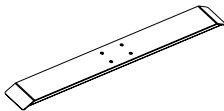
Crossbar Center Rails *2

4



Side Bracket *2

5



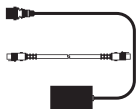
Foot *2

6



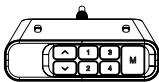
Leveling Studs *4

7



Wires *2

8



Handset *1

9



Magnetic Cable Tray *1

10



Desk Hook *1

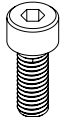
HARDWARE

A



M6x10 Screws
8pcs

B



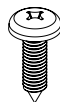
M6x16 Screws
8pcs

C



M6x8 Screws
4pcs

D



M5x18 Screws
12pcs

E



M4x16 Screws
2pcs

F



M8x20 Screws
8pcs

G



Washers (Attached
to the Side Bracket)
8pcs

H



Washers (Attached
to the Centre Rail)
2pcs

I



Cable Clips
5pcs

J



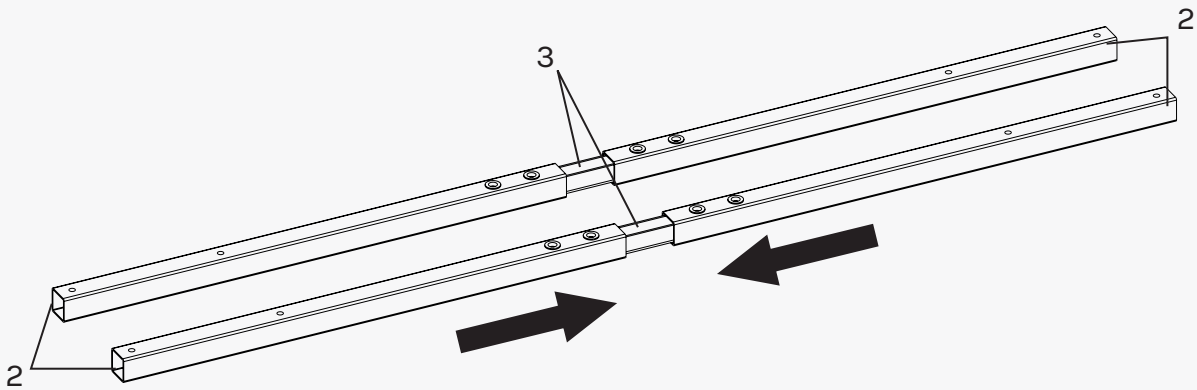
Allen Key 4mm



IV. ASSEMBLY INSTRUCTIONS

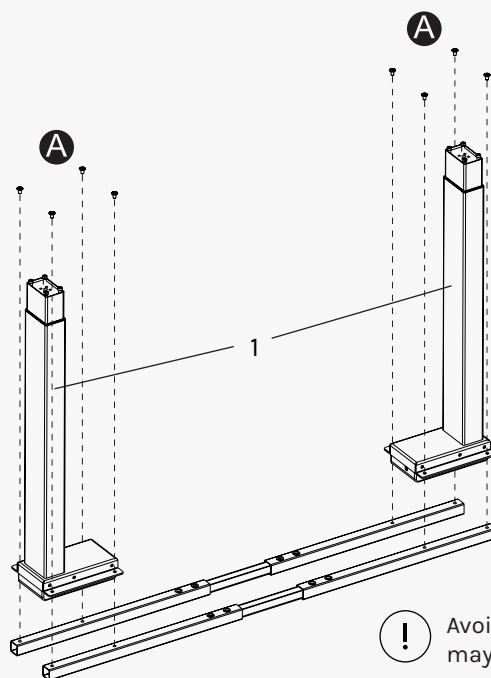
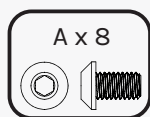
! Installation Tips

- Do not fully tighten the screws during initial assembly. Once all parts are properly aligned, go back and tighten all screws securely.
- Lay down a soft mat or old blanket before assembly to protect both the floor and the furniture from scratches or damage.



STEP 1: Pull Out the Frame

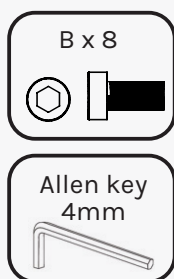
- Lay out all components and hardware to confirm that all parts are included.
- Place the Crossbar End (2) into the two Crossbar Center Rails (3).
Take note of the the direction the bolt hole is facing.



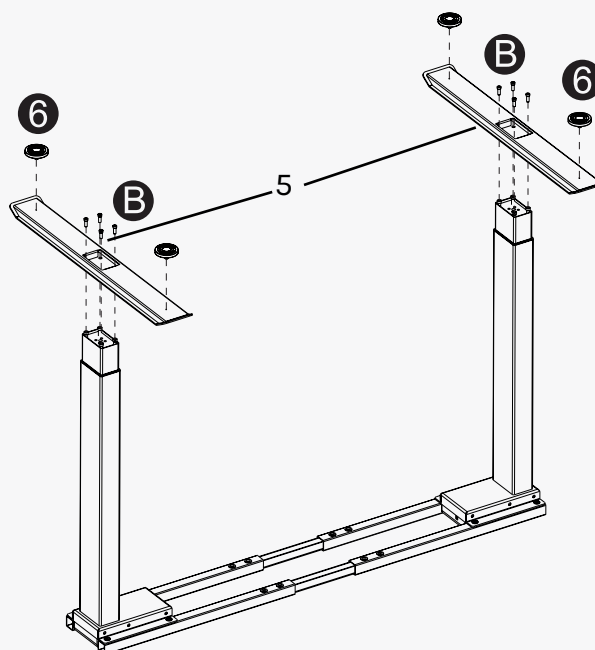
! Avoid over-tightening the screws as this may damage the product.

STEP 2: Attach Legs to Frame

- Align the Crossbar End (2) with the Lifting Column (1). Insert the M6 x 10 mm Screws (A) and tighten using the 4 mm Allen key.
- Repeat the same process for the other side.



! Avoid over-tightening the screws as this may damage the product.

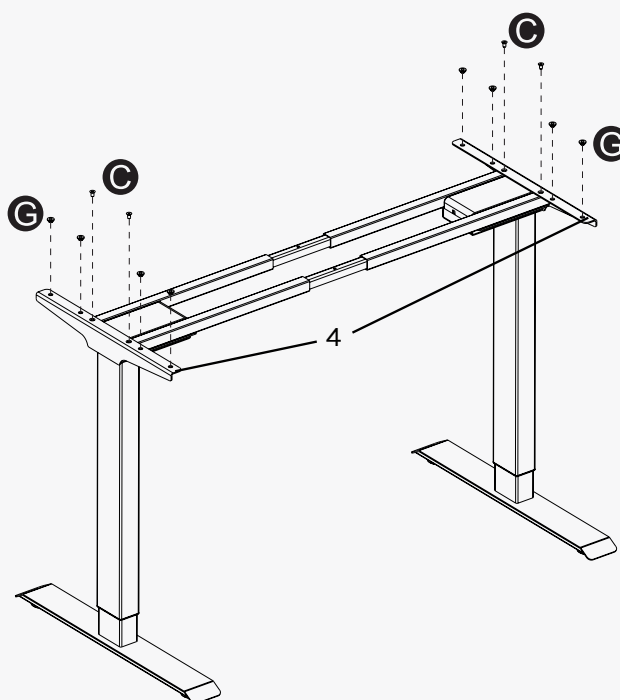


STEP 3: Attach Foot

- Attach the Leveling Studs (6) to the Foot (5).
- Align the Foot (5) with the Lifting Column (1), then insert four M6x16 mm Screws (B) into the holes on the underside of the foot and tighten using the 4 mm Allen key.
- Repeat the process for the other side.

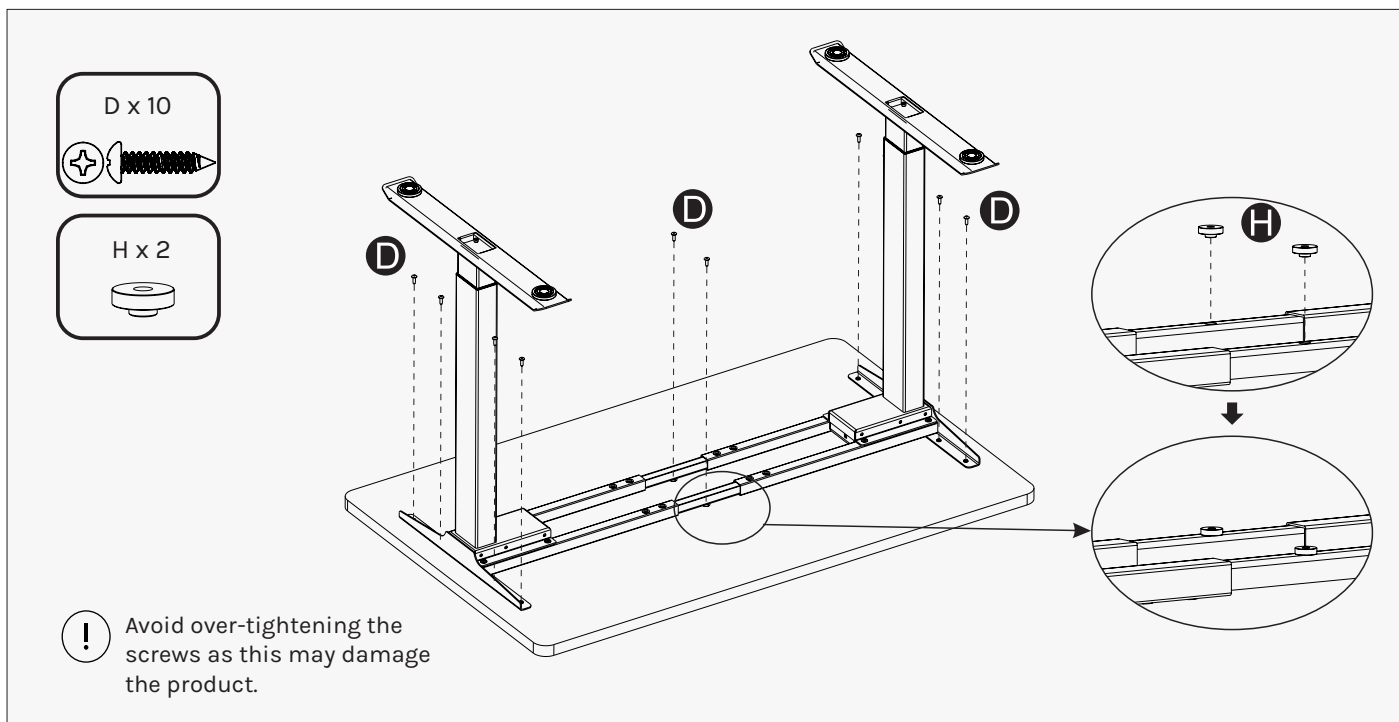


! Avoid over-tightening the screws as this may damage the product.



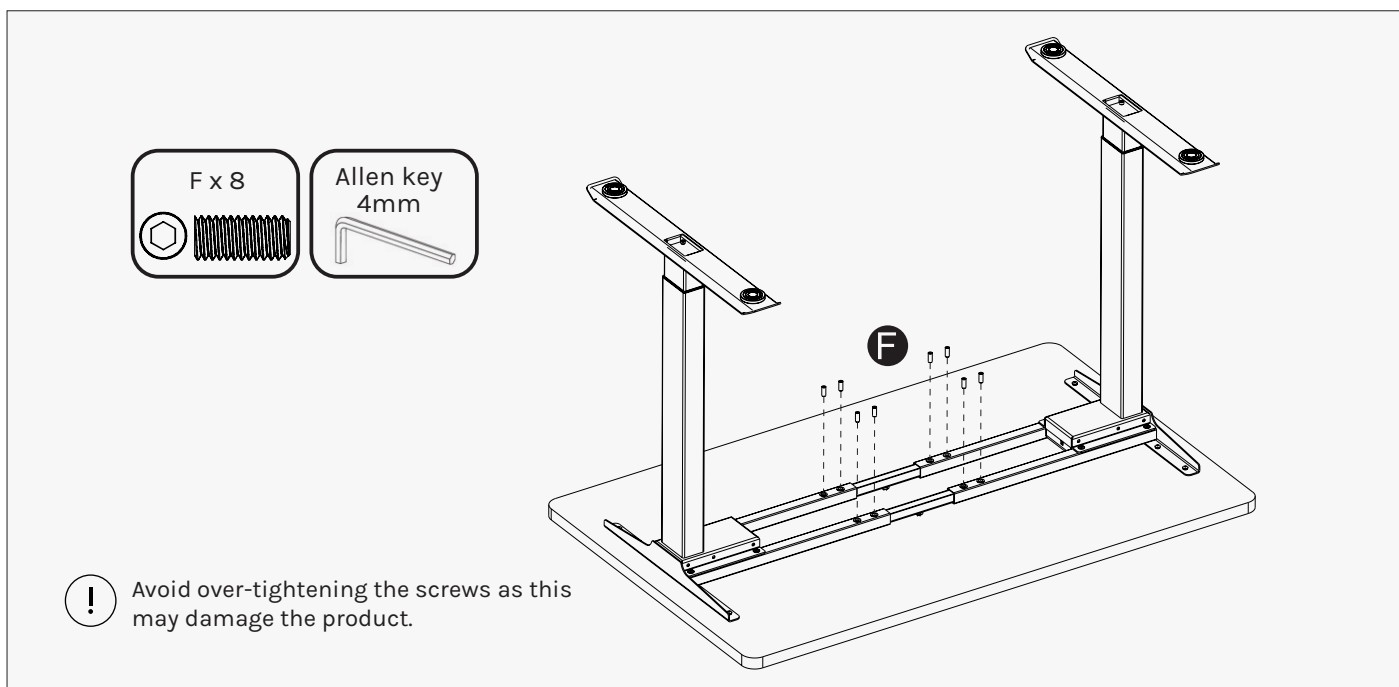
STEP 4: Attach Side Bracket

- Turn the table onto the feet and align the two holes on the Side Bracket (4) with the Crossbar End (2). Insert two M6x8 mm Screws (C) and tighten using the 4 mm Allen key.
- On the outer four holes of the side bracket insert Washers (G).
- Repeat the process for the other side.



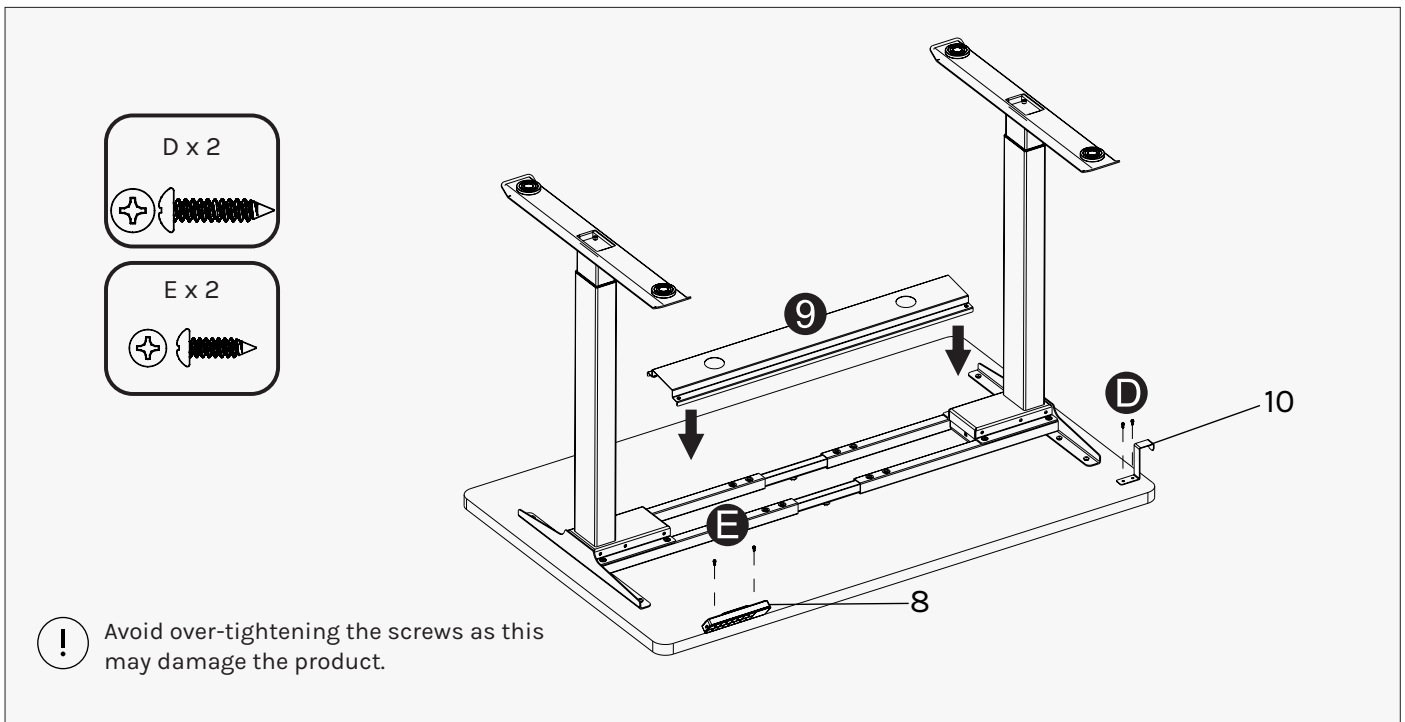
STEP 5: Attach Frame Set to Tabletop

- Attach the Washers (H) onto the Crossbar Center Rails (3).
- With assistance, flip the frame onto the underside of the Table Top, lining up with the bolt holes. It is recommended that the frame side boards on both ends are positioned 50 mm from the edge of the tabletop. Secure the frame using M5x18 mm Screws (D) and tighten.



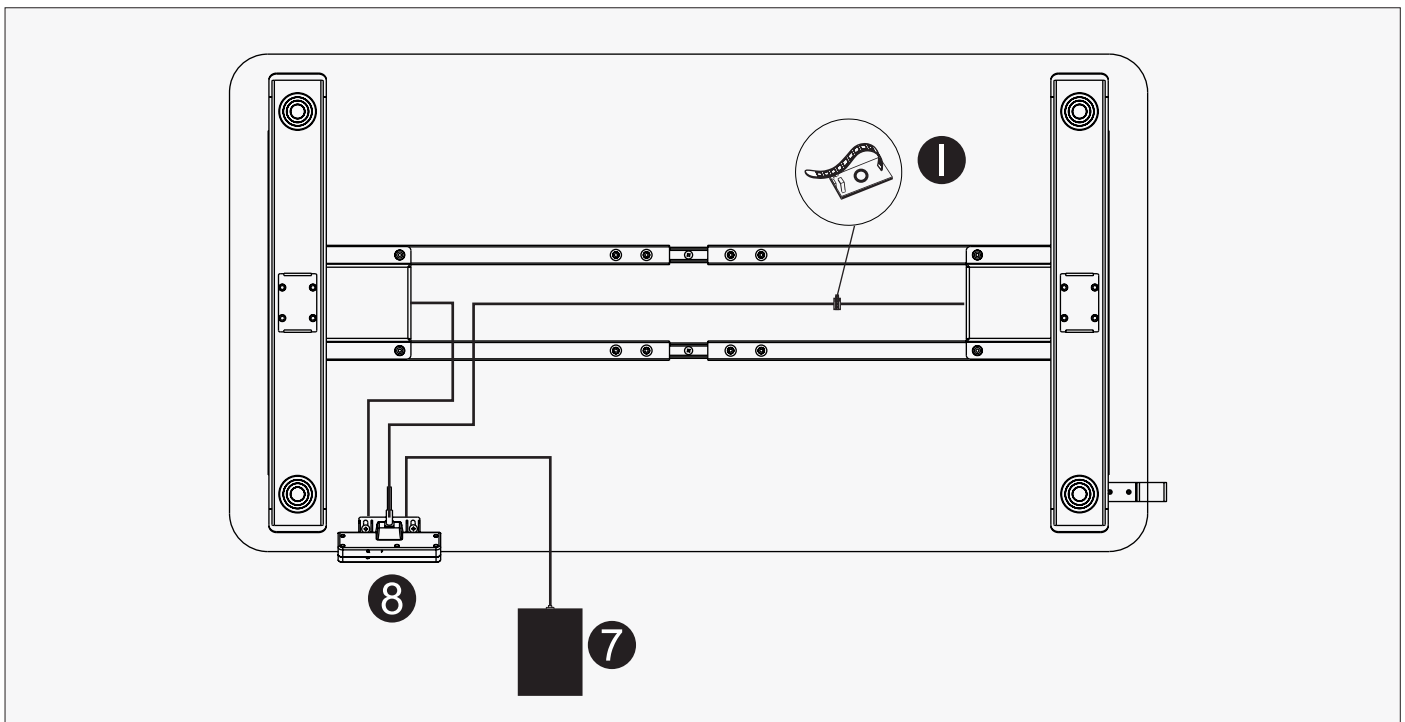
STEP 6: Locking Frame Screws

- Use M8x20 mm Screws (F) to fasten the Crossbar Ends (2) and the Crossbar Center Rails (3), then tighten using the 4 mm Allen Key.



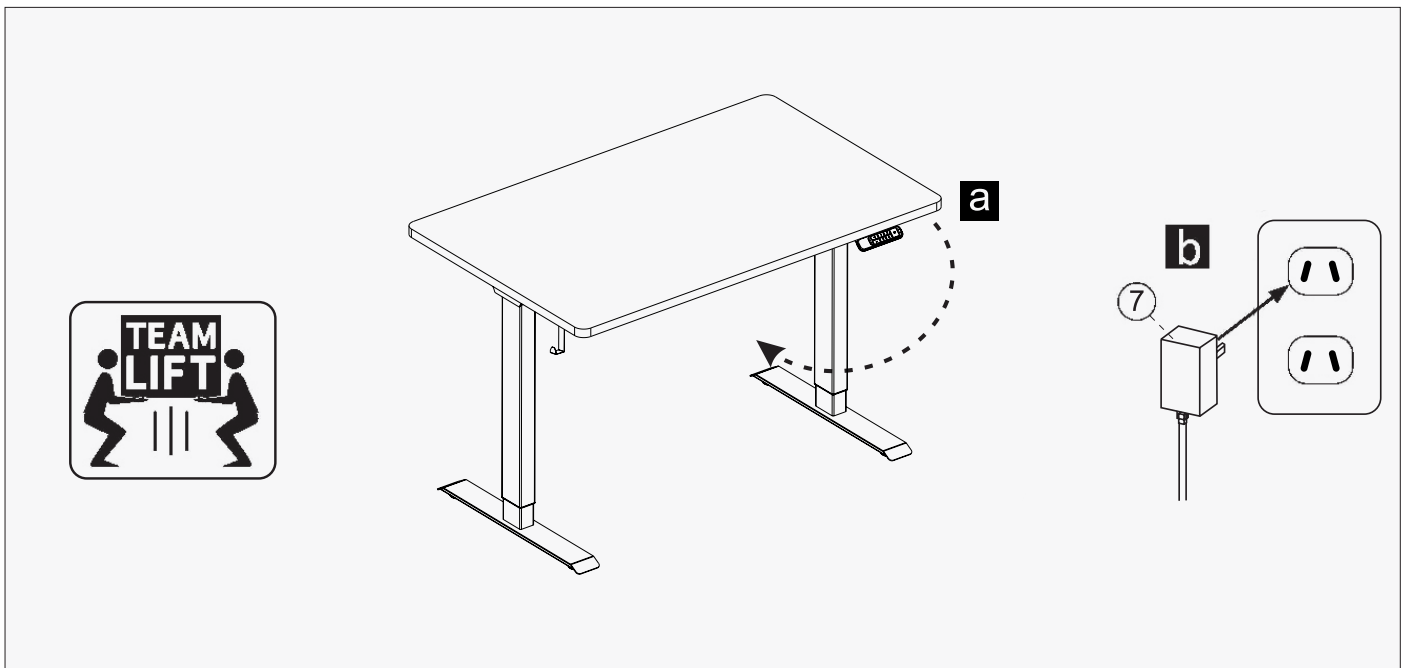
STEP 7: Attach Handset & Hanger

- Secure the Handset (8) to the tabletop with 2xM4x16 mm Screws (E).
- Secure the Desk Hook (10) with 2xM5x18 mm Screws (D). Handset and hook can be on either side.
- After step 9, attach the magnetic cable management (9) to the frame.



STEP 8: Connect Cables

- Connect the cable from Lifting Column (1) to the Handset (8). Then connect the cable from the other lifting column to the Handset (8).
- Connect the Adapter Plug (7) to the Handset (8).
- Use Cable Clips (I) to hold the cables under the desk.



STEP 9: Set Desk Upright and Connect Power

- With the desk at its lowest height, carefully turn the assembled desk upright with the help of at least two people.
- Plug the Power Cord (7) into a 110–240V outlet.

IMPORTANT NOTE:

- Lift the desk frame, not the desktop, when turning the desk upright.
- Always use at least two people when lifting.

Caution: The desk is heavy.

STEP 10: Adjust Leveling Studs

If necessary, adjust the leveling studs to ensure the desk is stable and level. Unscrew to increase height and screw in to decrease height.

STEP 11: Initialize

- Press and hold the “▼” (down) button until the desk reaches its lowest position.
- Continue holding the “▼” (down) button for 5 seconds until a beep is heard.

The desk will reset. Your desk is now ready to use.

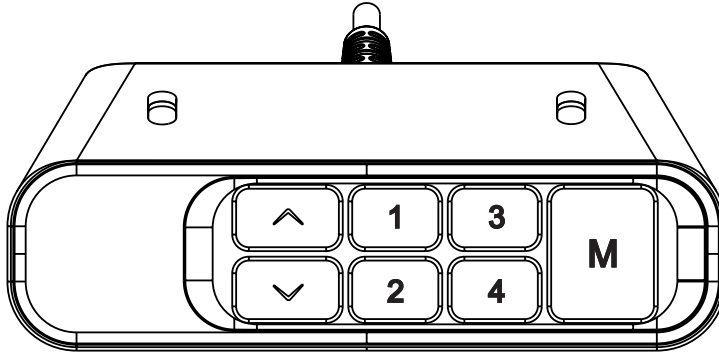


IMPORTANT

You must complete this initialization step or the desk will **NOT** function properly.

Hold down the down arrow until the desk moves slightly upward after reaching the bottom—this confirms reset.

V. OPERATION INSTRUCTIONS



• Reset

ⓘ Reset after the initial installation or power failure.

- 1  When the system is abnormal or the handset displays "RST", the desk must be reset.
- 2  * Press and hold the "▼" (down) button to lower the desk to its lowest height.
* Release the button, then press and hold "▼" again until "RST" appears on the display and a beep is heard.
- 3  Release the "▼" button. The reset is now successful, and the desk can be used normally.

• Up and Down

- 1  Press the "▲" (up) button to adjust the desk height upward.
- 2  Press the "▼" (down) button to adjust the desk height downward.

• Memory Function

ⓘ By memorizing a height position, you can return to it with one click.
(Note: Models with only two buttons do not support this function.)

- 1  Use the ▲ / ▼ buttons to move the desk to your desired height.
- 2  Press and hold the M button until "S-" appears on the display.
- 3  * Press a number key (e.g. "1") to save the current height to Memory 1.
* Keys "2" to "4" can be set using the same steps.

• Time Reminder

- 1 
 - a. Press the M button.
 - b. Then use the ▲ and ▼ buttons to select the reminder interval (hours).
 - c. When a small dot appears on the screen, the reminder is set successfully.

• Anti-Collision Protection

ⓘ Before using the desk, ensure the area around and under the desk is clear of obstacles.

* If the tabletop encounters an obstacle while raising or lowering, it will automatically stop and move in the opposite direction.

* After reversing a short distance, the desk will stop and can be used normally once the obstacle is removed.

• Minimum and Maximum Limit Setting

ⓘ Do not set this function unless necessary.

- 1   To set the lowest position limit, move the desk to the desired lowest height, then press and hold M + ▼ for 5 seconds until a beep sounds. The lowest position is now stored.
- 2   To cancel the lowest position limit, move the desk to any height and press and hold M + ▼ for 5 seconds until a beep sounds. The lowest position limit is now cleared.
- 3   To set the highest position limit, move the desk to the desired highest height, then press and hold M + ▲ for 5 seconds until a beep sounds. The highest position is now stored.
- 4   To cancel the highest position limit, move the desk to any height and press and hold M + ▲ for 5 seconds until a beep sounds. The highest position limit is now cleared.

ⓘ NOTE:

Once limits are set, the desk will not move beyond the saved lowest or highest positions.
A beep sound confirms when a limit is set or cancelled.

• Child Lock

- 1   To lock: hold “▲” + “▼” for 5 seconds until "LOC" appears.
- 2   To unlock: Hold again for 5 seconds until display returns normal.

• Entering Parameter Setup

- 1  Press and hold the M key for 10 seconds to enter the setup interface. The display will show x-y flashing, where:
 - * x = parameter group
 - * y = parameter value

You can switch parameter groups by pressing SET, and adjust the parameter value by pressing the ▲ (up) or ▼ (down) buttons.

Once the desired value is set, press and hold the M key again for 10 seconds to save and return to the normal display.

Available Parameters

Code	Function	Value (y)	Description
1-y	Unit of measurement	0	Cm (Centimeters)
		1	Inch
2-y	Anti-collision sensitivity (gyro sensor)	0	Off
		1	Most sensitive
		8	Least sensitive
3-y	Anti-collision sensitivity when moving up	0	Off (Not recommended)
		1	Most sensitive
		8	Least sensitive
4-y	Anti-collision sensitivity when moving down	0	Off (Not recommended)
		1	Most sensitive
		8	Least sensitive
5-y	Anti-collision sensitivity when tilted/slanted	0	Off (Not recommended)
		1	Most sensitive
		8	Least sensitive
yyy	Minimum frame height (without tabletop)	yyy	Lowest height value in cm/inch (based on setting 1-y)
7-y	Key control mode	0	Constant press required
		1	One-touch control

Troubleshooting

Error Code	Possible Cause	Solution
E01	Main power supply voltage is too high	Check the main power supply
E02	Height deviation between screw rods exceeds 1 cm	Reinitialize
E03	Controller is not connected	Connect the controller
E04	Hand controller communication error	Check the hand controller wiring
E05	Desk moves backward when encountering obstacles	Place the control box flat or remove obstacles
E06	Main power supply failed to start	Replace the power supply or check the power supply connection cable
E07	Protection triggered during power supply operation	Power on again
E08	Desktop tilts during operation	Reinitialize
E09 / Hot	Power supply temperature is too high	Allow temperature to decrease, turn off power, or rest 18 minutes before use
E11	Motor 1 is not connected	Check connecting wires
E12	Motor 1 current sampling channel error	Replace control board
E13	Motor 1 missing phase / phase lines disconnected	Check motor wiring connections
E14	Motor 1 Hall sensor error or Hall wire disconnected	Check Hall signal or replace wire
E15	Motor 1 internal short circuit	Replace faulty motor
E16	Motor 1 is stuck	Reinitialize
E17	Motor 1 running in wrong direction	Swap motor wire or Hall wire
E18	Motor 1 overloaded due to excessive load	Reduce load
E21	Motor 2 is not connected	Check wiring / connectors
E22	Motor 2 current sampling channel error	Replace control board

E23	Motor 2 missing phase / phase lines disconnected	Check motor wiring connections
E24	Motor 2 Hall sensor error or Hall wire disconnected	Check Hall signal or replace wire
E25	Motor 2 internal short circuit	Replace faulty motor
E26	Motor 2 is stuck	Reinitialize
E27	Motor 2 running in wrong direction	Swap motor wire or Hall wire
E28	Motor 2 overloaded due to excessive load	Reduce load
E40	Controller disconnection in series	Check connecting wires
E41	Serial signal error	Check connecting wires or replace controller
E42	Memory error	Replace controller
E43	Obstruction detected and sensor stopped	Replace controller

VI. 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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