

*workstories...*

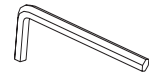
# ASSEMBLY GUIDE

**DESKING** — SIT-STAND SOLO

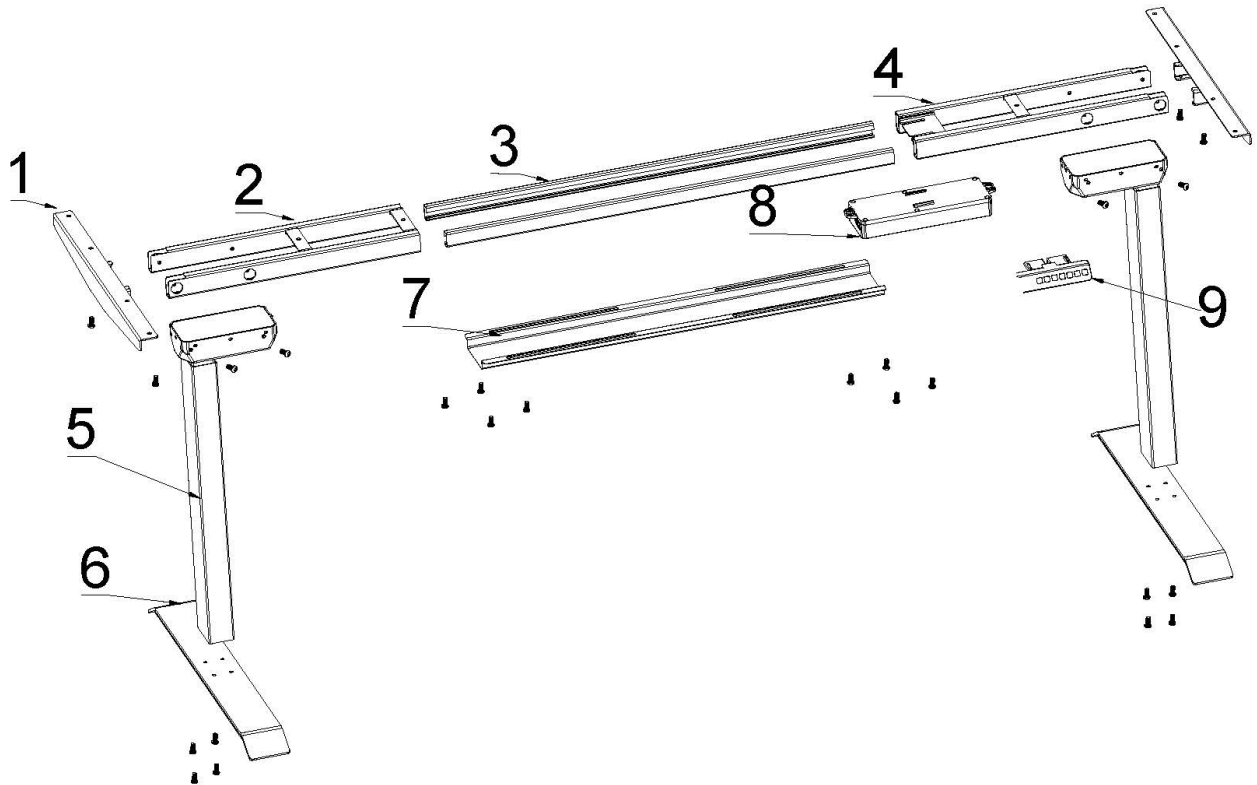
*workstories*

# Sit-Stand Solo

**tool required**



4mm  
allen key

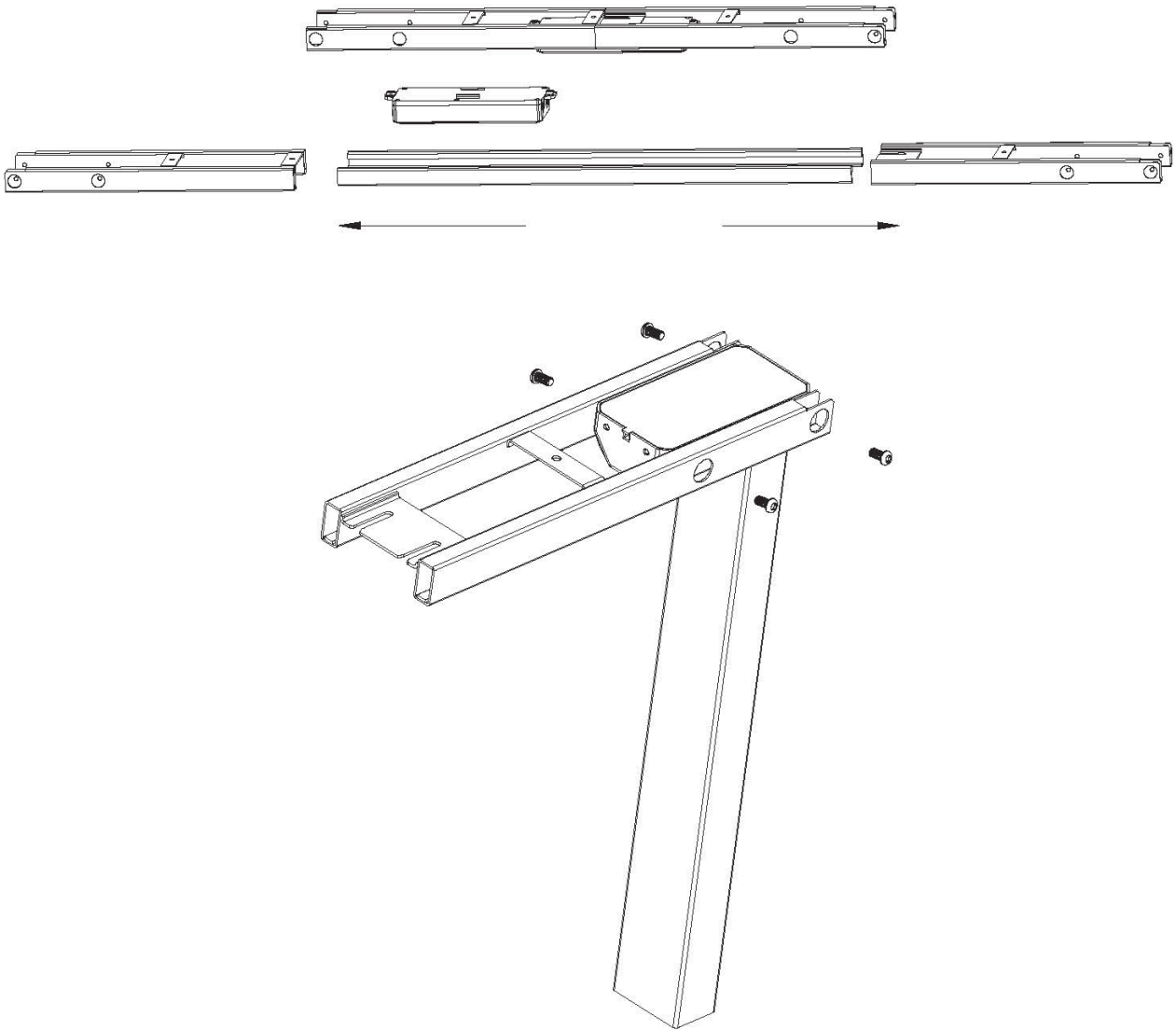


NO.	ITEM NAME	QTY
1	Side bracket	2PCS
2	Assembly frame	1PCS
3	Central beam	2PCS
4	Assembly frame for controller	1PCS
5	Desk leg	2PCS
6	Desk foot	2PCS
7	Cable box cap	1PCS
8	Controller	1PCS
9	Manual operation panel	1PCS

# Sit-Stand Solo

**hardware**

8x M6\*10 Hex head



- Take the controller off the assembly frame, and put it aside as shown above.
- Separate the assembly frame and the controller completely, and take the 2 central beams out.
- Put the legs into the assembly frame for the controller, and ensure that the side with screw holes for assembly frame beam are put upwards. Align the holes on the legs and holes on the assembly frame, fasten 4 M6\*10 hex screws with M4 Allen wrench. If screws are accidentally dropped into the assembly frame, incline the frame, and the screws could be take out easily.

# Sit-Stand Solo

**hardware**

12x M6\*14 Hex head



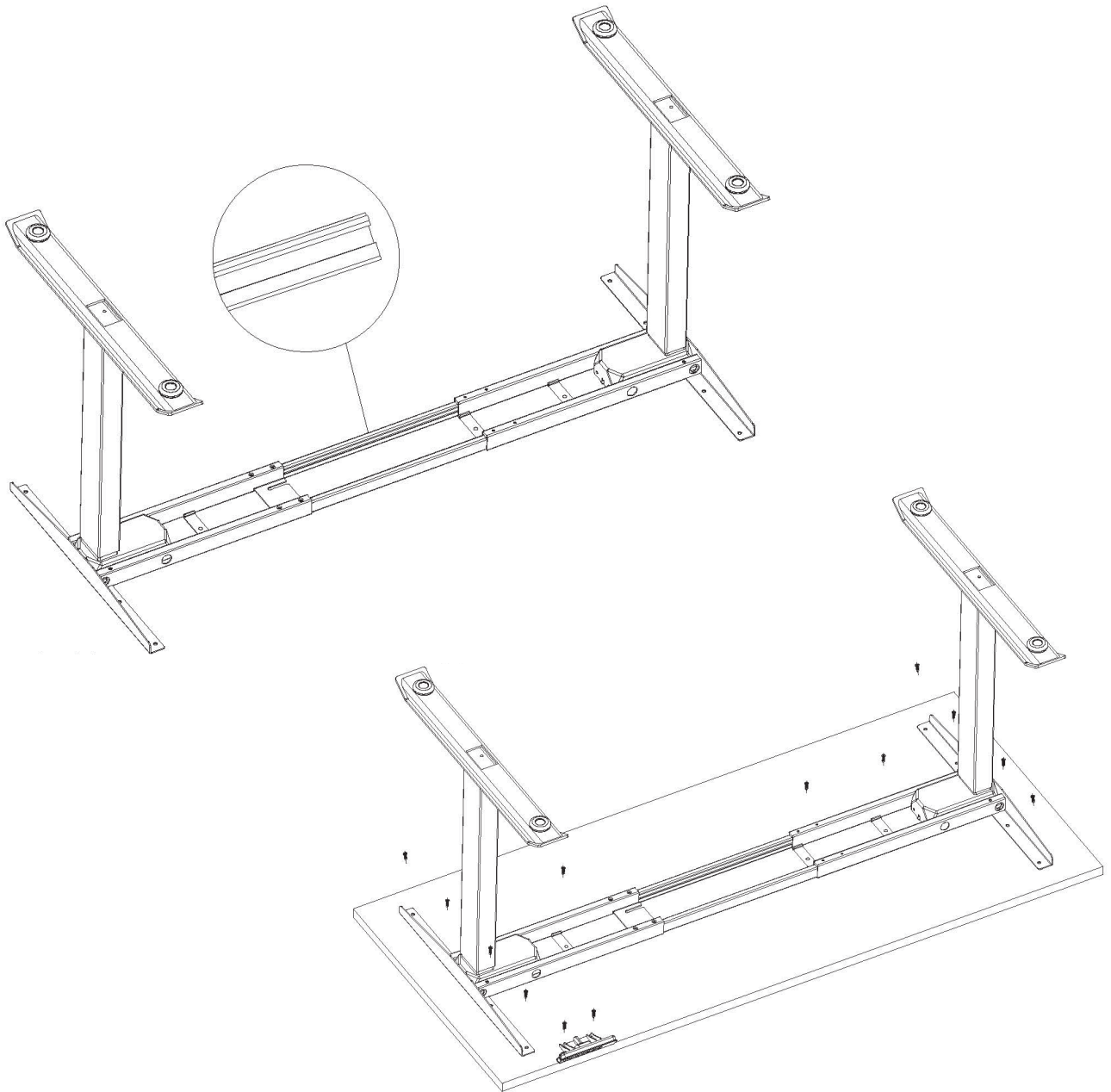
- Put the side bracket into the assembly frame for the controller, and fix them with 2 M6\*14 hex screws.
- Fasten the desk legs and desk foot with 4 M6\*14 hex screws.



# Sit-Stand Solo

## hardware

11x M6\*14 Hex head  
2x ST5\*16 Hex head

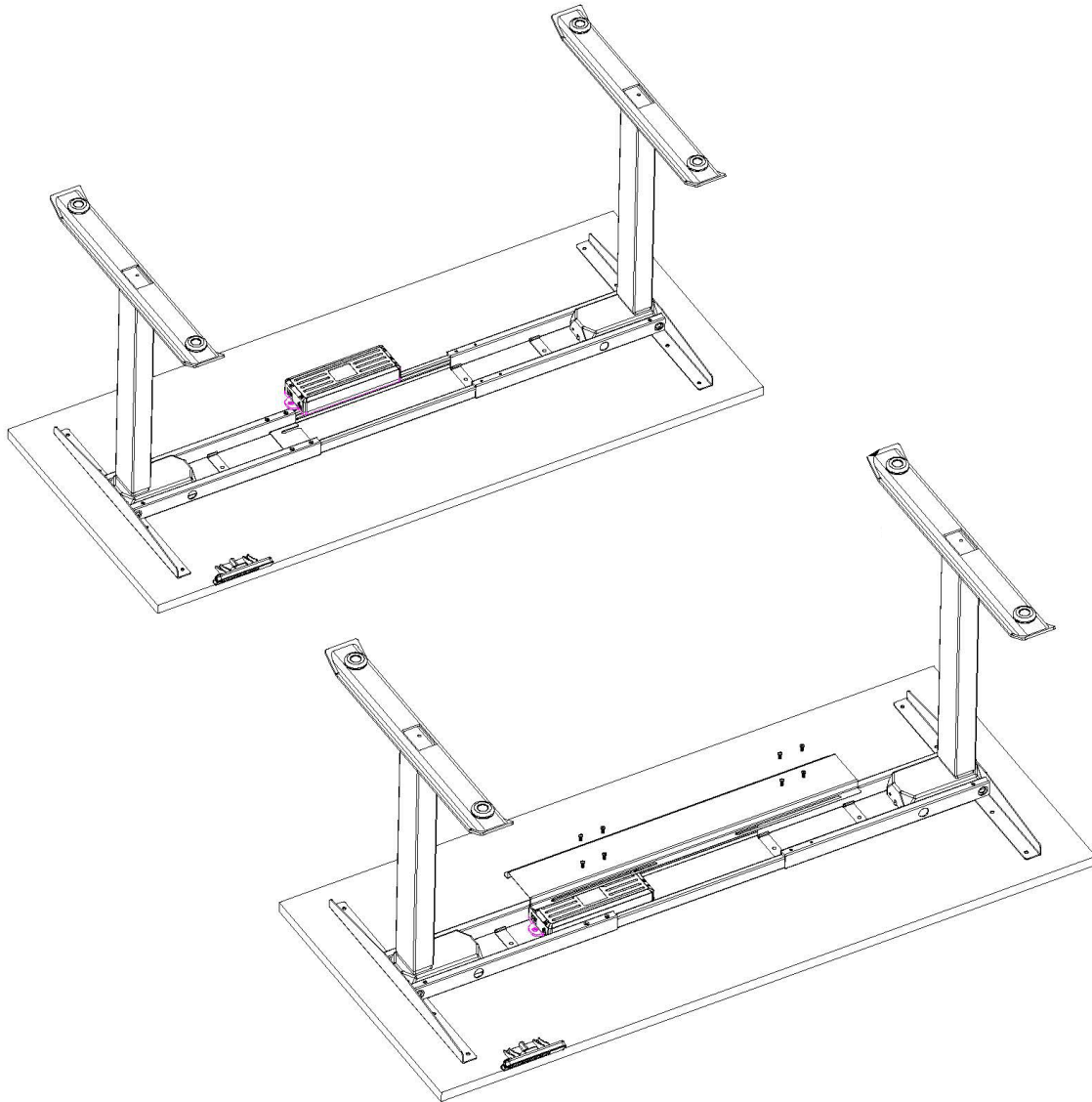


- Put the 2 central beams into the assembly frame on the 2 sides, please note that the side with a slot should be put towards the legs as shown in the diagram (that is to say, the thinner side should be put upwards)
- Put the desktop panel upside down on the ground, put the desk frame to the central part of the panel and pull out the 2 sides to adjust its width. Fasten it to the desktop panel with 11 M6\*14 hex screws, and fasten the manual operation panel with 2 short ST5\*16 self-tapping screws.

# Sit-Stand Solo

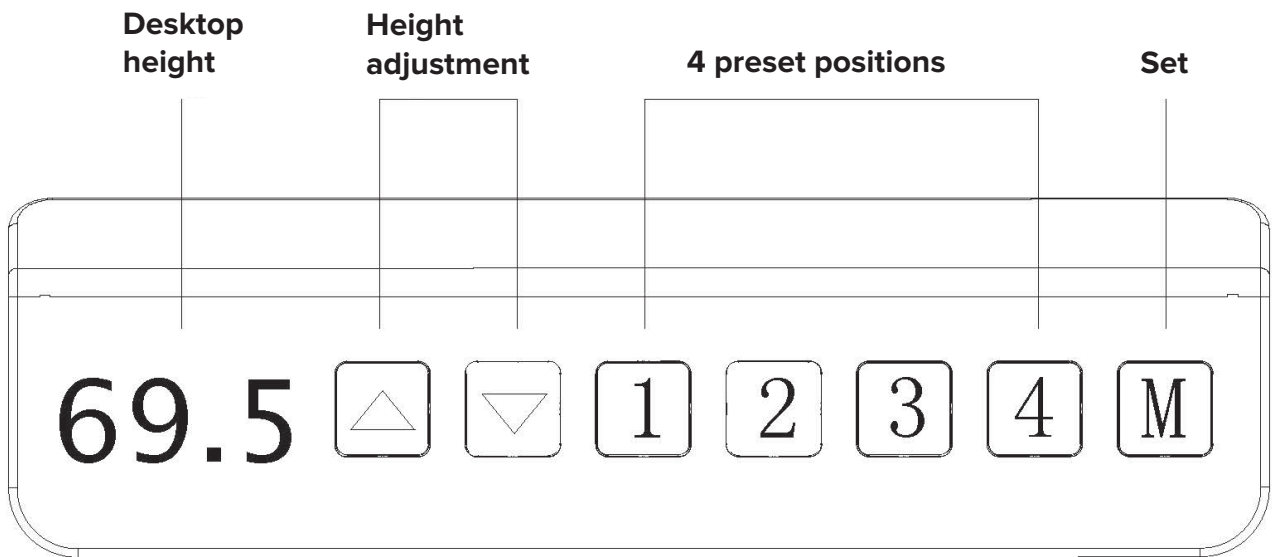
**hardware**

8x M6\*10 Hex head



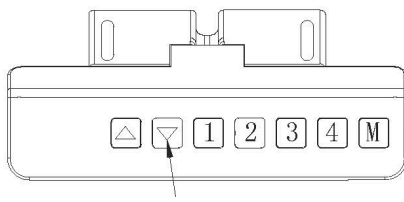
- Slide the controller into its assembly frame Cable Plugging: Plug the data cable on the desk leg into the 2 sides of the controller, and if the cable is not long enough, connect it to the standby adapter cord, then connect the power cord to the controller, and connect the manual operation panel to the controller.
- Fasten the drive wire for the motor to the backside of the desktop with clamps with gum, and tighten the clamp to prevent it from falling. The wire could be organized based on the personal needs, and fasten the cap to the central beam with 8 M6\*10 hex screw.

# Sit-Stand Solo

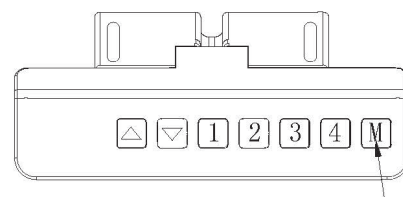


Please make sure that there will be no obstacle during the height adjustment process, the desktop is not appressed to the wall, and all cables are long enough for the desktop to move up and down.

You may set the most appropriate height for you when you sit down as position 1, and the most appropriate height for you when you stand up as position 2.



Press and hold for 5s



Press and hold for 2s

## Protection for abnormal reset

### Symptom

When the controller reports an error, and the digital tube reads E07-E09, and no button works and everything stays the same even when the power is off and on.

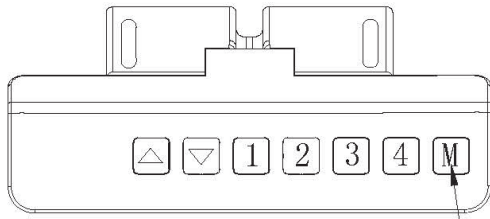
### Operation

Press and hold the down button for 5s, the digital tube reads RST, unhold the button and then press the down button again, then it is ready to be reset.

### Set the Upper Limit

Press and hold "M" button, unhold the button until the digital tube reads "S-". Press and hold the up button, unhold the button when the digital tube flashes. Press and hold "M" button for 2s until the digital tube reads "999" Then the upper limit is readily set.

# Sit-Stand Solo

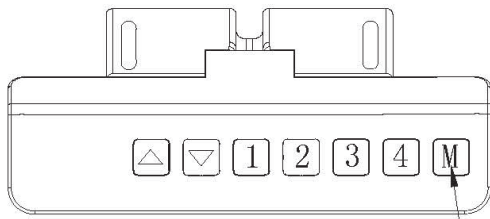


Press and hold for 2s

## Set the lower limit

Press and hold “M” button, unhold the button until the digital tube reads “S-”. Press and hold the down button, unhold the button when the digital tube flashes. Press and hold “M” button for 2s until the digital tube reads “000”

Then the lower limit is readily set.

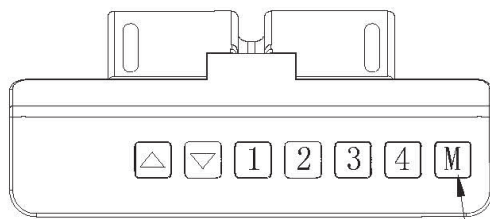


Press and hold for 2s

## Unset the limit

Press and hold “M” button, unhold the button until the digital tube reads “S-”. Press and hold “M” button for 2s until the digital tube reads “555”

Delete the upper and lower limit.



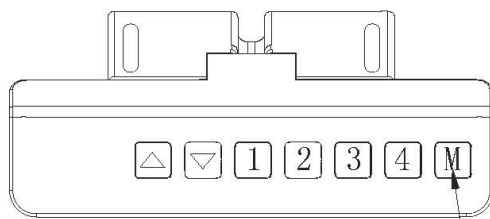
Press and hold for 8s

## Lock

Press “M” button and the digital tube reads “S-”, then hold “M” button for 5s, and the digital tube shows some digits, and keep holding “M” button for 3 more seconds, and the digital tube reads LOC, then the manual operation panel is locked.

## Unlock

Press and hold “M” button for 8s under LOC mode. When the digital tube shows digits, the manual operation panel is unlocked.



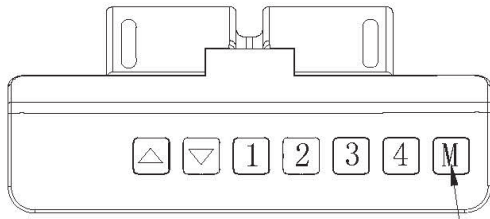
Press and hold for 5s

## Adjust the minimum height

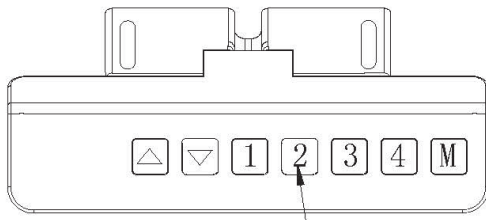
When it is reset (the digital tube reads RST), Press and hold “M” button for 5s, when the digital reads the original height and flashes, Press the up or down button, to adjust the desktop to the needed height. Unhold the button, and the digital tube will reads RST in 5s, and the adjustment is completed.



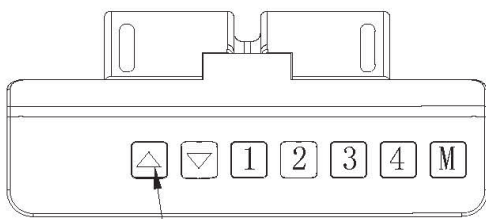
# Sit-Stand Solo



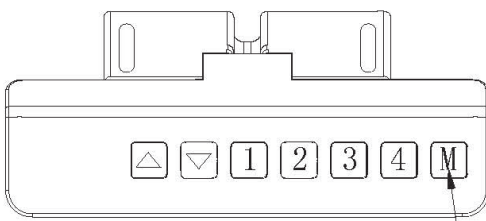
Press and hold for 5s



Press and hold for 5s



Press and hold for 5s



## Switch between inching adjustment and continuous adjustment

When it is reset (the digital tube reads RST), press and hold "1" for 5 seconds to switch between inching adjustment and continuous adjustment.

When the digital tube reads "10.1", it is on continuous adjustment mode.

When the digital tube reads "10.2", it is on inching adjustment mode.

## Switch between "cm" and "inch"

When it is reset (the digital tube reads RST), Press and hold "2" button for 5s to switch between "cm" and "inch".

When the digital tube reads "10.3", the height is displayed in cm.

When the digital tube reads "10.4", the height is displayed in inch.

## Sensitivity adjustment for resistance and return

When it is reset (the digital tube reads RST), Press and hold the up button for 5s to adjust the sensitivity for resistance and return, the digital tube reads

"10.5"--10kg

"10.6"--15kg

"10.7"--20kg

## Set preset positions

Press "M" button, when the digital tube reads "S-", choose and press one preset button, then the position will be stored as a preset one. Use up/down button to adjust the height to an appropriate position. Repeat above steps.



**SHOWROOM**

—  
Parchment House  
13 Northburgh Street  
London EC1V 0JP

**CONTACT**

—  
[info@workstories.com](mailto:info@workstories.com)  
+44 (0)20 3735 5224  
[workstories.com](http://workstories.com)