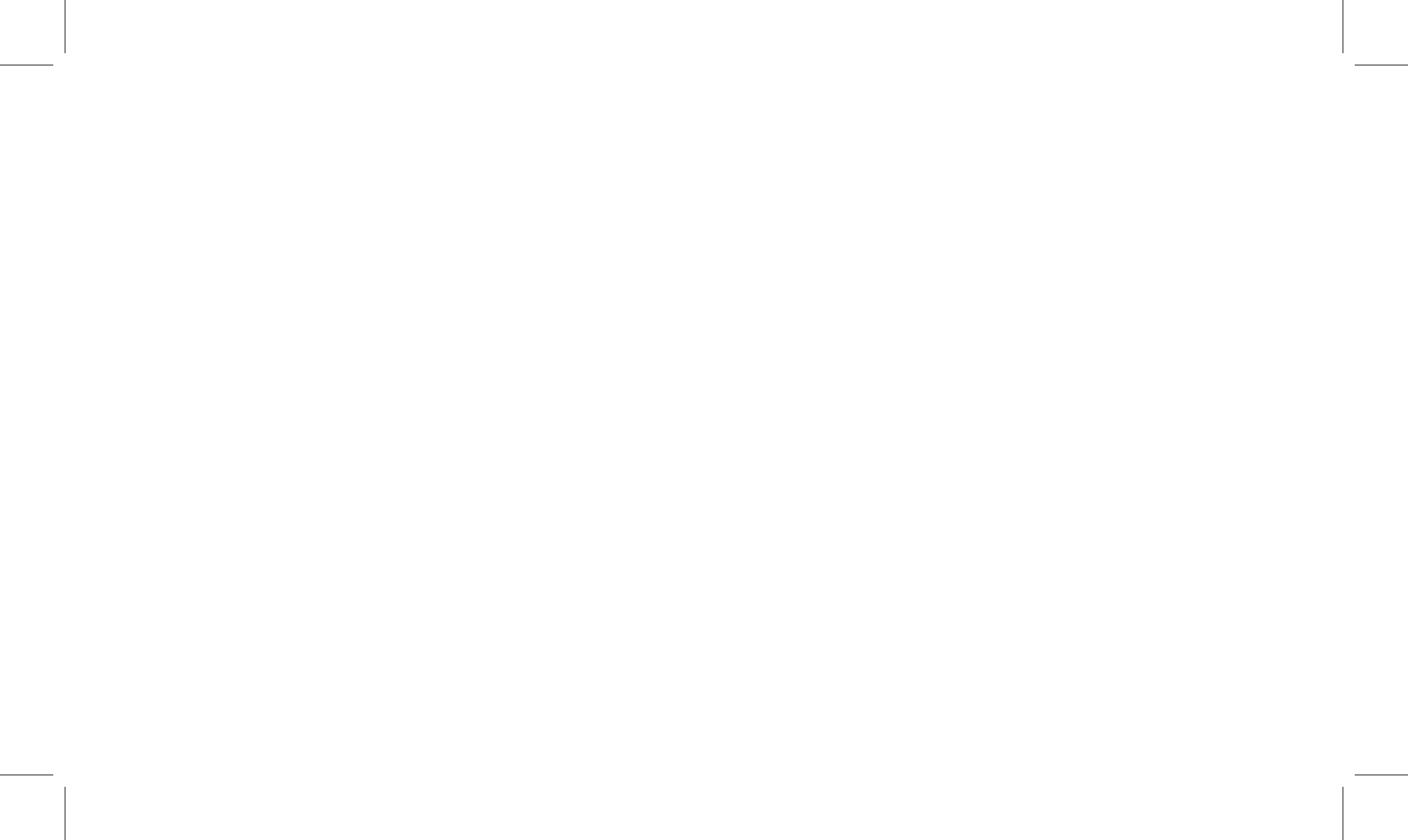




Stir Kinetic Desk User Manual



A Note of Thanks



First – thank you! The Stir Kinetic Desk is a dream realized for me. People like you are the main reason we've made it this far and for that I'm very grateful.

This desk is the result of more than 10 years of my own thoughts and efforts, and the hard work of the Stir team since June 2012, to bring a truly innovative, height-adjustable desk to market.

When I first started working at Apple years ago, I experienced standing desks as a resource for helping me do my best work. I'm a person that's always ready to find a better way to work, so I immediately found a way to get one for my own office. I couldn't believe that such a simple change

could have such a large and lasting impact – I felt energized and more inspired at work every day. In the years that followed I found myself improvising to create a height-adjustable desk wherever I was, but never feeling that any solution met my own expectations. Over time, I realized where my next entrepreneurial focus would be.

You're sharing in my dream each time you approach this desk and the screen lights up to greet you. The Stir Team and I hope that your life's dreams will become reality while you work from your own Stir Kinetic Desk.

JP Labrosse
CEO

A stylized, handwritten signature in black ink, consisting of the letters 'J.P.' with a flourish.



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Important Safety Instructions

When using an electrical furnishing, basic precautions should always be followed, including the following:

Read all instructions before using this desk.

DANGER – To reduce the risk of electric shock:

1. Always unplug this furnishing from the electrical outlet before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

2. Unplug from outlet before putting on or taking off parts.
3. Close supervision is necessary when this furnishing is used by, or near children, invalids, or disabled persons.
4. Use this furnishing only for its intended use as described in these instructions. Do not use attachments not recommended by the manufacturer.
5. Never operate this furnishing if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the furnishing to a service center for examination and repair.
6. Keep the cord away from heated surfaces.
7. Never operate the furnishing with the air openings blocked. Keep the air openings free of lint, hair, and the like.

8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. **WARNING: Risk of Injury** – Keep children away from extended foot support (or other similar parts).
13. **WARNING: Risk of Electric Shock** – Connect this furnishing to a properly grounded outlet only. See **GROUNDING INSTRUCTIONS** on the opposite page.
14. For loading always put heavier items at the bottom and not near the top in order to help prevent the possibility of the furnishing tipping over.
15. **CAUTION – RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.**
16. Fuse rating marking shall be 1A/250V. **CAUTION:** For continued protection against risk of fire, replace only with same type and rating of fuse.

SAVE THESE INSTRUCTIONS

On the bottom of each leg are two adjustable floor gliders. These round black discs are used to level and fine tune your desk's height. They adjust easily using only your hands. A right turn lowers the desk height and a left turn raises the height. These are only slight adjustments to account for leveling issues such as an uneven floor surface at your home or office. Never attempt to lift the desk partially and adjust the gliders. Have someone assist you in lowering the desk completely onto the floor first where it is fully supported, and then make your adjustments.

This desk operates at 120VAC/60 hertz and is protected by a 10 amp circuit breaker. It has a maximum dynamic (in motion) weight capacity of 150 lbs. and a static (still) weight capacity of 200 lbs. The desk is meant to operate under environmental conditions ranging from 5 to 90 percent humidity (non-condensing) and through an ambient temperature range of 40 to 100 degrees fahrenheit (5° to 38° Celcius). Exceeding any of these limits could potentially damage the product voiding the warranting and/or resulting in injury to yourself or others. Please exercise caution.

GROUNDING INSTRUCTIONS

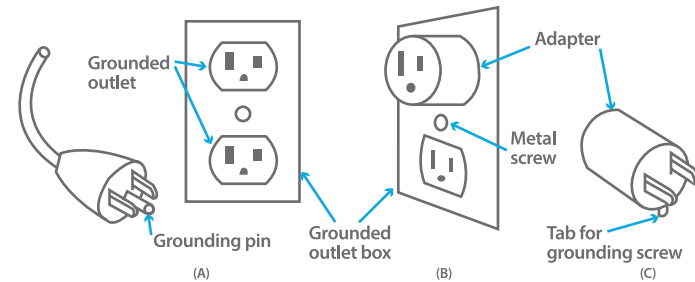
This product must be grounded. If it should malfunction or breakdown, grounding provides a path least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be grounded into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified technician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit into the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated below (Fig. 1). Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Figure 1. Grounding Methods

Effective October 31, 2005



For additional safety instructions, go to **page 38**

Quick Start Guide : Set Up Your Desk



When you first plug in your desk, a setup wizard will guide you through:

- Connecting to Wi-Fi
- Creating a user profile
- Setting your height preferences and standing goals

Initializing Your Desk

The screen, shown below (Fig. 2), will guide you through the process of initializing your desk's legs. In total, the setup process should take about five minutes.

You can cancel out of this process, however it's highly recommended

that you complete setup to get the best experience with your desk. You can change your settings at any time in the **Settings** menu.

If you choose to skip setup, refer to next page to learn the basics of using your desk.

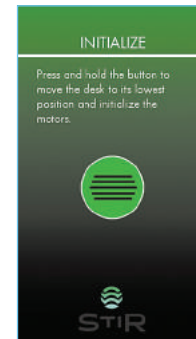


Figure 2

Quick Start Guide : Use Your Desk

Move Your Desk Up and Down

To move your desk up or down, double tap anywhere on the home screen (Fig.3). Double tapping will move the desk to the alternate position – e.g., if the desk is at a sitting height, a double tap will move it to a standing height, and vice versa.

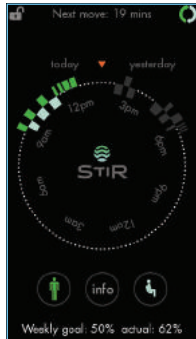


Figure 3

Refine Your Height Settings

Swipe to move to the right of the home screen to get here (Fig.4). Touch the green button and slide it up to move the desk to a comfortable height. Tap SET. Do the same to create a sitting height. When you double tap the home screen, the desk will move between these heights.

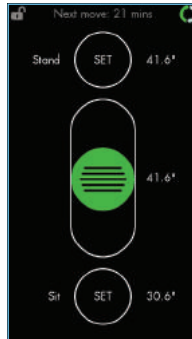


Figure 4

Refine Your Standing Goals

Swipe to move to the right of the home screen two times to get here (Fig.5). Use the slider to set your goals. Standing 35% of the time at your desk, and for 20 minutes at a time, is a good place to start. The goal is not to stand all day, but to alternate between positions more frequently.

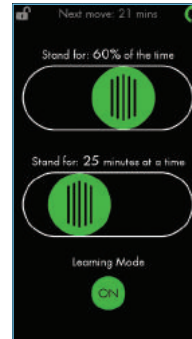


Figure 5

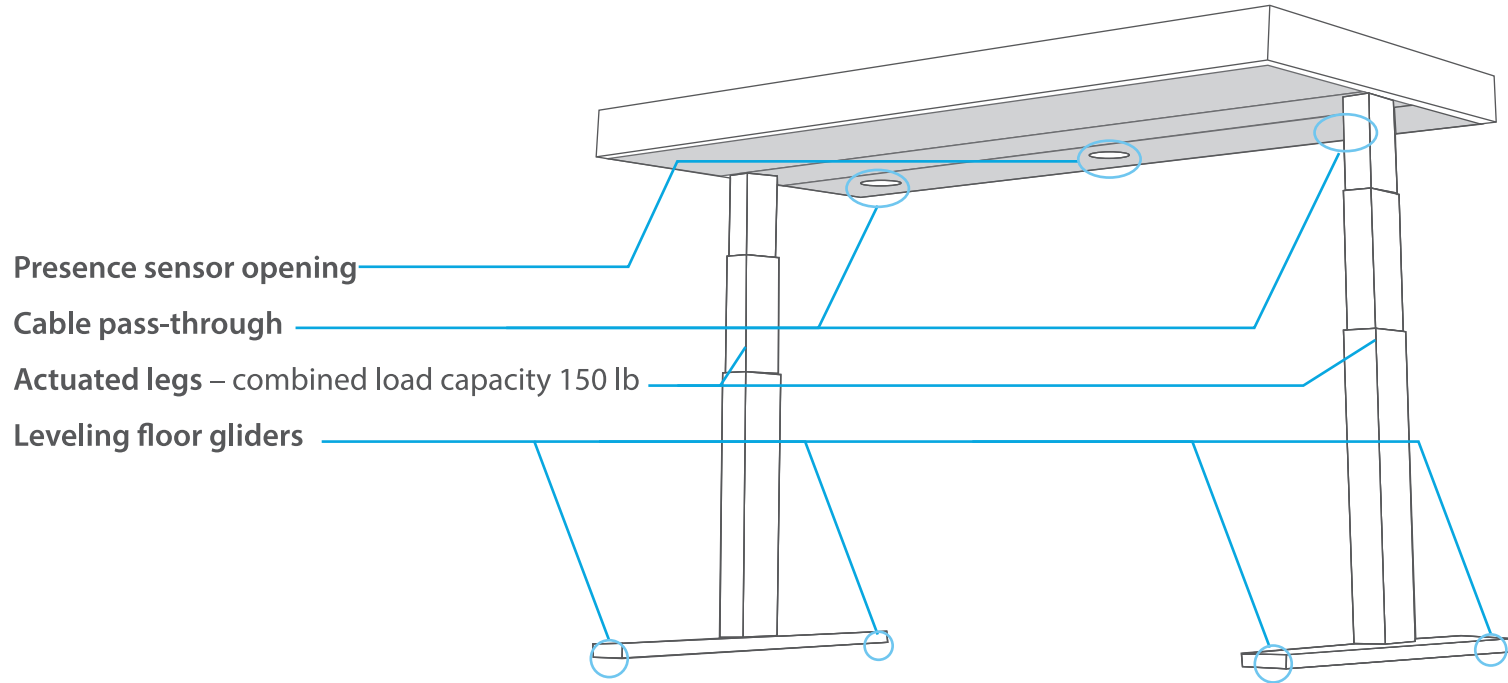
Let Your Desk Help You Move

The button on the front of the desk turns on **Active Mode** (Fig.6). In Active Mode, Whisperbreath reminders – a gentle one-inch up and down movement – invite you to change position. When you feel a Whisperbreath, double tap the home screen to move your desk.



Figure 6

Meet the Desk



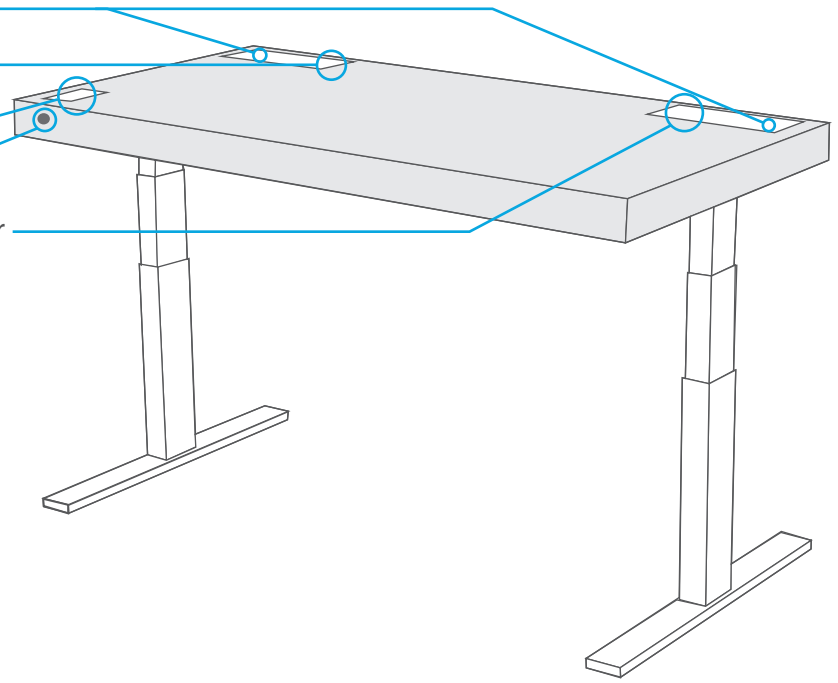
Power port doors

Circuit breaker – inside port cover

Touch screen interface

Front switch – toggles Active Mode on/off

Reset button & backup remote – inside port cover



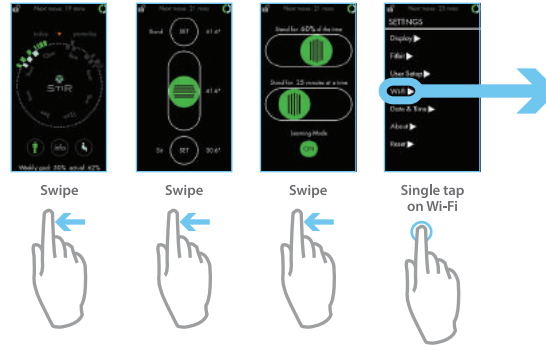
Connecting to Wi-Fi

Setting up Wi-Fi enables software updates, new features and connections to devices like Fitbit. Adjust Wi-Fi settings by clicking on the Wi-Fi heading in the **Settings** menu.

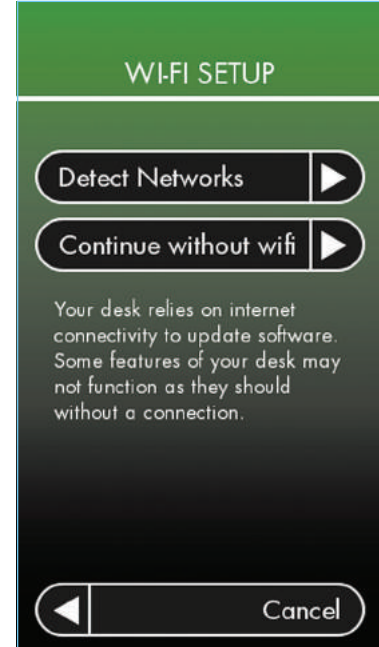
NOTE: *You can use the desk without a Wi-Fi connection; however, some features will not be available.*

*If you are navigating through a company firewall, you may need assistance from your IT person. They may need to “whitelist” your desk’s MAC address, which is available under **Settings > About**.*

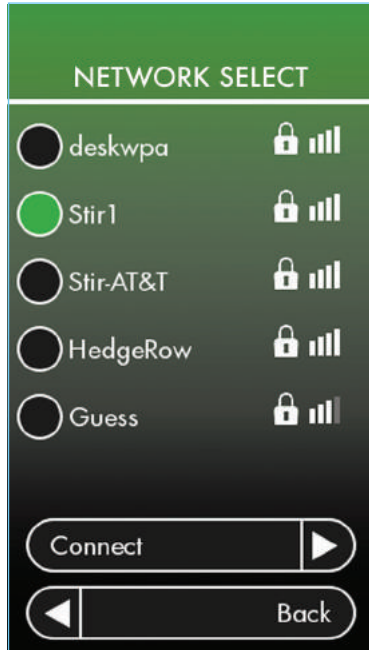
How to find the Wi-Fi setup screen:



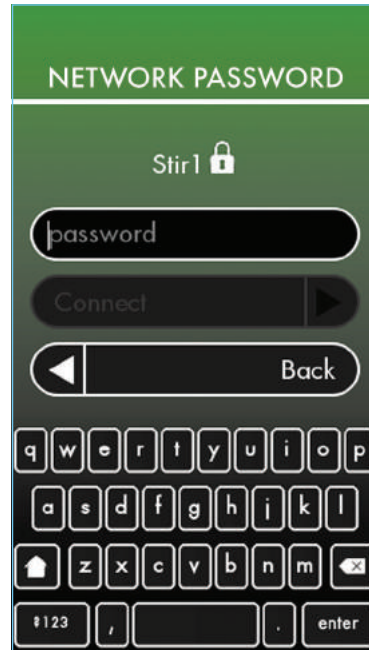
1. Tap **Detect Networks** to find available wireless networks.



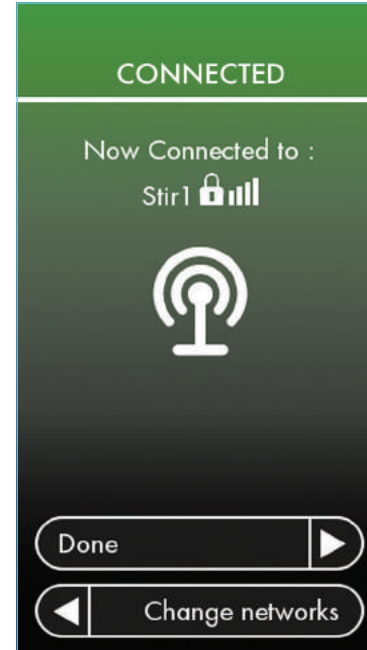
2. Select your network and press **Connect**.



3. Type in your network password and press **Connect**.



4. You're connected.



NOTE:

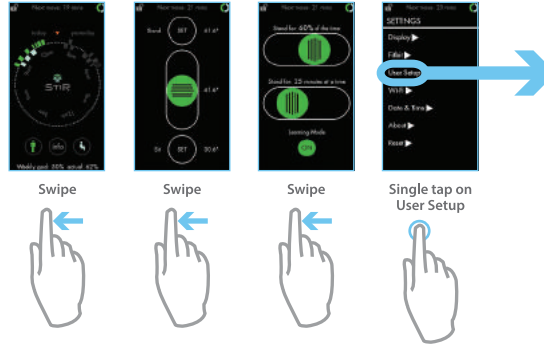
If you can't connect to Wi-Fi, confirm your Wi-Fi network is functioning using another device, or contact your internet service provider. If they confirm that your connection is functioning properly and you still can't connect your desk to Wi-Fi, please contact Stir for further assistance.

Creating a User Profile

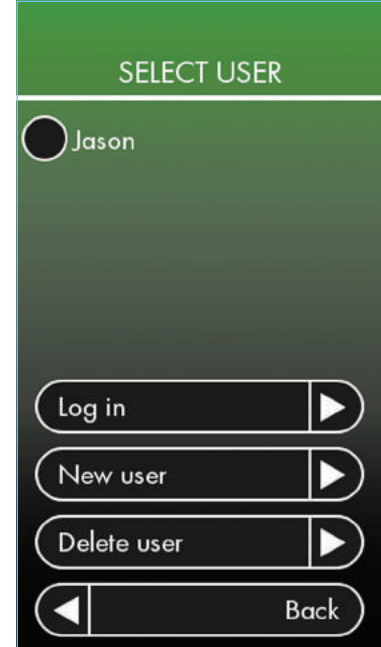
The user profile allows you to store your desk data locally, sync with connected wellness products like Fitbit, and share your desk without sharing your data.

For example, if a family of four wants to use the same desk, separate user profiles allow you to set individual height settings and standing goals, and store usage data by user.

How to find the user set up screen:



1. To adjust an existing user profile, select the name. To create a new user profile, select **New user**.



2. Select gender and input height, then press Next.

Jason

Gender

Female Male info

Height

5 ft 5 in
5 ft 6 in
5 ft 7 in
5 ft 8 in
5 ft 9 in

Next

Back

3. Input weight and date of birth, then press Next.

Jason

Weight

137 lbs
138 lbs
139 lbs
140 lbs
141 lbs

Date of Birth

December 16 1974
January 17 1975
February 18 1976
March 19 1977
April 20 1978

Next

Back

4. Review the information, then press Finish.

Jason

Please review the information below. If it is correct, click "Finish". Click "Back" if you need to make changes:

Weight: 139 lbs
Height: 5' 7"
Gender: Male
Date of Birth: Feb 18, 1976

info

Finish

Back

NOTE:

*Your personal data is not shared with anyone. We only use the information to make the desk experience better, like accurately estimating the calories you burn.**

* All calorie counts are estimated. They are personalized with your height and weight information and based on the research of qualified physicians. Stir does not in any way claim that these estimates are physiologically exact.

Gestures & Presence Detection

Gestures: Interacting with the Desk

Interact with the Stir Kinetic Desk through touch using these four (4) methods:

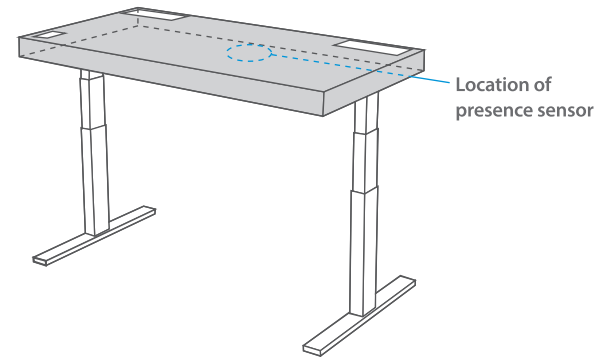
1. **Double tap** the home screen to change the desk's position between sitting and standing.
2. **Single tap** to make a selection or stop desk movement.
3. **Touch, hold, then move** when using on-screen sliders – such as the “gas pedal”, which moves the desk up and down.
4. **Swipe** from edge to edge horizontally to move backwards or forwards; swipe vertically to scroll through menus.

Presence Detection

The desk has a presence sensor (Fig. 7) that allows it to know when you're at your desk, and when you're not. When you're at your desk, the touchscreen lights up so you can immediately start interacting. The sensor also assures that the desk will only log your statistics while you are actually at the desk.

The screen will sleep after 30 seconds of inactivity by default. This setting can be adjusted under the display heading in the **Settings** menu.

Figure 7. Presence sensor location



Home Screen & Locking

Move Your Desk

Double tap anywhere on the home screen to move the desk. If your desk is at its standing height, a double tap will move it to the sitting height, and vice versa. You can also move the desk by tapping the standing-figure button, or the sitting-figure button.

Screen Locking

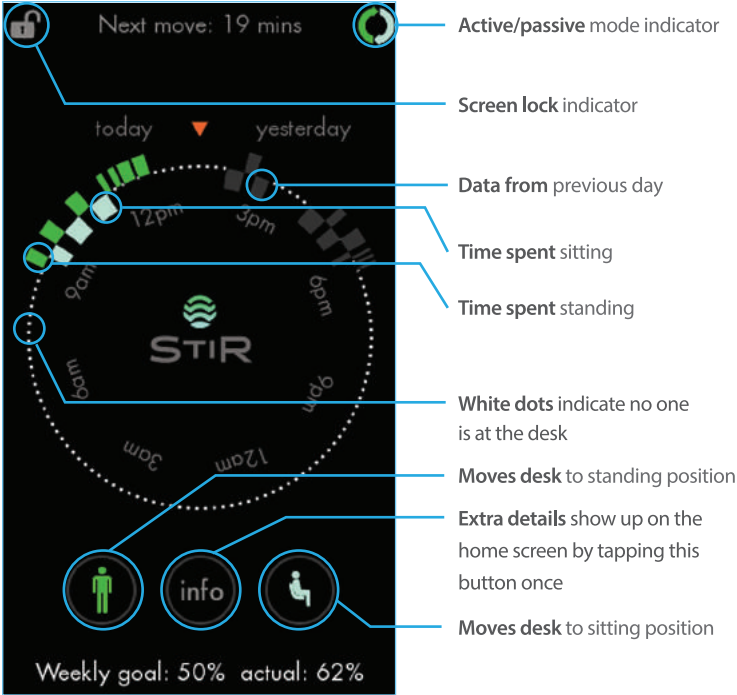
Sliding your finger down from the top edge to the bottom edge will temporarily lock the screen (Fig. 8) so that inadvertent touch will not register. To unlock, simply reverse the action and swipe in an upward motion from the bottom edge to the top edge.



Figure 8. Swipe down to “draw a shade” and disable touch temporarily. This is useful when there are other people working at your desk with you.

Tap to Stop

Anytime that the desk is moving, a single tap on the screen will immediately stop its motion at the current height.



Driving Your Desk

Moving your Stir Kinetic Desk up and down is done in three primary places: the home screen with a double tap, the home screen standing and sitting figure buttons, and the “gas pedal.” We’ve already covered the first two on the previous page.

Use the gas pedal to set your standing and sitting heights so that double tapping will take you to the height you set – your preset. You can change these presets at any time. Simply touch the green button and slide up or down, then tap SET.

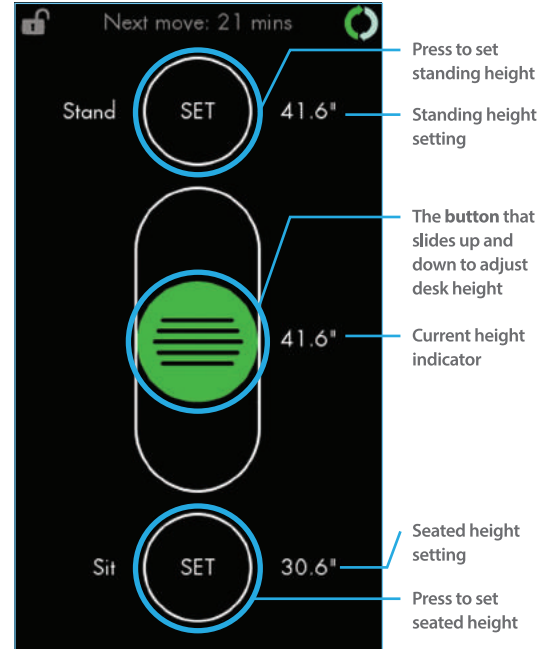
How to find the Gas Pedal screen:



Swipe



Gas Pedal screen



Drive the desk to your ideal height



Next, tap the SET buttons



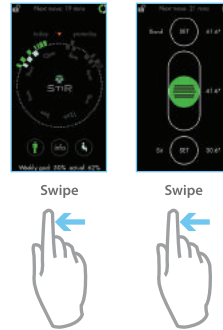
Setting Standing Goals

You can set goals for the percentage of each day that you'd like to spend standing while at the desk, and the length of time at each interval. The desk comes with a default set of standing goals based on an average preference. You can change these at any time. Unless you're an avid standing desk user already, it will take time to build up to standing for long intervals.

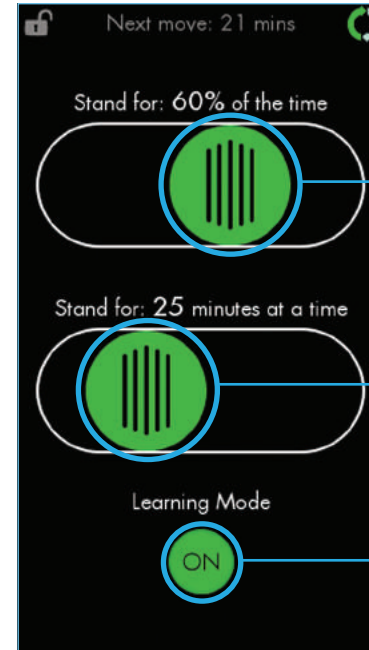
In addition, you'll receive the most productivity and health benefits from moving frequently between standing and sitting positions. The goal is not to stand all day, but to move more often.

Also in the Standing Goals screen, is a toggle for **Learning Mode**. In Learning Mode, your desk learns from your patterns to find the best times to prompt you to move so that it fits seamlessly into your day.

How to find the Standing Goals screen:



Standing Goals screen



Slide to change your standing goal

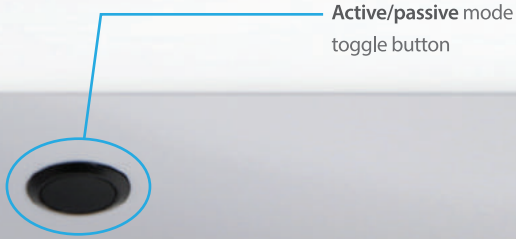
Slide to change the length of time to stand at each interval

Toggle Learning Mode on/off

Active Mode & Whisperbreath



Active/passive mode indicator



Active/passive mode toggle button

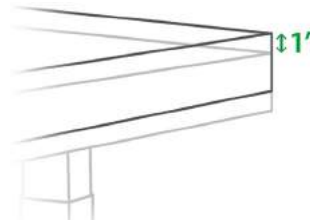
Becoming Familiar with Active Mode

Your Stir Kinetic Desk has been shipped to you in **Active Mode**. While in Active Mode, your desk will invite you to shift position between sitting and standing based on your standing goals.

You will only get reminders to move when Active Mode is enabled and you are present at the desk. Toggle this setting with the button on the front of the desk.

Whisperbreath

Whisperbreath is a gradual one-inch up and down movement of the desktop (Fig. 9) timed to a person's resting breath rate.



After a Whisperbreath, double tap the home screen without a glance to shift position between sitting and standing. If you don't respond to a Whisperbreath, the desk will invite you to move again later.

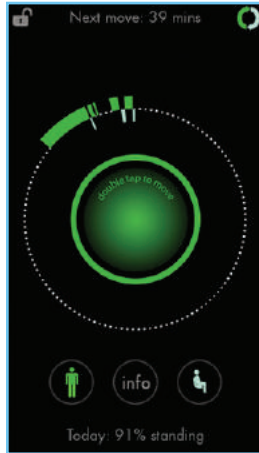
Figure 9

Double-Tap Whisperbreath Reminders

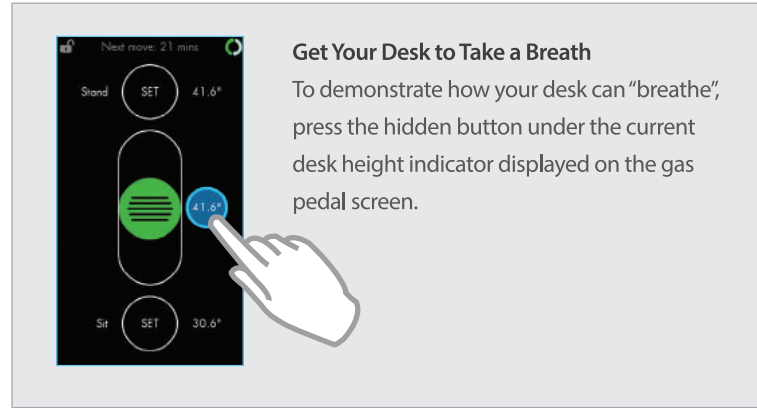
In addition to the Whisperbreath motion, the screen will light up with a quick message to invite you to move. This is especially useful for moments when you're working at your desk, but not physically touching it because you are engaged in a phone call, stretching, etc.



Double tap to sit



Double tap to stand



Get Your Desk to Take a Breath

To demonstrate how your desk can "breathe", press the hidden button under the current desk height indicator displayed on the gas pedal screen.

Data Tracking

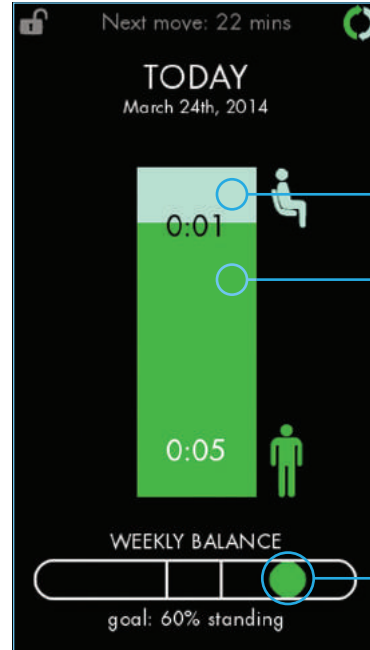
The desk quantifies and displays your progress over time. You can track your progress over a day, a week, a month, and even over the course of multiple years. Setting reachable goals and tracking them will help you feel more motivated and energized while you use your desk.

Sitting and standing data are shown in different colors on your desk's interface. These colors are consistent throughout. Dark green data refers to time spent standing; light green refers to time spent sitting. The orange color indicates the goal that you set.

How to find this screen:



Screen showing
Today's progress



The amount of time spent sitting today, in hours and minutes

The amount of time spent standing today, in hours and minutes

This meter gauges how close you are to your standing goal (this goal is listed beneath the meter).

NOTE:

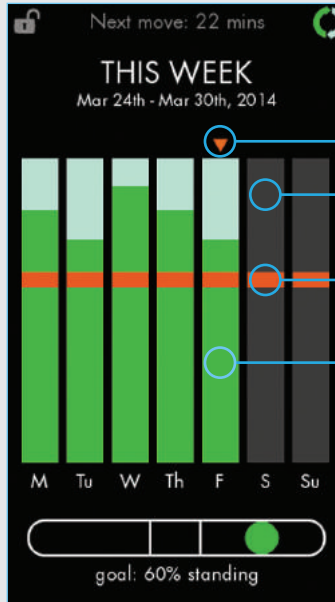
A single tap on a bar graph screen will show you an expanded detail screen with even more data about your desk use over the course of a week, month, and year.



Single tap to the screen



Screen showing the Week view



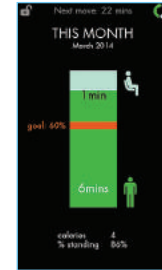
Today indicator

Future dates appear in grey

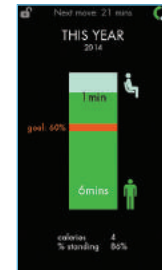
This line represents your current standing goal

These graphs are calculated as percentages of time spent at your desk either sitting or standing

Screen showing the Month view



Screen showing the Year view



Fitbit and Your Stir Kinetic Desk

Track All Your Activity

Fitbit products track your everyday activities such as steps taken, distance traveled, calories burned, stairs climbed, and overall active minutes. Fitbit provides users with a dashboard where they can view all this information and see how they're doing against goals. "Standing at Stir Kinetic Desk" is an activity that is tracked by your desk. You can automatically include this

information, as well as extra calories burned, by syncing your Stir Kinetic Desk with your Fitbit account.

The current Fitbit family of products works with the Stir Kinetic Desk. Sync your Fitbit device and your desk – automatically get updates across all your devices about the time you spent standing, and the calories you burned.

NOTE: Data about desk usage automatically syncs across all platforms.

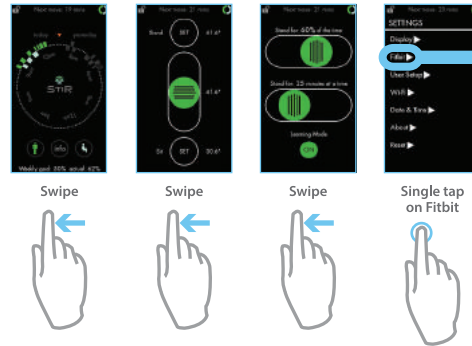


Connect Your Desk to Your Fitbit Account

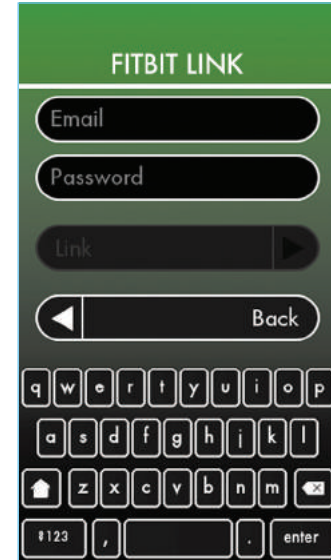
In the desk settings menu, select **Fitbit**. Enter your Fitbit account username and password. Your desk will now automatically send activity logs to your Fitbit dashboard via Wi-Fi anytime you stand for five minutes or longer. Stir Kinetic Desk activity logs will show up in your dashboard as “Standing at Stir Kinetic Desk”. These logs will detail your overall time standing, as well as the extra calories you’ve burned while working. If you own a Fitbit device with a display screen, the calories that you’ve burned while working at your desk will also be automatically added to the total calorie count displayed on that device.*

* Software features, supported devices, etc are subject to change without notice.

How to find the Fitbit screen:



Enter your Fitbit account username and password to connect.

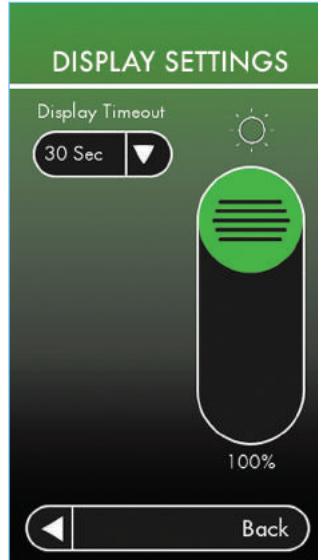


Settings

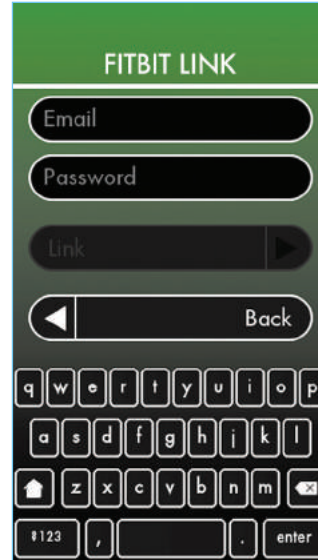
Through the desk settings menu you can adjust screen brightness, manage Wi-Fi networks or user profiles, and get technical desk info when needed. Any settings changes will take up to ten minutes to fully integrate.



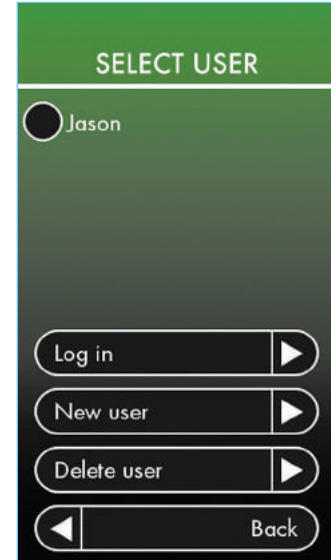
Settings screen



Display screen



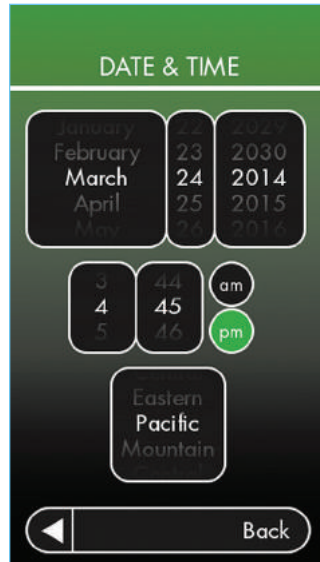
Fitbit screen (p.24)



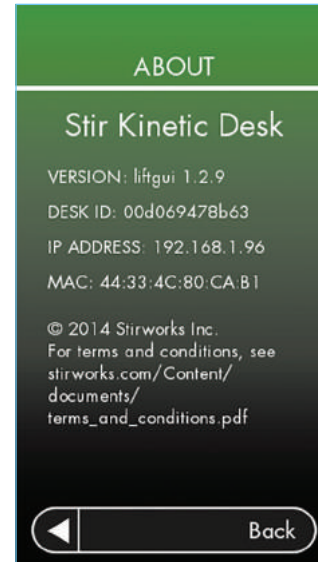
User Setup screen (p.14)



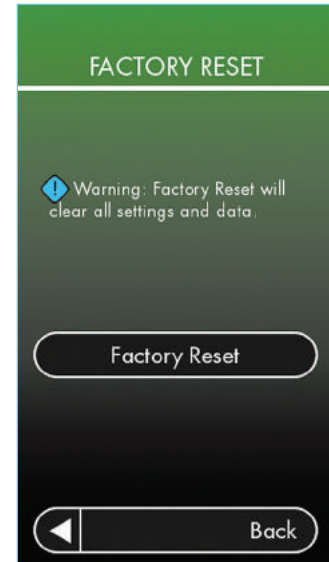
Wi-Fi screen (p.12)



Date & Time screen



About screen



Reset screen

Things To Watch For

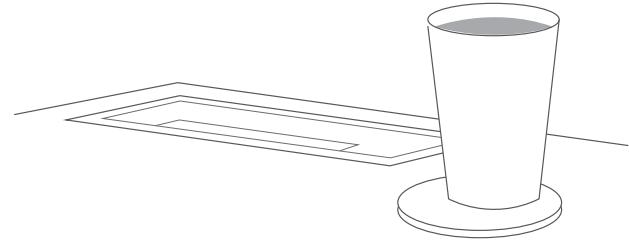
Objects under the Desk

When you are changing the desk's position, use appropriate precautions with people, pets and objects near or under the desk. The desk will stop if something in the path of its motion applies a significant force. The desk will also stop if you tap once anywhere on the screen.



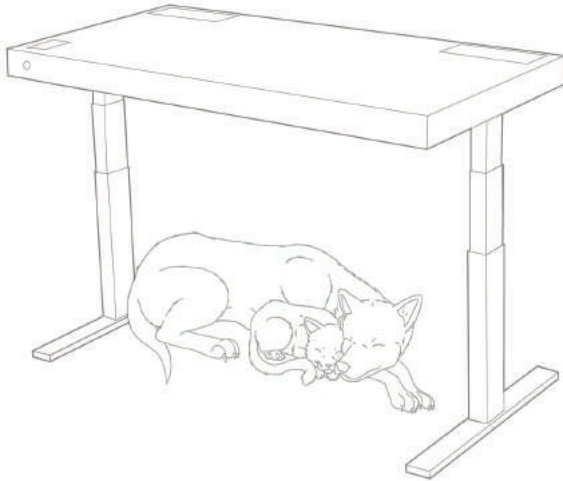
Power Ports as Cup Holders

The power ports on either side of your desk are designed to fit most charging accessories. Each individual socket is tamper-proof but not waterproof. Though it might be tempting to use the power port area as a cup holder, electricity and water don't mix. Please use caution when deciding what you'll plug in or store in this area.



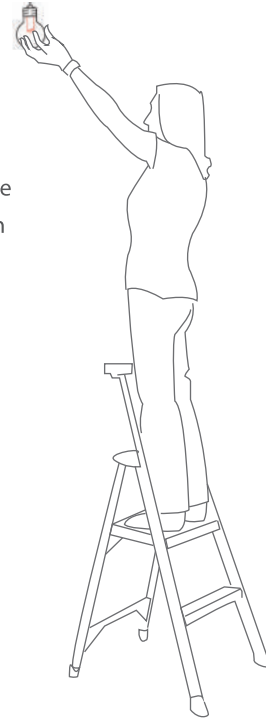
Pets and Space Heaters

Your desk will only log your standing data when you are actually present. It knows you're there because it senses your body heat. Pets or space heaters underneath the desk could cause false readings that might throw off your stats.



Use a Ladder

The Stir Kinetic Desk is tested to support up to 150 lb while moving through its range. While your desk has been designed and built to the strictest standards, it is not designed to substitute for a ladder. Please do not sit or stand directly on the desktop to reach high places.



Desk Care

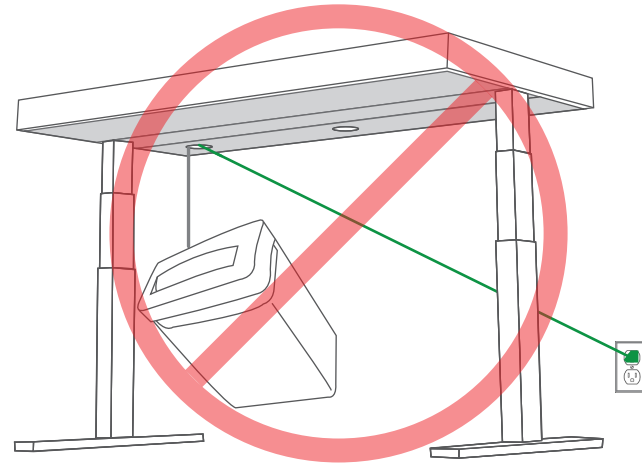
Moving the Desk

Your desk weighs approximately 150 lb when fully assembled. If you need to move it, please enlist the help of others. The desk is tightly calibrated and lifting it, rather than pushing it, is recommended. Pushing the desk causes stress on the legs which could eventually throw it out of calibration and possibly result in a wobble at the top of the desk's height range.



Power Cords

Your desk's power cord is 6' long. It's long enough that you should still have slack in the cord at the top of the desk's height range. It's important that you consider cord length for any accessories that you'll route through the underside power cord access holes.



Desktop Finish

The desktops are finished with premium materials and stains. They are hand polished and, like any piece of beautiful furniture, they need to be properly maintained.



Use a soft, damp, non-abrasive cloth to clean your desktop. The espresso tops can be cleaned with your preferred wood furniture polish. Be careful to not polish the desk aggressively as the satin finish will become shiny.

Stay away from solvents such as nail polish remover that can damage your desk's finish. We recommend a coaster when keeping any beverages on your desk.

Touchscreen

The screen embedded in your desk uses similar materials found in your smartphone. You can use your preferred screen cleaner to clean the screen. A microfiber cloth will get rid of smudges and fingerprints in a pinch.

Accessory Recommendations

Monitor Mounts

The espresso desktop is 3.5" thick. The white desktop is 3.65" thick. Any tension clamp-style mount that can expand to your desktop's thickness or beyond should work well with your desk. We've successfully tested scenarios with single- and double-monitor mounting setups. When planning your own mounting solution, consider that the desk has a dynamic load capacity of 150 lb.

Applying a clamp to the desk surface can cause damage to the surface in some cases. Please use appropriate caution.

Keyboard Trays

The Stir Kinetic Desk is not designed to accommodate a bottom-mountable keyboard tray. Most people find that when the monitor is elevated – by way of a stand or by other means – a dedicated keyboard tray is not necessary. If you prefer to tilt your keyboard forward, keyboards with attachments are available.

Mice

The white desktop is hand-polished acrylic. Using most standard mice directly on this polished surface will show mixed results. Stir recommends a mousepad for best results with a traditional mouse.

If you would like to use a mouse directly on your acrylic desk surface, there are mice available today that can track on glass. Microsoft's BluePoint technology and Logitech's Dark Field are just a couple of examples.

CAUTION: Stir does not design or manufacture any of the above products. We've informally tested a variety with the Stir Kinetic Desk and found encouraging results. We do not guarantee the functionality or safety of any product aside from those that we produce. Review the instructional documents included with any third party accessory before using it with your Stir Kinetic Desk.

A few parts of your desk are there to assist a Stir-trained technician while servicing the desk. You should not need to interact with these parts under normal operation.

Circuit Breaker

Located inside the left power port, the circuit breaker is a small white button labeled with a number 10. If the circuit breaker is tripped at any point, this white button will pop out as an indicator. Check to see that the power in your home is functioning normally, press the button back in, and attempt to use your desk. If the button pops out again, contact Stir for further assistance.

Reset Button

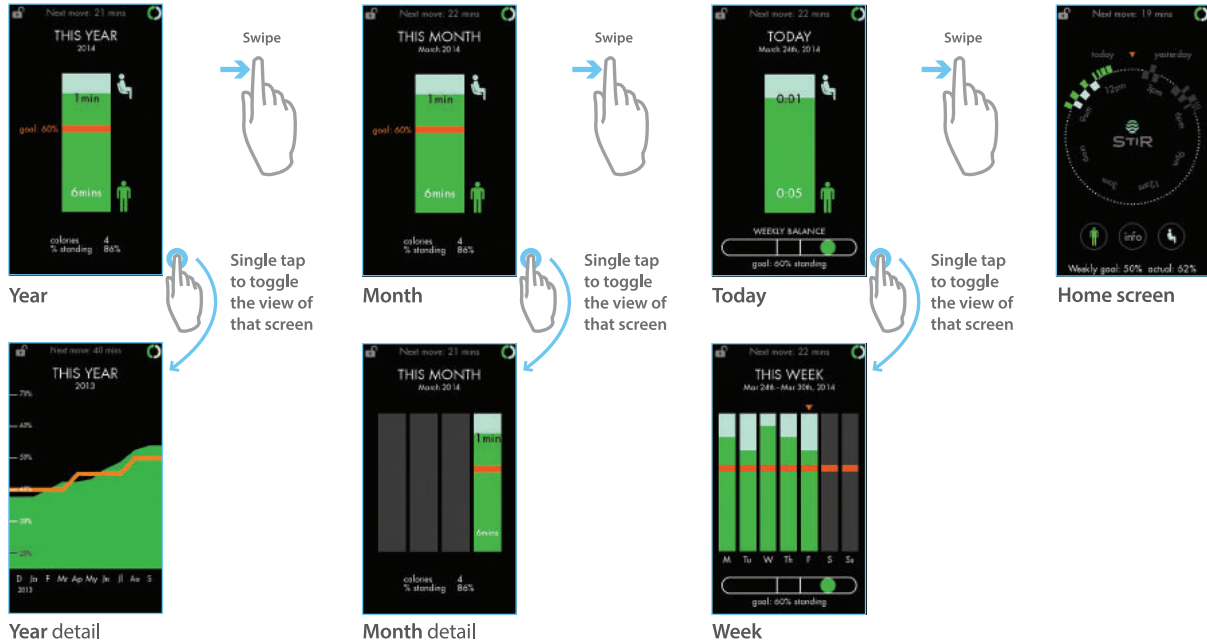
Located inside the right power port, you can see a small black reset button you can use in the event that your desk is not responding. Hold this button down for three (3) seconds and the operating system will reset itself.

Manual Remote

A remote control is magnetically attached to the desk's steel inner frame. It is a simple two-button up-and-down manual control that allows technicians to troubleshoot a desk during service.

“Transit Map” (Software Screens)

Starting from the Home screen, if you swipt to the right:



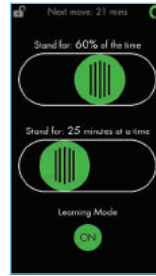
Starting from the Home screen, if you swipt to the **left**:



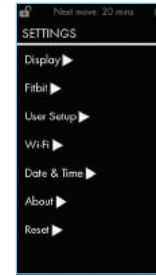
Home screen



Gas pedal



Standing goals



Settings

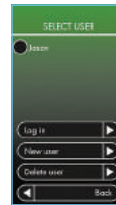
Single tap on any item in the list to access that screen



Display



Fitbit



User Setup



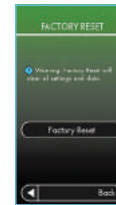
Wi-Fi



Date & Time



About

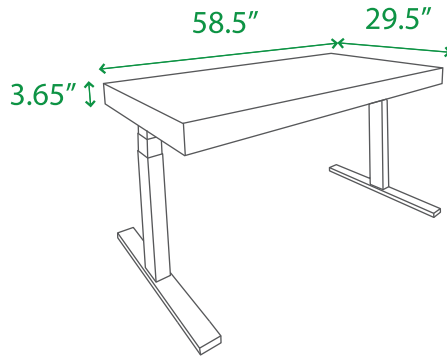


Reset

Desk Specifications

Dimensions

Top dimensions: 58.5" x 29.5" x 3.65"



Weight

~150 lb

Dynamic load capacity

150 lb

Static load capacity


200 lb


Capacitive touchscreen input

Color 4.3" screen

Materials

- Desktop is a wood core with a variety of premium finishes, including dark stain and hard-coated polymer options
- Power port covers are powder-coated steel, coordinated with legs and feet
- Desk legs are powder-coated metal, coordinated with port covers and feet
- Desk underside panels are made of high-density fiberboard, available in four (4) different colors:

 Pantone 361C: Green

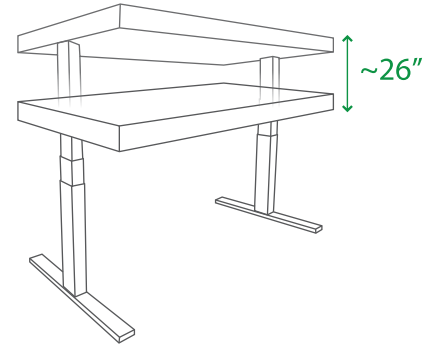
 Pantone 2728C: Ultramarine

 Pantone 200C: Crimson

 Pantone 426C: Charcoal

Adjustable height

Approximately 25" – 51", electrically actuated



Power ports

Eight (8) AC & four (4) USB

- Two (2) power ports at back corners of desk, with four (4) AC and two (2) USB each
- Each port compartment is 12" x 8.5" x 2.5" and can be used to hide or store cables or other power equipment

Electronics

- Line voltage : 100 to 120V AC
- Frequency : 50Hz to 60Hz, single phase
- Operating temperature : 40° to 80° F (5° to 38° C)
- Relative humidity : 5% to 90%, non-condensing

Beneath the desk's sleek exterior, sophisticated electronics learn users' patterns and preferences and coordinate the desk functions with user goals. A presence sensor identifies when a user is at the desk so that calorie burn and percent-standing metrics are accurate. A database tracks each user's goals and progress and automatically invites movement at appropriate times.

The "Active Mode" switch on the front of the desk turns reminders on and off. A color display with a touch-sensitive interface provides user interaction and feedback.

Firmware

The Stir Kinetic Desk has a set of proprietary algorithms and custom interfaces to allow the desk to sense, learn and adapt to the needs of each individual user. The firmware also tracks usage and remembers data and preferences.

Touchscreen

The user interacts with the desk through a 4.3-inch color LCD touchscreen (~2" x 3.5"). A user can command and control the desk with

gestures through the simple touch-sensitive interface. Data on progress and history are provided through a series of graphical and text-based data visualization tools. These tools allow a user to be in touch with fitness progress toward individual fitness goals each day, week or longer.

Assembly

Simple assembly is required, including attaching legs and the middle underside panel using provided fasteners.

* Specifications subject to change. Product includes Wi-Fi and bluetooth hardware. Software functionality may be enhanced over time. User presence sensing accuracy can be impacted by some environmental factors; 100% accuracy not guaranteed. Stir desktops are made from natural woods and are hand crafted and finished and therefore may have irregularities in the surface and finish.

Additional Safety Instructions

Products can become damaged due to misuse or neglect. Some product damage is serious enough that the product should not be used again until it has been inspected and, if necessary, repaired by a Stir-trained technician. Please do not take risks or attempt to diagnose the situation yourself. Contact Stir customer support for further guidance at 626-657-0918, or help@stirworks.com.

Frequently inspect your desk and its electronic components for damage or wear or signs of danger. If you have any questions about the condition of a component, do not use the product. Contact Stir for instructions on how to inspect the product and have it repaired, if necessary. In the unlikely event that you notice any of the following conditions, or if you have any safety concerns with your product, stop using the product and unplug it from the power source until you can speak to Stir for further guidance.

- Power cords or plugs that are cracked, broken, or damaged
- Signs of overheating, smoke, sparks, or fire
- A cracking, hissing or popping sound, or strong odor that comes from the product
- Signs that liquid has been spilled or an object has fallen onto the product electronics, the power cord or plug
- The product electronics, power cord, or plug have been exposed to water
- The product does not operate normally when you follow the operating instructions

Note: If you notice these conditions with a product (such as an extension cord) that is not manufactured for or by Stir, stop using that product until you can contact the product manufacturer for further instructions, or until you get a suitable replacement.

Always observe the following precautions to reduce the risk of injury and property damage. Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. If you haven't exercised for some time or if you have any health concerns, please consult your doctor before starting any new exercise routine.

The desk is rated to complete a maximum of one (1) full motion (up and down) every three minutes. Operating the desk beyond this duty cycle for an extended period of time may cause the desk to first slow down, and eventually temporarily shut down, to prevent an overload condition. This will be exacerbated if the desk is loaded with hardware. The desk will resume normal operating condition after approximately 30 minutes.

Service and upgrades

Although there are no moving parts in your desk after the power cord has been disconnected, the following warnings are required for your safety.

CAUTION

Hazardous moving parts. Keep fingers and other body parts away.

Plugs and outlets

DANGER

- Use only the power cord supplied by Stir which has been safety approved.
- Never wrap a power cord around a power adapter or other object. Doing so can stress the cord in ways that can cause the cord to fray, crack, or crimp. This can present a safety hazard.
- Always route power cords so that they will not be walked on, tripped over, or pinched by objects.
- Protect power cords from liquids. For instance, do not leave your power cord near sinks, tubs, toilets, or on floors that are cleaned with liquid cleansers. Liquids can cause a short circuit, particularly if the power cord has been stressed by misuse. Liquids also can cause gradual corrosion of power cord terminals which can eventually result in overheating.
- Always ensure that all power cord connectors are secure and completely plugged into receptacles.
- Do not use any power cords where the electrical contacts on either end show signs of corrosion or overheating or where the power cord appears to have been damaged.
- Ensure that extension cords, surge protectors, uninterruptible power supplies, and power strips that you use are rated to handle the electrical requirements of the product. Never overload these devices. If power strips are used, the load should not exceed the power strip input rating. Consult an electrician for more

information if you have questions about power loads, power requirements, and input ratings.

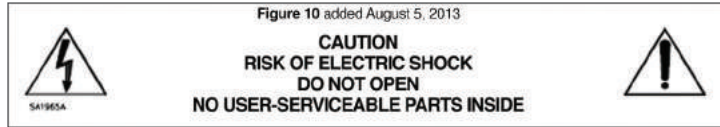
- If a receptacle (power outlet) that you intend to use with your electronic equipment appears to be damaged or corroded, do not use the outlet until it is replaced by a qualified electrician.
- Do not bend or modify the plug. If the plug is damaged, contact the manufacturer to obtain a replacement.
- Do not share an electrical outlet with other home or commercial appliances that draw large amounts of electricity; otherwise, unstable voltage might damage your desk, data, or attached devices.
- Your desk is equipped with a three-pronged plug. This plug fits only into a grounded electrical outlet. This is a safety feature. Do not defeat this safety feature by trying to insert it into a non-grounded outlet. If you cannot insert the plug into the outlet, contact an electrician for an approved outlet adapter or to
- Never overload an electrical outlet. The overall system load should not exceed 80 percent of the branch circuit rating. Consult an electrician for more information if you have questions about power loads and branch circuit ratings.
- Ensure that the power outlet you are using is properly wired, easily accessible, and located close to the desk.
- Do not fully extend power cords in a way that will stress the cords.

- Ensure that the power outlet provides the correct voltage and current for the product you are installing.
- Carefully connect and disconnect the equipment from the electrical outlet.

Power supply statement

DANGER

- Never remove the cover on a power supply or any part that has the label indicating risk of electrical shock.
- Hazardous voltage, current, and energy levels are present inside any component that has this label attached (Fig. 10).



- There are no serviceable parts inside these components. If you suspect a problem with one of these parts, contact a service technician.

Electrical current safety information

DANGER

Electric current from power, telephone, and communication cables is hazardous. To avoid a shock hazard:

- Do not use your desk during a lightning storm.
- Do not connect or disconnect any cables or perform installation, maintenance, or reconfiguration of this product during an electrical storm.
- Connect all power cords to a properly wired and grounded electrical outlet.
- Never turn on any equipment when there is evidence of fire, water, or structural damage.
- Do not use your desk until all internal parts enclosures are fastened into place. Never use the desk when internal parts and circuits are exposed.

Liquid crystal display (LCD) notice

CAUTION

- The LCD is made of glass, and rough handling or dropping objects on the screen's surface can cause the LCD to break.
- If the LCD breaks and the internal fluid gets into your eyes or on your hands, immediately wash the affected areas with water for at least 15 minutes; if any symptoms are present after washing, get medical care.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio

frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment has been verified to comply with the limits for a class B digital device pursuant to FCC Rules. In order to maintain compliance with FCC regulations, shielded cables must be used with this equipment. Operation with non-approved equipment or unshielded cables is likely to result in interference to radio and TV reception. The user is cautioned that changes and modifications made to the equipment without the approval of manufacturer could void the user's authority to operate this equipment.

Troubleshooting

Q My screen won't light up. What happened?

A Please check the power connection at the desk and wall. If you are using any extension cords, please disconnect them and attempt to power up the desk again. If the problem persists, please contact Stir for assistance.

Q My screen is on, but my desk won't move?

A Press the black reset button found in the right power port and hold for five (5) seconds to reset the desk. If the problem persists, please contact Stir for assistance.

Q My screen image has frozen. How do I fix this?

A Press the black reset button inside the right power port and hold for five (5) seconds to reset the desk. If the problem persists, please contact Stir for assistance.

Q I'm moving. How do I disassemble the desk?

A Please refer to page 44 for disassembly instructions.

Q I've plugged in my phone charger in the power port, but my phone won't charge?

A The desk's USB power ports can provide up to 700 mAh while charging. Please be sure that you are using an officially certified charging cable for your device. If the problem persists, please contact Stir for assistance.

Q Do I need to use a coaster on the desk with beverages?

A As with any piece of fine furniture, using coasters with beverages, and avoiding direct contact with hot, sharp, or abrasive items, is recommended to keep the finish of your Stir Kinetic Desk looking its best.

Q How do I immediately stop the desk if needed while it is moving?

A Anytime that the desk is moving, a single tap on the screen will immediately stop its motion at the current height.

Q I lost my power cable when moving. Can I use a similar cable instead?

A The cable that we've provided with your desk is of a better quality than most that you'll find available. If your cable is lost or damaged, please contact Stir to inquire about an official replacement.

Q Can I attach a keyboard tray to the desk?

A The Stir Kinetic desk is not designed to accommodate a bottom-mountable keyboard tray. Please see page 32 of this manual for more about desk accessories.

Q Can I attach a monitor mount to the desk?

A Applying a clamp to the desk surface can cause damage to the surface in some cases. Please use appropriate caution. Please see page 32 of this manual for more about desk accessories.

Q How much power can I plug into the desk?

A The desk can accommodate a total max draw of up to 7 amps. It has an actual maximum draw of 10 amps, but some power needs to be reserved to drive the desk itself.

Q Can I view the desk's screen from any angle?

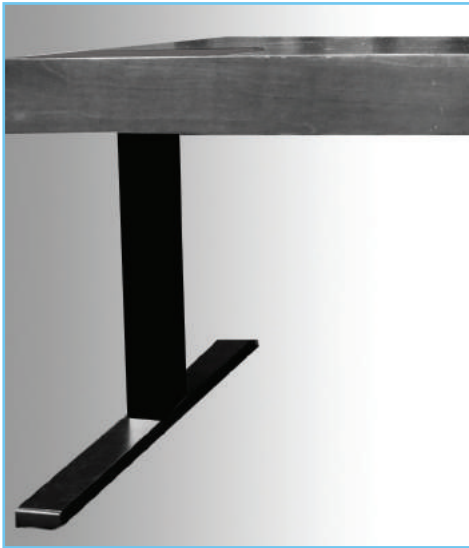
A The screen can be viewed from multiple angles, but it is specifically optimized to be viewed by a user at the desk with the screen to their left.

Q Is there any other desk in the world that can breathe?

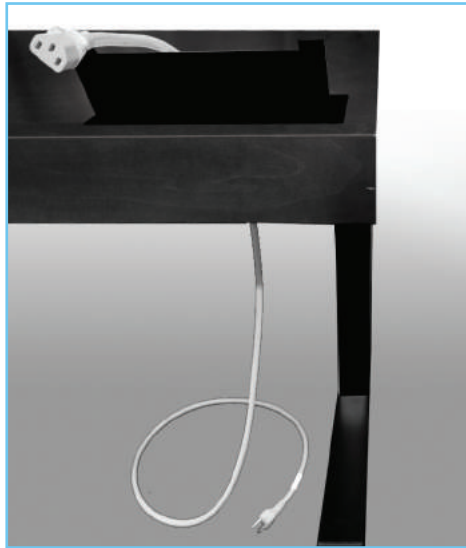
A No!

Desk Disassembly

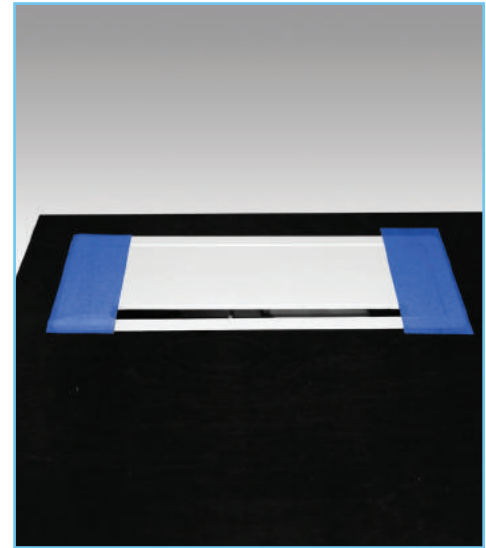
Drive desk down to minimum height.



Disconnect power cord from wall and then from desk.



Tape power port covers down with blue painter's tape so that they won't open while moving. Blue tape is preferred because it won't leave any residue.



Place two new, clean moving blankets on the floor alongside the desk.



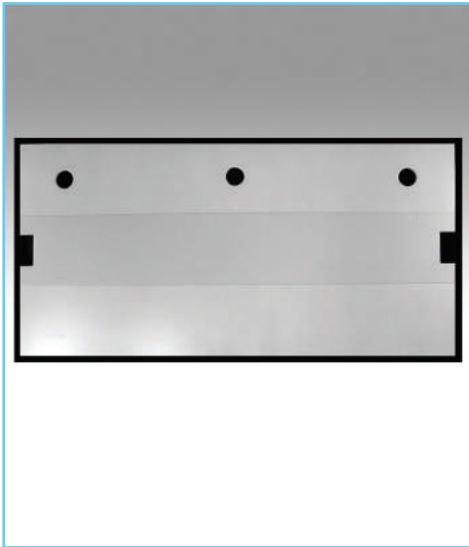
With one person on each side, rotate the desk's back side down onto the blanket.



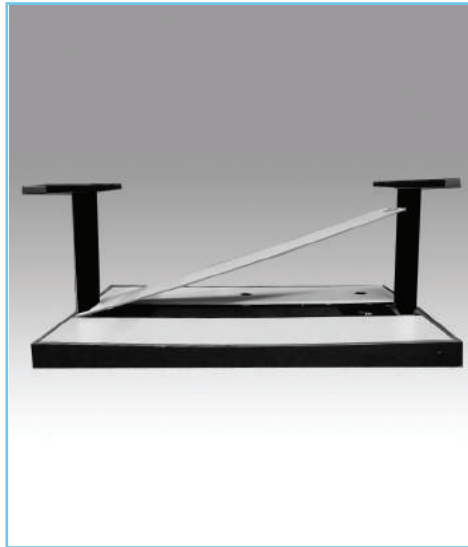
Rotate the top again until the desk is top down on the floor.



Remove the six (6) screws from the center panel of the desk using the included 5/64" hex key.



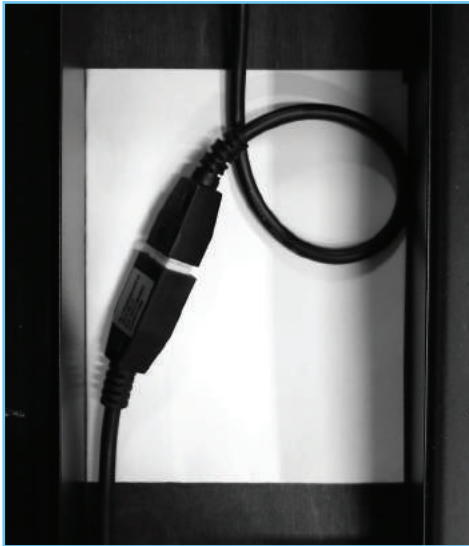
The panels are designed to flex. Too much stress can damage them though. Take your time.



Lift one corner of the panel at a time to remove safely. Place panel off to the side.



Disconnect the actuator cables on each leg by depressing the white tab and pulling apart.



Using the provided 5mm Allen wrench, loosen up the four bolts where the legs meet the desk.



Carefully place legs off to the side. Dropping a leg on the desk can cause damage. Use caution.



Transport & Reassembly

It is highly recommended that you reinstall the center panel and wrap the desk in clean moving blankets to avoid damage during transport.



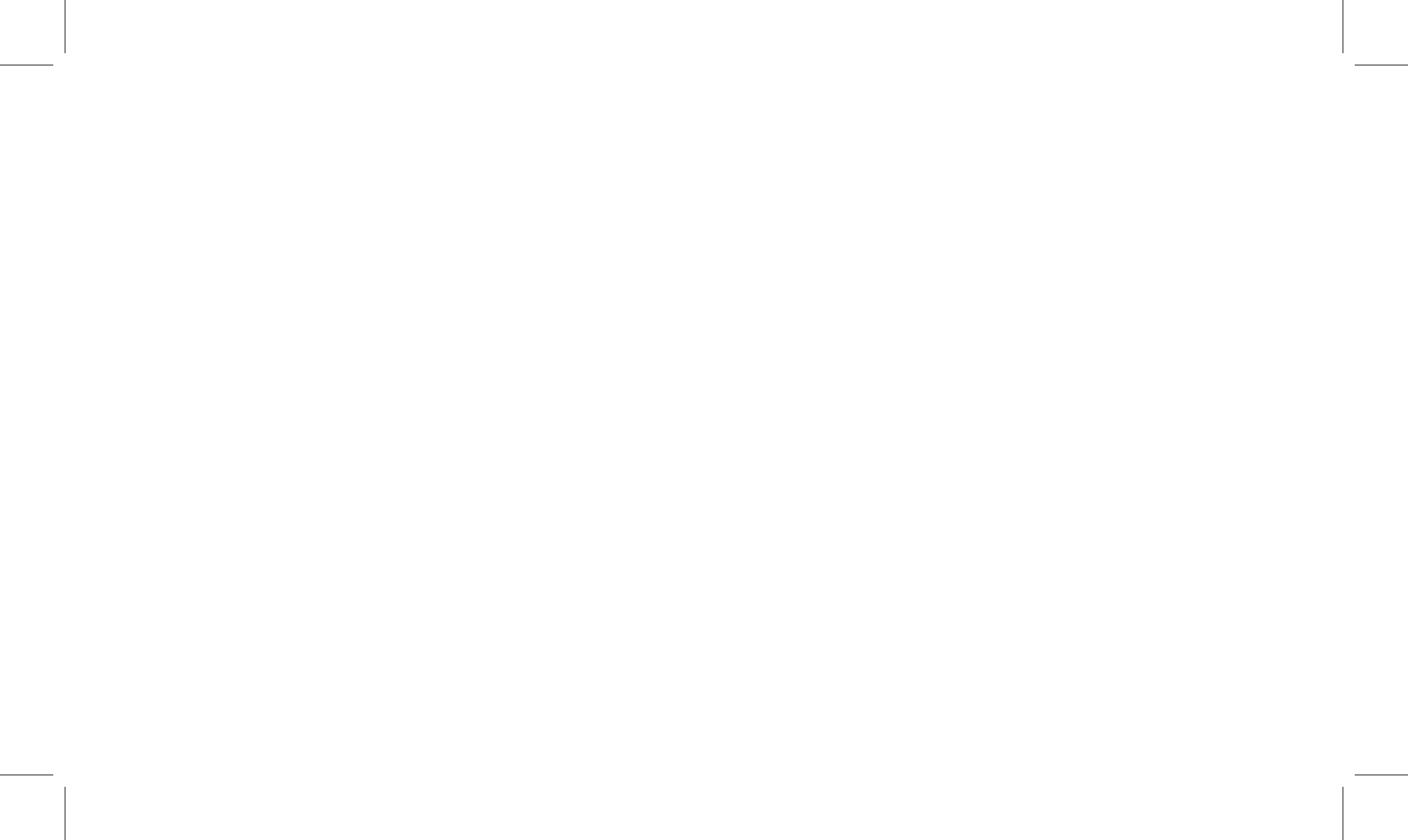
Follow previous instructions in reverse to reassemble your desk. Be sure that the legs face outward as seen in the picture below when reinstalling on the desk.



Each bolt should be started with finger force. If you can't start with finger force, please contact Stir for further assistance. Finish tightening each bolt with the provided tool. When secure, add an additional $\frac{1}{4}$ turn for added strength.











Thank you for purchasing the **Stir Kinetic Desk**.

If you have any further questions, please contact us directly.

Stir • 2010 Lincoln Avenue • Pasadena, CA 91103 • 626.657.0918 • help@stirworks.com • stirworks.com

Part #140714

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Calorie metrics may vary per person and are based on a general estimate.