

Stir Kinetic Desk : Quick Start Guide

Setting 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

You can cancel out of this process; however, it is highly recommended that you complete the setup to get the best experience with your desk. You can change your settings at any time in the Settings menu.

Step 1

Initialize

First, initialize the legs of your desk. The screen shown below (**Fig. 1**) guides you through the process. In total, the setup process should take around five minutes. If you choose to skip on-screen setup, please read through these steps to learn the basics of using your desk.

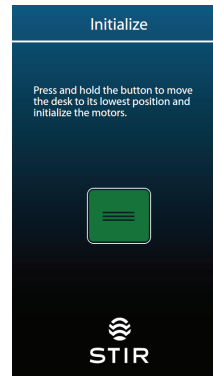


Figure 1

Step 2

Move Your Desk Up and Down

To move your desk up or down, double tap anywhere on the home screen (**Fig. 2**). Double tapping will move the desk to the alternate position – e.g., if the desk is at a sitting height, a double tap moves it to a standing height, and vice versa.

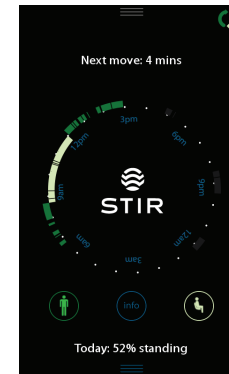


Figure 2

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Step 3

Refine Your Height Settings

From the home screen, swipe left to access the Gas Pedal screen (Fig. 3). Use the slider to move the desk to a comfortable standing height. Tap **SET** next to the standing figure. Now move the desk down to your preferred sitting height. Tap **SET** next to the seated figure. When you double tap the home screen, the desk will move between these heights.

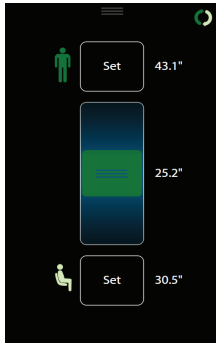


Figure 3

Step 4

Refine Your Standing Goals

From the home screen, swipe to the left twice to access this screen (Fig. 4). Use the sliders 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. Remember, the goal is not to stand all day, but to alternate between positions more frequently.

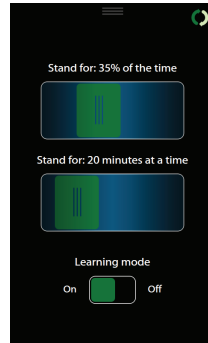


Figure 4

Step 5

Let Your Desk Help You Move

Tap the round icon in the top right corner of your screen to toggle Active Mode (Fig. 5). In Active Mode, Whisperbreath™ reminders – a gentle one-inch up and down movement – invite you to change position. You'll also see visual **double tap reminders** when it's time to shift position.

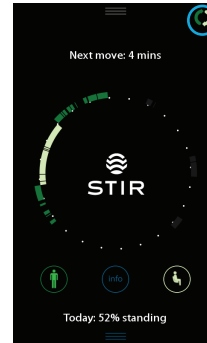


Figure 5

Step 6

Connect Your Fitbit

To connect, go to the Shortcut Drawer and select Fitbit (Fig. 6). Enter your existing Fitbit username and password. Your desk will now automatically send activity logs to your online dashboard anytime you stand for 5 minutes or longer.

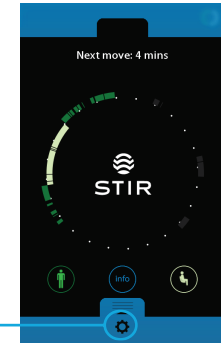


Figure 6