

# 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

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.

The first step is to initialize the legs of your desk. The screen you will see (**Fig. 1, shown to the right**) guides you through the process. In total, the setup process should take about five minutes. If you choose to skip setup, turn this card over to learn the basics of using your desk.

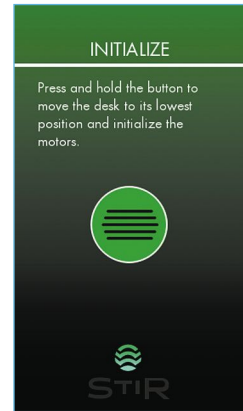


Figure 1



## 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 will move it to a standing height, and vice versa.



Figure 2

## Refine Your Height Settings

Swipe to move to the right of the home screen to get to here (Fig.3). 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.

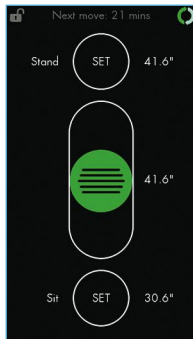


Figure 3

## Refine Your Standing Goals

Swipe to move to the right of the home screen to get here (Fig.4). 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. Remember, the goal is not to stand all day, but to alternate between positions more frequently.

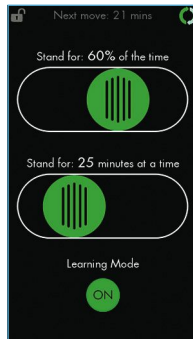


Figure 4

## Let Your Desk Help You Move

The button on the front of the desk turns on **Active Mode** (Fig.5). 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.

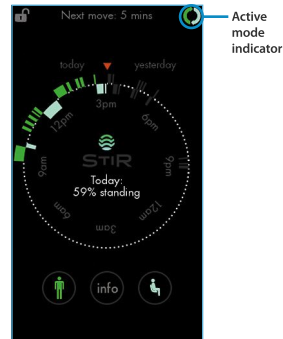


Figure 5