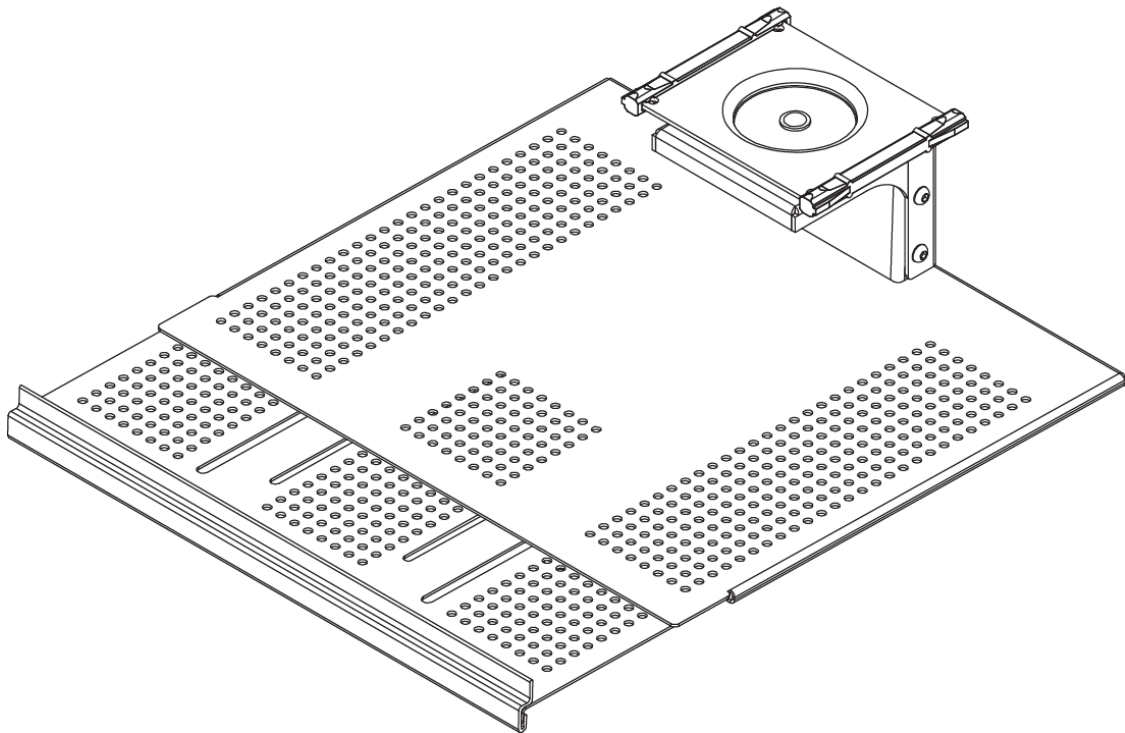


TDOCK

ERGORISE – SIT / STAND WORKSTATION

VERSION A

INSTRUCTION MANUAL

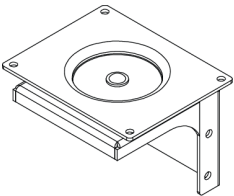
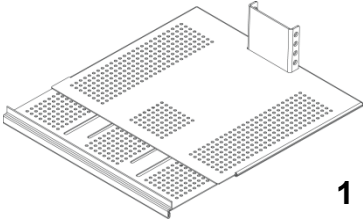
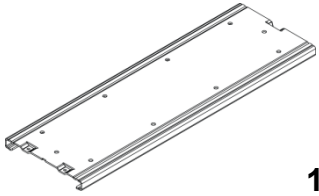
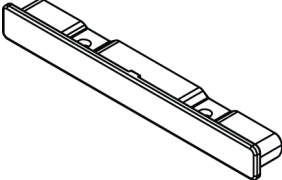
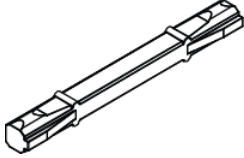






MAX Weight 15 lbs (6.8 KG)

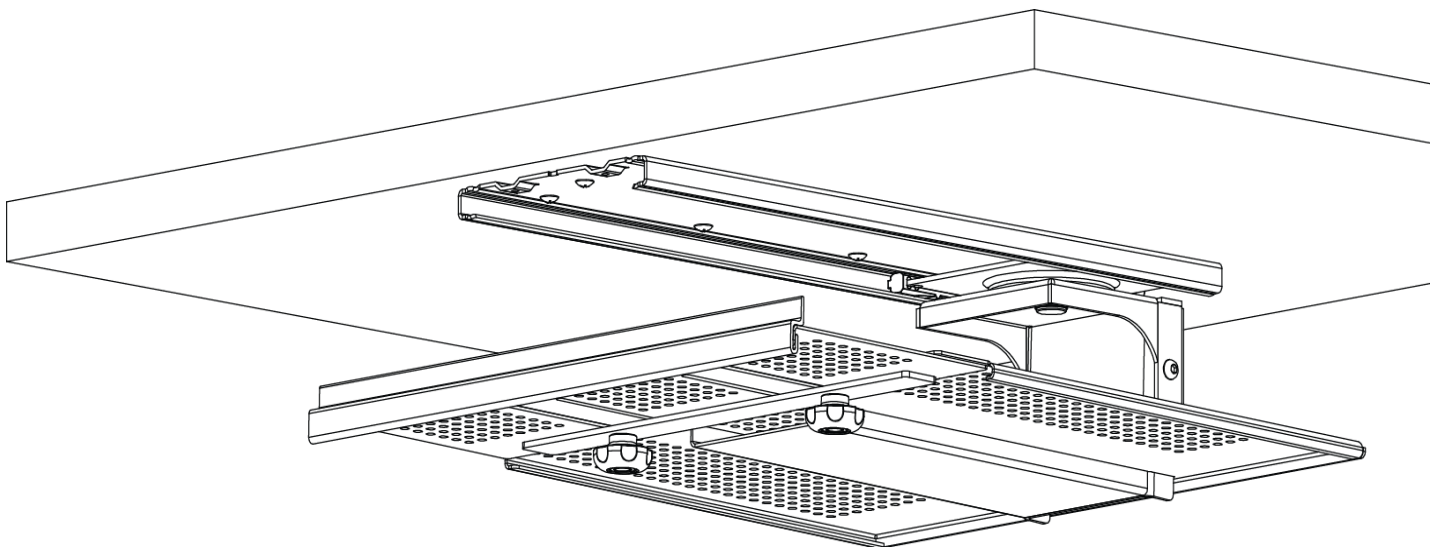
CAUTION: DO NOT EXCEED MAXIMUM LISTED WEIGHT CAPACITY. SERIOUS INJURY OR PROPERTY DAMAGE MAY OCCUR!



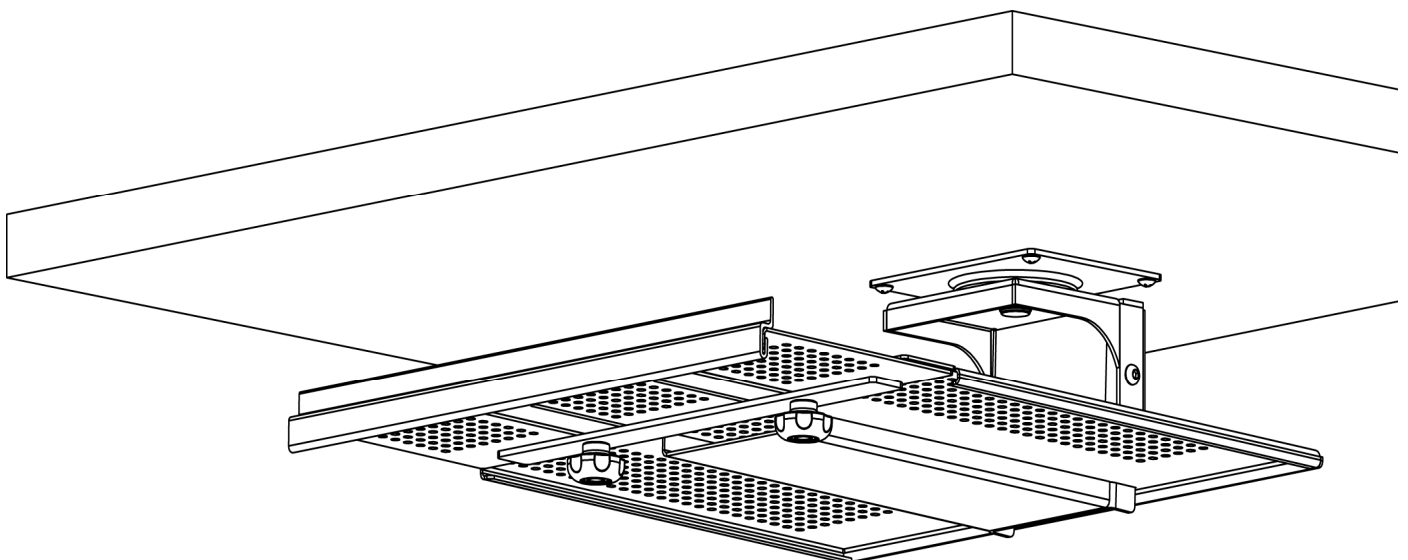
PARTS LIST 1

A  <p>1 pcs</p>	B  <p>1 pcs</p>	C  <p>1 pcs</p>
D  <p>1 pcs</p>	E  <p>2 pcs</p>	F 4mm Allen Wrench  <p>1 pcs</p>
G M5 x 15mm Wood Screws  <p>14 pcs</p>	H M5 x 6mm Phillips Screw  <p>2 pcs</p>	I M4 Allen Head Screws  <p>4 pcs</p>

OPTIONS 1 – WITH TRACK INSTALL STEPS 2A – 4A

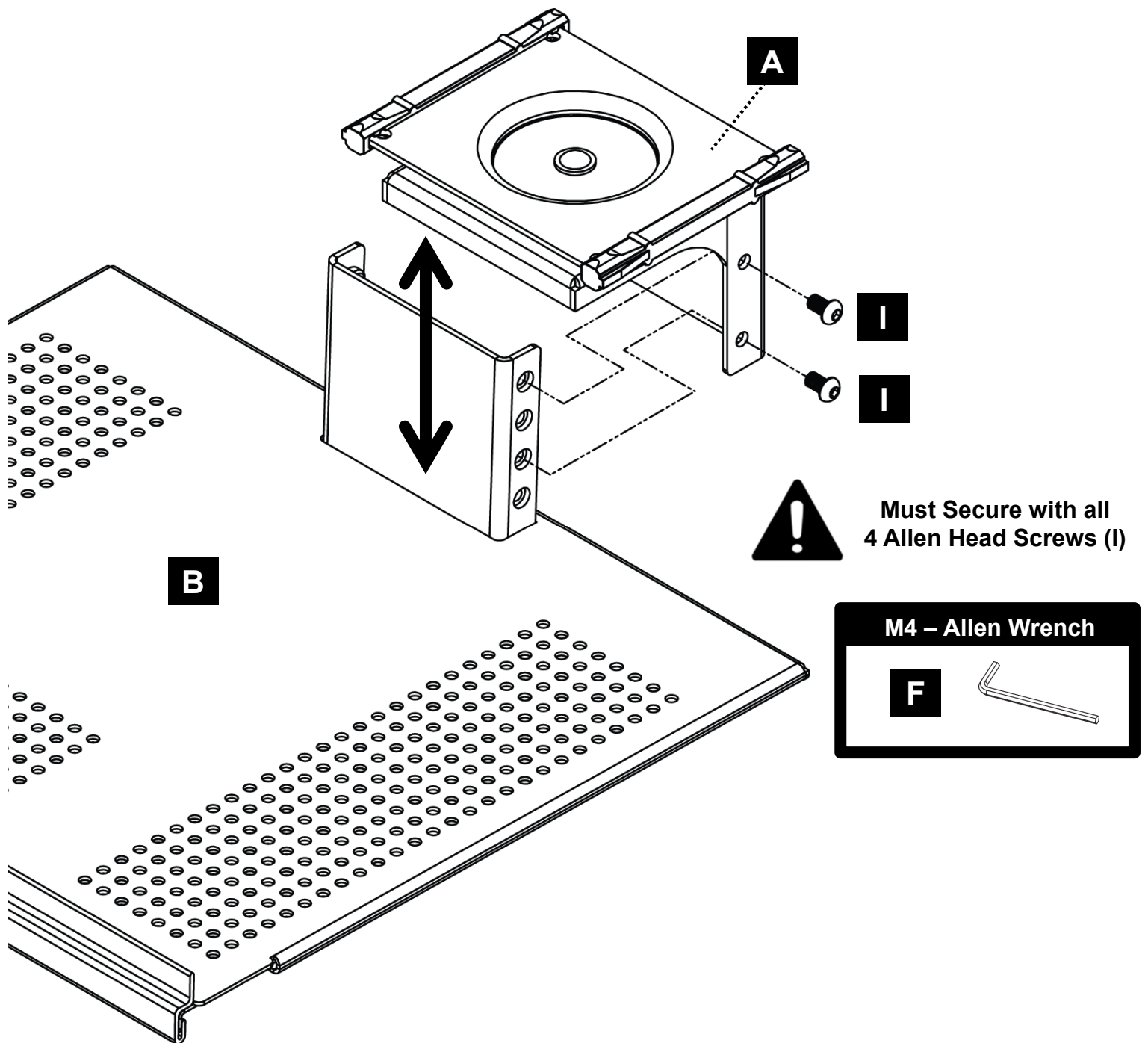


OPTIONS 2 - NO TRACK INSTALL STEPS 2B – 4B



STEP 1

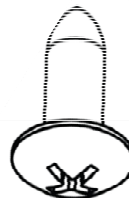
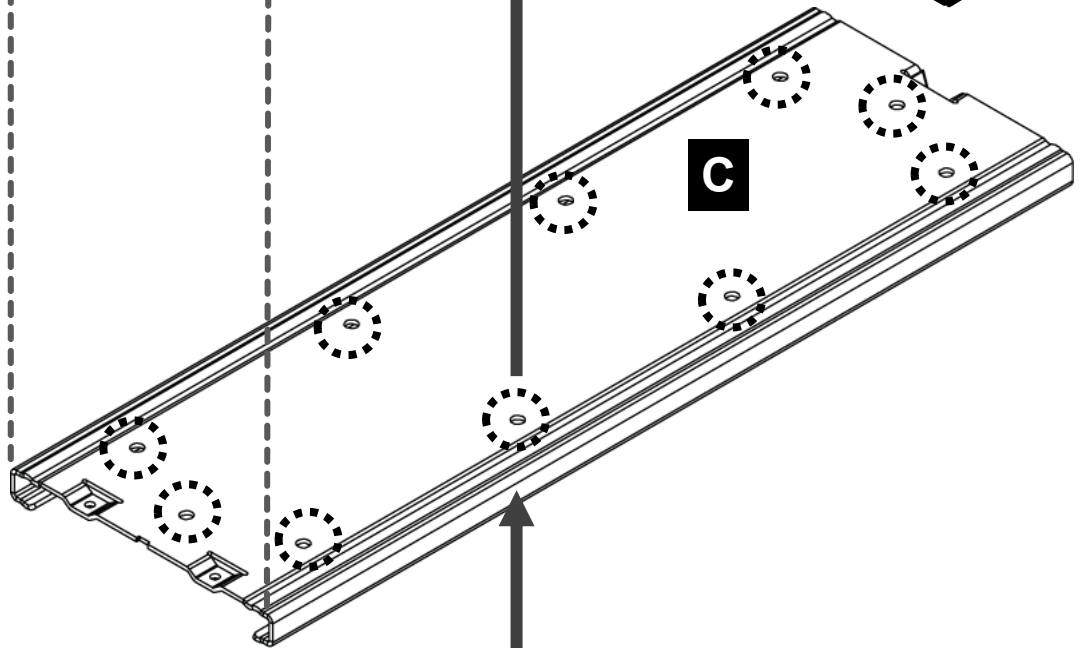
**Adjustable
Height
3.5" or 4.25"
(89mm or 107mm)**



STEP 2A – TRACK INSTALL



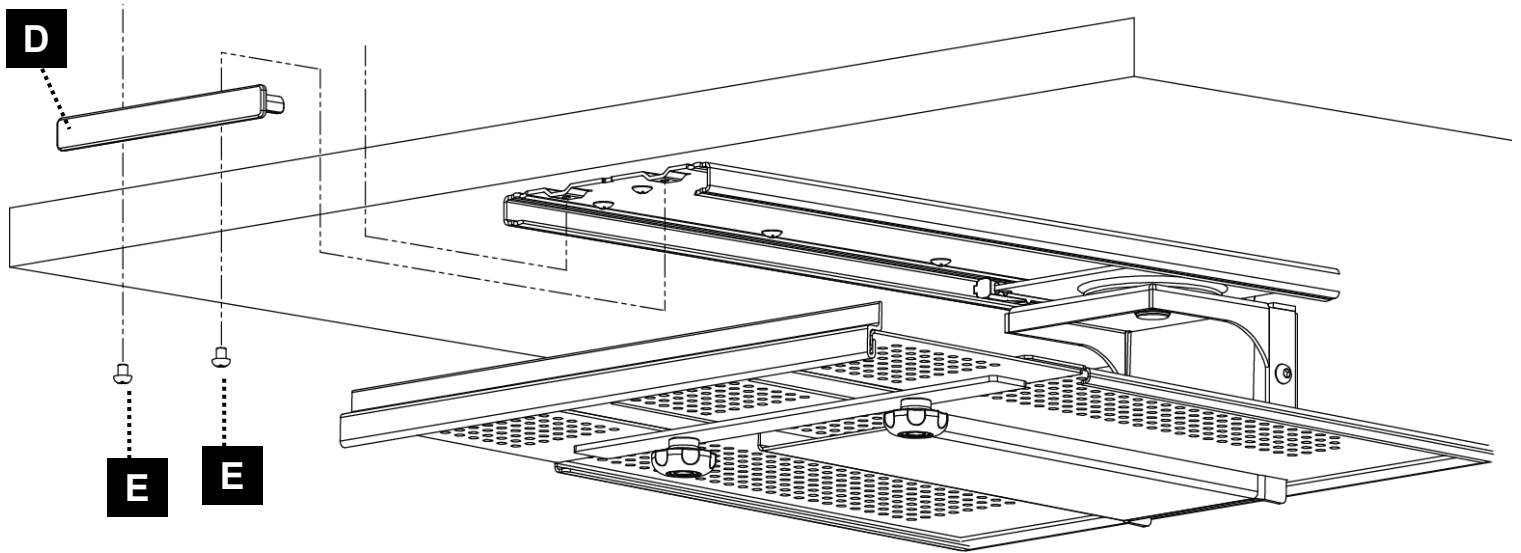
Install Track 1/4" (6 mm) From Edge



G x 10 pcs

**Use Wood Screw (G) and
Secure Under Surface**

STEP 3A – TRACK INSTALL

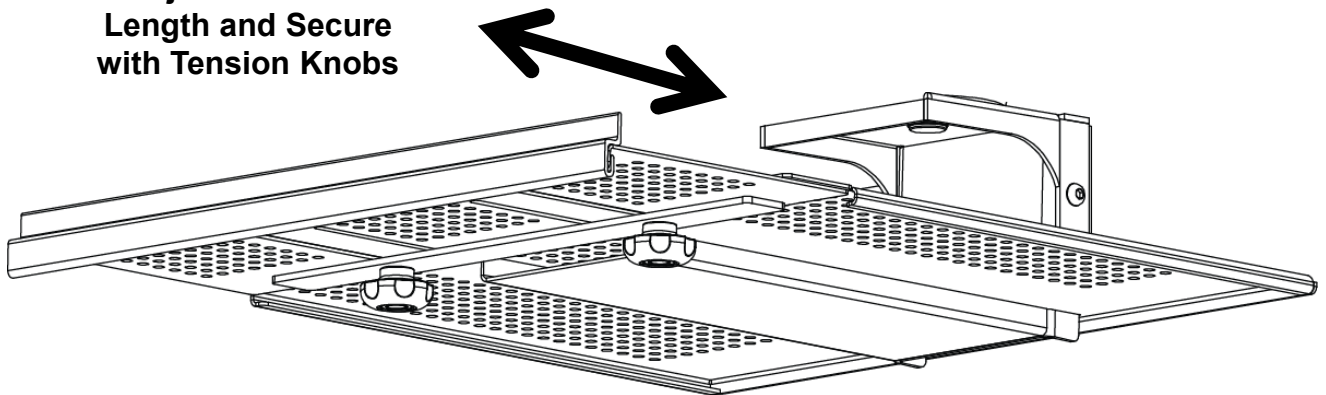


H x 2 pcs

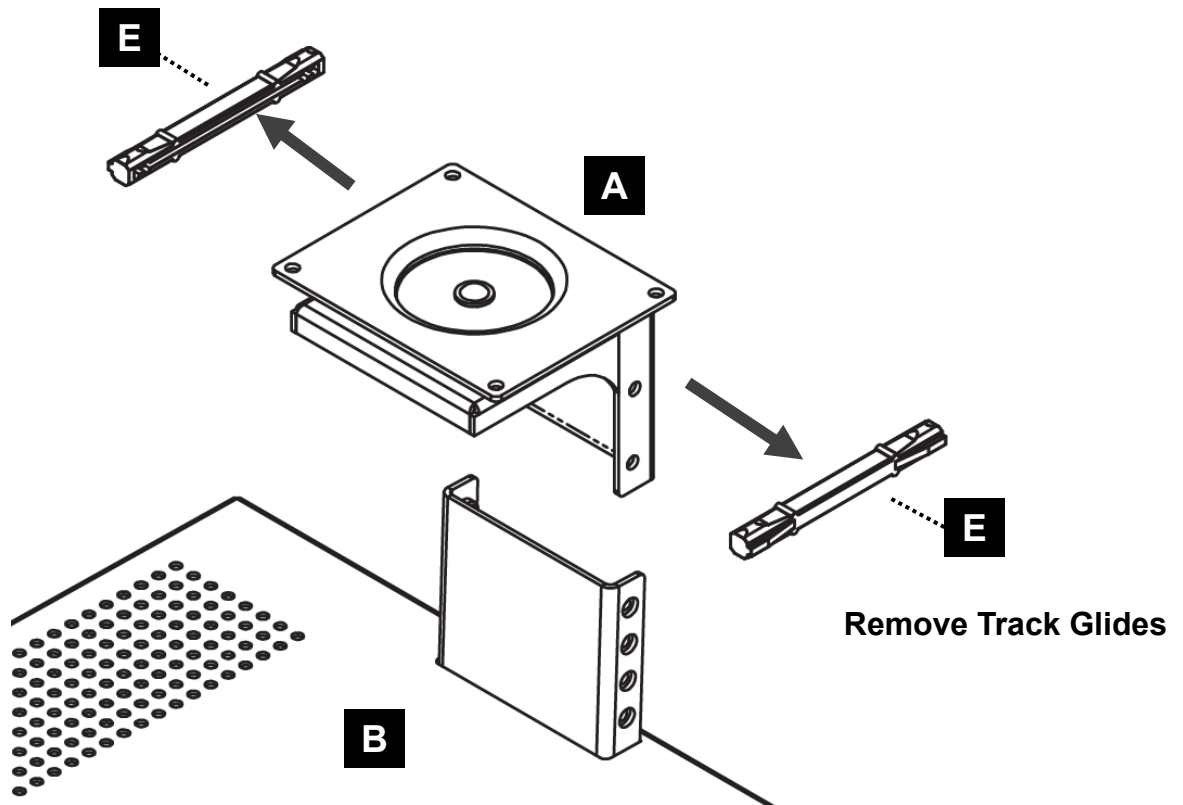
**Attach Front Cover (D)
and Secure with
Machine Screws (H)**

STEP 4A – TRACK INSTALL

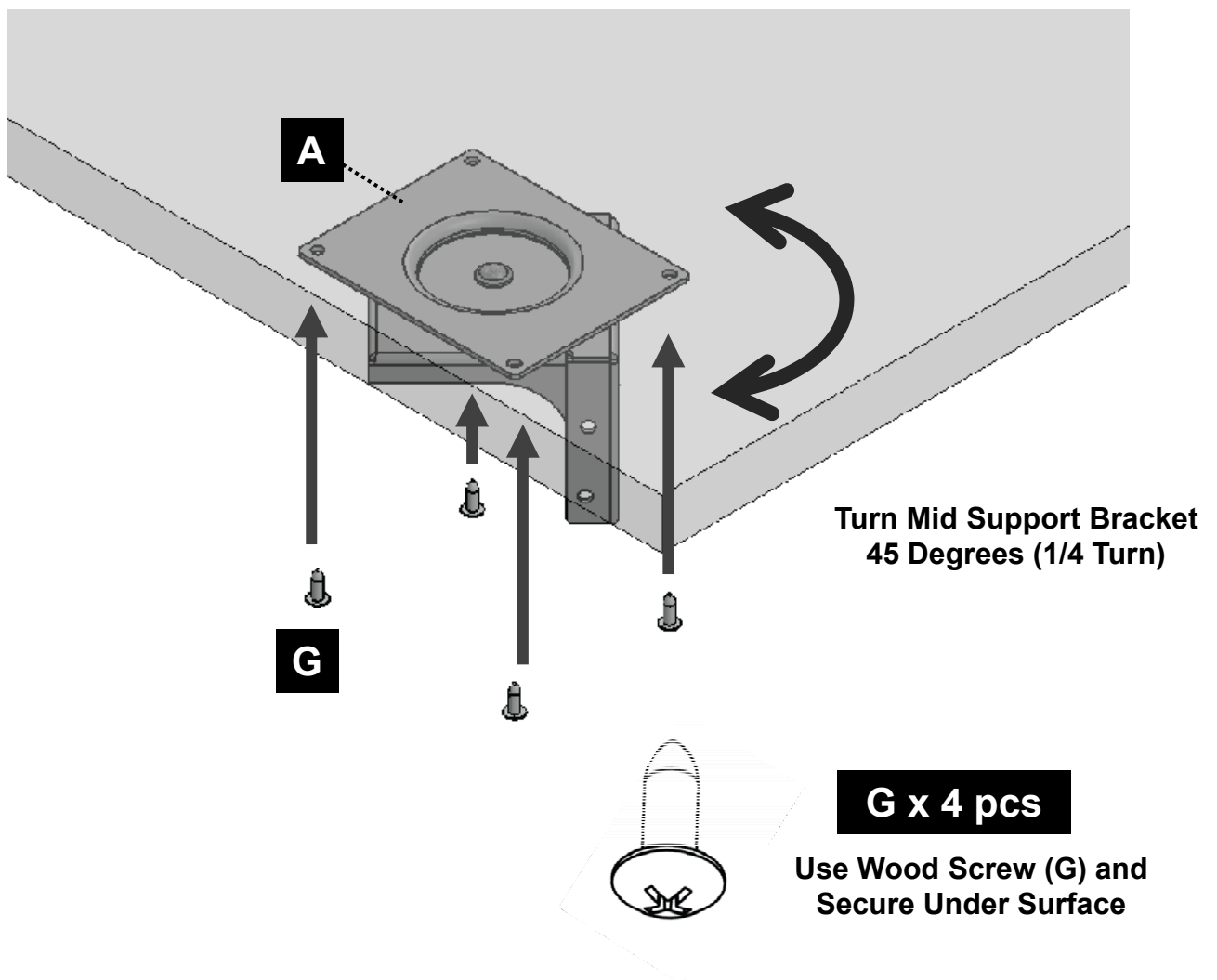
**Adjust to Desire
Length and Secure
with Tension Knobs**



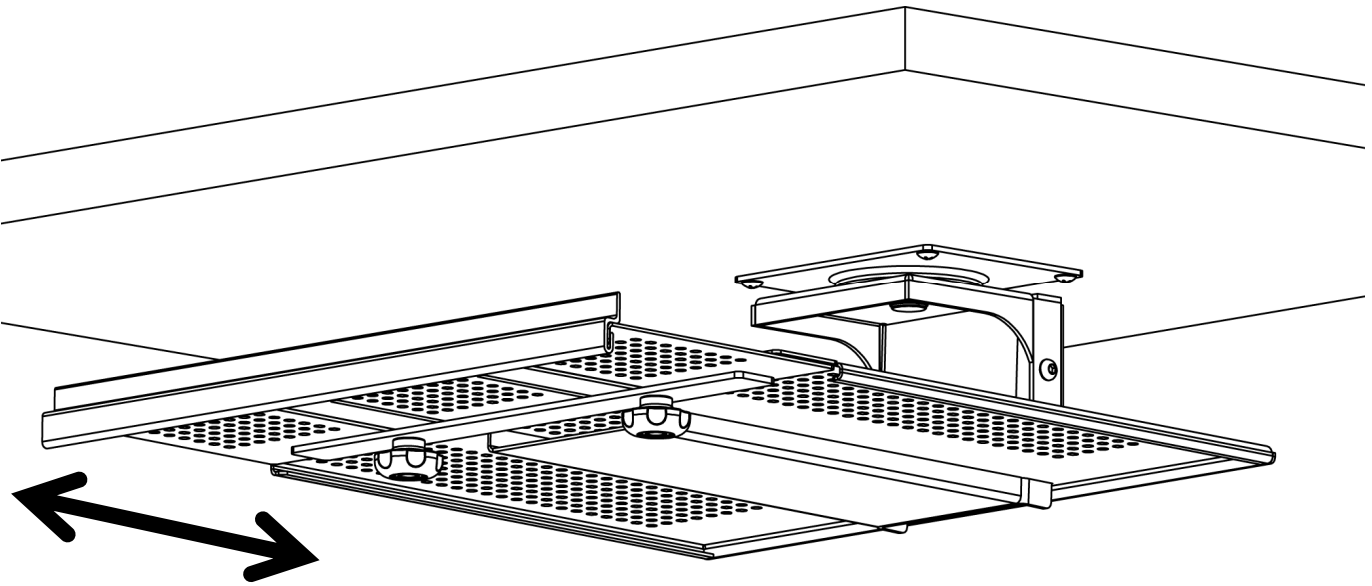
STEP 2B – NO TRACK INSTALL



STEP 3B – NO TRACK INSTALL



STEP 4B – NO TRACK INSTALL



**Adjust to Desire
Length and Secure
with Tension Knobs**



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