

THE SMART SIT-AND-STAND DESK



ERGONOMYX
INSTRUCTION MANUAL

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GETTING STARTED

INTRODUCTION



Welcome to the Ergonomyx Smart Sit-and-Stand Desk User's Manual.

In this guide we will cover everything you need to know to operate your Smart Sit-and-Stand Desk, and the Ergonomyx app. After finishing the guide you will have everything you need to Sit. Stand. Move!

If you have any questions or concerns after completing the manual, please reach out to us via our email (listed on the last page).

SETTING UP YOUR ACCOUNT

10:41



Create new account



Username

Enter your name

Email address

Enter your email

Next

[See terms and conditions](#)

In order to use your Ergonomyx products to their full potential, you will need to install our app and create an account. You can download the Ergonomyx App off of Google Play or the Apple App Store.

Once you have downloaded the app complete the following:

1. Click "Sign Up" underneath the log in button.
2. Enter your Username and Email.
3. Create and confirm a password.
4. Verify your email address. Check your spam folder if you cannot find the email, then click the verify link.
5. Once you verify, log into the app on your phone.
6. Now you are ready to proceed!

USING THE APP

BLUETOOTH CONNECTIVITY



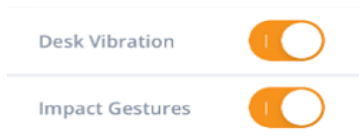
The Connect Icon

After downloading the App and creating your account, the first step is to connect your devices to Bluetooth.

Making sure the desk is plugged in prior, click the app's Connect Icon on the navigation bar at the bottom of the screen. Allow the app to locate your device, select the picture to open and click the connect button. Wait for confirmation, and you're ready to use the app!

TOGGLING HAPTIC & TAP FEATURES

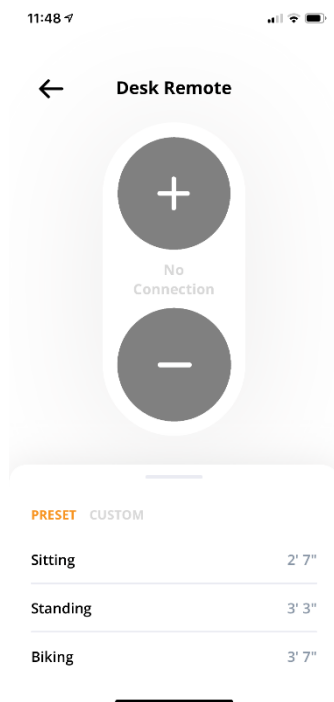
In the app, the user can toggle the "tap" and "vibration" features on the settings page.



IF TAP GESTURES ARE DISABLED: the collision detection will be disabled. Hold a hand over one of the capacitive touches (no tap needed) to move the desk up/down in this mode.

IF THE "VIBRATION" FEATURE IS DISABLED: none of the haptics will play (except the reset haptic).

Toggle Settings



The Desk Remote Page

MOVING WITH THE IN-APP REMOTE

You can move your desk manually with the in-app Desk Remote, or let the app move the desk for you by setting custom height presets and then selecting the desired height button in the Desk Remote page.

You can also lock and unlock your desk on this page, by tapping the lock icon.

CONNECT WITH FRIENDS

With the app, you can connect with your friends and coworkers by going to your dashboard and clicking the plus (+) icon.

In the Friends Screen you can view existing friends, manage friend requests, or look at suggestions for people you may know. If you don't see who you're looking for, you can search for them by hitting the magnifying glass icon in the top right of the screen.

THE SMART SIT-AND-STAND DESK

HAPTICS

The Smart Sit-and-Stand Desk uses haptics to communicate to the user. These haptics are like vibrations/buzzes similar to the buzz on your phone when you get a text message.

MOVEMENT & COLLISION DETECTION

TO MOVE THE DESK UP: Tap the capacitive touch on the bottom of the tabletop in an upward direction, hold over the capacitive touch (hold hand on the desk) until you want it to stop moving.

TO MOVE DESK DOWN: Tap the capacitive touch on the top of the tabletop in the downward direction, hold over the capacitive touch (hold hand on the desk) until you want it to stop moving.

COLLISION DETECTION: If the desk is moving up or down and detects a bump, it will reverse direction for a few cm, then stop and play an error haptic.

LOCKING THE DESK

You can lock your Smart Desk to prevent unwanted movement while working.

TO LOCK THE DESK: Hold hand over top capacitive touch and bottom capacitive touch at the same time for one second until you hear the "locked" haptic play.

TO UNLOCK THE DESK: hold hands over both capacitive touches until the "unlocked" haptic plays.

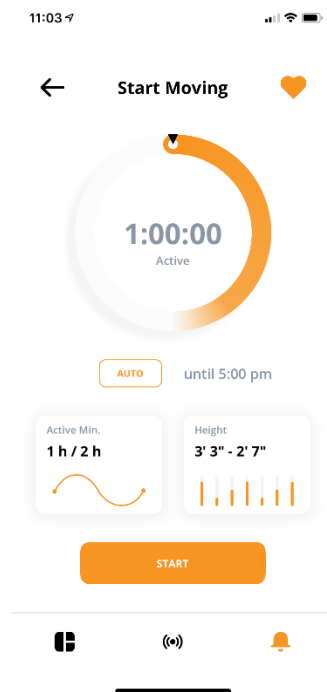
RESET PROCEDURE

TO RESET THE DESK TO DEFAULT SETTINGS: hold a hand over both capacitive touches for 10 seconds. You'll hear the locking haptics play, keep holding your hands in place until a distinct reset haptic plays (5 pulses) then REMOVE your hand from the capacitive touches so they complete their reset.

If the desk gets unplugged, the "tap gestures" and "vibrations" settings are preserved but the reset will wipe their data.

MAKE IT YOUR OWN

USING ROUTINES



Routines are like timers, they count down the specified time, and then alert you when the time is up with a prompt to move. Letting you focus on your work while the app focuses on your health.

You can reach your Routines screen in the app by clicking the bell icon in the navigation bar.

Make your own custom routines by clicking the plus (+) icon in the top right corner of the Routines List. To rename your routine: click its name.

Routines can have custom heights outside your default height settings, as well as custom timers for time spent being active and time resting. For the desk, Active Mode is time spent standing, and for the bike it's time spent pedaling.

Once the time is up, if the prompt to change stance is accepted, the Desk will automatically move to the next height, and the next timer will begin.

SETTING CUSTOM HEIGHTS: Go to the Height Menu by clicking the height button in the routine's control page. Use the +/- buttons to set the Active Height. Click the top toggle to switch modes and set a height for resting. Click confirm to save changes.

SETTING CUSTOM TIMES: Go to the Active Minutes menu by clicking the Active Minutes button in the routine's control page. Drag the bar to set your time, or click the time to set an exact value. Use the top toggle to switch modes and set a time for Resting. When you are done, click confirm.

USING THE AUTO FEATURE: Located under the clock wheel, the auto feature lets the desk raise and lower automatically for a specified amount of time, without the need for user confirmation or prior notification. You can select what time you would like the auto feature to stop by clicking the time beside the auto button.

When you select the auto button there will be a safety disclaimer that you must accept in order to use this feature.

LEADERBOARD CHALLENGES

You can view the app's Leaderboard Screen by selecting it on your dashboard. The leaderboard can be sorted by Usage, Calories, and Distance (for Bike users), data is collected automatically for each of these categories whenever you use the Bike or Desk.

PRODUCTS & SERVICES

SMART UNDER-THE-DESK BIKE



Track your time cycling and well as calories burned, distance cycled, Rpm, and more!

Lightweight, durable, compact, and collapsible.

SMART SIT-AND-STAND DESK



Track time sitting and standing, as well as remotely control the desk and establish sitting and standing routines.

Made from sustainable bamboo desktop material.

THE ERGONOMYX APP



Use the Ergonomyx app to track performance data, manage routines, and compete with friends and colleagues. Pairs with other Ergonomyx products.

Available for free on Google Play and the Apple App Store.

Order now at <https://store.ergonomyx.com/>

WHO WE ARE

At Ergonomyx, our mission is to provide sit down jobs with an active and healthy workspace environment, in a way that is both effective and non-disruptive to workflow. We devote our efforts to the research, development, and improvement of our products for a healthy workplace environment through the knowledge and expertise of a culturally-diverse team.

Ergonomyx is a customer-centric company. We innovate based on the customer's needs. This philosophy is demonstrated on in all steps of the product research, design, development, manufacturing, marketing, and post sales.

Key features of our products were designed based on our customers' input. We're in business to serve the needs and desires of our customers.

CONTACT US

If you have any further questions or concerns about your Ergonomyx products you can reach us at our office location, by email, or by phone, and we will be happy to assist you:

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