



TABLE OF CONTENT

FREE DESK	4
PRODUCT OVERVIEW	5
INSTRUCTIONS	6
PACKAGING	22
SAFETY GUIDELINES	24
FAQs	26
TROUBLESHOOTING	28
WARRANTY POLICIES	29
CONTACT	30



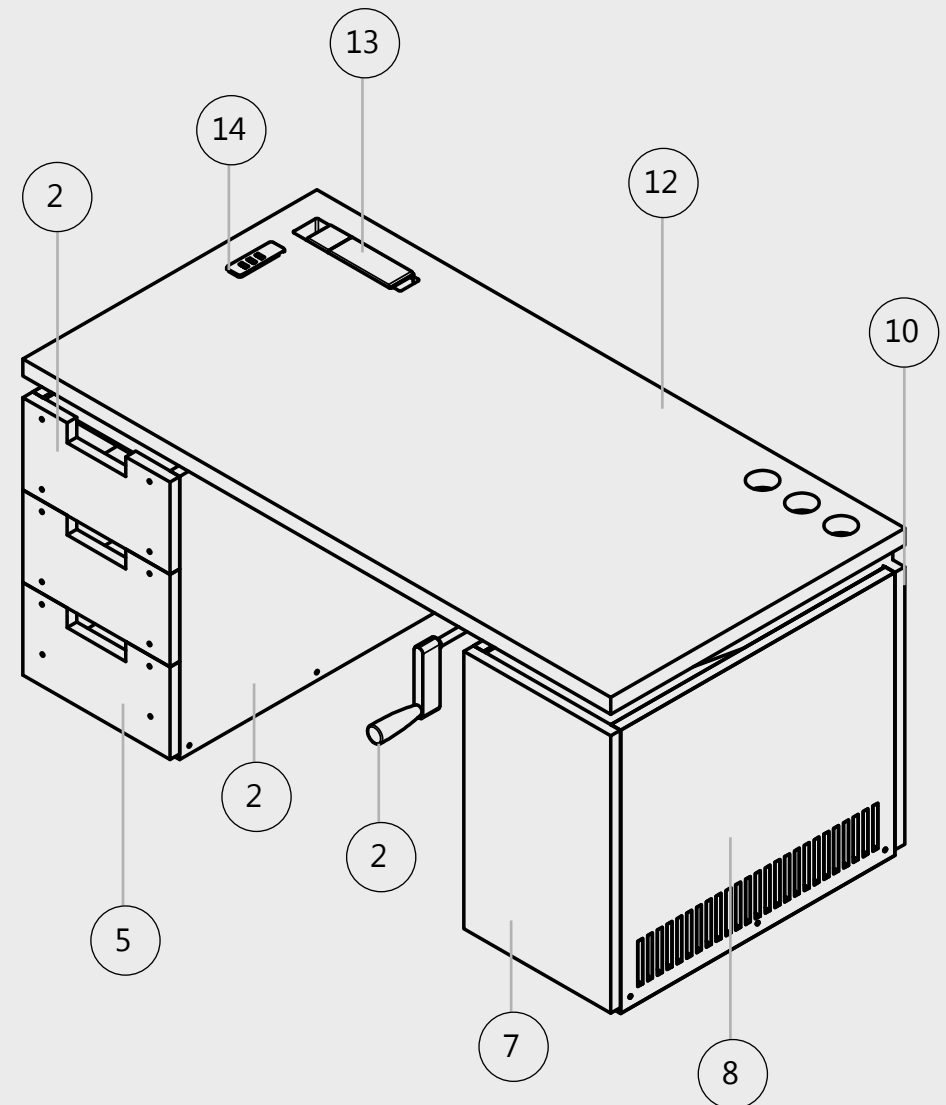
FREE DESK

The FREE DESK is a three-level adjustable desk that provides a clean, functional and organised work space. This flexible desk is suitable for a home and office environment;

The wooden desk is equipped with metal inserts so the desk can be screwed together without using any electrical tools.



PRODUCT OVERVIEW



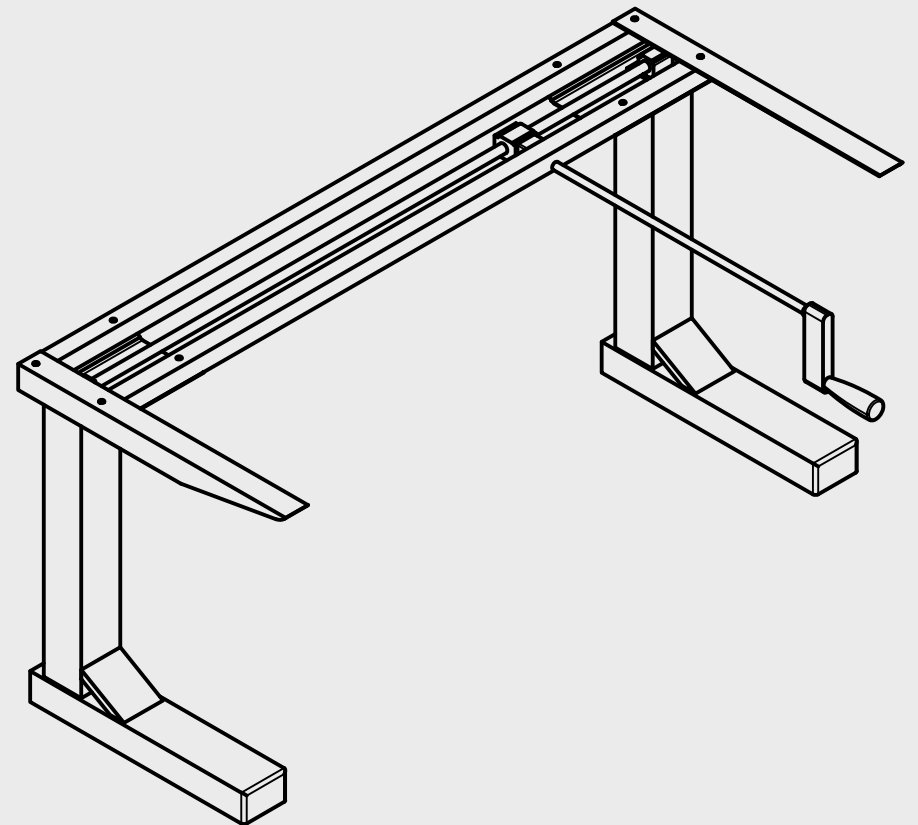
INSTRUCTIONS

Let's get to work!



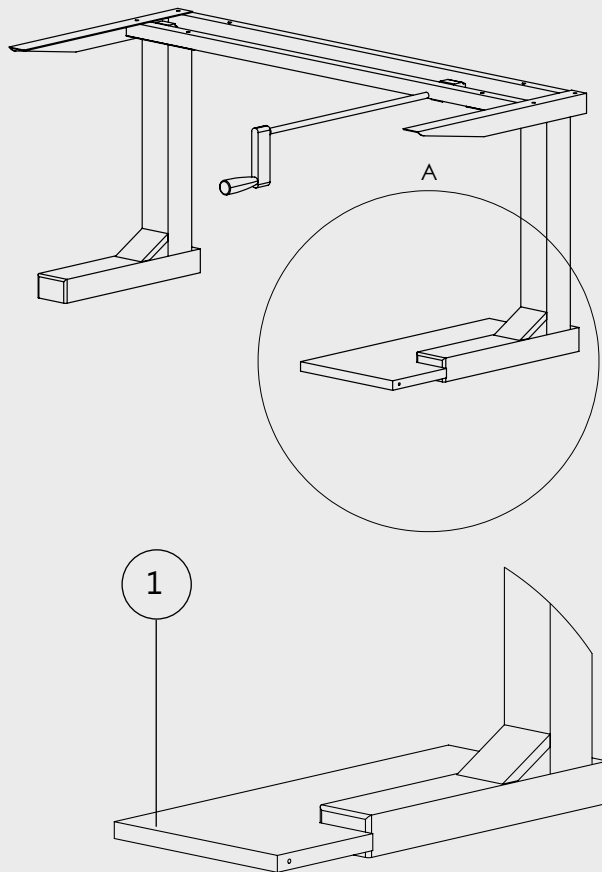
0 MECHANISM

Place the bottom panel 1 next to the mechanism leg, as shown below.



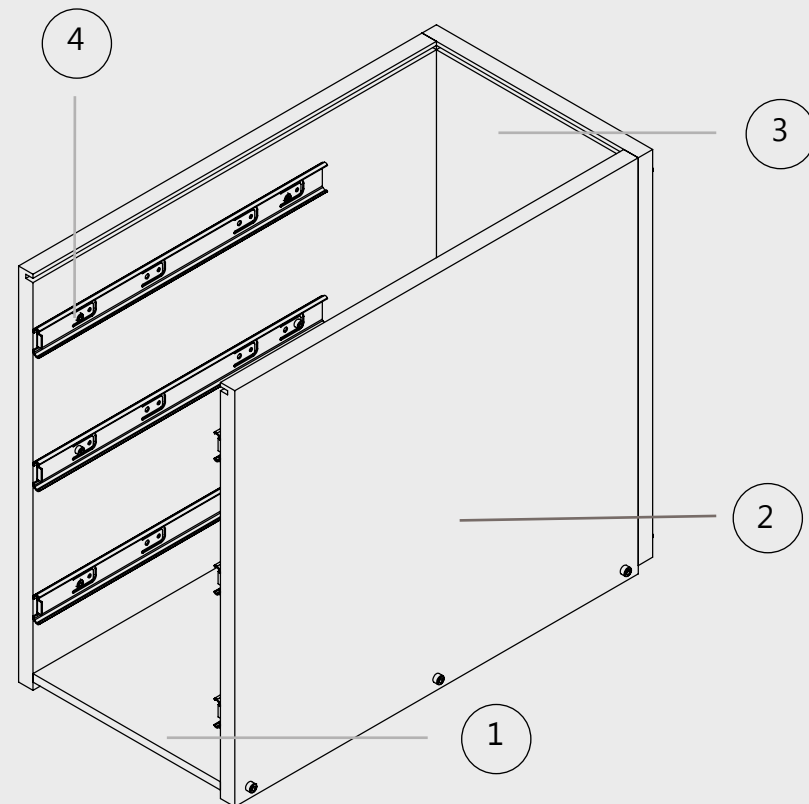
1 BOTTOM PANEL

Place the bottom panel ① next to the mechanism leg, as shown below.

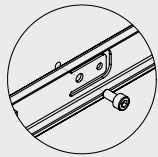
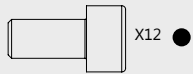


1 2 3 4 DRAWER BOX

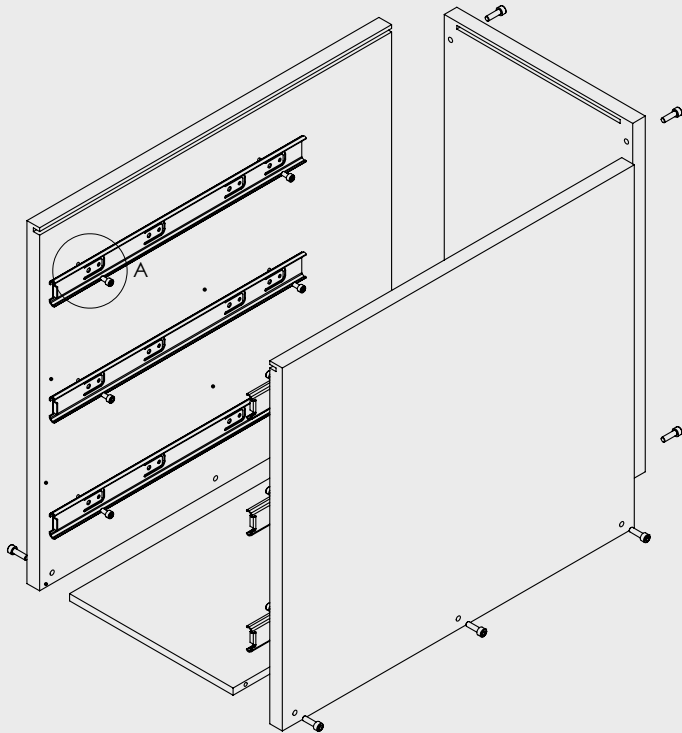
This drawer box consists of a bottom panel ①, two side panels ② and a back panel ③. Start by attaching the rails to the side panels, which is explained on the next page.



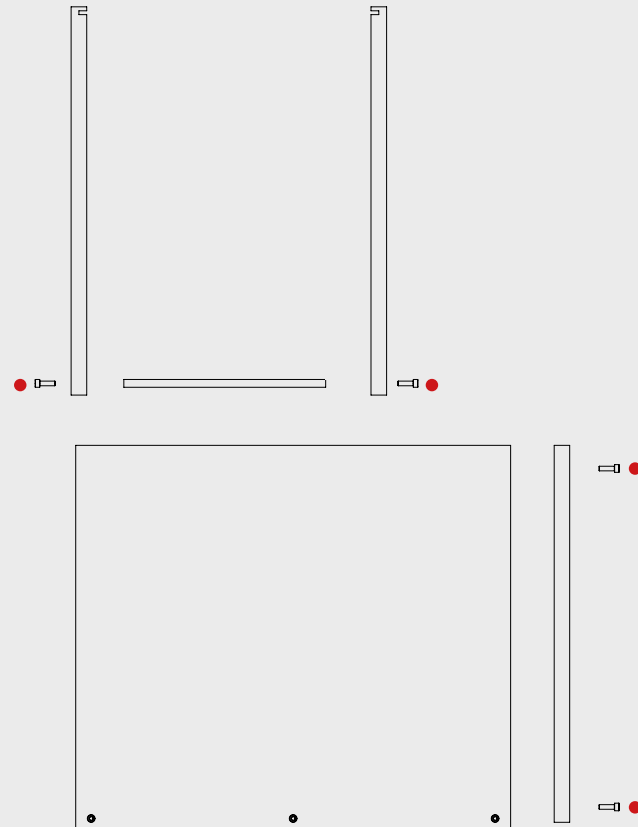
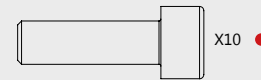
Start of with screwing the rails onto the side panels②
using the ●M5 screws.



DETAIL A
SCALE 2 : 5



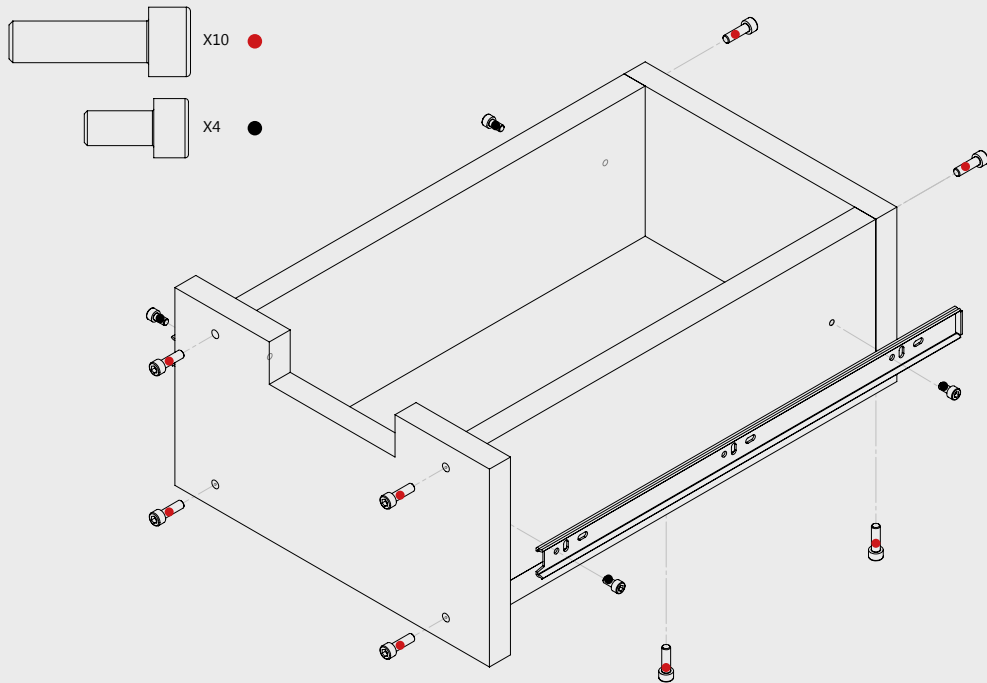
Screw the two side panels together with the bottom
panel, using three ●M6 screws on each side. Then,
screw the back panel onto the side panels using
four ●M6 screws.



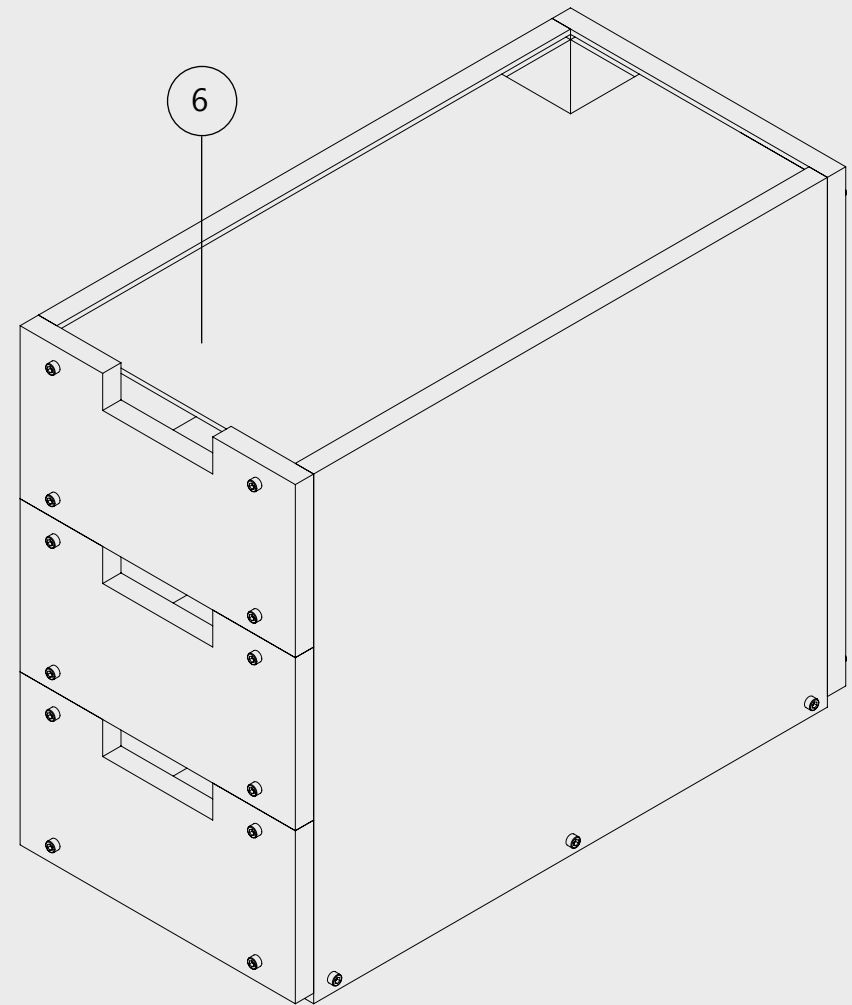
5

DRAWER

Screw together the different panels by using the ●M6 screws. Then, attach the rails to the sides of the drawer by using the ●M5 screws. Do the same for the remaining drawers. Now, slide the rails on the drawers into the runners on the side panels.

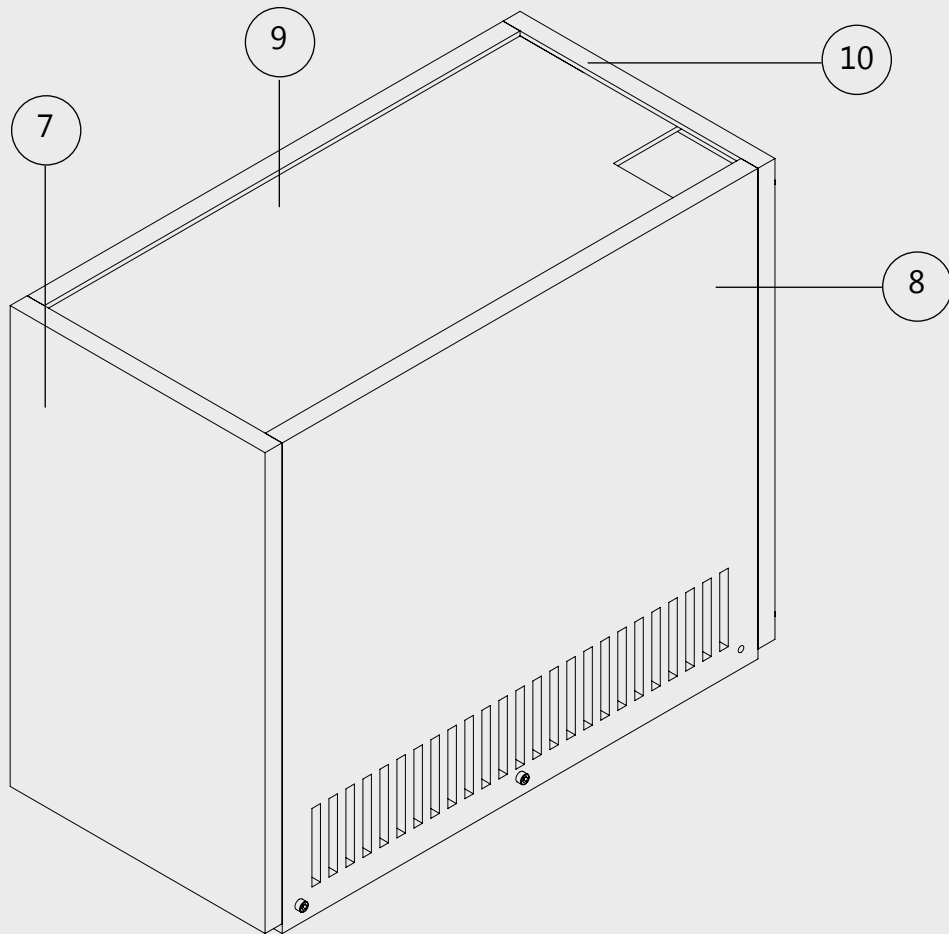


If you want to cover the inside of the upper drawer, slide in the top panel ⑥ made out of cardboard (see **packaging**).

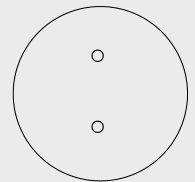
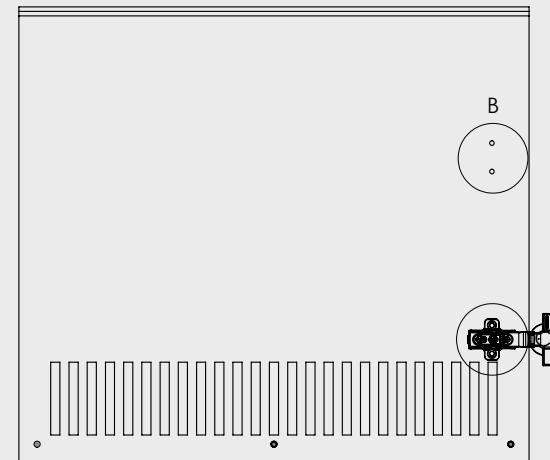
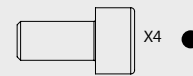


7 8 9 10 11 STORAGE BOX

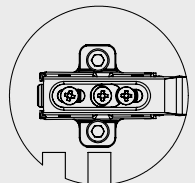
This storage box consists of a bottom panel (11), two side panels (8), a back panel (10) and a door (7). The bottom panel (11) isn't visible here.



Screw the hinges for the door onto the right side panel. You'll see holes with threaded inserts. Use two
●M5 hinges per screw.



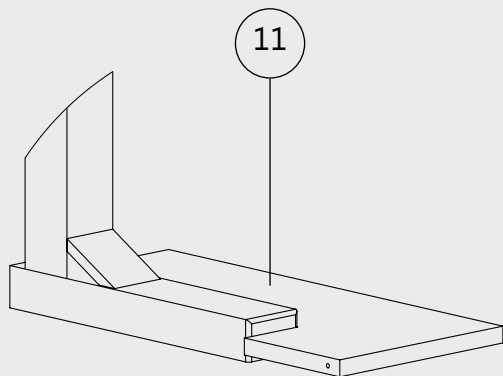
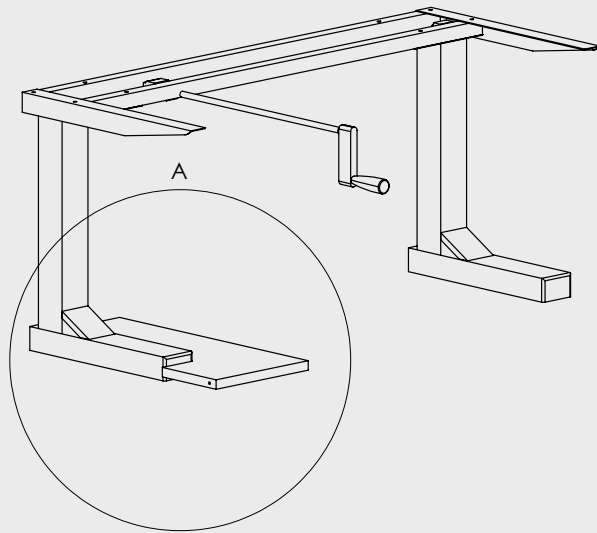
DETAIL B
SCALE 1 : 2



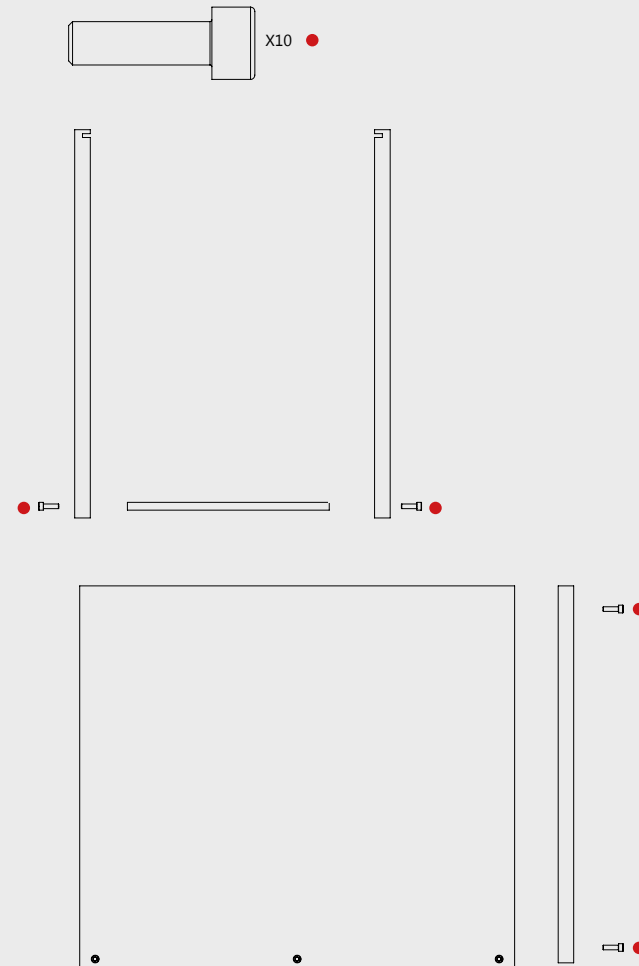
DETAIL C
SCALE 1 : 2

11 BOTTOM PANEL

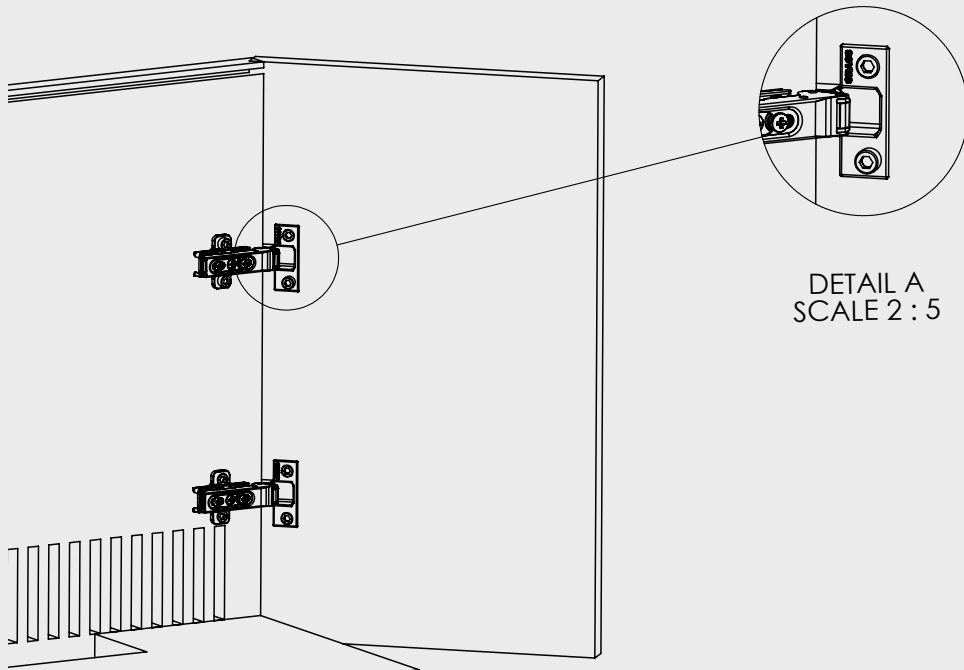
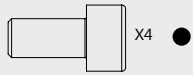
Place the bottom panel ⑪ next to the mechanism leg, as shown below.



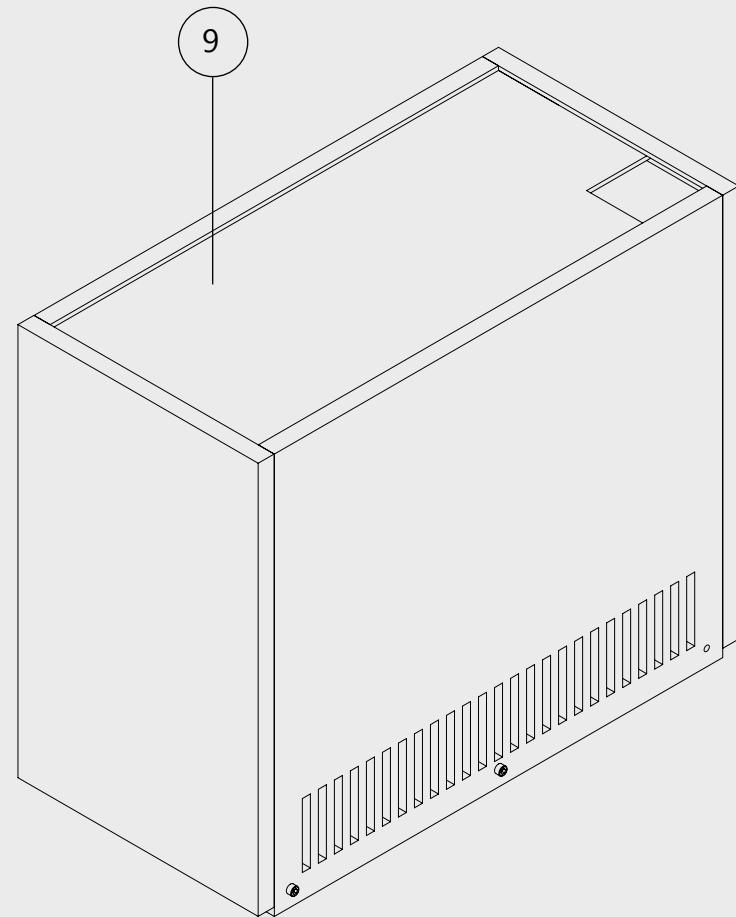
Similarly to the drawer box, start by screwing the two side panels together with the bottom panel, using three •M6 screws on each side. Then, screw the back panel onto the side panels using four •M6 screws.



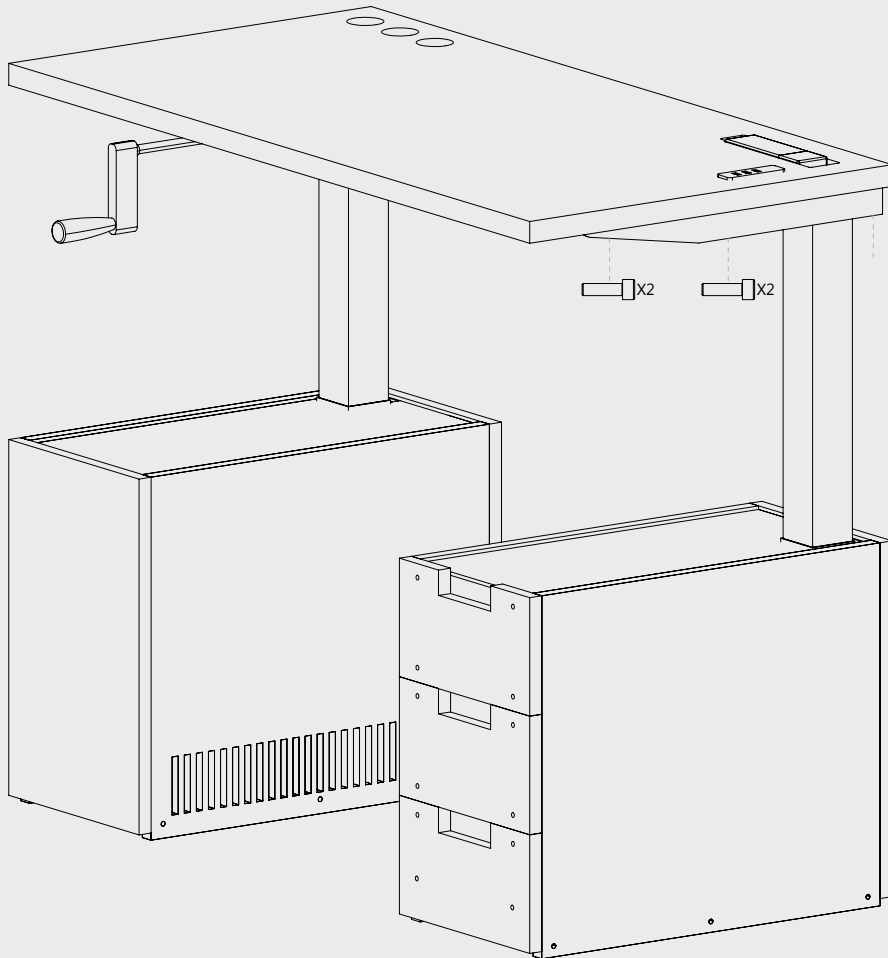
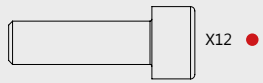
Screw the hinge, that is already attached to the side panel, onto the inside of the door ⑦. There are four holes with threaded inserts provided.



If you want to cover the inside of the box, slide in the top panel ⑨ made out of cardboard (see **packaging**).

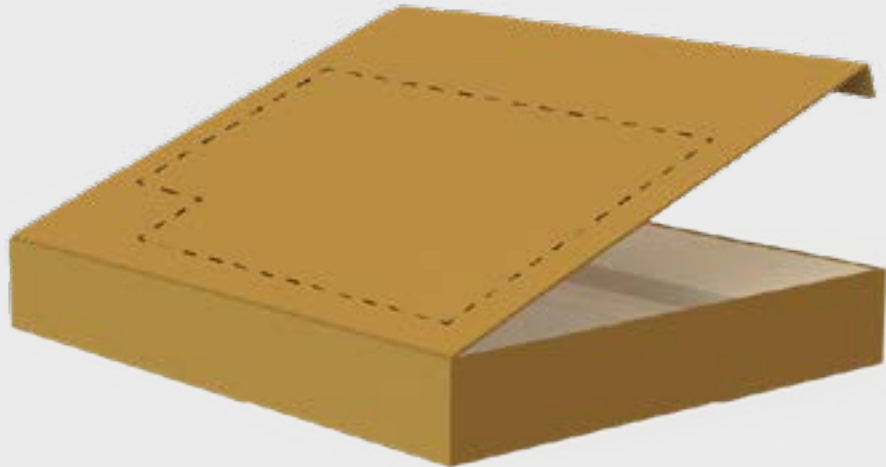


Screw the table top onto the legs of the mechanism using six •M6 screws on each side. Illustrated below are the positions of the holes.



PACKAGING

You can reuse the cardboard packaging for additional functionalities. Cut along the dotted line if you want to reuse the packaging as top panel ⑨ for the boxes.



You can find dotted lines on all the boxes; besides a cover for the boxes you can also cut out drawer dividers, boxes to store pens and a desk organiser. Get to work!



SAFETY GUIDELINES

While assembling the desk, use a mat or some kind of coverage to avoid damaging your floor.

Be cautious when it comes to assembling the parts together as they have a considerable weight.

General principles of working at the standing desk are illustrated on the right

Take a break from working every 30 minutes to avoid health issues.

- Feet placed firmly on the floor.
- Forearms supported at or just above the desk height.
- Shoulders should be relaxed, not hunched.
- Elbows relaxed at the side of your body when typing and using the mouse. Allow for an angle of 90°-110° when typing.
- Wrists straight and in line with your forearms.
- Keyboard angled flat, with G and H keys in line beneath the nose.
- Eyes in line with the top third of the screen.

FAQs

Does the FREE Desk come with screws for assembling, and how should I drill the screw holes?

The FREE Desk includes a kit with all the screws you need. We drill the holes for you and provide threaded inserts. No drill is needed!

What materials do you use to pack the FREE Desk safely when it's being shipped?

The wood will be packed in cardboard boxes. We will use a polyethylene bubble wrap to protect smaller and more fragile elements like the lamp. If you need to move your desk but haven't kept its original packaging, please pack it with some soft materials like bubble wrap, furniture pads, moving blankets or foam padding.

How should I clean my tabletop?

Since we use water-based finishes, no chemicals are required when cleaning. Water and soap will do the job!

What is the maximum recommended weight of items put on the table?

This depends on the model you bought! The electric lifting mechanism can carry up to ... kg, the manual only ... We recommend that you only put up to 70 kg of weight on the desk.

Does the FREE Desk come with any sort of cable management?

The table top and storage box have holes in them that you can use to organise and hide your cables.

Does this desk use a regular 230 volt lamp?

No, our lamp is a LED light and uses 12V. It charges from the integrated battery.

Can I charge my desktop/ laptop using the integrated battery. How much autonomy does the battery provide?

Yes, the integrated battery works similarly with a 12 V power bank.

Can the desk operate normally if the leg mechanism is broken?

No, the desk cannot be adjusted if the lifting mechanism is broken. We always make sure our products are intact before sending to customers, but sadly, sometimes damage can happen during transit. In such a case, you should contact customer services.

TROUBLESHOOTING

DO NOT PLACE NEAR OPEN FLAMES, HEAT OR SMOKE

DO NOT USE OILS NEAR THE DESK

IN CASE OF SPILLING, MAKE SURE YOU WIPE IT BEFORE IT DAMAGES THE MATERIALS

NEVER CLIMB ON YOUR FURNITURE USING THE BOXES

PLACE YOUR FURNITURE ON A FLAT STABLE SURFACE AT ALL TIMES

DESKS ARE INTENDED FOR USE OF 1 LAPTOP COMPUTER AND A MAXIMUM OF 2 MONITOR SCREENS

MANUAL HANDLING IS REQUIRED TO ASSEMBLE/DISASSEMBLE YOUR DESK. WE ACCEPT NO LIABILITY FOR INJURIES THAT MAY OCCUR DURING DELIVERY, ASSEMBLY, DISASSEMBLY OR USE OF YOUR DESK.

WARRANTY AND RETURNING POLICIES

In the event of a warranty claim, please retain your receipt as the proof of purchase and contact us by the phone number +35 174581086 or by email free-desk@team3.com.

In the event of misuse or improper handling, using force or making modifications to the product, the warranty claim will not be accepted.

In case the product does not fit your needs, you can return the product maximum 1 month after delivery. If the product comes with manufacturing problems, it must be returned before assembling it.

CONTACT

P: +35 174581086

E: freedesk@team3.com

A: R. Dr. António Bernardino de Almeida 431