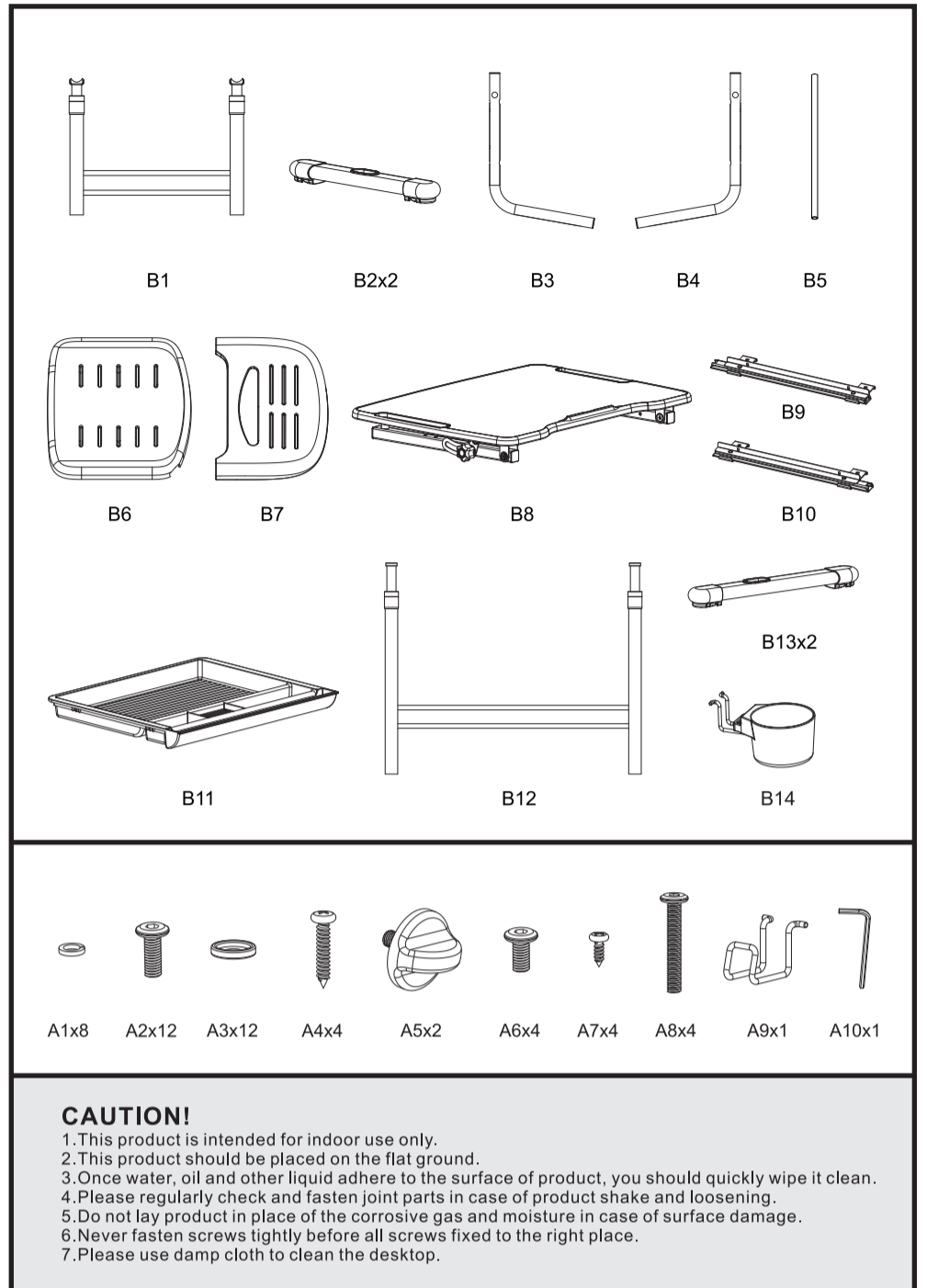
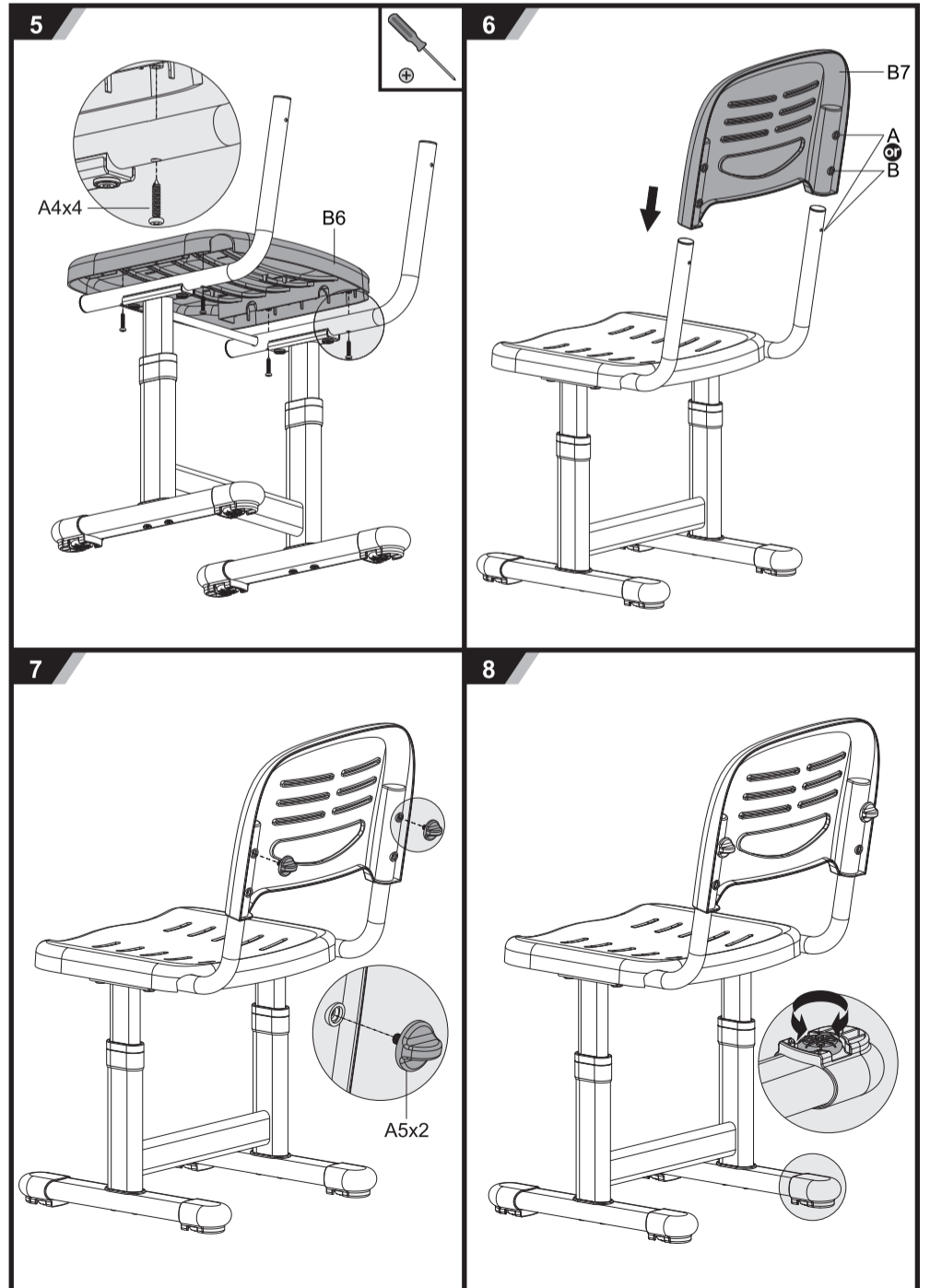
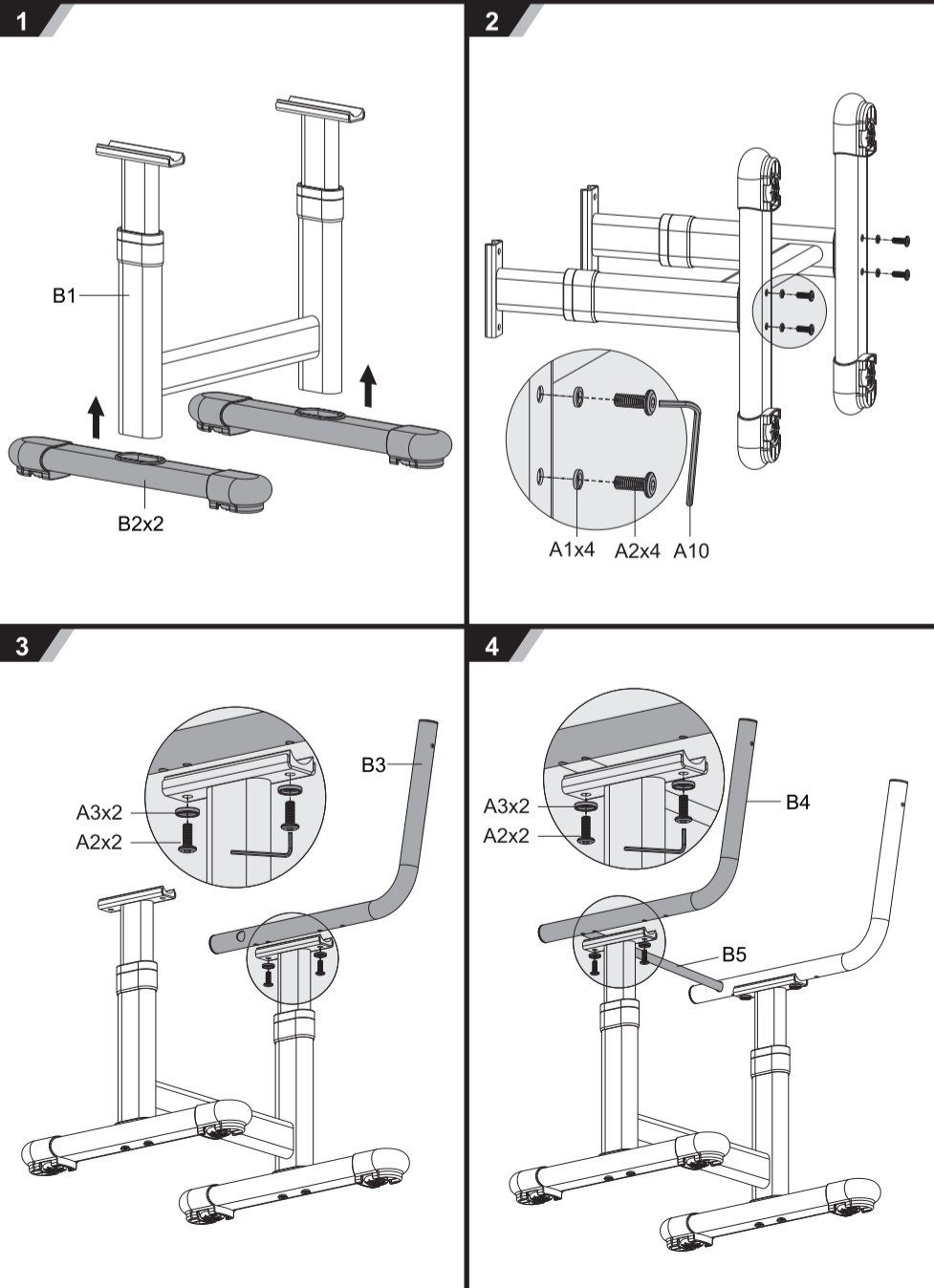


Healthy Ergo Study Desk & Chair

ASSEMBLY INSTRUCTIONS

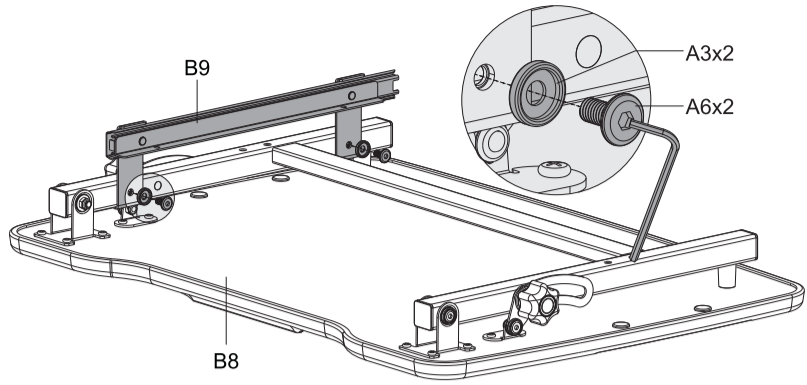


CHAIR ASSEMBLY INSTRUCTIONS

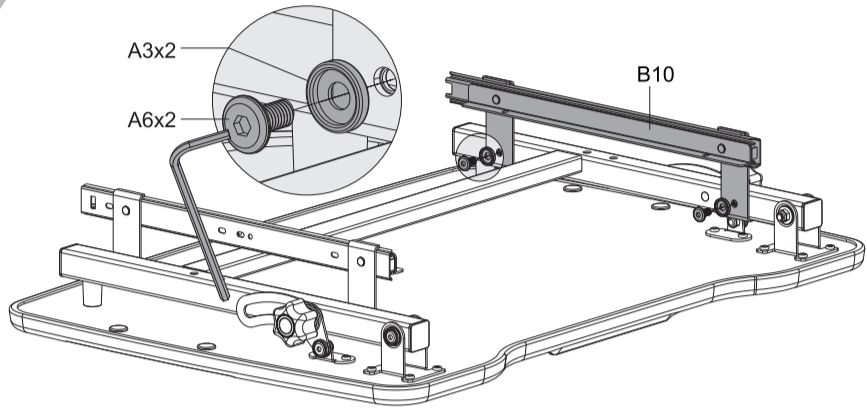


DESK ASSEMBLY INSTRUCTIONS

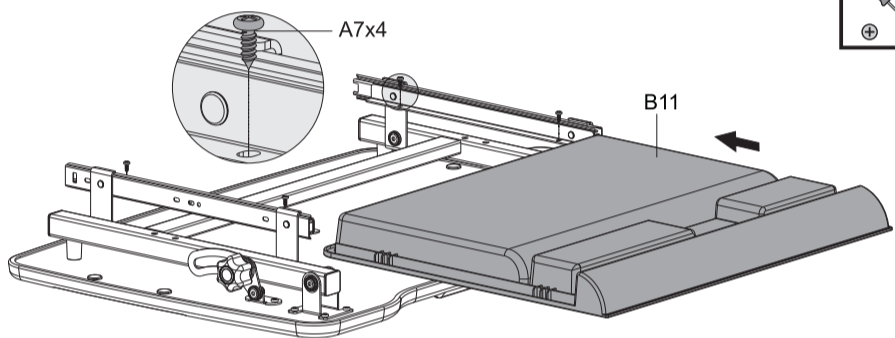
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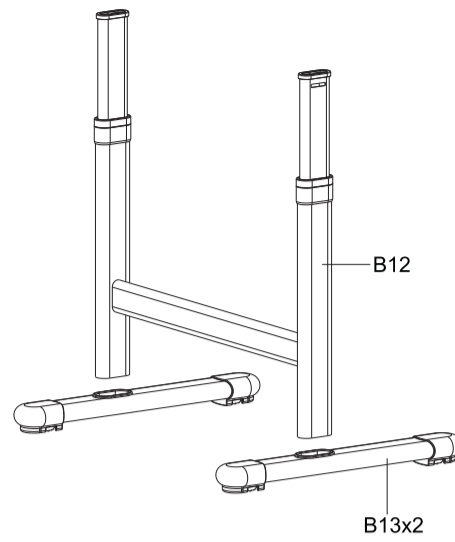
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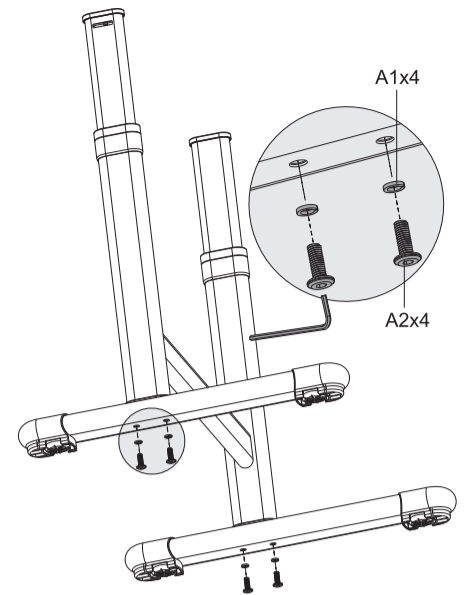
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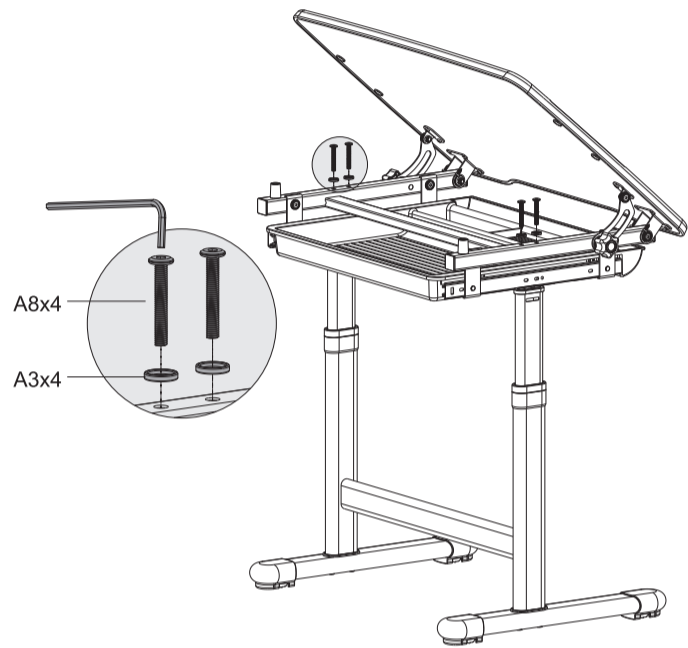
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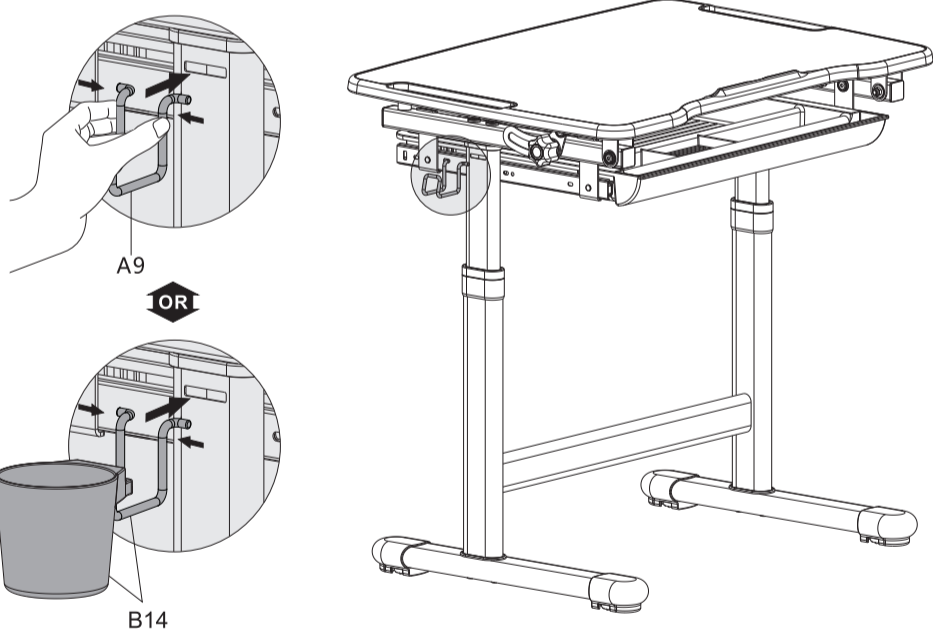
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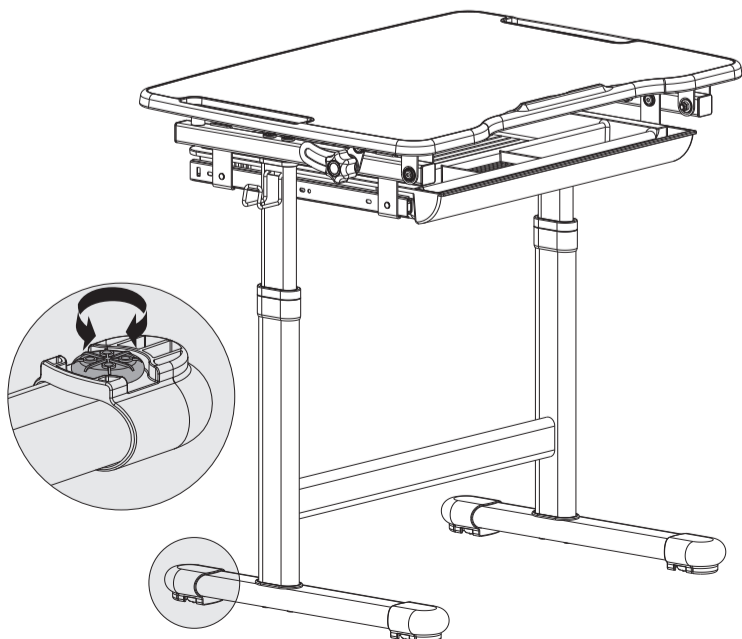
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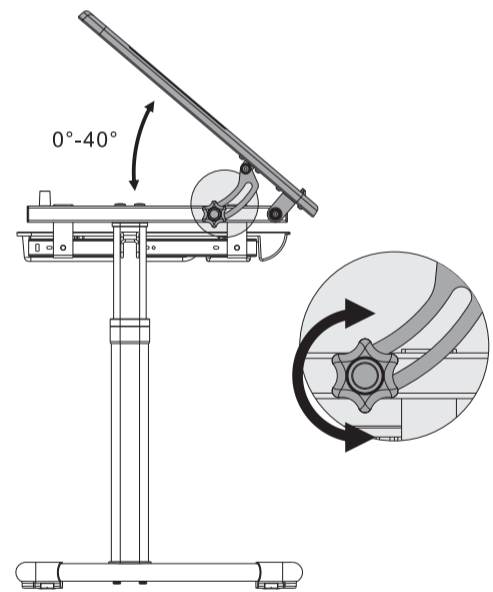
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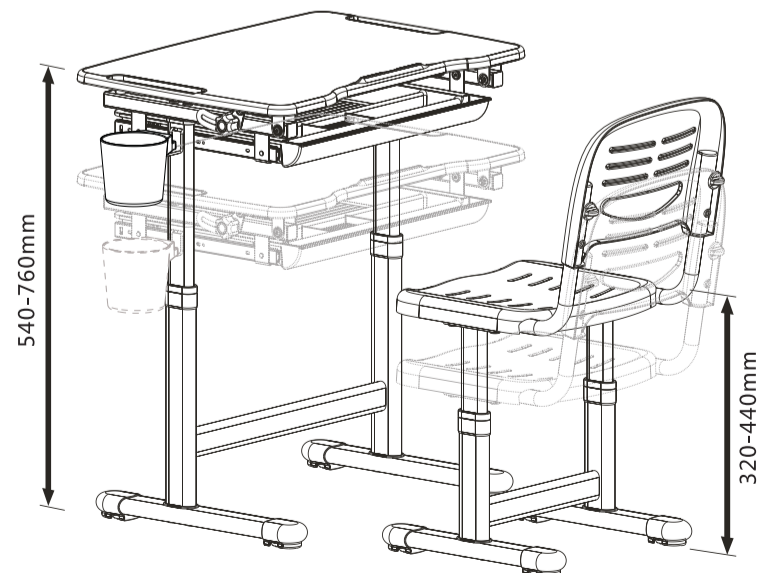
16



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HEIGHT ADJUSTMENT



How to lift up

Desk and chair can be adjusted higher by direct pulling up. Step on the support bar with one foot and pull up desk/chair to the height needed.

How to lower down

Pull up to the max height and slowly lower down to the min height. Pull up again to the height needed.