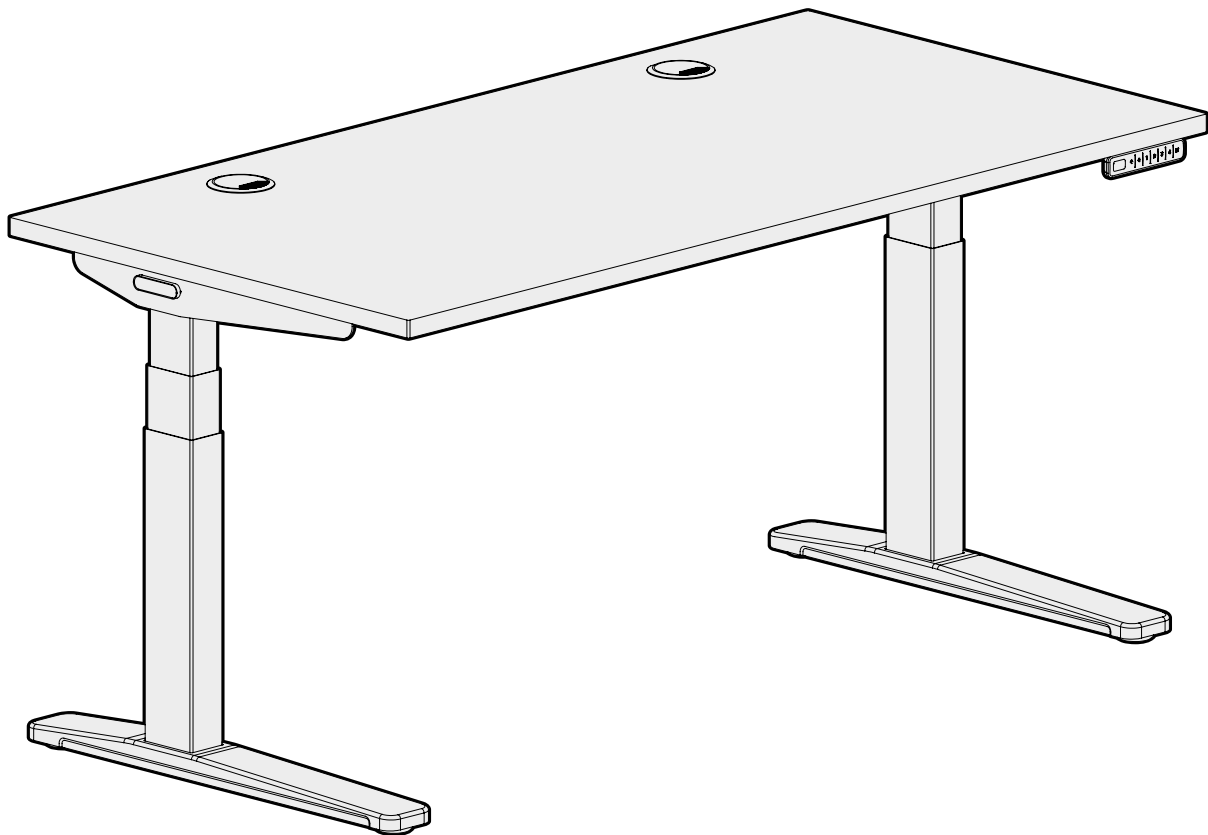


V3 Standing Desk

FV3-200 (C-Frame)

UPLIFT DESK

Work better. Live healthier.



For assembly assistance, contact us at (800) 349-3839 or hello@upliftdesk.com
The following patents apply to this product: US 11,109,672; CA 3,061,786; DE 202019005934
FlexMount Cable Manager is Patent Pending.
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Scan for
product
webpage



Safety & Warnings

Read all instructions carefully before assembly.

Failure to assemble or operate the desk properly may result in damage or personal injury. Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this product.

Retain this manual for future reference or new owners.

Warning! Risk of serious injury, fire, or electric shock:

- **Risk of serious injury or death.** Adjusting the height of the desk could pinch or crush body parts trapped between the desktop, frame, or accessories and the floor or any stationary objects under the desk. Ensure that any body part under the desk or accessories are removed from any pinch or crush zones prior to moving the desk.
- **Risk of fire and electric shock.** The desk is designed for indoor use only. Use of desk outdoors or in damp locations can damage the desk and can cause risk of electric shock and/or fire.
- There is a risk of desk failure or electric shock if desk components become wet. If liquid is spilled on any electrical desk component, disconnect the desk from power immediately.
- Never use the desk if the power cord or plug becomes damaged to avoid risk of fire and/or electric shock. Contact UPLIFT Desk for a replacement power cord.
- Do not open or insert any object into the desk legs or control box. Doing so may cause damage and can cause risk of electric shock.
- Only plug the desk and accessories into a properly grounded 100-240V power outlet. DO NOT interconnect (daisy chain) power strips, surge protectors, or extension cords.

Caution! Risk of personal injury or product damage:

- Inspect the desk regularly and stop using immediately if you notice damaged or loose parts.
- Keep fingers and body parts clear of the moving desk. Check the desk's surroundings on all sides before raising or lowering.
- Be sure there is a gap of at least 1" between the moving parts of the standing desk and objects located adjacent to it to avoid pinching and crushing hazards.
- Persons with limited mental or physical capabilities who are unable to comprehend the safe operation of the height adjustability feature must not operate the desk.
- Keep children away from the desk unless supervised. If children cannot be supervised at all times, use the desk Keypad's safety lock feature or remove the power cord to prevent operation.
- Ensure all desk and accessory cords have enough slack so they don't pull as the desk moves up and down.

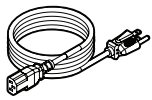
Product Components

The desk parts are packed in multiple boxes and may arrive in separate deliveries. If you suspect a part is missing, please thoroughly examine all packaging and boxes. If there is a damaged or missing part, please contact us at (800) 349-3839 or hello@upliftdesk.com.

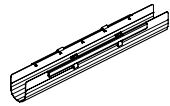
"V3 Standing Desk Frame" box

This box includes a small components box, crossbar assembly, and legs.

Small components box



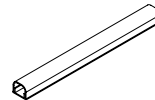
Power Cord (1)



FlexMount Cable Manager (1)



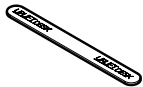
Cable Manager Bracket (2)



Keypad Cable Channel (1)



5mm Allen Wrench (1)



Hook & Loop Strip (10)



Cable Mount (10)



Logo Plate (2)

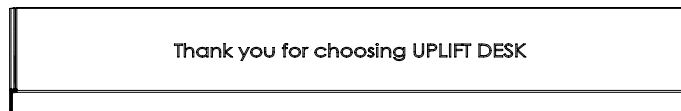


#10-24 x 5/8" Truss Head Screw (8)

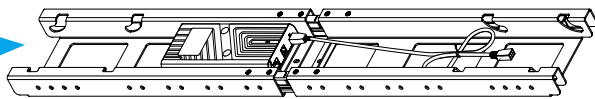


#10 x 5/8" Wood Screw (4)

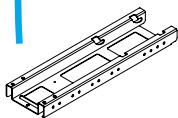
The parts shown above are located within the internally packed box that looks like this:



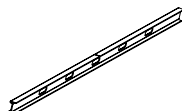
Crossbar assembly



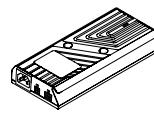
The parts shown below are pre-assembled as shown above, they aren't packaged individually.



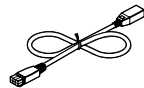
Crossbar End (2)



Crossbar Rail (2)



Control Box (1)

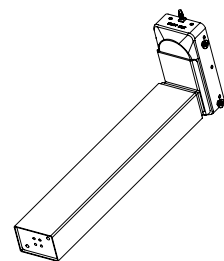


Leg Extension Cable (1)



M10 x 8 Set Screw (8)

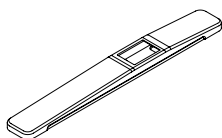
Legs



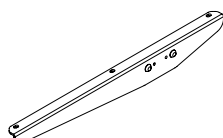
Leg (2)

Legs are located at the bottom of the box.

"V3 Feet & Side Brackets" box

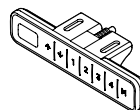


Foot (2)



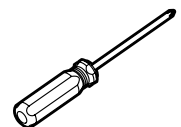
Side Bracket (2)

Accessories box



Keypad (1)
Keypad style varies

Tools required



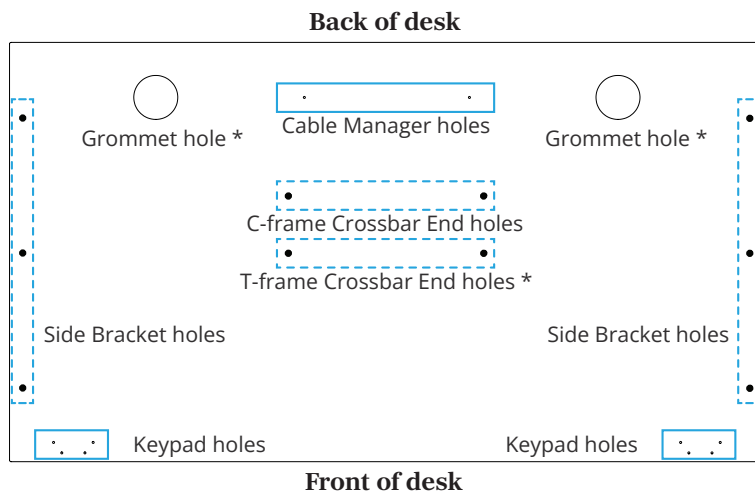
Phillips Screwdriver

Desktop Hole Layout

Dotted blue lines show the locations of pre-installed metal threaded inserts in the bottom of desktop, where Truss Head Screws are used to attach the Side Brackets and Crossbar Ends.

Solid blue lines show the locations of pre-drilled pilot holes, where Wood Screws are used to attach the Keypad and Cable Manager.

** Not on all desktops*



Assembly Instructions

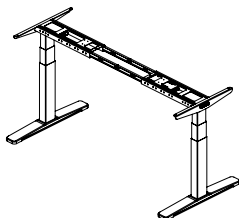
The assembly steps in this manual are specifically for the C-Frame. If you have purchased a T-Frame or are using your own desktop, please scan the appropriate QR code below for the correct assembly instructions.

T-Frame Instructions

This QR code provides instructions for assembling a desk with T-Frame style Feet and Side Brackets.



Scan for
T-Frame
assembly

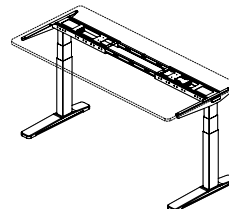


Frame Only Instructions

This QR code provides instructions for assembling just the frame for use with a non-UPLIFT desktop.



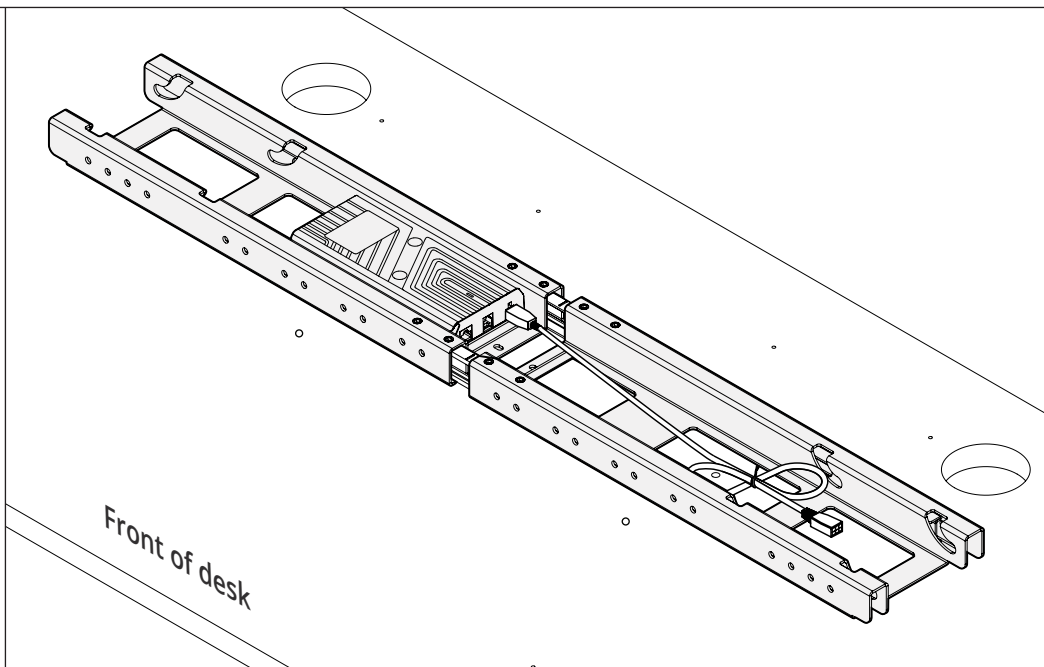
Scan for
frame only
assembly



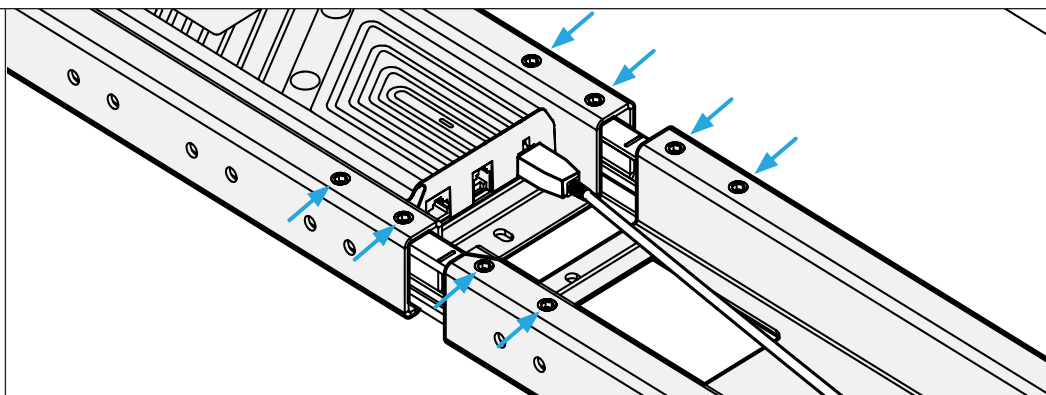
Step 1

Place the desktop on a clean surface with the mounting holes facing upward.

Next, place the Crossbar Assembly on the desktop. The Crossbar Assembly can be oriented with the Control Box positioned on the left or right.



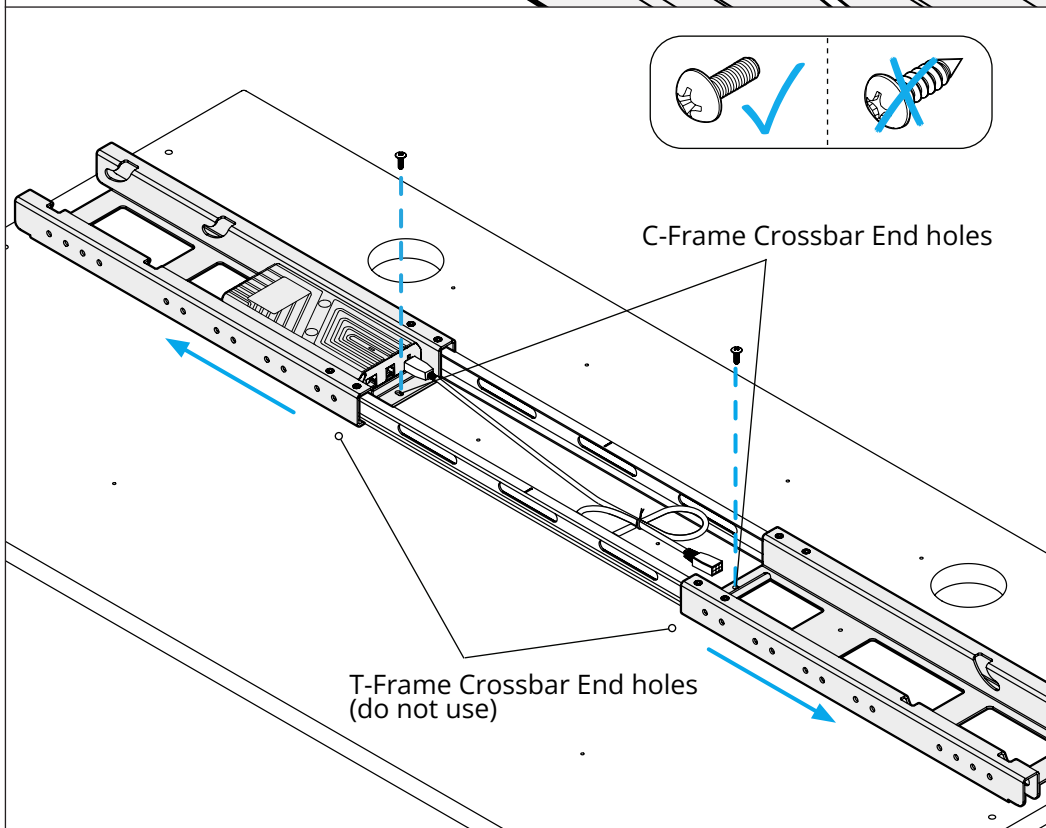
Use the **Allen Wrench** to loosen the **Set Screws** indicated by the arrows.



Slide the Crossbar Ends apart and align the oval mounting holes with the "C-frame Crossbar End holes" shown on the Desktop Hole Layout on page 4. Ensure that they are not aligned with the T-Frame holes.

Use a **Phillips Screwdriver** to partially insert a **#10-24 x 5/8" Truss Head Screw** into each threaded insert.

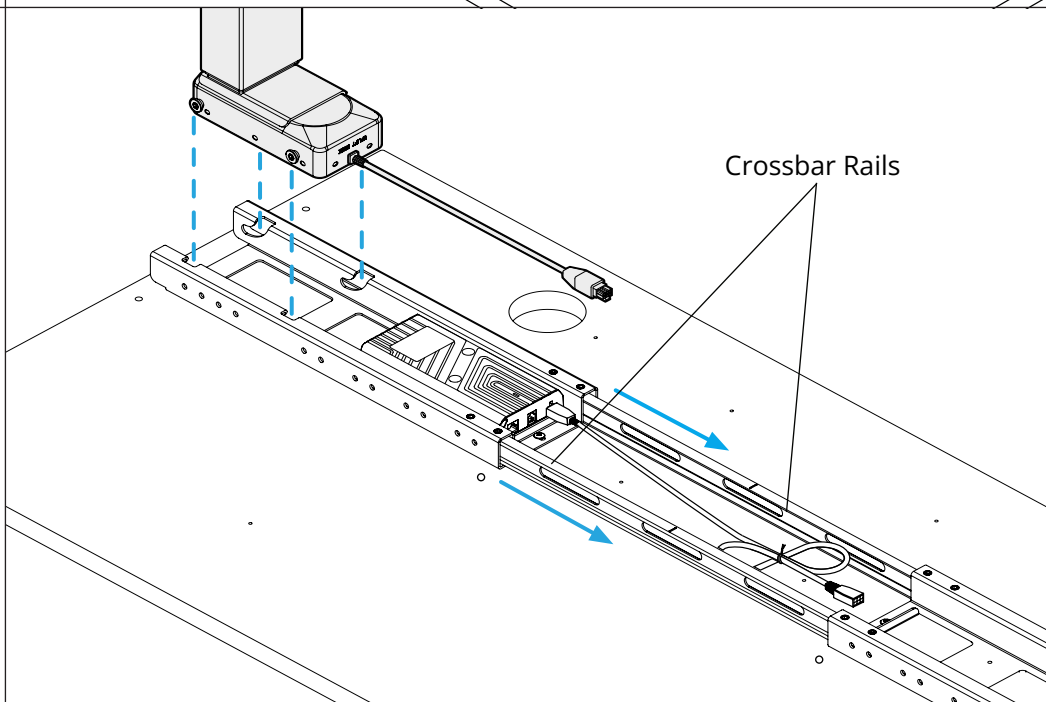
Do NOT tighten these screws yet!



Step 2

Insert a Leg into the slots of each Crossbar End as shown.

If necessary, slide the Crossbar Rails so they don't block the Crossbar End slots.



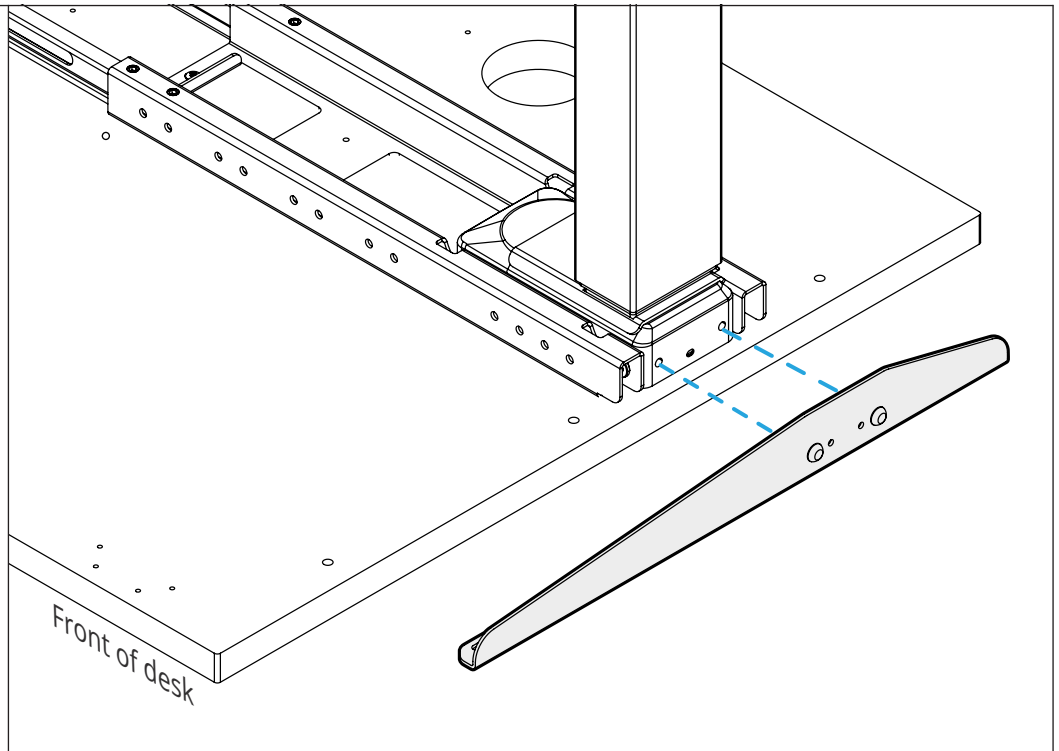


Step 3

Position the left and right Side Brackets with the long end towards the front of the desk.

Align the **pre-installed Side Bracket screws** with the holes in the back of the Leg and use the **Allen Wrench** to insert the screws.

Make sure these screws are tight!

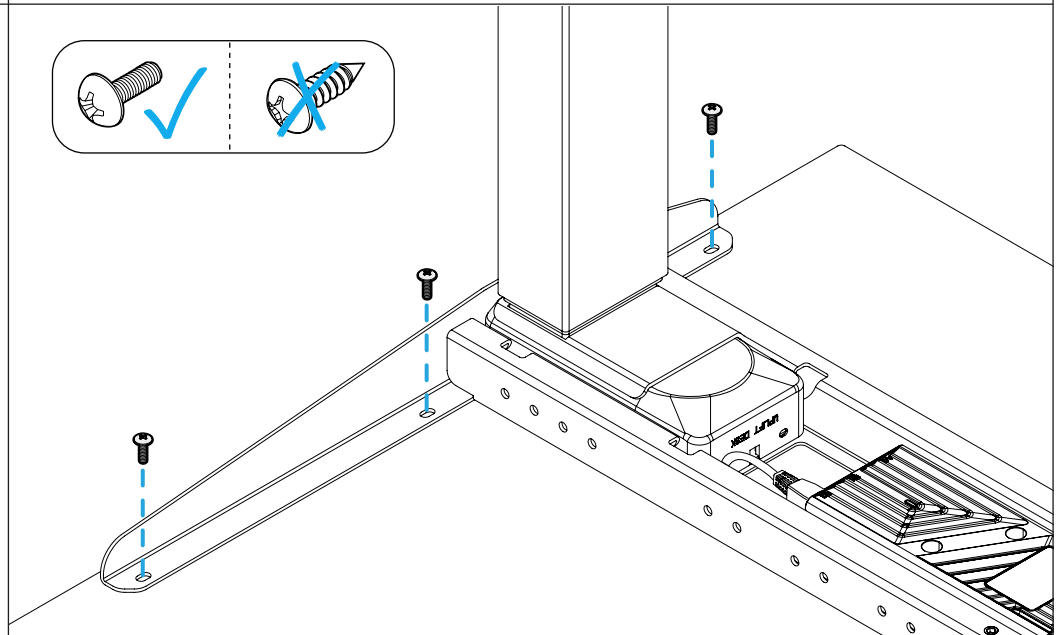
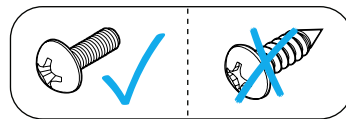


Step 4

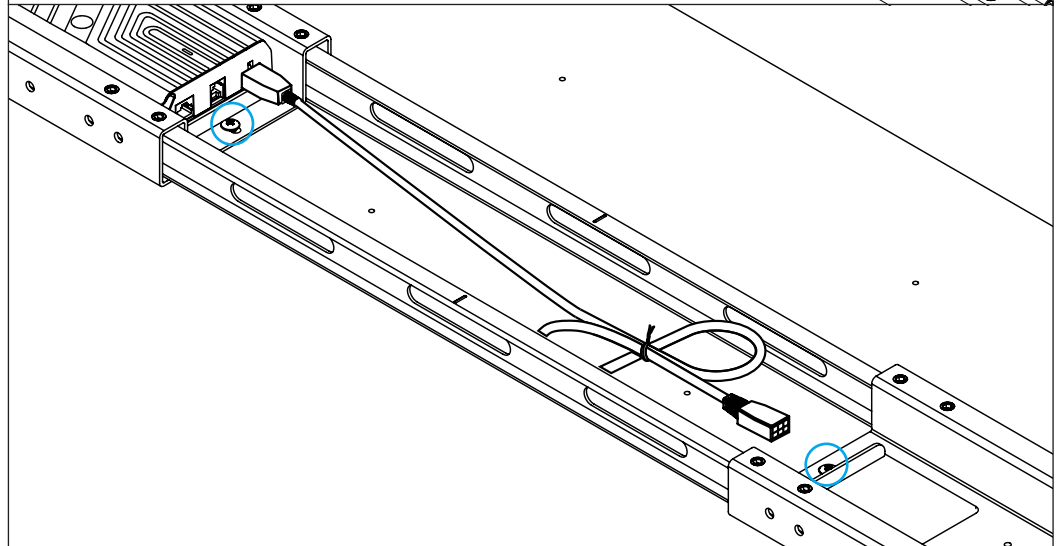
Align the oval holes in the Side Brackets with the "Side Bracket holes" shown on the Desktop Hole Layout on page 4.

Use a **Phillips Screwdriver** to insert a **#10-24 x 5/8" Truss Head Screw** into each metal threaded insert.

Make sure these screws are tight!



Use a **Phillips Screwdriver** to tighten the two **#10-24 x 5/8" Truss Head Screws** from Step 1 shown circled here.

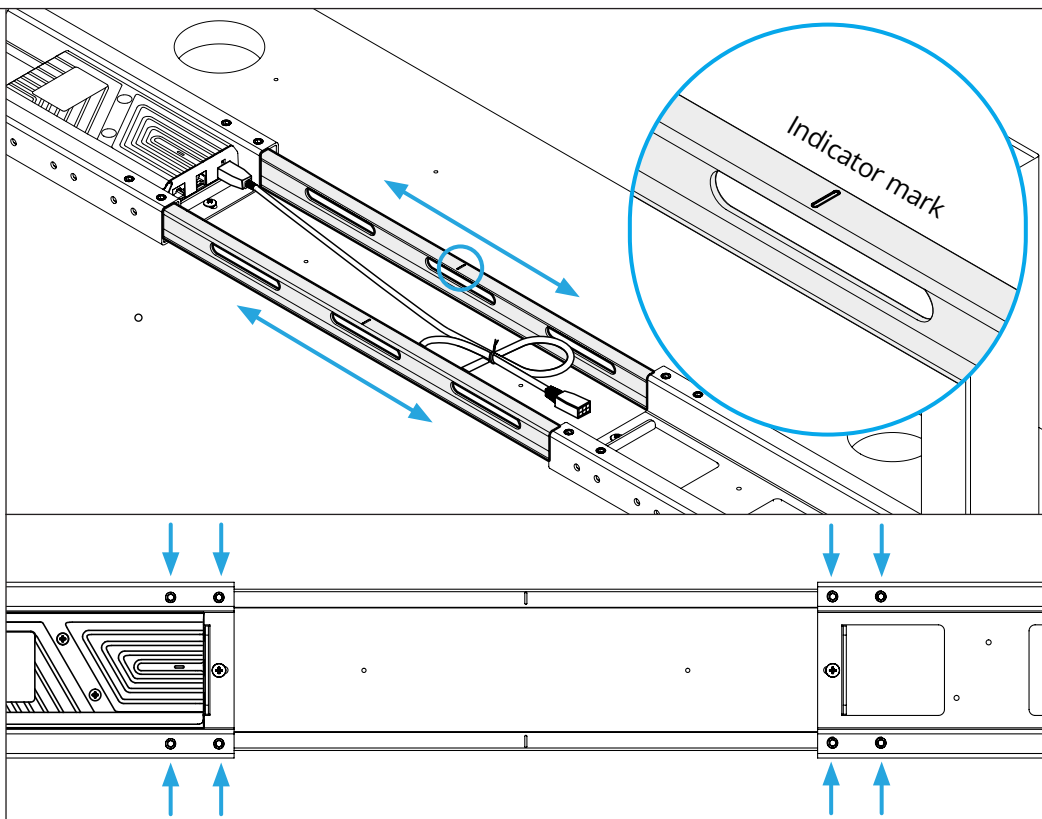




Step 5

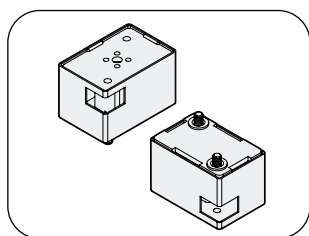
Center the Crossbar Rail indicator marks between the Crossbar Ends.

Use the **Allen Wrench** to tighten the eight pre-installed **M10 x 8 Set Screws** indicated by the arrows.



Step 6

If you purchased a V3 XT Kit (shown below) refer to those instructions before attaching the Feet.

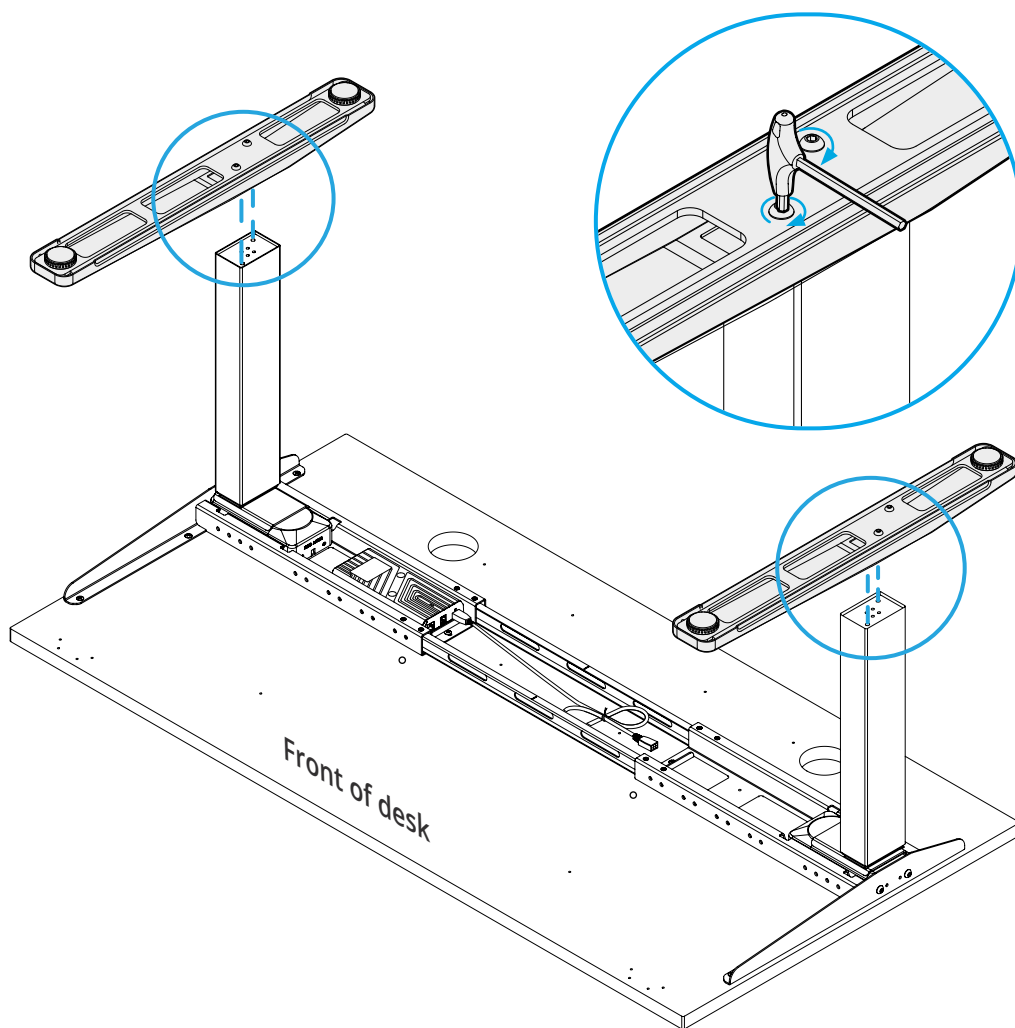


Place one Foot on a Leg with the long end towards the front of the desk.

Align the two screws in the Foot with the holes in the Leg and use the **Allen Wrench** to insert the screws.

Make sure these screws are tight!

Repeat this step for the other foot.



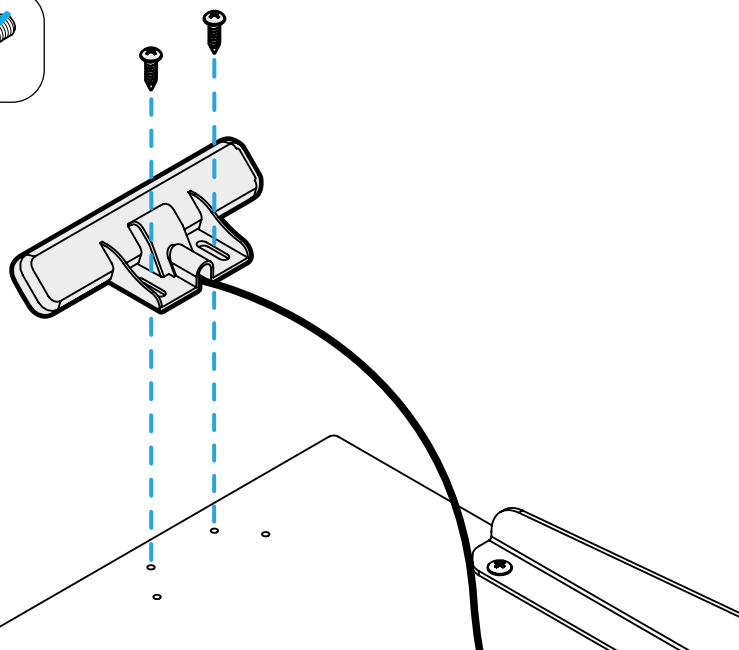
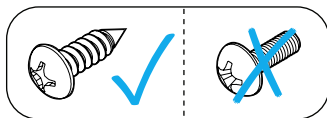


Step 7

The Keypad can be attached to either the right or left side of the desktop.

Align the Keypad mounting holes with the predrilled "Keypad holes" shown on the Desktop Hole Layout. Use a **Phillips Screwdriver** to insert two **#10 x 5/8" Wood Screws**.

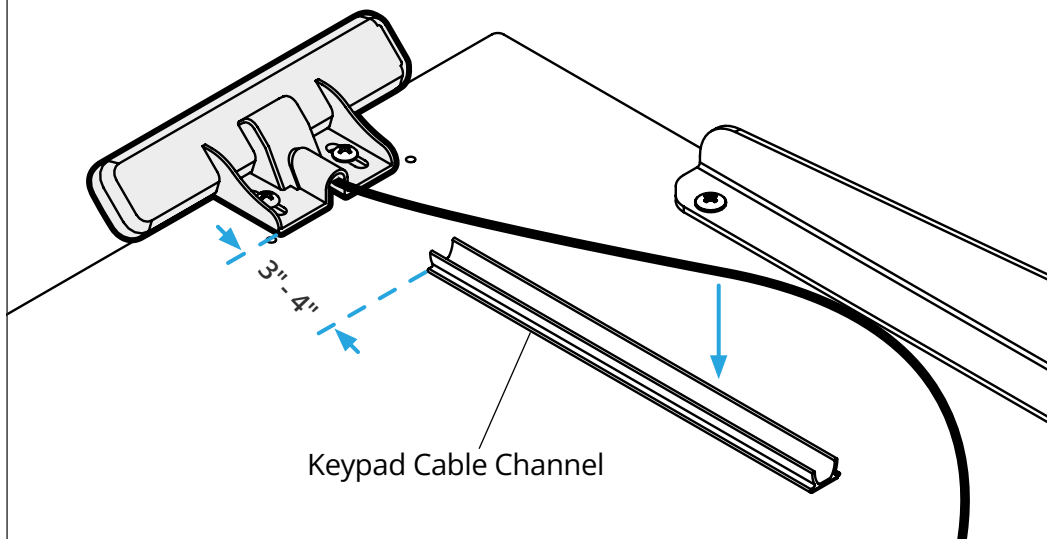
Do NOT overtighten the screws to avoid stripping!



Step 8

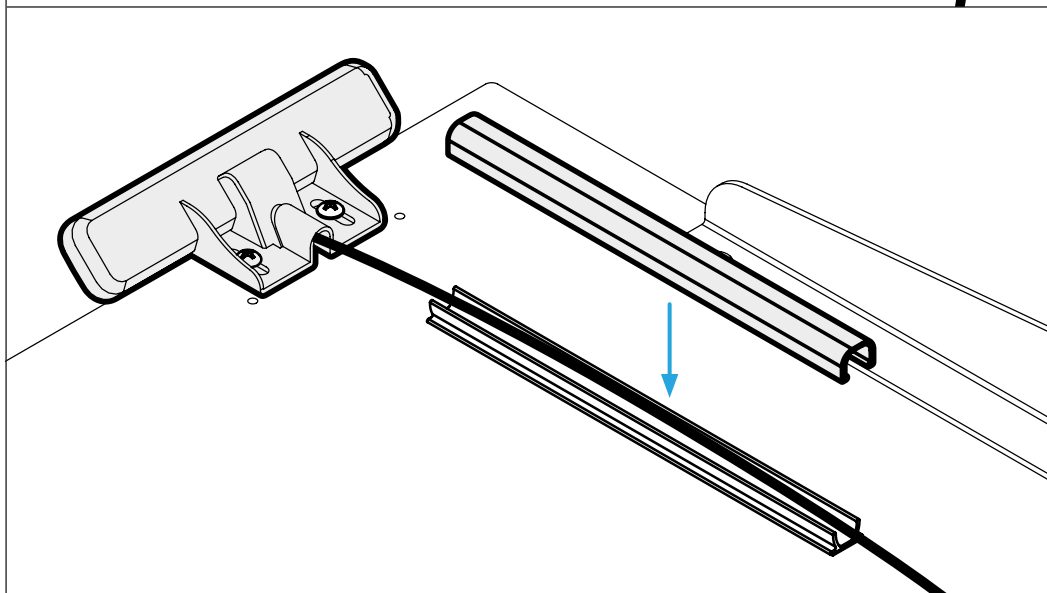
Separate the top and bottom halves of the Keypad Cable Channel.

Peel the adhesive backing off of the bottom half and press it onto the desktop about 3" to 4" behind the Keypad.



Keypad Cable Channel

Route the Keypad cable through the bottom half and reattach the top.

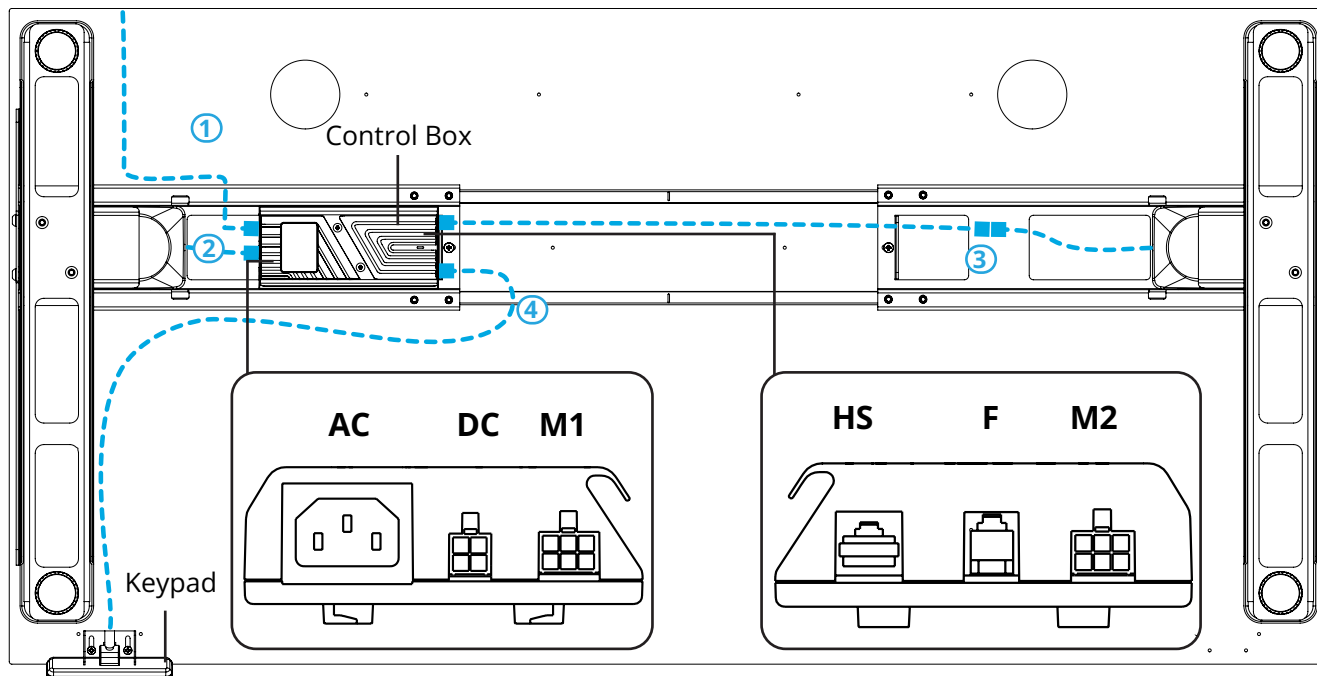




Step 9

- ① Connect the Power Cable to the AC port on the Control Box.
- ② Connect the cable from the closest Leg to the M1 port on the Control Box.
- ③ The Leg Extension Cable is pre-connected to the M2 port. Connect the Leg Extension Cable to the other Leg.
- ④ Connect the Keypad cable to the HS port on the Control Box.

The Keypad and Control Box positions on your desk could differ from the image below:



Step 10

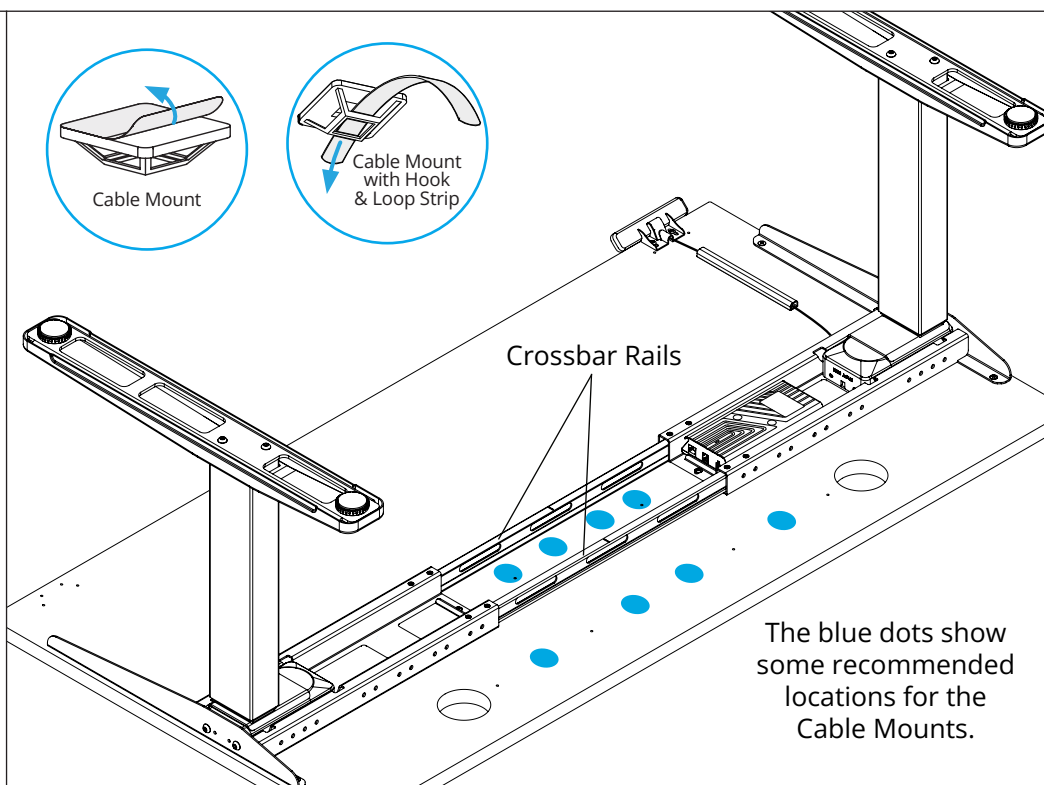
Secure cables using the Hook & Loop Strips. These can be used independently or with the Cable Mounts.

If using Cable Mounts:

Peel the backing off the Cable Mounts and press them onto the bottom of the desktop.

If not using Cable Mounts:

Thread Hook & Loop Strips through or under the Crossbar Rails.

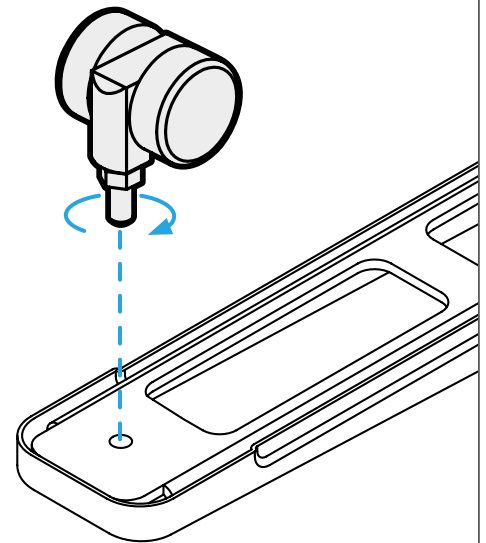
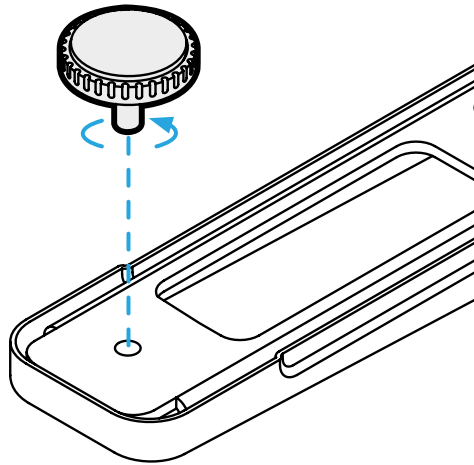




Step 11

If you purchased desk casters, remove the leveling glides from the bottom of each foot by turning them counterclockwise.

Then, use your fingers to screw the casters clockwise until they are tight. If the desk will be moved frequently, tighten with a 1/2" (12mm) flat wrench.



Step 12

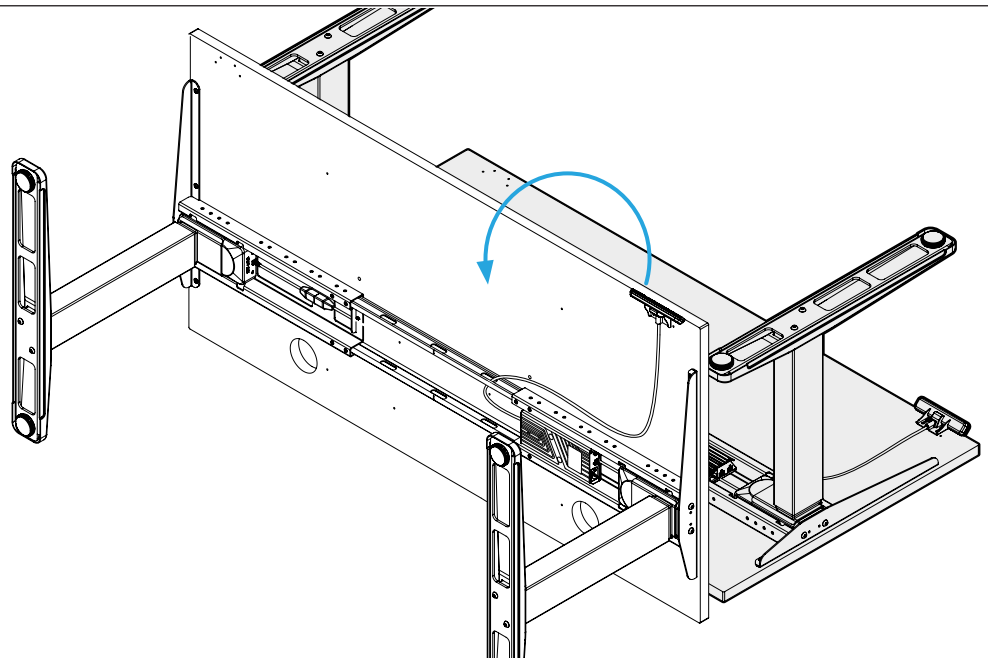
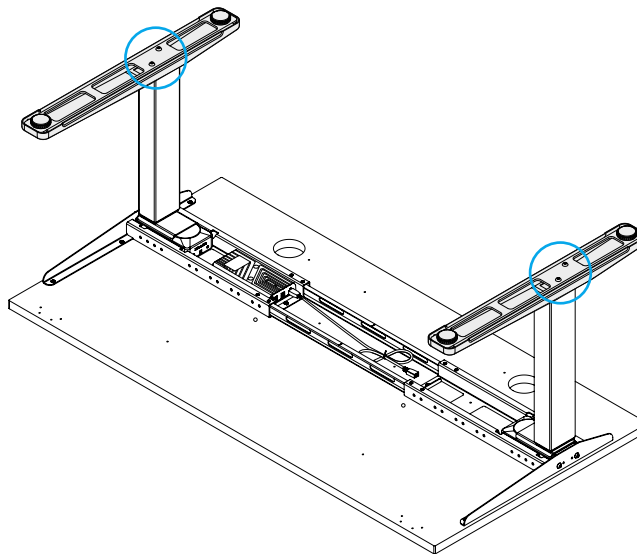
Before flipping the desk over, ensure the Feet screws are very tight.

This step is very important, do not skip!

Now is also a good time to install any accessories that attach to either the desk frame or bottom of the desktop, such as desk drawers or keyboard trays.

Be aware of cables and attachments as you flip the desk over.

Gradually lift the front of the desk until the back of the Feet are resting on the floor. Then adjust your grip and rotate the desk upright.



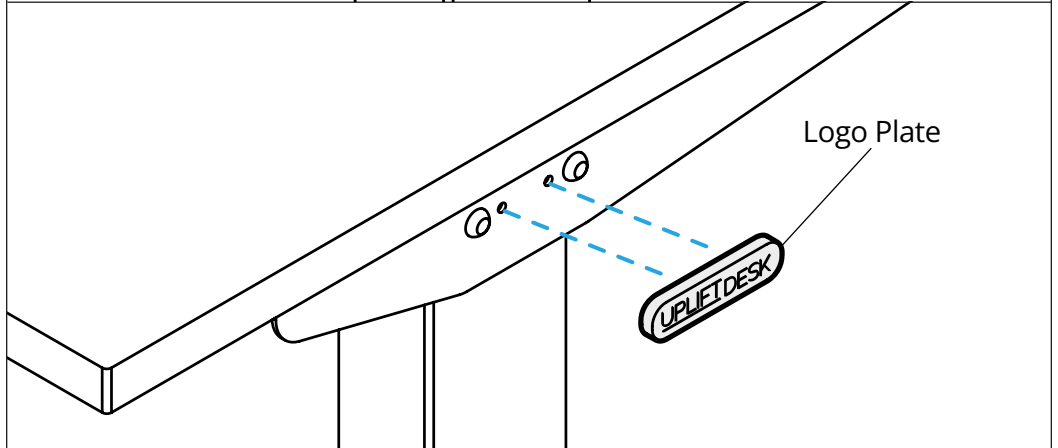
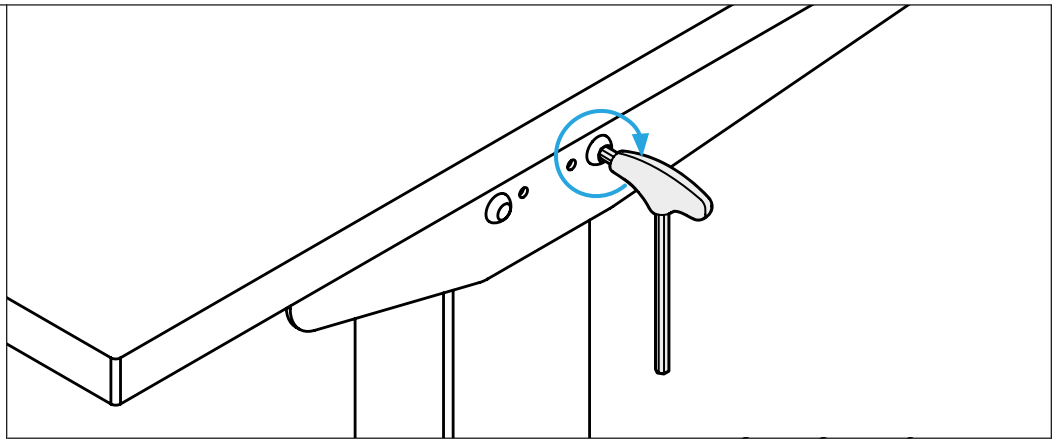


Step 13

Before attaching the Logo Plates, use the **Allen Wrench** to firmly tighten Side Bracket screws.

This step is very important, do not skip!

Align the Logo Plate posts with the holes in the Side Brackets and press into place.

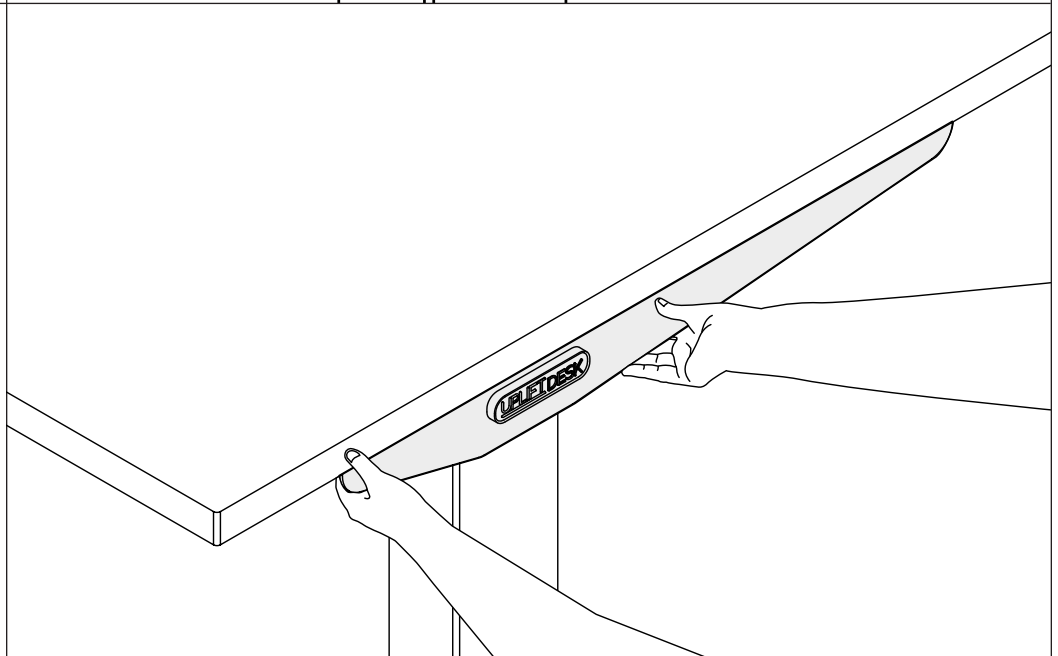


Step 14

If Casters were installed you can skip this step.

To move the desk, lift under the Side Brackets.

Adjust the leveling glides under each foot as needed for uneven floors, simply turn them until all four leveling glides are in contact with the floor.

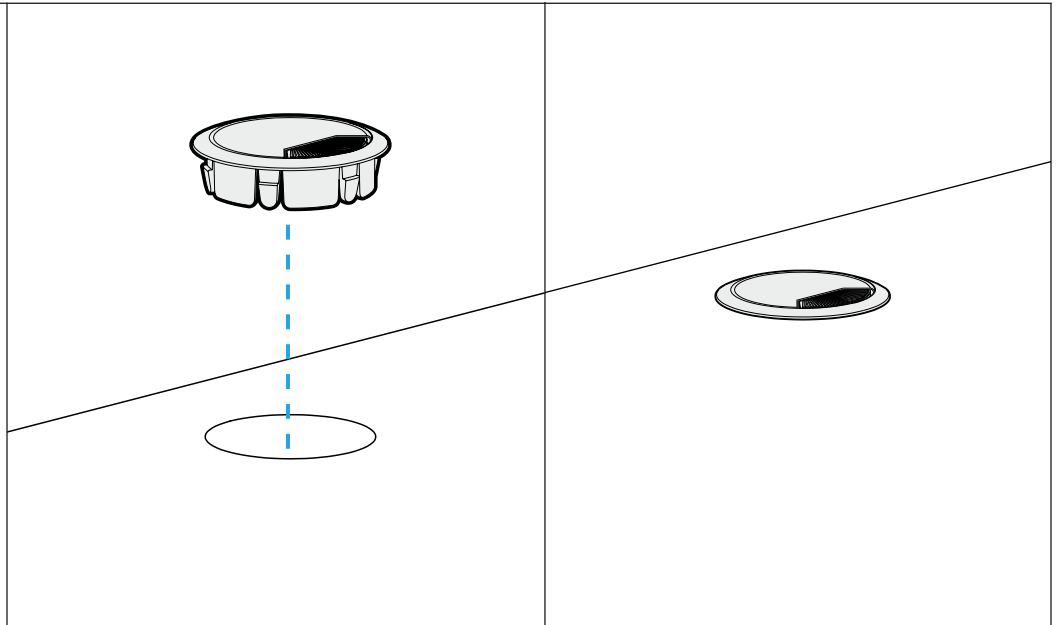




Step 15

For desktops with grommet holes, insert the included Grommet Covers so they are flush with the desktop surface.

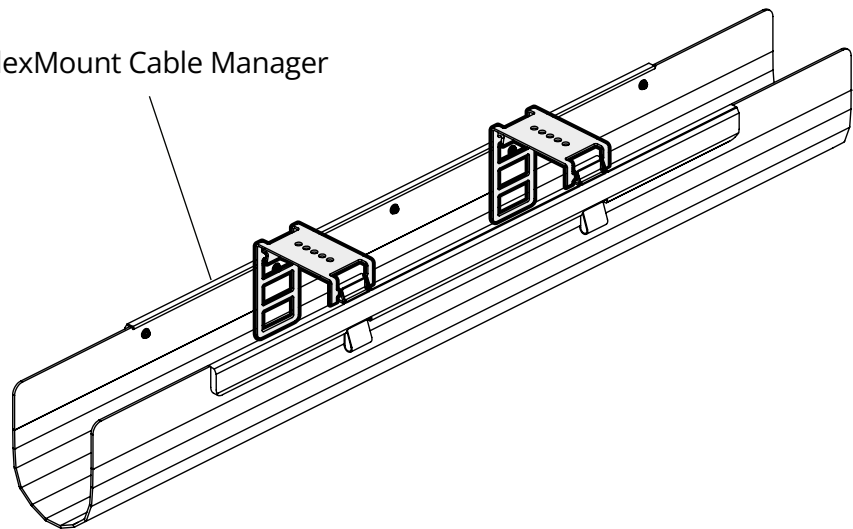
If you purchased a different grommet accessory, follow the instructions included with that product.



Step 16

Refer to the separate set of instructions included for the installation of the FlexMount Cable Manager.

FlexMount Cable Manager

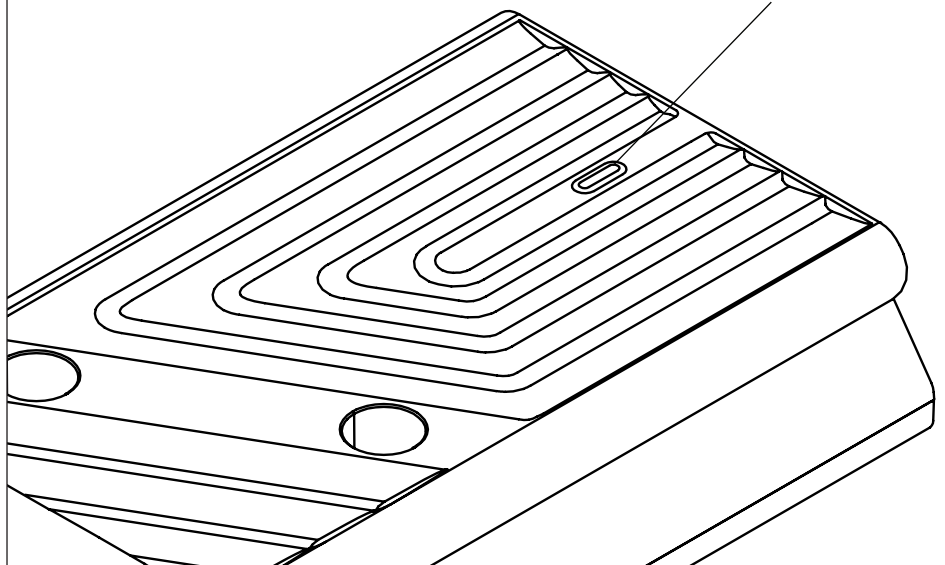


Step 17

Plug the Power Cord into a grounded power outlet. Once connected to power, the Control Box power indicator LED and the Keypad display will illuminate.

Before using the desk for the first time, follow the Desk Reset Procedure on the next page.

Control Box Power Indicator LED



Step 18

Perform the following Desk Reset Procedure to sync the Legs with the Control Box before first-time use and anytime an error code appears on the Keypad. This step is very important, do not skip!

1. Remove anything under the desk that would prevent it from moving to its lowest position.
2. Press and hold the "down" button on the Keypad to lower the desk to its lowest position.
3. Press and hold the "down" button again for about 10 seconds. Keypads with a display will show "ASr". Paddle Keypads will show "RESET."
4. Press and hold the "down" button again until the desk lowers slightly, rises, and stops.

If the desk is still not working properly, please contact us at (800)349-3839 or hello@upliftdesk.com.

Advanced Keypad Programming

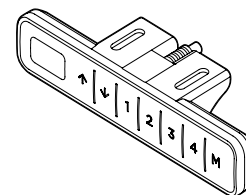
Follow the instructions below for the Advanced Keypad. These instructions do not apply to the Basic Display Keypad or Advanced Paddle Keypad models. To program the Advanced Paddle Keypad, follow the instructions included with that model.



Save Desk Heights

Save your sitting and standing heights.

1. Use the Keypad to raise or lower the desk to your desired height.
2. Tap the "M" button followed by one of the numbered buttons.
3. Tapping a numbered button will then move the desk to that saved height.



Advanced Keypad appearance varies with model selected

Memory Mode

Different ways to operate the Keypad.

One-Touch

Default setting. Requires a single touch of a button to move the desk.

Constant-Touch

Requires a continuous hold of a button or paddle to move the desk.

Double-Touch

Requires two consecutive taps of a button to move the desk.

1. Move the desk to its lowest position.
2. Press and hold the "down" button until the display shows "ASr".
3. Press and hold the number "1" button until the display shows:
 - 10.1 for One-Touch
 - 10.2 for Constant-Touch
 - 10.8 for Double-Touch
4. Release the button when the preferred selection is displayed.
5. When the display changes back to "ASr", press and hold the "down" button until the desk lowers and rises slightly and the display changes back to the desk height setting.

Keypad Lock

Prevents unintended movement. If power is lost, the Keypad will unlock.

1. Hold the "M" button until the display shows "LOC".
2. To unlock the Keypad, hold the "M" button until the display shows the desk height.

Units of Measurement

Switch between centimeters and inches.

1. Move the desk to its lowest position.
2. Press and hold the "down" button until the display shows "ASr".
3. Press and hold the number "2" button until the display shows:
 - 10.3 for centimeters
 - 10.4 for inches
4. Release the button when the preferred selection is displayed.
5. When the display changes back to "ASr", press and hold the "down" button until the desk lowers and rises slightly and the display changes to the desk height.

Min & Max Height Limits

Prevents the desk from colliding with anything above or below it.

Set minimum desk height limit:

1. Move the desk to where you want the minimum height limit to be set.
2. Tap the "M" button once and "S-" will appear on the display.
3. Tap the "down" button and the display will flash "S-."
4. Press and hold the "M" button until the display shows "000" and changes to the desk height.

Set maximum desk height limit:

1. Move the desk to where you want the maximum height limit to be set.
2. Tap the "M" button once and "S-" will appear on the display.
3. Tap the "up" button and the display will flash "S-."
4. Press and hold the "M" button until the display shows "999" and changes to the desk height.

Remove desk height limits:

1. Tap the "M" button once and the display will show "S-."
2. Press and hold the "M" button until the display shows "555" and changes to the desk height.

Anti-Collision Sensitivity

Change anti-collision settings to increase or decrease sensitivity to obstacles.

1. Move the desk to its lowest position.
2. Press and hold the “down” button until the display shows “ASr”.
3. Press and hold the “up” button until the display shows:
 - 10.5 for Most Sensitive
 - 10.6 for Moderately Sensitive
 - 10.7 for Least Sensitive
4. Release the button when the preferred selection is displayed.
5. When the display changes back to “ASr”, press and hold the “down” button until the desk lowers and rises slightly and the display changes back to the desk height setting.

Troubleshooting

Error Code	Description	Solution
H01	<i>Overheated</i>	The desk motor has a 10% duty cycle to protect from overheating. This means that in a 20 minute period, if your desk is activated continuously for 2 minutes, you will need to let it rest for at least 18 minutes.
E01-E06	<i>Overcurrent Issue</i>	1. Ensure the desk does not exceed the 355 lb weight limit 2. Ensure there is no mechanical interference or obstruction 3. Perform the Desk Reset Procedure
E07-E12	<i>Uneven or Disconnected Legs</i>	1. Ensure all cables are firmly connected 2. Ensure there is no mechanical interference or obstruction 3. Perform the Desk Reset Procedure

Error Codes

If your Keypad display shows any of the error codes listed above, perform the Desk Reset Procedure. If the error message persists after performing the Desk Reset Procedure or if there is a height difference between the Legs of more than 1.5", contact us at (800) 349-3839 or hello@upliftdesk.com.

Starting & Stopping

If your desk starts and stops as you try to raise or lower it, make sure the Control Box is securely attached to the frame. The Control Box **MUST** be attached to your frame in order for your desk to function properly. If the Control Box is secure and the problem persists, perform the Desk Reset Procedure.

Loss of Power

Perform the Desk Reset Procedure any time the desk is unplugged or power has been interrupted.



UPLIFT DESK

Work better. Live healthier.

upliftdesk.com

hello@upliftdesk.com

(800) 349-3839

(512) 614-3152

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AI-FV3-200-2.0