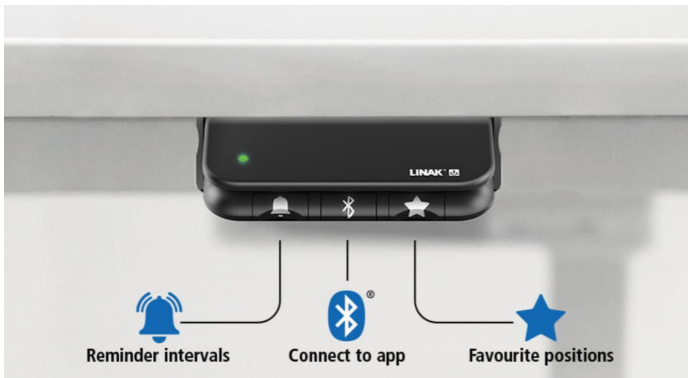


# Motiv3 Quick-Start Guide.

## Understanding the features of your desk

- Height range 620-1240mm
- Heavy-duty telescopic support frame
- Individual motor in each leg
- Adjust speed 39mm/sec
- Integrated overload protection system prevents operation of excessive loading is detected.
- Integrated anti-collision system for added safety.



## Operation

- **Adjust your desk** by pushing the intuitive panel up or down.
- **Store two of your favourite sit-stand positions** by holding down the star button for 2 seconds
- **Overwrite existing positions** by holding the star button for 2 seconds, which replaces the closest existing favourite position.
- **Drive to your favourite positions** by double-tapping the panel up or down
- **For automatic control**, download the “Desk Control App.”



Hold down the Bluetooth® button on the desk panel for two seconds and search for nearby desks in the app.

- **To set reminders** to stand, push the bell button on the panel and choose from 3 options:
  - Weak LED intensity = Remind me after 55 minutes of sitting (Default)
  - Medium LED intensity = Remind me after 50 minutes of sitting
  - Bright LED intensity = Remind me after 45 minutes of sittingWhen no white light is lit, the reminder function is turned off

For more information on desk operation, scan the QR code on your desk panel.

## Ergonomics

### Seated

- Both feet on floor. Thighs touching the seat without gaps. 2-3 finger gap from front edge of seat to back of knees.
- Lower desk until your arms make a 90° angle, then lower the desk height by another 1-2 fingers.

### Standing

- For typing, raise your desk until desktop matches your belly button. .
- For writing, raise your desk until just below where your ribcage ends and your stomach starts.

