

Important Notes for Assembly

Very Important: ALL Kinesthetic Tabletops should lie flat. IF the tabletop is slanted, this means it was slid into the base the opposite way. In order to correct this, simply flip tabletop around.

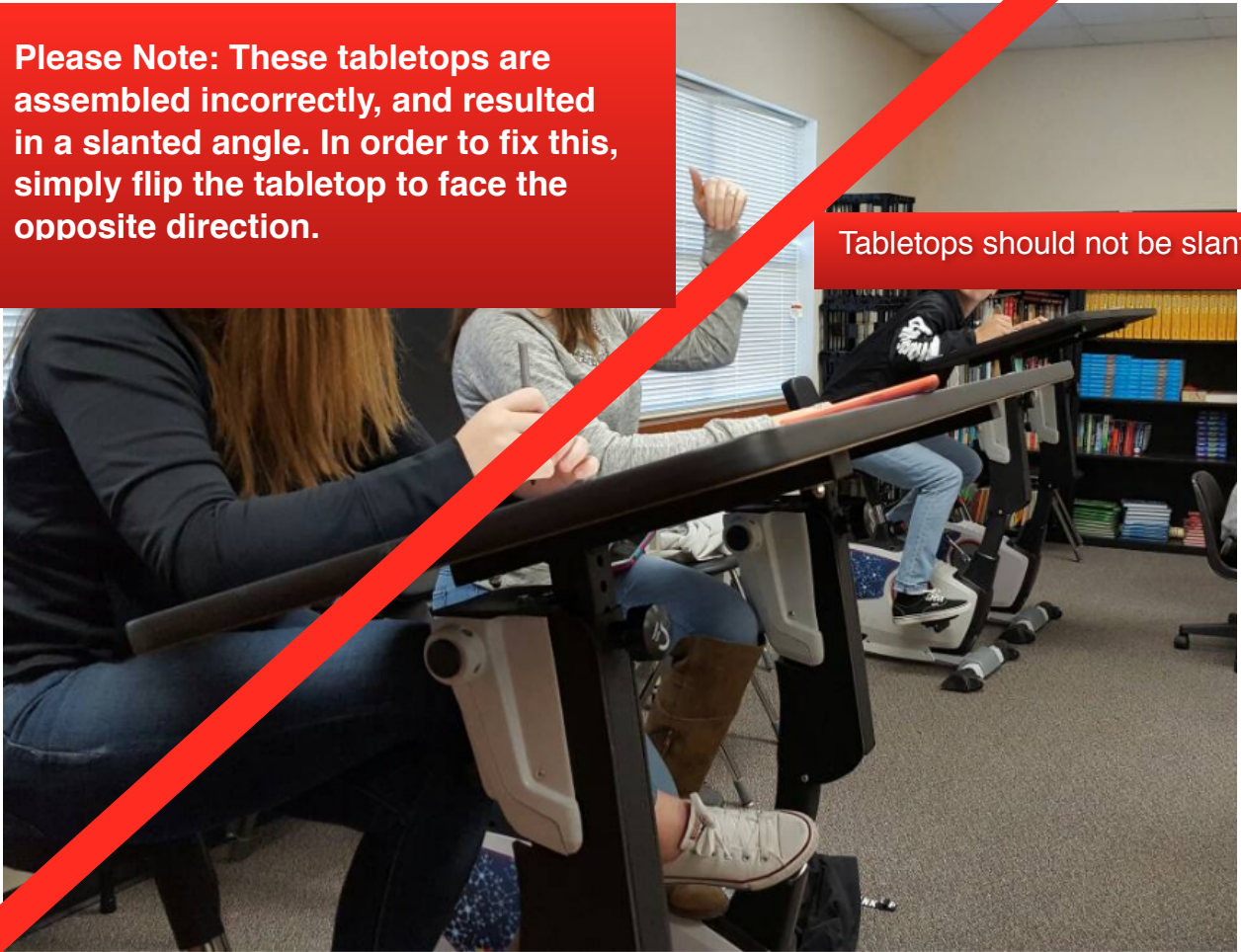
Pedal Desk

Parts List



Please Note: These tabletops are assembled incorrectly, and resulted in a slanted angle. In order to fix this, simply flip the tabletop to face the opposite direction.

Tabletops should not be slanted.



The tabletop pictured on the left shows the correct assembly of the tabletop (Should lie flat and be used as a writing surface for students.)



KINESTHETIC DESKS - ADJUSTING TABLE TOP AND SEAT HEIGHTS

Adjusting the Seat Height

Twist and Pull knob will allow user to adjust the seat height up or down. Adjusting the height of the seat, requires the user to locate the large black knob on the center of the seat stem. The general rule for seat height is that when you are sitting on your pedal desk and one foot is at it's lowest point, your knee should be mostly extended. This reduces the compression on the knee when bent and also increases the amount of power user has when pushing on the pedals.

Step 1. Untwist the knob about $\frac{1}{2}$ way - $\frac{3}{4}$ of the way. (the knob never should be taken completely out of the stem)

Step 2. Use one hand to Pull the knob, while simultaneously using the other hand to raise or lower the seat height.

Step 3. Once the seat has reached the desired height, let go of knob, and you will feel it click into place.

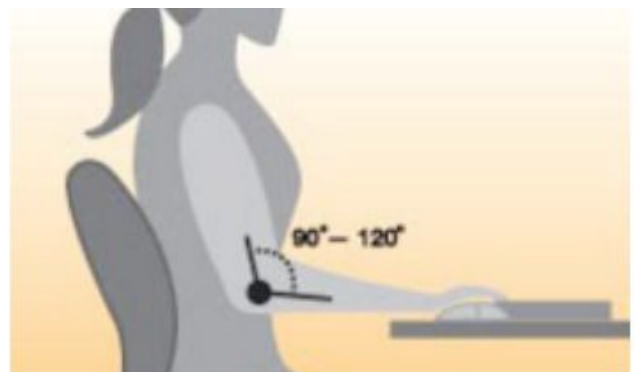
Step 4. Twist the knob back to fully tighten. IF the seat stem is wobbling at all, this means the knob needs to be tightened further.

Adjusting the Tabletop Height

The general rule for tabletop height is adjusted so the user's arms are between 90-120 degrees. Because of this, the tabletop height should not need to be adjusted on a regular basis. We recommend finding a median height that will fit your students. From there, the SEAT height can then be adjusted to accommodate different sized students, as needed.

Locate the large black twist and pull knob located under the tabletop. Twist $\frac{1}{2}$ way up to $\frac{3}{4}$ of the way. Twist until the knob is loosened, but NOT entirely removed from the stem. At this point, use one hand to pull the knob, while simultaneously using the other hand underneath the tabletop, to either raise or lower the tabletop height. For multi person desks, this may require 2 people. After the tabletop is raised/lowered to appropriate height, the twist and pull knob must be twisted fully back into the groove, and very tightly secured. It is important to twist the knob tightly until it is unable to twist any further.

The final step in the process is tightening the clear screw located on the table top stem (see image diagram on page 1). This can be tightened using a flathead screwdriver.



(TRICK: If no screwdriver is available, a coin will work too!) This screw acts as added support for the tabletop stem and will prevent any slight wiggling of the stem.

Stabilizing the Pedal Desk

The desks are manufactured to be stable on all surface types. In order to ensure the most stability, the desk is equipped with two rear floor levelers. If the desk is not stable upon arrival, then simply rotate the floor levels until the desk is balanced to floor level. This should not need to be done more than once, unless desk is moved from room-to-room.