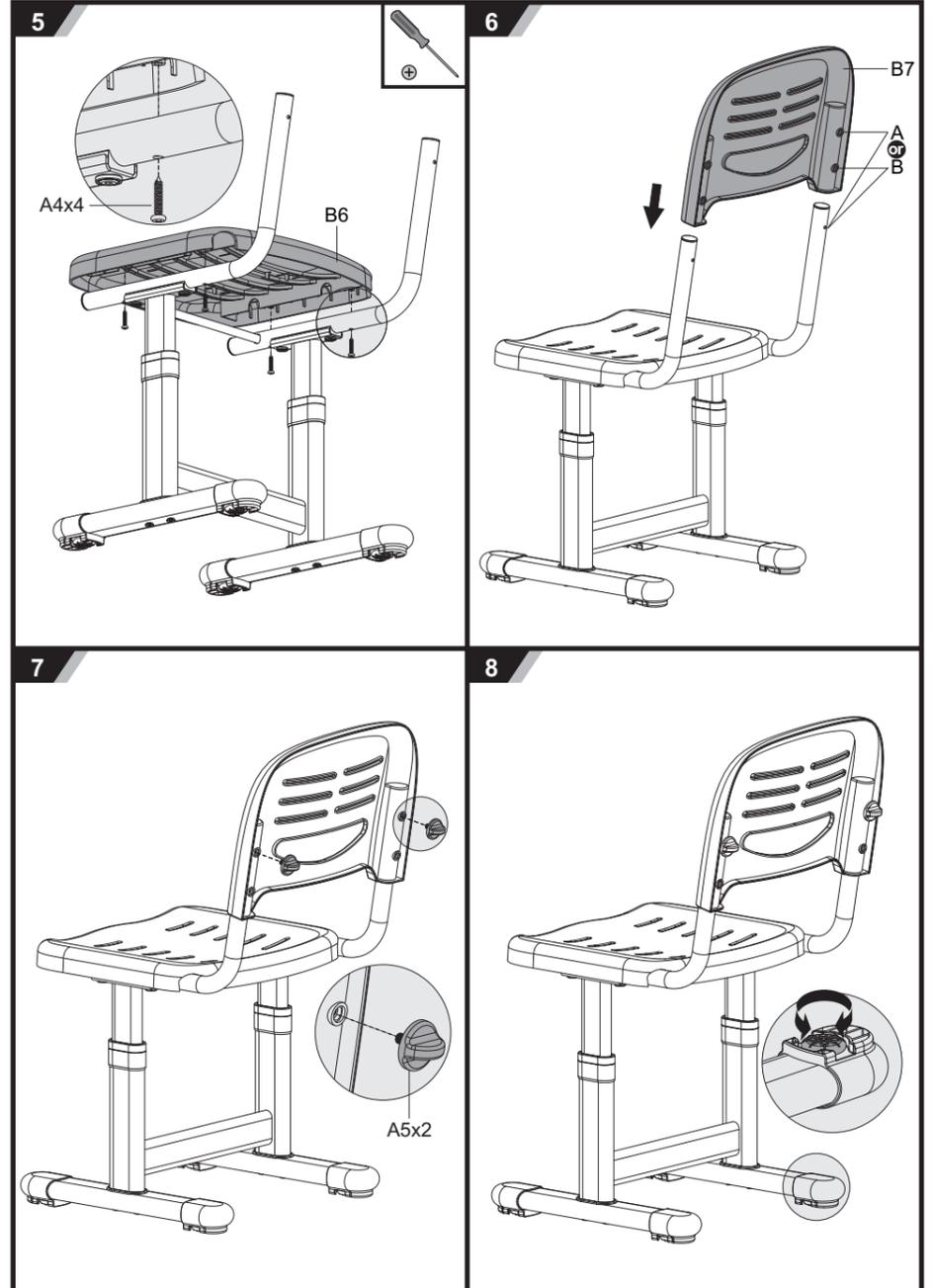
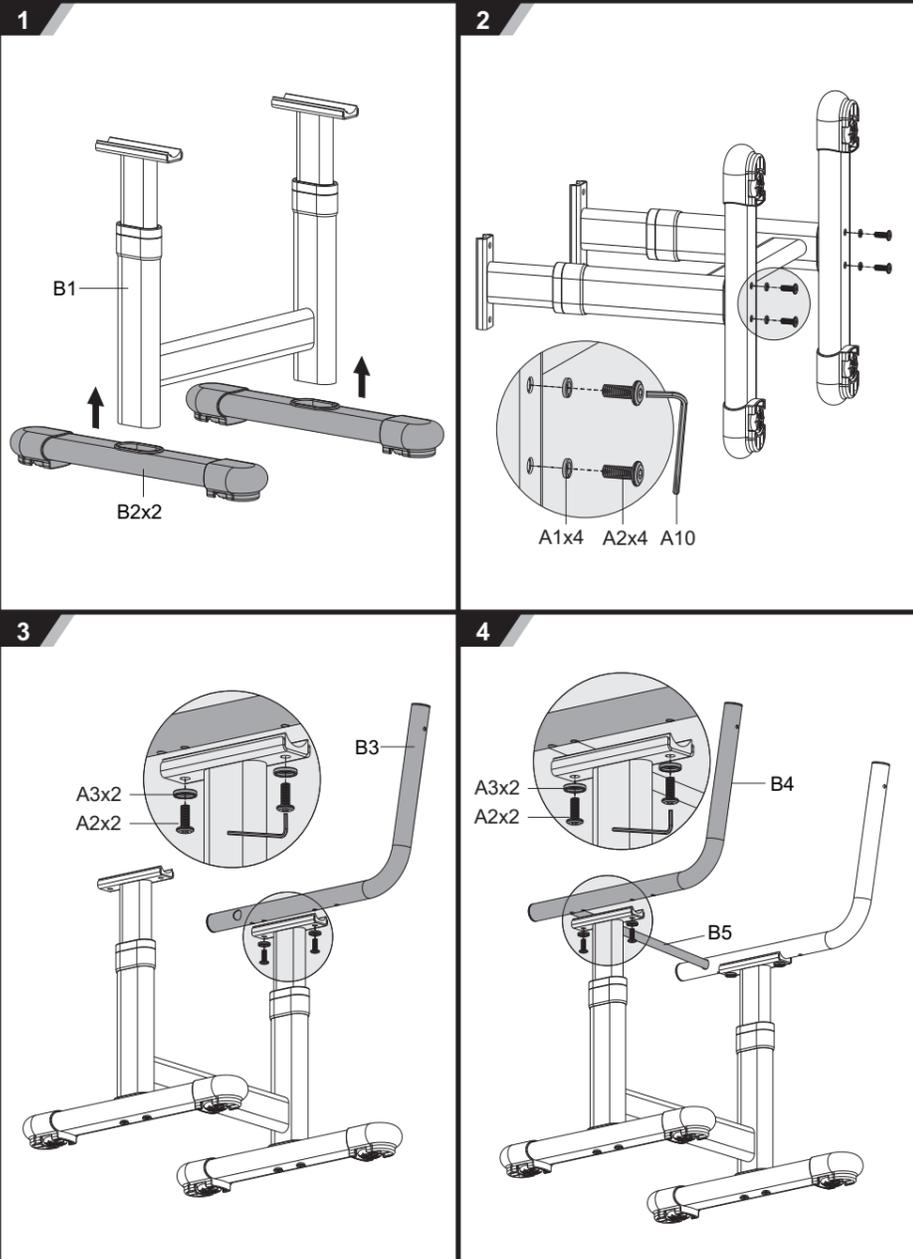


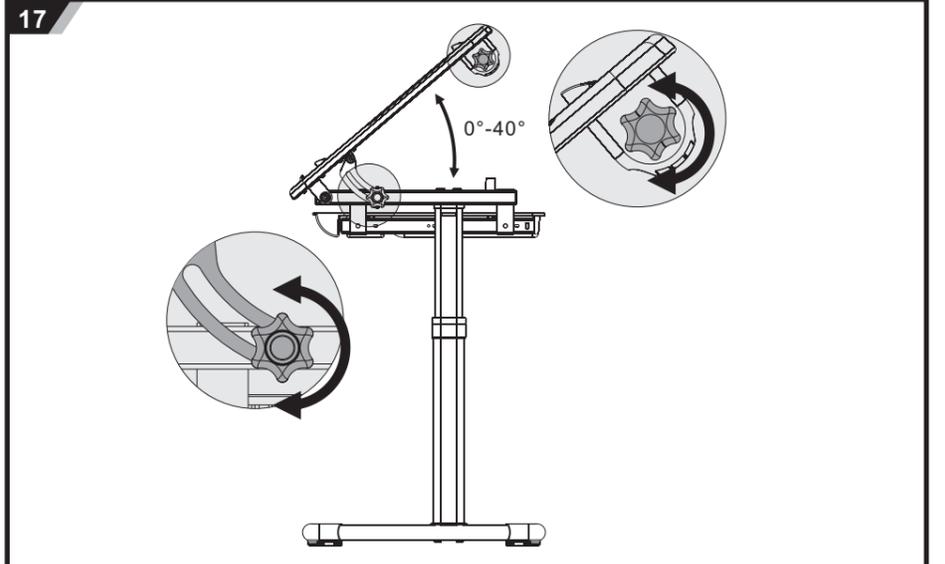
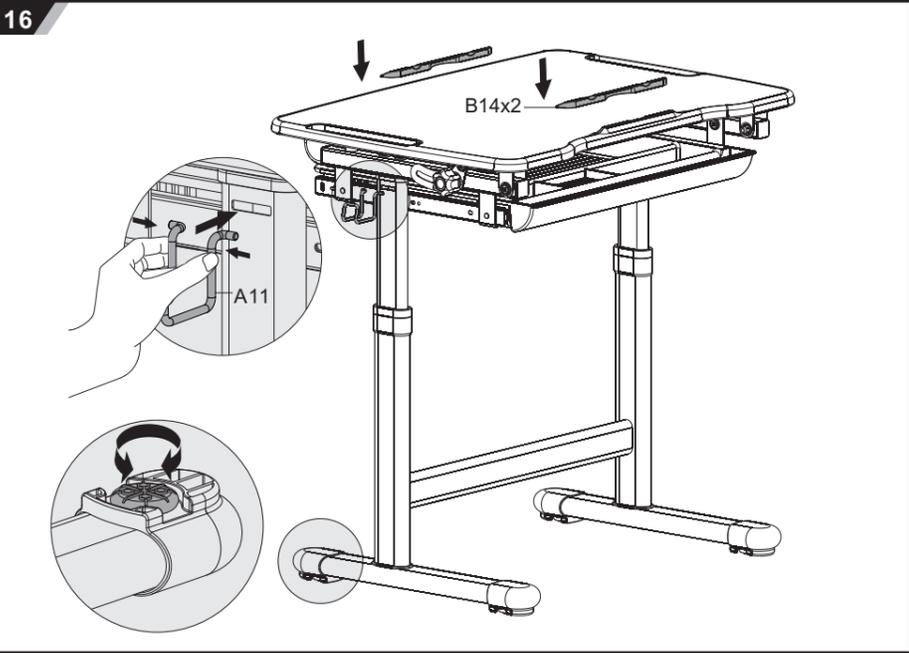
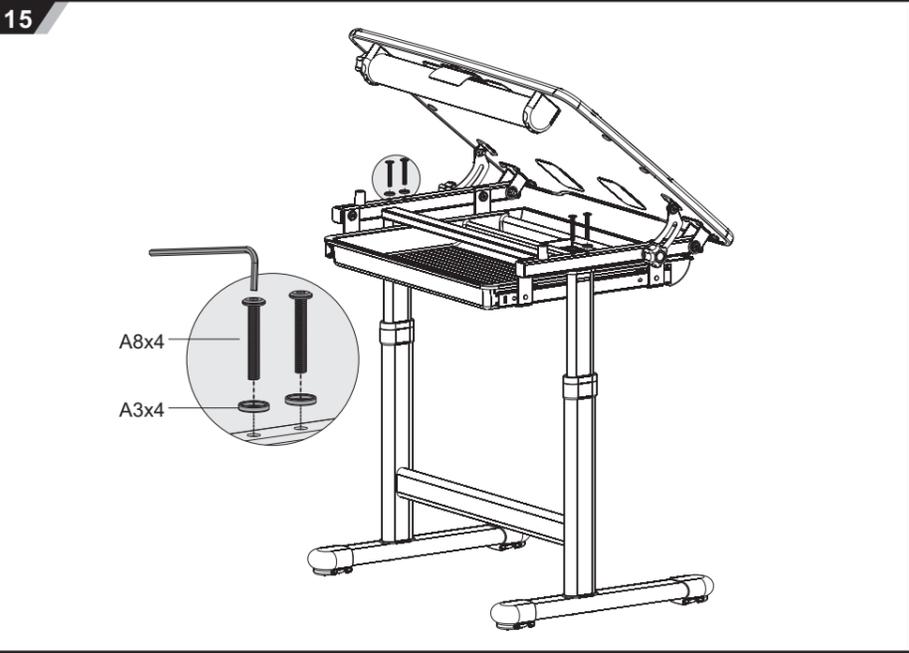
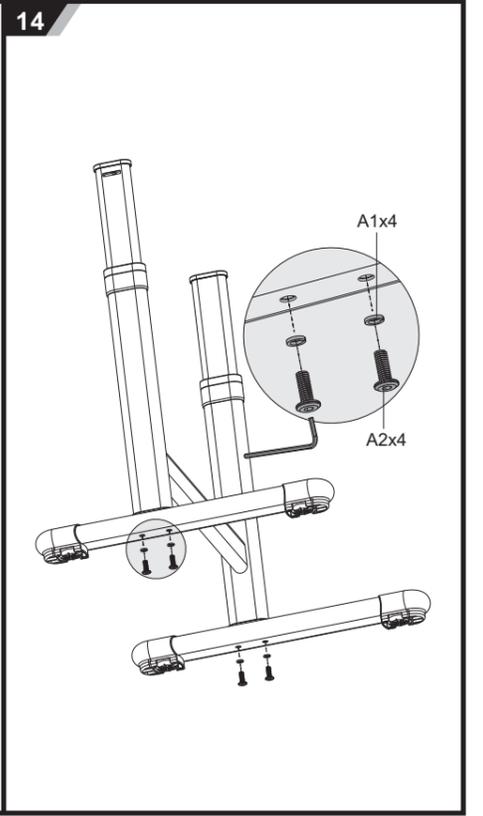
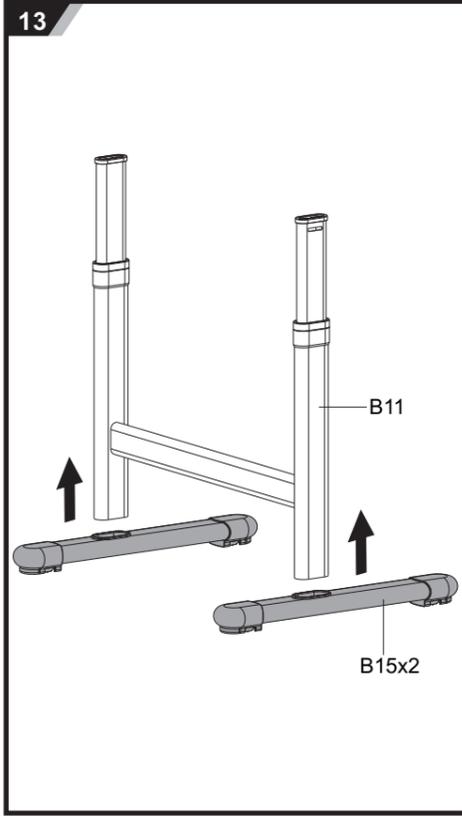
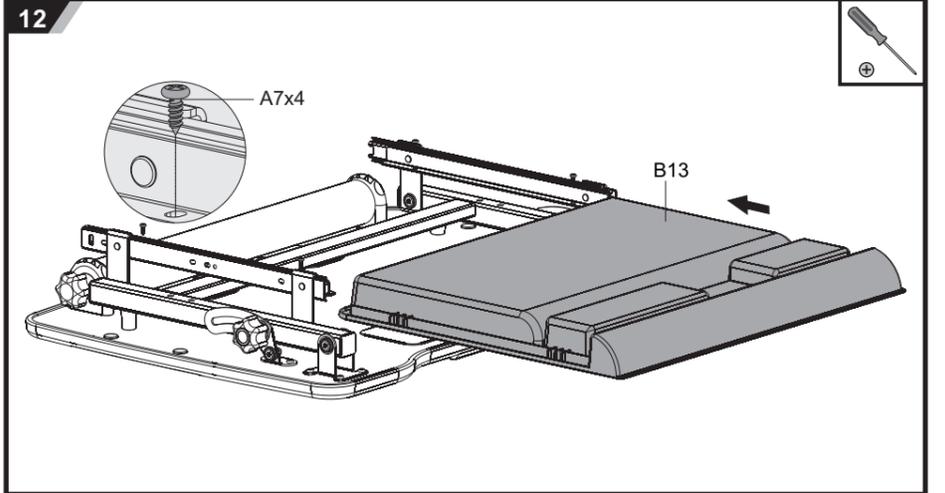
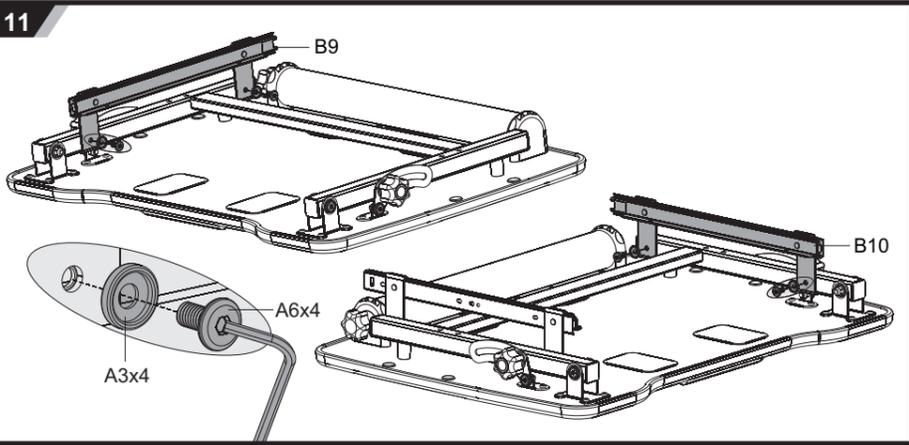
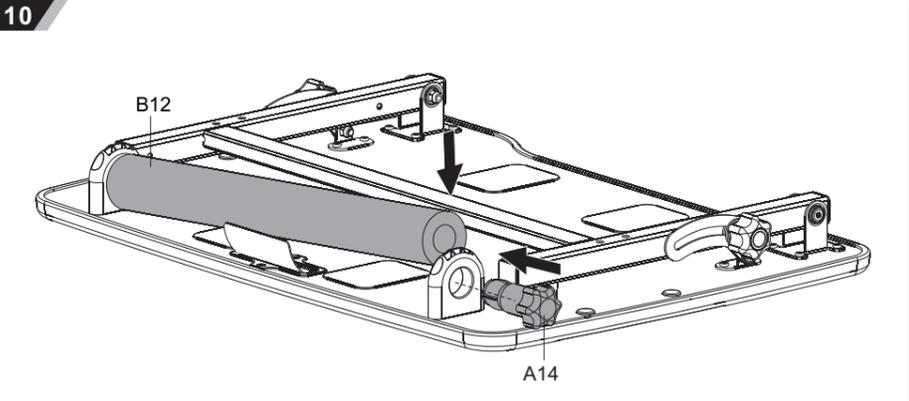
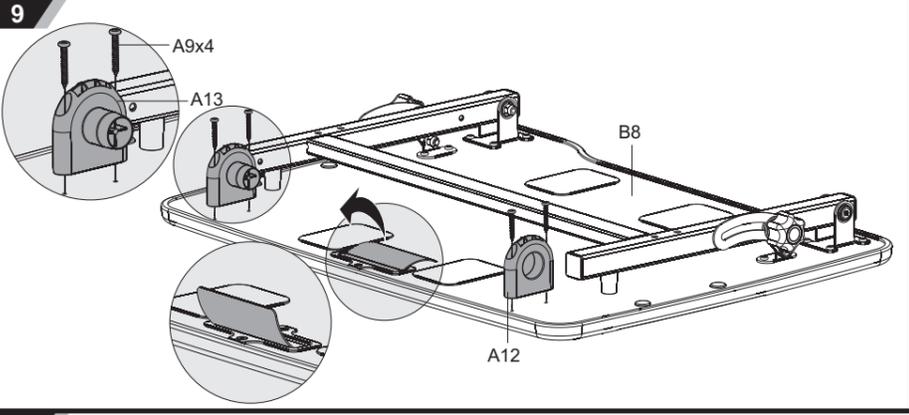
Healthy Ergo Study Desk & Chair

ASSEMBLY INSTRUCTIONS

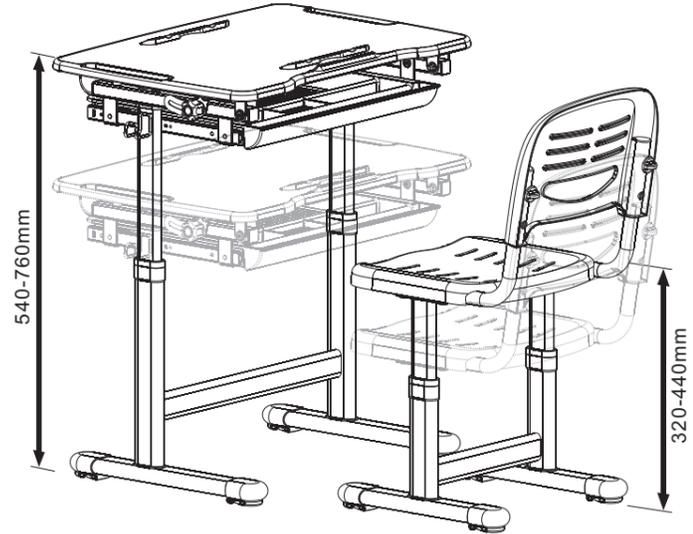
CHAIR ASSEMBLY INSTRUCTIONS



DESK ASSEMBLY INSTRUCTIONS



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.