



**TITAN**  
*FITNESS*



## OWNER'S MANUAL

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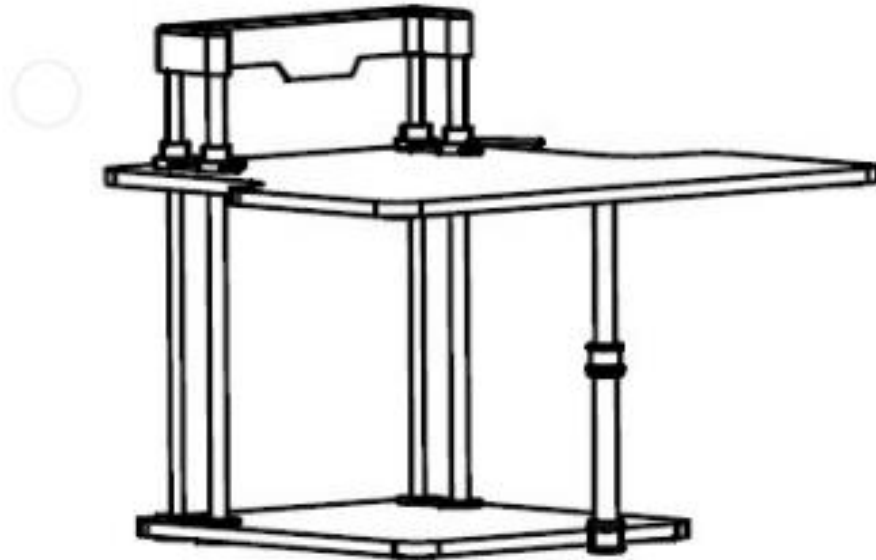
**MPN(s): DSTDESK**

**SKU(s): 402615**

**UPC(s): 049008269514**

# PARTS DIAGRAM / EXPLODED VIEW

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Standing at work has numerous health benefits including reducing back pain, burning extra calories, and improving overall health.

## ***Components Included***

**Desktop Panel (1PC)**

**Bottom Panel (1PC)**

**Rail Cap (1PC)**

**Support Post (1PC)**

**Rails (2pc Thin, 2pc Thick)**

**Screws (8PCS)**

**Allen Keys(1PC)**

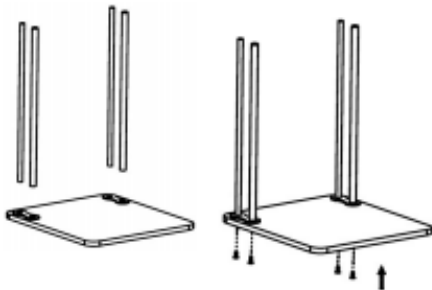


# ASSEMBLY INSTRUCTIONS

## Assembly Instructions

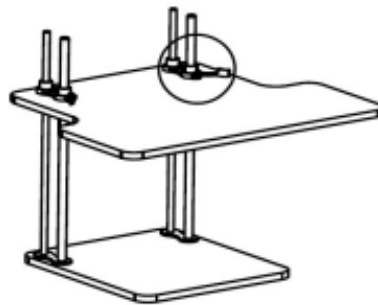
### 1.Insert the Rails:

Tip the bottom panel on its side and screw in one rail at a time.



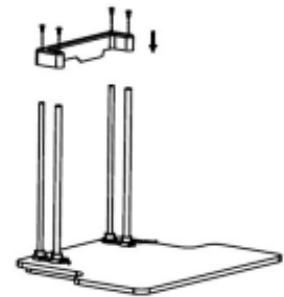
### 2.Add the Desktop Panel:

With the black clips facing up,side the desktop panel onto the rails.



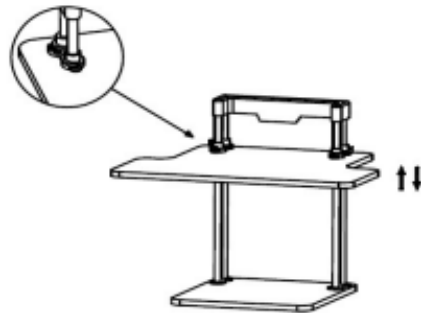
### 3.Add the Rail Cap:

Fully lower the desktop panel.Then, push the rail cap onto the four rails and screw it in.



### 4.Adjust the Height:

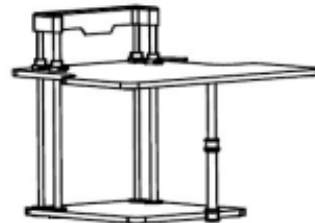
Holding the desktop panel with two hands, slide it up to your comfortable working height. While still holding it,use your thumbs to lock the black clips.



### 5.Add the Support Post:

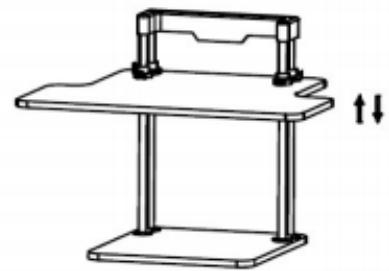
The Support Post works the same as a tension rod. Twist the metal parts of the Support Post away from each other, move them to your desired height,and then twist them back until they lock.

Tip: Use a permanent marker to mark your height so you can reset your desk quickly.



### 6.Lower the Desk:

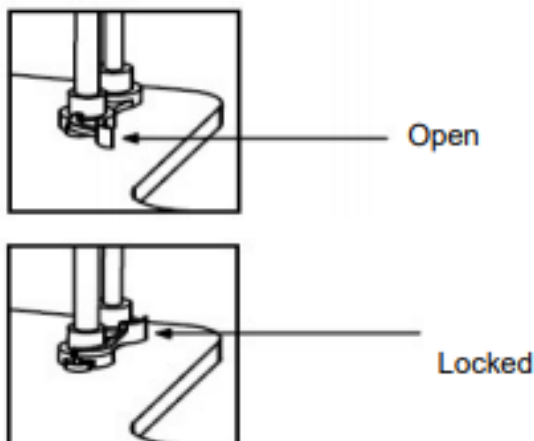
To lower the desk, first remove the Support Leg.Holding the top with both hands,use your thumbs to unlock the black clips.Then, slowly glide the desk down the rails to the bottom.



## Trouble Shooting

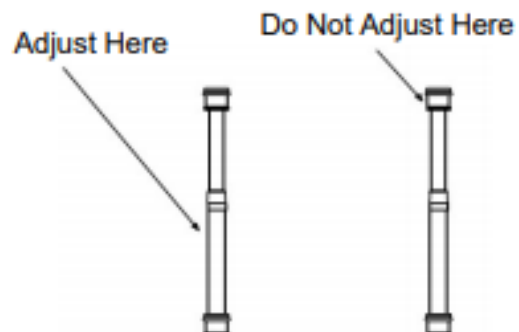
### Desktop slides down:

Make sure the clips are fully locked.



### Support Leg:

If the Support Leg does not hold, make sure you have tightly twisted the metal tubes to adjust the height.You should not be twisting the end cap to adjust height.





*This concludes the DSTDESK Owner's Manual.*

*If applicable to your product, make sure to tighten all nut-and-bolt combinations before use.*

*Enjoy!*

### **DISCLAIMER**

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

The use of any fitness equipment, including this one, involves the potential risk of injury. You accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

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