



Healthy Ergo Study Desk & Chair

ASSEMBLY INSTRUCTIONS

B1

B2x2

B3

B4

B5

B6

B7

B8

B9

B10x2

A1x8

A2x12

A3x8

A4x4

A5x2

A6x4

A7x1

A8x1

CAUTION!

1. This product is intended for indoor use only.
2. This product should be placed on the flat ground.
3. Once water, oil and other liquid adhere to the surface of product, you should quickly wipe it clean.
4. Please regularly check and fasten joint parts in case of product shake and loosening.
5. Do not lay product in place of the corrosive gas and moisture in case of surface damage.
6. Never fasten screws tightly before all screws fixed to the right place.
7. Please use damp cloth to clean the desktop.

CHAIR ASSEMBLY INSTRUCTIONS

1

B1

B2x2

A1x4 A2x4 A8

2

B3

B4

A3x2 A2x2

Position the seat support rail as the arrow indicated.

3

B5

B6

A3x2 A2x2

4

B7

B8

A3x2 A2x2

5

B9

B10x2

A4x4

6

B7

B8

A3x2 A2x2

7

B5

B6

A3x2 A2x2

8

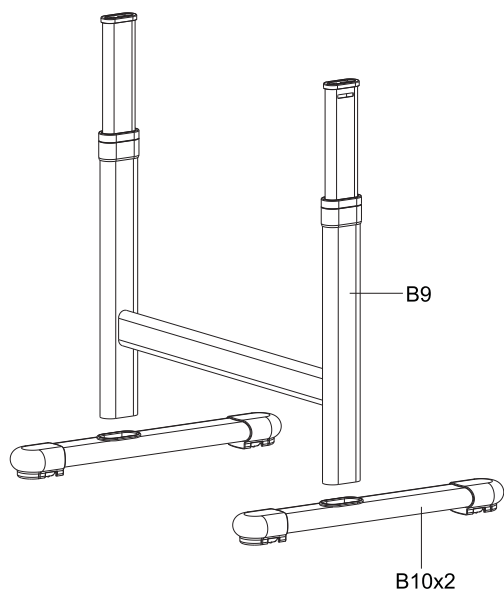
B7

B8

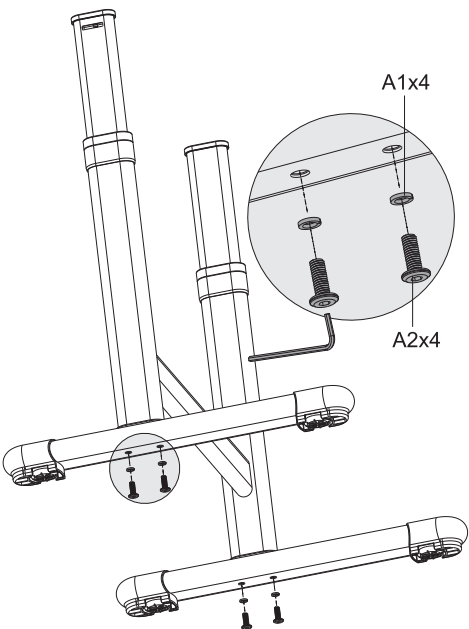
A3x2 A2x2

DESK ASSEMBLY INSTRUCTIONS

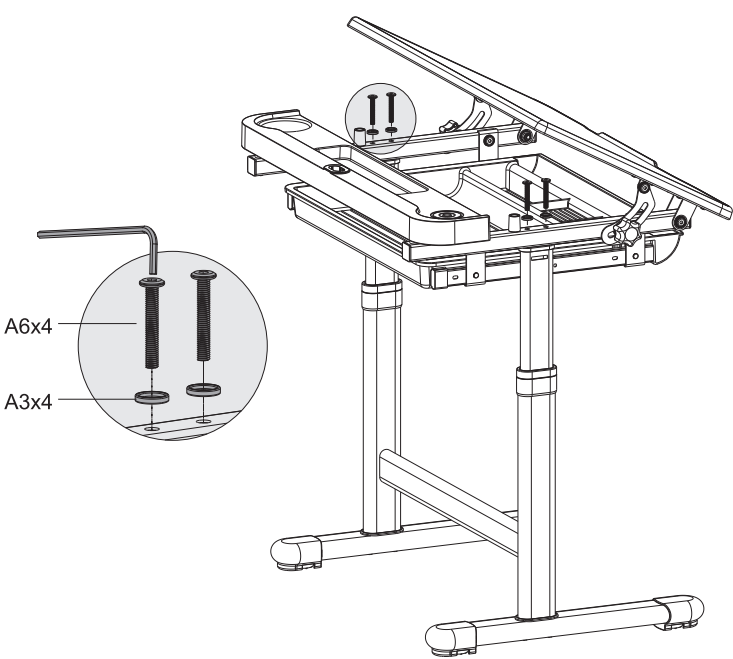
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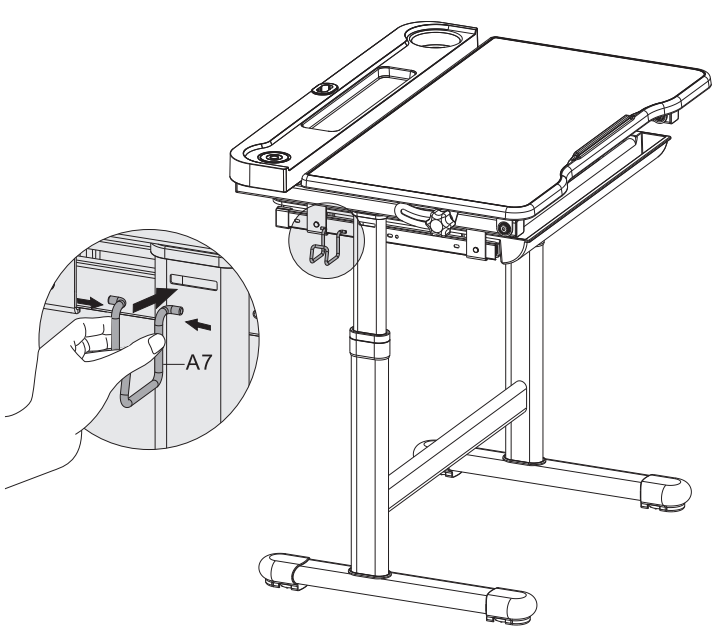
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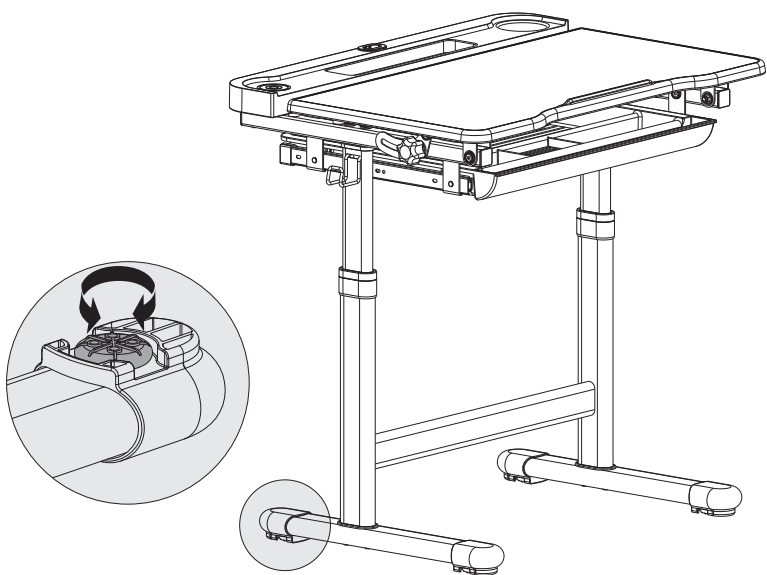
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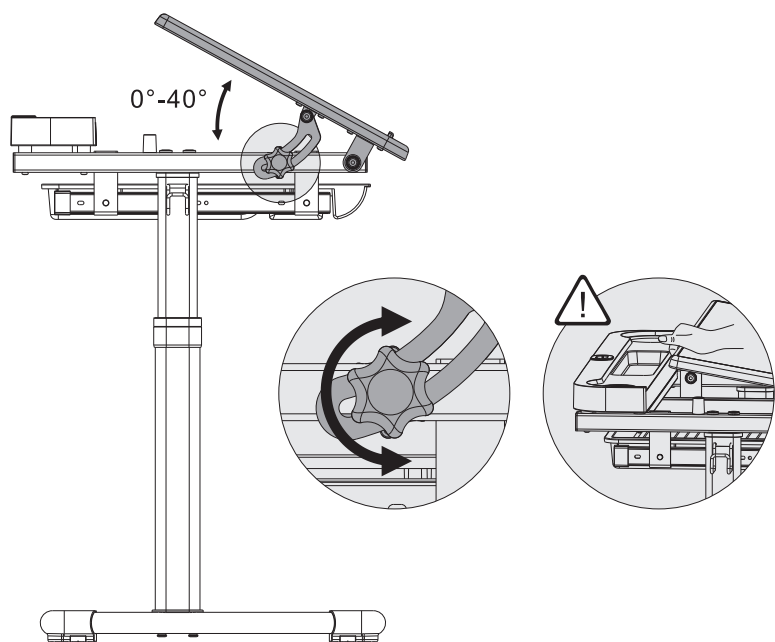
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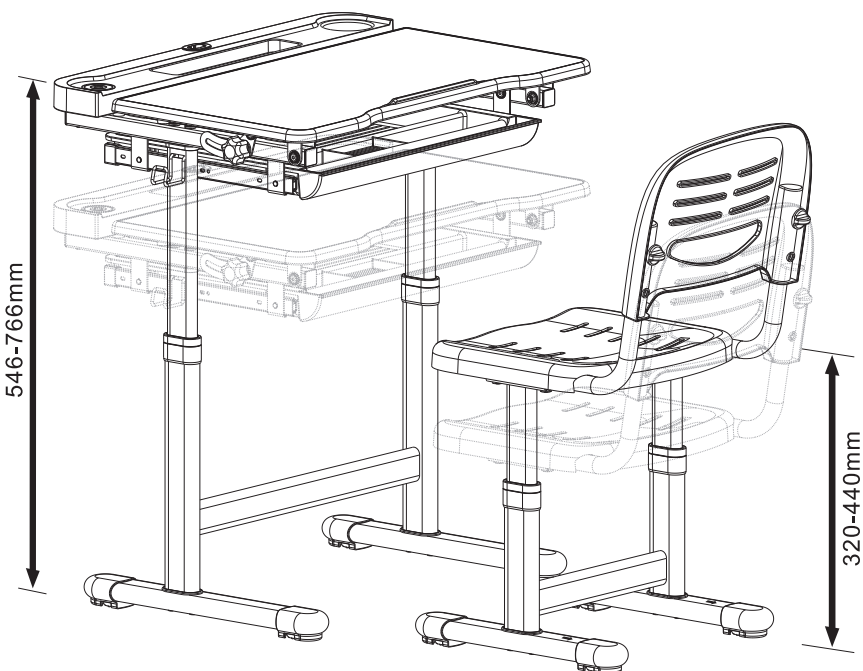
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HEIGHT ADJUSTMENT



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.