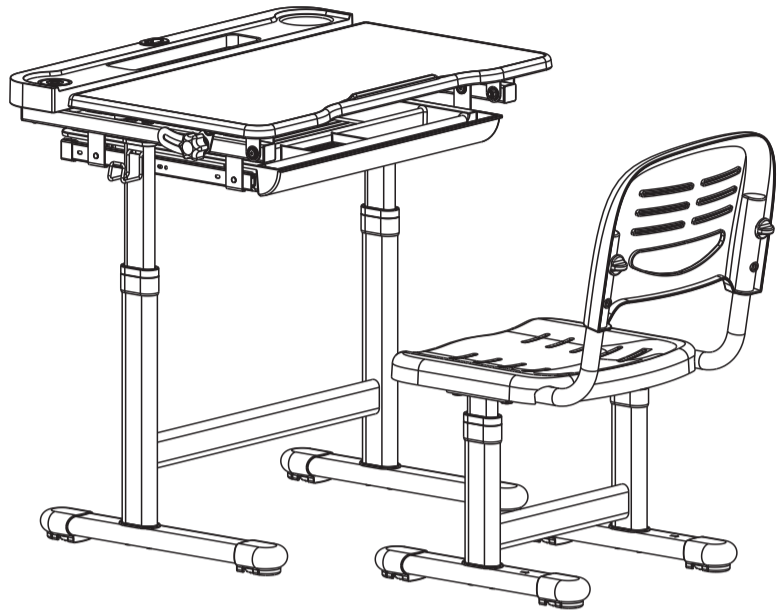


MI-10201  
MI-10202  
MI-10203



VISIT US AT MOUNT-IT.COM FOR PRODUCT REGISTRATION AND WARRANTY INFORMATION.  
CONTACT US AT SUPPORT@MOUNT-IT.COM OR 855-925-5668 FOR QUESTIONS OR COMMENTS.

# Healthy Ergo Study Desk & Chair

ASSEMBLY INSTRUCTIONS

**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**

**2**

**3**

Position the seat support rail as the arrow indicated.

**4**

**5**

**6**

**7**

**8**

**5**

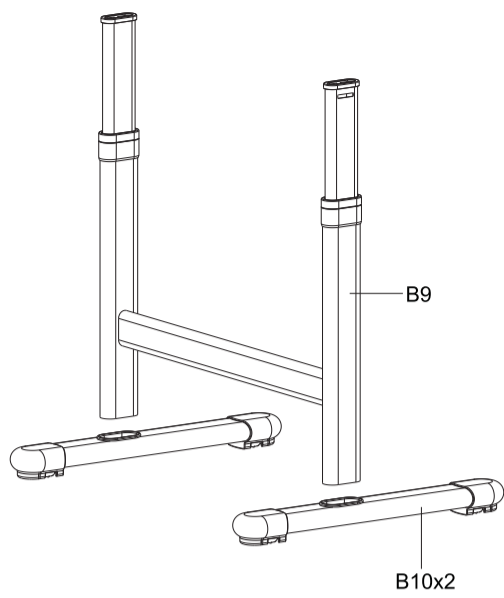
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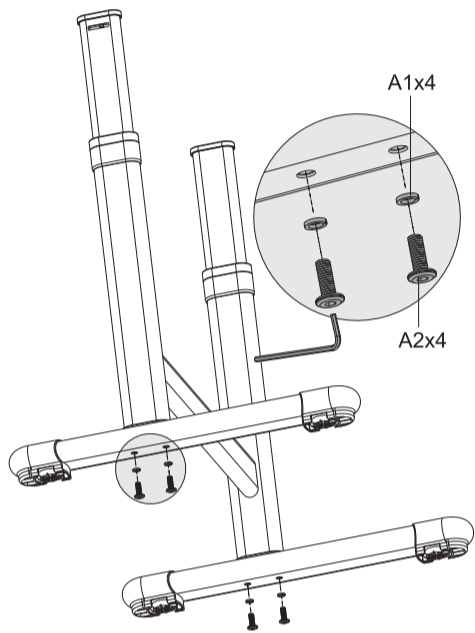
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## DESK ASSEMBLY INSTRUCTIONS

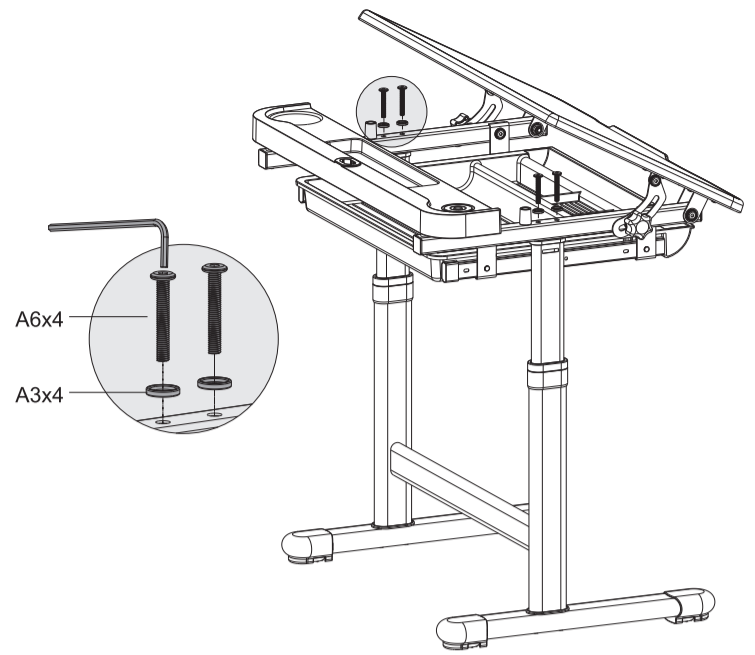
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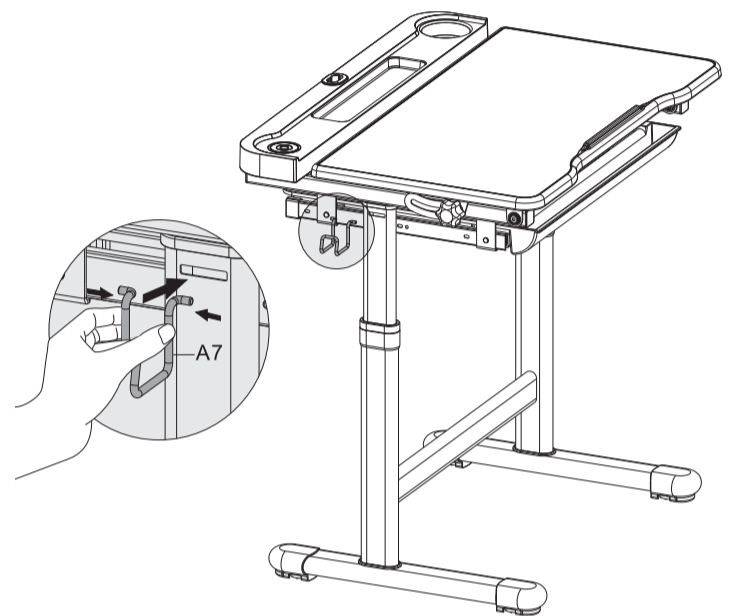
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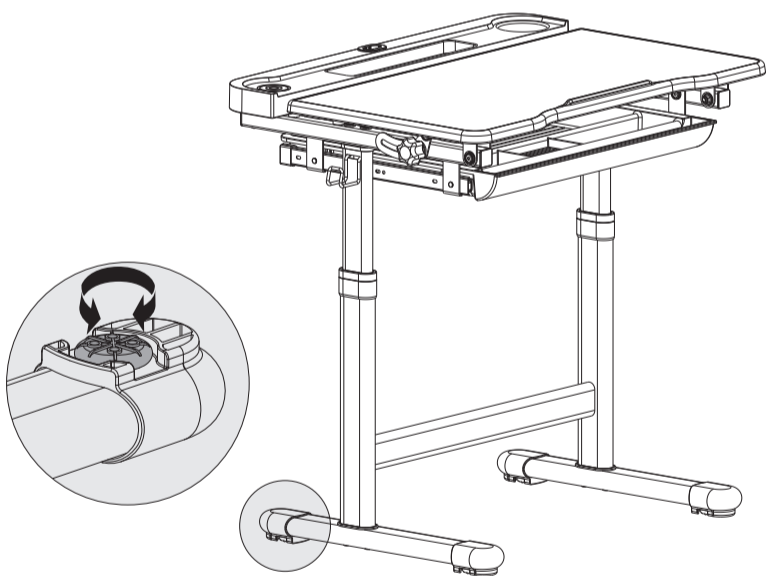
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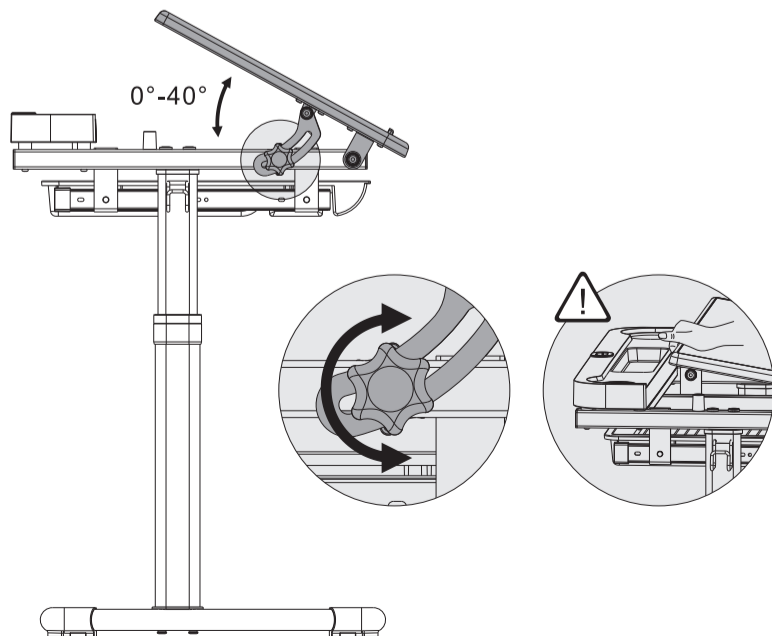
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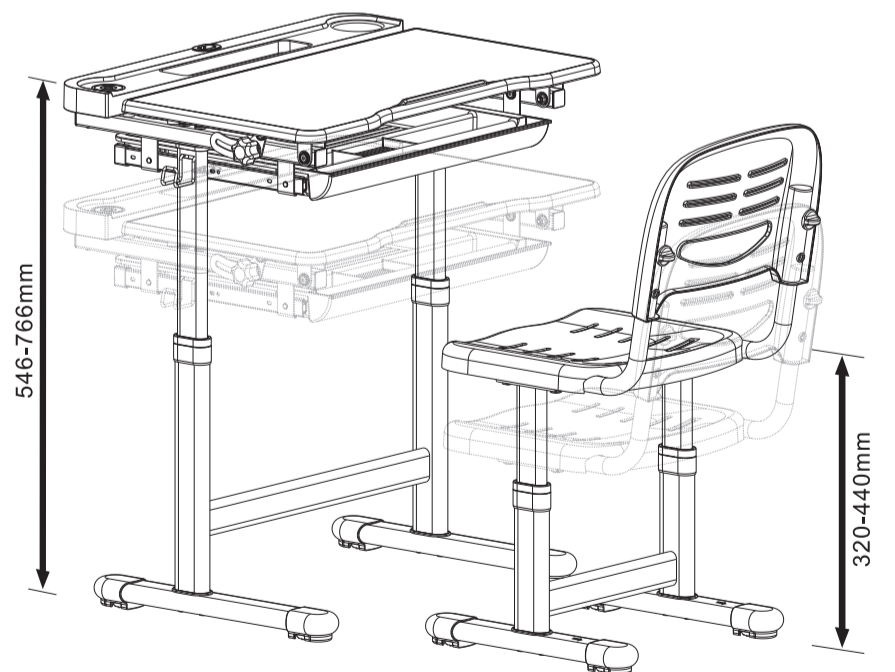
13



14



## 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.