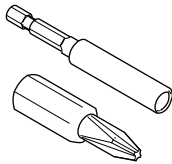
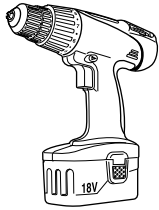


# FitWork™ Walkstation Series 7 AdjuTables

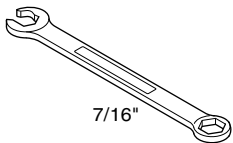
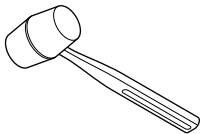
## Installation Instructions

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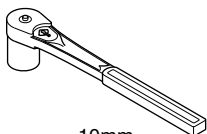
### Tools Required:



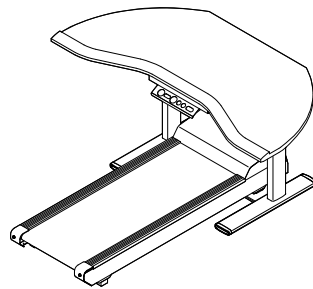
#2 Phillips Bit  
with Extension



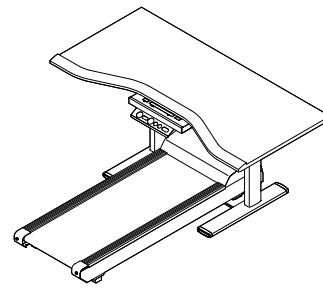
7/16"



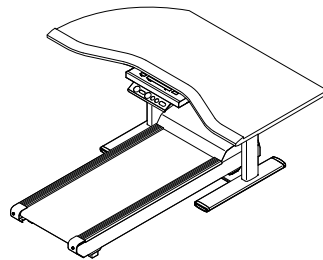
10mm  
Socket Wrench



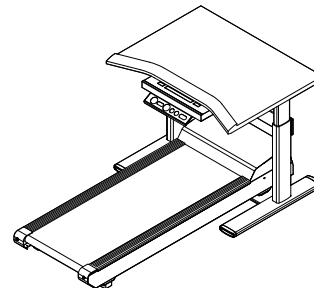
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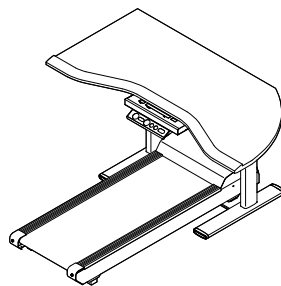
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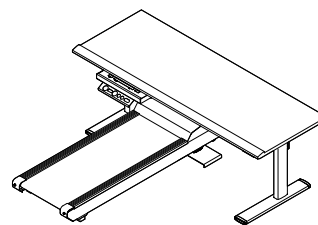
A7TG660632H



A7TR383030H



A7TG663206H



A7TR782929H

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FitWork™ Walkstation Installation Instructions

details®

# FitWork™ Walkstation Series 7 AdjusTables

## Installation Instructions

005720D Rev D

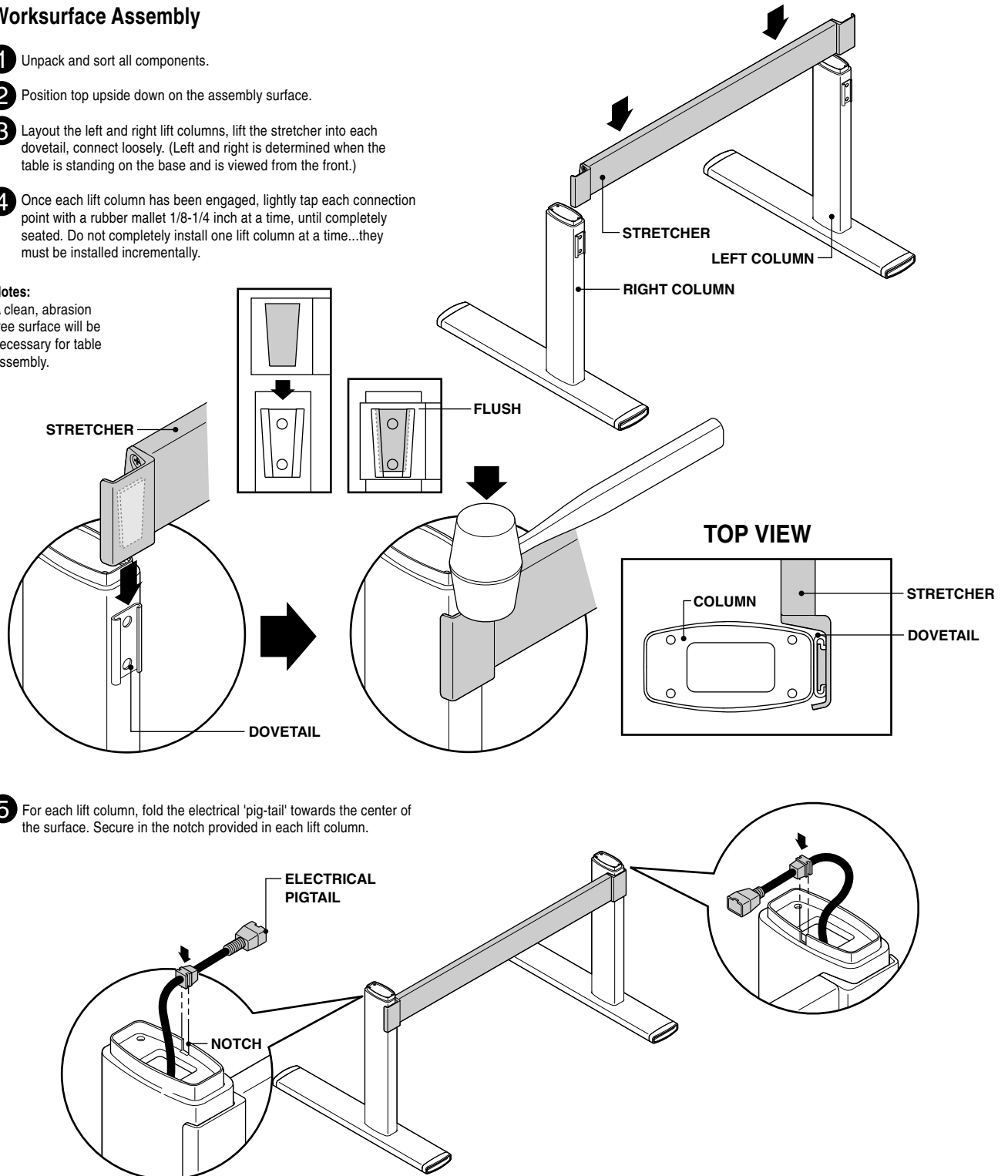
Page 2 of 20

### Worksurface Assembly

- 1 Unpack and sort all components.
- 2 Position top upside down on the assembly surface.
- 3 Layout the left and right lift columns, lift the stretcher into each dovetail, connect loosely. (Left and right is determined when the table is standing on the base and is viewed from the front.)
- 4 Once each lift column has been engaged, lightly tap each connection point with a rubber mallet 1/8-1/4 inch at a time, until completely seated. Do not completely install one lift column at a time...they must be installed incrementally.

#### Notes:

A clean, abrasion free surface will be necessary for table assembly.



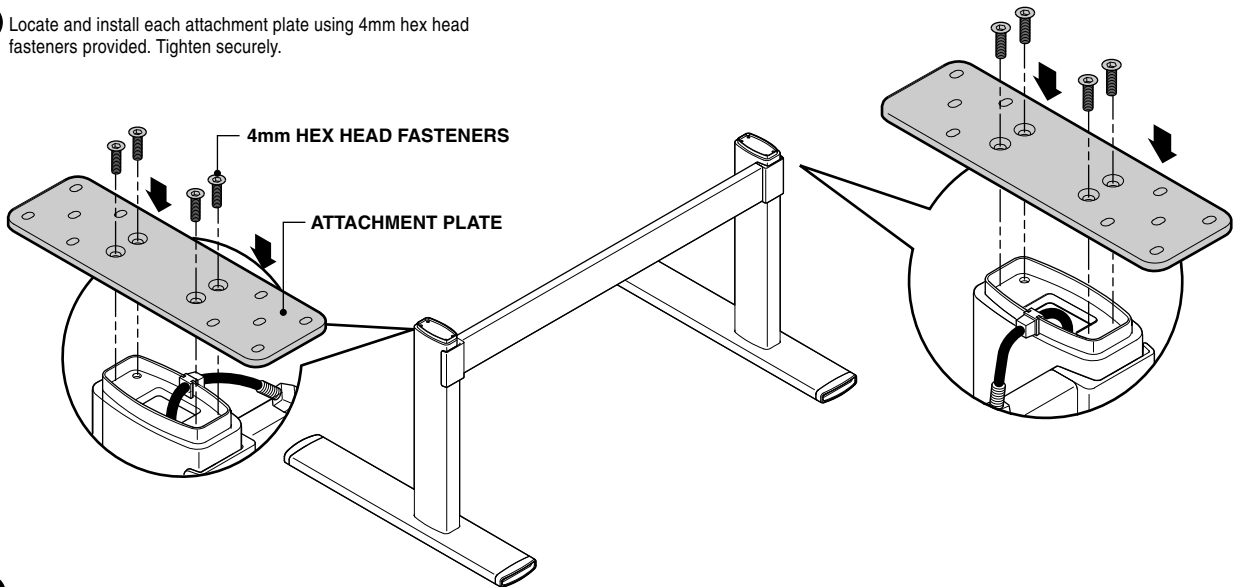
- 5 For each lift column, fold the electrical 'pig-tail' towards the center of the surface. Secure in the notch provided in each lift column.

# FitWork™ Walkstation Series 7 AdjusTables

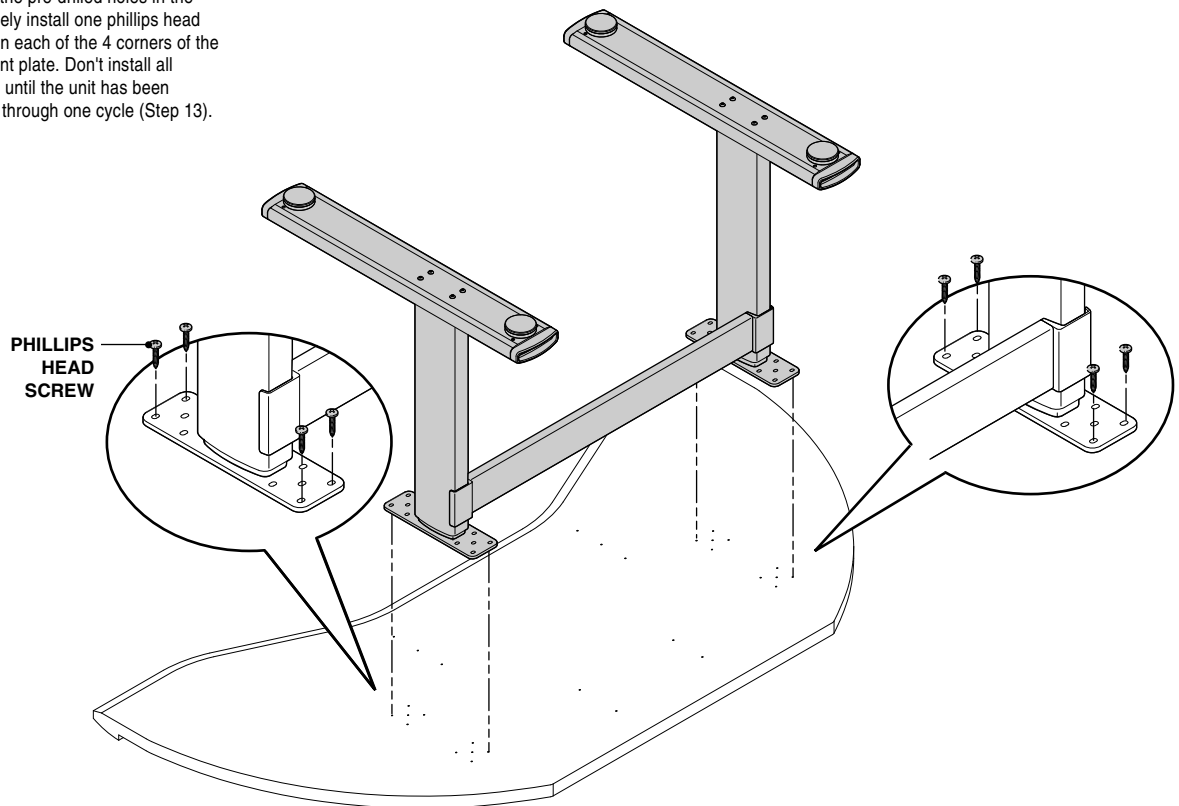
## Installation Instructions

005720D Rev D Page 3 of 20

- 6** Locate and install each attachment plate using 4mm hex head fasteners provided. Tighten securely.



- 7** With the top still upside down on the floor, turn the base over (flipping is a 2 person job) and align the attachment plates to the pre-drilled holes in the top. Loosely install one phillips head fastener in each of the 4 corners of the attachment plate. Don't install all fasteners until the unit has been operated through one cycle (Step 13).

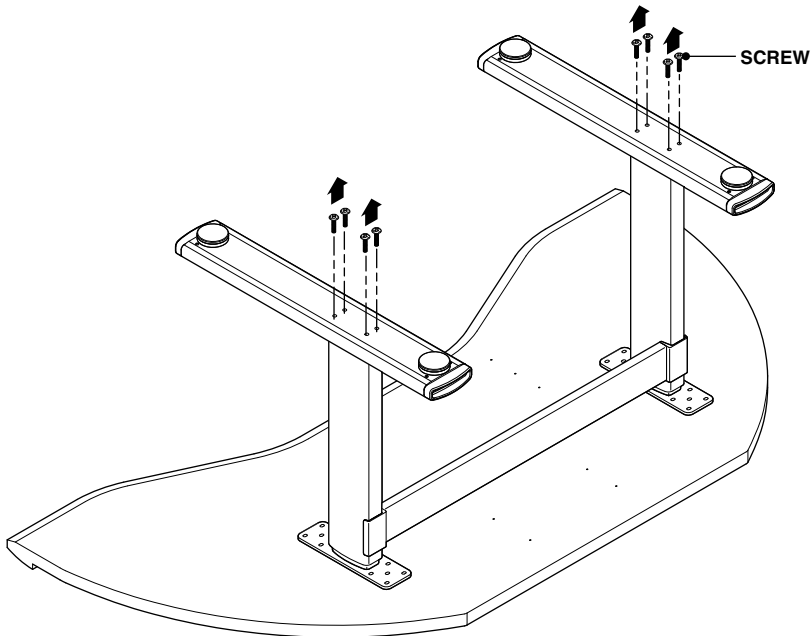


# FitWork™ Walkstation Series 7 AdjusTables

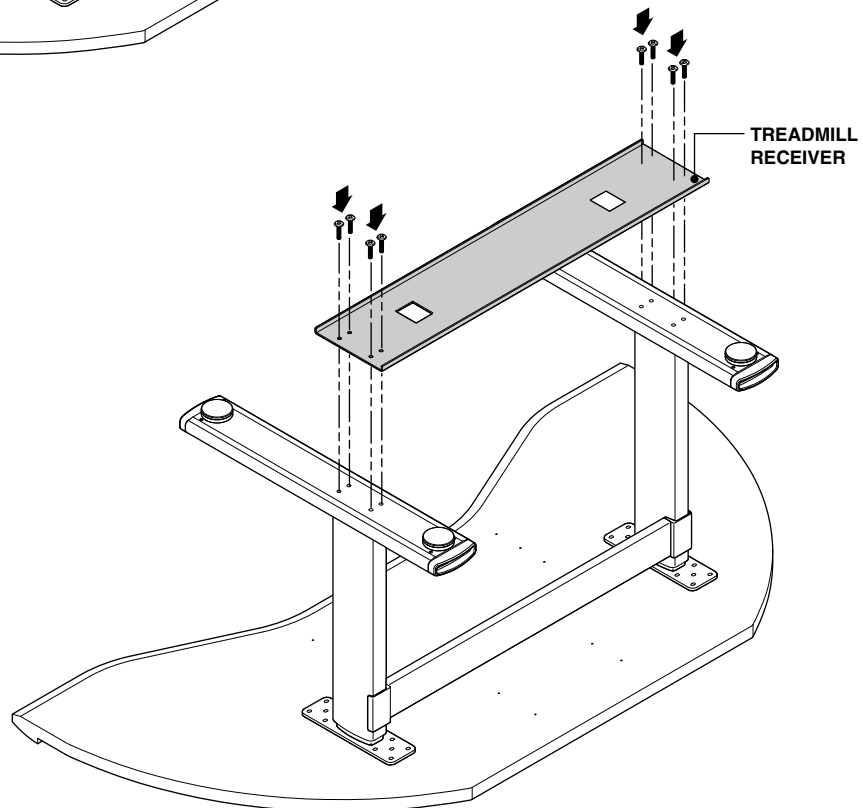
## Installation Instructions

005720D Rev D Page 4 of 20

- 8** Remove four (4) screws on each foot.



- 9** Lower treadmill receiver onto legs and attach using four (4) screws on each leg.

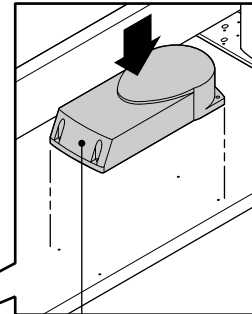
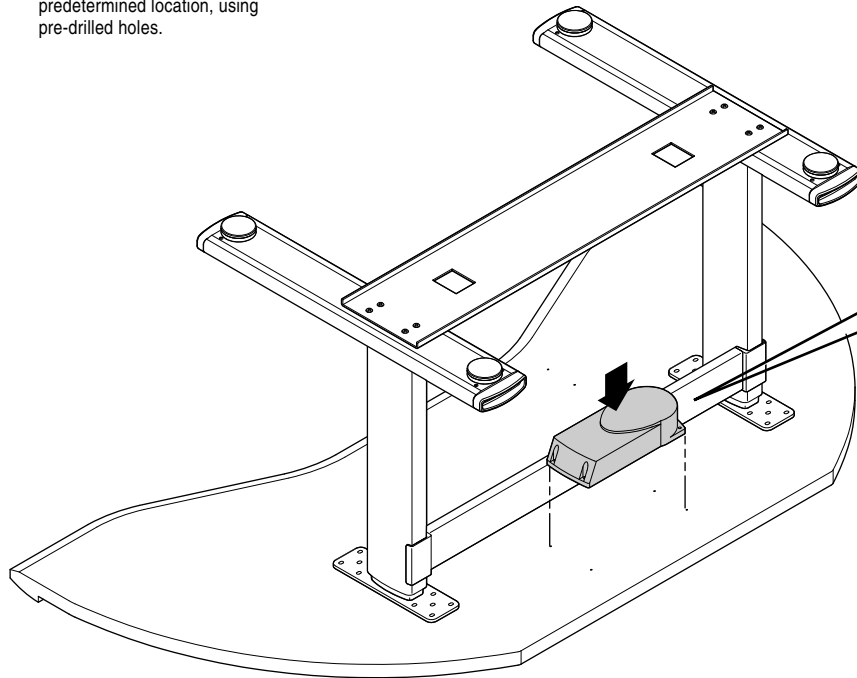


# FitWork™ Walkstation Series 7 AdjusTables

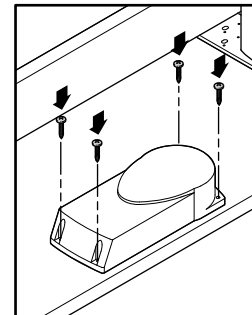
## Installation Instructions

005720D Rev D **Page 5 of 20**

- 10** Install control box in the predetermined location, using pre-drilled holes.



**CONTROL BOX**

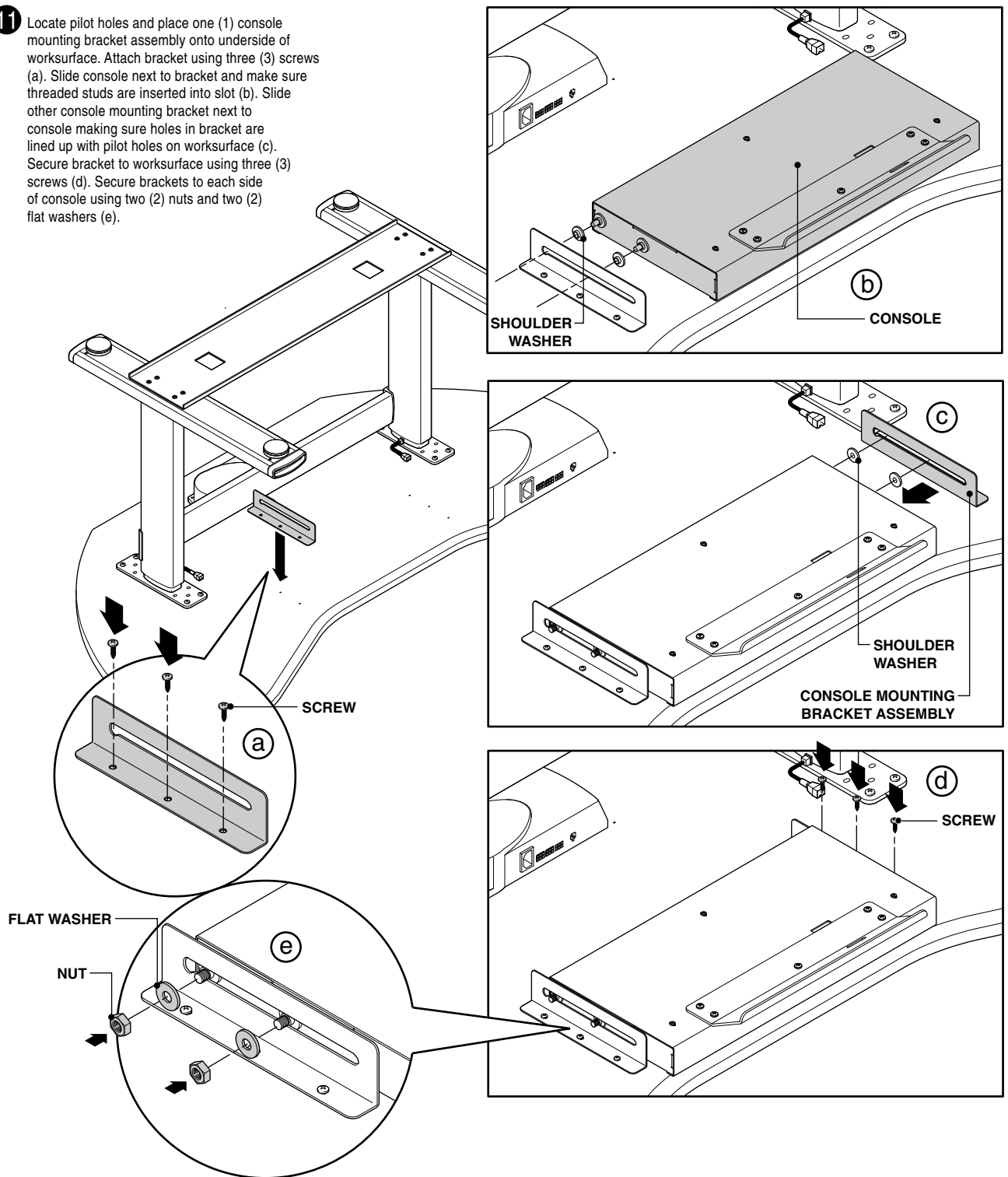


# FitWork™ Walkstation Series 7 AdjusTables

## Installation Instructions

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- 11** Locate pilot holes and place one (1) console mounting bracket assembly onto underside of worksurface. Attach bracket using three (3) screws (a). Slide console next to bracket and make sure threaded studs are inserted into slot (b). Slide other console mounting bracket next to console making sure holes in bracket are lined up with pilot holes on worksurface (c). Secure bracket to worksurface using three (3) screws (d). Secure brackets to each side of console using two (2) nuts and two (2) flat washers (e).

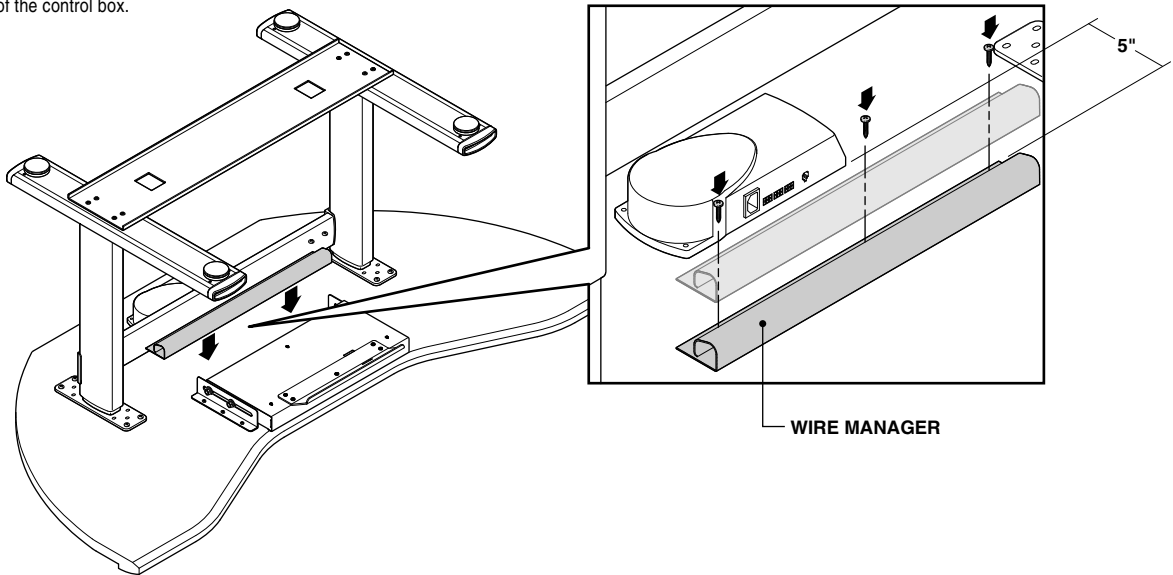


# FitWork™ Walkstation Series 7 AdjusTables

## Installation Instructions

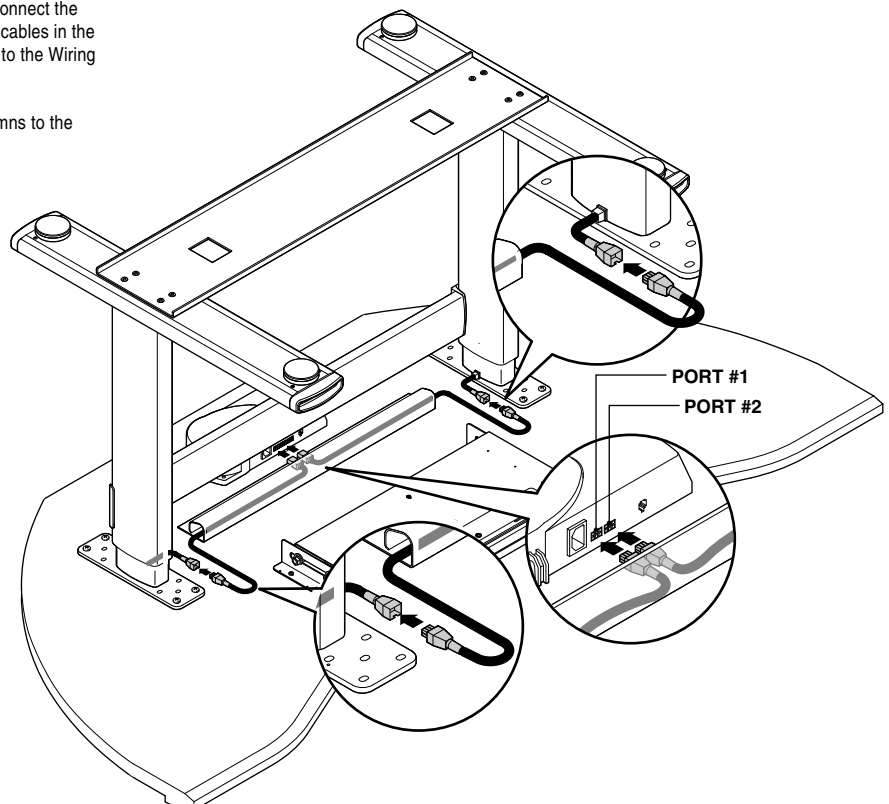
005720D Rev D Page 7 of 20

- 12** Install the wire management cableway on the underside of the worksurface about 5" in front of the control box.



- 13** Connect the cables to each lift column and connect the terminal end to the control box. Route these cables in the wire management cableway provided. Refer to the Wiring Guide for more information.

For best wire management, connect lift columns to the closest port on the control box.



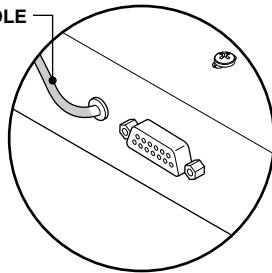
# FitWork™ Walkstation Series 7 AdjuSTables

## Installation Instructions

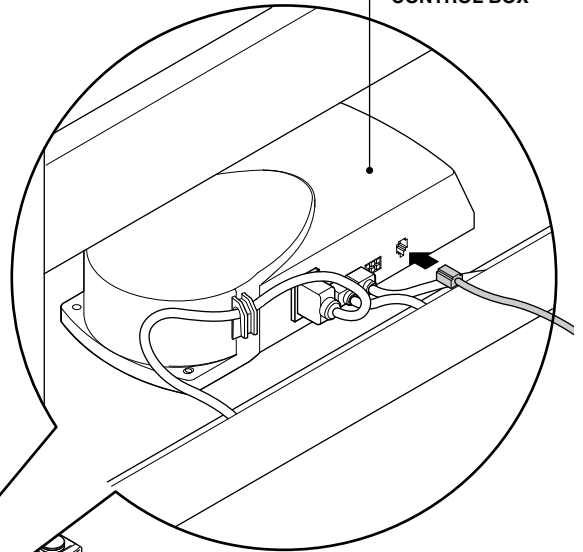
005720D Rev D Page 8 of 20

- 14** Install the cable located on the back of the console into the control box as shown. Store extra cable length into wire manager.

CABLE FROM CONSOLE

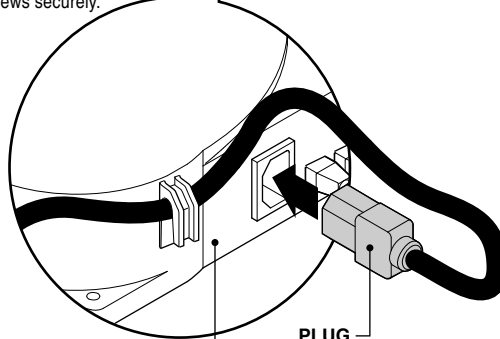


CONTROL BOX



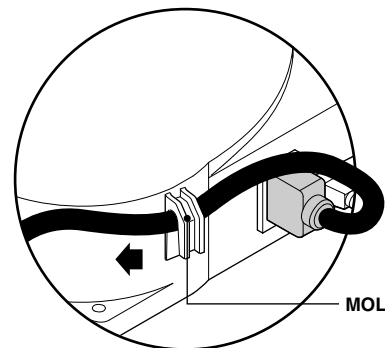
- 15** Install the plug into the control box. Secure the cord to the control box using the molded-in clip. Plug the cord into an outlet and check for binding, then lower to the bottom and unplug unit. Install the remaining fasteners in each of the remaining holes and tighten **ALL** screws securely.

Do not over tighten.



PLUG

CONTROL BOX



MOLDED CLIP



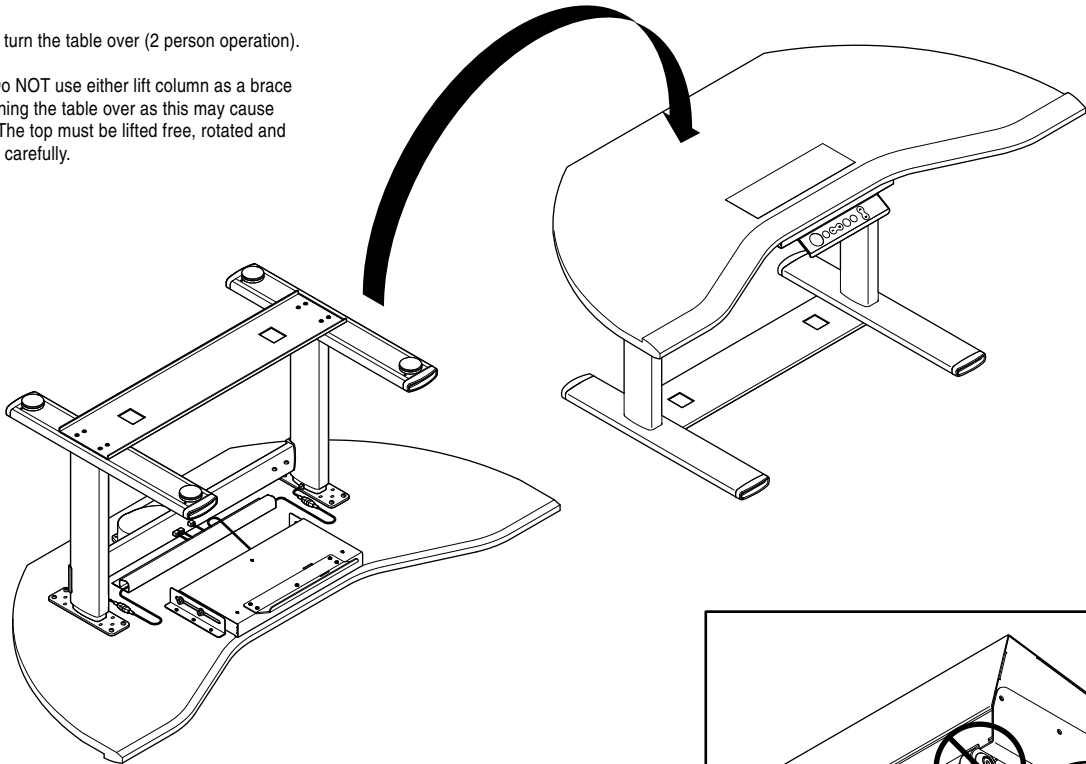
# FitWork™ Walkstation Series 7 AdjuTables

## Installation Instructions

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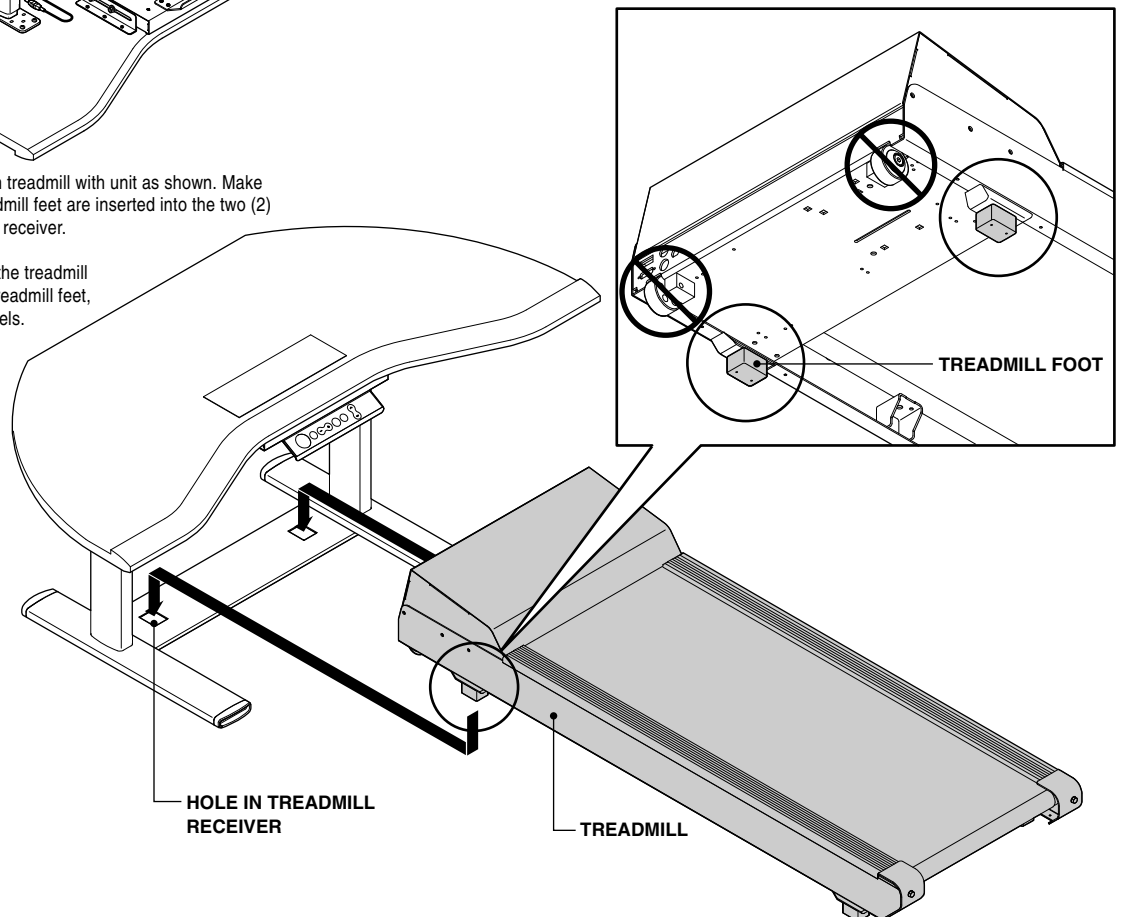
- 16** Carefully turn the table over (2 person operation).

**NOTE:** Do NOT use either lift column as a brace when turning the table over as this may cause binding. The top must be lifted free, rotated and set down carefully.



- 17** Install treadmill. Align treadmill with unit as shown. Make sure the two (2) treadmill feet are inserted into the two (2) holes in the treadmill receiver.

**NOTE:** The holes in the treadmill receiver are for the treadmill feet, not the treadmill wheels.



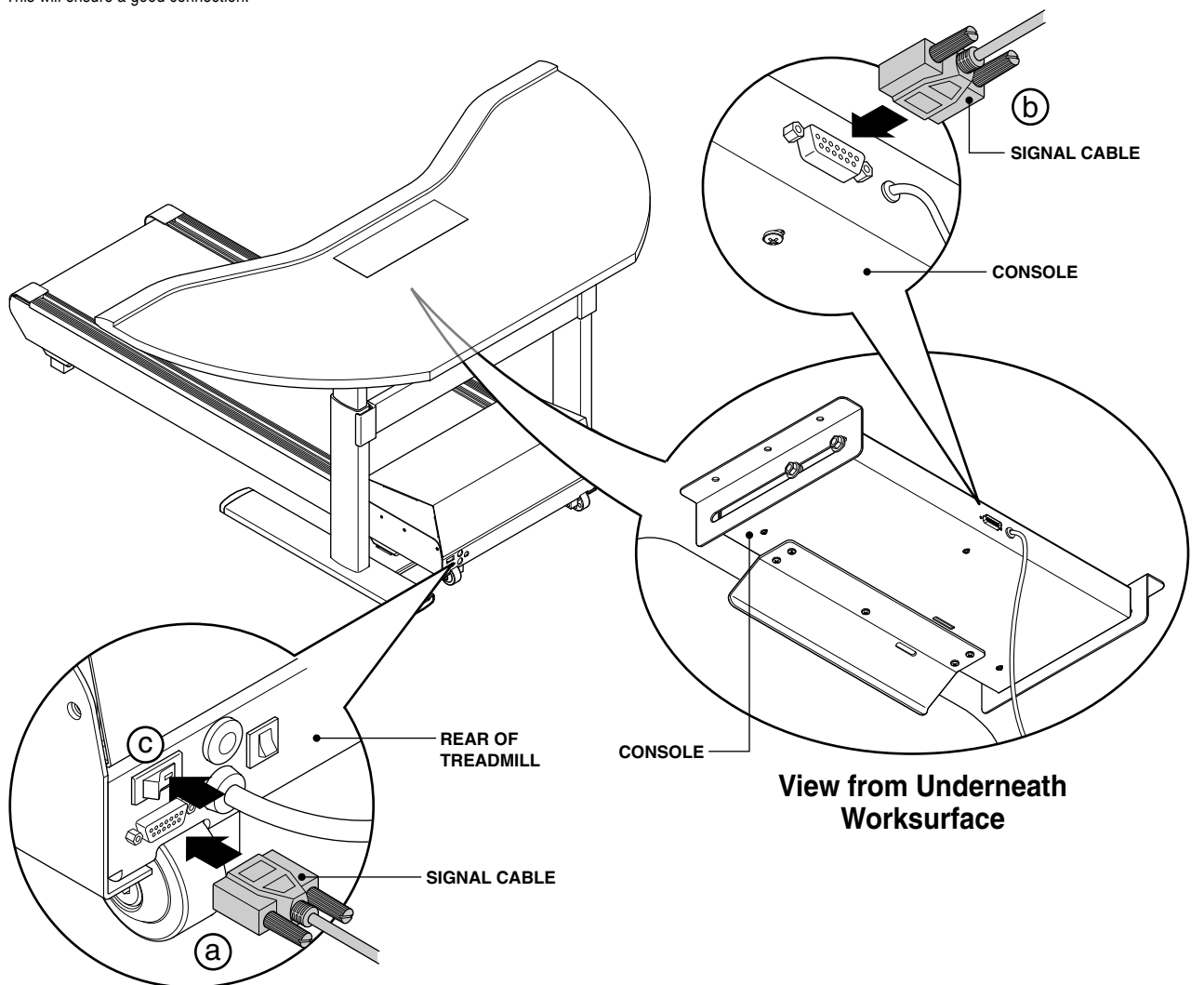
# FitWork™ Walkstation Series 7 AdjuTables

## Installation Instructions

005720D Rev D Page 10 of 20

- 18** Locate back left of treadmill and plug in signal cable as indicated (a). Locate back center of console and plug in other end of signal cable as indicated (b). Plug the cord of the table and the treadmill into an outlet. Make sure treadmill is turned on (c).

**NOTE for (a) & (b):** Be sure to secure signal cable to the console and treadmill with the screws integral to the cable connector. This will ensure a good connection.

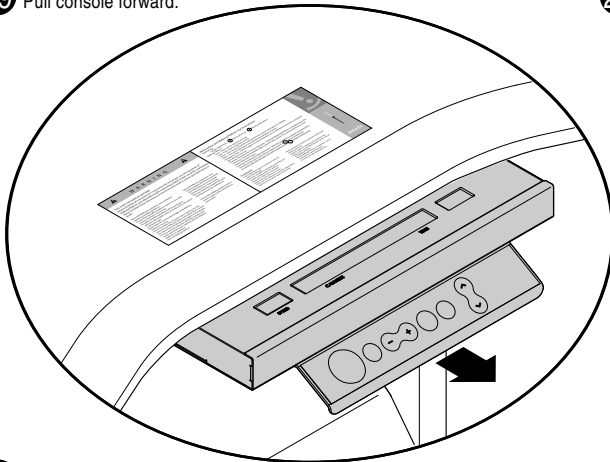


# FitWork™ Walkstation Series 7 AdjusTables

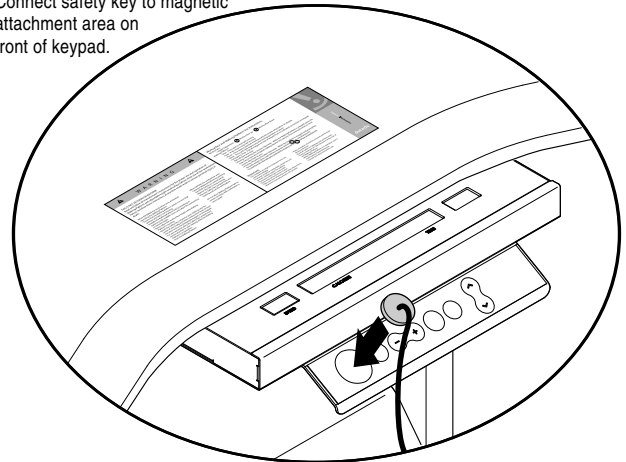
## Installation Instructions

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19 Pull console forward.



20 Connect safety key to magnetic attachment area on front of keypad.



21 Before use, the table must be completely leveled, front-to back and side-to-side.

### Coordinating the Lifting Columns

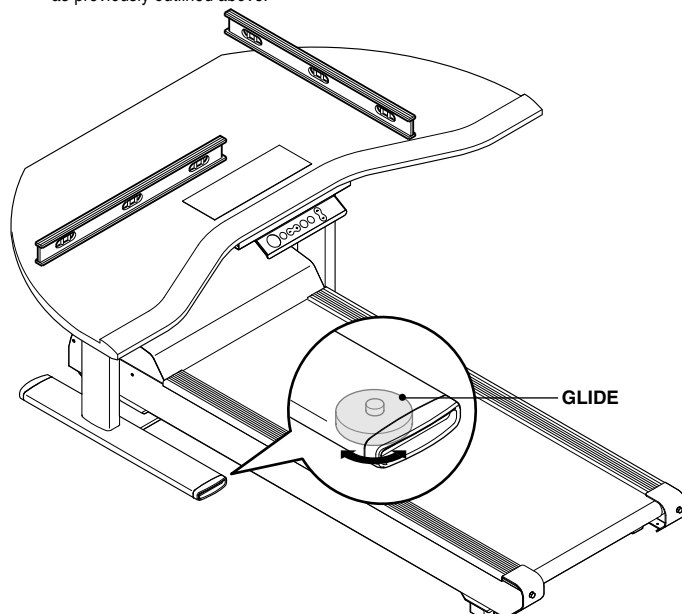
Prior to initial use of the height adjustment function you must "synchronize the system". The installers who setup the worksurface may have already done so, but it's OK to repeat this function.

### Synchronize the System

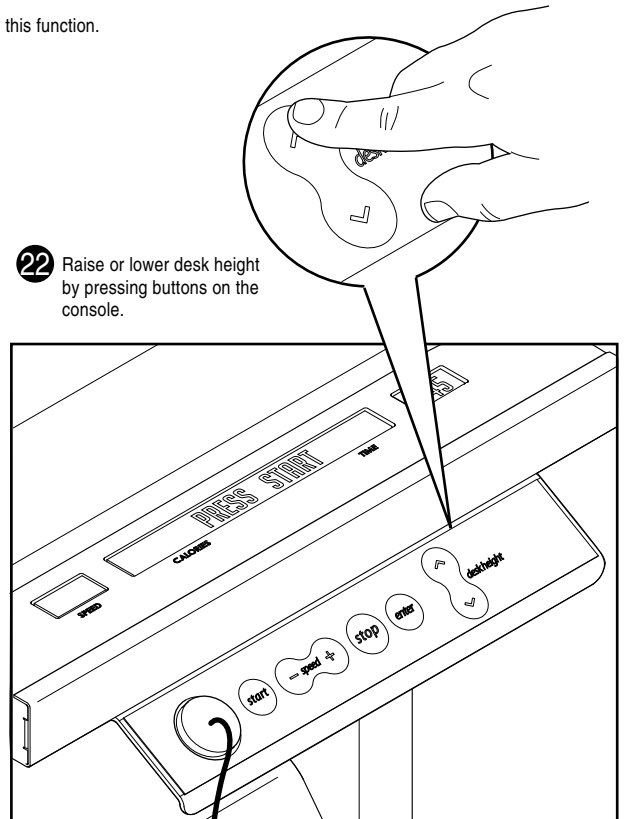
- Press the Down arrow until the worksurface comes to a stop at the lowest position.
- Release the Down arrow.
- Press and hold the down arrow for approximately 5 seconds while the table synchronizes itself. The surface will lower itself approximately 5mm, then rise approximately 5mm and finally settle back to its lowest position.

**NOTE:** It may be necessary to repeat the synchronization process more than once. After performing this function, the movement of all lift columns connected is coordinated.

In the unlikely event that an error occurs, reset the control unit by pressing the Up and Down buttons at the same time for 5 seconds. Then repeat the synchronizing sequence as previously outlined above.



22 Raise or lower desk height by pressing buttons on the console.



**NOTE:** Guidelines on Moving the Table, see page 19.  
For Wiring Guide, see page 20.

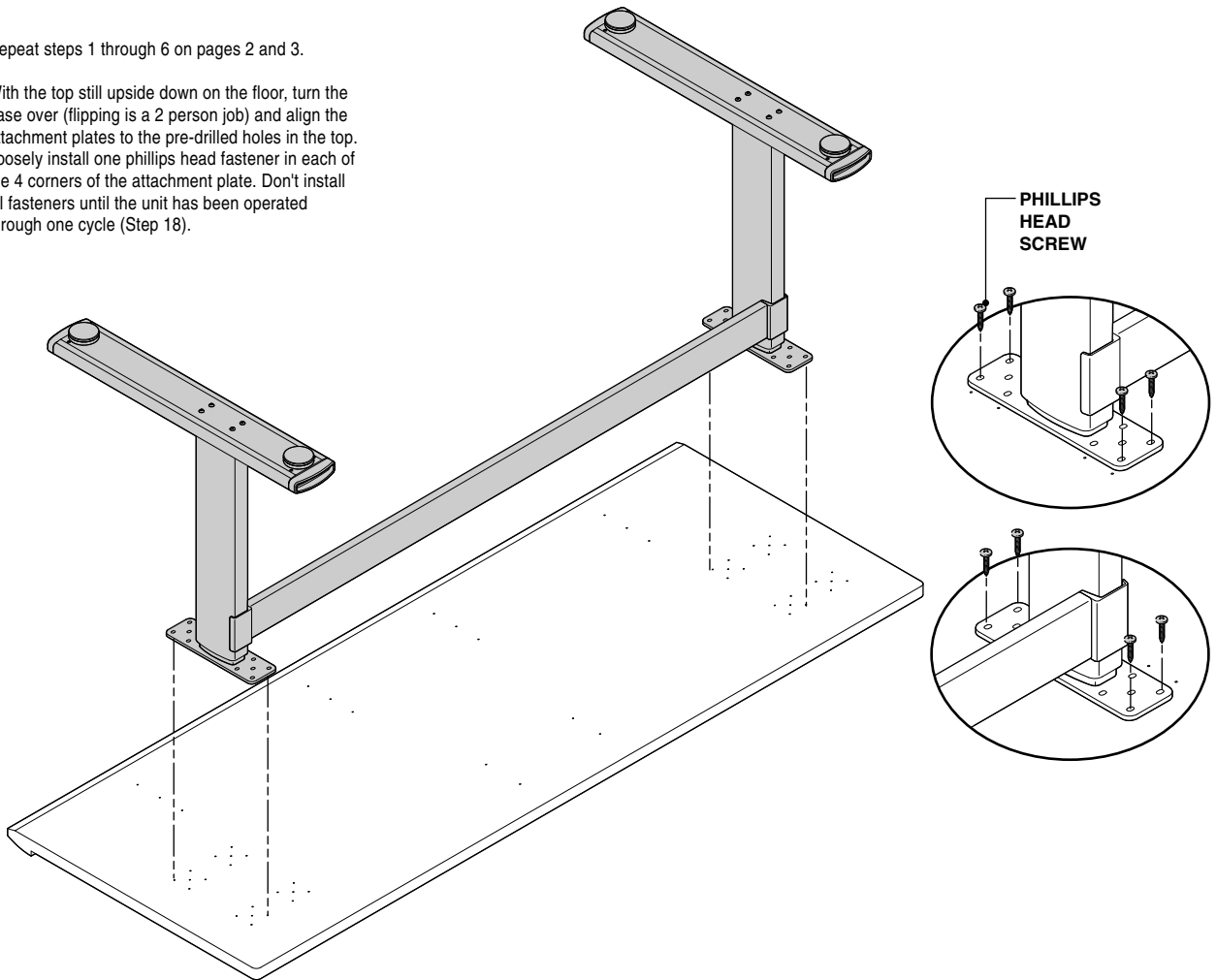
# FitWork™ Sit-to-Walkstation Series 7 AdjusTables

## Installation Instructions

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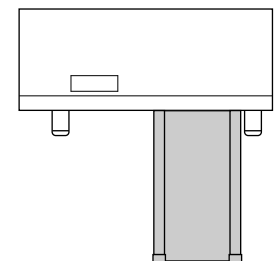
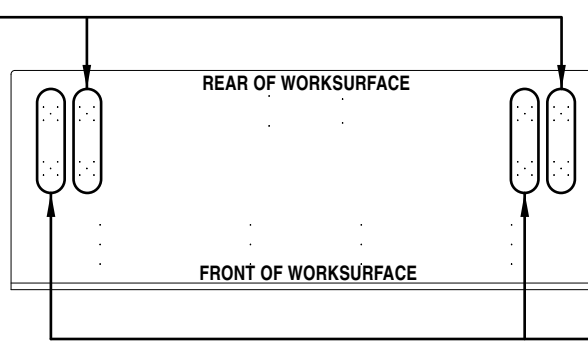
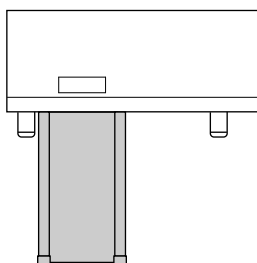
### Sit-to-Walkstation Worksurface Assembly

- 1 Repeat steps 1 through 6 on pages 2 and 3.
- 2 With the top still upside down on the floor, turn the base over (flipping is a 2 person job) and align the attachment plates to the pre-drilled holes in the top. Loosely install one phillips head fastener in each of the 4 corners of the attachment plate. Don't install all fasteners until the unit has been operated through one cycle (Step 18).



### Underside of Worksurface

If you want the treadmill placed on the left side, use these pilot holes for attaching legs.



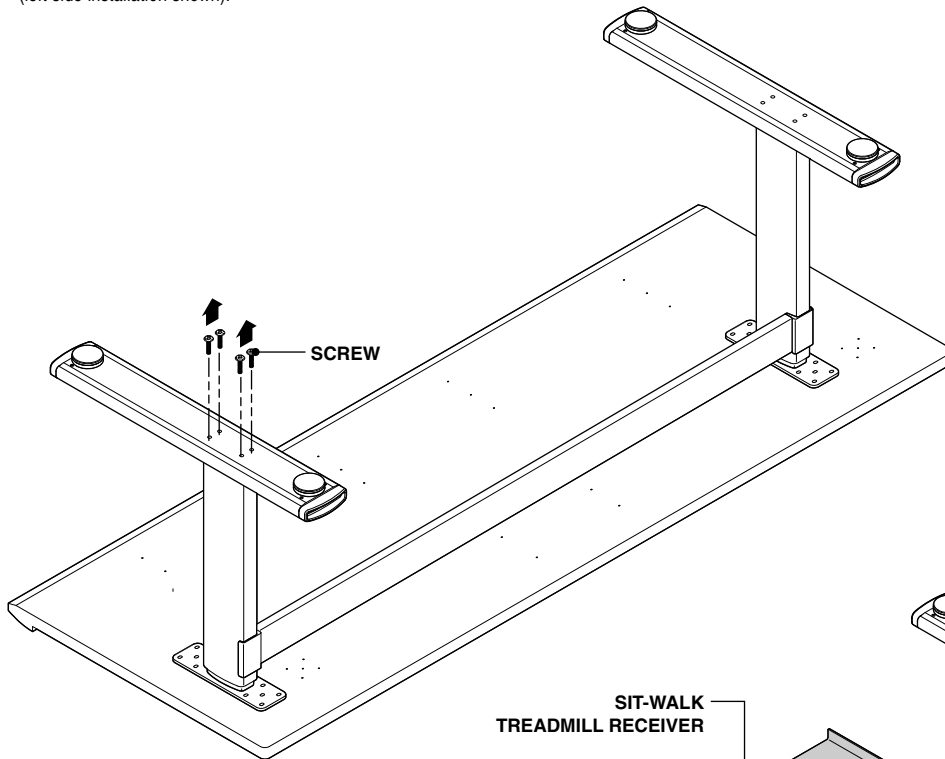
If you want the treadmill placed on the right side, use these pilot holes for attaching legs.

# FitWork™ Sit-to-Walkstation Series 7 AdjuTables

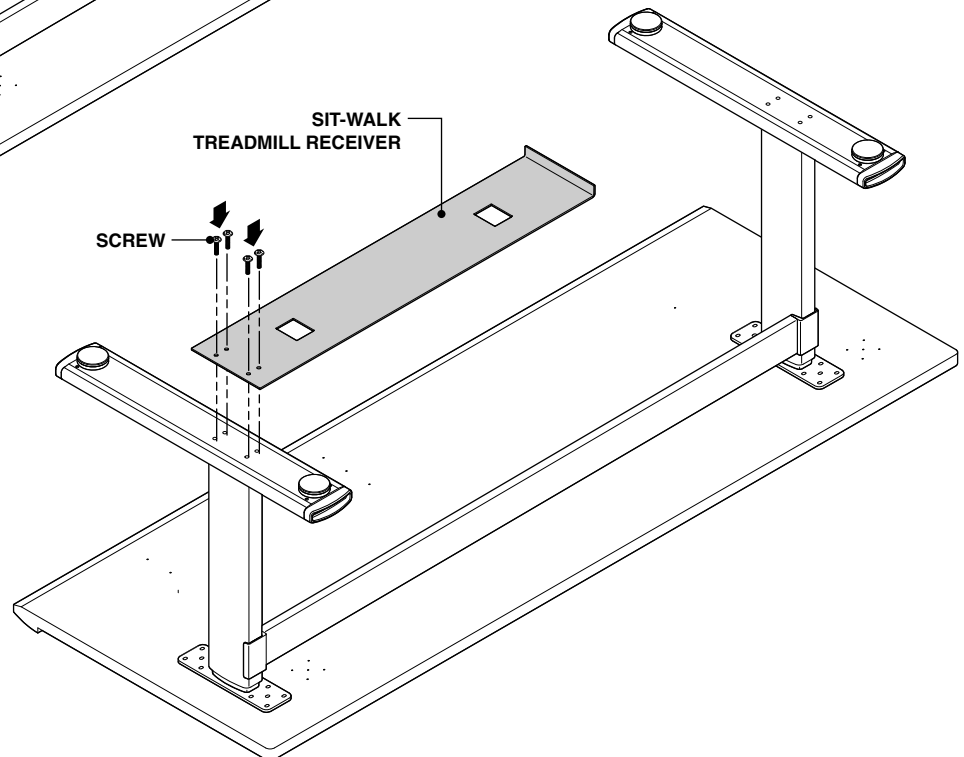
## Installation Instructions

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- 3** Remove four (4) screws on one foot on the side of the table where the treadmill will be installed. (left side installation shown).



- 4** Lower treadmill receiver onto leg and attach using four (4) screws.

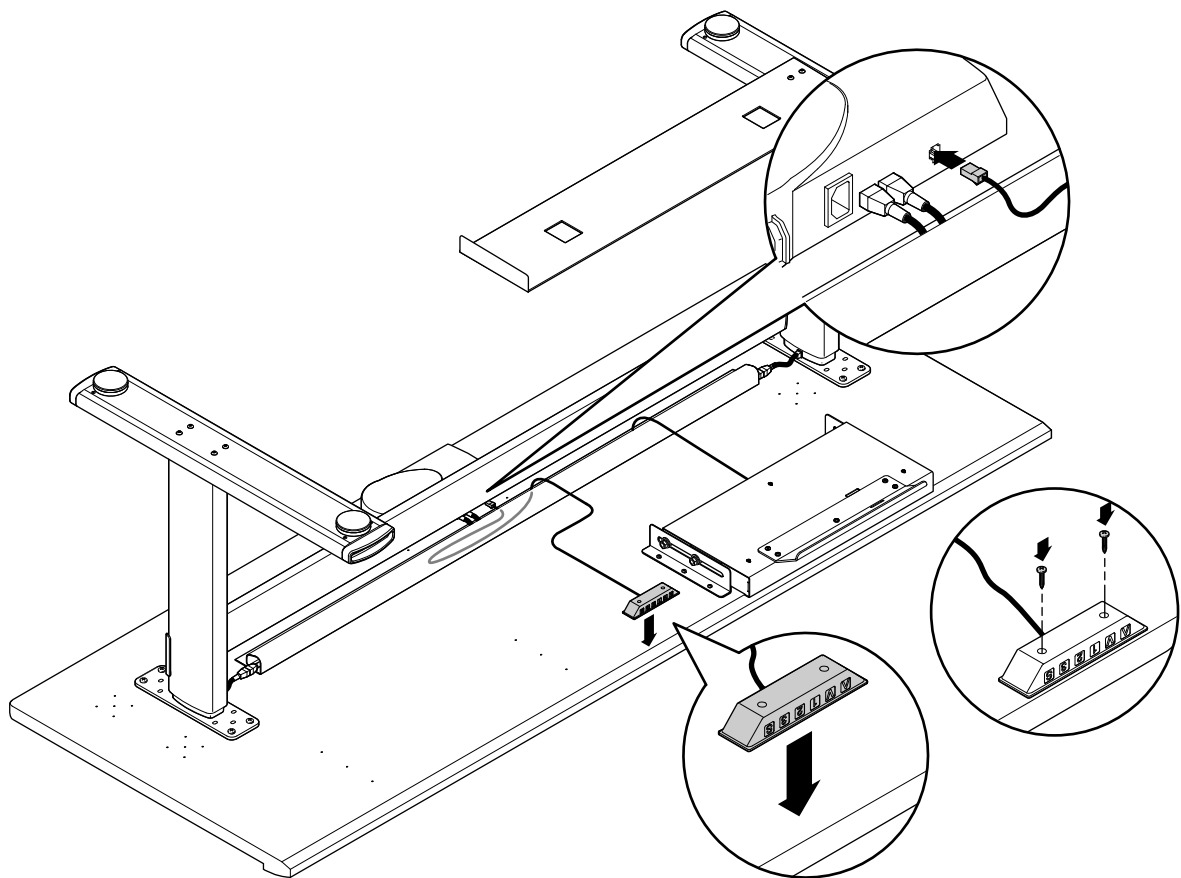


# FitWork™ Sit-to-Walkstation Series 7 AdjuSTables

## Installation Instructions

005720D Rev D Page 14 of 20

- 5 Repeat steps 10 thru 13 on pages 5, 6 & 7.
- 6 Install the controller to the underside of the worksurface towards the middle of the worksurface as shown.



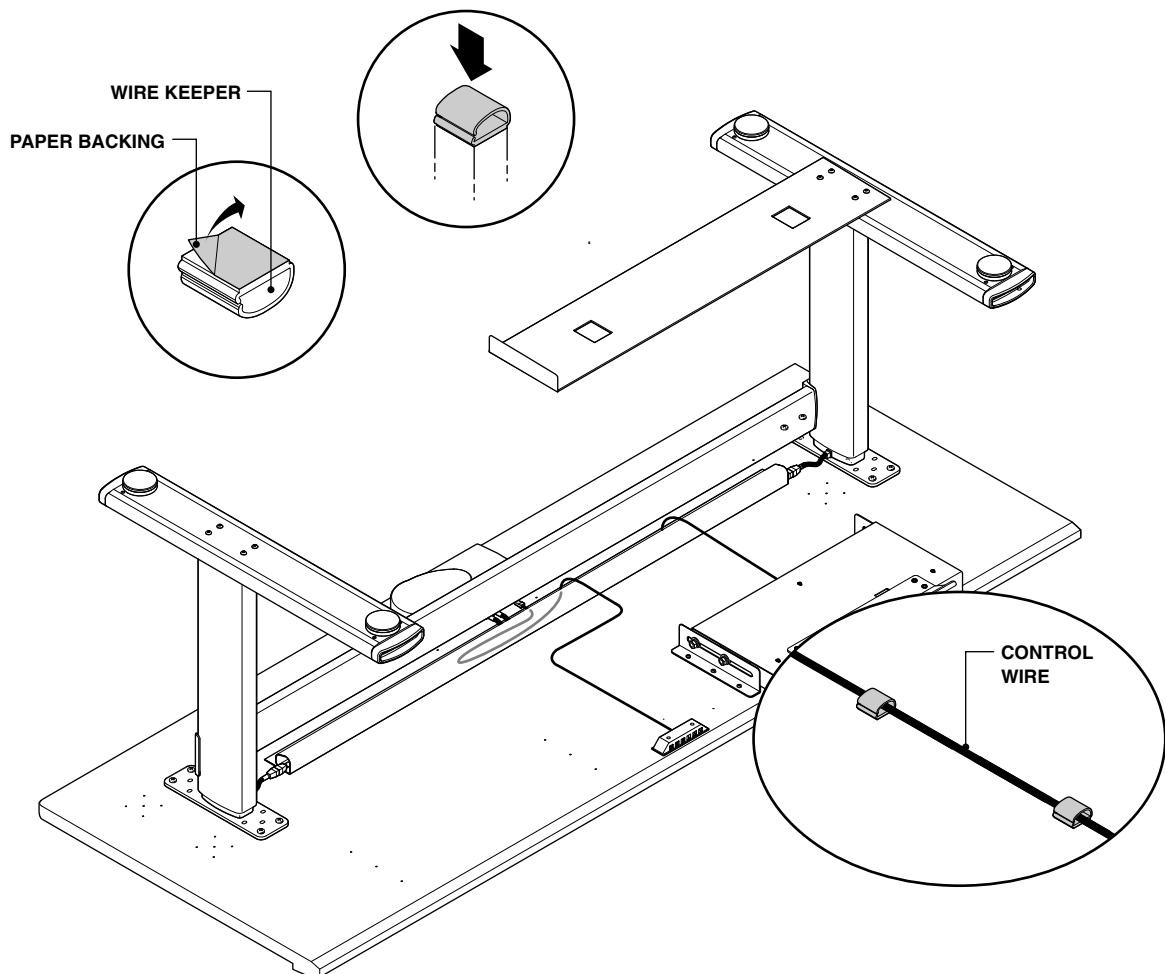
# FitWork™ Sit-to-Walkstation Series 7 AdjuTables

## Installation Instructions

005720D Rev D Page 15 of 20

- 7** Install the wire keepers for the control wire. Peel off paper backing and stick to worksurface. Place wire into each wire keeper.

Repeat steps 14 & 15 on page 8.



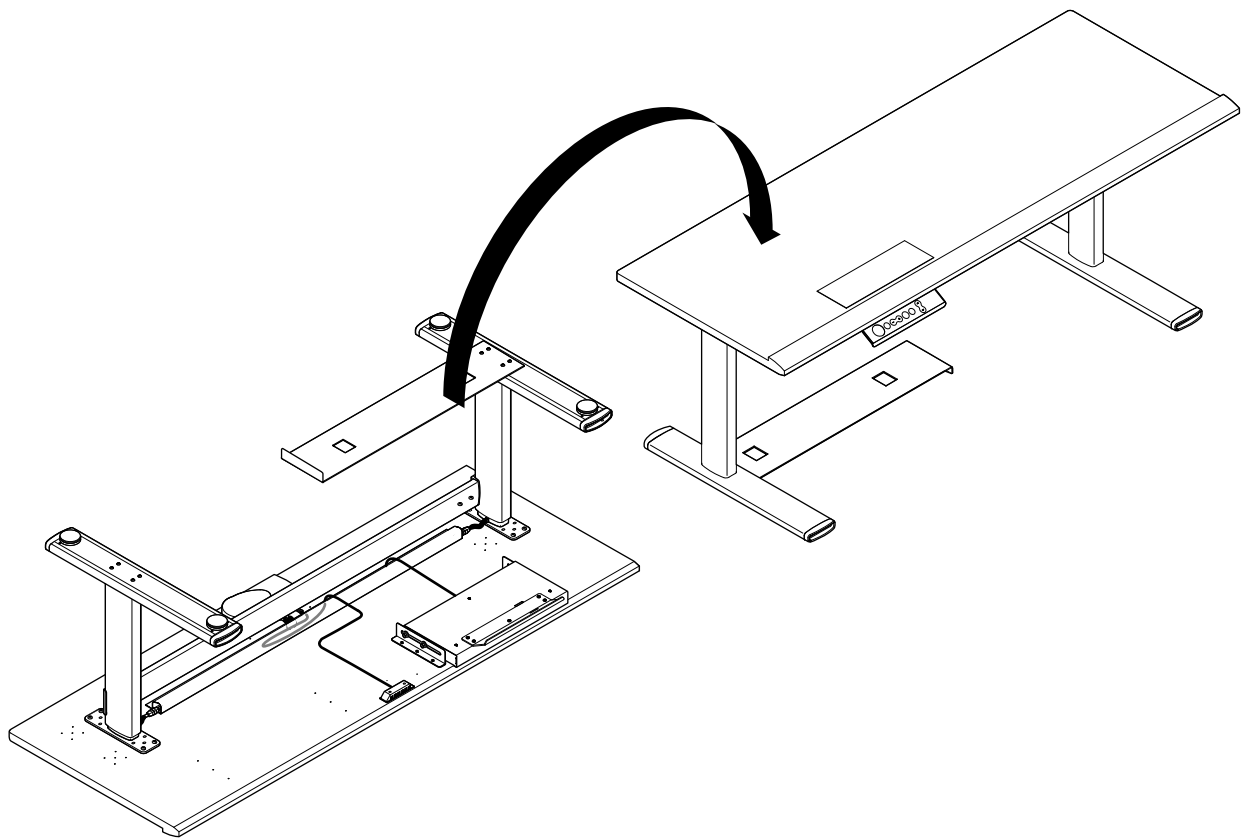
# FitWork™ Sit-to-Walkstation Series 7 AdjusTables

## Installation Instructions

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- 8 Carefully turn the table over (2 person operation).

**NOTE:** Do NOT use either lift column as a brace when turning the table over as this may cause binding. The top must be lifted free, rotated and set down carefully.





# FitWork™ Sit-to-Walkstation Series 7 AdjusTables

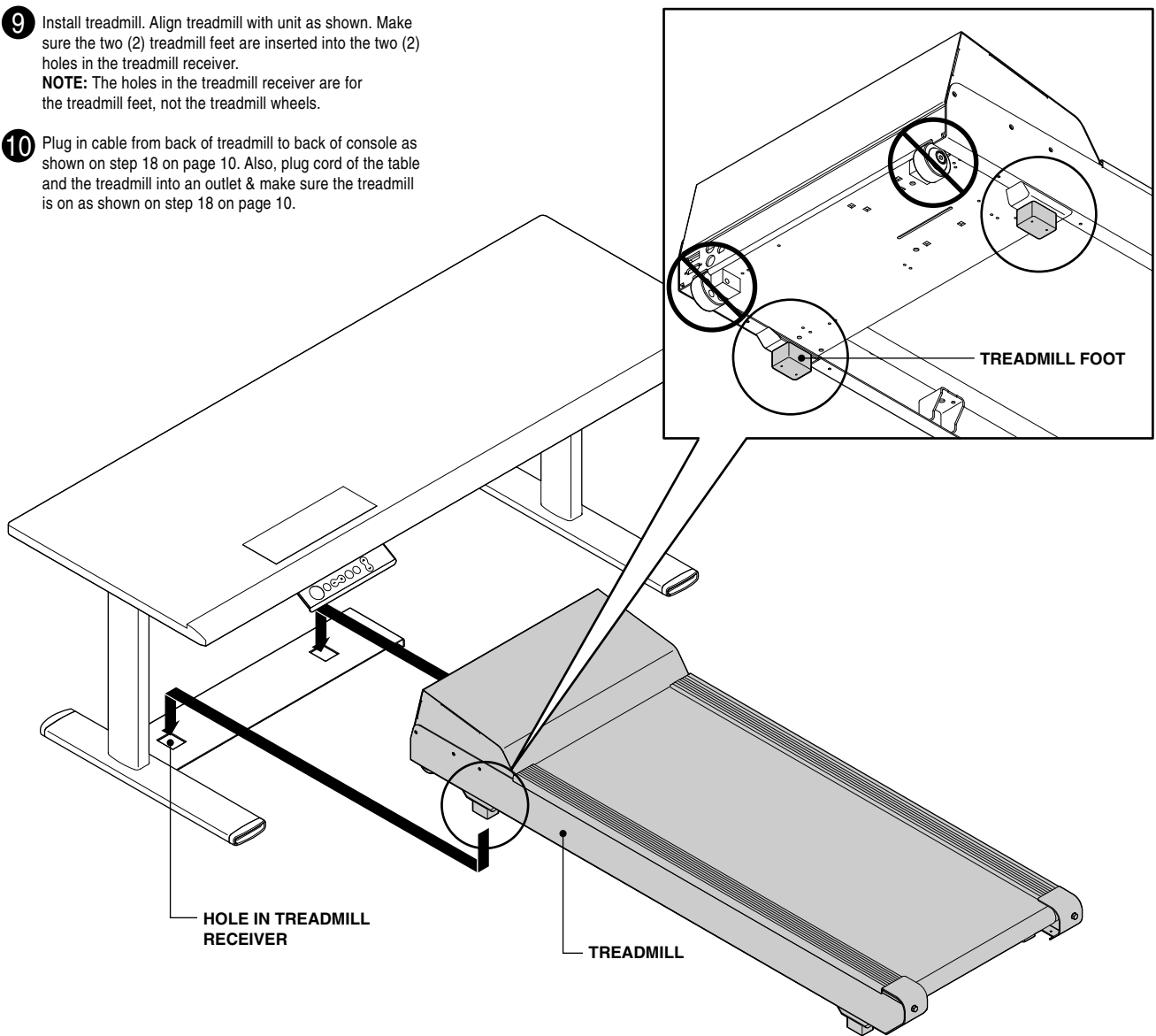
## Installation Instructions

005720D Rev D Page 17 of 20

- 9 Install treadmill. Align treadmill with unit as shown. Make sure the two (2) treadmill feet are inserted into the two (2) holes in the treadmill receiver.

**NOTE:** The holes in the treadmill receiver are for the treadmill feet, not the treadmill wheels.

- 10 Plug in cable from back of treadmill to back of console as shown on step 18 on page 10. Also, plug cord of the table and the treadmill into an outlet & make sure the treadmill is on as shown on step 18 on page 10.

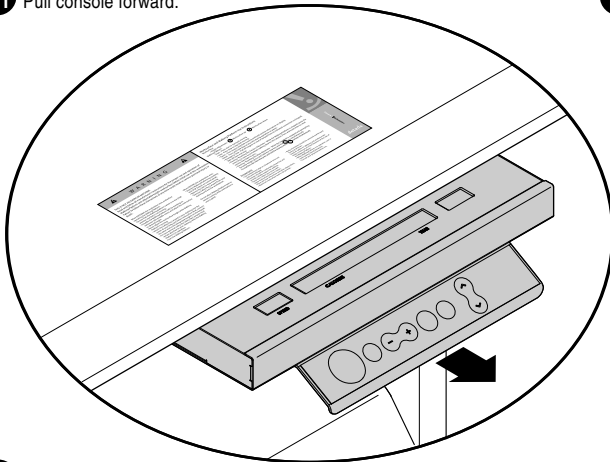


# FitWork™ Sit-to-Walkstation Series 7 AdjusTables

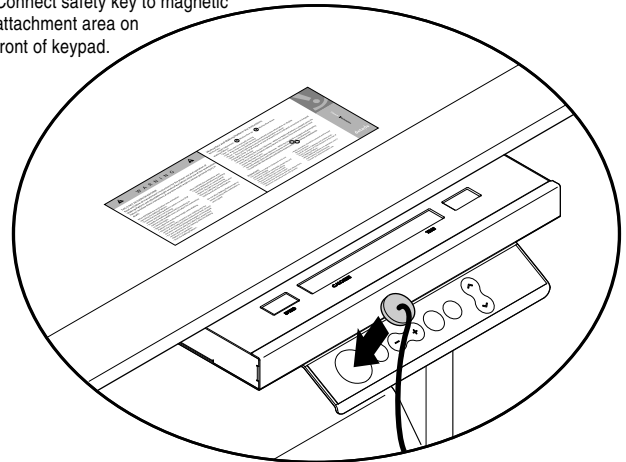
## Installation Instructions

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- 11** Pull console forward.



- 12** Connect safety key to magnetic attachment area on front of keypad.



- 13** Before use, the table must be completely leveled, front-to back and side-to-side.

### Coordinating the Lifting Columns

Prior to initial use of the height adjustment function you must "synchronize the system". The installers who setup the worksurface may have already done so, but it's OK to repeat this function.

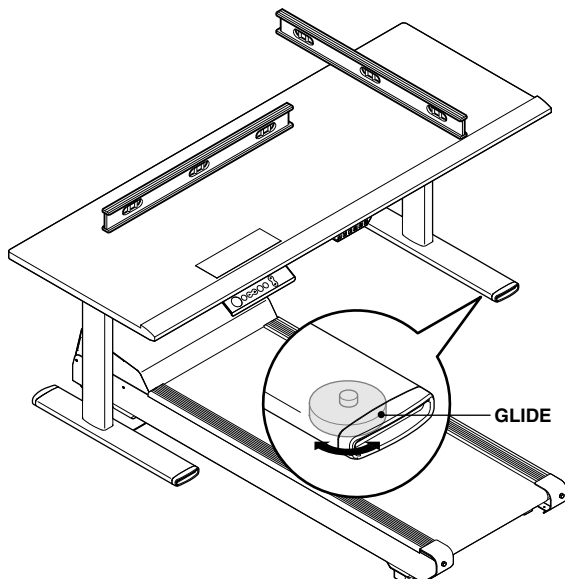
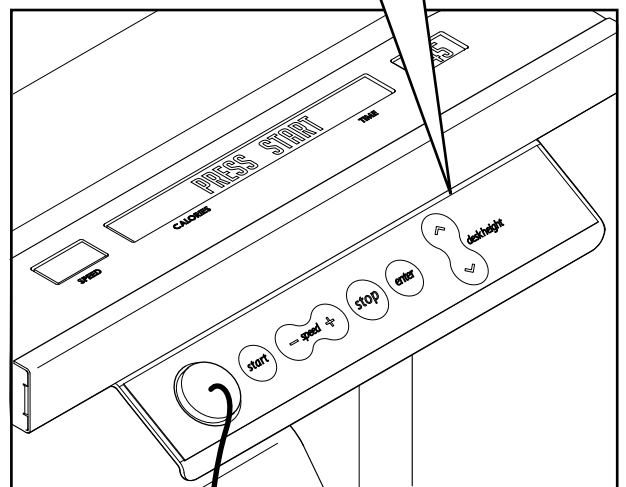
### Synchronize the System

- Press the Down arrow until the worksurface comes to a stop at the lowest position.
- Release the Down arrow.
- Press and hold the down arrow for approximately 5 seconds while the table synchronizes itself. The surface will lower itself approximately 5mm, then rise approximately 5mm and finally settle back to its lowest position.

**NOTE:** It may be necessary to repeat the synchronization process more than once. After performing this function, the movement of all lift columns connected is coordinated.

In the unlikely event that an error occurs, reset the control unit by pressing the Up and Down buttons at the same time for 5 seconds. Then repeat the synchronizing sequence as previously outlined above.

- 14** Raise or lower desk height by pressing buttons on the console.



**NOTE:** Guidelines on Moving the Table, see page 19.  
For Wiring Guide, see page 20.

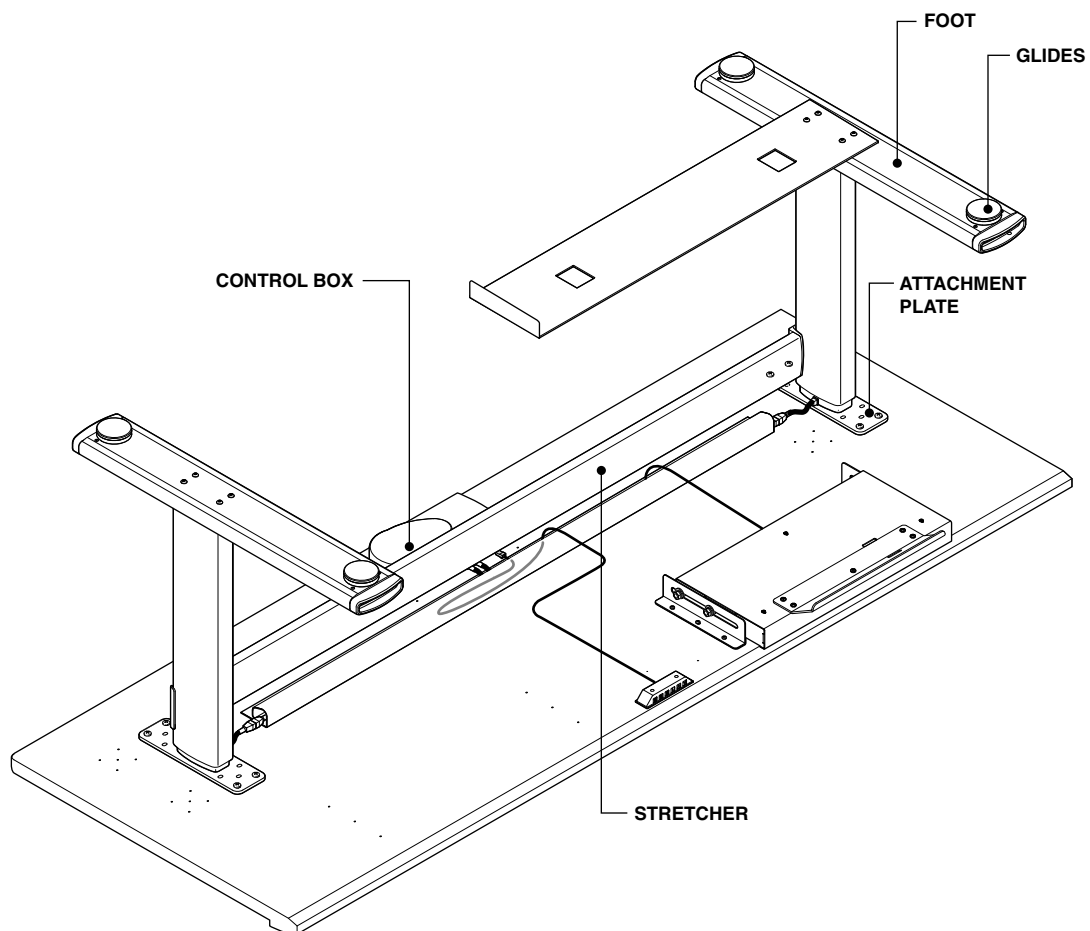
# FitWork™ Sit-to-Walkstation Series 7 AdjusTables

## Installation Instructions

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### Guidelines on Moving the Table

- 1 When possible, the tables should be moved in a horizontal (flat) position.
- 2 If the table must be moved vertically (i.e. standing on a pallet), care must be taken to ensure no side pressure is placed on any of the legs as it is tipped into position, during transport, and when tipped off the pallet at the new location.
- 3 Before in use in the location, the table must again be completely leveled side-to-side and front-to-back. Failure to do so may cause binding of the leg(s) and failure to operate properly.
- 4 After moving, the legs must be re-synchronized by holding 'down' arrow on the controller while the legs seek to level themselves.



# FitWork™ Sit-to-Walkstation Series 7 AdjusTables

## Installation Instructions

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### Wiring Guide

- 1 When connecting cables as stated in Step 13, use this guide as a reference.
- 2 Connect the cables from the Lift Columns to the cables provided. The other end should be connected to the Control Box. Repeat this for each leg.
- 3 Connect the end of the Controller cable into the Control Box.
- 4 Follow Steps 13, 14, 15 & 18 to complete the wiring installation.
- 5 Once you have completed the wiring, use the Wire Management Cableways to hold all the cables and minimize possible entanglements.

**NOTE:** Cableways and vertical wire management solutions are also available from Details. Contact us for more information.

