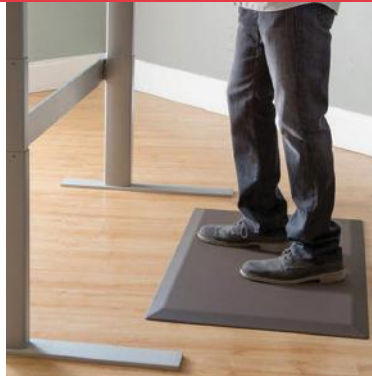


BEST SELLING SIT-STAND SOLUTIONS

sit-stand.com[®]
STANDING DESK MEGASTORE

BROCHURE - PRICE LIST



OCTOBER 2017 / UK

Sit-Stand.Com[®] is a low-cost supplier of quality height adjustable standing desks, sit-stand accessories and active seating solutions.

Growing scientific evidence shows that sedentary work affects productivity and also increases the health risks of developing depression, type 2 diabetes, heart disease, certain cancers, obesity and musculoskeletal issues.

Sit-Stand.Com[®] supplies a range of solutions to improve employee wellness and performance through break-up and reduction of workplace sedentary behaviour. Our mission is to help you convert your traditionally sedentary workplace to a dynamic, healthy and productive workplace. Your best position is always your next position!

We continue to expand our range of **Standing Desks, Desk Risers, Active Seating, Comfort Mats, Monitor Arms** and accessories to ensure that customers can benefit from:

- Fully comprehensive range of high quality solutions.
- Impartial guidance to avoid choosing an incorrect solution (it happens a lot!).
- Affordable options, best available prices and corporate discounts.
- FREE guidelines and support (try or Payback Calculator).
- FREE trial (on a growing number of solutions).

Our **UP/DOWN DeskPro[®]** starts from only **£349.95** and our dedicated installation team can recycle your existing desktop to save you money.

Alternatively, everyone loves the **Yo-Yo Desk[®]** riser which starts from an incredible **£191.79**, and comes in 3 sizes (Black or White).

We love to move it move it. You will too. Join the workplace revolution today!.

YO-YODESK[®]



RRP **£191.79*** (Ex VAT)

up/down[®]



RRP **£349.95*** (Ex VAT)

muv•man[®]

Active-Sit-Stand



RRP **£279.95*** (Ex VAT)

hushdesk[®]



RRP **£599.95*** (Ex VAT)



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Check your Sitting Calculator!



Sitting Calculator

Powered by:



Do you sit 8+ hours daily?

Eating (combination of breakfast, lunch and dinner time)



Commuting



Working (both at the office or home)



Relaxing (including watching TV, online, gaming etc.)



WHY SIT-STAND.COM

up/down®



30 Day **FREE TRIAL**

YO-YODESK®




30 Day **FREE TRIAL**

YO-YODESK® GO




14 Day **FREE TRIAL**

muv•man®



14 Day **FREE TRIAL**

imprint®
Comfort Mats



#1 RATED
ANTI-FATIGUE MAT

14 Day **FREE TRIAL**



As a low cost supplier, **Sit-Stand.Com®** will always strive to keep prices low. For this reason we do not have a show room but we continues to grow our sales and support staff.



We have a team of national installers and provide educational or support materials for all our solutions, with additional expertise from the team at **Active Working**. **FREE delivery available on many products. FREE installation with all desks.**



It is our priority to make sure you get the best discount or bundle offer available. **Please register with us or contact our sales team if you have any questions.** Our Special Offers are subject to conditions, availability and payment terms.



CORPORATE SALES
sit-stand.com

Register with us and recieve a voucher code for **£25 off** your first order. (Minimum order £300 Ex VAT)



Discounts on all orders of 5+ units. Free training and pilot trials*
Exclusive colours on certain sit-stand solutions including muvman® active seating solution. Customise your IMPRINT® Comfort mat with your corporate logo.

We offer rental options for some products.
12 Month minimum contract.

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STANDING DESK MEGASTORE

✉ info@sit-stand.com

☎ 0333 22 00 375







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BENEFITS OF STANDING

Growing international evidence concludes that excessive and prolonged sitting (irrespective of your level of physical activity) can lead to increased health risks.

DID YOU KNOW?

-  **In Scandinavia 90% of office workers have a sit-stand desk** – this all started in the late 90's and now is common place.
-  **Standing is effective in burning calories, improving blood circulation and tackling low blood pressure** – standing up encourages movement and fidgeting. All are important to activate key muscle groups and your metabolism. Furthermore important enzymes which transfer bad cholesterol out of your arteries are much more effective when you stand.
-  **Standing improves your posture and encourages mobility.** When standing you naturally aligning your spine to an “S” shape and thereby engage / strengthen your core muscles. It is important to break up sitting and reduce the risk of staying in a “C” shape posture.
-  **When you stand you are more confident and collaborative.** When you need to complete an important sales call or conclude a difficult discussion you will be much more effective doing so standing. Try it yourself and you will be amazed.
-  **Certain tasks are done faster when standing.** You will be amazed how much faster simple tasks such as going through your inbox or “to do” list can be done faster standing. Try it.
-  **Standing improves your breathing** by allowing the chest to be fully open, giving full facility to the diaphragm.

10 BENEFITS OF STANDING AT WORK

-  **KICK START YOUR METABOLISM**
-  **BURN CALORIES**
-  **IMPROVED BLOOD CIRCULATION**
-  **IMPROVED POSTURE**
-  **BETTER BREATHING AND OXYGEN FLOW TO THE BRAIN**
-  **ENGAGE KEY MUSCLE GROUPS**
-  **IMPROVE CONCENTRATION AND COLLABORATION**
-  **REDUCE STRESS**
-  **REDUCE BLOOD PRESSURE**
-  **SLEEP BETTER**



YO-YO DESK®

OFFICIAL SUPPORTER



Yo-Yo Desk® – a revolutionary & affordable series of Sit-Stand workstations designed to work with your existing desk. Simple to transition between sitting and standing throughout the workday, **Yo-Yo Desk®** incorporates a unique patented gas spring which provides smoother height adjustment.

YO-YO DESK® MINI



68cm Width RRP **£191.79*** (Ex VAT)

YO-YO DESK® 90



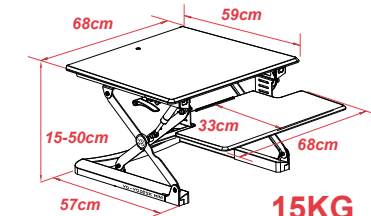
89cm Width RRP **£233.46*** (Ex VAT)

YO-YO DESK® 120



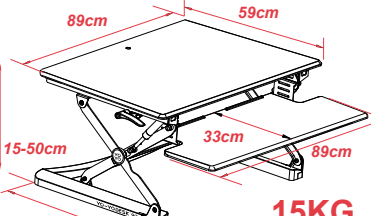
119cm Width RRP **£283.46*** (Ex VAT)

YO-YO DESK® MINI



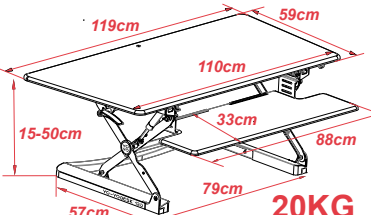
15KG
Load Capacity

YO-YO DESK® 90



15KG
Load Capacity

YO-YO DESK® 120



20KG
Load Capacity

Features

- Split level worktops, 119cm, 89cm and 68cm wide (Black & White)
- Height extension: 50cm (Desktop) 36cm (Keyboard)
- 15 options for smooth height adjustment
- Unique ergonomic design adjusts to any user's height, with unique gas-strut assisted lift
- Easy install (5 minutes) and switch from sitting to standing positions in just 3 seconds by easy-press levers on each side

sit-stand.com®
STANDING DESK MEGASTORE

**Terms & Conditions Apply.*

Shipping Fee of £16.50 (Ex VAT) per unit will be added to both Yo-Yo Desk® MINI & 90 & 120.

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YO-YODESK® GO

OFFICIAL SUPPORTER



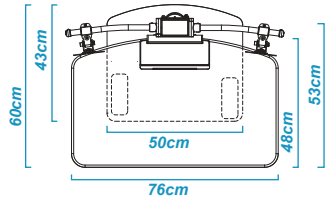
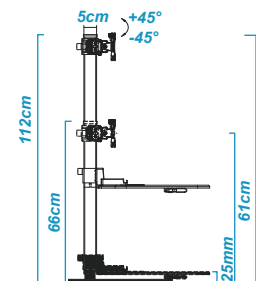
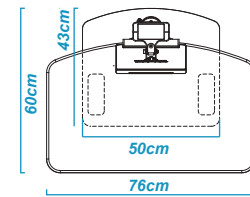
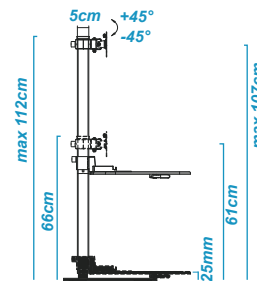
Yo-Yo Desk GO® allows the user to affix a **Single or Double Monitor Screen** for unrivalled ergonomic positioning and comfort. Suitable for users up to 195cm (6'4"). **Yo-Yo Desk GO®** effortlessly transforms any desk into a personalised sit-stand desk. The height adjustable keyboard tray glides up/down to any height. Flexible monitor movement capability enables swivel, rotation and tilt thereby making it the optimal sit-stand solution.

2 Sizes & 2 Colours Available

Easy to use and install in just 5 minutes. Yo-Yo Desk GO® allows you to work either sitting (down) or standing (up).

Features

- Height adjustment on a vertical pole promotes optimal ergonomic positioning. Suitable for users up to 195cm (6'4")
- Effortlessly lifts the keyboard to the correct height for unrivalled ergonomic comfort
- Individual VESA plate height adjustment enables monitor screens to be perfectly aligned
- Wide range of movement capability which allows for swivel, rotation and tilt to match different viewing angle needs
- Storage organiser to accommodate small-size office supplies
- Embedded rack will hold most tablets and phones
- Cable management at rear of pole will keep cables organised for a clean clutter-free look
- Additional clamp base if preferred to support desk mount
- Installation takes 15 minutes. Guide provided



sit-stand.com®
STANDING DESK MEGASTORE

*Terms & Conditions Apply.

Shipping Fee of £16.50 (Ex VAT) per unit will be added to both Yo-Yo Desk® GO¹ & GO².

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2 Sizes & 6 Unique Colours Available
Portable, Beautiful & Affordable



FREEDESK® desk riser, is the simplest sit-stand desk ever created. It is very light (3kg) and child friendly. **FREEDESK®** is simple, portable, beautiful and affordable. With its unique Swedish design, **FREEDESK®** transforms any surface from being passive to being flexible and dynamic.

Features

- Portable, easy to fold – easy to carry
- Adjusts to 9 different height levels
- From sitting down, to a standing working position, in one second
- Keeping both body and mind healthy

FREEDESK® Small:

Size: **39 x 58cm**
 Load Capacity: **3KG**

FREEDESK® Large:

Size: **54 x 80cm**
 Load Capacity: **5.5KG**

FREEDESK® Colours



FREEDESK® Large



FREEDESK® Small



Carry Bag



From **£50.⁰⁰*** (Ex VAT)



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 STANDING DESK MEGASTORE

*Terms & Conditions Apply.
 Shipping Fee £7.50 (Ex VAT) for FREEDESK®.

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DESK RISERS

A DESK RISER is a simple standing desk solution that goes on top of your existing desk. Desk Risers are an affordable and easy install solution for those looking for an adjustable desk for either their home or office.

Black
VARIDESK® Pro 30



RRP **£270^{.83*}** (Ex VAT)

Black
VARIDESK® Pro Plus 30



RRP **£270^{.83*}** (Ex VAT)

Black
VARIDESK® Pro 36



RRP **£304^{.16*}** (Ex VAT)

Black
VARIDESK® Pro Plus 36



RRP **£304^{.16*}** (Ex VAT)

White
VARIDESK® Pro Plus 36



RRP **£425^{.00*}** (Ex VAT)

ERGOTRON®

Black
WorkFit-T



RRP **£345^{.95*}** (Ex VAT)

ERGOTRON®

White
WorkFit-T



RRP **£345^{.95*}** (Ex VAT)



Price:	£191.79	£270.83
Warranty:	3 Years	1 Year
Lift Range (Desktop):	15 - 50cm	11 - 44cm
Work surface Dimensions:	68cm Width x 59cm Depth	76cm Width x 54cm Depth
Keyboard Tray:	68cm Width x 33cm Depth (Detachable)	76cm Width x 43cm Depth (Non Detachable)
Weight:	20Kg (44lb)	21Kg
Max Load Capacity:	15kg (33 lbs)	16Kg (35 lbs)
Colour:	Black or White	Black



	£233.46	£304.16
	3 Years	1 Year
	15 - 50cm	11 - 44cm
	89cm Width x 59cm Depth	91cm Width x 69cm Depth
	89cm Width x 32.5cm Depth (Detachable)	91cm Width x 39cm Depth (Non Detachable)
	22Kg (48lb)	24Kg
	15Kg (33lb)	16Kg (35lb)
	Black or White	Black or White

Key differences between the **Yo-Yo Desk®** and **Varidesk®**:

Vertical height:

- **Yo-Yo Desk®** rises to 50cm, the **Varidesk®** rises to 45cm.
- **Yo-Yo Desk®** rises vertically in a straight position, the **Varidesk®** comes forward 9 inches at full height.

Warranty:

Yo-Yo Desk® comes with a 3 year warranty compared to 1 year for **Varidesk®**.

Mechanism:

- **Yo-Yo Desk®** has a gas strut mechanism, which is silent and smooth. **Varidesk®** uses spring loaded mechanism, which many consider noisier.

Price:

- **Yo-Yo Desk®** is 20% cheaper than equivalent sized **Varidesk®** solution.

up/down[®] Collaborate

Panel & Fabric Colours



Up/Down Collaborate[®] is a simple, cost-effective and dynamic counterbalance system. Desk height adjustability is fast and intuitive. This double desk system may be customised to specific requirements and is built to order. We offer a wide standard selection of panel colours and a variety of modules and storage accessories.



Worktop

- Plastic handles in grey are mounted under the worktop
- Simply press handles to alter the height
- Dimensions of worktop: 136 x 68cm
- Worktop finished with seamless laser-edge technology

Frame

- Height adjustment range, for standard height desk: 67-115 cm; for extended height desk: 67-125cm
- Maximum worktop load 15 kg
- Adjustment mechanism based on counterbalance
- Frame consists of a central element and side walls
- Side walls connected with frame, consists of steel square legs 40x40 mm, equipped with a levelling feet (+10 mm)



Delivery £100 (double desk) + FREE Installation.



up/down[®]

DeskPro Series

- The electronic motor allows you to raise or lower the height of the desk at a press of a button
- We can also RECYCLE your existing desktops
- Custom coloured desktops are also available
- FREE Installation (5+ units)

A growing body of medical evidence supports the case for sit-stand working, but the benefits extend far beyond employee health. Sit-stand working can transform your business, and help you recruit and retain talent. Up/Down DeskPro Series is a highly affordable range that is bringing sit-stand working to the masses.

DeskPro 1



£349.95 (Ex VAT)

DeskPro 2X



£479.95 (Ex VAT)

DeskPro 3X

120° Corner Angle



90° Corner Angle



£699.95 (Ex VAT)

BenchPro



£999.95 (Ex VAT)

MonoPro



£332.95 (Ex VAT)



ACTIVE SEATING

Benefits

Active Seating solutions differ from regular desk chairs or task chairs, because they **encourage frequent movement** which engages core muscles groups. They effortlessly facilitate the **hips to slant slightly forward** moving the back to “positive alignment”, thereby **reduced risk of slouching**. What's more, all our Active Seating solutions **increase productivity**. Improved concentration and less physical strain will help users develop a more **positive attitude by moving more**.



mov•man

From **£279^{.95*}** (Ex VAT)



reddot design award
winner 2011

The **movman**[®] sets benchmarks for range of movement, flexibility and sitting heights, with simple focus on innovative technology and ergonomics. Aeris **movman**[®] is an excellent active stool designed for alternate sitting and standing usage. You can quickly & easily adjust your sitting height to anywhere between 51cm & 84cm.

swöpper[®]



STANDARD

From **£389^{.95*}** (Ex VAT)

CLASSIC

From **£419^{.95*}** (Ex VAT)

WORK

From **£495^{.95*}** (Ex VAT)

AIR

From **£428^{.95*}** (Ex VAT)

SADDLE

From **£465^{.95*}** (Ex VAT)

The **Swopper**[®] range enables movement, for dynamic, active sitting. The **Swopper**[®] has won many awards for design and function. Its primary benefit is that it provides healthy active sitting. With **Swopper**[®], when you sit, you move!

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ACTIVE SEATING

UP Stool

From **£119^{.95*}** (Ex VAT)



The **UP Stool®** combines motion and mobility. Its round base moves easily in multiple directions, thereby stimulating your hip and core movement. With variable height adjustment (45 - 63 cm) **UP Stool®** suits all shapes and sizes. It also weighs only 6 kilos, so can be carried anywhere. Adjust simply, both up & down.
Five colour variations.

interstuhl



HAG Capisco Puls 8010

From **£274^{.95*}** (Ex VAT)



The **HAG Capisco Puls 8010®** is modern, flexible and comfortable. The **HAG Capisco Puls 8010®** has a seat cushion contoured for the coccyx area. Available in 8 colours with a range of cushion fabrics, the HAG Capisco® Puls is lightweight with a modern design that is perfect for all types of users.



3Dee

From **£599^{.95*}** (Ex VAT)



3Dee is the ultimate Active Office Chair developed with health experts. Designed around the natural biomechanical human form. Active **3Dee®** sitting stimulates motion, blood circulation and strengthens your back. The ergonomic backrest supports you and provides comfort but importantly gives full freedom of movement to boost performance.

*Terms & Conditions Apply.
Shipping Fee £24 (Ex VAT) for 3Dee®.



Life in Motion



oyo

From **£295^{.95*}** (Ex VAT)



oyo® is extremely comfortable and makes a very stylish complement to the office, conference room or even at home. Designed to move, you will love the eye-catching **oyo®** rocking seat. The **oyo®** bounces and encourages you to move in all sorts of sitting positions. **Ergonomic, Elegant and Embracing.**



Life in Motion



Yo-Yo MAT® & CumulusPRO® Mats both reduce fatigue and increase comfort and productivity.

Benefits of Anti-Fatigue Mats:

- Reduces Fatigue
- Improves Productivity
- Reduces Fatigue
- Improved Posture
- Burns Calories
- Reduce Blood Pressure
- Engages Key Muscle Groups
- Improved Blood Circulation

Yo-Yo MAT® Features:

- Durable construction combined with a resilient surface for longer life
- Resistant to chemicals, abrasion & punctures
- Easy to clean, anti-microbial top surface
- Guaranteed not to lose support over time
- Designed by experts for standing desk users
- Encourages optimal movement whilst standing
- Proprietary ActiveFeet™ technology reduces fatigue and dull ache associated with prolonged standing on hard surfaces

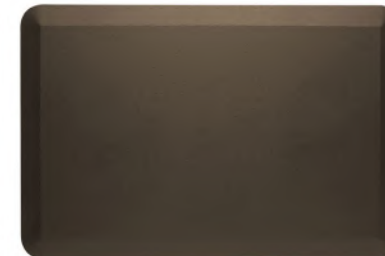
Imprint® Deluxe Mat Features:

- Same as Yo-Yo MAT® but larger, firmer base and more solid
- Voted #1 standing desk mat for 3 consecutive years by Forbes Magazine
- Endorsed by the American Chiropractic Association (ACA)

Yo-Yo MAT®



From **£44.95*** (Ex VAT)



Mat Size: **76cm x 50cm x 2cm**
Mat Colour: **Black & Brown**



Imprint® Mat



From **£74.95*** (Ex VAT)



Mat Size: **94cm x 62cm x 2cm**
Mat Colour: **Black & Brown**





OFFICIAL SUPPORTER



Steppie® is the “best in class” wobble board designed by experts. Regular movement is essential to boost blood circulation when standing for longer periods. Unlike other wobble boards, **Steppie®** encourages you to move with the correct pronation which avoids strains to the ankles, knees, hips and back. With **Steppie®** and **Steppie® Soft Top**, you will achieve optimal active movement (great for your entire Body) and comfort for your feet.



Steppie® Features

You can stand for longer periods - a little movement is less tiring than standing still
 Steppie® improves circulation
 Activates foot joints, knees and hips
 Trains your core musculature (inner, deep muscles that support and balance the spine)
 Burns calories and helps you lose weight

Steppie® Soft Top Features

- Unique bubbled surface designed according to reflexology principles
- Tactile and encourages foot micro-movement
- Dynamic enhancement to a Steppie® or any anti - fatigue mat
- Take off your shoes to enjoy reflexology at work
- A perfect combination for standing office work



sit-stand.com®
 STANDING DESK MEGASTORE

**Terms & Conditions Apply.*

*Shipping Fee £7.50 (Ex VAT) for Steppie® & Soft Top.
 When Steppie® & Soft Top are bought together, delivery is free.*



info@sit-stand.com











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MAKING THE TRANSITION




Getting Started

Table height, monitor level, monitor distance from eyes, wrist and arm positioning, and posture all have to be right to prevent physical discomfort and injury

-  Determine your optimal standing height
-  When typing your wrists should be slightly below your elbows (but no more than 2cm / 1 inch below)
-  Adjust your monitor screen to eye level – keeping your chin at a 90° angle
-  Wear comfortable footwear if possible
-  You should stand with your legs shoulder width apart, and your head, neck, torso and legs should all be in line
-  Your body should not have to strain or lean in order to work at a standing desk
-  Make every effort to move, fidget or mini-stretch while you are standing
-  You will burn an extra 50 calories per hour standing, than sitting



How Much Should I Stand?

Avoid prolonged standing and make sure you mix it up as much as possible

-  Too much standing may lead to problems (e.g. varicose veins, fatigue or muscle ache)
-  Experts recommend starting with 2 and gradually accumulating 4 hours of standing each day at work
-  An anti-fatigue mat will alleviate fatigue and muscle ache







Do I Need a Keyboard Tray?

Maybe, but probably not

-  Select a height adjustment range that will accommodate comfortable sitting & standing work heights (see Page 8), then you shouldn't need a keyboard tray
-  However, if you are a shorter person, an adjustable keyboard tray that can adjust lower than the desk height may be appropriate




When is best to Stand?

It is best to alternate between sitting and standing as much as possible. Below we have provided some basic pointers

-  First thing in the morning and after any meal is a great time to stand
-  Standing up will help blood circulation and balances your blood sugar levels
-  Routine tasks such as checking emails and reading documents are done faster when you stand
-  Most people prefer sitting down to write notes or type documents
-  You will also notice that you may be more confident conducting telephone call standing as you have better oxygen flow to the brain
-  You may find that you don't like any particular routine and prefer to stand or sit to work depending on how you feel

Don't feel pressured

It is your body so you alone know best how to keep comfortable

-  If you feel tired or fatigue when standing up, sit down and rest your legs
-  After standing in the same position for a while, it will help to go for a quick stroll
-  Changing postures or going for a walk allows your body to release muscle tension after you've been in a static sitting or standing posture

Sit-Stand Working Guidelines

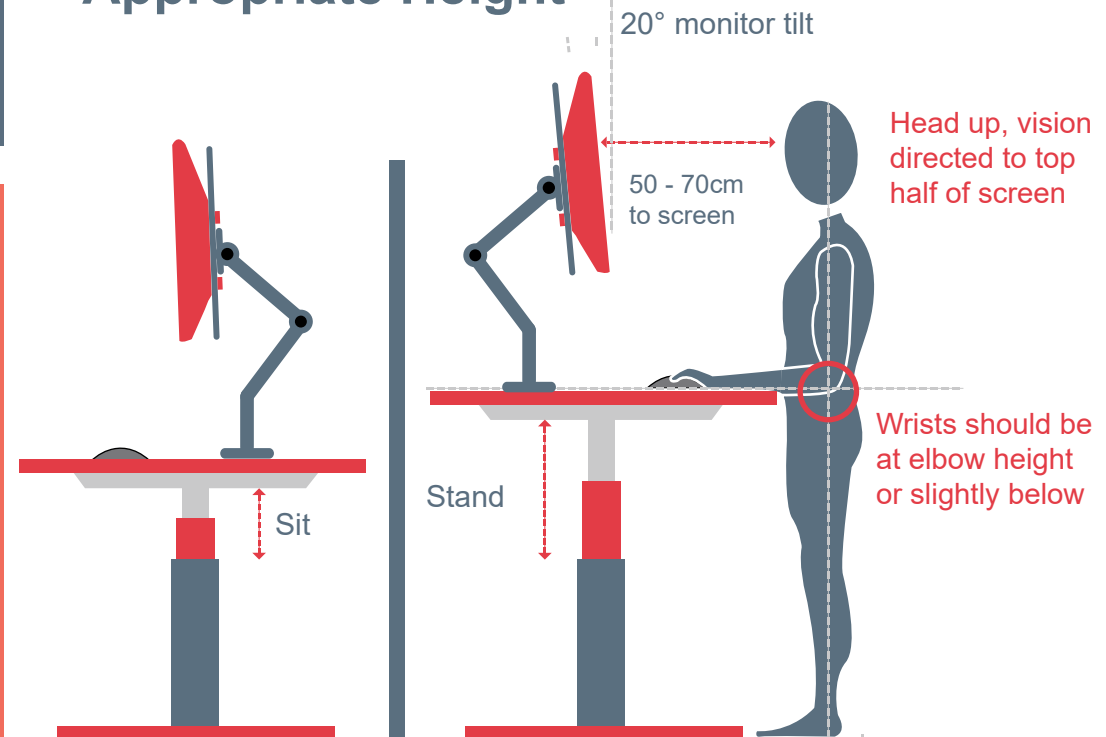


These guidelines are designed to provide simple and safe advice to get you off to the best possible start to sit-stand and Active Working®.

Top 5 Tips for Users of Sit-Stand

- **Build it up gradually.** Start with 20 minute standing, then sit for 40 minutes and repeat throughout the day
- **Avoid excessive sitting and standing.** Keep moving around, take frequent breaks, and make a conscious effort to mix it up. Standing all day can lead to back, knee or foot problems
- Make sure you have **comfortable footwear** and think about a comfort mat
- Find out what **things you prefer doing standing** e.g phone calls, clearing out your inbox and routine deskwork
- Also find out the **things you do better sitting** e.g concise and creative writing, proof reading and in depth analysis

Appropriate Height



Posture and Positioning

To avoid and reduce suffering from pain or tiredness whilst standing - it is vital you adopt correct posture, positioning and move more



Download **FREE** posters from our website:
<http://sit-stand.com/mydownloads>