

# ELECTRICALLY HEIGHT ADJUSTABLE DESK MOTION ERGO AND MOTION



## A DESK WHERE YOU DO NOT HAVE BACKACHE

We learn, study, and work while sitting. Nowadays, a wrong sitting position for long periods of time is a civilization disease, already affecting children of school age. The body, and especially the spine, begin to succumb to one-sided loading. The sitting position squeezes the intervertebral discs, and their degeneration occurs, often to a painful prolapse. Expansion of the intervertebral disc in

the lumbar and cervical spine, conditions after spinal surgery, scoliosis, headache, dizziness... To return to work and prevent the recurrence of medical problems, it is necessary to ensure conditions for working in the office. The MOTION ERGO desk and the right chair adjust to your height and carry your weight, relieving your spine. The problem of sitting for long periods of time can be resolved by the alternation of sitting and standing. While standing, we engage the abdominal and back muscles and relieve pressure on the intervertebral

discs. Thus, we can work at the time of convalescence or during the treatment of spinal disorders. Our main problem is a lack of movement. The MOTION and MOTION ERGO desks do not allow us to move and do not heal us, but they will significantly reduce the risk of problems. That is why MOTION ERGO desks are recommended as prevention or help for those with back problems by a leading specialist for the prevention and treatment of backache, the author of the original method of spiral stabilization of the spine,

*MUDr. Richard Smíšek.*

## Worktops

The desk worktop has a thickness of 25 mm and is fitted with a 2 mm ABS edge that helps protect the desks from damage. There is a practical feedthrough for PC cables or desk lamps, which simply leads the cables under the worktop where they are held by cleverly designed holders. This way you will be sure that the cables do not become entangled and do not interfere with your work. Below the worktop, you have a control panel, which can be placed on your left or right as needed. You can choose either a simple controller or memory controller with a display.

## Bases

The all-metal self-supporting base consists of telescopic legs, which can consist of two (705–1205 mm stroke) or three (605–1295 mm stroke) parts. The other part consists of a cable duct with an electric motor, a control unit and transmission rods.

## Assembly

The efficiency of transport to your office is ensured by delivering individual parts of the desk that are securely packed.

Professional assembly is provided by qualified sellers. If assembling the desk yourself, clearly arranged instructions are included in each package, or you can watch a video of the installation and desk setting at: <http://www.stavitelnestoly.cz/cz/video>.



The electric height adjustable desk meets strict quality and ergonomic demands and complies with ČSN EN 527-1, ČSN EN 527-2, ČSN EN 15372 and ČSN 910001.



EU certificates



5-year warranty



easy installation



load capacity 100kg



electrically powered



- 2 Gate
- 10 Uni
- 18 Cross
- 26 Flex
- 34 Pedestals
- 36 Desk accessories
- 40 Motion / Ergo



## MOTION ERGO

*“The original shape of the worktop and the lifting mechanism of the MOTION Ergo desks make it possible to set the right seating and significantly reduce the risk of backbone overload and subsequent problems.”*

Wrong seating causes prolapse of the intervertebral disk in the lumbar and cervical spine, scoliosis, headache, dizziness, and chronic back pain.

The MOTION Ergo desk lift mechanism allows you to adjust the height of the worktop to your height, which is a prerequisite for proper sitting. Thanks to the cut in the worktop, your arms will be supported, thus relieving the trapezius muscles and allowing your neck to relax.

Sitting is an unnatural position for man. The MOTION Ergo desk allows you to make a welcome change and continue working in a standing position. The arms remain supported, and legs are stretched compared to a sitting position. Overall, blood circulation is improved, and you will feel better.



*If the moulded worktop does not suit you, the MOTION desk offers you a standard flat worktop.*

Main benefits: adjusting the height of the desk to your build and the possibility to continue working in a standing position. You can adjust the desk according to your current needs by merely pressing the button.



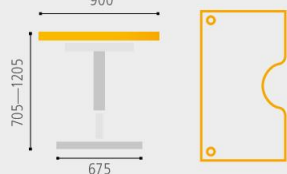
HOBIS MOTION is not an unattainable luxury but an affordable, efficient and ergonomic helper in your office.



## MOTION

2 - SEGMENT FRAME

MOTION ERGO

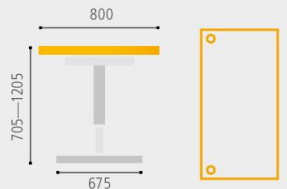


With basic handset  
With memory handset



2 - SEGMENT FRAME

MOTION



With basic handset  
With memory handset



Technical specification

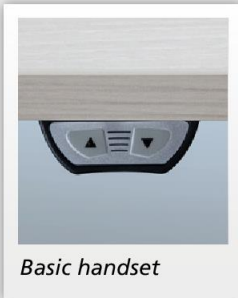
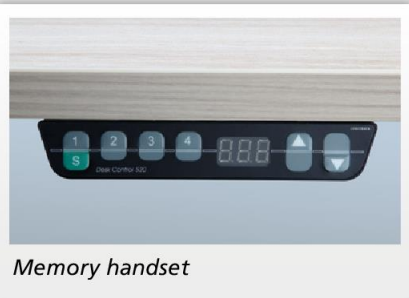
Adjustable height (desktop included):  
Weight (desktop included):  
Thickness of desktop:  
Maximum load capacity:  
Indicative body height:  
Lifting time:  
Package dim. (without desktop):

2 segments

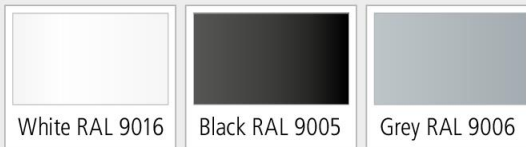
705—1 205 mm  
49—57 kg  
25 mm  
100 kg (uniform load)  
140—180 cm  
25 mm/s  
1 100 × 230 × 250 mm

3 segments

605—1 295 mm  
53—61 kg  
25 mm  
100 kg (uniform load)  
125—190 cm  
25 mm/s  
1 100 × 230 × 250 mm

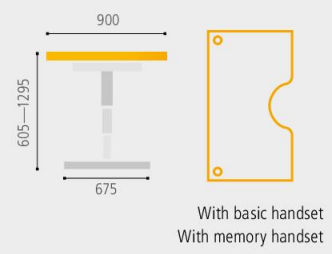


Colour finish of metals



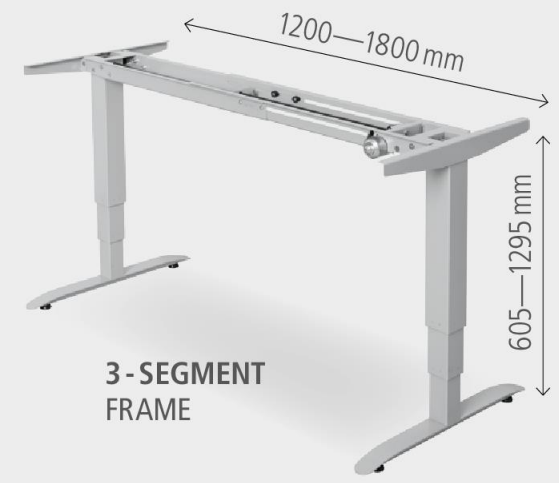
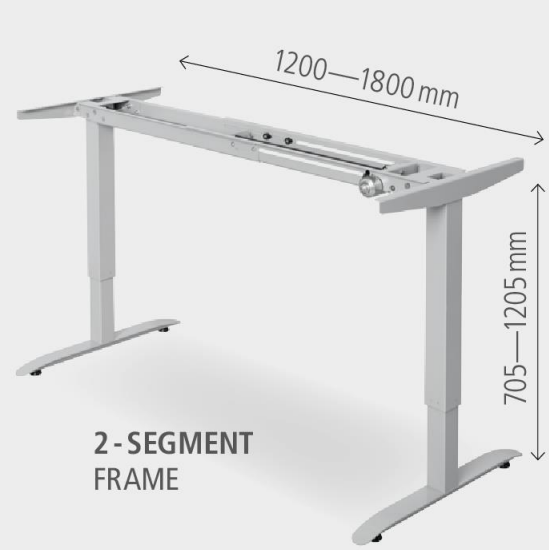
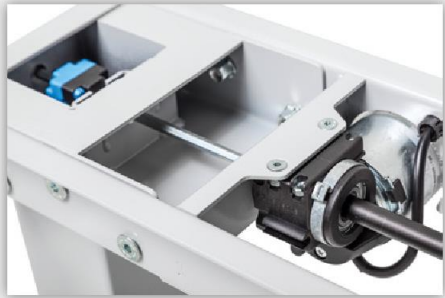
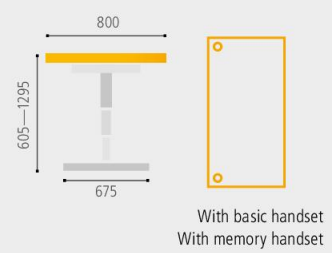
3-SEGMENT FRAME

MOTION ERGO



3-SEGMENT FRAME

MOTION



Dimensions in order: Width × Height × Depth (cm)

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