



Highlights

For Computer Users

- On-demand sit-stand workstation—improve your energy and productivity by standing or sitting as you work, and then switch positions whenever you choose. Standing a little more each day burns extra calories, tones muscles, improves posture, increases blood flow and ramps up metabolism
- Safe, easy-to-use—simple installation and effortless operation
- Easily and simultaneously lift keyboard and LCD screen to proper height for unsurpassed ergonomic comfort
- Patented Constant Force lift technology provides fluid, one-touch adjustments of the keyboard and monitor positions for personalized computing

For IT and Facilities Staff

- Flexible, open-architecture design is scalable for future computer equipment
- Modify existing office spaces or cubes by simply clamping a WorkFit-A on an existing worksurface, without the cost of expensive professional installers
- Safe and neat routing of cables

For HR/Risk Management and Company Cost Savings

- Manage the cost of healthcare premiums by promoting wellness in the daily work routine
- Provide standing work platforms for employees without having to buy expensive height-adjustable chairs

Ergotron®

WorkFit-A Sit-Stand Workstation



The platform for balance and productivity

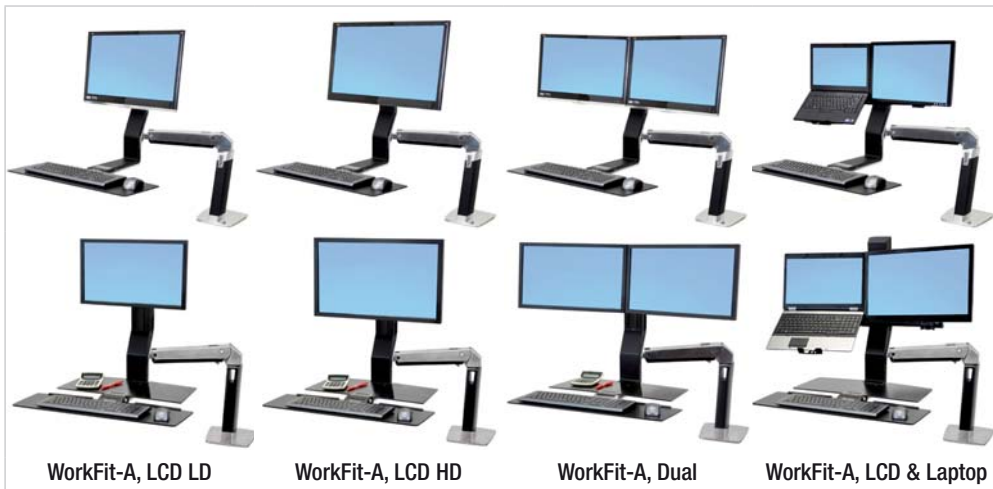
Ideal for corner workstations, the WorkFit-A clamps to the rear or side of most surfaces and enables an effortless sit-and-stand work style.

Stay energized, healthy and productive while you compute—change from a sitting to a standing position whenever you want. This height-adjustable workstation moves your keyboard and display in one simple motion, making computing comfortable for prolonged periods

- ① Provides up to 20" (51 cm) of smooth vertical adjustment, which allows working in either a sitting or standing position. It also can accommodate the heights of multiple users who may use a single workstation.
- ② The large, single-piece keyboard tray accommodates most keyboards and mousing devices. Its 3°-upward tilt ensures wrists remain in a neutral position during data entry, preventing repetitive stress-injuries while increasing comfort and productivity. When not in use, it flips up 90° to save space. An optional over-sized keyboard tray accessory is also available, specially made for larger ergonomic keyboard designs.
- ③ Cable management clips on the underside of the arm route and hide wires. Cables can be further concealed through the system's post, exiting out the back near the base.
- ④ Ideal for corner workstations, the WorkFit-A clamps to the rear or side of most surfaces. Grommet mount available as optional accessory.



**JUST
STAND
.ORG**



	WorkFit-A, LCD LD	WorkFit-A, LCD HD	WorkFit-A, Dual	WorkFit-A, LCD & Laptop
Part # (color)	Light Duty 24-259-026 (polished aluminum) With Worksurface+ 24-274-026 (polished aluminum)	Heavy Duty 24-260-026 (polished aluminum) With Worksurface+ 24-275-026 (polished aluminum)	24-257-026 (polished aluminum) With Worksurface+ 24-272-026 (polished aluminum)	24-258-026 (polished aluminum) With Worksurface+ 24-273-026 (polished aluminum)
Includes	24-259-026: Arm, LCD pivot, keyboard tray, desk clamp, complete hardware kit 24-274-026: Arm, LCD pivot, worksurface, keyboard tray, desk clamp, complete hardware kit	24-260-026: Arm, LCD pivot, keyboard tray, desk clamp, complete hardware kit 24-275-026: Arm, LCD pivot, worksurface, keyboard tray, desk clamp, complete hardware kit	24-257-026: Arm, two (2) LCD pivots, keyboard tray, desk clamp, complete hardware kit 24-272-026: Arm, two (2) LCD pivots, worksurface, keyboard tray, desk clamp, complete hardware kit	24-258-026: Arm, LCD pivot, laptop tray, keyboard tray, desk clamp, complete hardware kit 24-273-026: Arm, LCD pivot, laptop tray, worksurface, keyboard tray, desk clamp, complete hardware kit
Typical LCD Size	≤ 22"	≤ 30"	≤ 22" Maximum LCD outside width: 21.25" (54 cm)	≤ 20" Monitor depth may affect weight capacity. See website for details
LCD SIZE IS APPROXIMATION. DIMENSION IS DIAGONAL MEASUREMENT OF SCREEN. LCD SIZE MAY BE EXCEEDED AS LONG AS SCREEN WEIGHT DOES NOT EXCEED MAXIMUM WEIGHT CAPACITY OF THE MOUNT.				
Weight Capacity	Maximum total load on height-adjustment assembly ≤ 20 lbs (9,1 kg). LCD weight range 5–15 lbs (2,3–6,8 kg), worksurface (external weight) ≤ 5 lbs (2,3 kg), keyboard tray accessories ≤ 2 lbs (0,9 kg). For proper operation the total maximum weight when added together should not exceed 20 lbs (9,1 kg). The minimum total weight should not be less than 6 lbs (2,7 kg)	Maximum total load on height-adjustment assembly ≤ 25 lbs (11,3 kg). LCD weight range 10–20 lbs (4,5–9,1 kg), worksurface (external weight) ≤ 5 lbs (2,3 kg), keyboard tray accessories ≤ 2 lbs (0,9 kg). For proper operation the total maximum weight when added together should not exceed 25 lbs (11,3 kg). The minimum total weight should not be less than 11 lbs (5 kg)	Maximum total load on height-adjustment assembly ≤ 25 lbs (11,3 kg). LCD(s) weight range 6–14 lbs (2,7–6,35 kg), worksurface (external weight) ≤ 5 lbs (2,3 kg), keyboard tray accessories ≤ 2 lbs (0,9 kg). For proper operation the total maximum weight when added together should not exceed 25 lbs (11,3 kg). The minimum total weight should not be less than 10 lbs (4,55 kg)	Maximum total load on height-adjustment assembly ≤ 25 lbs (11,3 kg). LCD weight range 6–16 lbs (2,7–7,3 kg), laptop ≤ 10 lbs (4,5 kg), work surface (external weight) ≤ 5 lbs (2,3 kg), keyboard tray accessories ≤ 2 lbs (0,9 kg). For proper operation the total maximum weight when added together should not exceed 25 lbs (11,3 kg). The minimum total weight should not be less than 8 lbs (3,6 kg)
Lift	24-259-026, 24-260-026, 24-257-026, 24-258-026: LCD and keyboard adjust 20" (51 cm) in tandem. See website for details 24-274-026, 24-275-026, 24-272-026, 24-273-026: LCD and keyboard adjust 20" (51 cm) in tandem; LCD adjusts 5" (13 cm) independently. See website for details			
Tilt	30°	30°	30°	LCD only 30°
Pan	180°	180°	180°	180°
Rotation	360° Portrait to landscape screen rotation	360° Portrait to landscape screen rotation	360° Portrait to landscape screen rotation	LCD only 360° Portrait to landscape screen rotation
VESA	MIS-D See website for details	MIS-D See website for details	MIS-D See website for details	MIS-D See website for details
Warranty	5 years			
Shipping Dimensions	37" x 21" x 11.5" (94 x 53,3 x 29,2 cm)			
Shipping Weight	24-259-026: 44.5 lbs (20,2 kg) 24-274-026: 47 lbs (21,4 kg)	24-260-026: 46 lbs (20,9 kg) 24-275-026: 48.5 lbs (22 kg)	24-257-026: 48.5 lbs (22 kg) 24-272-026: 51 lbs (23,2 kg)	24-258-026: 50.5 lbs (23 kg) 24-273-026: 53 lbs (24,1 kg)



Worksurface for WorkFit-A 97-630 (black)

Grommet Accessory for WorkFit-A 97-638



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WorkFit: the platform for wellness and productivity

On-demand sit-stand workstations—improve your energy and productivity by standing or sitting as you work, and then switch positions whenever you choose. Standing a little more each day burns extra calories, tones muscles, improves posture, increases blood flow and ramps up metabolism.



Ideal for corner workstations, the WorkFit-A clamps to the rear or side of most surfaces. Grommet mount available as optional accessory.



WorkFit-A



Worksurface for WorkFit-A 97-630 (black)
Grommet Accessory for WorkFit-A 97-638



WorkFit-A, LCD LD
Light Duty (polished aluminum)
24-259-026
with Worksurface+ 24-274-026



WorkFit-A, LCD HD
Heavy Duty (polished aluminum)
24-260-026
with Worksurface+ 24-275-026



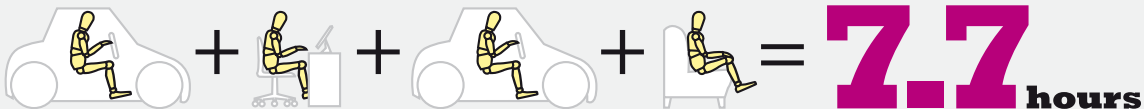
WorkFit-A, Dual
(polished aluminum)
24-257-026
with Worksurface+ 24-272-026



WorkFit-A, LCD & Laptop
(polished aluminum)
24-258-026
with Worksurface+ 24-273-026

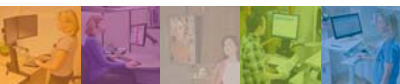
OUR MODERN SEDENTARY LIFESTYLES, BOTH AT HOME AND IN THE WORKPLACE, ARE COSTLY FOR US AND FOR OUR EMPLOYERS

Average hours of seated commute
+ average hours of seated homelife = too much sitting!



A 2008 Vanderbilt University study of 6,300 people published in the *American Journal of Epidemiology* estimated that the average American spends 55% of waking time (7.7 hours per day) in sedentary behaviors such as sitting.





Ergotron's WorkFit-D enables an effortless sit-and-stand work style, creating a truly ergonomic platform for prolonged computing to improve health and productivity. Research shows sitting too much isn't healthy, and standing all day is challenging, but freely moving between these positions throughout the day keeps you healthy and productive! Choose WorkFit and sit and stand throughout your day!

Ergotron has over 15 years experience in making sit-stand height adjustable computer systems, and our effortless, tool-free and non-motorized, patented CF height adjustment technology leads the industry.

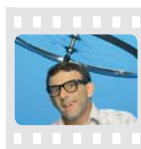
① Patented Constant Force (CF) technology provides 20" (51 cm) of effortless lift

② Accepts Ergotron Underdesk Keyboard Arm (97-582-009)

③ Features a spacious 23" x 48" (59 x 122 cm) worksurface. Add Ergotron LCD and laptop display mounts as needed to accommodate individual workflows

④ Weight capacity 0-50 lbs (0-22,7 kg). Listed weight capacity represents total load applied to worksurface. When calculating load, include weights of accessory mounts for keyboard, display(s).

⑤ Four metal glides provide stable footing



See "Business as UNusual" movies.ergotron.com

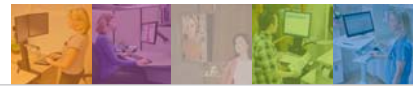


MEDICAL EXPERTS HAVE STARTED REFERRING TO LONG PERIODS OF PHYSICAL INACTIVITY AND ITS NEGATIVE CONSEQUENCES AS "SITTING DISEASE."



WorkFit-D Sit-Stand Desk
24-219-200 (black/grey)





Explore WorkFit
Wellness at the Workspace
cubelife.ergotron.com

- Easily and simultaneously lift keyboard and LCD screen to proper height for unsurpassed ergonomic comfort
- Patented Constant Force lift technology provides fluid, one-touch adjustments of the keyboard and monitor positions for personalized computing
- Mobile configuration brings flexibility into the workspace. Easily moves through small doorways and over thresholds for collaborative meetings
- Telescoping lift engine provides height adjustability without blocking the line of sight
- IT deployment friendly—set aside several fully equipped WorkFits for temporary workers, unassigned workstations or telecommuter work pods; roll to the place of need (easily stored and ready to roll)



BATTLE of the SEXES?



Average time spent each week working in front of a computer or via mobile device

27 hours **23 hours**

Wish they had some type of adjustable workstation available to them

71% **64%**

Have sought medical care due to discomforts caused by their working environment

27% **21%**

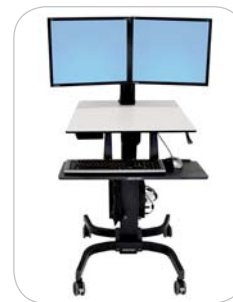
For more information about the Ipsos survey or how the research was conducted visit <http://bit.ly/dx453>



WorkFit-C, LCD LD
Light Duty
24-215-085 (black)



WorkFit-C, LCD HD
Heavy Duty
24-216-085 (black)



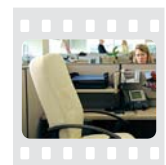
WorkFit-C, Dual
24-214-085 (black)



WorkFit-C, LCD & Laptop
24-213-085 (black)

The science behind the need to stand

- A January 2010 British Journal of Sports Medicine article suggests that people who sit for long periods of time have an increased risk of disease.
- An American Cancer Society study of 120,000 adults, published in the July 2010 American Journal of Epidemiology, suggests that the more people sit, the shorter their average life span. What's more, the findings were independent of physical activity level such as people who exercise outside of work.
- A 2010 University of Queensland, Australia study found that even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.



See "The Office Breakup" movies.
ergotron.com



See "The Uprising: Just Stand!"
movies.ergotron.com



Worksurface for WorkFit-S
97-581-019 (black)



Tablet/Document Holder
for WorkFit-S
97-558-200 (black)
Includes lift handle



Large Keyboard Tray for
WorkFit-S
97-653 (black)

Deep Keyboard Tray for
WorkFit-S
97-651 (black)



Hinged Bow for WorkFit-S
97-583-009 (black)

Grommet Mount for
WorkFit-S
97-649-085



WorkFit-S, LCD LD
(black and polished aluminum)
Light Duty 33-342-200
with Worksurface+ 33-350-200



WorkFit-S, LCD HD
(black and polished aluminum)
Heavy Duty 33-344-200
with Worksurface+ 33-351-200



WorkFit-S, Dual
(black and polished aluminum)
33-341-200
with Worksurface+ 33-349-200



WorkFit-S, LCD & Laptop
(black and polished aluminum)
33-340-200
with Worksurface+ 33-348-200

The benefits to many ... are many!

For Computer Users

- Increased caloric-burn, blood flow and metabolic rate
- Improved energy, focus and productivity
- Instantaneous, tool-free positioning
- Personalized computing; unsurpassed ergonomic comfort
- Improvement in health and happiness overall

For HR/Risk Management and Company Cost Savings

- More manageable healthcare premiums
- Reduced absenteeism and presenteeism
- Reallocation of wellness dollars—take control
- Keep employees happy and healthy
- Influence productivity increases

For IT and Facilities Staff

- IT deployment friendly
- Facilities friendly
- Safe and neat routing of cables
- Flexible, open-architecture design



Meet the complete WorkFit family at workfit.ergotron.com

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