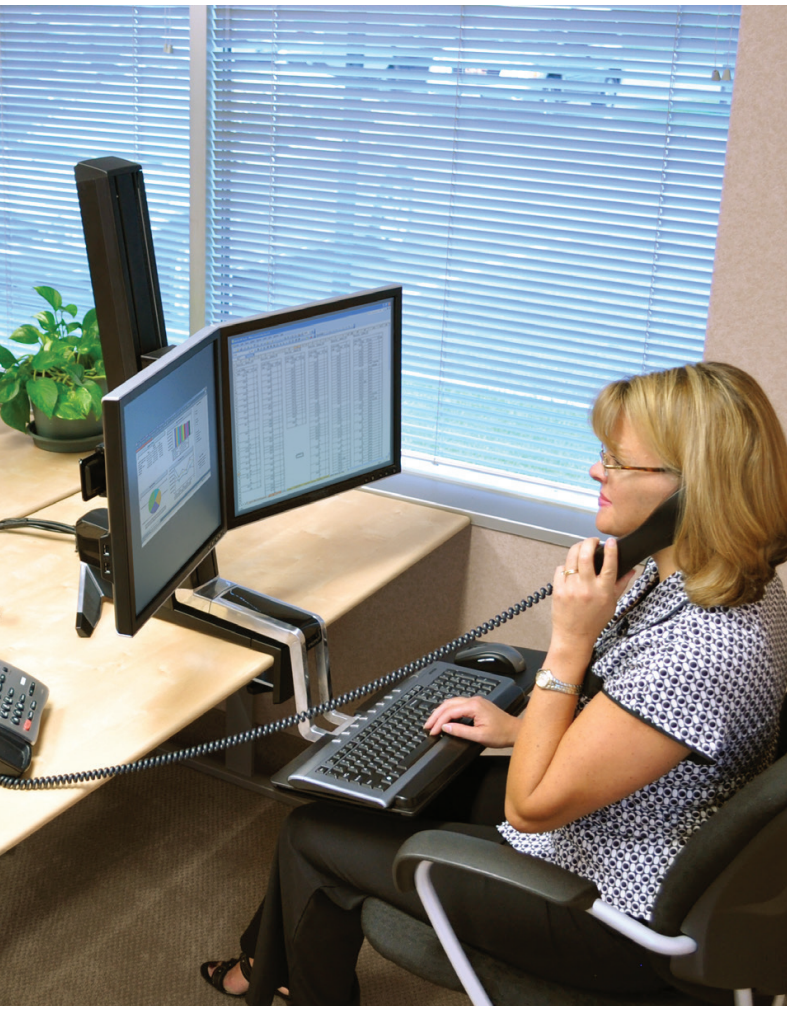
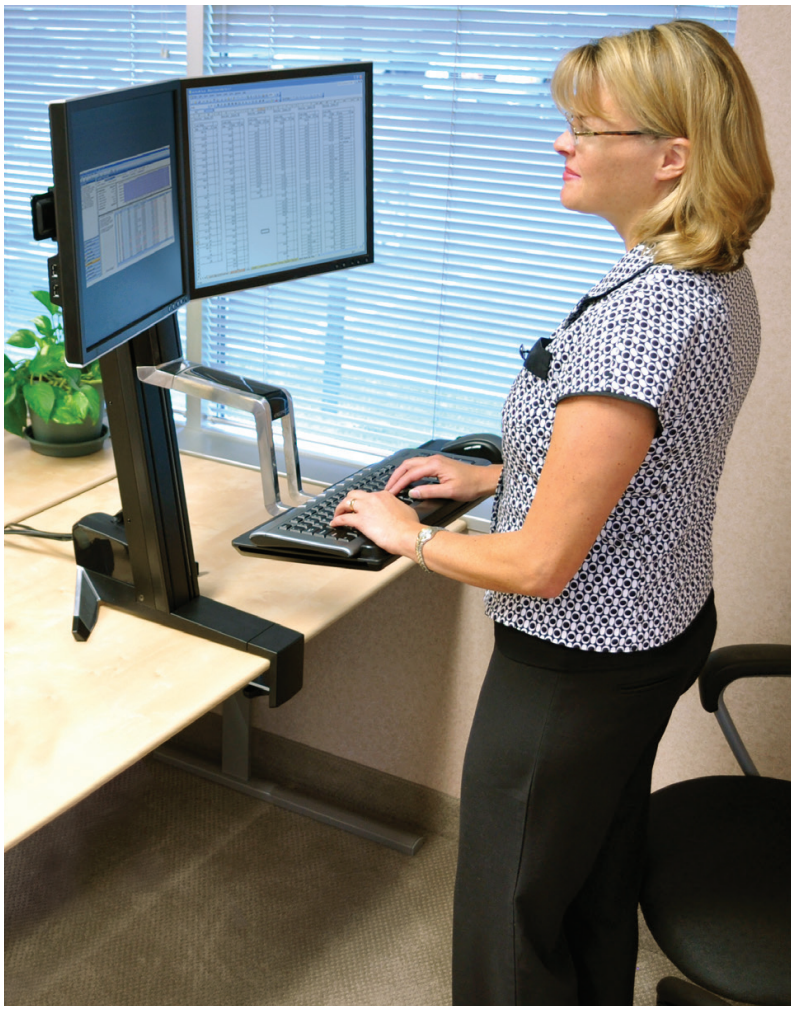
WorkFit

Sit down. Stand up. Move around a bit. Appreciate the creative freedom a WorkFit station brings to your life. Not to mention the ways it can positively benefit your health, from burning extra calories to improving posture.

Sit-stand for wellness and productivity





The nature of work is becoming a bit more natural

ERGOTRON®

Sit-stand for wellness and productivity

Enjoy the benefits of decreasing sedentary behavior:

- *Burn extra calories*
- *Tone muscles*
- *Improve posture*
- *Increase blood flow*
- *Ramp up metabolism*

JUST STAND .ORG

WorkFit-S Sit-Stand Workstation

Easily clamp to the front of the desk for superb ergonomics

Single LCD
LD 33-342-200
HD 33-344-200
Dual LCD
33-341-200

With Worksurface+
Single LCD
LD 33-350-200
HD 33-351-200
Dual LCD
33-349-200

Recommended accessories:

Worksurface 97-581-019

Tablet/Document Holder 97-558-200 (includes lift handle)

Large Keyboard Tray 97-653

Hinged Bow 97-583-009

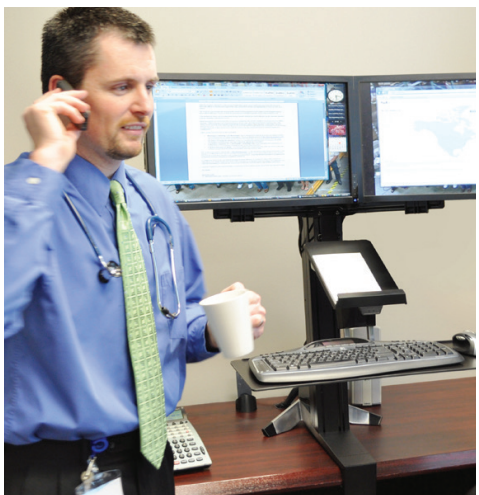
Deep Keyboard Tray 97-651

Grommet Mount 97-649-085

WorkFit-LX Sit-Stand Desk Mount System

The modular and flexible design of the WorkFit-LX fits most any space while enabling personalized ergonomic positioning.

45-405-026



WorkFit-D Sit-Stand Desk

The large worksurface on this non-powered, height-adjustable desk is perfect for those who need a lot of work space and wish to keep existing desktop setups. It accepts Ergotron's optional Underdesk Keyboard Arm (97-582-009) and various display mounts for enhanced workflow efficiency.

24-271-926 light grey
24-271-927 walnut (available Americas, APAC)
24-271-928 birch
Worksurface 47.6"W x 23.5"D x .87"T
(121 x 60 x 2,2 cm)

WorkFit-PD Sit-Stand Desk

This stand-up desk solution enables an effortless sit-to-stand work style—move from a sitting to a standing position whenever you want. Customize with accessories to fit individual user needs and workflow.

24-280-926 light grey
24-280-927 walnut (available Americas, APAC)
24-280-928 birch
Worksurface 31.5"W x 23.5"D x .87"T
(60 x 80 x 2,2 cm)

Recommended accessories:

LCD & Laptop Kit 97-662

Dual Monitor Kit 97-663

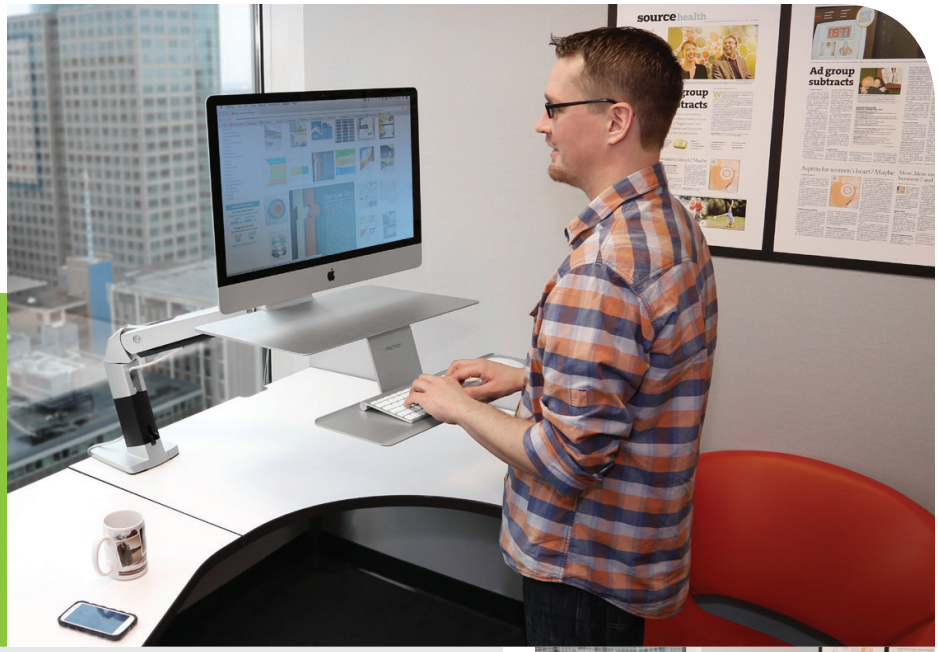
Single LD Monitor Kit 97-664

Single HD Monitor Kit 97-665

CPU Holder Kit 97-666

Cable Management Box and Cable Wrap Kit 97-667

Transform any surface into a personalized height-adjustable desk. Get affordable ergonomics!



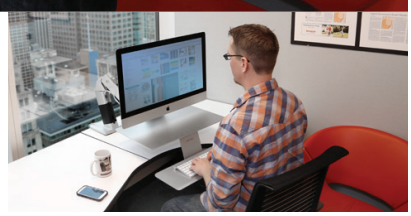
WorkFit Convert-to-LCD & Laptop Kit from Single HD 97-605
This kit converts a WorkFit-C or WorkFit-A Single HD Workstation into a WorkFit LCD & Laptop Workstation

WorkFit Convert-to-LCD & Laptop Kit from Dual Displays 97-617
This kit converts a WorkFit-S, WorkFit-C or WorkFit-A Dual Workstation into a WorkFit LCD & Laptop Workstation

The science behind the need to stand

The American Medical Association (AMA) agrees that sitting for extended periods of time can be bad for personal health. Their newly adopted policy recommends business organizations offer sitting alternatives, including standing desks.

- A recent study published by the CDC (Centers for Disease Control) indicates adjustable sit-to-stand products are an effective solution for reducing prolonged sitting. Sit or stand, instantly, while remaining effectively engaged with your computer.
- 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 "WorkFit for Apple" movies.ergotron.com

WorkFit-A Sit-Stand Workstation

Side or rear desk attachment is ideal for cramped work spaces and corner configurations

Single LCD
LD 24-313-026
Dual LCD
24-312-026

With Suspended Keyboard
Single LCD
LD 24-390-026
HD 24-391-026
Dual LCD
24-392-026

Platinum with Suspended Keyboard
24-422-227

With Worksurface+
Single LCD
LD 24-317-026
HD 24-314-026
Dual LCD
24-316-026

For Apple Aluminum construction
24-414-227

Recommended accessories:

Grommet Mount for WorkFit-A and WorkFit-A with Worksurface+ 97-692

WorkFit-P Sit-Stand Workstation

Height-adjustable platform is ideal for laptop computers or as an extra surface for writing and drawing.

24-408-227 Platinum, Aluminum construction
24-383-026 Polished aluminum/black

Ergotron JustStand Index

DEFINING THE PROBLEM

What workers said – June 2013

Awareness of sitting disease	**7%**
Belief that excessive sitting = early death	**74%**
Those who feel at risk of sitting disease	**48%**

WorkFit-C Sit-Stand Workstation

This innovative computer cart doubles as an adjustable standing desk platform. The large worksurface, back-tilt keyboard tray and independently adjustable monitor stand make computing comfortable for prolonged periods.

Single LD Light Duty 24-215-085
Single HD Heavy Duty 24-216-085
Dual 24-214-085
Worksurface 24"W x 23"D (61 x 58 cm)

Single LCD
LD 33-342-200
HD 33-344-200
Dual LCD
33-341-200

With Worksurface+
Single LCD
LD 33-350-200
HD 33-351-200
Dual LCD
33-349-200

WorkFit-T

Sits on top of the desk (no mounting or clamping required). Lift system designed to go straight up and down to minimize intrusion into the workspace.

33-397-085 black
33-397-062 white

Recommended accessories:

LCD & Laptop Kit
Dual Monitor Kit
Single LD Monitor Kit
Single HD Monitor Kit

WorkFit-B Sit-Stand Base LD

Convert your cubicle or work area into a height adjustable standing workstation. This sit-stand platform provides all the benefits of our popular WorkFit-PD Desk while allowing you to attach your existing worksurface.

24-387-200

WorkFit-B Sit-Stand Base HD

Convert your cubicle or work area into a height adjustable standing workstation. This sit-stand platform provides all the benefits of our popular WorkFit-D Desk while allowing you to attach your existing worksurface.

24-388-009

Stand up and innovate. Learn more at

workfit.ergotron.com

See "The Office Breakup"
movies.ergotron.com

The term "Sitting Disease" has been coined by the scientific community and is commonly used when referring to metabolic syndrome and the ill-effects of an overly sedentary lifestyle. However, The Centers for Disease Control (CDC), American Medical Association (AMA) and general medical community do not recognize the term "sitting disease" as a diagnosable disease at this time.

Ergotron devices are not intended to cure, treat, mitigate or prevent any disease.

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