13

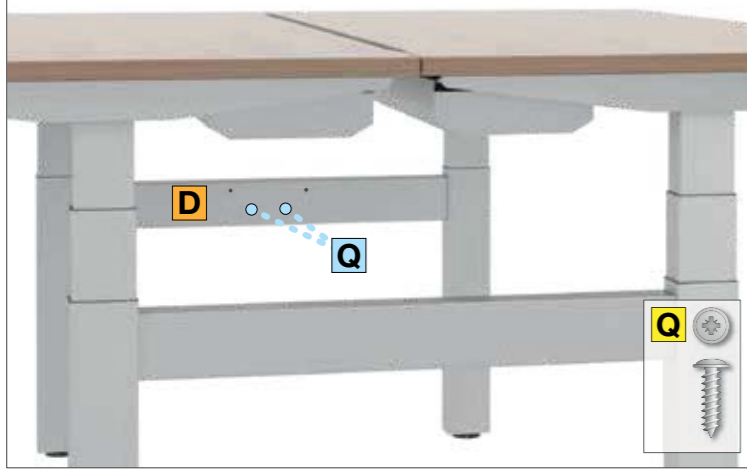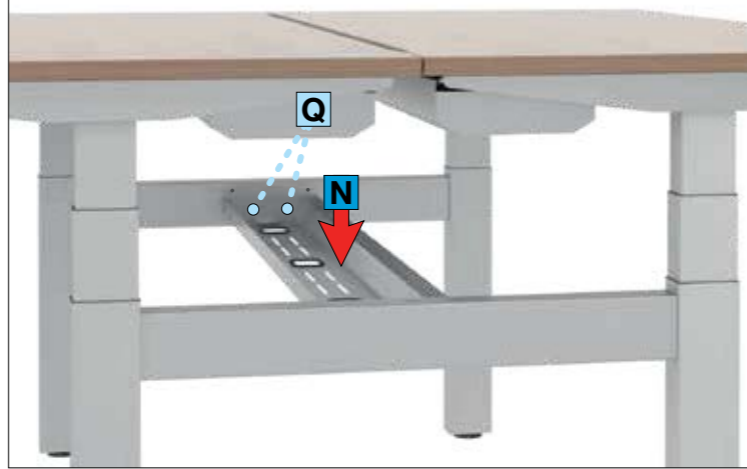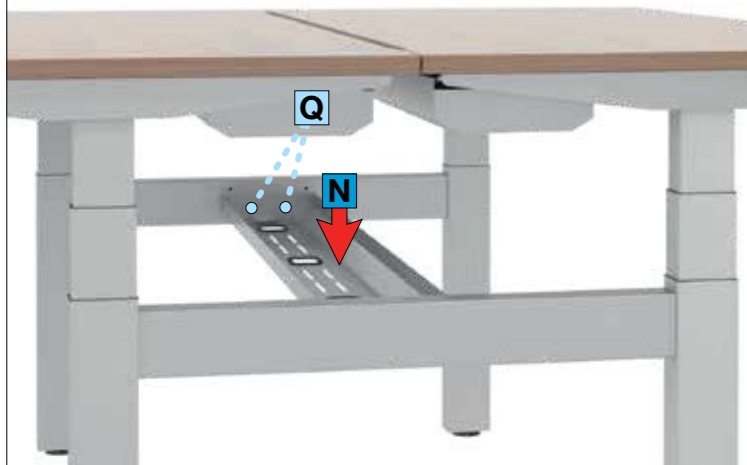**13.** If using the optional Double Bench Cable Tray, half-tighten 2x Cable Tray Screws 'Q' onto Crossrail 'D' on the bottom set of holes. Only do this on one side.

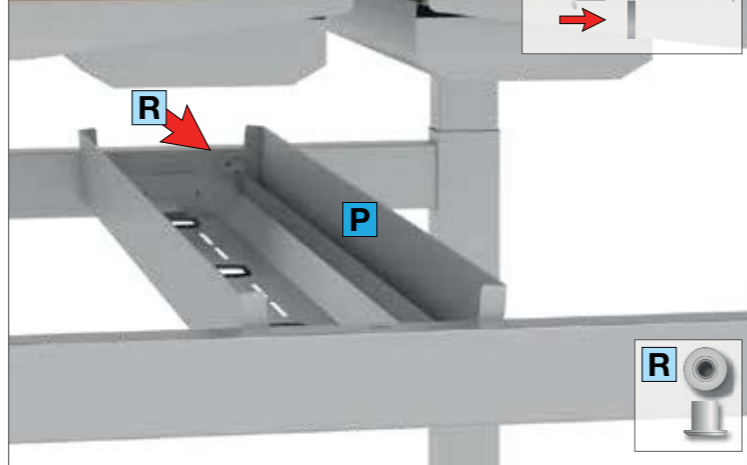**14**

14. Align the Keyhole Slots at the end of Cable Tray Base 'N' over the half-tightened Cable Tray Screws 'Q' and push Cable Tray 'N' down and tighten the Screws 'Q'.
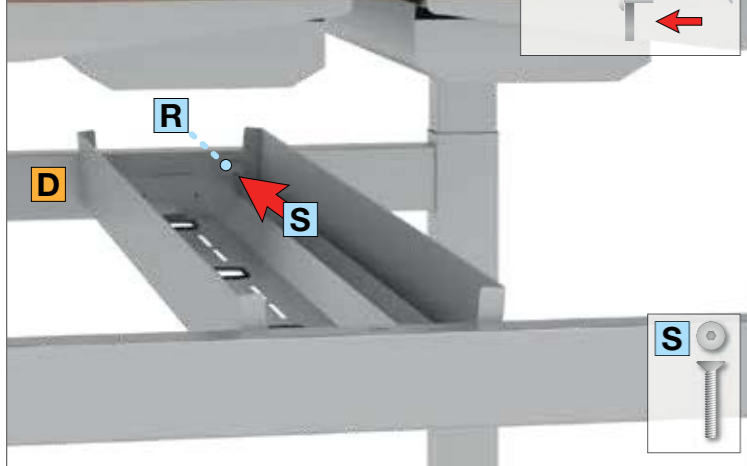
15

15. Insert 2x Cable Tray Screws 'Q' onto crossrail 'D', opposite the previously inserted screws 'Q'.
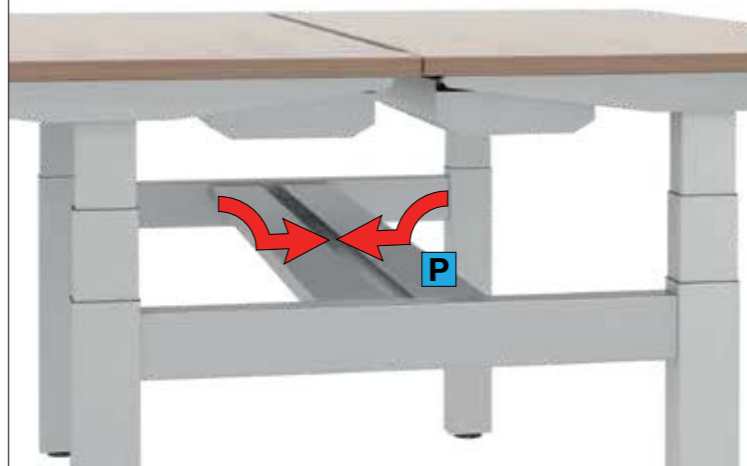
16

16. Place Cable Tray Cover Top Hat 'R' onto the Cable Tray Covers 'P' via its outer edge as shown in 'Diagram W'.

17

17. Align the centre of the Top Hat 'R' over the hole in Crossrail 'D' before inserting the Top Hat Screw 'S' and tightening as shown in 'Diagram V'. Repeat on all sides.

18

18. With Cable Tray Covers 'P' in an upright/open position, turn them towards one another that will leave a gap in between the cable tray for access. Push both Covers together to position the Cable Tray in the fully closed position.

Range	Progress Plus
Desk Style	Sit / Stand Double Bench
⚠ Please Read This Leaflet Before Assembly	👤👤 2 Person Assembly
	Assembly Instructions

Tools Required

Pozi Screwdriver

5mm Allen Key or Hex' Screwdriver
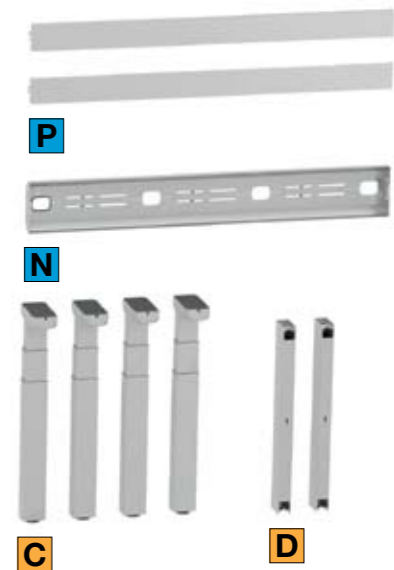
M 13mm Ratchet Spanner (Provided)
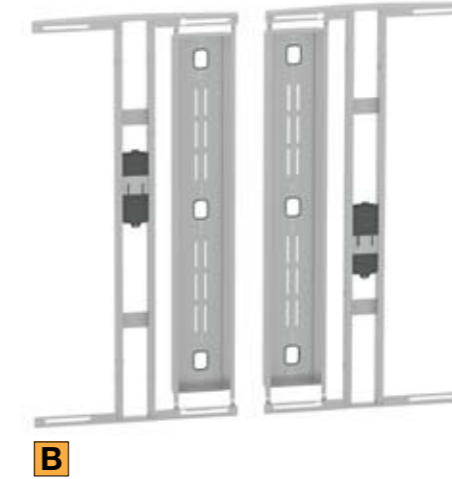
Components

A	Desktop Panels	x 2
B	Sub-Frame and Intergrated Cable Trays	x 2
C	Leg Columns	x 4
D	Leg Frame Crossrails	x 2
E A:	Standard Keypads	
E B:	Advanced Keypads	x 2
F	Keypad Screws (20mm Reisser)	x 4
G	Allen Screws (M6x32)	x 16
H	Sliders	x 8
J	30mm Confirmat Slider Screws	x 8
K	Cable Clips	x 2
L	Cable Clip Screws (16mm Reisser)	x 2
M	13mm Ratchet Spanner	x 1
N	Cable Tray Base	x 1
P	Cable Tray Covers	x 2
Q	Cable Tray Base Screws	x 4
R	Cable Tray Cover Top Hats	x 4
S	Cable Tray Cover Top Hat Screws	x 4

E A: △ ∨

E B: + − 1 2 3 m

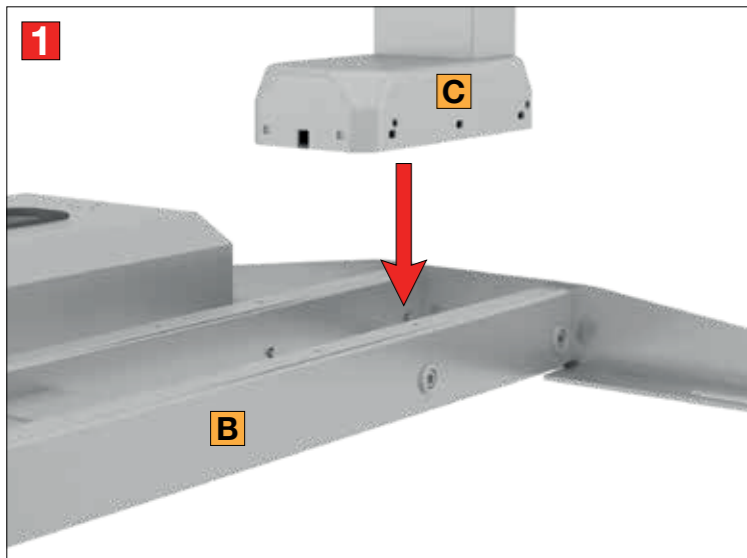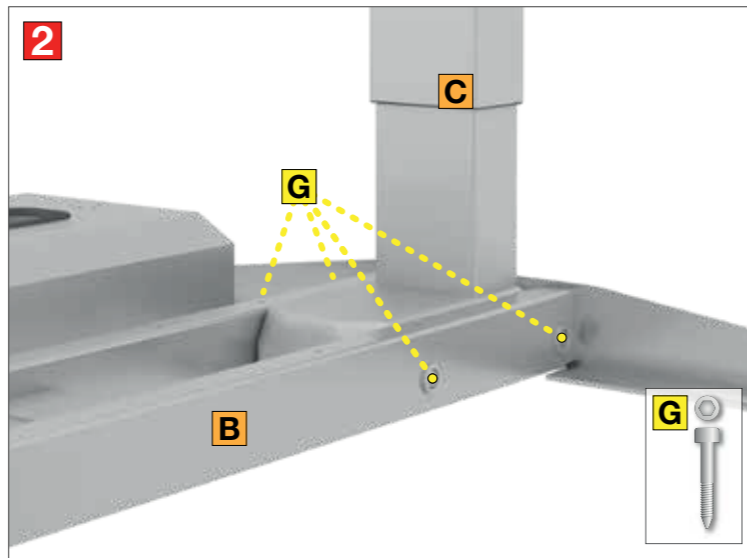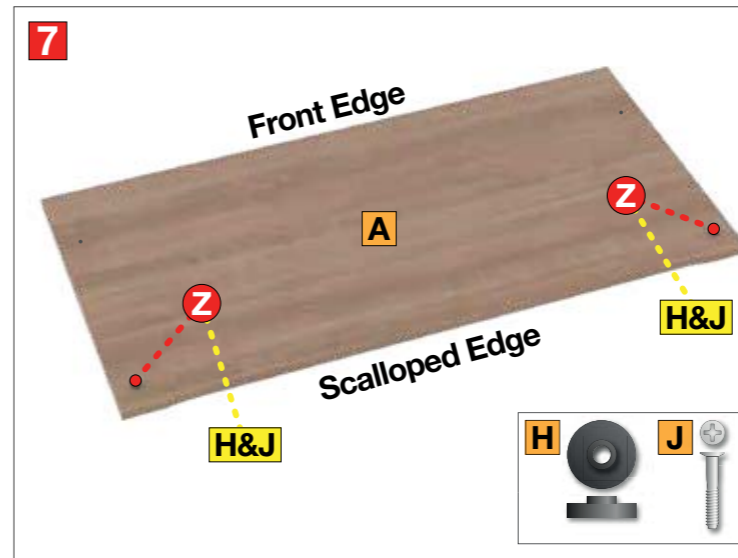**F** · **G** · **H** · **J** · **K** · **L** · **Q** · **R** · **S**

🟧🟨 As Standard

🟦🟦 Included if using optional Double Bench Cable Tray

1. Lay Sub-Frame 'B' upside-down on a flat surface.
Take Leg Column 'C' and place it in-between the 2 middle rails.

2. Using 4x Allen Screws 'G', fix Sub-Frame 'B' to Leg Column 'C' and repeat for each Leg Column 'C' on both Sub-Frames 'B'.

7. Place Desktop 'A' on a flat surface and attach 2x Sliders 'H' to the scalloped end of the Desktop using 2x Slider Screws 'J' at position 'Z'.
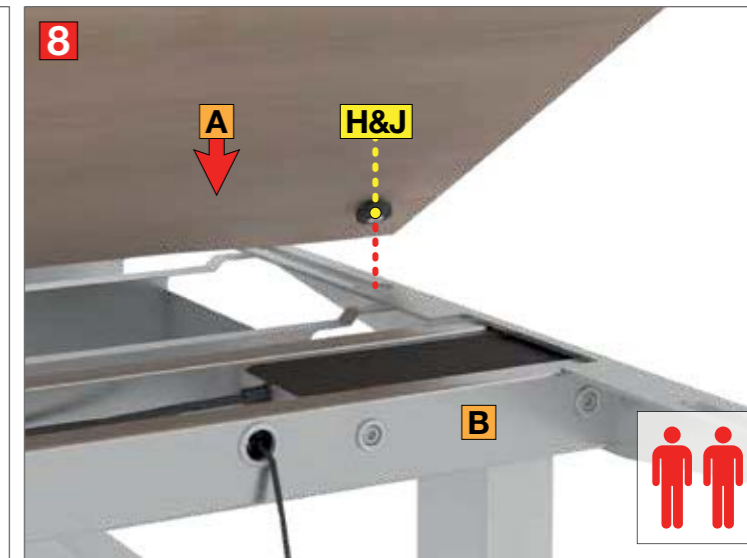
8. With assistance, turn Desktop 'A' and place it over Sub-Frame 'B' so the 2x Sliders 'H&J' align with the apertures within the arms of Sub-Frame 'B'.
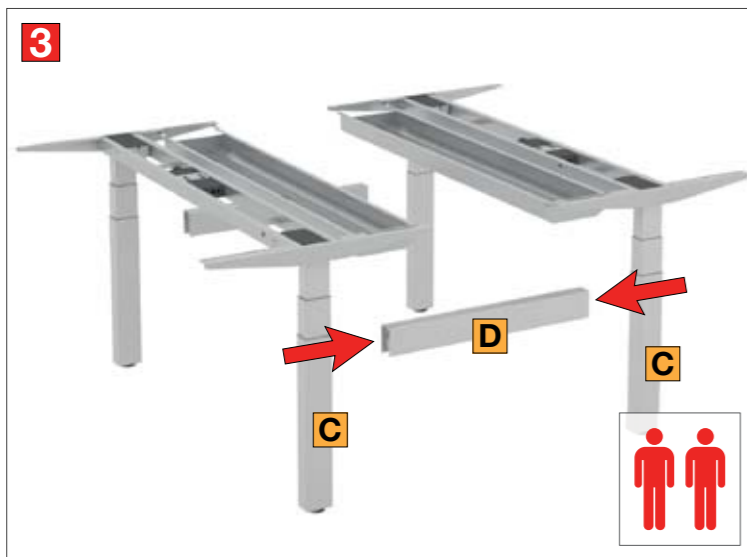
3. With assistance, turn both part assembled frames upright. Position the Keyhole Slots at the end of Crossrails 'D' over the Hexagon Headed Screws pre-fitted in leg column 'C'. Ensure the holes on the side of Cross Rail 'D' face inwards.

4. Once flush, push Crossrail 'D' down, clicking into place before tightening the 8x Hexagon Headed Screws using the 13mm Ratchet Spanner 'M'.
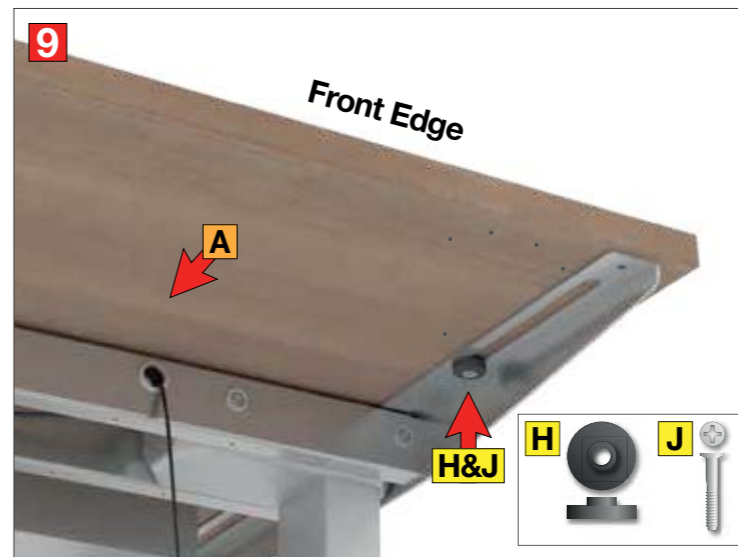
9. Push Desktop 'A' towards the centre of the assembled frame and attach 2x Sliders 'H' near the front edge of Desktop 'A' using 2x Slider Screws 'J'.
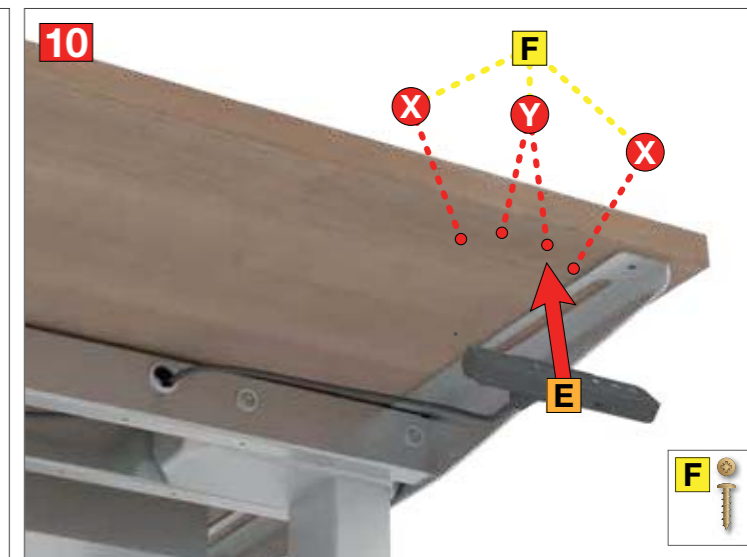
10. With the controls facing the front edge, fix Keypad 'E' to the right side of Desktop 'A' using 2x Keypad Screws 'F'.
For Standard Keypad 'EA', use the inner holes location 'Y'.
For Advanced Keypad 'EB', use the outer holes location 'X'.
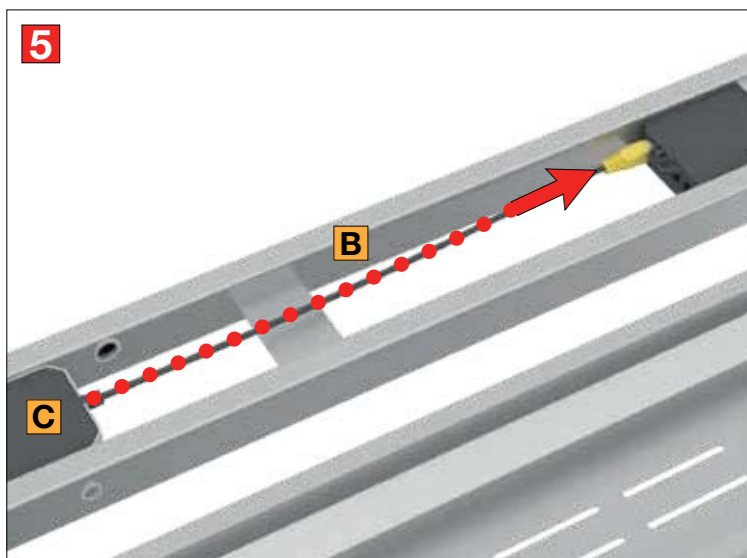
5. On both frames, connect the yellow cable ends from Leg Columns 'C' to the power packs.
If the cables are too short, an extension will be supplied.
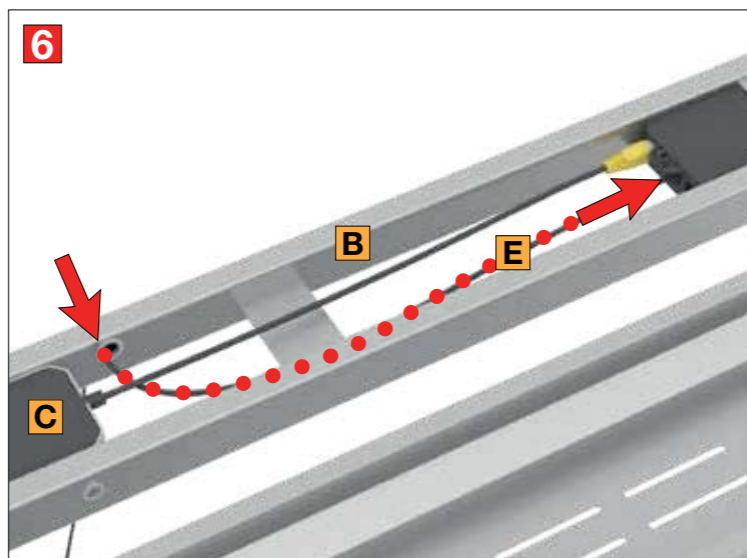
6. On both frames, insert Keypad 'E' Cable through the aperture in Sub-Frame 'B' and connect to the power pack.
At this point, plug in the mains power adapter to operate the height adjustability on both benches.
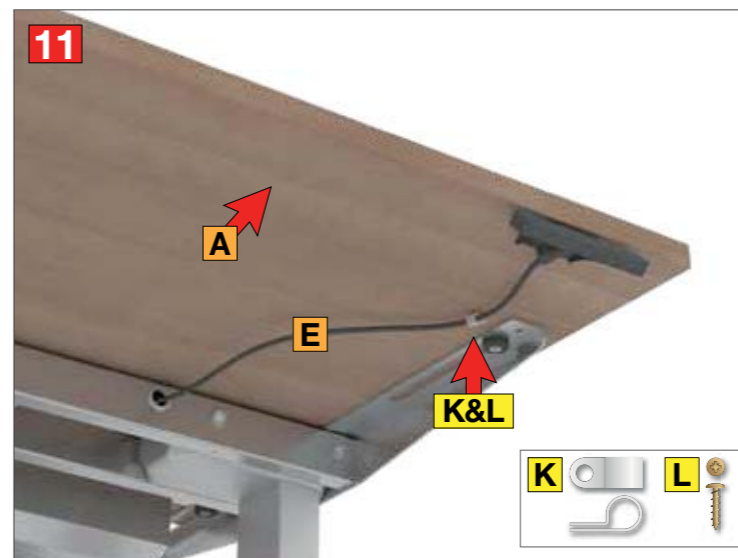
11. With Desktop 'A' retracted to its maximum, secure Keypad 'E' cable in place using 1x Cable Clip 'K' and 1x Cable Clip Screw 'L' in the middle right of the Desktop 'A'.

12. Repeat steps 7-11 so that both Desktops 'A' are fixed to Sub-Frames and Keypads 'E' are fixed to the Desktop 'A'.
The Progress Plus Double Bench is now fully assembled.