FREEFIT HANDSET MANUAL

This manual is a quick guide of the functionality for the FreeFit Handset.

OPERATION
Standard Controller
The Standard Controller has three operation buttons.

Figure 1: Standard Controller operation buttons

Symbol Description Function

Symbol	Description	Function
🔔	Reminder	Setting reminders
✳	Bluetooth®	Connecting the Desk Control™ App via Bluetooth® wireless technology
★	Favourite	Saving favourite positions

Operate the desk panel by tilting it.
1. Tilt and hold up controller to drive desk up, press and hold down controller to drive desk down.
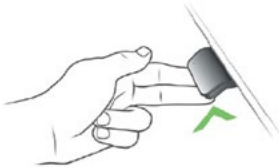2. Release controller when you have reached your requested position.

Figure 2: Tilt and hold the controller to drive the desk up

Figure 3: Press and hold the controller to drive the desk down

Desk height limits
In case the desk cannot be operated in its entire span (e.g. a shelf is blocking the upwards movement or a filing cabinet is placed under the desk and blocking the downwards movement), it is possible to set an upper limit and a lower limit for the desk height.

Setting upper limit
1. Adjust desk to maximum allowable height.
2. Press and tilt controller up at the same time until light flashes.
3. Release controller.

Setting lower limit
1. Adjust desk to minimum allowable height.
2. Press and tilt controller down at the same time until light flashes.
3. Release controller.

FAVORITE POSITIONS
Saving favorite positions
1. Adjust desk to a preferred position.
2. Press button for two seconds.

Figure 4: Saving favorite positions

The LED flashes white two times to indicate that saving the position is in progress. Not until the LED becomes static white, has the position been saved. If the user adjusts the desk to another position and saves this position, it will overwrite the favorite position closest to the current position.

Driving to favorite positions
After saving the favorite positions, the user can reach the positions simply by tilting/pressing the controller.
1. Tilt/press and hold - when a saved position has been reached, the desk stops.
2. Release controller within one second.

This way the user can easily change between sitting and standing height without looking at the controller in the meantime.

When the desk stops at a favorite position, the user can
• Continue to tilt/press the controller for one second
or
• Release the controller and immediately tilt/press it again. The desk will move past the favorite position and continue its movement.
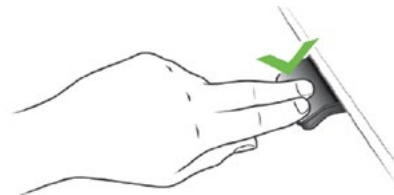

Figure 5: Tilt/press to drive desk

global

FREEFIT HANDSET MANUAL

This manual is a quick guide of the functionality for the FreeFit Handset.

AUTOMATIC DRIVING TO FAVORITE POSITIONS
(only possible for "Full version" with "Automatic drive" enabled in the app)
1. Double-tap Standard Controller to let desk adjust automatically to first position in direction of double-tap.
2. Simply tap Standard Controller once to stop driving of desk between two favorite positions.

Figure 6: Double-tap to automatically adjust the desk to a favorite position

Erasing favorite
1. Press the button for eight seconds to erase all saved favorite positions.

The LED flashes red when all the favorite positions are erased.

Figure 7: Erase favorite positions

BLUETOOTH®
Connecting Bluetooth®
1. The app is called "Global FreeFit" and has the following app logo in the Apple App store, and the Google Play store:

2. Press button in the middle for two seconds to enable pairing mode. The LED flashes blue while the desk panel is in pairing mode.

Figure 8: Connect Bluetooth®

REMINDER
The reminder LED is placed in the lower left corner of the Standard Controller. The LED is intended to indicate the position of the desk (sitting or standing height). The indication depends on the reminder interval chosen.
While the user is sitting for an appropriate amount of time according to the set interval, the LED calmly pulsates green. When the sitting interval runs out, the calm pulsating green turns into fast pulsating orange for one minute hereafter into static orange to indicate that the user should adjust the desk to standing height. In standing height, the LED pulsates green until a potential timeout. When the desk is adjusted back to sitting height, the LED pulsates green until the reminder goes off again.

Reminder restart
The reminder automatically restarts when the desk is lowered to sitting height.

Reminder timeout
After four hours without any action, the LED will time out. When the controller is tilted, the green light turns back on. When the LED is enabled for reminders, the Standard Controller is no longer in ZERO™ mode as long as the light is on/active.

Figure 9: Pulsating green LED indicates no need to drive desk up

Figure 10: Pulsating orange LED indicates that the user needs to drive his/her desk up

Reminder intervals
The LED lights up in three different intensities each representing an interval. The three standard intervals are:
- Interval 1: Reminder after 55 minutes sitting
- Interval 2: Reminder after 50 minutes sitting
- Interval 3: Reminder after 45 minutes sitting

The default interval is reminding after 55 minutes, which means the LED lights up in the weakest intensity.

2

This manual is a quick guide of the functionality for the FreeFit Handset.

ADJUSTING THE REMINDER INTERVAL
1. Press bell button to adjust interval of getting reminded to change position.
2. Toggle through intervals by pressing bell button.

When the LED is not lit, the reminder is turned off.

Through the app, it is possible to personalize the three intervals to custom values.
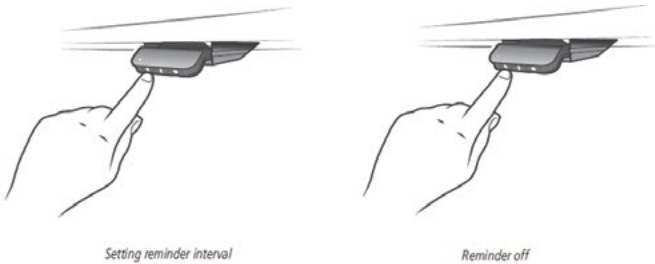

Setting reminder interval   Reminder off

Figure 11: Set the reminder

Resetting the reminder
1. Press bell symbol for eight seconds to reset reminder to default values. The LED flashes red when the reminder is reset.

Figure 12: Reset reminder

KEY LOCK
The operation of the Standard Controller can be locked to prevent unintended driving of the desk. As default the key lock is disabled. If enabled, it automatically locks the Standard Controller after a configured amount of time. The key lock function can also be configured to indicate attempt to operate the locked Standard Controller by showing a red light.

Unlocking Standard Controller
1. Press Bell, Bluetooth and Star in sequence (max. one second between each button press).

DISPLAY CONTROLLER

The Display Controller has three operation buttons.

Figure 13: Display Controller operation buttons

Each button has a specific function:

Symbol	Description	Function
🔔	Reminder	Setting reminders
∦	Bluetooth®	Connecting the Desk Control™ App via Bluetooth® wireless technology
★	Favourite	Saving favourite positions

Figure 14: Display Controller button functions

Display
The display controller has an OLED display, which shows the height during drive of the desk and many other texts to guide the users.

Adjusting the displayed height of the desk
If the height shown in the display is not correct, it can be adjusted.
1. Press the **Bell** and the **Bluetooth** buttons on the display controller at the same time for five seconds and the height in the display starts to flash.
2. Tilt the display controller to change the displayed height without moving the desk. Tilt up to increase the displayed height, tilt down to decrease the displayed height.
3. Press any button to confirm the height or wait for 10 seconds for automatic confirmation.

Changing the measurement unit
The measurement unit shown in the display can be set to either cm or inch.
1. Press **Star** and **Bluetooth** buttons on display controller at the same time for five seconds and the current measurement unit flashes in display.
2. When e.g. "CM" flashes in display, tilt display controller once to change measurement unit to inch. "INCH" now flashes in display.
3. Press any button to confirm measurement unit or wait for 10 seconds for automatic confirmation.

This manual is a quick guide of the functionality for the FreeFit Handset.

OPERATE THE DESK PANEL BY TILTING IT.
1. Tilt and hold up display controller to drive desk up, press and hold down display controller to drive desk down.
2. Release display controller when you have reached your requested position.

Figure 15: Tilt and hold the display controller to drive the desk up

Figure 16: Press and hold the display controller to drive the desk down

Desk height limits
In case the desk cannot be operated in its entire span (e.g. a shelf is blocking the upwards movement or a filing cabinet is placed under the desk and blocking the downwards movement), it is possible to set an upper limit and a lower limit for the desk height.

Note:
It must always be possible to drive the desk to its minimum height in case initialization is required. During initialization items placed under the desk must be removed.

Setting upper limit
1. Adjust desk to maximum allowable height.
2. Press Bluetooth and tilt display controller up at the same time for 8 seconds until light flashes.
3. Release Bluetooth and display controller.

Setting lower limit
1. Adjust desk to minimum allowable height.
2. Press Bluetooth and press display controller down at the same time for 8 seconds until light flashes.
3. Release Bluetooth and display controller.

FAVORITE POSITIONS
Saving favorite positions 1 and 2
1. Adjust desk to a preferred position.
2. Press *Star* button for two seconds.

Figure 17: Saving favorite positions

The light strip flashes white two times to indicate that saving the position is in progress. Not until the light strip becomes static white, has the position been saved. The display indicates the saved position with a *Star* and a position number. The number next to the *Star* indicates the order in which the positions are saved.
• First position saved: "1" is displayed next to the *Star*.
• Second position saved: "2" is displayed next to the *Star*.

If the user adjusts the desk to another position and saves this position, it will overwrite the favorite position (1 or 2) closest to the current position.

Saving favorite positions 3 and 4
1. Press *Star* button shortly to make display toggle through the four favorite positions (with position *Star* number next to it).
2. Toggle through these four favorite positions in display and choose which one to save current position as.

E.g. a user wants to save the current position as favorite position 3:
3. Press the *Star* button and toggle to the with "3" next to it.
4. Press *Star* button for two seconds and favorite position is saved.

This manual is a quick guide of the functionality for the FreeFit Handset.

DRIVING TO FAVORITE POSITIONS

After saving the favorite positions, the user can reach the positions simply by tilting/pressing the display controller.

1. Tilt/press and hold - when a saved position has been reached, the desk stops.
2. Release display controller within one second.

This way the user can easily change between sitting and standing height without looking at the display controller in the meantime. During desk driving, the display will show the height of the desk. When a favorite position has been reached, the display shows a Star and the position number. The display controller stops at all saved favorite positions, which means up to four different positions during the stroke length of the desk.

When the desk stops at a favorite position, the user can

- Keep tilting/pressing the display controller for more than one second

or

- Release the display controller and immediately tilt/press it again.

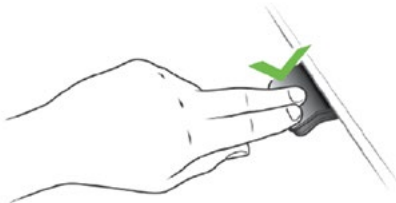The desk will move past the favorite position and continue its movement.

Figure 18: Tilt/press to drive desk

AUTOMATIC DRIVING TO FAVORITE POSITIONS

(only possible for "Full version" with "Automatic drive" enabled in the FreeFit app)

1. Double-tap display controller to let desk adjust automatically to first position in direction of double-tap.
2. To stop driving of desk between two favorite positions, simply tap display controller once.

Figure 19: Double-tap to automatically adjust the desk to a favorite position

Erasing favorite positions

1. Press the *Star* button for eight seconds to erase all saved favorite positions. After five seconds, the display shows a countdown, and the light strip flashes red when all the favorite positions are erased.

Figure 20: Erase favorite positions

FREEFIT HANDSET MANUAL

This manual is a quick guide of the functionality for the FreeFit Handset.

BLUETOOTH®
Connecting Bluetooth®
1. The app is called "Global FreeFit" and has the following logo in the Apple App store, and the Google Play store:

global

2. Press **Bluetooth** button in the middle for two seconds to enable pairing mode.

The display on the display controller will inform about the Bluetooth® ID of the desk, which is "DESK" followed by a four digit number – look for this ID in the list of "Desks nearby" in the FreeFit App.

The light strip flashes blue while the desk panel is in pairing mode.

Figure 21: Connect Bluetooth®

REMINDER
The reminder LED lights through the surface of the display controller. The light is intended to indicate the position of the desk (sitting or standing height). The indication depends on the reminder interval chosen.

Heartbeat (light strip)
The heartbeat reminder is shown as a thin LED light strip. While the user is sitting for an appropriate amount of time according to the set interval, the light strip calmly pulsates green symbolizing a heartbeat. When the sitting interval runs out, the calm pulsating green turns into fast pulsating orange for one minute hereafter into static orange to indicate that the user should adjust the desk to standing height. In standing height, the light strip pulsates green until a potential timeout (standard timeout is four hours). When the desk is adjusted back to sitting height, the light strip pulsates green until the reminder goes off again.

Reminder restart
The reminder automatically restarts when the desk is adjusted to sitting height.

Reminder timeout
After four hours without any action, the light strip will time out. When the display controller is tilted, the green light turns back on. When the light (strip or blocks) is enabled for reminders, the display controller is no longer in ZERO™ mode as long as the light is on/active.

REMINDER INTERVALS
The number of white blocks (one, two or three) each representing an interval. The three standard intervals are:
- Interval 1: Reminder after 55 minutes sitting
- Interval 2: Reminder after 50 minutes sitting
- Interval 3: Reminder after 45 minutes sitting

The default interval is reminding after 55 minutes, which means one white block lights up.

Adjusting the reminder interval
1. Press Bell button to adjust interval of getting reminded to change position.
2. Toggle through intervals by pressing Bell button.
3. Release Bell button when desired interval is indicated.

When no white blocks are lit up, the reminder is turned off.

Through the app, it is possible to personalize the three intervals to custom values.

Interval 1: Reminder after 55 minutes sitting

Interval 2: Reminder after 50 minutes sitting

Interval 3: Reminder after 45 minutes sitting

Reminder off

Figure 22: Set the reminder

This manual is a quick guide of the functionality for the FreeFit Handset.

RESETTING THE REMINDER

1. Press **Bell** symbol for eight seconds to reset reminder to default values.

After five seconds the display shows a countdown and the light strip flashes red when the reminder is reset.

Figure 23: Reset reminder

Key lock

The operation of the controller can be locked to prevent unintended driving of the desk. As default the key lock is disabled. If enabled, it automatically locks the display controller after a configured amount of time. The key lock function can also be configured to indicate attempt to operate the locked controller by showing a red light and a **LOCK** symbol .

Unlocking display controller

1. Press **Bell, Bluetooth and Star** in sequence (max. one second between each button press).

TROUBLESHOOTING/FAQS

Error codes (only display controller)

The Display Controller shows error codes generated in the CBD6S in case of errors in the system. The most common errors loop between the error code (EXX) and the error text, check the codes below:

Error codes	Cause
E53-E64	COLLISION
E41-E52	OVERLOAD
E01	INITIALISATION

Software versions before SW 1.13 only show error E01

Factory Reset

Press and hold the Bell and Star buttons for eight seconds to set the handset to factory default. The LED/light strip flashes red three times to indicate the reset is done. If a factory reset is performed, it sets the handset back to the configured state, i.e. all configurations made in the handset configurator will not be reset – only the settings changed directly on the handset or in the app by the end users will be reset.

Display Controller only

During reset, the display lights up after five seconds, showing an arrow with a countdown [seconds] and RESET

Figure 24: Reset to factory default (Display Controller)

Figure 25: Reset to factory default (Standard Controller)

This manual is a quick guide of the functionality for the FreeFit Handset.

FREEFIT APP
The FreeFit app is developed for users of sit-stand desks, who want to come one step closer to changing the prolonged sitting behavior. Friendly reminders urge you to change position, and extensive statistics show you your daily achievements - all to help you build a healthy routine during the workday. Via the app, the desk can also be adjusted, and the user can drive to pre-stored memory positions. The app is available for three different platforms: iOS for iPhones and iPads, and Android for Android smartphones and tablets. The FreeFit app comes in multiple languages, which can be selected in the app.

The app is connected to the desk via Bluetooth® wireless technology integrated in either of the Global FreeFit handsets.

DOWNLOADING APPS
The apps are called Global FreeFit and they have the following logo in iTunes and Apple App store, and the Google Play store:

How to download the App for iOS:
1. Use your iPhone or iPad to log into the Apple App store or scan the QR code below.
2. Type "Global FreeFit" in search menu.
3. Select the "Global FreeFit" app.
4. Click install to download the app to your device.

How to download the App for Android:
1. Use your Android device to log into the Google Play store or scan the QR code below.
2. Type "Global FreeFit" in search menu.
3. Select the "Global FreeFit" app.
4. Click install to download the app to your device.

GETTING STARTED
When you open the app, a list of options available in the app is displayed. If you swipe to the left on your smart device or click on the white dot with your mouse, a list of benefits of changing posture during the day displays.
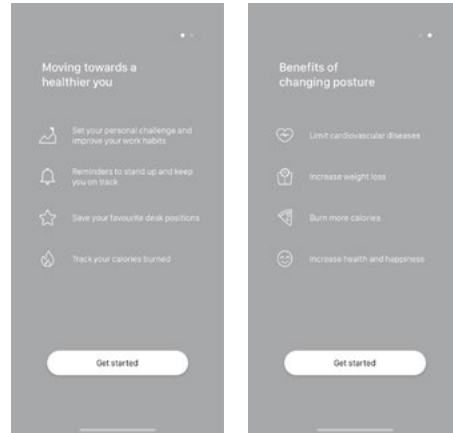

Press/click "Get started" on either screen.

For Android only:
Enable GPS location to allow the app to scan for Bluetooth® devices. If not done, the app will not be able to detect desks nearby in pairing mode and thus not work.

Onboarding flow
The app now automatically starts searching for desks in pairing mode nearby in and the ID of the first desk found is displayed. If this is the desk you want to use, press/click "Connect to desk". If not, press/click "This is not my desk" to view a list of desks nearby. If the desk is not on the list, set the desk panel in pairing mode to get the desk added to the list.

Press the Bluetooth® button on the front of the desk panel for two seconds. The LED light or LED light strip flashes blue to indicate that the desk panel is in pairing mode. All Bluetooth® adapters have IDs named "BLE2LIN" followed by a four-digit number. All handsets have IDs named "DESK" followed by a four-digit number. Press/click on any desk ID to connect to that desk.


8
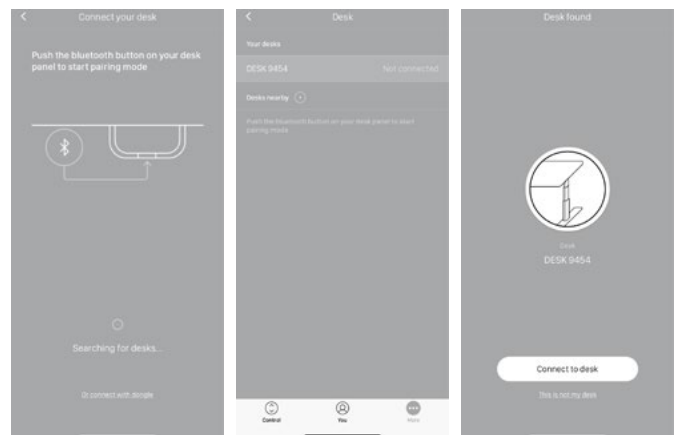
This manual is a quick guide of the functionality for the FreeFit Handset.

In case the desk panel does not have integrated Bluetooth®, press/click "Or connect with a dongle" to use a Bluetooth® adapter for pairing. Please remember to enable Bluetooth® on your smart device. Plug the Bluetooth® adapter into the control box. The adapter flashes blue and will be in pairing mode for three minutes.
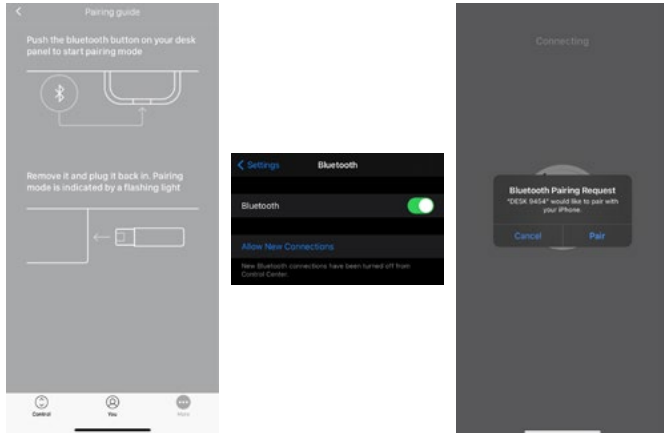
Before the app is connected to the desk selected, you must select whether this is your primary desk (select "Owner") or if you use this desk temporarily (select "Guest"). Press/click "Connect" to connect the app to the desk.
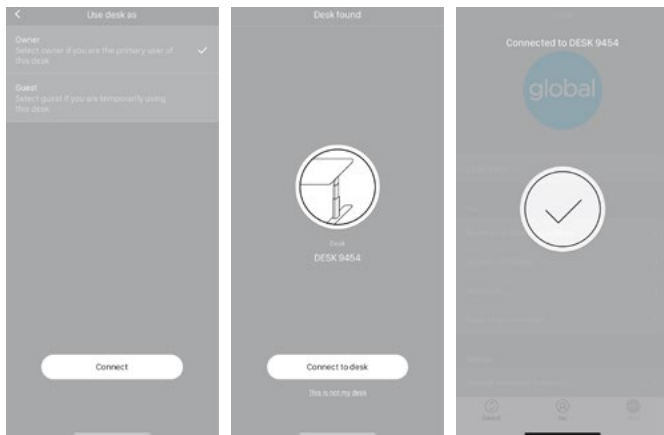
You can connect to several desks, either as "Owner" or as "Guest".
• If you connect as "Owner", your reminder and favorite settings are stored in the handset on the desk and your app will automatically connect to this desk when you arrive at it and track the statistic stand data throughout the day.

If you use the Bluetooth® adapter, your reminder and favorite settings are stored in the control box/dongle.
• If you connect as "Guest", your reminder and favorite settings are stored on your smart device/computer. When you connect to a desk, these settings will reflect in the handset. You need to pair the app on your smart device/computer with the desk every morning. When the app has been disconnected from the desk for two hours, the handset will go back to the settings it had before you connected, however, the rest of the day the app will

automatically connect to this desk and send standing notification and keep track of stand data.

SETTING YOUR CHALLENGES
When the app on your smart device/computer is connected to the desk, you are prompted to pick a challenge and start using your desk more actively. You can choose between three standard challenges. Select one and press/click "Next". If desired, you can enter your gender, weight and height and find out how many calories you burn while standing during the day. If you choose the default settings, you will still see the calories burned, however, they will be based on the default gender, weight and height.
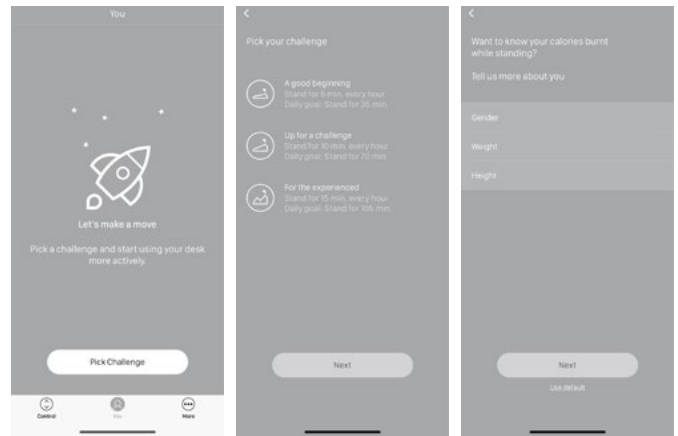
Please note that if an interval for standing/sitting has already been chosen via the handset, these settings will be shown in the app. Either keep these or select a new challenge.

Once you have set your challenge, you can choose to get reminders when it is time to stand up. To receive reminders on iOS and Android devices, you need to allow the handset app to send notifications.
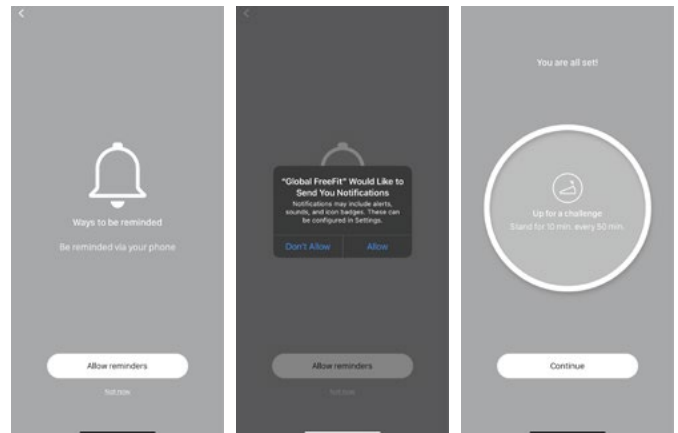
(Only iOS and Android)
Now you are ready to become a healthier you.

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This manual is a quick guide of the functionality for the FreeFit Handset.

OPERATION
How to use the app
The FreeFit App consists of three different tabs to navigate between: "You", "Control" and "More".

Adjustment of the desk (if supported by connected device)

Your goal and the statistics of your daily achievements

All settings

You
When your settings are done, you will see the main page, "You", giving you a fast overview of today's statistics together with a motivating text and icon to keep you going. Press/click "Overview" to get a calendar overview of your daily achievements. Press/click "Today" to get back to the main page.
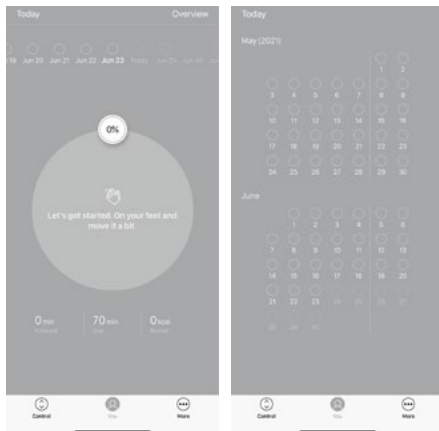
"You" is the page where you can view how close you are to reaching your daily goal. The progress is shown in percentage of your set goal and you will also see an incentive text and an icon. Should you stand more than your set goal, you will see an encouragement to pick a new challenge.
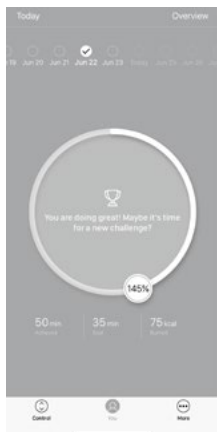
If you press/click "Overview", you will see your daily achievements in a calendar overview. You can scroll to see older data.

Press/click any of the dates to see your achievement for that day.

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This manual is a quick guide of the functionality for the FreeFit Handset.

CONTROL
The screen below shows when the app is connected to a "full version" of a handset or Bluetooth® Adapter.
With a "Limited version" of the handset or Bluetooth® Adapter the following is not possible:
  • desk height adjustment via the app
  • automatic drive to favorite positions
  • saving favorite positions.
The graphics will adjust to the possibilities.

Actual desk height

Up/down drive
of the desk

Save up to four
favorite positions
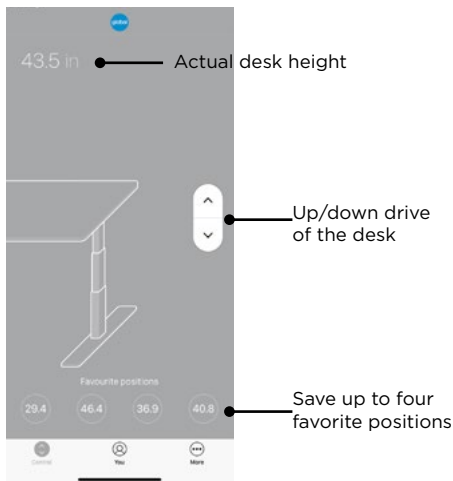
Height
Actual desk height. In case an error occurs, the error code will be displayed instead of the height (does not apply to the Windows app).

Up/down drive
Press/click and hold the button to move the desk up/down.

Favorite positions
The numbers indicate favorite positions.

SETTING A FAVORITE POSITION
  1. Drive the desk to preferred position.
  2. Press/click one of the circles with a number. A pop-up notification asks if the position should be saved as a favorite position, press/click "Yes, please" to save the position. The circle now shows the height of the favorite position.
  3. Drive the desk to a favorite position by pressing/clicking and holding the button. The handset will reflect the favorite positions saved through the app, so you can change desk height via the desk panel instead of using the app.

Driving to favorite position
Indicates four saved positions
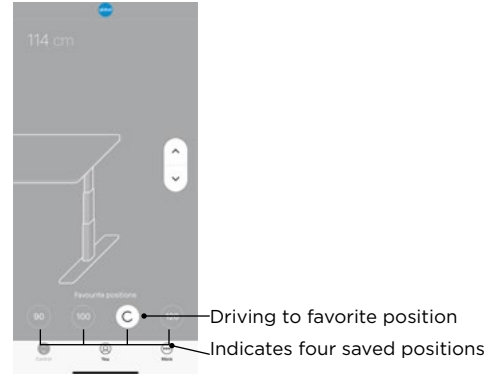
More
Press/click "More" to get access to a list of setting options and information arranged in five groups (the graphics below show a split view).
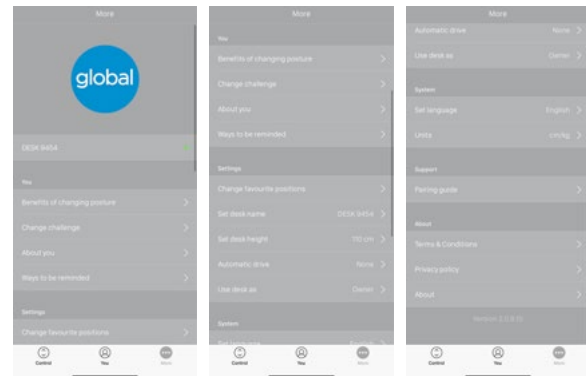
You
In the "You" section you can learn more about the benefits of changing position during the workday, or you can pick a new challenge. You also have the possibility of changing your personal information or your reminder settings.
iOS/Android Windows
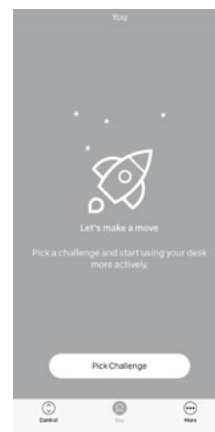
This manual is a quick guide of the functionality for the FreeFit Handset.

CHANGE CHALLENGE

Here you can select between the three standard challenges, or you can define a personal challenge. Press/click "Customized challenge" and set your goals for standing/ sitting by pressing/clicking the up/down arrows. When finished, press/click "Done" and then "Save".
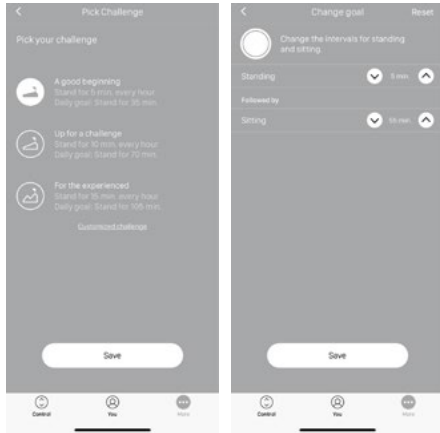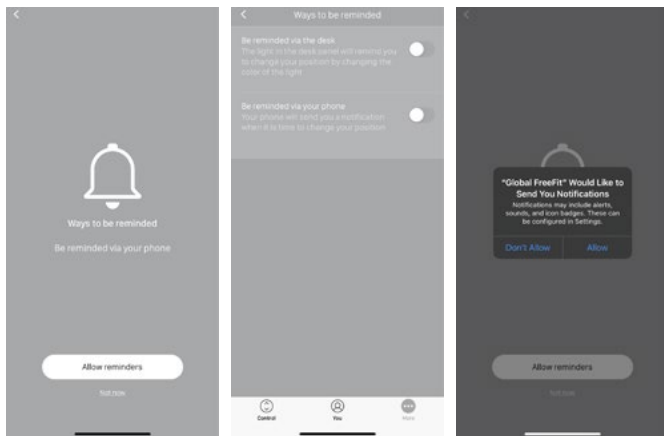

About you
Here you can set/change your gender, weight and height. The default settings are Male, 183 lbs. and 6'.

Set reminders
Enable or disable reminders as pop-up notifications. On the Display Controller, you can enable or disable the light strip as a reminder function. See also "Reminder notifications".


DESK SETTINGS

In the "Desk settings" section you can change your favorite positions, change the desk name, connect to another desk, set the actual desk height, enable/disable "Automatic drive", and switch between "Owner" and "Guest".

Connecting to another desk
Steps 1 and 2 are only to be performed if the app is already connected to a desk.
1. Press/click on the connected desk to disconnect.
2. Confirm that you want to disconnect.
3. Press/click on a new desk to connect.
4. Choose between "Owner" and "Guest".
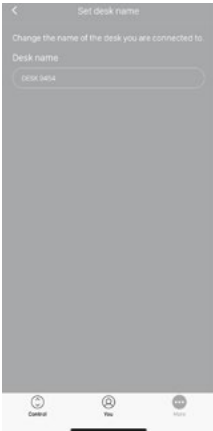5. Wait until the app is connected to the desk.
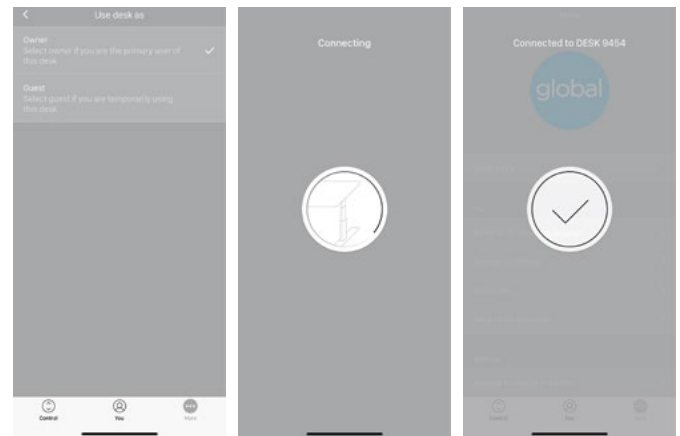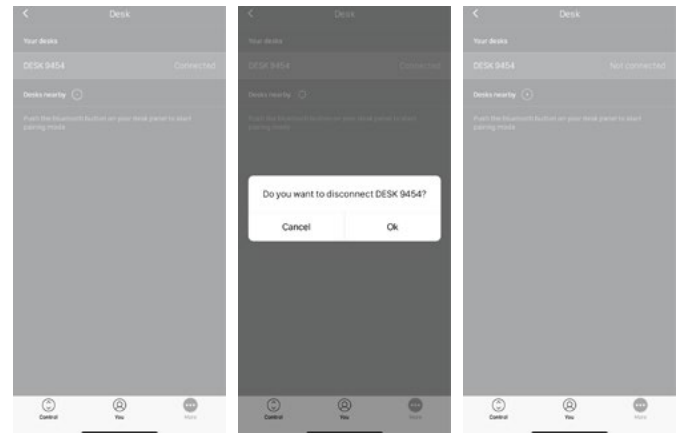
This manual is a quick guide of the functionality for the FreeFit Handset.

Set desk name
Change the name of the connected product to personalize the user experience of the app. Changing the desk name in the app will affect the Bluetooth® ID so the new name will be shown on the smart device and in the display.

Set desk height
Set the actual height of the desk. An illustration guides you on how to measure. Choose height units (cm or inches).

Automatic drive
If "Automatic drive" is enabled, you can make the desk adjust non-stop to any favorite position by just pressing/clicking the relevant button once. This function is called "one-click-drive". An animation shows you how this feature works. If you use the app to adjust the desk height, the desk will not stop at any intermediate favorite positions as it does if you use the handset for desk height adjustment. You have to accept the terms, i.e. accept the responsibility of any danger that can occur under these circumstances, in the pop-up notification before this feature can be enabled. If you press/click any button, close the app or tilt the handset during this automatic drive, you will interrupt the drive of the desk.

System
In the "System" section you can switch language. The language is default set to the language of the operating system of your smart device/computer. Choose between eight different languages in the app. The available languages are: English, Korean, Japanese, Chinese, French, Italian, German, and Spanish. This change does not affect the language in the Display Controller. You also have the possibility of changing the units. Switch between "cm" and "inch"for height and "kg" and "lbs" for weight.

Support
In the "Support" section you can find a pairing guide which helps you pair the app to a desk.

About
The "About" section contains the terms and conditions for using the FreeFit app as well as the privacy policy. According to the privacy policy, Global respects your privacy and does not access or use any data entered in the app (such as favorite positions, gender, height and weight) or collected by the app (statistics). The information is stored only on your device and can therefore only be accessed in your device.

Product information
Visit globalfurnituregroup.com for more information.

REMINDER NOTIFICATIONS
When reminder notifications are enabled, notifications will pop up to remind you when you need to change position. The reminders will appear based on your settings. On your smart device they will show on a locked or unlocked screen; on your computer they will show in the lower right corner of your monitor. On your computer the reminders are not saved in the notifications overview. The notifications depend on two types of data. They pop up as a result of either time-based data or data-based data.

The time-based notifications are available for all and pop up based on the time the desk has been in sitting position. Press/click on the notification to open the app, or slide to the left on your smart device to see the three options:

- Snooze for 10 minutes (press/click to be reminded again in ten minutes)
- No more reminders today (press/click and neither your smart device/computer nor the handset will show any reminders for the rest of the day)
- Open app (press/click to adjust the desk height - or use the handset)

The data-based notifications are personalized and pop up based on your set challenge.

Achievement	Notification
0 %	Let's get started. On your feet and move it a bit.
1 to 66 %	Get moving! You've reached X% of your daily goal.
67 to 99 %	Almost there. You've reached X% of your daily goal.
100 to 115 %	Congratulation! You've reached your daily goal.
>115 %	You are doing great! Maybe it's time for a new challenge?

This manual is a quick guide of the functionality for the FreeFit Handset.

The notifications are based on your challenge set under 'You'. If the challenge is set to 10 minutes standing and 50 minutes sitting, the notification will be sent after your desk has been in sitting position for 50 minutes. If you have saved two favorite positions, these will count as sitting and standing heights. If you have saved no favorite positions, the trigger point is the desk minimum height plus 30 cm (adds up to approximately 95 cm). When the desk is moved above the trigger point, the handset and the app see the desk in standing position until it is moved down again. When the desk reaching sitting position (below the trigger point), the notification is being reset and a new notification will appear after 50 min. Notifications ONLY appear, when you are sitting – not when you are standing.

Timer reset
The notification timer will automatically be reset when:
   • the desk is driven from standing to sitting position
   • the app connects to the desk in the morning
   • you reconnect to the desk after having been away from the desk for more than one hour
   • you start a new challenge
   • you adjust a challenge
   • you have been connected as "Guest" (the reset will take place at midnight)

Statistics
The FreeFit app collects data in the background while connected to your desk. Each time you enter the app, the data is updated within 30 seconds. As long as the app is connected to your desk, it registers the desk height even though you are not at your desk. This means that the statistical data is not always exact.

Recommendations on how to use the FreeFit app
Overriding a learned sedentary behavior is a true behavioral challenge. We have put together a guide to learn how to break up with your chair during your workday. If you are not used to standing up and work, start with short intervals focusing on learning and getting into a habit. When this behavior is starting to become a habit, continue to stand for longer periods e.g. using the guide below or simply testing what feels comfortable for you.

How to vary between standing and sitting while you work
The most important thing is to vary your position and to move around, preferably three times an hour. Instead of sitting for too long at a time, you can switch between standing and sitting positions. Remember good posture and to stand with your body weight evenly distributed on both legs.

   • Start by raising your desk and stand for 5 minutes each hour before you go to lunch.
   • Raise your desk just before your lunch break. Then your desk will be in the right position when you get back from lunch.
   • Just after lunch, stand for 5 minutes before lowering your desk to sit for 55 minutes.
   • Raise your desk again every hour so that you stand up working for 5 minutes each hour for the rest of the day.
   • Raise your desk before you leave for the day – then it is ready for the next day.

Important reservations when varying between standing and sitting position:
If you are pregnant, have varicose veins or have a health condition that may prevent you from standing for 5 to 15 minutes at a time every hour, you should contact your doctor to make sure that this will not be detrimental to your health. If you are not used to standing, start with a few minutes at a time and extend this standing period as you get used to work standing up.