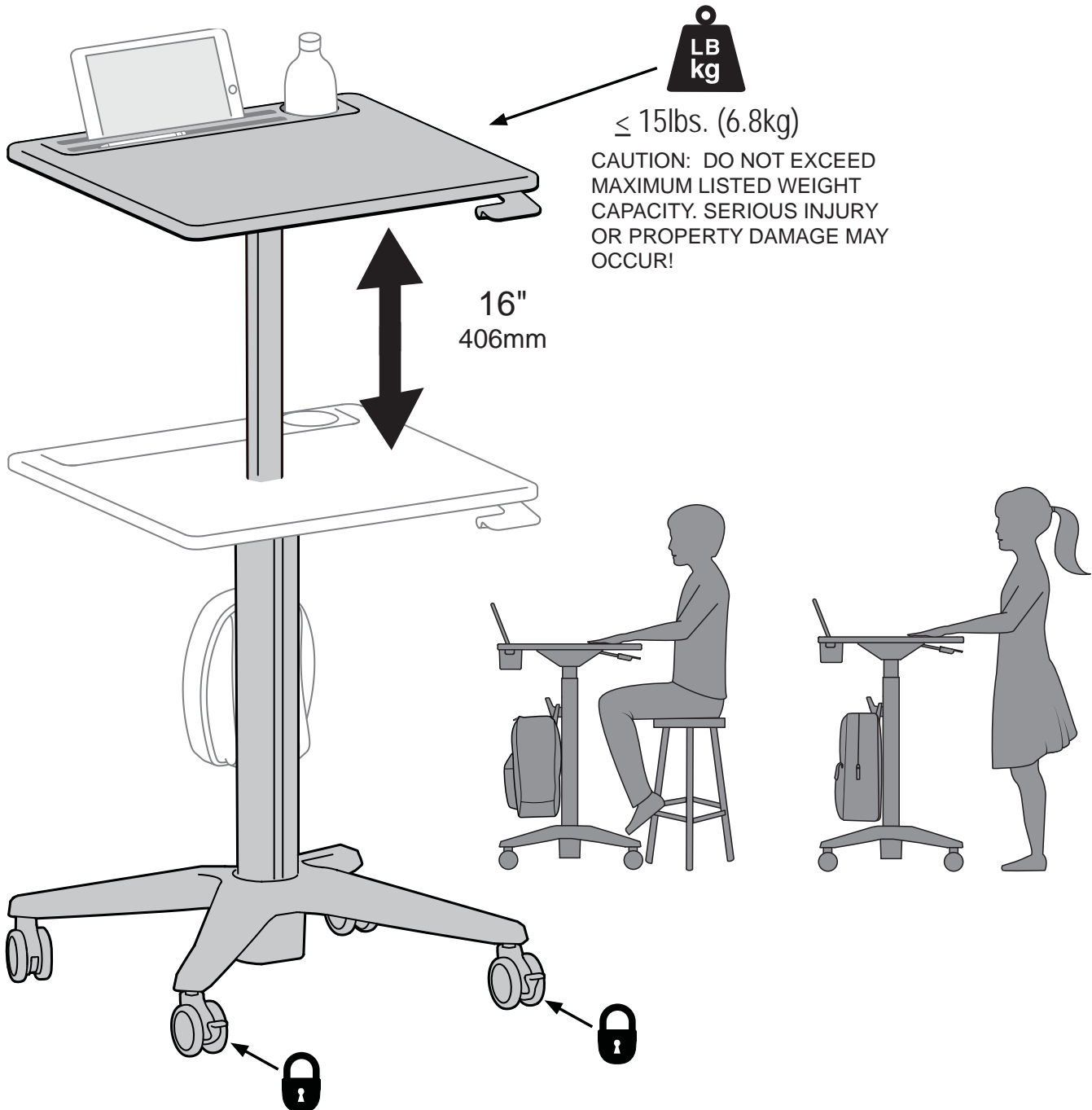




# A&D Crossfit Motion



For the latest User Installation Guide please visit: [www.paragoninc.com](http://www.paragoninc.com)

 [www.paragoninc.com](http://www.paragoninc.com)

 USA 1-800-451-8546

# Safety

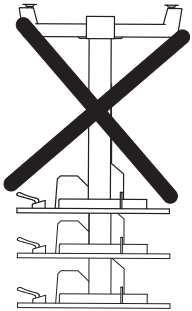
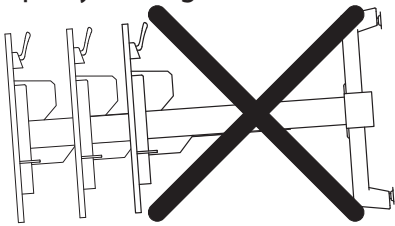


## WARNING

### IMPACT HAZARD

#### Moving Parts Can Crush & Cut

Do not tip the cart over on side or upside down. Cart must remain upright at all times. Tipping cart on side or upside down may cause unintended motion of the riser. Failure to heed this warning may result in serious personal injury or property damage!



For more information on safe set-up and use of this product, contact Paragon Customer Service at 800-451-8546

## Components

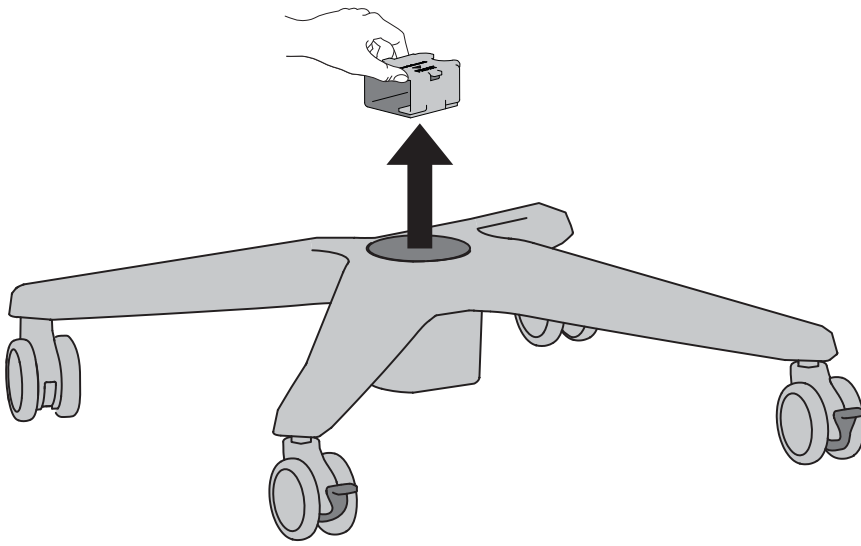


	A	B	C
1x		1x	
1			

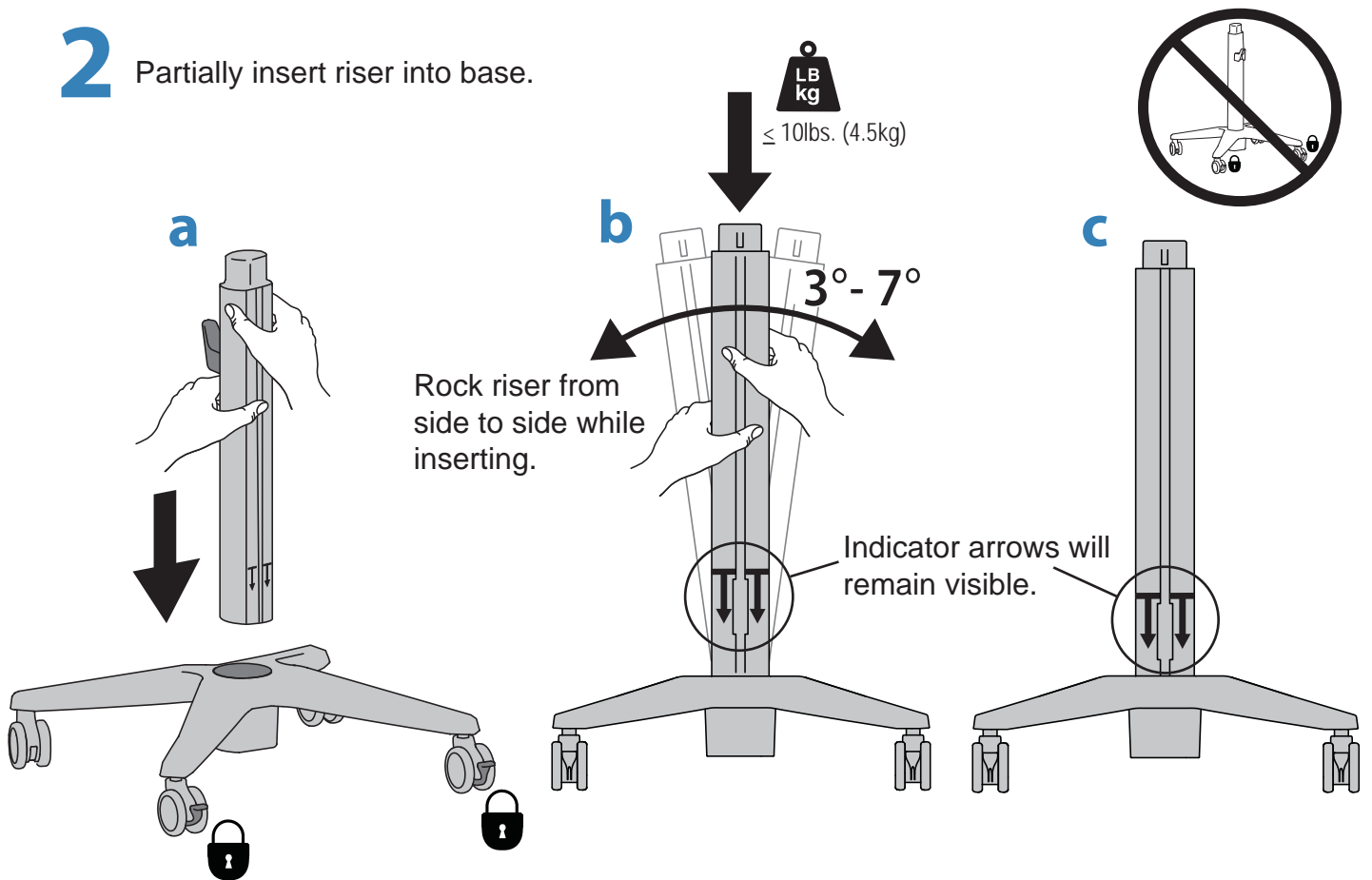
## Tools Needed



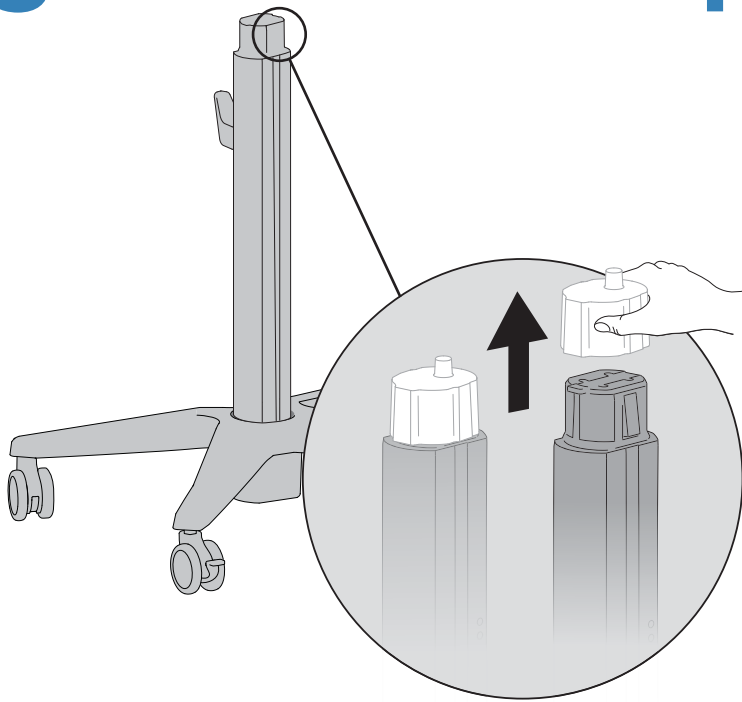
**1** Remove base orientation indicator from base.



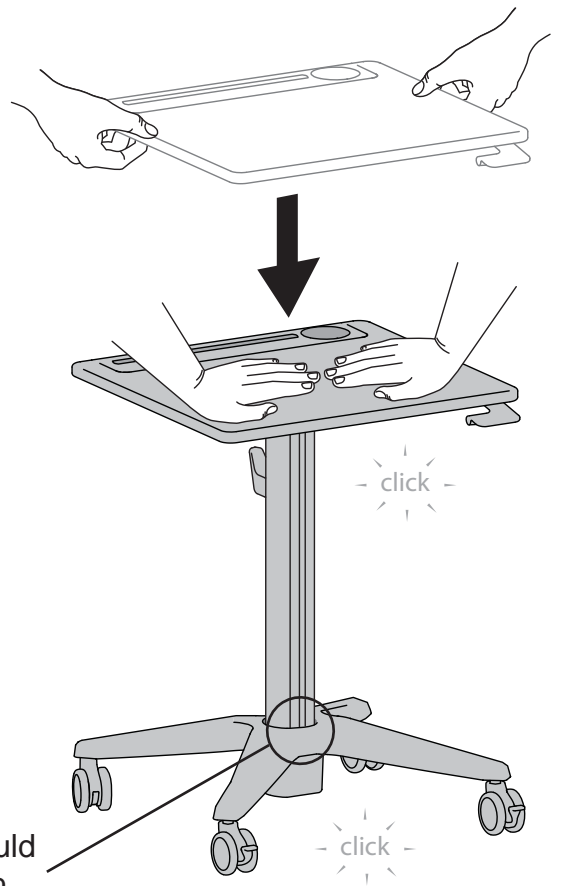
**2** Partially insert riser into base.



**3** Remove cap.

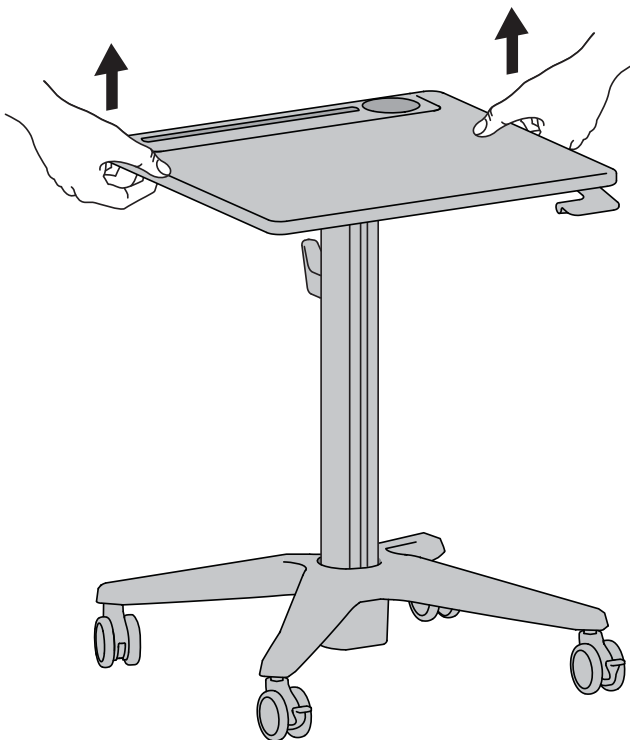


**4** Attach work surface and press down.

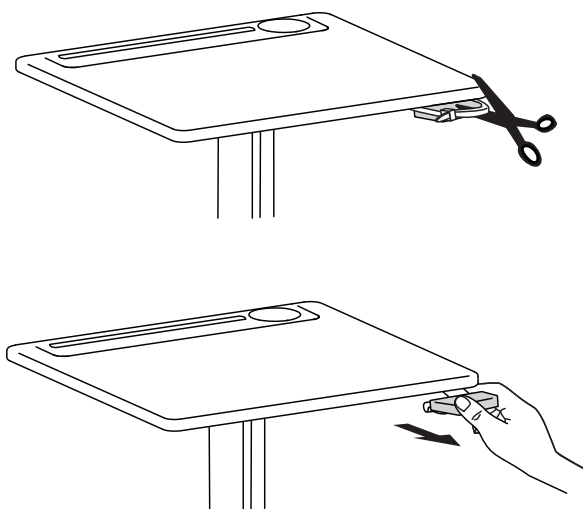


Indicator arrows should be completely hidden.

**5** Lift up on the work surface to make sure it is securely attached to the base.

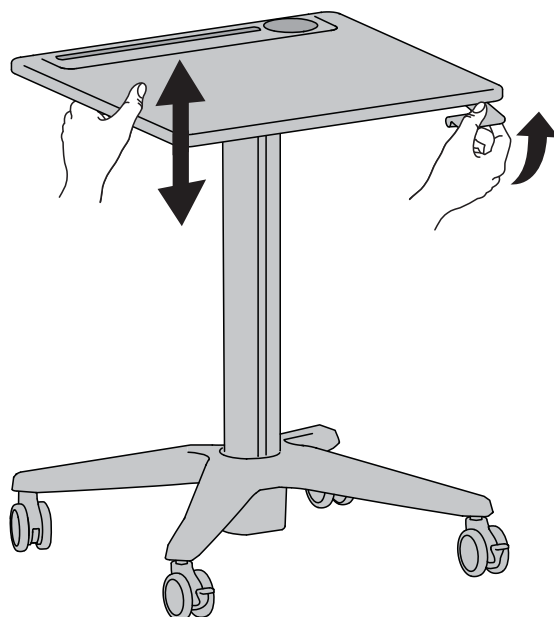


6



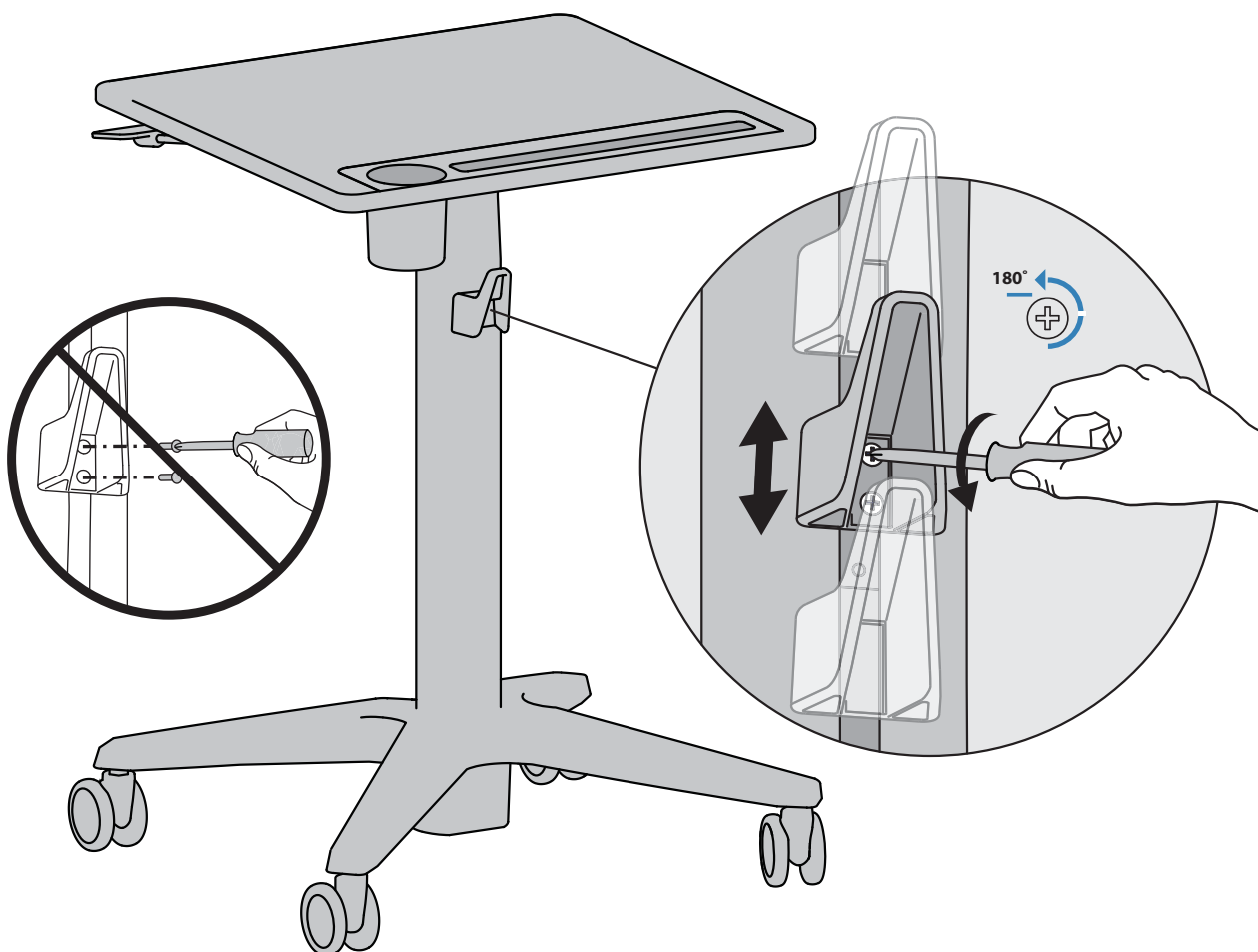
7

Lift brake release lever to raise and lower riser.



8

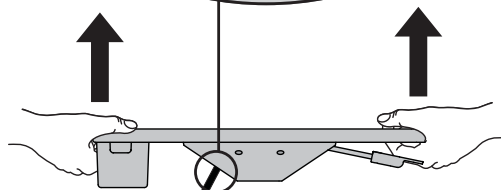
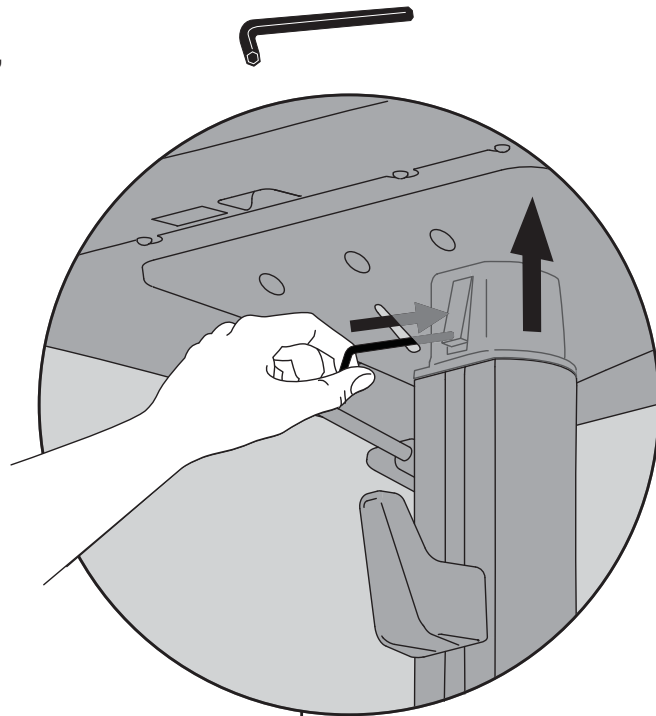
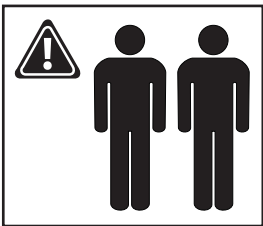
Loosen, but do not remove 2 screws to lift and lower hook to desired height.



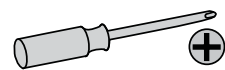
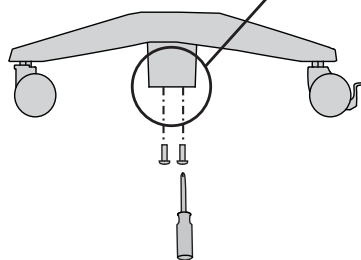
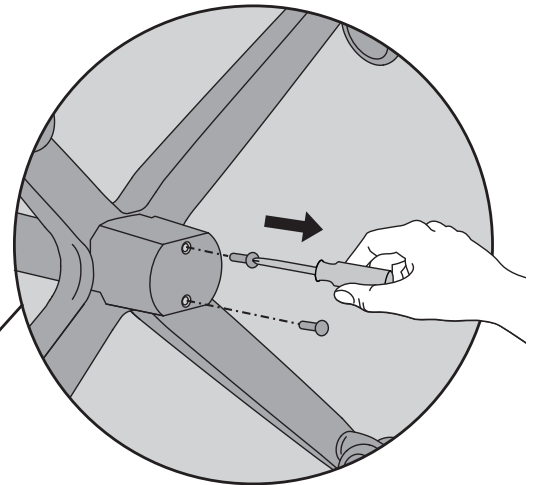
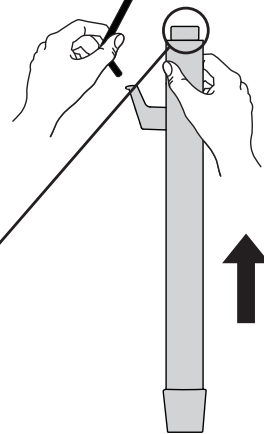
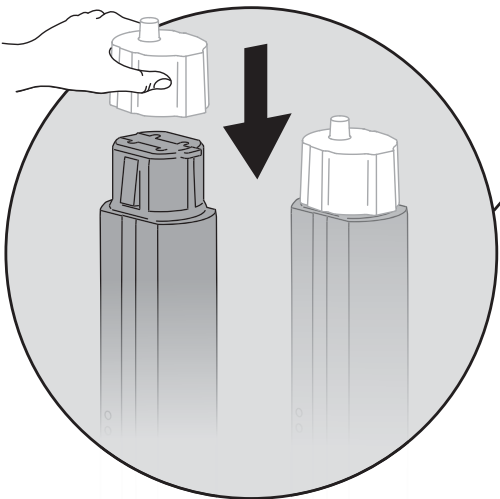
## How to Disassemble

To remove worksurface,  
push tab with a tool  
while removing.  
(Hex wrench suggested,  
max diameter 4mm)

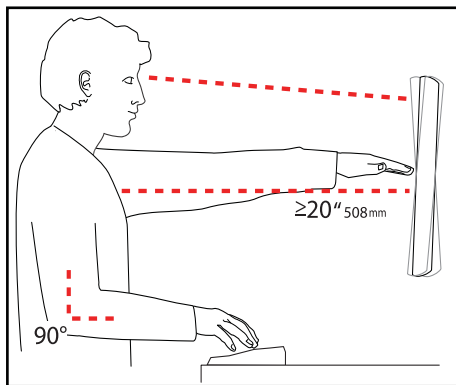
NOTE: Requires two  
people.



Attach cap.



Set Your Workstation to Work For YOU!



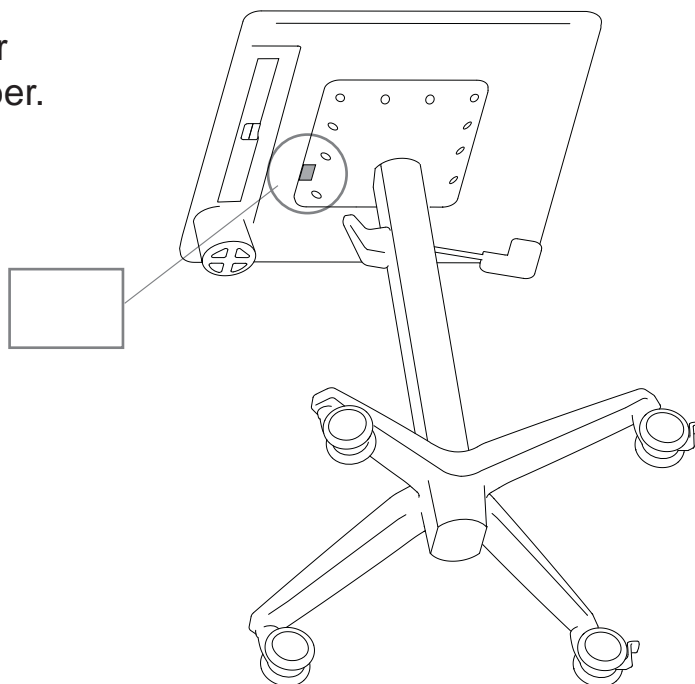
- Height Position top of screen slightly below eye level.  
Position keyboard at about elbow height with wrists flat.
- Distance Position screen an arm's length from face—at least 20" (508mm).  
Position keyboard close enough to create a 90° angle in elbow.
- Angle Tilt screen to eliminate glare.  
Tilt the keyboard back 10° so that your wrists remain flat.

To Reduce Fatigue  
Breathe - Breathe deeply through your nose.  
Blink - Blink often to avoid dry eyes.  
Break • 2 to 3 minutes every 20 minutes  
• 15 to 20 minutes every 2 hours.

For service and warranty visit: [www.paragoninc.com](http://www.paragoninc.com)



**NOTE:** When contacting customer service, reference the serial number.



**Paragon, Inc.**  
2224 E. Randol Mill Road  
Arlington, TX 76011  
Phone: 1-800-451-8546  
Fax: 817-633-2733  
Website: [Paragoninc.com](http://Paragoninc.com)