

AREBOS

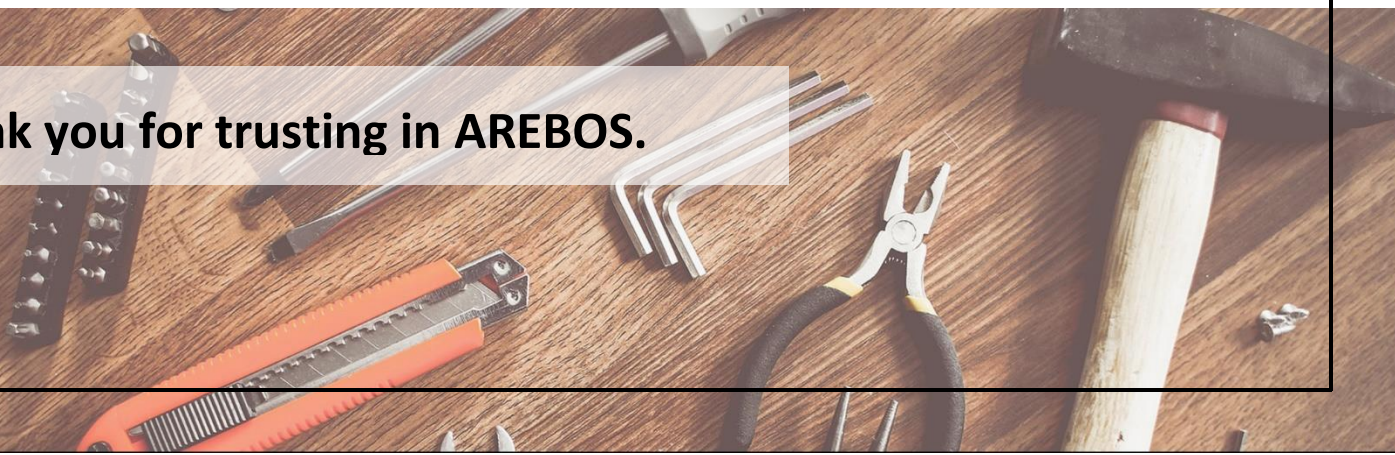
Sit and Stand Desk

AR-HE-HST120W/B/H



Please follow all security measures in this user's manual to ensure a secure use.

Thank you for trusting in AREBOS.



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Thank you for purchasing our product. Please read the operating instructions carefully before using the product for the first time. If you give the product to a third party, this manual must be handed over with it. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.

1. Security instructions

1.1 Explanation of the symbols



Warning! Read the safety instructions carefully. The Failure to follow the safety precautions can result in serious injury or damage. Keep the operating instructions in a safe place.



Warning! This signal word indicates a hazard with a medium degree of risk which, if not avoided, could result in death or serious injury.



Warning! Danger of crushing hands!



Warning of electrical voltage!



Max Load: 50 kg!



By means of a CE marking, it can be recognized that a product complies with the legal requirements of European legal standards and therefore may be traded within the European Community.



This product must **not** be disposed of with household waste!

1.2 General security instructions

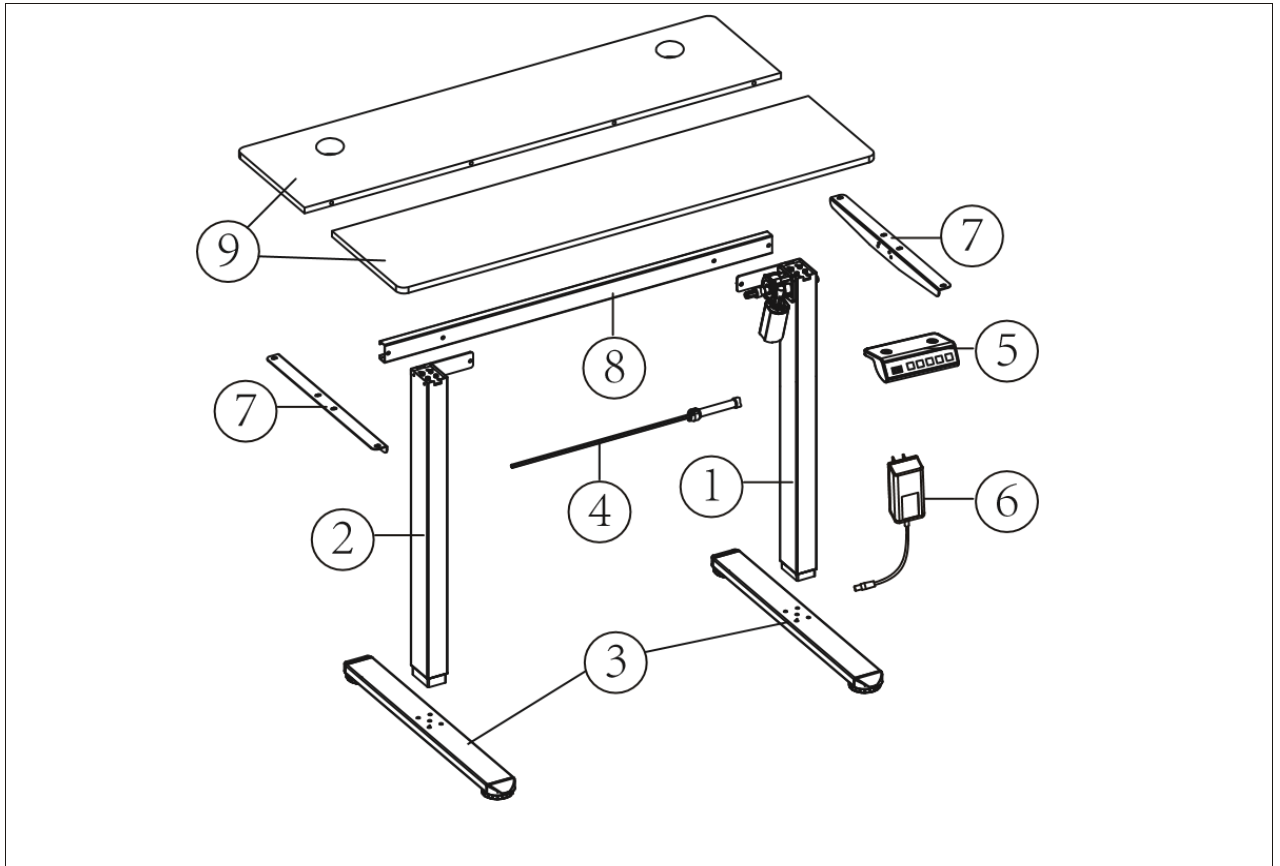
- **WARNING:** Read all safety warnings and all instructions. Failure to follow the warnings and instructions may result in electric shock, fire and/or serious injury.
- Before installation, check that all accessories are fully present and undamaged. If this is not the case, please contact our customer service.
- Keep these instructions in a safe place for future reference.
- Ensure no liquids enter the plug connections to avoid the risk of electric shock or short circuit. Always disconnect the desk from the power source during maintenance and cleaning.
- **CAUTIONS! Repairs should only be carried out by qualified personnel. Incorrect repair may cause danger. Opening the motor housing, control unit, or control panel is prohibited.**
- If the supply cord is damaged, it must be replaced by the manufacturer or qualified personnel to avoid a hazard.
- Do not pull the power plug out of the socket by the connecting cable but grasp the power plug.
- Check that the voltage specification on the type of plate matches your energy supply. Only use the desk with the provided power supply unit.
- **Warning: When setting up the desk, make sure that the power cord is not trapped or damaged.**
- Protect the device and cables from moisture, direct sunlight and shocks.
- Avoid exceeding the desk's weight capacity to prevent instability and potential injury.
- Ensure the supporting surface is stable and robust enough to support the desk and its load.
- Use provided mounting screws appropriately; do not overtighten.
- Misuse of the desk for purposes other than its intended function as furniture can pose risks to health and safety and may cause property damage.
- **Caution! This desk is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.**
- **WARNING:** Do not leave children unattended at the desk. They may not accurately assess the dangers of the desk's height adjustment features, which could lead to severe injuries or even death.
- Children over the age of **12** and individuals with limited abilities should only use the desk if supervised or after receiving instruction on safe use.
- **Danger!** Keep children away from small parts and packaging material. There

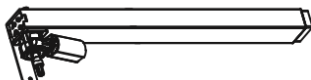
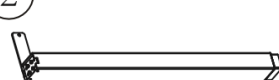
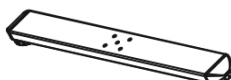

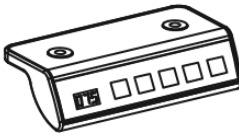
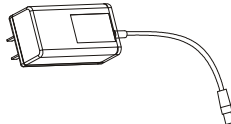
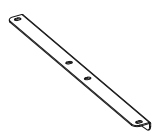
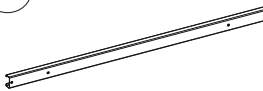
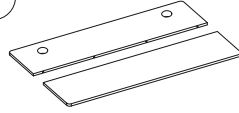
is a choking hazard.

- Cleaning and user maintenance must not be carried out by children without supervision. Children must not play on, under, or around the desk.
- Improper assembly can lead to damage to the desk. To prevent scratches, assemble the desk on a soft surface.
- Ensure there is sufficient space around the desk to avoid collisions with objects such as computer equipment.
- Ensure the desk can move freely in both directions to avoid blockages.
- Do not expose the desk to high temperatures or severe weather conditions.
- **Warning! Pinch Hazard!** When changing the position of the desk top, ensure no objects or people are in the danger area. Maintain a lateral safety clearance of at least 5 cm from other furniture to prevent injuries.
- **Risk of Electric Shock!** Never open the control unit of the desk frame! There is a risk of electric shock.
- Only connect the desk frame to the power supply after complete assembly.
- The control unit should only be operated with the mains voltage specified on the type of plate. Check before initial use that your mains voltage matches the voltage indicated on the type of plate.
- Always use the power supply cable provided. Ensure that the cable is not damaged. If the cable is damaged, contact us for a replacement.
- Do not place the power cables near heat sources! The cable can be damaged by heat, leading to the risk of fire or electric shock.
- Disconnect the desk frame from the power supply if it is to be left unused or in a standby state for an extended period.
- **Caution!** The mechanisms are not designed for continuous operation. Do not adjust the desktop height continuously for more than 2 minutes at a time.
- If the components make unusual noises or emit odors, or if a malfunction occurs during operation, immediately disconnect the power supply.
- Do not sit or stand on the desk surface during operation, as this poses a risk of injury.
- Only use the desk in enclosed spaces. Protect the desk, especially all electrical components, from moisture, dripping, and splashing water.
- **Intended Use:** This desk is designed as a work surface that can be adjusted between sitting and standing positions. It should be used only indoors and in a dry environment such as an office.



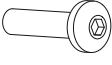





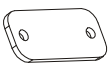
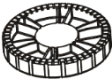





2. Product Overview

2.1 Part Names





<p>①</p>  <p>Right Table Leg (x1)</p>	<p>②</p>  <p>Left Table Leg (x1)</p>	<p>③</p>  <p>Leg Base (x2)</p>
<p>④</p>  <p>Transmission rod (x1)</p>	<p>⑤</p>  <p>Control Panel (x1)</p>	<p>⑥</p>  <p>Power (x1)</p>
<p>⑦</p>  <p>Side Plate (x2)</p>	<p>⑧</p>  <p>Crossbar (x1)</p>	<p>⑨</p>  <p>Tabletop (x1)</p>

2.2 Hardware List




<p style="text-align: center;">A</p>  <p style="text-align: center;">Screws M6×8mm (x8)</p>	<p style="text-align: center;">B</p>  <p style="text-align: center;">Screws M5×15mm (x16)</p>	<p style="text-align: center;">C</p>  <p style="text-align: center;">Screws M6×35mm (x8)</p>
<p style="text-align: center;">D</p>  <p style="text-align: center;">Allen Key S=2mm (x1)</p>	<p style="text-align: center;">E</p>  <p style="text-align: center;">Allen Key S=5mm (x1)</p>	<p style="text-align: center;">F</p>  <p style="text-align: center;">Cable Clip (x2)</p>
<p style="text-align: center;">G</p>  <p style="text-align: center;">Wood Tip (x4)</p>	<p style="text-align: center;">H</p>  <p style="text-align: center;">Headphone hanger (x2)</p>	<p style="text-align: center;">I</p>  <p style="text-align: center;">Tabletop Connector (x1)</p>
<p style="text-align: center;">J</p>  <p style="text-align: center;">Adjustable feet(x4)</p>	<p style="text-align: center;">K</p>  <p style="text-align: center;">Cable Hole Cover (x2)</p>	
<p>SPARE PARTS</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>A M6×8mm (x2)</p> </div> <div style="text-align: center;">  <p>B M5×15mm (x2)</p> </div> <div style="text-align: center;">  <p>C M6×35mm (x1)</p> </div> <div style="text-align: center;">  <p>G Wood Tip (x2)</p> </div> </div>		

3. Assembly

Step 1



A	 M6×8mm(x4)
E	 S=5mm

Step 2

C	 M6×35mm(x8)
E	 S=5mm
J	 Adjustable feet (x4)

S=5mm

Step 3

A	 M6×8mm(x4)
E	 S=5mm

S=5mm

Step 4

1 Loosen the knob

2 Insert the transmission rod into the hex hole and turn the transmission rod clockwise until the left leg goes to the lowest position.

3 Insert the other end of transmission rod to the slot on the leg (You may rotate the rod slightly for better installation).
Allen Key **D**

Secure the transmission rod to the slot by tightening the pre-assembled set screw using the small Allen key.

4 Tighten the knob

D S=2mm

Step 5

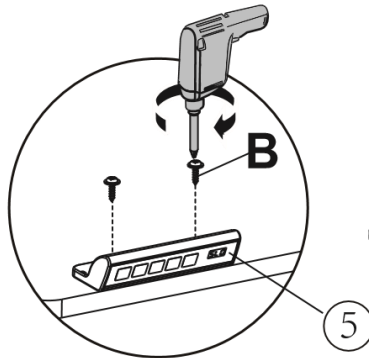
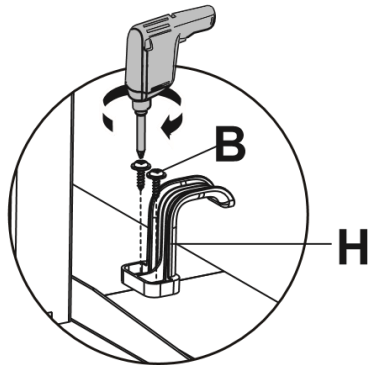
Pistol Drill (not included)



B M5x15mm(x2)

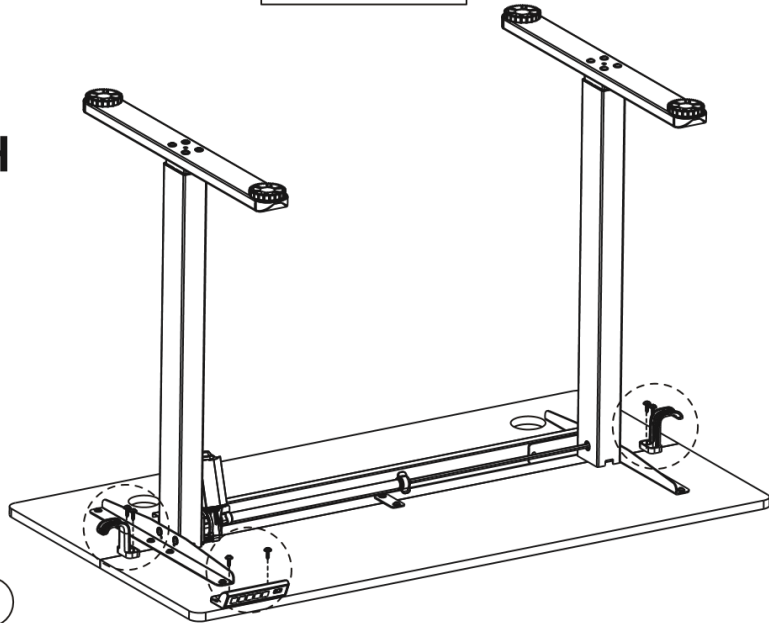
I Tabletop Connector (x1)

G Wood Tip (x4)

Step 6



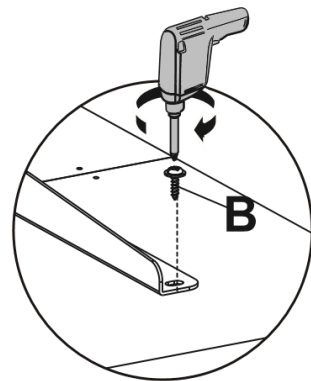
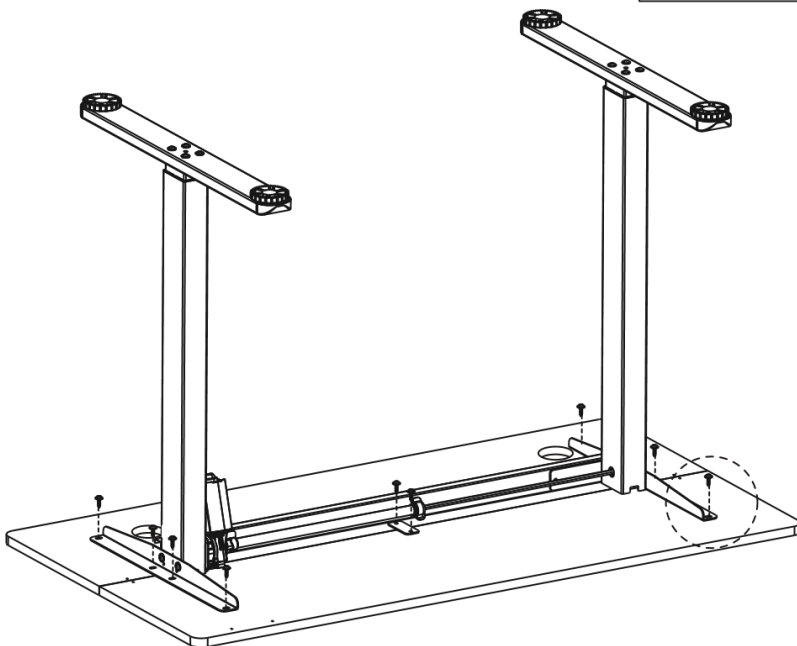
B	 M5×15mm(x6)
H	 Headphone Hanger (x2)



Step 7

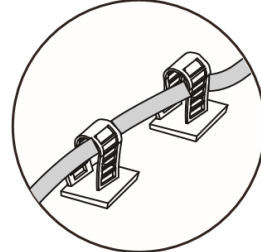
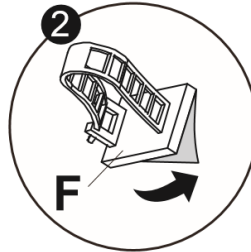
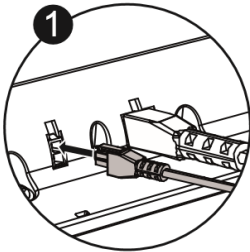
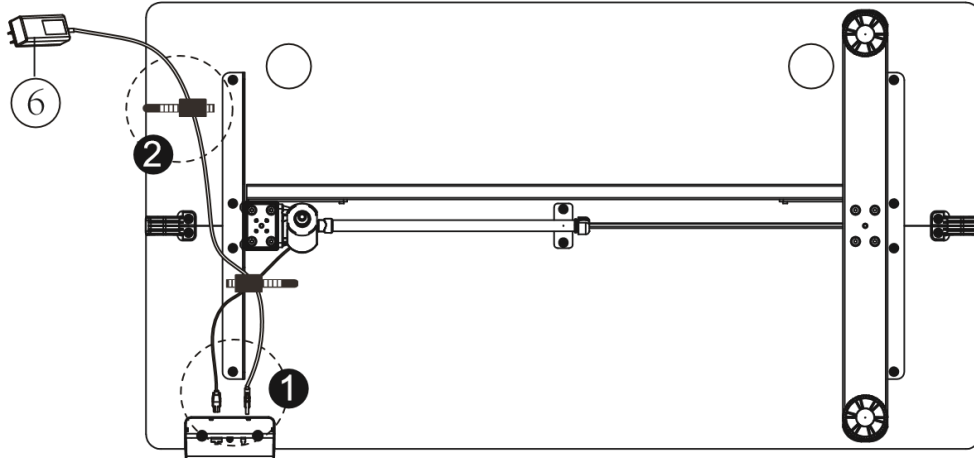


B	 M5×15mm(x10)
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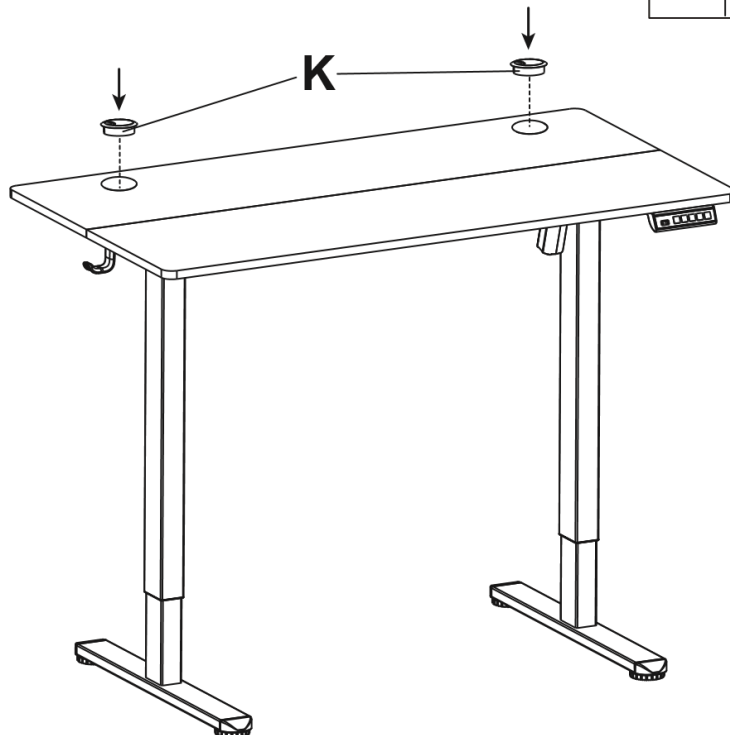
Step 8

F  Cable Clip (x2)

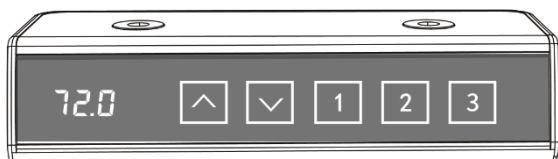


Step 9

K  Cable Hole Cover (x2)



4. Controller




LED Display: Simply press any button to wake up the display.




Preset Heights: Press buttons 1, 2, or 3 to move the desk to the pre-set heights stored in each.



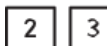
Increase Height: Press and hold the  button. Release at desired height or automatically stops at maximum height (118 cm/46.5").




Decrease Height: Press and hold the  button. Release at desired height or automatically stops at minimum height (72 cm/28.3").



Set Preferred Height: Adjust the desk to your preferred height, then press and hold the corresponding number button (1, 2, or 3). Hold until the LED flashes for 3 seconds, indicating the height has been saved.



RESET

Reset Desk: Press and hold the  button for 5 seconds. The display will show 'RES', indicating the desk is resetting to its lowest level before slightly rising.

Protection Mode and Error Codes

Code	Issue Description	Recommended Action
Hot	Overheat protection: Motor stops to prevent damage during continuous operation.	Cease use immediately. Allow the motor to cool down before resuming adjustments.
E10	Sensor malfunction warning: Motor safety sensor cannot be detected.	Power off, unplug the controller cables, wait 5 minutes, reconnect, and perform reset.
E20	Overloading Warning: Exceeding the maximum load capacity.	Remove excess weight, power off, then on, and retry operation.
E02	Operation Status Warning: Desk stops if excessive vibration, impact, or incorrect incline is detected.	If incorrect, follow reset instructions before continuing use.
E32	Overvoltage Protection: Input voltage too high for safe operation.	Power off, ensure the correct AC adapter is used, wait 5 minutes, reconnect, and reset.
E31	Undervoltage Protection: Input voltage too low for normal operation.	Power off, check AC adapter, wait 5 minutes, reconnect, and reset.
-	Cable Disconnection Warning: Disconnection in controller cables detected.	Power off, unplug controller cables, wait 5 minutes, reconnect, and perform reset.

5. Technical data

Model	AR-HE-HST120W	AR-HE-HST120B	AR-HE-HST120H
EAN	4252023126588	4252023126595	4252023126601
Tabletop Color	white	Wood-like Brown	Wood-like Beige
Max Load	50 KG	50 KG	50 KG
Desk top size	1200*600mm	1200*600mm	1200*600mm
Height Range	720-1180mm	720-1180mm	720-1180mm
Rated Voltage	AC 100V-240V	AC 100V-240V	AC 100V-240V
Speed	20mm/s	20mm/s	20mm/s
Memory Height	3	3	3
Net Weight	18kg	18kg	18kg

6. Cleaning and care

- **Cleaning Procedures:**

- Regularly clean the desk using a dry cloth.
- For more thorough cleaning, use a cloth dampened with mild cleaner.
- Do not use abrasive cleaners that might damage the surface.
- The control unit, control panel, and desk frame should only be cleaned with a dry or slightly moistened cloth. No liquid should enter the system (control unit, control panel, cables, and frame).

- **Regular Maintenance Checks:**

- Inspect and re-tighten screws every three months to maintain stability and quality.
- Ensure that the desk remains functional and secure through regular maintenance.
- Do not allow children to perform maintenance or cleaning without adult supervision.

7. Environmentally friendly disposal

⚠ Warning! from the risk of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.

7.1 Disposal and packaging

- The packaging of your device is made of materials necessary to guarantee effective protection during transport. These materials are fully recyclable and thus reduce the environmental impact. Dispose of the packaging in a bin for recyclable materials.

7.2 Disposal of waste equipment

- Waste equipment must be disposed of in accordance with the guidelines and regulations of local waste disposal. Contact your local administration via the address of the nearest recycling centre and deliver your device there.



The symbol of the crossed-out waste bin on an OLD electrical or electronic equipment states that it must not be disposed of in household waste at the end of its service life. Collection points for WASTE electrical and electronic equipment are available in your area for free returns. You can obtain the addresses from your city or local government. You can inform yourself on our website www.arebos.de about other return options created by us.

The separate collection of WEEE is intended to prevent reuse, recycling or other forms of recovery of WEEE, as well as the negative consequences of disposal on the environment and human health.

Our customer service number: Tel. [+49 931 90 80 3000](tel:+4993190803000)

e-mail: info@arebos.de

Office address: Canbolat Vertriebs GmbH • Gneisenaustraße 10-11 • 97074 Würzburg

Return address can be found in the imprint: <https://www.arebos.de/impressum/>

Sales tax identification number: DE 263752326

Court of commercial registration is Würzburg, HRB 10082

WEEE-Reg. No. DE 61617071

EU Declaration of Conformity



We, the **Canbolat Vertriebsgesellschaft mbH**
Gneisenaustrasse 10-11
97074 Würzburg, Germany

declare, under sole responsibility, that the following product:

Brand **AREBOS**
Product Sit and Stand Desk
Product Model AR-HE-HST120W/B/H
Article 4252023126588/4252023126595/4252023126601

has been developed, designed 2014/35/EU
and manufactured in accordance 2014/30/EU
with the requirements of 2011/65/EU

European directives:


The subject matter of the declaration described above is in accordance with the relevant harmonisation legislation of the European Union.

The assessment shall be based on the following **harmonised standards** applied:

EN 60335-1:2012 + A11:2014 + A13:2017 + A1:2019 + A14:2019 + A2:2019 + A15:2021
EN 62233:2008+AC:2008
EN IEC 55014-1:2021
EN IEC 61000-3-2:2019+A1:2021
EN 61000-3-3:2013+A1:2019+A2:2021
EN IEC 55014-2:2021
IEC62321-1:2013 IEC62321-3-1:2013
IEC62321-4:2017 IEC62321-5:2013
IEC62321-6:2015 IEC62321-7-1:2015
IEC62321-7-2:2017 IEC62321-8:2017

Other applied technical standards and specifications: (EU) 2015/863
(EC) No. 1907/2006
(EU) 2017/2102

Place and date of issue: Würzburg, 11/12/2024

Signature: 
Dipl.-Inform. (Univ.) Korhan Canbolat, Managing Director

If the device is modified without our consent, this declaration of conformity loses its validity.