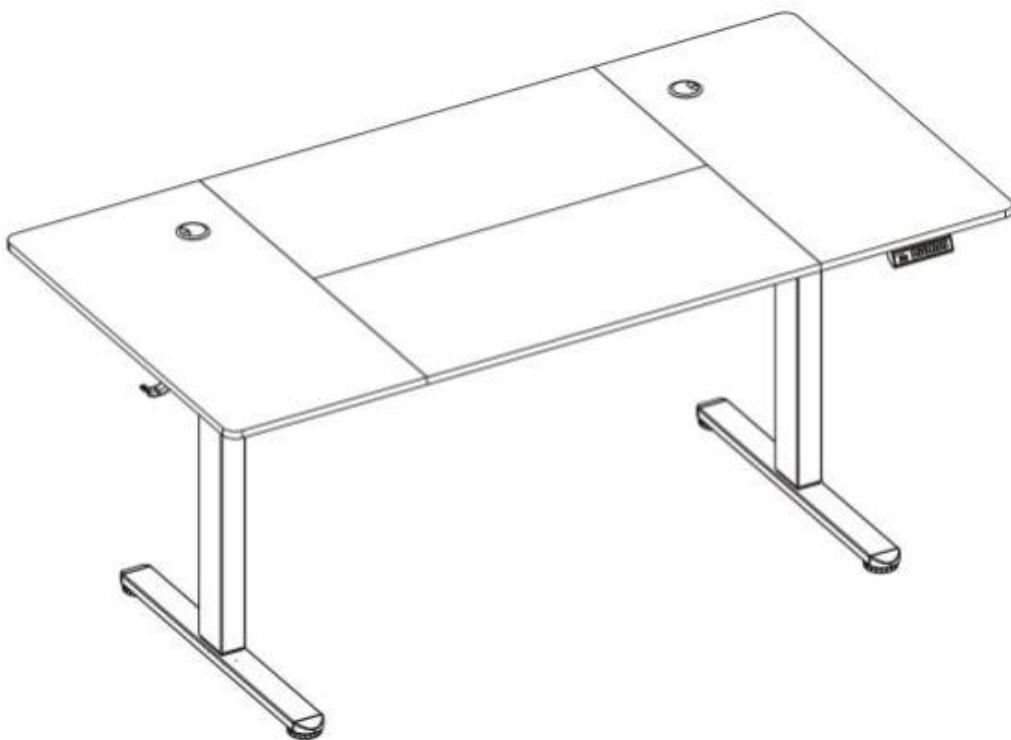


AREBOS

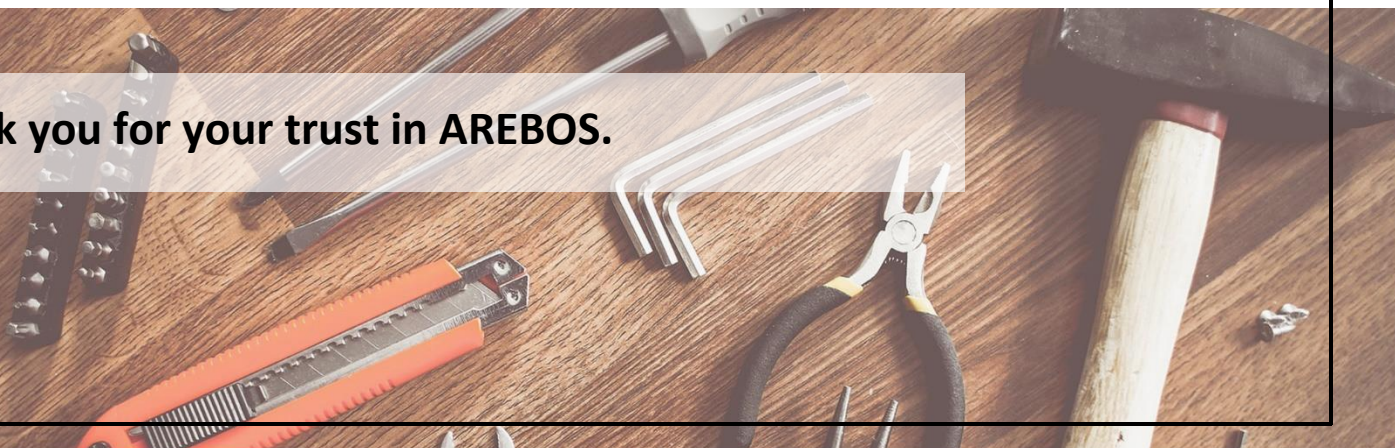
Height-adjustable desk

AR-HE-HST160W/B/H



Please follow all safety measures in this user manual to ensure safe use.

Thank you for your trust in AREBOS.



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Thank you for choosing our product. Please read the user manual carefully before using the product for the first time. If you give the product to a third party, this instruction must be passed with them. 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. Safety

1.1 Explanation of the symbols



Warning! Read the safety instructions carefully. Failure to follow safety precautions may result in serious injury or damage. Keep the instruction manual in a safe place.



Warning! This signal word indicates a medium-risk hazard that, if not avoided, can lead to death or serious injury.



Warning! Danger of hand crushing!



Warning of electrical voltage!



Maximum load: 70 kg!



A CE marking can be used to indicate that a product meets the legal requirements of European legal standards and may therefore be traded within the European Community.



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

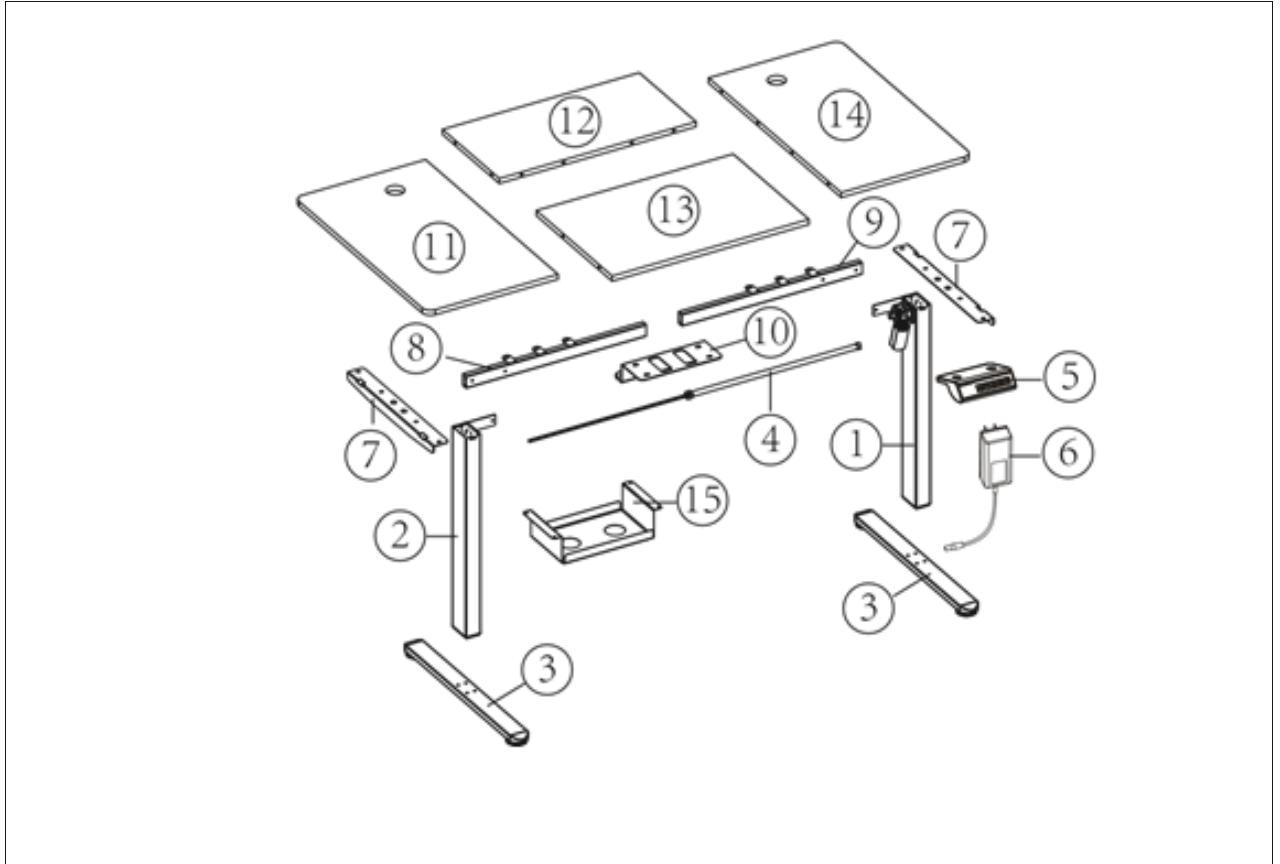
1.2 General safety instructions

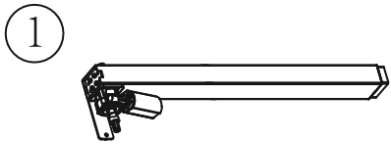
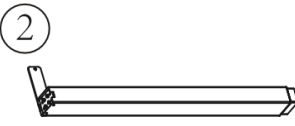
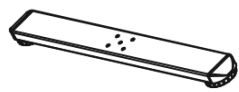

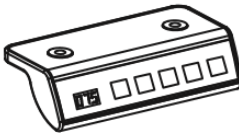
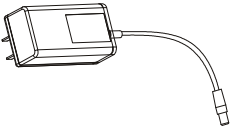



- **WARNING:** Read all safety instructions and all instructions. Failure to follow the warnings and instructions may result in electric shock, fire, and/or serious injury.
- Before installation, check that all accessories are complete and undamaged. If this is not the case, please contact our customer service.
- Keep these instructions in a safe place for future reference.
- Make sure that no liquids get into the connectors 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. Improper repair can lead to dangers. Opening the engine housing, control unit or control panel is prohibited.**
- If the power cord is damaged, it must be replaced by the manufacturer or qualified personnel to avoid hazards.
- Do not pull the mains plug out of the socket by the connection cable, but grasp the mains plug.
- Check that the voltage on the board type matches your power supply. Use the desk only with the included power adapter.
- **Warning: When setting up your desk, make sure that the power cord is not pinched or damaged.**
- Protect the device and cables from moisture, direct sunlight and shocks.
- Avoid exceeding the load capacity of the desk to avoid instability and possible injury.
- Make sure the support surface is stable and sturdy enough to support the desk and its load.
- Use the supplied mounting screws accordingly. Do not overtighten.
- Improper use of the desk for anything other than its intended function as furniture may pose a health and safety risk and cause property damage.
- **Caution! This desk is not intended for use by persons (including children) with reduced physical, sensory or mental abilities or lack of experience and knowledge, unless they are supervised or instructed in the use of the device by a person responsible for their safety.**
- **WARNING:** Do not leave children unattended at the desk. You cannot accurately assess the dangers of adjusting the height of the desk, which can lead to serious injury or even death.
- Children aged **12 and** over and those with limited abilities should only use the desk under supervision or after being instructed in safe use.
- **Danger!** Keep children away from small parts and packaging materials. There is a risk of suffocation.

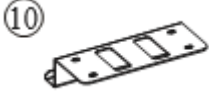



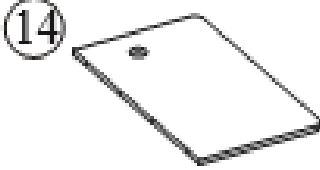

- Cleaning and user maintenance must not be carried out by children without supervision. Children are not allowed to play on, under or around the desk.
- Improper installation can cause damage to the desk. To avoid scratches, mount the desk on a soft surface.
- Make sure there is enough space around the desk to avoid collisions with objects such as computer equipment.
- Make sure the desk can move freely in both directions to avoid clogging.
- Do not expose the desk to high temperatures or extreme weather conditions.
- **Warning! Risk of crushing!** If you change the position of the tabletop, make sure that there are no objects or people in the danger zone. Keep a lateral safety distance of at least 5 cm from other furniture to avoid injury.
- **Risk of electric shock!** Never open the control unit of the table frame ! There is a risk of electric shock.
- Do not connect the table frame to the power supply until it is fully assembled.
- The control unit should only be operated with the mains voltage indicated on the plate type. Before using it for the first time, check that your mains voltage matches the voltage indicated on the board type.
- Always use the power cord provided. Make sure that the cable is not damaged. If the cable is damaged, contact us for a replacement.
- Do not run the power cords near heat sources! The cable can be damaged by heat, resulting in a risk of fire or electric shock.
- Disconnect the table frame from the power supply if it will not be used for an extended period of time or if it is in standby mode.
- **Caution!** The mechanisms are not designed for continuous operation. Do not adjust the height of the desktop 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.
- Use the desk only in enclosed spaces. Protect the desk, especially all electrical components, from moisture, dripping and splashing water.
- **Usage:** This desk is designed as a work surface that can be adjusted between sitting and standing. It should only be used indoors and in a dry environment, such as an office.

2. Product Overview


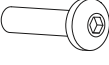













2.1 Part designation



 <p>Right Table Leg (x1)</p>	 <p>Left Table Leg (x1)</p>	 <p>Base (x2)</p>
 <p>Transmission rod (x1)</p>	 <p>Control Panel (x1)</p>	 <p>Power supply (x1)</p>
 <p>Side plate (x2)</p>	 <p>Left crossbar (x1)</p>	 <p>Right crossbar (x1)</p>

 <p>⑩ Connectors (x1)</p>	 <p>⑪ Table top (x1)</p>	 <p>⑫ Table top (x1)</p>
 <p>⑬ Table top (x1)</p>	 <p>⑭ Table top (x1)</p>	 <p>⑮ Cable Clamp (x1)</p>

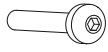
2.2 Parts List

<p style="text-align: center;">A</p>  <p style="text-align: center;">Screw M6×11 mm (x8)</p>	<p style="text-align: center;">B</p>  <p style="text-align: center;">Screw M5×35 mm (x8)</p>	<p style="text-align: center;">C</p>  <p style="text-align: center;">Screw M6×12 mm (x4)</p>
<p style="text-align: center;">D</p>  <p style="text-align: center;">Screw M5 x 12 mm (x4)</p>	<p style="text-align: center;">E</p>  <p style="text-align: center;">Screw M5 x 15 mm (x40)</p>	<p style="text-align: center;">F</p>  <p style="text-align: center;">Wooden tip (x12)</p>
<p style="text-align: center;">G</p>  <p style="text-align: center;">Hex wrench S=5mm (x1)</p>	<p style="text-align: center;">H</p>  <p style="text-align: center;">Hex wrench S=2mm (x1)</p>	<p style="text-align: center;">I</p>  <p style="text-align: center;">Cable Clamp (x2)</p>
<p style="text-align: center;">I</p>  <p style="text-align: center;">Desktop connectors (x4)</p>	<p style="text-align: center;">K</p>  <p style="text-align: center;">Headphone Mount (x2)</p>	<p style="text-align: center;">L</p>  <p style="text-align: center;">Cable opening (x2)</p>
<p style="text-align: center;">M</p>  <p style="text-align: center;">Desktop connectors (x2)</p>	<p style="text-align: center;">N</p>  <p style="text-align: center;">Adjustable foot (x4)</p>	<p style="text-align: center;">O</p>  <p style="text-align: center;">Wrench (x1)</p>

SPARES



A
M6x11mm (x1)



B
M6x35mm (x1)



C
M8x12mm (x1)



D
M5x12mm (x1)



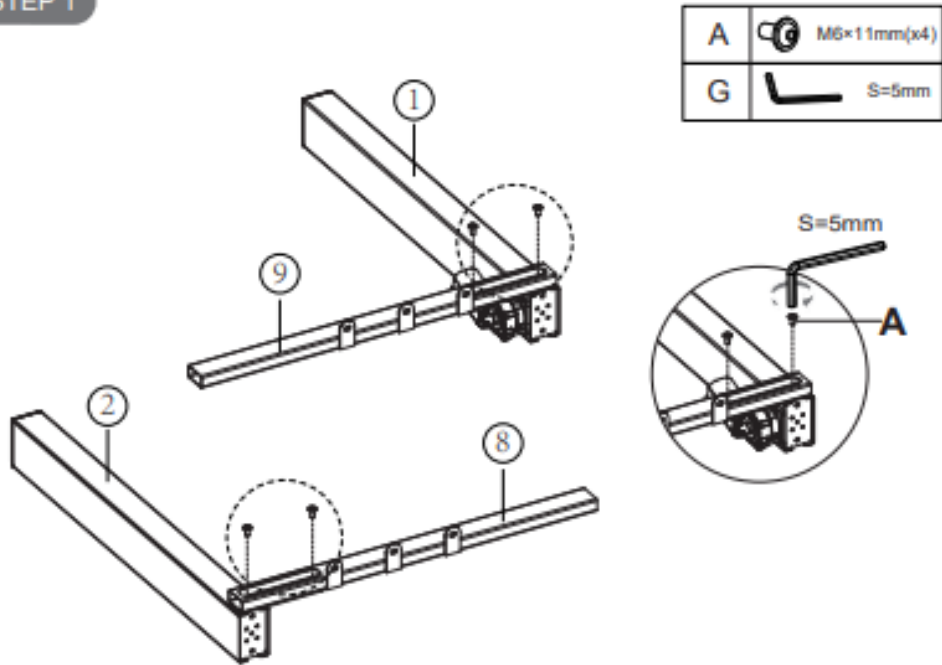
E
M5x15mm (x2)



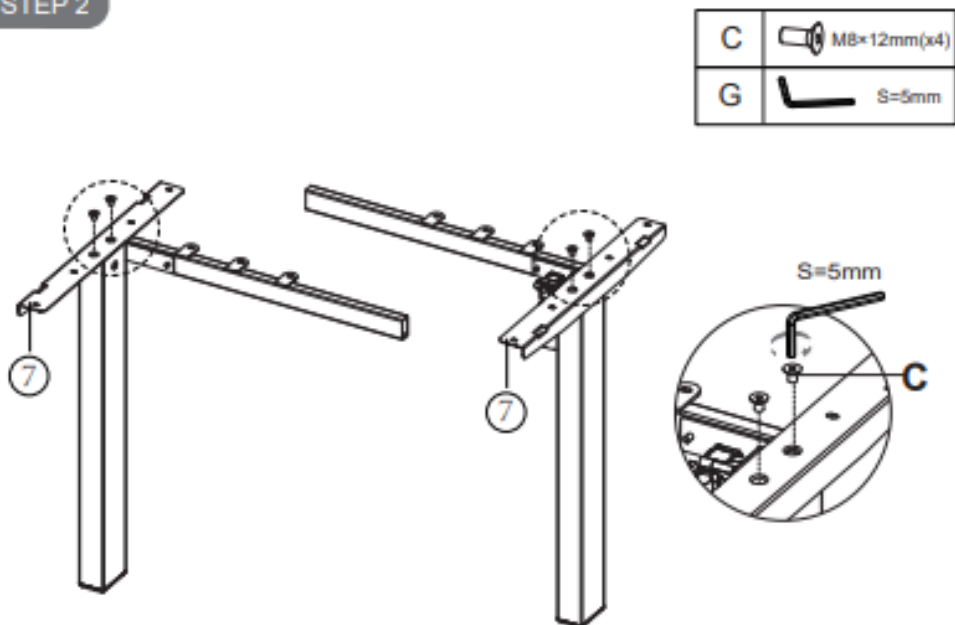
F
Wood Tip (x2)

3. Assembly





STEP 1

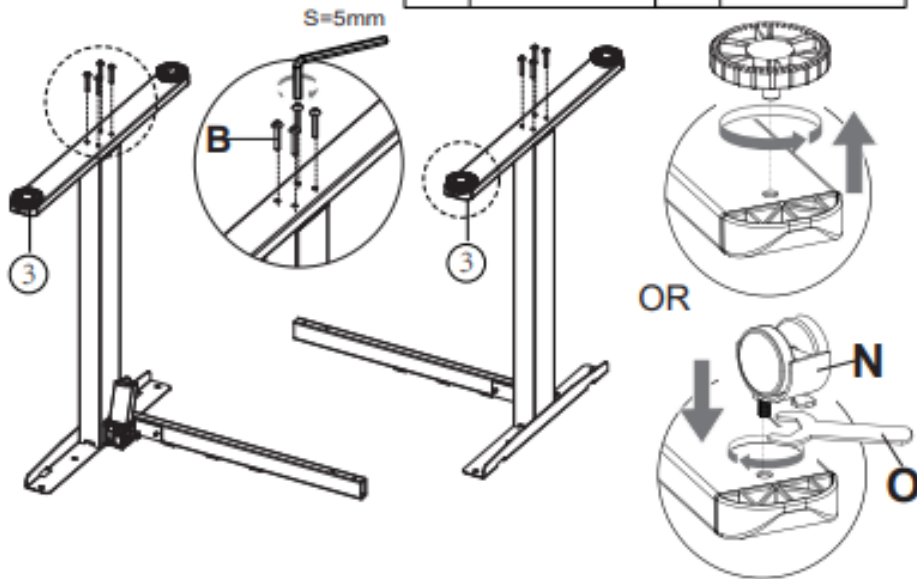


STEP 2



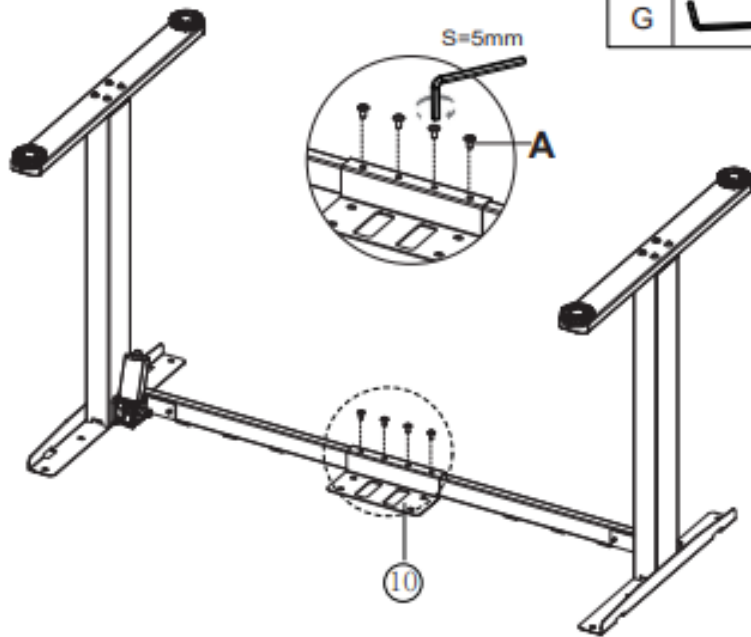
STEP 3

N	 Foot pads (x4)	B	 M6x35mm(x8)
O	 Spanner	G	 S=5mm



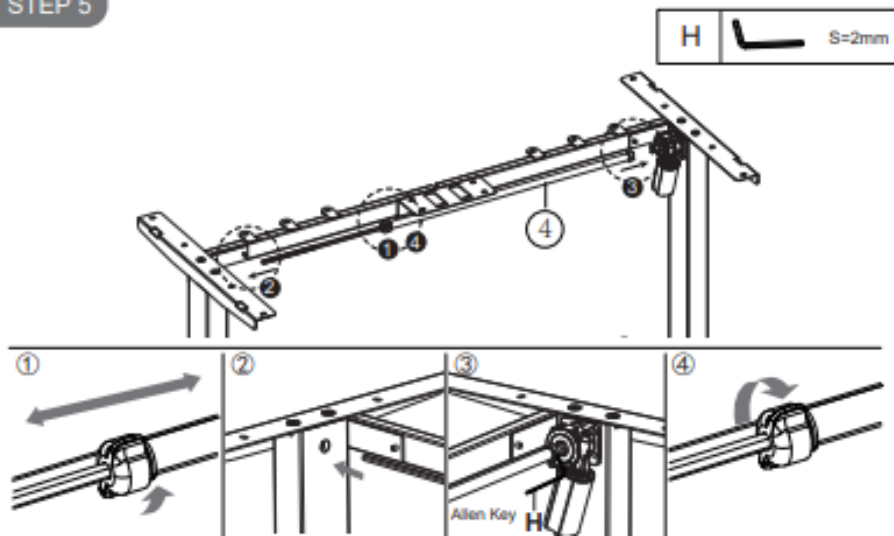
STEP 4

A	 M6x11mm(x4)
G	 S=5mm



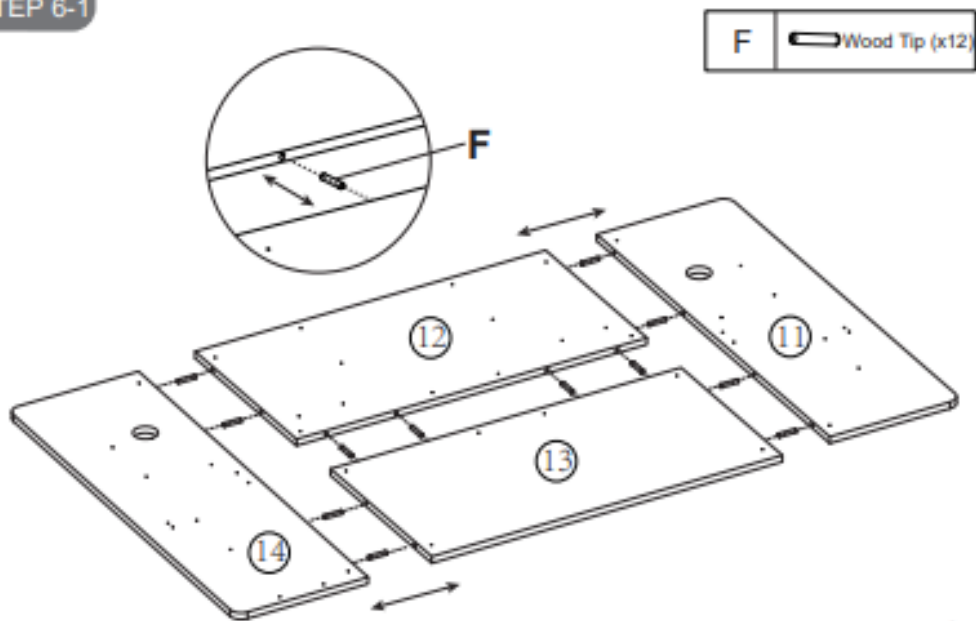
04

STEP 5



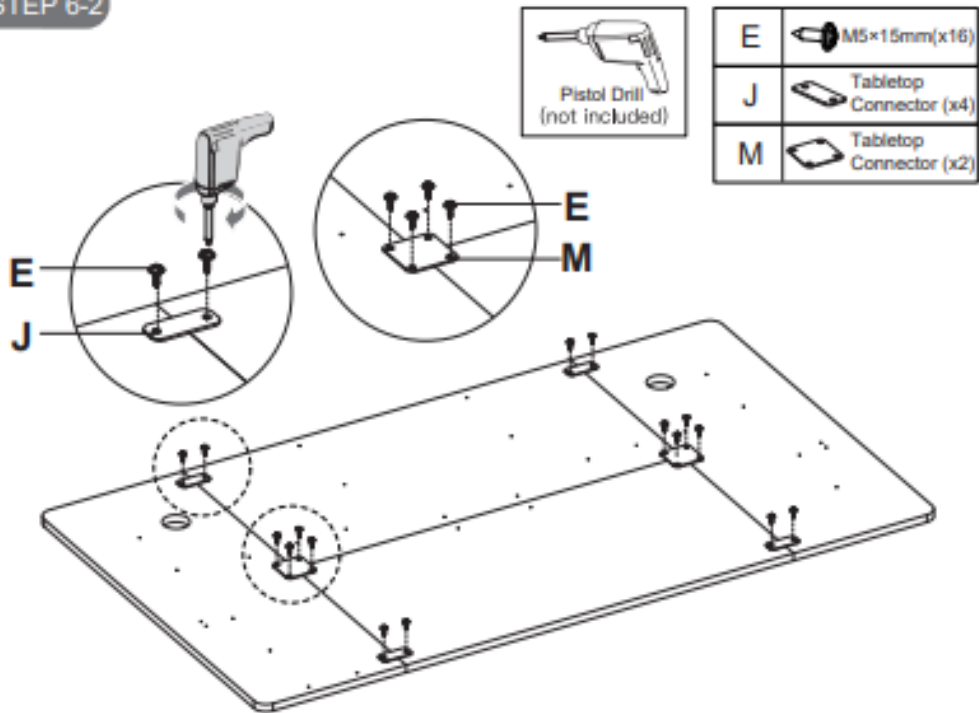
1. Loosen the knob
2. Insert the transmission rod into the hexagonal hole and rotate the transmission rod clockwise until the left leg reaches the lowest position.
3. Insert the other end of the gear rod into the slot on the leg (you can easily twist the rod off for better installation). Secure the transmission rod rod in the slot by tightening the pre-assembled set screw with the small hex wrench.
4. Tighten the knob firmly.

STEP 6-1

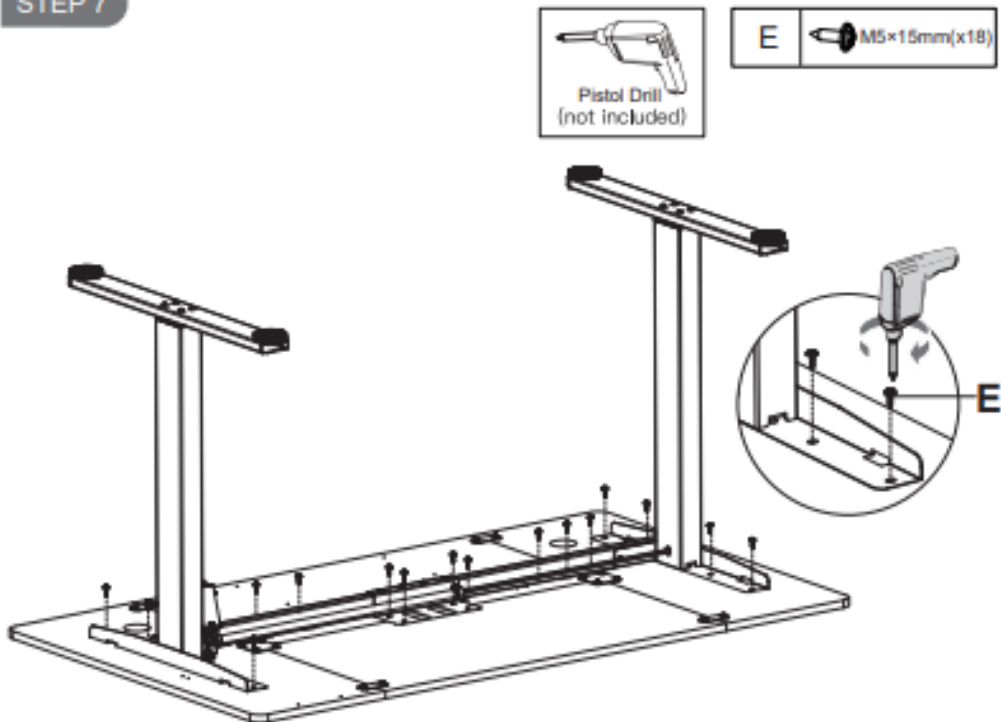


05

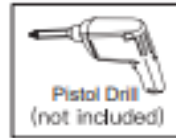
STEP 6-2



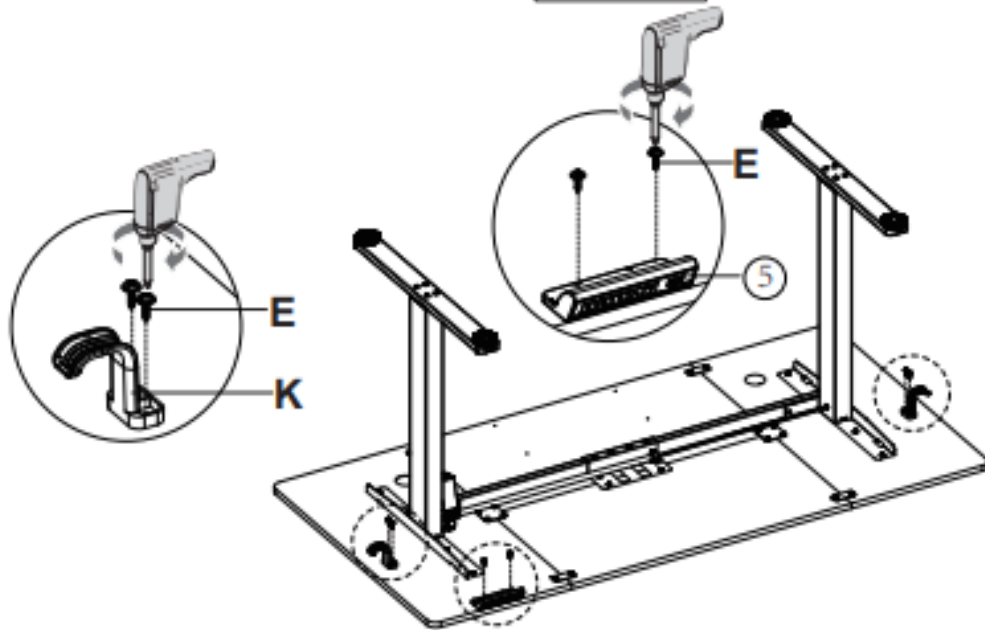
STEP 7



STEP 8

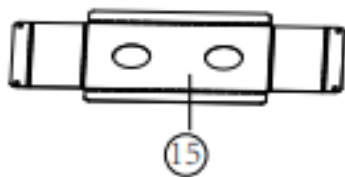


E	M5×15mm(x6)
K	Headphone Hanger (x2)

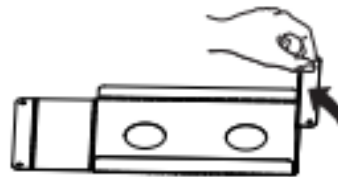


STEP 9-1

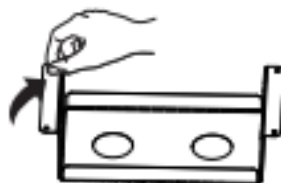
1



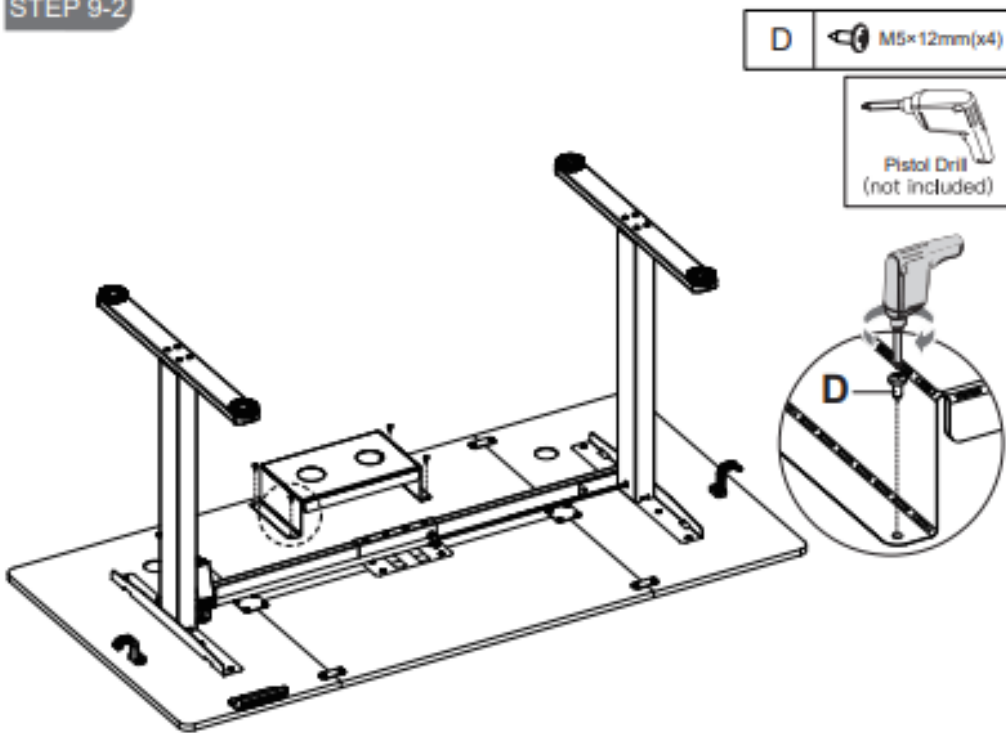
2



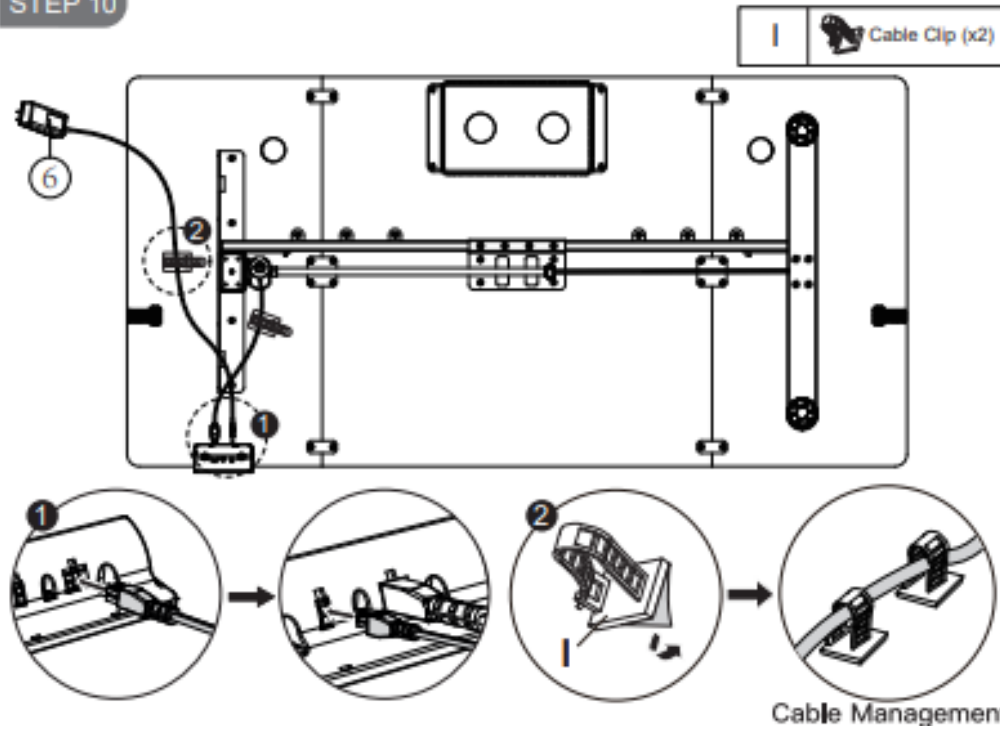
3



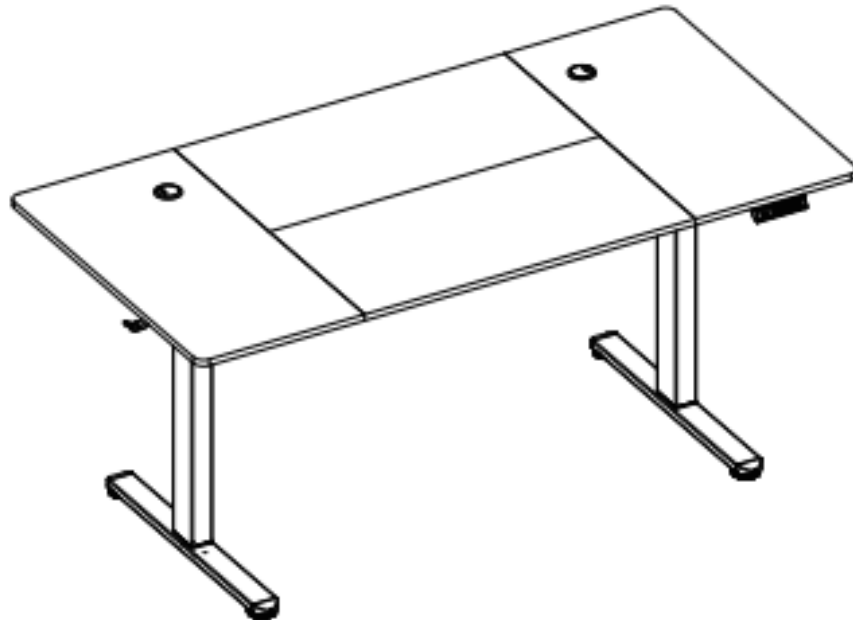
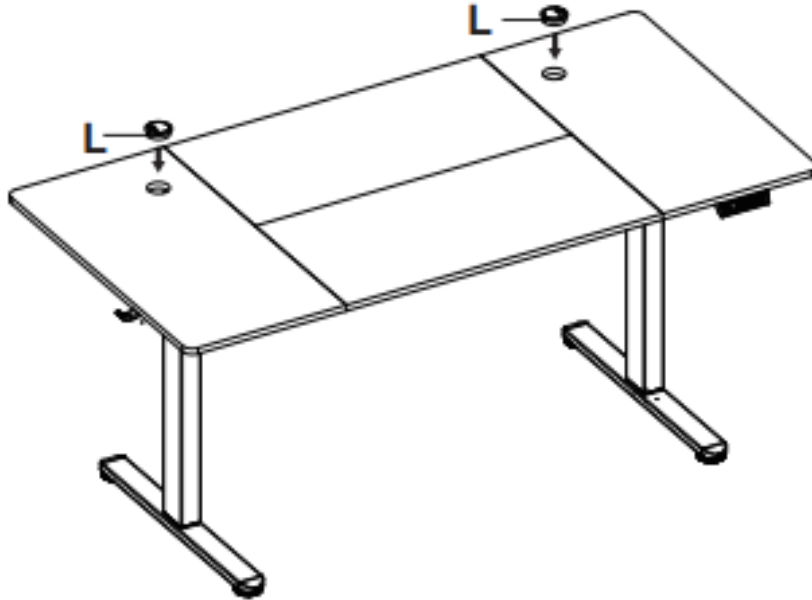
STEP 9-2



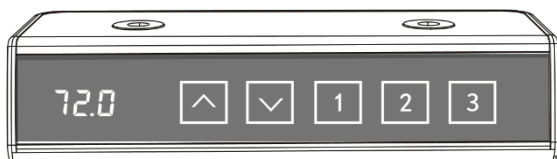
STEP 10



STEP 11



4. Operation




LED Indicator: Just press any button to wake up the display.




Preset heights: Press buttons 1, 2, or 3 to move the desktop to the preset heights you have saved.



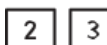
Increase height: Press and hold the  button. Release at the desired height or stop automatically at maximum height (118 cm/46.5").




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



Set your preferred height: Adjust the desktop to your preferred height, then press and hold the corresponding number key (1, 2, or 3). Press and hold until the LED flashes for 3 seconds, indicating that the altitude has been saved.



RESET

Reset desktop: Press and hold the  button for 5 seconds. The display shows "RES", which means that the desk resets to the lowest setting before it rises slightly.

Protection Mode and Error Codes

Code	Description of the problem	Recommended action
Hot	Overheat protection: motor stops to prevent damage in continuous operation.	Discontinue use immediately. Allow the engine to cool down before resuming the adjustments.
E10	Sensor malfunction warning: The engine safety sensor cannot be detected.	Turn off the device, unplug the controller cables, wait 5 minutes, reconnect, and perform the reset.
E20	Overload Warning: Exceeding the maximum load capacity.	Remove excess weight, turn off the device, turn it back on and repeat the process.
E02	Operating Status Warning: The desk stops when excessive vibration, shock, or incorrect tilt is detected.	If incorrect, follow the reset instructions before resuming use.
E32	Surge protection: Input voltage too high for safe operation.	Turn off the device, make sure the correct power adapter is used, wait 5 minutes, reconnect, and reset.
E31	Low voltage protection: input voltage too low for normal operation.	Power off, check the power supply, wait 5 minutes, plug it back in and reset.
-	Cable Disconnect Warning: Disconnection detected in the controller cables.	Power off, unplug the controller cable, wait 5 minutes, plug it back in and reset.

- **Engineering Mode Settings**

Function	Service	Selection	Adaptation	Save Setting
Change Displayed Unit (Un)	Long press the 3 until "S" appears	Press 3 again, "UN" will appear	Press ▲ or ▼ to switch between "SI" or "In"	Press 3 to save the setting
Collision Force Detection	Long press the 3 until "S" appears	Press 3 again, then ▲ or ▼ to switch to "CF"	Press ▲ or ▼ to select "off", "low", "normal" or "heavy"	Press 3 to save the setting

5. Technical data

Model	AR-HE-HST160W	AR-HE-HST160B	AR-HE-HST160H
EAN	4252023126649	4252023126656	4252023126663
Colour of the table top	white	Wood-like brown	Wood-like beige
Maximum load	70 KG	70 KG	70 KG
Size of table top	1600*800mm	1600*800mm	1600*800mm
Altitude range	720-1180 mm	720-1180 mm	720-1180 mm
Nominal voltage	AC 100V-240V	AC 100V-240V	AC 100V-240V
Velocity	20mm/s	20mm/s	20mm/s
Memory height	3	3	3
Net weight	25.75 kg	25.75 kg	25.75 kg

6. Cleaning and care

- **Cleaning:**
 - Clean the desk regularly with a dry cloth.
 - For a more thorough cleaning, use a cloth dampened with mild cleaner.
 - Do not use abrasives that could damage the surface.
 - The control unit, the control panel and the table frame should only be cleaned with a dry or slightly damp cloth. No liquid must enter the system (control unit, control panel, cables and frame).

- **Regular maintenance checks:**
 - Check the screws every three months and tighten them again to maintain stability and quality.
 - Make sure that the desk remains functional and safe through regular maintenance.
 - Do not allow children to perform maintenance or cleaning without adult supervision.

7. Environmentally friendly disposal

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

7.1 Disposal and packaging

- The packaging of your device is made of materials necessary to ensure effective protection during transport. These materials are fully recyclable, thus reducing the environmental impact. Dispose of the packaging in a recycling bin.

7.2 Disposal of WEEE

- WEEE must be disposed of in accordance with local waste management guidelines and regulations. Contact your local administration via the address of the nearest recycling center and hand in your device there.



The symbol of the crossed-out dustbin on an OLD electrical or electronic device means that it must no longer be disposed of in household waste at the end of its life. Collection points for electrical and electronic waste are available to you in your area for free returns. You can obtain the addresses from your city or municipal administration. You can www.arebos.de find out about other return options we have created on our website.

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

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

E-mail: info@arebos.de

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

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

Sales tax identification number: DE 263752326

Commercial register court is Würzburg, HRB 10082

WEEE-Reg. No. DE 61617071

EU Declaration of Conformity



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

You declare under your sole responsibility that the following product:

Brand **AREBOS**
Product Height-adjustable desk
Product Model AR-HE-HST160W/B/H
Article 4252023126649/4252023126656/4252023126663

has been designed, engineered and manufactured in accordance with the requirements of European directives: Directive 2014/35/EU
2014/30/EU
2011/65/EU

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

The evaluation is 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.