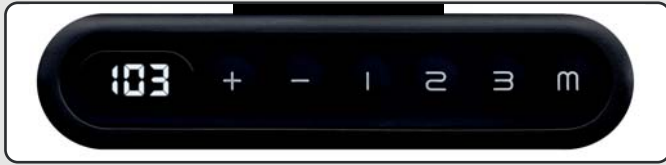


# Progress Plus Advanced Keypad User Guide



## Setting the Base Sensitivity

Using the keypad, hold **-** button until the base reaches the lowest point. Continue to hold **-** button until the LED display flashes "RST".

Press and hold **+** button (for upto 5 seconds). The handset should display either:

10.5 - 10kg (high sensitivity) | 10.6 - 15kg (medium sensitivity) | 10.7 - 20kg (low sensitivity)

Hold **+** button until the desired sensitivity setting is shown, then release the button.

To complete the process, hold **-** button until the desk lowers then slightly rises.

## Setting Upper & Lower Height Restrictions

To set a lower height restriction, press and hold **-** until the desired height is reached. Press **M**, followed by **-**. Complete the process by holding **M** until the display flashes '000'.

To set an upper height restriction, press and hold **+** until the desired height is reached. Press **M**, followed by **+**. Complete the process by holding **M** until the display flashes '999'.

To reset the height restriction, press **M** and release. Then hold **M** until the LED display shows '555'.

## Select Units (inches/cm)

Press the **-** button until the base reaches its lowest position. Press the **-** button again for 5 seconds until the LED flashes "RST".

Press and hold the **2** button to switch settings. The display will automatically return to flashing "RST".

Press the **-** button until the base has lowered a little more and then slightly risen. The new setting will be displayed. Repeat the process to switch back.

## Setting a Memory Preset

At the desired height, press the **M** button once. The display will change to "S hyphen". Select and press one of the memory preset buttons (1, 2 or 3). The position has been saved.

The preset positions can now be used by pressing the relevant button (1, 2 or 3).

Using the **+** and **-** buttons, move the base to the next desired position and repeat the process.

## Lock/Unlock the Keypad

To lock the keypad, press and hold **M** button for 8 seconds until the LED display switches to "S hyphen" and then to "LOC". Release the button.

To unlock, press and hold **M** button for 8 seconds until the LED display switches to display the height display. Release the button.

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# Sit-Stand App User Guide

Compatible when purchased with Progress Plus Advanced Keypad PPKP/ and Keypad Dongle PPKPD

**STEP 1**

**Download**

Download the Sit-Stand app from the App Store on IOS Devices or Google Play on Andoid Devices.

**STEP 2**

**Get Started**

Insert the Keypad Dongle (PPKPD) into the port marked 'F' on the control box, located on the underside of the desk.

Please ensure your mobile device Bluetooth is set to ON.

**STEP 3**

**Connect Your Device**

**Connect**

From the homescreen, select "Connect" in the top right-hand corner and "Search nearby devices" to browse for all available bluetooth devices within range and select the desk you wish to connect to.

If your dongle was supplied with a QR Code, "Scan QR Code" will access your camera to scan the code and connect automatically.

**STEP 4**

**Equipment Control**

Once a device is connected, this can be controlled using the Equipment Control interface.

**Height Adjustment**

**PRESS UP** for raising the height of the desk.

**PRESS DOWN** to lower the height of the desk.

**Controls**

- SITTING POSITION MEMORY
- MEMORY FUNCTION
- STANDING POSITION MEMORY
- SETTINGS

**Memory Setting**

To save the current height as a sitting position, press the MEMORY FUNCTION button, and select the SITTING POSITION button. A message will show to confirm the memory has been saved.

To save the current height as a standing position, press the MEMORY FUNCTION button, and select the STANDING POSITION button. A message will show to confirm the memory has been saved.

**Health Programming**

To access the "Health Program" interface on an IOS device, select SETTINGS and choose SEDENTARY REMINDER.

Once your work hours have been entered, a daily standing goal can be set. Your progress against this goal will be tracked on the History/Stat interface.

To activate reminders, you will be required to select how many minutes after sitting you would like a notification. A ring tone can be selected by activating ring tones/ringer in the app.

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# Sit-Stand App Health Programming



To access the Health Program interface on an *IOS* device, select SETTINGS and choose SEDENTARY REMINDERS.



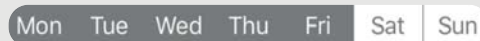
To access the Health Program interface on an *Android* device, select SETTINGS and press the arrow next to SEDENTARY REMINDERS.

## Work Time

*To ensure you only receive notifications and reminders during your working hours, this section requires you to select the days of the week you work, and then set your AM and PM working hours, excluding your lunch break.*

Use the touch screen to highlight the days you work, then select the time entry window below. Use the keyboard to enter your working hours excluding your lunch break in the AM and PM boxes.

The example below shows the completed entry for a Monday to Friday, 08:30 to 17:00 working pattern, with a 45 minute lunch break.



Time Entry Window

AM	08 : 30	To	13 : 00
PM	13 : 45	To	17 : 00

## Health Plan

*Health Plan allows you to set a daily goal for time spent standing at work, tracking your progress against an objective.*



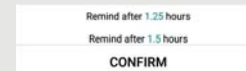
Turn on Health Plan by using the slider tool to select a % split between sitting and standing.

You will notice, based on your selection on the slider button, the above field will auto populate with how many minutes this % translates into.



The default daily standing goal on an android device will be 1.0 hour. This can be altered by selecting the grey box that contains 1.0 hour, and choosing one of the preset increments from 15 minutes to 4 hours.

Daily Standing Goal 1.0 hour



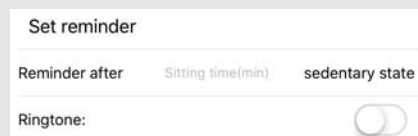
PLEASE NOTE: Time spent standing will only be tracked when the desk height is at or above the standing position set within the app. Refer to the Sit-Stand App User Guide for setting memory positions.

## Sedentary Reminders

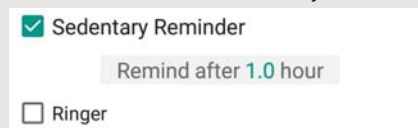
*Sedentary reminders aim to encourage users to adopt a healthy lifestyle at work and decrease their time spent sitting for long periods.*



To activate reminders on an *IOS* device, use your keyboard to select how many minutes after sitting you would like a notification. A ring tone can be selected by turning ON ring tones using the toggle switch. There are 4 different tones to choose from.



To activate reminders on an *android* device, select the tickbox labelled Sedentary Reminders. The default reminder will be set to 1.0 hour. This can be altered by selecting the grey box that contains 'Reminder after 1.0 hour'. A ring tone can be selected by activating Ringer using the adjacent tickbox. You will be able to select a tone from your devices standard alerts.



### Aim to stand up every 20 minutes

"New science shows that standing up about every 20 minutes, even for only a minute or two, reduces your risks of developing diabetes and heart disease."

Gretchen Reynolds, Writer of New York Times 'Phys Ed' Column

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# Progress Plus Fault Resolution Guide

This guide can be used to resolve minor faults that may occur when operating Progress Plus workstations. Faults will be indicated by an error code presented on the keypad or within the mobile app.

## Resetting the Base

A number of errors can be resolved by performing a system reset. This should be carried out using the keypad and not the mobile application. To reset the system, lower the bench to the lowest point using the  button on the keypad. Release and hold the  button on the keypad for 5 seconds until the LED flashes "RST". Hold the  button again until the base has lowered a little more and then slightly risen. The workstation is now reset.

Error Code & Description	Fault	Recommended Action
E01 M1 Overcurrent Protection	Overload detected on M1 linear actuator	Step 1. Remove excess load.   Step 2. Reset System.
E02 M2 Overcurrent Protection	Overload detected on M2 linear actuator	Step 1. Remove excess load.   Step 2. Reset System.
E03 N/A	N/A	Error code not applicable on model provided. Reset system and contact Customer Services if error code persists.
E04 N/A	N/A	Error code not applicable on model provided. Reset system and contact Customer Services if error code persists.
E05 N/A	N/A	Error code not applicable on model provided. Reset system and contact Customer Services if error code persists.
E06 N/A	N/A	Error code not applicable on model provided. Reset system and contact Customer Services if error code persists.
E07 M1 Hall Error	Control Box - Faulty or missing cable	Step 1. Swap M1 & M2 cables in control box.   Step 2. Reset System.   Step 3. If E07 still shows, replace control box. If new error E08 shows, fault lies with M2 cable or column.
E08 M2 Hall Error	Control Box - Faulty or missing cable	Step 1. Swap M1 & M2 cables in control box.   Step 2. Reset system.   Step 3. If E08 still shows, replace control box. If new error E07 shows, fault lies with M1 cable or column.
E09 N/A	N/A	Error code not applicable on model provided. Reset system and contact Customer Services if error code persists.
E10 N/A	N/A	Error code not applicable on model provided. Reset system and contact Customer Services if error code persists.
E11 N/A	N/A	Error code not applicable on model provided. Reset system and contact Customer Services if error code persists.
E12 N/A	N/A	Error code not applicable on model provided. Reset system and contact Customer Services if error code persists.
E13 Communication Interruption	Interruption between control A and B	System Reset required.
H01 Overheat Protection	Mechanism running for too long	Immediately disconnect from mains. Wait 30 minutes before turning back on.
888/000 Keypad Error	Faulty Keypad	Replace keypad. Contact Customer Services.
LOC Handset Locked	Keypad Locked	Unlock handset. Press and hold the  button for 8 seconds until the LED display shows the height display. Release the button.
No Display	Mains power not detected	Check power adaptor fitted correctly into AC socket and ensure power supply is turned on. If problem persists, replace control box. Contact Customer Services.

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