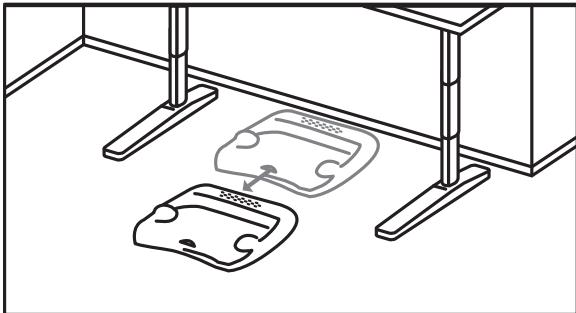


Package Contents:



E7 Small Active  
Anti-Fatigue Mat



### Step 1

This mat can be stowed under your desk while you are seated. To easily move it, slip your heel into the notch on the back of the mat, and draw it toward you.

Give yourself a few minutes to stand on the mat and get a feel for the points of balance. The mat is not for use with high heels or pointy shoes, as they may damage the mat and affect your ability to safely stand.

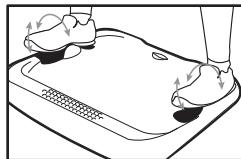
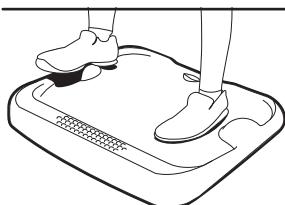
See Step 2 for several ergonomic postures you can use while working.



### Step 2

You can engage several parts of the E7 Small Active Anti-Fatigue Mat:

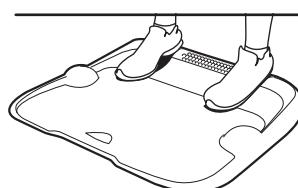
**The Center** - Stand with your feet facing forward on the flat surface in the middle of the mat. This allows for more traditional standing postures, and takes pressure off the legs and feet.



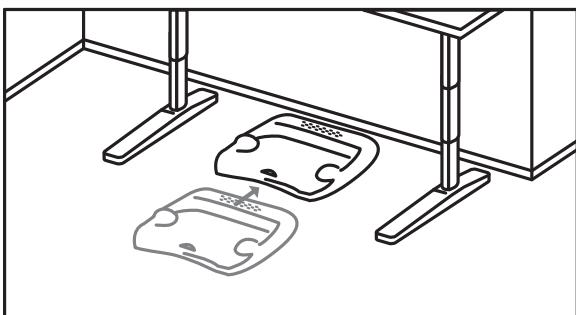
**The Sides** - The sides of the mat have massage mounds, which help stretch the arches of your feet and your ankles. Remove your shoes for additional stretching. Step up one foot at a time, or stand with both feet firmly planted on the massage mounds of the mat for more of a stretch.



**The Front** - Standing on the raised front ridge allows you to balance on the mat with both feet and stretch your calves. Remove shoes to massage your feet on the front ridge's textured surface; this maximizes the massage experience and prolongs the life of the mat's textured surface.



**Reversed Mat** - Turn the mat around and stand on it in the opposite orientation, with the back of the mat facing the front. Standing this way stretches your calf muscles and gives your heels a break when standing on the raised back ridge.



### Step 3

This mat is designed to easily stow underneath your desk with your foot; simply push it forward to store it.

## CAUTIONS & WARNINGS

- ▲ **CAUTION:** Read all Warnings and Cautions before using the E7 Small Active Anti-Fatigue Mat.
- ▲ **CAUTION:** Only set the mat on dry, stable surfaces.
- ▲ **WARNING: Do not jump or attempt to bounce on the mat.**
- ▲ **CAUTION:** If you do not understand any part of these warnings, cautions, or instructions, contact UPLIFT Desk for direction in the use of this product.
- ▲ **CAUTION:** If the product is damaged, contact UPLIFT Desk immediately. DO NOT use the product.
- ▲ **CAUTION:** Do not wear high heels when using this product. High heeled shoes are less stable, and the heels may puncture and damage the standing surface.
- ▲ **WARNING:** UPLIFT Desk assumes no responsibility for any damage or injury caused by improper use of this product.
- ▲ **WARNING:** To avoid falling, keep your hands close to a stable surface. If needed, have someone nearby help you until you know the balance points of your E7 Small Active Anti-Fatigue Mat.
- ▲ **WARNING:** To avoid tripping while the mat is not in use, move it out of the way.
- ▲ **WARNING:** Consult a physician before beginning any exercise regimen.
- ▲ **WARNING:** By using the E7 Small Active Anti-Fatigue Mat you agree to assume and accept all risks of bodily injury due to your use of the E7 Small Active Anti-Fatigue Mat.

 **Copyright Notice:** This guide is a component of the UPLIFT Desk E7 Small Active Anti-Fatigue Mat. This guide is a part of the scope of delivery, even if the item is resold. This guide is also available on the UPLIFT Desk website: [upliftdesk.com](http://upliftdesk.com). Excerpts or copies may not be forwarded to third parties or used in any other published form without the prior written consent of UPLIFT Desk. These instructions are subject to United States copyright law.