

# P1 ELITE

Professional Adjustable Height Desk System



INSTALLATION MANUAL



# BEFORE YOU BEGIN

## Congratulations on the purchase of your new P1 ELITE!

Enjoy the health and productivity benefits that come from using an active workstation. The innovative pre-assembled design cuts installation time by 75% compared to standard adjustable desks on the market. This is a next generation electric standing desk, complete with whisper-quiet motors, heavy lifting capacity, and stable work surface. The intuitive height control paddle enables smooth, double-tap height changes and subtle visual reminders to change position.

**DISCLAIMER: DO NOT PLUG IN THE POWER SUPPLY UNTIL YOU HAVE COMPLETED ALL STEPS AND ARE READY TO RAISE THE DESK HEIGHT. BOTH LEGS MUST BE PLUGGED INTO THE CONTROL BOX BEFORE POWER IS FIRST ENABLED.**

### P1 ELITE



### P1 ELITE+



# STEP 1

## DESK ASSEMBLY PARTS

Place Tabletop upside-down on a soft surface.



# ASSEMBLY INSTRUCTIONS

## STEP 2

### PLACE LEGS INTO BASE

#### FOR THE ELITE

There are (2) Columns and (2) Feet



#### FOR THE ELITE+

There are (4) Columns and (2) Feet



## STEP 3

### ATTACH LEG MOTOR CABLES TO LEG



# ASSEMBLY INSTRUCTIONS

## STEP 4

PLACE CLAMP ON LEG AND PRESS DOWN



## STEP 5

PLACE LOCK IN CLAMP

Firmly press the Lock into place using your foot. When you hear a clicking sound, the Lock is secured.





## STEP 6

REPEAT STEPS 3-5 FOR OTHER LEG.



## STEP 7

PLACE FOOT ON COLUMN AND ALIGN BOLT HOLES. INSERT SUPPLIED BOLTS THROUGH FOOT INTO COLUMN AND LOOSELY TIGHTEN.

X4 BOLTS PER COLUMN

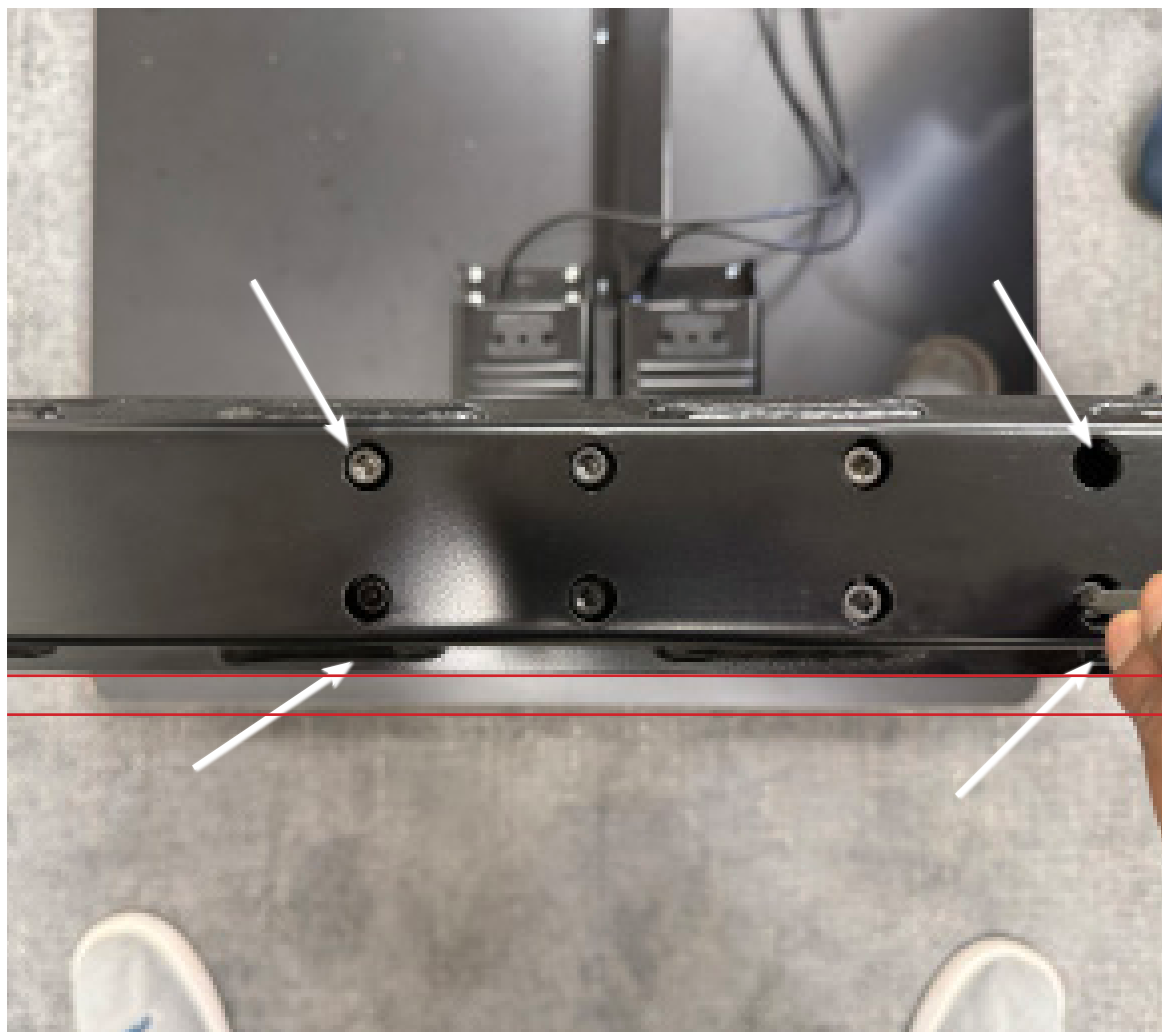
MAKE SURE TO START  
THREADING BOLTS IN  
CAREFULLY TO AVOID  
STRIPPING



## STEP 8

BEFORE FINAL TIGHTENING OF THE BOLTS, VISUALLY ALIGN FOOT WITH DESK TOP EDGE TO ENSURE FOOT IS ATTACHED STRAIGHT. WHEN STRAIGHT, SNUG BOLTS HAND-TIGHT.

FOR THE ELITE+ STARTING IN EACH CORNER FIRST, THEN MOVE TO THE INNER BOLTS.



Visually align foot with desk edge to ensure foot is running parallel with desktop edge

## STEP 9

TIME TO FLIP THE DESK (WITH A FRIEND!)



**NOTE:** DO NOT ROTATE AND INSTALL HANDSET YET AS IT CAN BE DAMAGED WHEN FLIPPING THE DESK



CAREFULLY ROTATE THE DESK ON THE LONG EDGE OF THE SURFACE SO THE END OF THE FEET TOUCH THE FLOOR.



THEN CAREFULLY (WITH TWO PEOPLE) LIFT THE SURFACE AND ROTATE SO THE DESK SITS ON THE FEET.

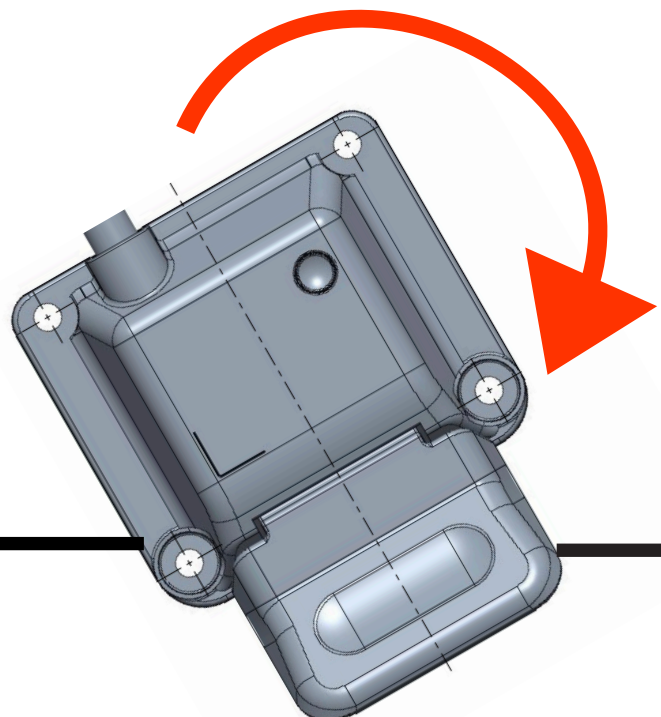


**NOTE: DO NOT SLIDE THE DESK ON THE FLOOR! ALWAYS LOWER THE DESK TO ITS LOWEST SETTING AND LIFT THE DESK WITH TWO PEOPLE TO MOVE INTO PLACE.**

SLIDING CAN RESULT IN DAMAGE TO THE LIFTING COLUMNS AND MAKE THE DESK LEGS NOT PERPENDICULAR TO THE FLOOR.

## STEP 10

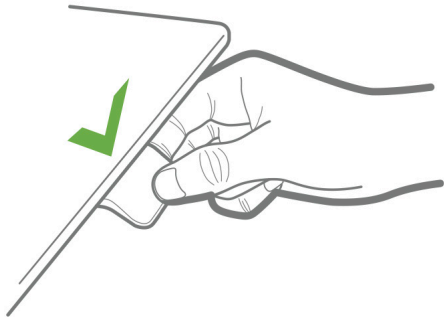
FROM UNDERNEATH THE DESK, ROTATE THE CONTROLLER INTO PLACE AND INSERT THE (3) REMAINING SCREWS INTO THE PRE-DRILLED HOLES AND HAND TIGHTEN UNTIL SNUG.



# PROGRAMMING YOUR CONTROLLER

## STEP 11

NOW YOU CAN PLUG IN YOUR DESK TO AN OUTLET AND BEGIN THE SETUP PROCESS!



**Pro Tip:** Mark this page or remember these steps as these are the first step to re-setting your desk or troubleshooting your desk should it not function properly at some point.

This is the final step to get your brand new P1 Desk ready for use! To initialize your desk:

**STEP 1.** Hold Down button on desk panel to ensure the desk is retracted to its lower limit (whether it's the fully retracted hard stop, or a configured lower limit).

**STEP 2.** Briefly release Down

**STEP 3.** Press and hold Down for 5 seconds, wait until all desk movement has stopped, then release

- a. If initialization is successful, you should see a slight up/down "handshake" movement of the desk legs
- b. You should also see E01 during this part of the procedure.

Gently lift up on the control paddle to raise the desk and gently press down to lower the desk.

The above steps are also used to "reset" the desk in case of unplugging the desk, loss of power, or to

**DOWNLOAD THE CONTROL APP FROM THE APP STORE USING THE QR CODES BELOW.**



Apple App Store



Google Play Store

# PROGRAMMING YOUR CONTROLLER



## **DANGER**

Failure to comply with these instructions will result in severe personal injury.



## **WARNING**

Failure to comply with these instructions may result in severe personal injury.



## **CAUTION**

Failure to comply with these instructions can result in minor personal injury.



## **NOTICE**

Failure to comply with these instructions can result in property damage.

## **GETTING STARTED WITH THE LINAK DESK CONNECT™ APP**

**PLEASE NOTE** - iMovR uses the Linak Controller and Desk Control App for our P1 Elite Series Desks. **In the instructions below DPI refers to the paddle controller.**

### **1. Select app language**

When you have allowed Bluetooth® connection, you need to select the preferred language for the app before you continue.

### **2. Terms & Conditions**

Before you can start using the app, you need to agree to the Terms and Conditions for use of the app. Press 'Read the full Privacy Policy' and 'Read the full Terms and Conditions' to read the terms before pressing 'I AGREE'

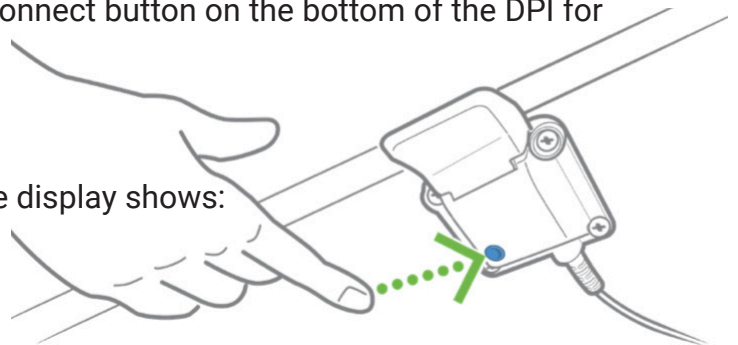
*For Android only:*

*GPS location and Bluetooth® are required for the app to scan for nearby DPIs in pairing mode. Please enable GPS location and Bluetooth® for the pairing to succeed*

### **3. To pair the app and the desk, the DPI must be in pairing mode**

Set the DPI in pairing mode by pressing the Connect button on the bottom of the DPI for 2 seconds.

To indicate that the DPI is in pairing mode, the display shows:



### **4. Press 'SEARCH FOR DESKS'**

to start searching for DPIs in pairing mode and select the relevant desk from the list of available desks and allow pairing.

# PROGRAMMING YOUR CONTROLLER

## 5. When Paired

Once the desk and the app are paired, you can set your favourite positions and enable automatic drive; or you can skip these steps.

## 6. Use your DPI to adjust your desk to your preferred sitting/standing position.

Press the relevant icon. When a position is saved, the icon turns blue.

Set both sitting and standing favourite position before pressing 'NEXT'.

## 7. Enabling Automatic Drive

Press the button to enable automatic drive, or press 'HOW IT WORKS' to get a description of this feature. Essentially, automatic drive allows the desk to move from one favourite position to the next (e.g. sitting to standing) without having to hold the controller down or up the entire time.

The 'TERMS OF USE' pops up. Press 'AGREE' to agree to these terms. Press 'DONE' to get to the 'Control' screen.

## 8. Operating the Desk Via the App

From the 'Control' screen you can adjust your desk using the up and down arrows or, if you have set any, the favourite position icons.

**NOTE:** If you close the Desk Connect™ app, it will lose connection to the DPI. When you open the app again, it shows this screen and automatically tries to connect to the DPI nearby that it has last been paired to. Please wait for the connection to be established.

Alternatively, you can tap on 'MY DESKS' to open a list of previously connected desks, or tap on 'CONNECT NEW DESK' to connect to another desk. See also My desks.

*Android only:*

*Even with the app closed, Android phones automatically try to connect to the desk (within range) last connected via the Desk Connect™ app.*

## Desk Settings

From the 'Control' screen in the Desk Connect™ app press the gear icon to access the 'Desk Settings' menu in which you can change the desk name, set the actual desk height (offset), and set desk height upper and lower limits (see next section).

## Adjusting the Displayed Desk Height

If the height shown in the display is not correct, it can be adjusted via this menu.

1. Measure the height from the floor to the tabletop.
2. Press 'Desk height'
3. Key in the actual desk height.
4. Press 'SAVE'.

# PROGRAMMING YOUR CONTROLLER

## Setting the Desk Height Limits

In this menu you can set the upper and lower desk height limits to prevent collision with for example a shelf above the desk or a cabinet placed under the desk.

1. Press 'Desk height limits'
2. Select 'Upper limit' or 'Lower limit'.
3. Use your DPI to adjust the desk to the desired upper/lower limit height.
4. Press the icon to save the actual height as the limit.

If you want to clear set limits, press 'CLEAR LIMITS' and then 'Yes' to confirm.

## Changing the Units (METRIC VS STANDARD)

1. Press 'Units'.
2. Press and highlight the desired unit. Choose between 'CM', 'MM' and 'INCH'.
3. Press the back arrow to return to the 'You' screen.

## Favourite Positions

In this menu you can set your favourite positions and delete already set positions. To change a favourite position, you need to delete it first and then set it again. Setting favourite positions:

1. Press 'Favourite positions'.
2. Use your DPI to adjust the desk to the desired height.
3. Press the sit or stand icon (or one of the stars).
4. Press 'SAVE' to save the actual desk height as the selected favourite position.
5. Press the back arrow to return to the 'You' screen.

## You Menu

In the 'You' section of the Desk Connect™ app you can set or delete your set favourite positions, enable or disable the keylock function, get an overview of your desks, enable or disable automatic drive, change the height unit, and set a reminder. To get access to these features, the app must be connected to a DPI.

## Enabling the Keylock Function

1. Press 'Keylock'.
2. Press the button to enable the keylock function. The DPI locks after 10 seconds
3. Select how to unlock the DPI.
  - 3.a. 'Double tap' (double tap the DPI to unlock it; then tilt it to adjust the desk).
  - 3.b. 'Double tap, second press to drive' (double tap the DPI to unlock it and, at the same time, adjust the desk).
  - 3.c. 'Connect button, double tap' (press the Connect button and then double-tap the DPI to unlock it; then tilt it to adjust the desk).
4. Set the time before the keylock is activated (countdown starts after the last keypress). Select 3 seconds, 6 seconds, or 10 seconds.
5. Press the back arrow to return to the 'You' screen.



# PROGRAMMING YOUR CONTROLLER

## Healthcoach & Reminders

If you enable reminders, you will be urged to change posture during the day which will improve your health and your life quality.

Setting a reminder

1. Press 'Reminders'.
2. Press the button to enable reminders.
3. Choose between preset reminders or set a custom reminder.

Preset reminders:

- 'Beginner' (be reminded after 60 minutes sitting)
- 'Average' (be reminded after 45 minutes sitting)
- 'Expert' (be reminded after 30 minutes sitting)

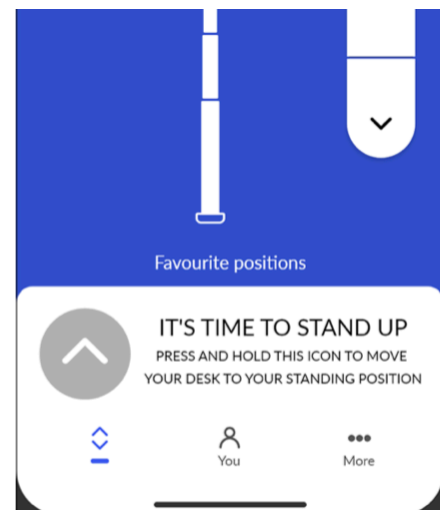
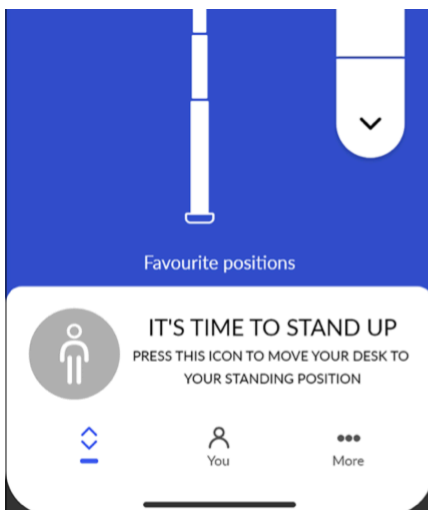
Custom reminders

1. Press 'Customize reminder'.
2. Set an interval between reminders (minimum 1 minute; maximum 180 minutes).
3. Press 'OK'.

## Reminder notifications

If you enable reminders, you will be urged to change posture during the day which will improve your health and your life quality.

- With favourite positions set, press and hold the standing icon to drive your desk to your standing height.
- With favourite positions set and automatic drive enabled, simply press the standing icon to drive your desk to your standing height.
- With no favourite position set, press and hold the arrow icon to drive your desk up until it has reached the desired height.



# PROGRAMMING YOUR CONTROLLER

## Restore

The fifth menu is 'RESTORE'. In this menu you can restore the DPI to its default settings. The default settings are the latest settings programmed via configuration. This menu is useful in case one user takes over a desk from another user.

1. Press the Connect button to enter the menu.
2. Press the Connect button again to confirm deleting all changes made since the last configuration.

In case you do not want to restore the DPI, tilt the paddle and then press the Connect button to cancel and return to the restore menu.

## Support

### Guides

1. Press 'Product guide'.
2. The app opens the DESKLINE Start webpage where you can get more information about the DPI1C and the Desk Connect™ app.
3. Press 'Product support'.
4. The app opens the DPI1C support webpage where you can view setup videos and find answers to various frequently asked questions.

# STEADYTYPE USER GUIDE

SteadyType™ is iMovR's patented technology for healthy and comfortable typing at active workstations. By creating a natural posture for your arms and wrists, the SteadyType tray minimizes strain while typing—whether you're sitting, standing, or walking. Follow these steps to fine-tune your SteadyType's positioning according to your unique body dimensions and keyboard size.

## STEP 1

### TILT ADJUSTMENT

For strain-free typing, it's essential to keep your arms and wrists in ergonomically neutral positions. Tilting your keyboard tray accomplishes this ergonomic positioning, and reduces your risk of developing repetitive strain injuries like carpal tunnel.



To tilt your tray, loosen the knob under the tray and tilt the platform to your desired angle. Then re-tighten the knob.



We recommend starting at 20° and working up to 40°. Treadmill desk users should use steeper angles to better reduce pressure on the wrists from walking.



*Tip: The ideal tension level blends firmness and flexibility. Tighten the rubberized knob until the platform tilts with two hands, but remains firm using one hand. Now there's no need to the loosen knob tension each time you move between sitting and standing – a faster transition!*



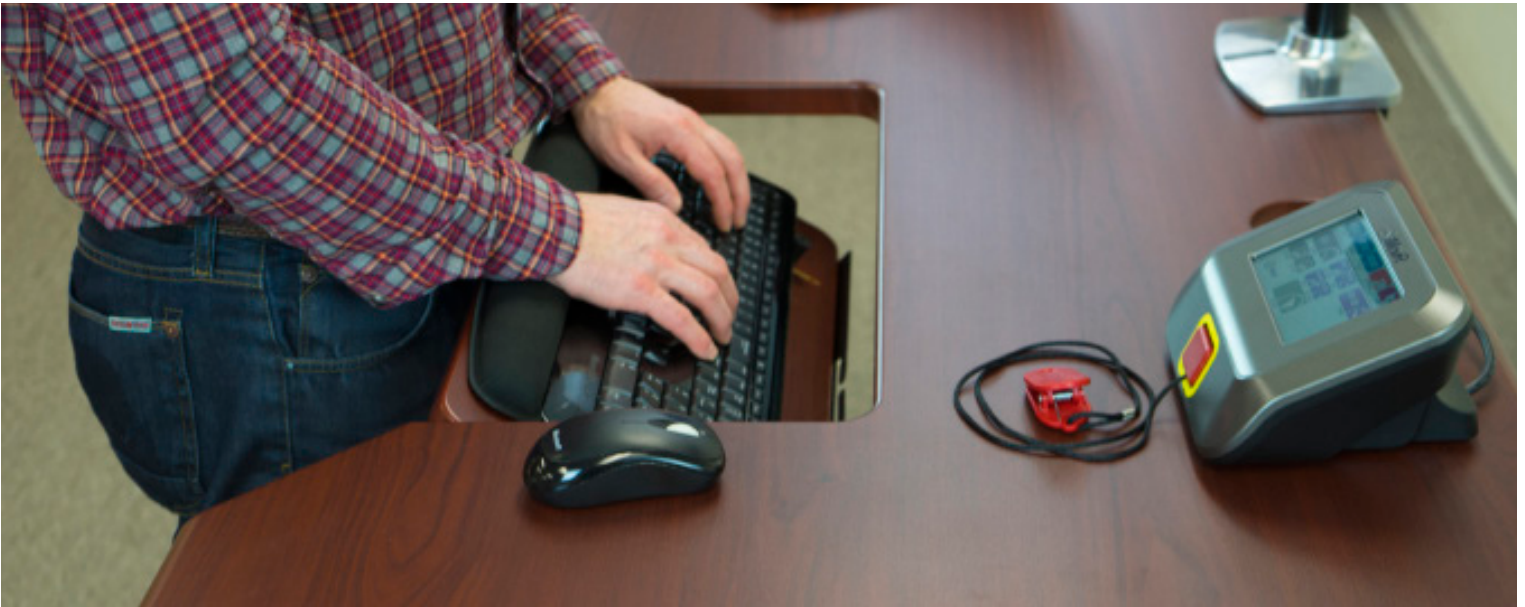
## STEP 2

### KEYBOARD PLACEMENT

Finding the proper depth for your keyboard keeps you from over-extending your arms while you type or from leaning towards your monitor(s). The adjustable rubber bumpers slide forwards and backwards to position your keyboard at the ergonomically-correct depth.

Loosen the rubber bumpers by holding the nut underneath and twisting the rubber top counterclockwise. Re-tighten in the most comfortable position.

We recommend finding a keyboard depth that allows you to keep your elbows resting comfortably at your sides while you type.



## STEP 3

### TRAY HEIGHT ADJUSTMENT

Pinpointing the proper height for your tray could improve your typing comfort and efficiency. Depending on your body type and dimensions, some users prefer to raise their SteadyType™ platform one level.

To raise your tray, remove the 2 screws from the mounting bar, reposition the tray, and re-insert the screws through the upper set of holes.

This will set the tray near-parallel with the desk surface. While most users prefer the lower position, it could be worth experimenting to find your ideal positioning.



# FITTING OUT YOUR WORKSTATION

You are well on your way to better ergonomics with the purchase of this desk. Should you be ready to take the next steps, please head on over to our online store to fit out the rest of your workstation, [imovr.com](https://imovr.com).

## ANTI-FATIGUE STANDING MATS

The most critical component for any standing desk user! Extra-thick, plush, and remarkably durable, EcoLast premium mats make standing time fly. Our wide assortment of sizes and colors can fit with any workspace and decor. And unlike cheaply-made department store comfort mats, EcoLast standing mats are firmer, provide more support, and can stand up to microbial and heat exposure.

## MONITOR ARMS

Highly adjustable with smooth movement, sleek looks, and high-grade componentry, iMovR's monitor arms are more than an ergonomic add-on, they're an integral part of your active workstation. Choose from light and heavy-duty single monitor arms, or a highly configurable dual monitor solution.



## POWER MANAGEMENT

Power modules are serious business. To ensure the safest possible operation, our desktop power options are UL-certified, and tested to well beyond industry standards. Plus, our patented spill-proof designs mean you never need to worry about liquids getting into the outlets. With an assortment of AC, USB-A, and USB-C outlets, as well as Qi charging pads, you're sure to find a desktop power solution that meets your needs.

Available at  
[iMovR.com](https://imovr.com)

## FILING CABINETS

Making the transition from a fixed height desk to a height adjustable workstation may have left you with less storage space than you'd like. iMovR's premium-quality mobile filing cabinets offer a complete storage solution and are easily moved around in your space. Choose from 21 colors of ultra-durable 3D laminate and in beautifully handcrafted solid wood in 36 species+stain combinations to match our premium, American-made standing desks.



# FITTING OUT YOUR WORKSTATION

## ADD A CENTER DRAWER

You can add matching Premium Center Drawer or Hide-Away Drawer to your P1 Elite standing desk with the following desktop sizes: 30" x 47" up to 30" x 95".



# TROUBLESHOOTING

Symptom	Handling
Legs only move down and don't move up.	Initialize your desk (see instructions on p.8 'to initialize your desk'). Please contact your supplier.
E41-E52 displays on controller.	Overload. Lower the weight load on the tabletop.
E01 displays on controller.	Initialization.
Bluetooth app will not connect.	Re-download app. Restart mobile device. Ensure Bluetooth button on controller is activated.
One leg moves while the other does not.	Check the drive cable connection. Check to see if legs are perpendicular (at 90 degrees) to the desktop and the floor. If the legs are splayed inward or outward, the motor will not operate at an optimum level. Please contact your supplier.
The legs rise slowly.	Check to see if legs are perpendicular (at 90 degrees) to the desktop and the floor. If the legs are splayed inward or outward, the motor will not operate at an optimum level. Check that the weight load on the tabletop is not excessive.
E53-E64 displays on controller.	Collision. Make sure to remove obstacles from desk lifting path.
Table slides down on its own.	Check that the weight load on the tabletop is not excessive. Please contact your supplier.

## CABLE MANAGEMENT

### Preserve the Elegant Appearance of Your New Sit-Stand Desk with Comprehensive Cable Management

Tired of messy tangled wires exposed on and under your desk? iMovR's Tucker™ professional cable management kits are designed to provide simple yet comprehensive solutions for any workstation configuration. Select from our pre-arranged kits or build your own system with our premium individual components.

The Tucker Basic Cable Management Kit is designed to be easily installed and comes standard with reusable and adjustable components to give you maximum flexibility and peace of mind. Every cable gets neatly routed together in a bundle under your desk and tracks down the back of the leg for a discreet and professional aesthetic.

The Tucker Advanced Cable Management Kit is for desks ranging from a simple setup to those with multiple routing needs, this kit bundles and guides all of your cables together to eliminate snagging and damage to equipment while providing under desk power and additional cable storage.

The Tucker Pro Cable Management Kit for Adjustable Desks features a height-tracking link chain with a full array of mounting and routing essentials for device and cable protection, including a 6-outlet, under-desk surge protector and capacious cable tray.



# PREVENTATIVE MAINTENANCE, CLEANING, WARNINGS AND GOOD-SENSE TIPS

## CLEANING THE BASE

Clean the base frame by wiping it down with a microfiber cloth moistened with a standard household cleaning solution. Never use solvents or abrasive or corrosive compounds on the frame. The base should be cleaned at regular intervals to remove dust and dirt. Inspect for mechanical damage; worn or broken parts should be replaced.

## CLEANING THE DESKTOP

All iMovR desktops are manufactured with a “3D lamination” process that results in an extremely durable surface, similar to what’s often used in hospital environments. As such, it can stand up to most cleaning solutions without risk of discoloration or degradation. Anti-bacterial solutions may be used. Always test new cleaning solutions on a less-seen surface before first using on the entire desktop.

## EXTENDED NON-USE

Unplug the power cord if you do not intend to use the desk for a long period of time.



## WARNING

The components used are quite heavy and care should be exercised when lifting and moving the base and desk both during assembly and during use.

## PRODUCT SPECIFICATIONS

**Rated Lifting Capacity:** 300 lbs (ELITE)/600 lbs (ELITE+)

**Height Range:** 24.5" - 50.5" including top, leveling feet fully closed, additional 0.5" height adjustment with levelling feet opened

**Average Travel Speed:** 3.0-3.2" per second

**Controller Type:** Bluetooth-enabled Touch Paddle

**Special Features:** Anti-Collision Technology

### Available Sizes:

Depth: 24/30"

Width: 35", 41", 47", 53", 59", 65", 71", 77", 83", 89", 95"  
[59"-95" frames include a crossbar for extra support]

# WARRANTY

iMovR warranty coverage includes a lifetime warranty on the steel frame, 10 years on the motors and electronics, and 5 years on 3D laminate desktops.

See [www.imovr.com/lander-desk-warranty](http://www.imovr.com/lander-desk-warranty) (to visit, scan QR code on the right) for full details on warranty coverage.



TO OBTAIN warranty repair please contact the iMovR Customer Care Department with the contact information provided below.

## **iMovR Contact Information:**

**Phone:** (888) 208-6770 or (425) 999-3550

**Fax:** (425) 999-3550

**E-mail:** [customercare@iMovR.com](mailto:customercare@iMovR.com)

**Live Chat:** [www.iMovR.com](http://www.iMovR.com)

**Hours:** See [iMovR.com](http://iMovR.com)