

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!

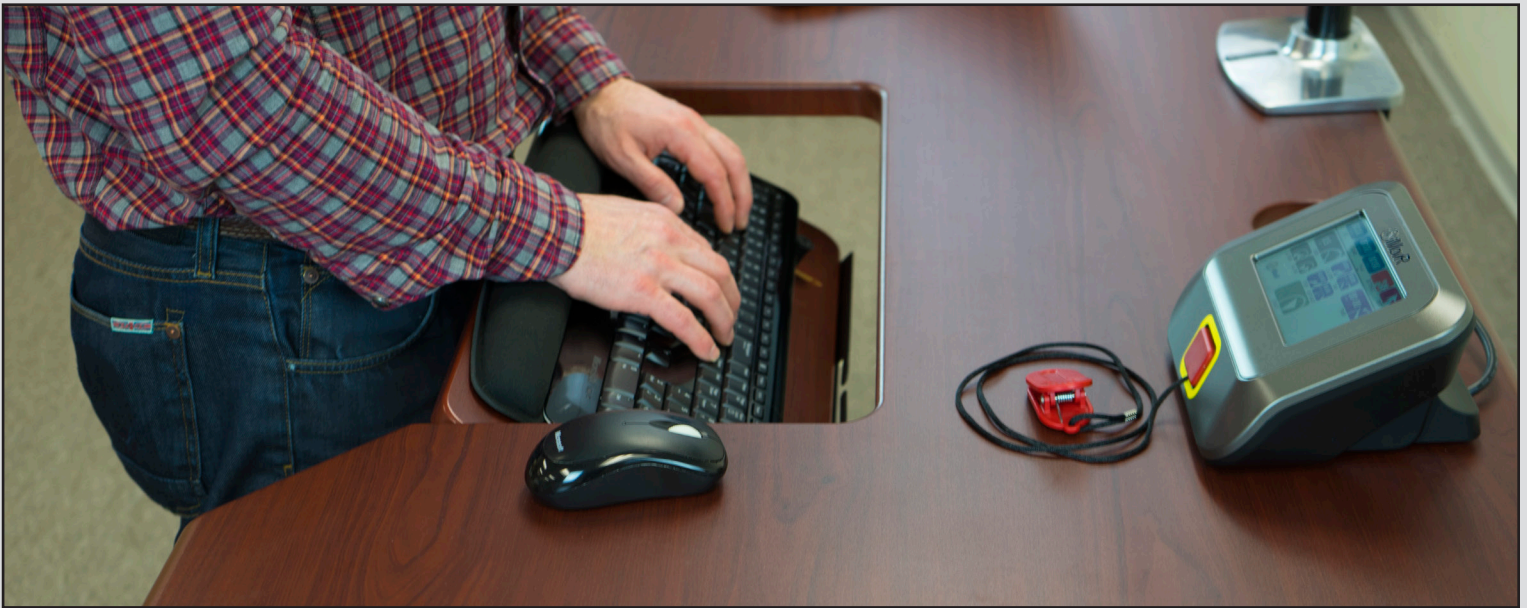


KEYBOARD PLACEMENT

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.



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.

