Quick-start guide

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Adjustable Under-Desk Footrest

FTRST1

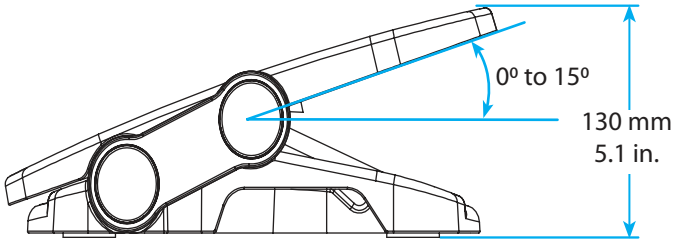
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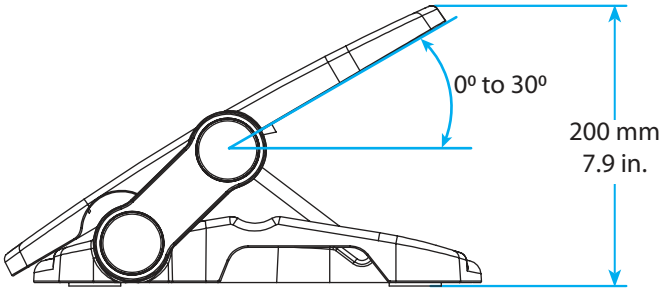


*actual product may vary from photos

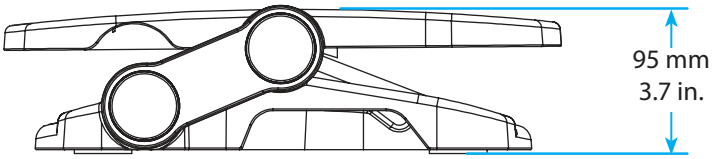
Technical specifications

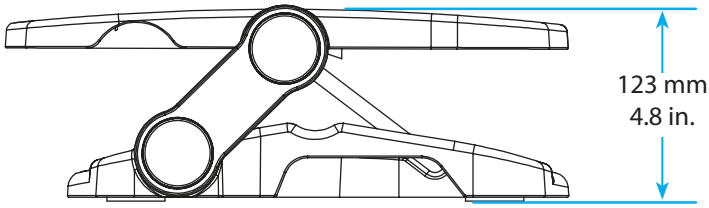
Angle adjustments





Platform height





Package contents

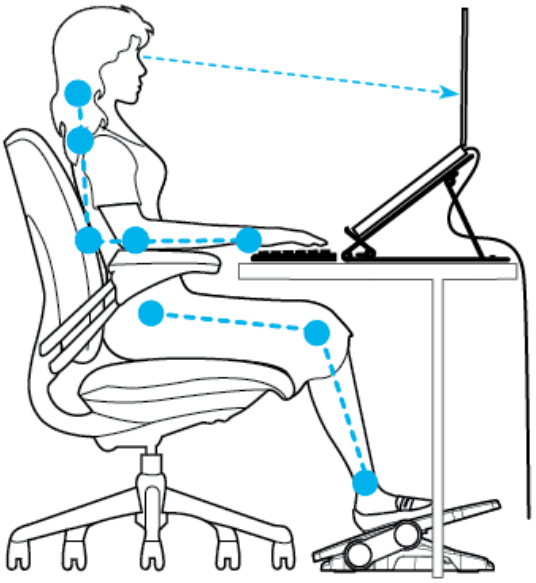
- 1 x footrest
- 1 x quick-start guide

Proper posture

To help avoid injury, it's important that you maintain correct posture when you're sitting in your desk setup.

The following are some suggestions to help you maintain a correct posture when you use the footrest:

- Make sure that your hips are slightly higher than your knees.
- Position your feet so that they are at 90º to your ankles.
- Reposition yourself if you feel pressure on the back of your legs.



For the latest information, technical specifications, and support for this product, please visit www.StarTech.com/FTRST1.

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Adjust the height of the footrest

To adjust the height of the footrest, do one of the following:

- To adjust the footrest to the highest position, move the kickstand at the back of the footrest into the first slot. (*figure 1*)
- To adjust the footrest to the lowest position, move the kickstand at the back of the footrest into the second slot. (*figure 2*)

figure 1

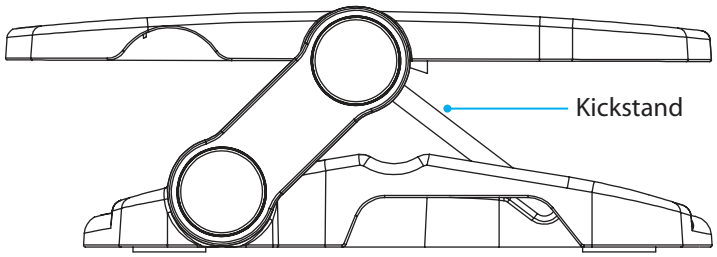
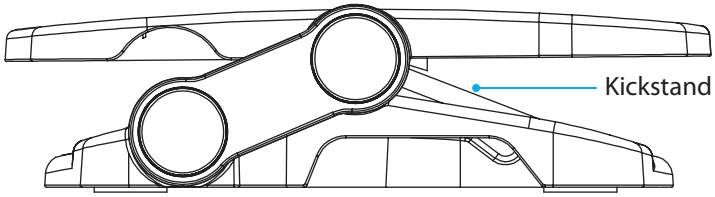


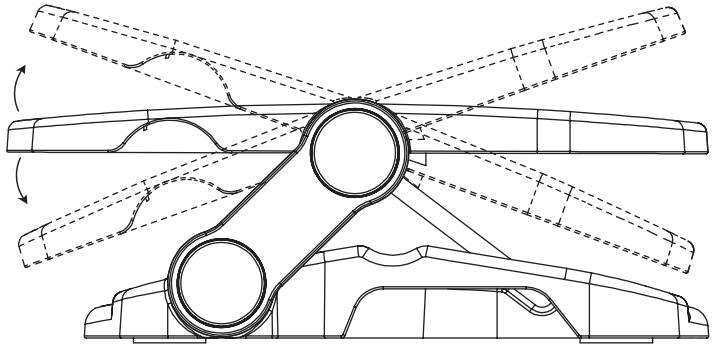
figure 2



Adjust the angle of the platform

To adjust the angle of the platform, push down on the front or back of the platform. (*figure 3*)

figure 3



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