### ADJUSTABLE HEIGHT LECTERN NEW Freedom One Sit-to-Stand Lectern<sup>™</sup>

Cincinnati State

## Is there one perfect height for a lectern?

For a classroom used by many instructors, a variety of heights is required to meet ergonomic needs, and ADA compliance is a must.

## The truth is,

there is one lectern that delivers the ergonomic setting you need

## Healthy Choices

#### Adaptable

William .

- Adjustable-height workstation easily adjusts between seated or standing-use heights
- ADA-compliant workstation
- Both lectern and equipment rack are available as a stand alone unit
- Assemble with the lectern on the left or right side of the equipment rack

#### Sit to Stand Benefits

- Tall or short, sitting or standing, fit all instructors with just one lectern
- Sit-to-stand activity promotes blood circulation; potentially more oxygen gets to the brain
- To stand, you have to tense your leg muscles, and engage the muscles of your back and shoulders
- You burn 60 more calories an hour when standing versus sitting

#### Simply Functional

- Use the lectern as a stand-alone workstation
- Connect the lectern to the equipment rack and deploy a fully integrated lectern
- Balanced lift mechanism can be easy to use, even one handed
- Smart design with very few moving parts keeps things simple

#### Easy Equipment Management

- Equipment rack with audience-side and optional instructor-side locking doors simplifies integration and helps protect your valuable equipment
- Equipment rack features front and rear rack rail to manage all of your multimedia equipment
- Ventilation provides
  "chimney effect" airflow
  keeping equipment cool



Product ships mostly assembled





68204 Flip-Up Shelf 10 Handy shelf adds worksurface when needed (For use with full lectern only. Cannot be used with stand alone equipment rack.)

55355 FMBTW (includes 55366,



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55367, 55368)

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THE LECTERN AND EQUIPMENT RACK CAN BE BOLTED TOGETHER OR USED SEPARATELY PROVIDING MORE LAYOUT POSSIBILITIES

See full specs at www.spectrumfurniture.com.

#### DESIGN SPECS

WORKSTATION	34"W x 30"D x 30"- 42"H - casters (TW) 34"W x 30"D x 29¹/4"- 41¹/4"H - glides (G)		
EQUIPMENT RACK	21"W x 30"D x 39 <sup>5</sup> / <sub>32</sub> "H - casters		
RACK UNITS 36 standard rack units, 18 rack units instructor side, 18 rack units audience side			
COLORS S	Standard color	combinations	
	Wild Cherry & Black (CHB)	Fusion Maple & Black (FMB)	Indigo Organix & Black (IB)

Indigo Organix & Fusion Maple & Silver Sparkle (IS) Silver Sparkle (FMS)

AVAILABLE	MODELS
55355 TW or G	Freedom One Lectern (Includes lectern, equipment rack, and unit-to-unit connector kit)
55368 TW or G	Freedom One STS Lectern
55367	Freedom One Unit to Unit Kit
55366 TW or G	Freedom One Equipment Rack
Note: 55366 and 5	5368 ship with both twin wheel casters and glides

# Touchboa

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