

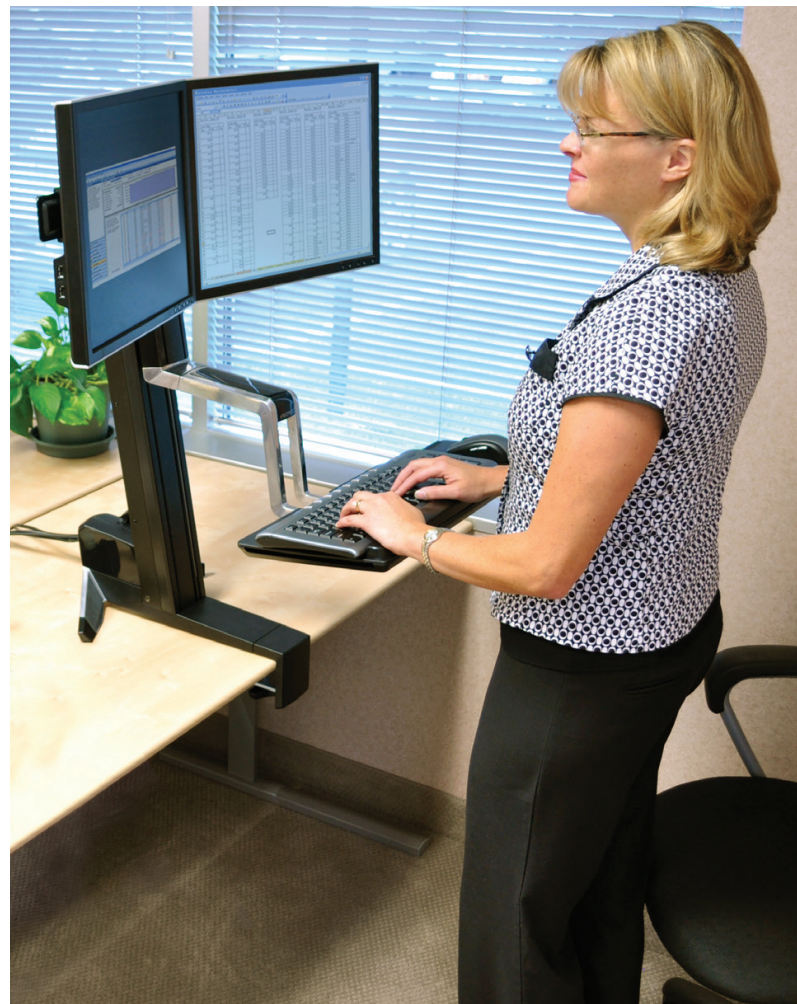
# Touchboards

205 Westwood Ave, Long Branch, NJ 07740  
Phone: 866-94 BOARDS (26273) / (732)-222-1511  
Fax: (732)-222-7088 | E-mail: sales@touchboards.com



Sit down. Stand up. Move around a bit. Appreciate the creative freedom a WorkFit station brings to your life. Not to mention the ways it can positively benefit your health, from burning extra calories to improving posture.

## Sit-stand for wellness and productivity



The nature of work is becoming a bit more natural

**ERGOTRON®**





## Sit-stand for wellness and productivity

Enjoy the benefits of decreasing sedentary behavior:

- Burn extra calories
- Increase blood flow
- Tone muscles
- Ramp up metabolism
- Improve posture



### WorkFit-S Sit-Stand Workstation

Easily clamp to the front of the desk for superb ergonomics



Single LCD  
LD 33-342-200  
HD 33-344-200  
Dual LCD  
33-341-200

With Worksurface+  
Single LCD  
LD 33-350-200  
HD 33-351-200  
Dual LCD  
33-349-200

Recommended accessories:

Worksurface 97-581-019  
Tablet/Document Holder  
97-558-200  
(includes lift handle)

Large Keyboard Tray 97-653  
Hinged Bow 97-583-009  
Deep Keyboard Tray 97-651  
Grommet Mount 97-649-085

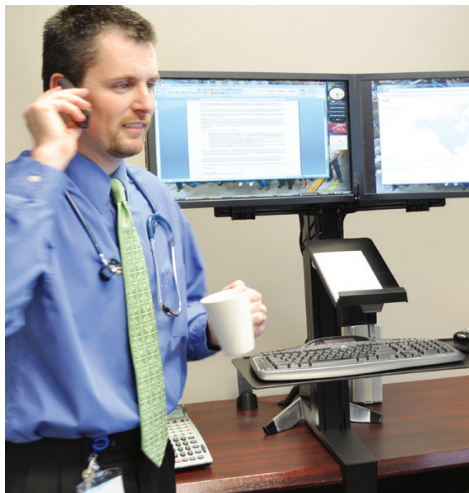


### WorkFit-LX Sit-Stand Desk Mount System

The modular and flexible design of the WorkFit-LX fits most any space while enabling personalized ergonomic positioning.



45-405-026



### WorkFit-D Sit-Stand Desk

The large work surface on this non-powered, height-adjustable desk is perfect for those who need a lot of work space and wish to keep existing desktop setups. It accepts Ergotron's optional Underdesk Keyboard Arm (97-582-009) and various display mounts for enhanced workflow efficiency.



24-271-926 light grey  
24-271-927 walnut (available Americas, APAC)  
24-271-928 birch  
Worksurface 47.6"W x 23.5"D x .87"T  
(121 x 60 x 2,2 cm)

### WorkFit-PD Sit-Stand Desk

This stand-up desk solution enables an effortless sit-to-stand work style—move from a sitting to a standing position whenever you want. Customize with accessories to fit individual user needs and workflow.



24-280-926 light grey  
24-280-927 walnut (available Americas, APAC)  
24-280-928 birch  
Worksurface 31.5"W x 23.5"D x .87"T  
(60 x 80 x 2,2 cm)

Recommended accessories:

LCD & Laptop Kit 97-662  
Dual Monitor Kit 97-663  
Single LD Monitor Kit  
97-664

Single HD Monitor Kit  
97-665  
CPU Holder Kit 97-666  
Cable Management Box and  
Cable Wrap Kit 97-667



Transform any surface into a personalized height-adjustable desk. Get affordable ergonomics!



**WorkFit Convert-to-LCD & Laptop Kit from Single HD 97-605**

This kit converts a WorkFit-C or WorkFit-A Single HD Workstation into a WorkFit LCD & Laptop Workstation

**WorkFit Convert-to-LCD & Laptop Kit from Dual Displays 97-617**

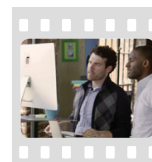
This kit converts a WorkFit-S, WorkFit-C or WorkFit-A Dual Workstation into a WorkFit LCD & Laptop Workstation



*The science behind the need to stand*

The American Medical Association (AMA) agrees that sitting for extended periods of time can be bad for personal health. Their newly adopted policy recommends business organizations offer sitting alternatives, including standing desks.

- A recent study published by the CDC (Centers for Disease Control) indicates adjustable sit-to-stand products are an effective solution for reducing prolonged sitting. Sit or stand, instantly, while remaining effectively engaged with your computer.
- A 2010 University of Queensland, Australia study found that even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.



See "WorkFit for Apple" [movies.ergotron.com](http://movies.ergotron.com)

**WorkFit-A Sit-Stand Workstation**

Side or rear desk attachment is ideal for cramped work spaces and corner configurations



Single LCD  
LD 24-313-026  
Dual LCD  
24-312-026  
With Suspended  
Keyboard  
Single LCD  
LD 24-390-026  
HD 24-391-026  
Dual LCD  
24-392-026

Platinum with  
Suspended Keyboard  
24-422-227  
With Worksurface+  
Single LCD  
LD 24-317-026  
HD 24-314-026  
Dual LCD  
24-316-026  
For Apple  
Aluminum construction  
24-414-227

Recommended accessories:  
Grommet Mount for WorkFit-A and WorkFit-A with Worksurface+ 97-692



**WorkFit-P Sit-Stand Workstation**

Height-adjustable platform is ideal for laptop computers or as an extra surface for writing and drawing.



24-408-227 Platinum, Aluminum construction  
24-383-026 Polished aluminum/black



**DEFINING THE PROBLEM**

What workers said - June 2013

Awareness of sitting disease	<b>7%</b>
Belief that excessive sitting = early death	<b>74%</b>
Those who feel at risk of sitting disease	<b>48%</b>

**WorkFit-C Sit-Stand Workstation**

This innovative computer cart doubles as an adjustable standing desk platform. The large worksurface, back-tilt keyboard tray and independently adjustable monitor stand make computing comfortable for prolonged periods.



Single LD Light Duty 24-215-085  
Single HD Heavy Duty 24-216-085  
Dual 24-214-085  
Worksurface 24"W x 23"D (61 x 58 cm)

Single LCD  
LD 33-342-200  
HD 33-344-200  
Dual LCD  
33-341-200

With Worksurface+  
Single LCD  
LD 33-350-200  
HD 33-351-200  
Dual LCD  
33-349-200



**WorkFit-T**

Sits on top of the desk (no mounting or clamping required). Lift system designed to go straight up and down to minimize intrusion into the workspace.



33-397-085 black  
33-397-062 white

Recommended accessories:

LCD & Laptop Kit  
Dual Monitor Kit

Single LD Monitor Kit  
Single HD Monitor Kit

**WorkFit-B Sit-Stand Base LD**

Convert your cubicle or work area into a height adjustable standing workstation. This sit-stand platform provides all the benefits of our popular WorkFit-PD Desk while allowing you to attach your existing worksurface.



24-387-200

**WorkFit-B Sit-Stand Base HD**

Convert your cubicle or work area into a height adjustable standing workstation. This sit-stand platform provides all the benefits of our popular WorkFit-D Desk while allowing you to attach your existing worksurface.



24-388-009

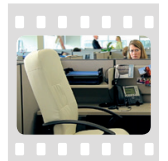
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Stand up and innovate. Learn more at

[workfit.ergotron.com](http://workfit.ergotron.com)

See "The Office Breakup"  
[movies.ergotron.com](http://movies.ergotron.com)



The term "Sitting Disease" has been coined by the scientific community and is commonly used when referring to metabolic syndrome and the ill-effects of an overly sedentary lifestyle. However, The Centers for Disease Control (CDC), American Medical Association (AMA) and general medical community do not recognize the term "sitting disease" as a diagnosable disease at this time.

Ergotron devices are not intended to cure, treat, mitigate or prevent any disease.

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