

Height Adjustable Desks



**A Happier, Healthier
Way to Work**

Join the standing desk revolution



The scientifically-proven cure for all our workday sitting problems.

No matter how much we focus on our health, the quintessential work routine rarely allows us to harness the health benefits of movement. Between our morning and afternoon commutes, company meetings, desk work, and catching our favorite TV show on the couch, we spend most of our waking hours sitting down. What's a surefire antidote to all this workday sitting?

Scientifically-proven, height-adjustable desks (also known as standing or sit/stand desks)! In comparison to a fixed standing desk, which can be just as bad for you as a traditional sitting desk, a height-adjustable desk cultivates the health benefits of movement by allowing users to freely switch from a sitting position to a standing position every hour or so.

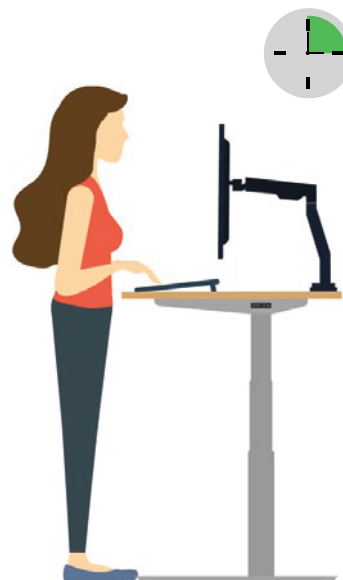
A growing body of research supports the benefits of standing desks and the myriad of ways they improve your life, from boosting productivity and preventing adverse health conditions caused by sedentary habits to increasing the probability of a pain-free workday by 80%.

Our Bodies Were Built To Move

As a modern, information-based civilization, we've moved away from the industrial and agrarian societal work patterns adopted by the generations before us that required ample physical movement. Studies show a correlation between the lack of movement over several generations and the drastic increase in potentially damaging health issues. This proves one simple but important fact: our bodies were made to move.

The transition from sitting to standing through the use of a height-adjustable desk is a scientifically proven way to help you practice a healthier lifestyle and be more present throughout the day. By standing 15 minutes every hour, you'll start to feel the benefits of a sit-stand lifestyle without having to ramp up your exercise regimen or commit extra time to working out.

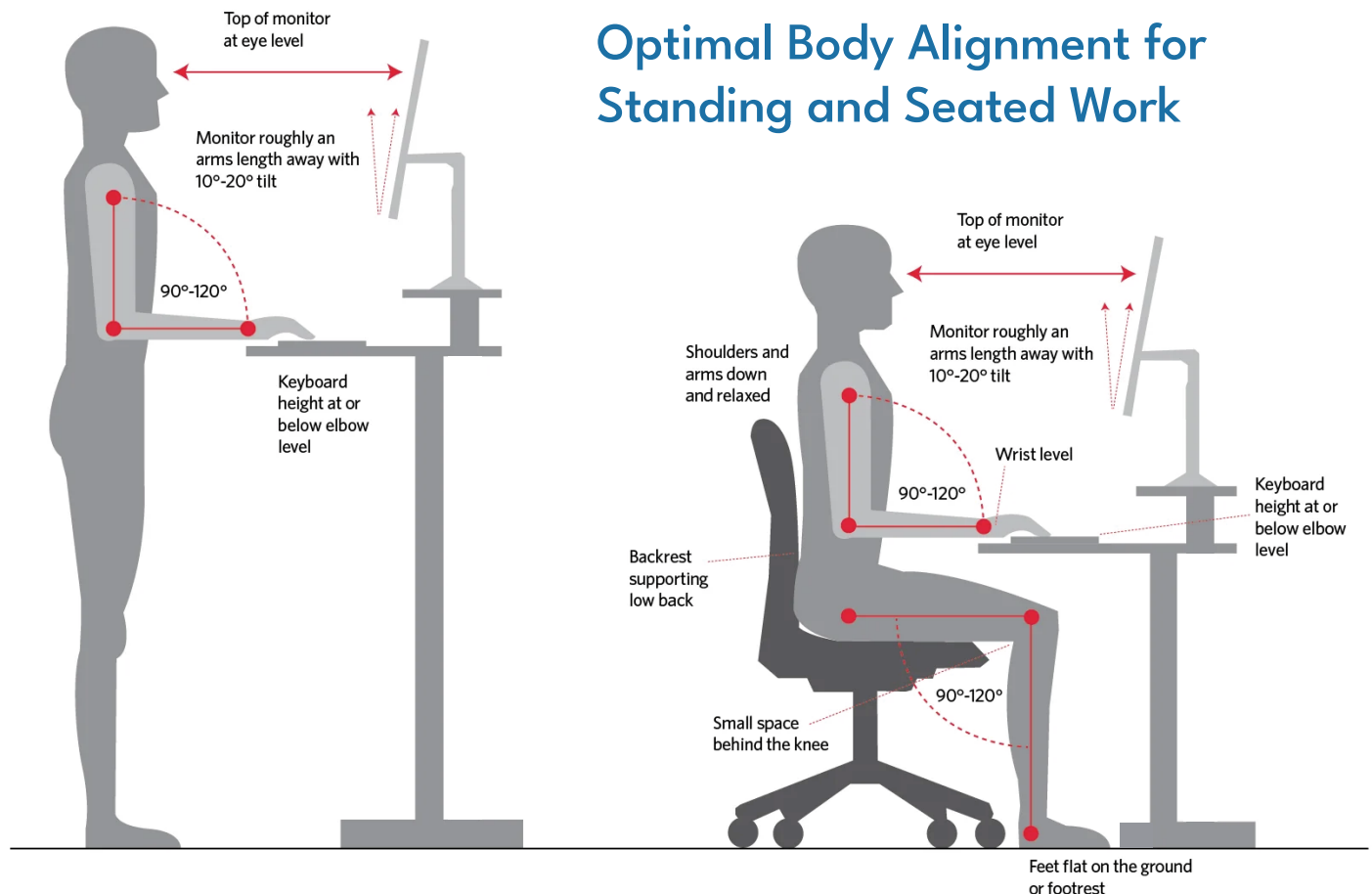
Transition often and gradually to increase your standing time



One-hour work rule:
Sit for 45 min,
stand for 15 min

Improve Your Ergonomics

The principle behind ergonomics is simple—fit the task to the person, don't make the person conform to a poorly-designed task. By limiting the amount of time you spend sitting, and by focusing on movement through alternating your postures with a standing desk, you can reduce pain and strain while increasing your comfort levels at work. Adjustability is essential in your desk, chair, monitor arm, and keyboard tray. Make sure everything meets the full ANSI/BIFMA requirements for adjustability (UPLIFT standing desks and chairs do!), and then position them to fit your body.



Standing burns around 50 calories an hour.



Standing for three hours a day for five days burns 750 calories



If you burn 30,000 calories a year, it's the equivalent of running ten marathons!

With our height-adjustable desks, all your work materials move as you do, and your seated height is perfect every time.

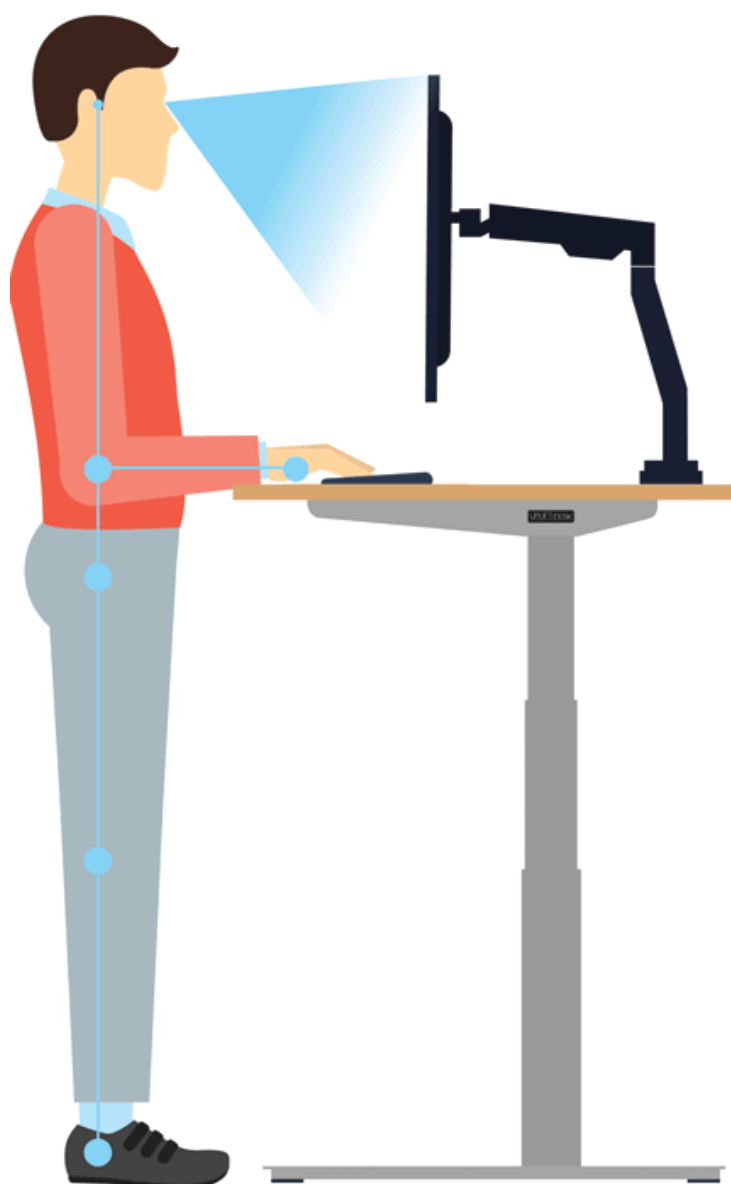
The eight amazing health benefits you experience from using a height-adjustable desk.

Increase Your Energy

Using a standing desk helps create the movement you need to improve circulation and deliver oxygen to the brain, which will increase your energy and attentiveness.

Improve Your Mood

Those who sit for more than six hours per day show more signs of psychological distress than those who sit less. Standing at your desk has been shown to improve your mood and reduce depression, fatigue, and tension.



Harness Joint & Muscle Movement

The musculoskeletal movement required to consistently transition from sitting to standing counteracts the health repercussions of a sedentary workday routine.

Boost Your Productivity

Standing at your desk has been shown to raise productivity by up to 45%.

Lose Weight

Lose almost six pounds a year by standing instead of sitting for six hours a day. Standing burns 12% more calories than sitting.

Improve Mental Focus

Moving enhances the creation of new brain cells, improving critical thinking and focus.

Reduce Caffeine Intake

Periodic standing sessions—rather than coffee or energy drinks—provide a more natural defense against those pesky afternoon crashes.

Lower Your Risk of Disease

A sedentary, physically inactive lifestyle is the fourth leading cause of mortality worldwide. Standing has been linked to lower rates of heart attacks, strokes, and diabetes.

Where We Fit In

The numerous health, productivity, and ergonomic benefits mentioned are the reason our height adjustable desks are at the heart of everything we do. They enable you to stand, sit, and move throughout the day, and when you do, your work surface will always be at the perfect height for the task at hand.

Our range



NEWERG04



NEWERG11



NEWERG23



NEWERG13 (I-FRAME)



NEWERG13 (L-FRAME)



NEWERG13 (V-FRAME)



NEWERG31



NEWERG24

Data Sheets



Desking

Premium Desking

Ergonomic / Sit Stand Straight Desk - NEWERG 04

Single motor height adjustable table with up down movement with standard white frame and surge protector adapter.



Table Top Size Options (mm)

NEWERG04 -A

1200 x 750

NEWERG04 -B

1400 x 750

NEWERG04 -C

1600 x 750

Table top color Options

*Refer to the Table Top Colour option page

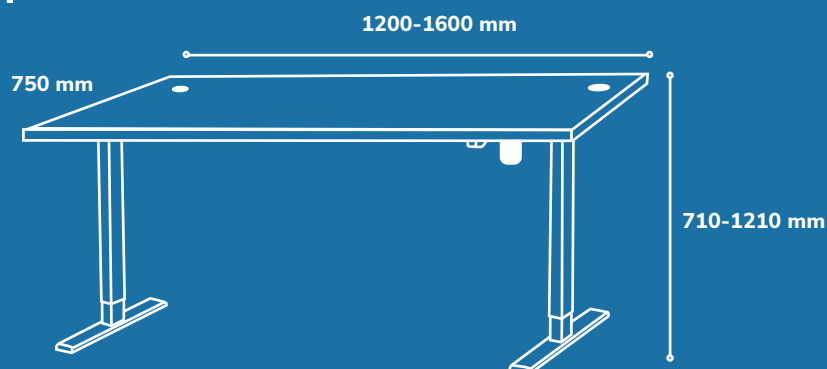
Leg Color Options



White

Technical Specifications

Max Load Capacity (kg)	70
Speed	25mm/s
Power Type	100 - 200 V
Decibel	<50db



Desking

Premium Desking

Ergonomic / Sit Stand Straight Desk - NEWERG 11

Two stage dual motor height adjustable table with 4 memory control and anti-collision with standard white frame and surge protector adapter.



Table Top Size Options (mm)

NEWERG11 - A

1200 x 750

NEWERG11 - B

1400 x 750

NEWERG11 - C

1600 x 750

Table top color Options

*Refer to the Table
Top Colour option page

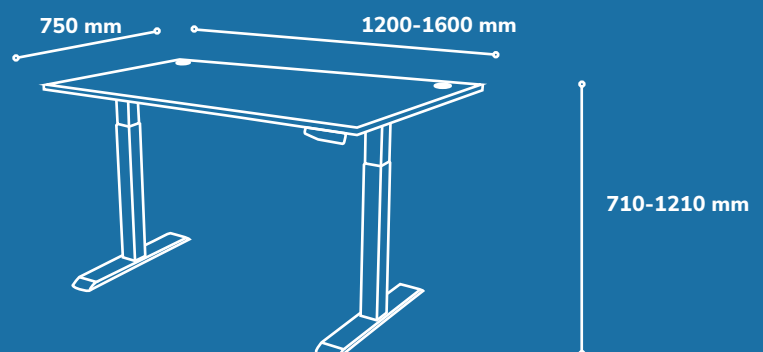
Leg Colour Options



White

Technical Specifications

Max Load Capacity (kg)	100
Speed	35mm/s
Power Type	100 - 200 V
Decibel	<50db



Desking

Premium Desking

Ergonomic / Sit Stand Straight Desk - NEWERG 23

Three stage dual motor height adjustable table with 4 memory control and anti-collision with standard white frame and surge protector adapter.



NEWERG23 - A

NEWERG23 - B

NEWERG23 - C

Table Top Size
Options (mm)

1200 x 750

1400 x 750

1600 x 750

Table Top Colour
Options

*Refer to the Table
Top Colour option page

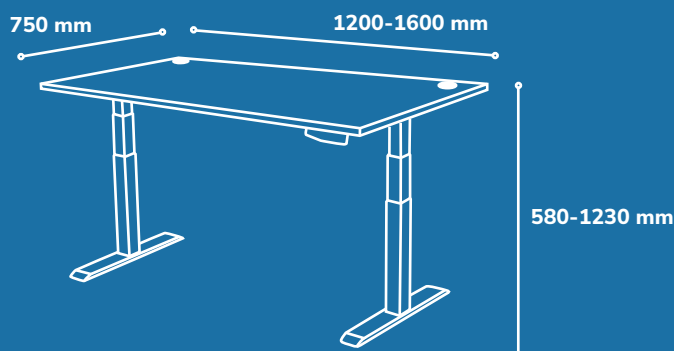
Leg Color Options



White

Technical Specifications

Max Load Capacity (kg)	100
Speed	35mm/s
Power Type	100 - 200 V
Decibel	<50db



Desking

Premium Desking

Ergonomic / Sit Stand Curved Desk (L-Frame) - NEWERG 13

Three stage dual motor height adjustable table with 4 memory control and anti-collision with standard white frame and surge protector adapter.



Table Top Size Options (mm)

NEWERG13 - A

1400 x 750

NEWERG13 - B

1600 x 750

Table top color Options

*Refer to the Table
Top Colour option page

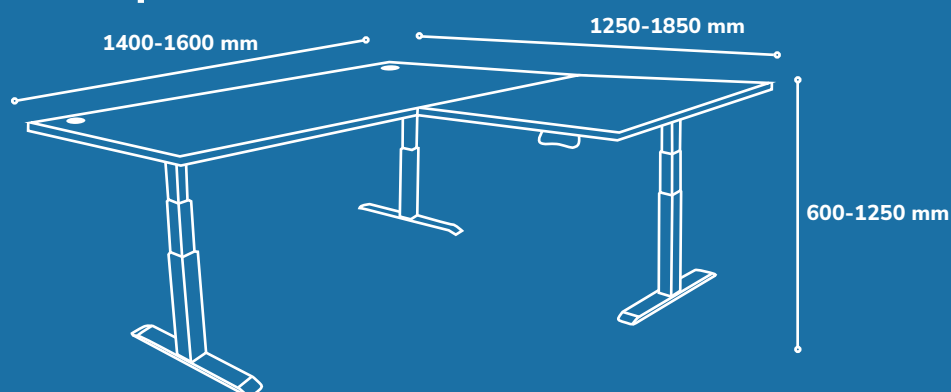
Leg Color Options



White

Technical Specifications

Max Load Capacity (kg)	125
Speed	38mm/s
Power Type	100 - 200 V
Decibel	<50db



Desking

Premium Desking

Ergonomic / Sit Stand Conference (I-Frame) - NEWERG 13

Three stage dual motor height adjustable table with 4 memory control and anti-collision with standard white frame and surge protector adapter.



Table Top Size Options (mm)

2400 x 1200

Table top color Options

*Refer to the Table
Top Colour option page

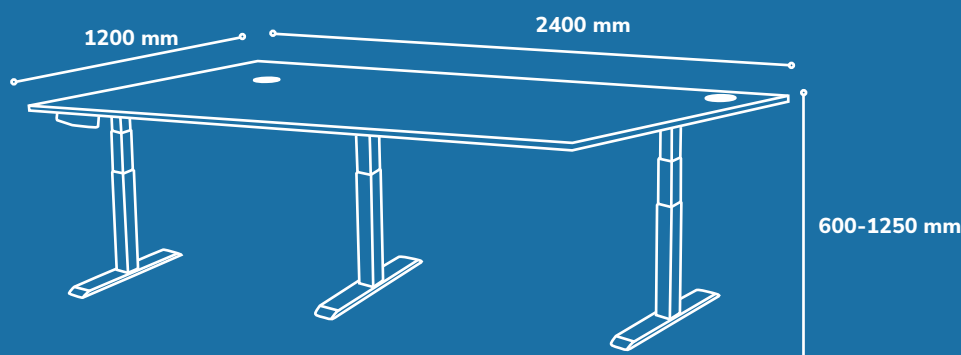
Leg Color Options



White

Technical Specifications

Max Load Capacity (kg)	125
Speed	38mm/s
Power Type	100 - 200 V
Decibel	<50db



Desking

Premium Desking

Ergonomic / Sit Stand Conference (V -Frame) - NEWERG 13

Three stage dual motor height adjustable table with 4 memory control and anti-collision with standard white frame and surge protector adapter.



Single Table Top Size Options (mm)

2113 x 1260

Table Top Colour Options

*Refer to the Table
Top Colour option page

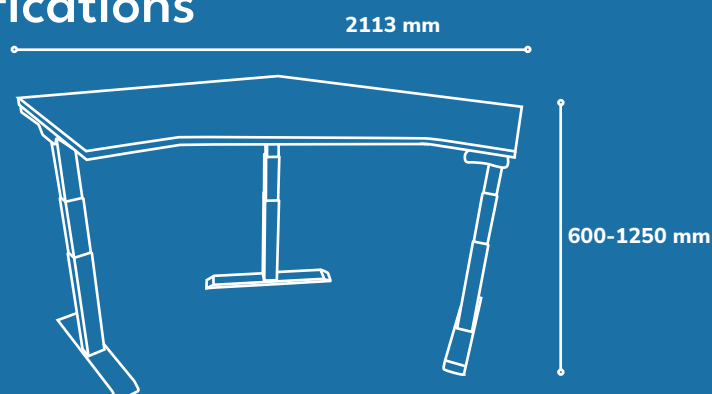
Leg Colour Options



White

Technical Specifications

Max Load Capacity (kg)	125
Speed	38mm/s
Power Type	100 - 200 V
Decibel	<50db



Desking

Premium Desking

Ergonomic / Sit Stand Dispatch Console - NEWERG 24

Three stage quad motor height adjustable dispatch console with 4 memory control and anti-collision with standard white frame and surge protector adapter.



Single Table Top Size Options (mm)

1200 -2000 x 600 - 800

Table Top Colour Options

*Refer to the Table
Top Colour option page

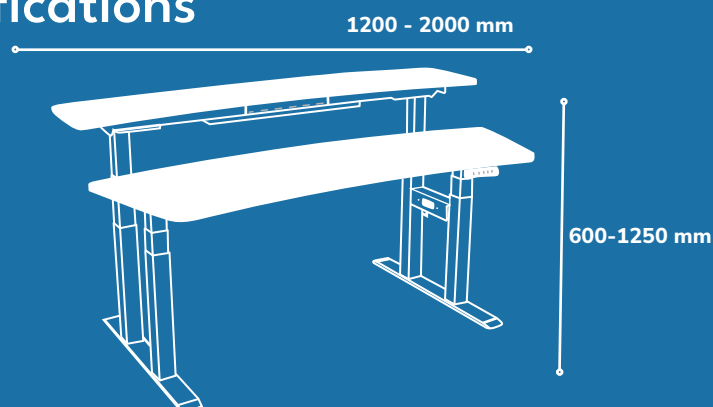
Leg Colour Options



White

Technical Specifications

Max Load Capacity (kg)	125
Speed	38mm/s
Power Type	100-240 V
Decibel	<50db



Desking

Premium Desking

Ergonomic / Sit Stand Twin Bench - NEWERG 31

Three stage multi motor height adjustable twin bench with 4 memory control and anti-collision with standard white frame and surge protector adapter.



Single Table Top Size Options (mm)

1200 x 750

1400 x 750

1600 x 750

Table Top Colour Options

*Refer to the Table
Top Colour option page

Leg Colour Options



White

Technical Specifications

Max Load Capacity (kg)	125
Speed	38mm/s
Power Type	100-240 V
Decibel	<50db

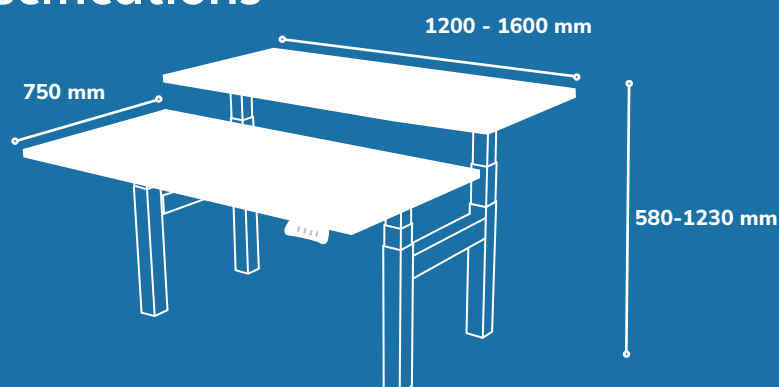


Table Top Colour Options

Standard Colour Options



Havard Cherry



White

Special Order Colour Options With A Minimum Order Quantity of 10 pieces



Forkstone Grey



American Walnut



Normandy



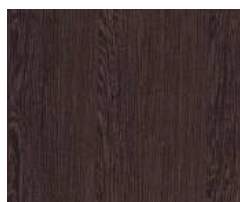
Storm Grey



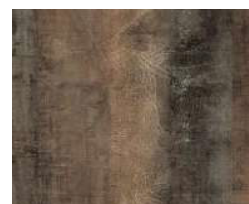
Congo



Brookhill



African Wenge



Napoca

*Refer to our main material catalogue for the full range of options available .



Sales
sales@antarc-ke.com

0733 503 500 | 0734 503 500

No 62, Muthithi Road, Westlands

www.antarc-ke.com



Antarc Workspaces

