INVIGO SIT-STAND DESKS

Invigo is a highly configurable series of sit to stand desks that can be specified in a range of sizes and finishes. Built on a high quality three-stage, dual motor lift base with three programmable positions, Invigo desks raise from 25” to 51” inches in height. Desks may be fitted with a variety of wire management, storage, decorative and computer accessories. Desktops and all wooden elements are manufactured in Vermont with imported electronic lift base, hardware and accessories.

The Invigo Sit-Stand Desks are crafted in solid cherry or solid walnut hardwood and Made to Order in several finishes*. The finish is **GREENGUARD Certified** for low chemical emissions.

*Natural variations in solid wood and hand-applied finishes make each piece unique. Slight grain and finish irregularities as well as subtle differences in stain shades are signs that the furniture has been crafted from solid wood and are considered hallmarks of quality.

Why should I choose a sit-stand desk?

- A typical desk worker spends from 9 to 12 hours a day sitting. Add time spent sleeping and that's up to 19 sedentary hours every day! [1,2]
- A sedentary lifestyle dramatically increases risk of diabetes, obesity, heart disease, chronic pain, depression and a host of other illnesses. [2]
- Exercise alone cannot fully offset the harmful effects of a sedentary lifestyle. Even for those who regularly exercise, prolonged periods of sitting can reduce circulation, introducing risk factors for a number of diseases. [3, 4]
- Incorporating periods of standing into your daily routine can reduce risk factors obesity, diabetes, cardiovascular disease and cancer. [4]
- In addition to health benefits, workers who use sit-stand desks have been shown to be more alert, energetic and productive. [5]

What to look for in a sit-stand desk

Durability of work surface.
Desk tops receive heavy use. Veneers and laminates are often not up to the task.

Assembly.
Most sit-stand desks on the market require a significant amount of complex user assembly. Invigo desks are fully assembled at our factory in Bradford, Vermont and arrive in plug-and-play condition.

Hand Control Unit.
Desks with programmable preset heights can be customized to one or more users personal requirements.

Range of Motion.
Most sit-stand desks have either 2 or 3 lift stages. Three stage desks generally have a greater range of motion.

Breadth of Options.
Choose a deck for the appropriate size, shape and edge profile and select add ons such as drawer, keyboard tray, monitor arm, modesty screen and wire management as necessary.

Motors.
Electronic sit-stand desks generally have single or dual motors. Dual motor desk tend to operate smoother and can accommodate a greater load.

Aesthetics.
While inherently utilitarian in nature, a sit-stand desk can either enhance or detract from any interior environment. A wide range of wood finishes, base colors and decorative elements will allow a personal touch as well as help the desk blend seamlessly into.

Customizing your sit-stand desk

1

Choose Your Size

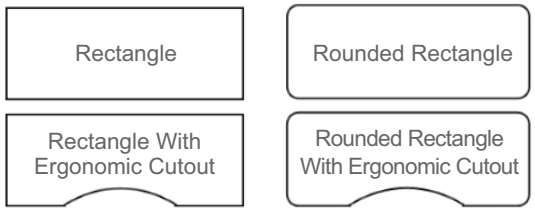
Invigo desks are available is a wide range of sizes. Consider both the available space and your functional requirements.

26"x48" (2648)	30"x48" (3048)
26"x54" (2654)	30"x54" (3054)
26"x60" (2660)	30"x60" (3060)
26"x66" (2666)	30"x66" (3066)
26"x72" (2672)	30"x72" (3072)

2

Choose Your Shape

Rectangle (REC)
Rectangle- With Cutout (RCU)
Rounded Rectangle (RRA)
Rounded Rectangle-With Cutout (RRC)



3

Select an Edge Detail

Squared edges provide a more contemporary aesthetic. **Eased edges** can provide more comfort for resting arms.

Square (SQ) Eased Edge (EE)

4

Choose Your Top Finish

5

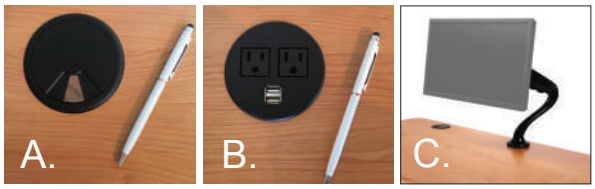
Choose Your Base Color

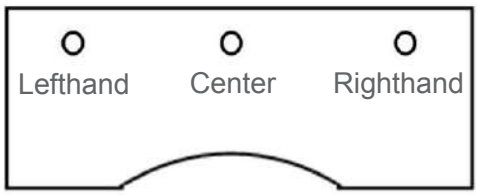
Black (B) **White (W)**

6

Chose Desktop Accessory Options

Each desk includes three locations that can be configured for optional desktop accessories.





Desktop Accessory - Lefthand
No Accessory (N)
A. Grommet (G) **B.** Powered Insert (P) **C.** Monitor Arm (M)

Desktop Accessory - Center
No Accessory (N)
A. Grommet (G) **B.** Powered Insert (P) **C.** Monitor Arm (M)

Desktop Accessory - Righthand
No Accessory (N)
A. Grommet (G) **B.** Powered Insert (P) **C.** Monitor Arm (M)

7

Pencil Drawer or Keyboard Tray

Available on Rectangle or Rounded Rectangle tops.

Not available on tops with Ergonomic Cutout.

Pencil Drawer (D)

Keyboard Tray (K)

8

Modesty Panel

No Panel (N) Include Panel (M)

9

Wood Legs

No Wood Legs (N) Wood Legs (W)

REFERENCES:

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Magazine, BBC

2 Get Off Your Duff! Sitting Is the ‘New Smoking"
Lorie Johnson, CBN News

3 Sitting is the New Smoking- Even for Runners,
Selene Yeager, Runner’s World

4 Five Health Benefits Standing Desks
Joseph Stromberg, Smithsonain.com

5 Stand and deliver
Jonathan Swan, Executive Style