

## Adjustable Under-Desk Footrest

FTRST1

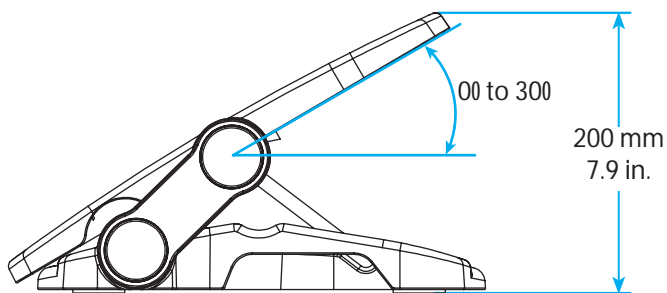
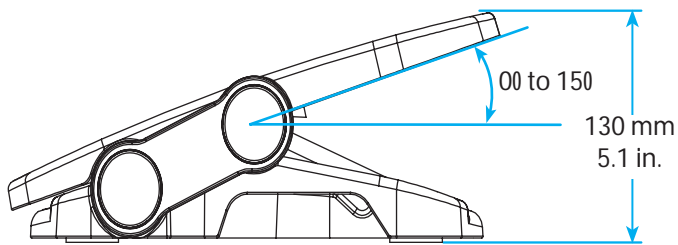
FR: Guide de l'utilisateur - fr.startech.com  
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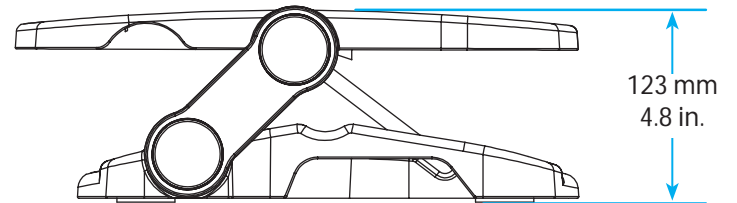
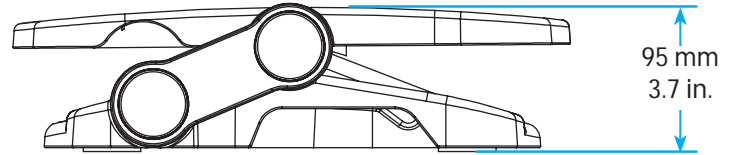
\*actual product may vary from photos

## Technical specifications

### Angle adjustments



### Platform height



### Package contents

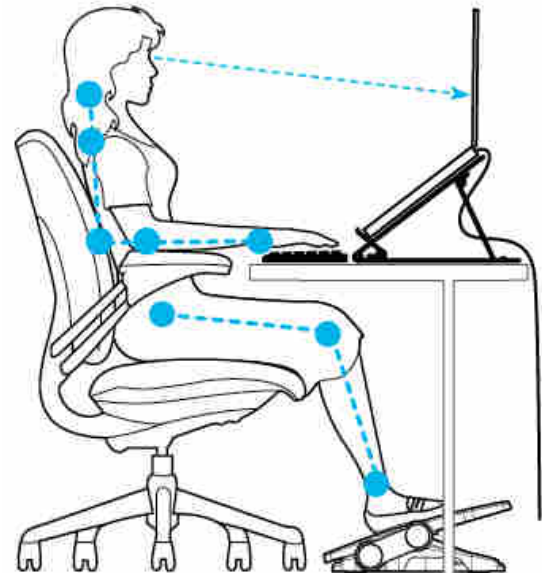
- 1 x footrest
- 1 x quick-start guide

### 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 90° to your ankles.
- Reposition yourself if you feel pressure on the back of your legs.

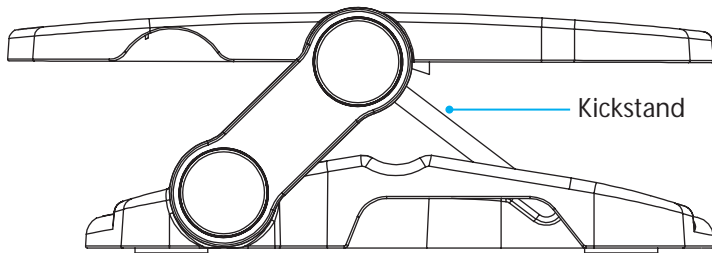


# Adjust the height of the footrest

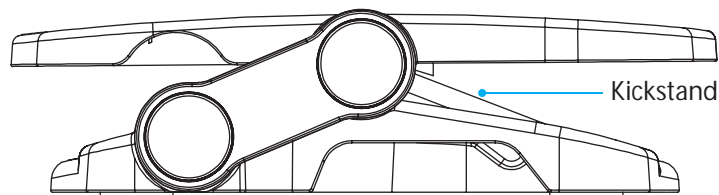
To adjust the height of the footrest, do one of the following:

- 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*



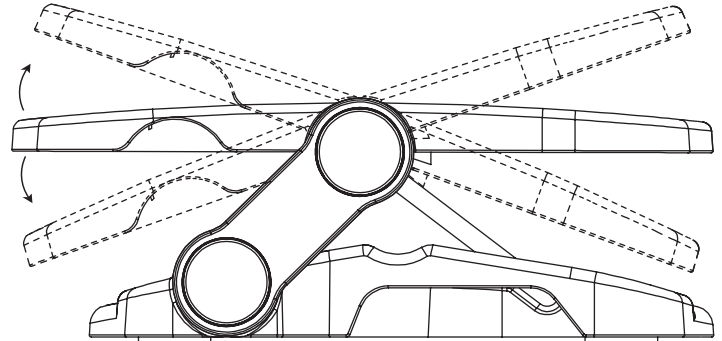
*figure 2*



# 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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