

LANDER L & LANDER U

iMovR Lander Line Adjustable Height Desks



INSTALLATION MANUAL

BEFORE YOU BEGIN

STEP 1

Congratulations on the purchase of your new Lander L- or Lander U-Desk!

Enjoy the health and productivity benefits that come from using an active workstation. The innovative pre-assembled design cuts installation time by 90% compared to standard L-desks on the market. This is a next-generation electric standing desk, complete with whisper-quiet motors, heavy lifting capacity, and stable work surface. The intuitive height control paddle enables smooth height changes, easy double-tap controls to move between preset heights, and subtle visual reminders to change position.

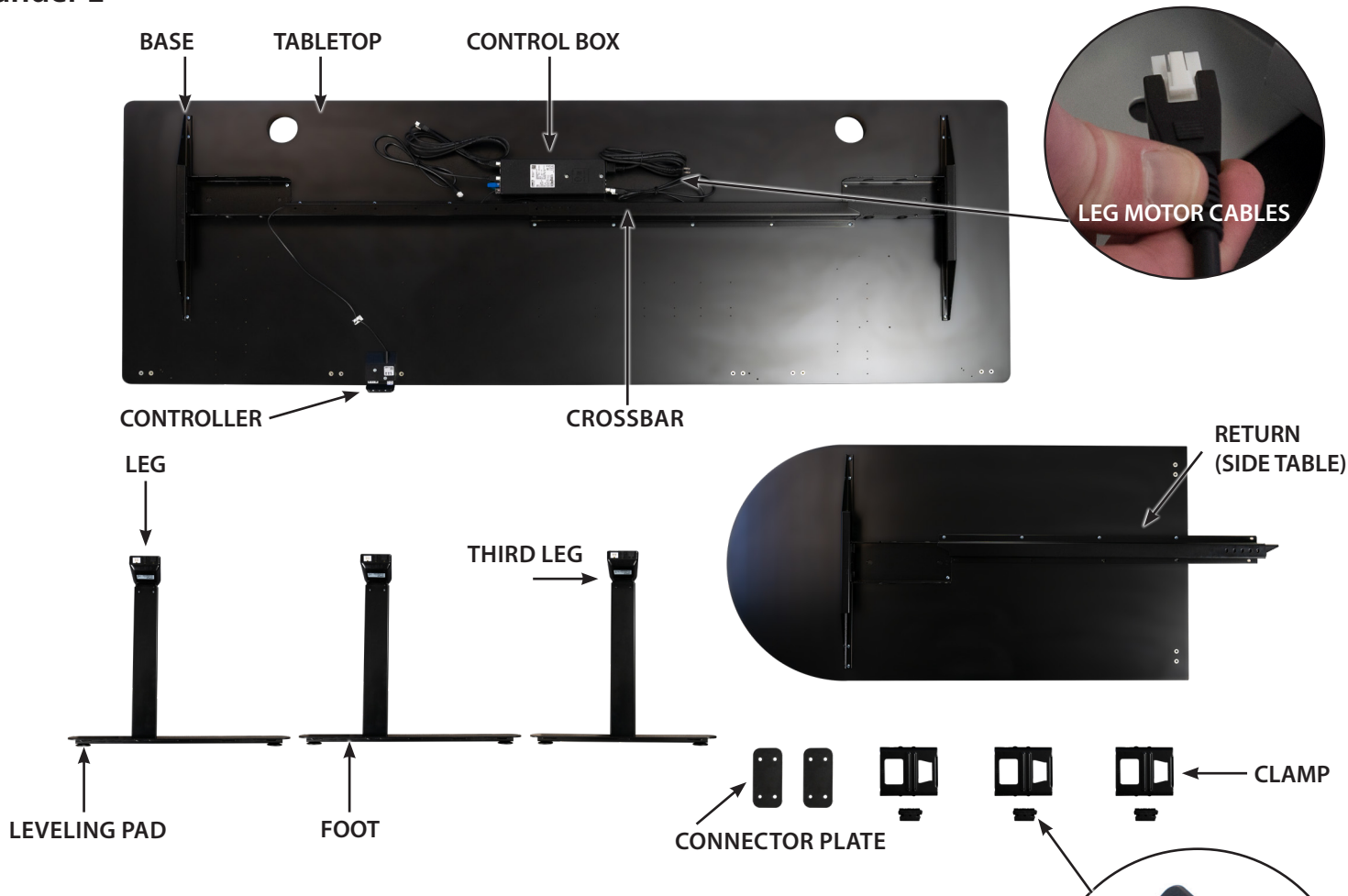
DESK ASSEMBLY PARTS

Place the Tabletop and Return upside-down on a soft surface and lay out accessories.

Note: There is an installation video available on the official iMovR YouTube channel at <https://www.youtube.com/@imovr>

Lander L

PLACE ON SOFT BLANKET OR OTHER SOFT SURFACE



Lander U Includes parts below

2nd RETURN



FOURTH LEG

CLAMP
LOCK



CONNECTOR PLATE



⚠ WARNING: Do not plug in the power supply until you have completed all steps and are ready to raise the desk height. All three or four legs must be plugged into the control box before power is first enabled.

ASSEMBLY INSTRUCTIONS

STEP 2

**PLACE FIRST LEG INTO BASE AND ATTACH
CORRESPONDING LEG MOTOR CABLE**



Note: The Foot on the Third Leg is shorter than the other two, and is designated for the Return.

STEP 3

**PLACE CLAMP
ON LEG AND
PRESS DOWN**



ASSEMBLY INSTRUCTIONS

STEP 4

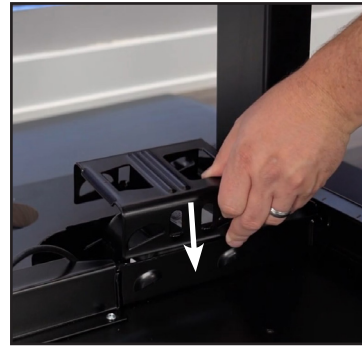
PLACE LOCK IN CLAMP

Firmly press the Lock into place using your foot. When you hear a clicking sound, the Lock is secured.



STEP 5

REPEAT STEPS 2-4 FOR SECOND AND THIRD LEGS



Note: The Leg Motor Cable with the longest cord is designated for the Third Leg (which has a smaller foot than the others) on the Return.

STEP 6

ATTACHING THE CONNECTOR PLATES

Match the inside plate to the depth of your Return. For 24-inch wide Returns mount the Connector Plate to the outer of the two mountings. For 30-inch wide Returns mount the Connector Plate to the innermost of the two mountings.

Note: When building the U-Desk you must attach all four plates now.



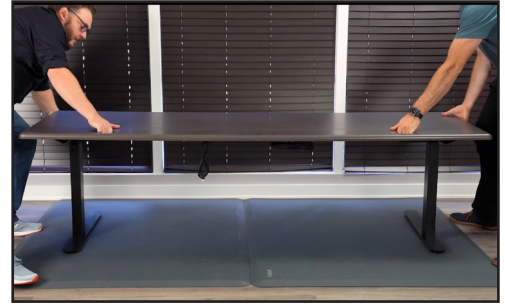
ASSEMBLY INSTRUCTIONS

STEP 7

FLIP TABLETOP AND RETURN

Flip the Tabletop and the Return so that they are standing on their Legs. Arrange the Return on the correct side of the Tabletop (i.e. opposite end as the Controller) and prepare to connect the two.

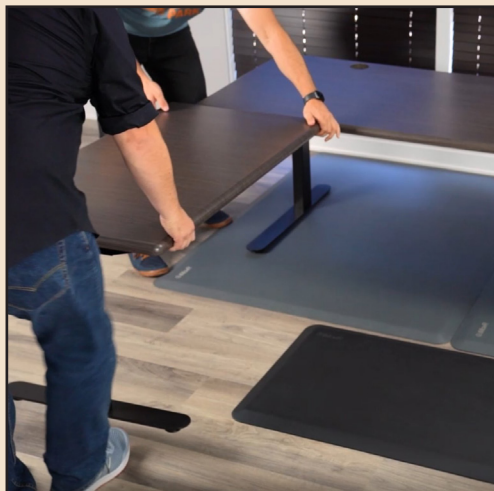
Note for 3D-Laminated Desktops: If at anytime you prefer to have the Return on the opposite side of the Tabletop, simply remove the Controller, the Return, and the Connector Plates, swap them to the other side and reinstall using the predrilled holes.



ALIGN RETURN

Raise the Return to the Tabletop and marry the connection by aligning the two. On a 3D-laminated desktop, the groove of the Return fits into the ergo-contoured edge of the Tabletop. On a solid wood desktop the Return fits flush against the flat section of the Tabletop. Once they are connected, the open holes on the Connector Plates will align with the predrilled holes on the underside of the Tabletop.

STEP 8



Note: The married connection may not stay together on its own at this point. It's best to have one person hold the Return in place while another person completes the underside steps. However, if you're assembling alone, make sure to hand tighten the first machine screw in the next step.



Married Connection



Married Connection,
Solid Wood Top

ASSEMBLY INSTRUCTIONS

STEP 9

ATTACH RETURN

Once the Return and Tabletop connection are married, use the machine screws to attach the Connector Plates to the Tabletop. Ensure that the all screws are fully tightened.

Note: It's preferable for this step that one person be situated beneath the Desk with a screwdriver, while the other person holds the Return in place from above. If you're assembling alone, be sure to hand tighten the machine screws before going under the Tabletop to use a screwdriver.



STEP 10

ATTACH CROSSBAR

Once the Crossbar has been extended and aligned with the predrilled holes on the underside of the Tabletop, use the wood screws to screw the Crossbar of the Return to the Tabletop.



ALIGN CROSSBAR

Fully extend the sliding piece of the Crossbar on the underside of the Return and align the holes with the predrilled holes on the underside of the Tabletop. Screw in all holes with provided screws.

Note: This is the last step of the assembly process connecting the Return to the Tabletop. Once the Connector Plates and Crossbar have been screwed in, the Desk will be fully secured.



Note: Make sure to align all the screwholes with holes on desk before tightening screws in.

CONCLUDING L-DESK

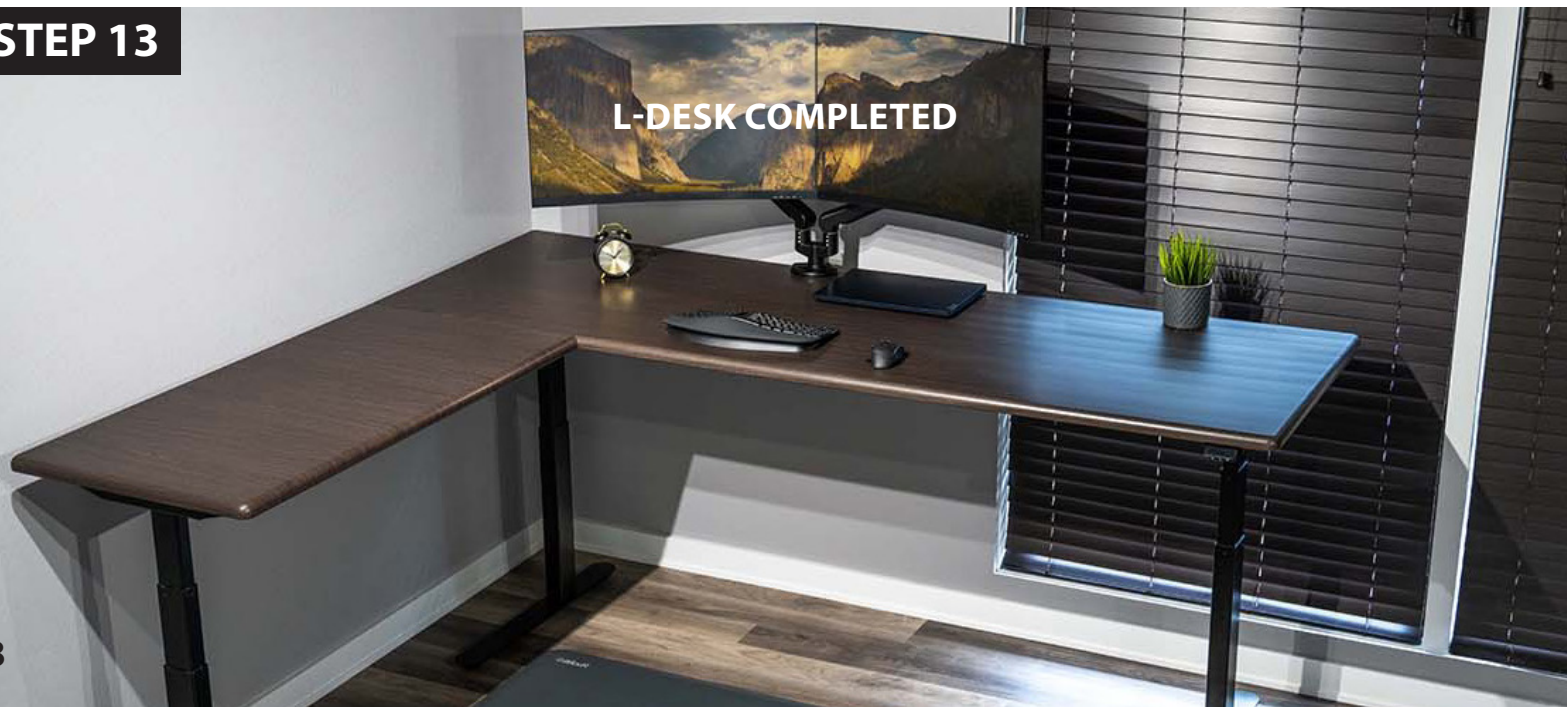
STEP 12

MANAGE CORDS

Once the assembly process has been completed, ensure that all Leg Motor Cables are connected to their respective Legs. Then stow away loose cords in the groove behind the ridge of the Crossbar across both sides of the Desk.



STEP 13



ATTACH FOURTH LEG

Repeat steps 2–4 to attach the Fourth Leg to the U-Desk Return.



ALIGN U-DESK RETURN

Repeat step 8 for the U-Desk return.



CONCLUDING U-DESK

STEP 16

ATTACH U-DESK RETURN.

Repeat steps 9–12 to secure the U-Desk Return to the Tabletop.



PLUG THE POWER SUPPLY INTO AN OUTLET

Plug in the Power Supply.

Note: Ensure that all Leg Motor Cables have been plugged into their respective Legs before enabling power.

Learn more about preventative maintenance, cleaning instructions, product specifications and good sense tips on page 11 of this manual.

Visit <https://www.youtube.com/user/iMovRdesks> for instructional and informational product videos.



ASSEMBLY INSTRUCTIONS

STEP 17

INITIALIZE THE CONTROLLER



This is the final step to get your brand new Lander L-Desk ready for use. Hold down the Controller paddle until the Desk reaches its lowest height. Doing this will automatically initialize the controller, syncing all three legs for use.

Stronger, faster, smarter, quieter and more reliable than any other electric standing desk, the Lander is made in the USA and backed by the best warranty in the business.

Download the mobile app to set your favorite height positions and get reminders to stand using the built-in health coach feature. See programming your controller on the next page.

CABLE MANAGEMENT

Preserve the Elegant Appearance of Your New Sit-Stand Desk with Comprehensive Cable Management

Tired of messy tangled wires exposed on and under your desk? iMovR Tucker professional cable management kits are designed to provide simple yet comprehensive solutions for any workstation configuration. Select from our pre-arranged kits or build your own system with our premium individual components.

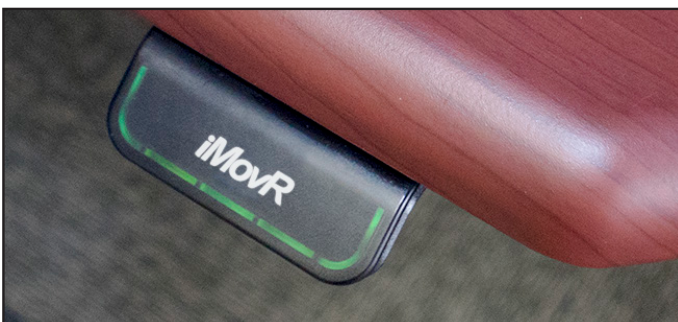
The Tucker Basic Cable Management Kit is designed to be easily installed and comes standard with reusable and adjustable components to give you maximum flexibility and peace of mind. Every cable gets neatly routed together in a bundle under your desk and tracks down the back of the leg for a discreet and professional aesthetic.

The Tucker Advanced Cable Management Kit is for desks ranging from a simple setup to those with multiple routing needs, this kit bundles and guides all of your cables together to eliminate snagging and damage to equipment while providing under desk power and additional cable storage.

The Tucker™ Pro Cable Management Kit for Adjustable Desks features a height-tracking link chain with a full array of mounting and routing essentials for device and cable protection, including a 6-outlet, under-desk surge protector and capacious cable tray.



PROGRAMMING YOUR CONTROLLER



Your Lander's intuitive hand controller is designed to help you transition seamlessly to a sit-stand work style.



Download the free mobile app! For easy programming, advanced controller options and instructions: visit www.imovr.com/lander-app



PROGRAMMING YOUR CONTROLLER

SET YOUR FAVORITE HEIGHTS

Your Lander Desk can store up to 4 of your favorite height positions. It makes getting to your next position fast and easy.

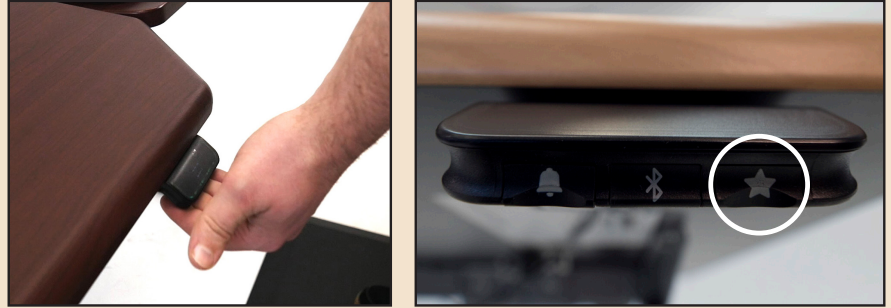
Here's how you can set your height favorites:

1. Raise or lower your desk to the height you want to save.
2. Tap the "Star" button repeatedly until the display shows the position you want to save (1, 2, 3, or 4).

Note: Make sure not to tilt the controller.

3. Immediately press and hold the "Star" button for several seconds. (Note: You must do this while the position number is still flashing.)
4. After the controller finishes blinking, your height favorite is saved.

To erase all your height favorites, press and hold the "Star" button for 8 seconds.



DESK HEIGHT LIMITS

In case the desk cannot be operated in its entire span (e.g. a shelf is blocking the upwards movement or a filing cabinet is placed under the desk and blocking the downwards movement), it is possible to set an upper limit and a lower limit for the desk height.

Setting upper limit

1. Adjust desk to maximum allowable height.
2. Press "Bluetooth" and tilt controller up at the same time until light flashes.
3. Release "Bluetooth" and controller.

Setting lower limit

1. Adjust desk to minimum allowable height.
2. Press "Bluetooth" and press controller down at the same time until light flashes.
3. Release "Bluetooth" and controller.

RAISE OR LOWER YOUR DESK TO YOUR HEIGHT FAVORITES

To raise or lower your desk to your nearest height favorite:

1. Tilt and hold the controller in the direction you want to move.
2. When the desk stops, your height favorite is reached.

To raise or lower your desk beyond a height favorite, continue to tilt the controller until the desk moves again.

Tip: Enable "automatic drive"!
Reach a height favorite in just two taps of your controller. Download the mobile app and activate 'automatic drive' from the Settings tab.



SAVING FAVORITE POSITIONS

Favorite positions

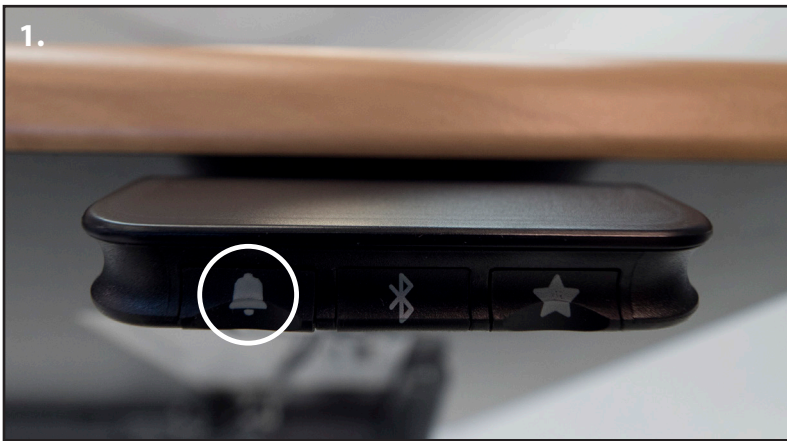
Saving favorite positions

1. Adjust desk to a preferred position.
2. Press "Star" button for two seconds.

The LED flashes white two times to indicate that saving the position is in progress. Not until the LED becomes static white, has the position been saved.

If the user adjusts the desk to another position and saves this position, it will overwrite the favorite position closest to the current position.

PROGRAMMING YOUR CONTROLLER



SET YOUR REMINDERS TO STAND

Jumpstart your active workday routine with the Lander's standing reminders. Your default reminder is set for 90 minutes of sitting. When the color of your controller changes from green to orange, it's time to stand!

To change your reminder time (or turn it off), do the following:

1. Tap the "Bell" button until the display shows your preferred time (90 min, 60 min, 30 min, or Off).

Note: Make sure not to tilt the controller.

2. Your reminder is set.

The reminder interval automatically restarts each time you adjust your desk to a sitting position.

Important: The controller does not remind you to sit, as you should do this whenever you feel your body needs to rest.



Tip: To set your own custom reminder intervals, download the mobile app for iOS or Android.

www.imovr.com/lander-app



MORE CONTROLLER OPTIONS

Initialization:

1. Lower desk to its lowest limit. Release paddle. Hold paddle down for 5 seconds. Release.

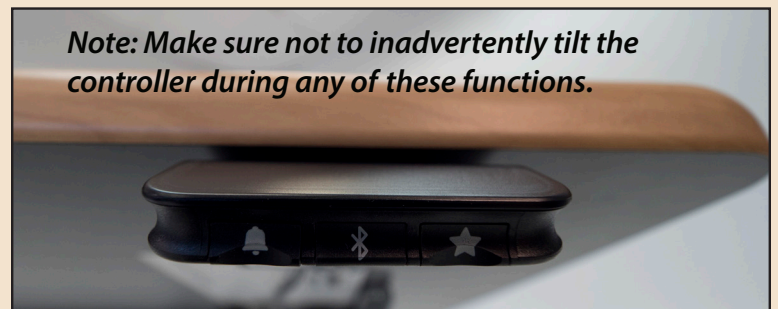
Factory Reset:

1. Press and hold the "Bell" and "Star" buttons together for 8 seconds.
2. When the controller flashes red 3 times, the factory reset is complete.
3. Once you have performed a Factory Reset, you **must** reinitialize your desk. (See initialization instructions above)

Switch to Metric (cm):

1. Press and hold the "Star" and "Bluetooth" buttons together for 5 seconds. The current measurement unit blinks.
2. Tilt the controller once to change units.
3. Press any button to confirm your choice.

Note: Make sure not to inadvertently tilt the controller during any of these functions.



Height Calibration:

1. If the leveling pads are fully open or you have caster wheels on your desk, the height displayed in the app may not match the true height of your desktop.
2. Press and hold the "Bell" and "Bluetooth" buttons together for 5 seconds.
3. Tilt the controller up or down until the in-app display shows the correct height measurement. (The desk will not move, only the display will change.)
4. Press any button to confirm your choice.

SteadyType™ is iMovR's patented technology for healthy and comfortable typing at active workstations. By creating a natural posture for your arms and wrists, the SteadyType tray minimizes strain while typing—whether you're sitting, standing, or walking. Follow these steps to fine-tune your SteadyType's positioning according to your unique body dimensions and keyboard size.

STEP 1

TILT ADJUSTMENT

For strain-free typing, it's essential to keep your arms and wrists in ergonomically neutral positions. Tilting your keyboard tray accomplishes this ergonomic positioning, and reduces your risk of developing repetitive strain injuries like carpal tunnel.



To tilt your tray, loosen the knob under the tray and tilt the platform to your desired angle. Then re-tighten the knob.



We recommend starting at 20° and working up to 40°. Treadmill desk users should use steeper angles to better reduce pressure on the wrists from walking.

Tip: The ideal tension level blends firmness and flexibility. Tighten the rubberized knob until the platform tilts with two hands, but remains firm using one hand. Now there's no need to the loosen knob tension each time you move between sitting and standing – a faster transition!

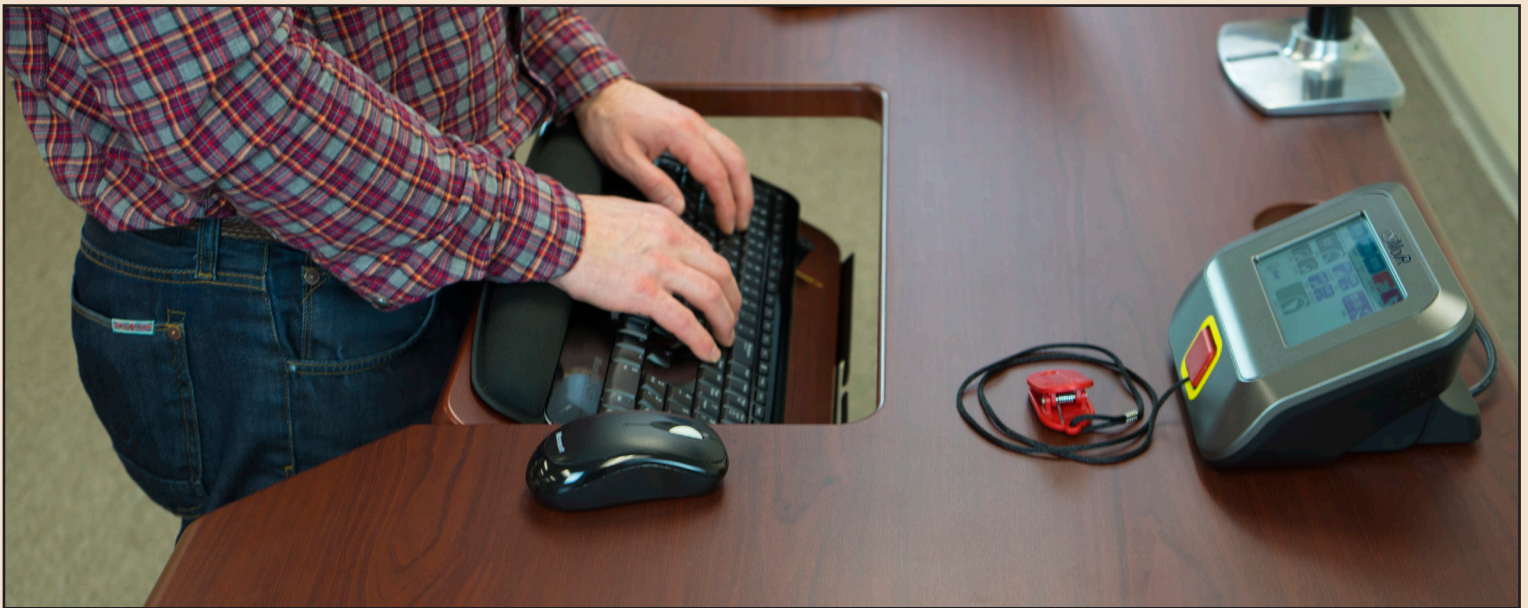


**KEYBOARD PLACEMENT**

Finding the proper depth for your keyboard keeps you from over-extending your arms while you type or from leaning towards your monitor(s). The adjustable rubber bumpers slide forwards and backwards to position your keyboard at the ergonomically-correct depth.

Loosen the rubber bumpers by holding the nut underneath and twisting the rubber top counterclockwise. Re-tighten in the most comfortable position.

We recommend finding a keyboard depth that allows you to keep your elbows resting comfortably at your sides while you type.

**TRAY HEIGHT ADJUSTMENT**

Pinpointing the proper height for your tray could improve your typing comfort and efficiency. Depending on your body type and dimensions, some users prefer to raise their SteadyType™ platform one level.

To raise your tray, remove the 2 screws from the mounting bar, reposition the tray, and re-insert the screws through the upper set of holes.

This will set the tray near-parallel with the desk surface. While most users prefer the lower position, it could be worth experimenting to find your ideal positioning.



FITTING OUT YOUR WORKSTATION

You are well on your way to better ergonomics with the purchase of this desk. Should you be ready to take the next steps, please head on over to our online store to fit out the rest of your workstation, imovr.com.

ANTI-FATIGUE STANDING MATS

Stand comfortably for hours with EcoLast Standing Mats Extra-thick, plush, and remarkably durable, EcoLast premium mats make standing time fly. Our wide assortment of sizes and colors can fit with any workspace and decor. And unlike cheaply-made department store comfort mats, EcoLast standing mats are firmer, provide more support, and can stand up to microbial and heat exposure. Available at: www.imovr.com/standing-mats.html

MONITOR ARMS

Highly adjustable with smooth movement, sleek looks, and high-grade componentry, iMovR's monitor arms are more than an ergonomic add-on, they're an integral part of your active workstation. Choose from light and heavy-duty single monitor arms, or a highly configurable dual monitor solution. Available at: www.imovr.com/accessories/monitor-arms.html



POWER MANAGEMENT

Power modules are serious business. To ensure the safest possible operation, our desktop power options are UL-certified, and tested to well beyond industry standards. Plus, our patented spill-proof designs mean you never need to worry about liquids getting into the outlets. With an assortment of AC, USB-A, and USB-C outlets, as well as Qi charging pads, you're sure to find a desktop power solution that meets your needs. Available at: www.imovr.com/accessories/power-management.html



FILING CABINETS

Making the transition from a fixed height desk to a height adjustable workstation may have left you with less storage space than you'd like. iMovR's premium-quality mobile filing cabinets offer a complete storage solution and are easily moved around in your space. Choose from 21 colors of ultra-durable 3D laminate and in beautifully handcrafted solid wood in 36 species+stain combinations to match our premium, American-made standing desks. Available at: www.imovr.com/accessories/file-cabinets.html

Available at
iMovR.com

FITTING OUT YOUR WORKSTATION

The SteadyType Exo Keyboard Tray

If you haven't gotten a built-in SteadyType keyboard tray, consider getting the SteadyType Exo keyboard tray, which is easy to attach (30 seconds), will improve your typing accuracy, and comfort.

iMovR's patented SteadyType technology has been a popular option on our state-of-the-art standing desks since 2014. The SteadyType Exo is our latest innovation in standing desk and treadmill desk ergonomics, bringing the same ergonomic benefits of SteadyType to everyone who owns a standing desk, regardless of make or model.

Because "Elbows at 90°" Isn't Neutral

Ergonomists agree, when you place your forearms and wrists in the most neutral position possible, this will guard against carpal tunnel syndrome. Doing so reduces the strain on numerous muscles and tendons running from the fingertips and wrists to the elbows and shoulders and all the way up to the neck.

A truly neutral forearm position is one that is completely relaxed, hanging down by the force of gravity. Picture a sleeping astronaut. That's neutral.

Obviously we can't type on our computers if our forearms are hanging straight down, but the latest ergonomics research has shown that the 15° available on traditional articulating keyboard trays (AKTs) just isn't enough. A steeper angle will create a more neutral typing posture, which will always translate to less discomfort, less potential for injury, and a higher typing proficiency.



FEATURES

- The only keyboard tray that perfectly fits virtually every standing desk model on the market
- Ships 100% pre-assembled and installs in just 30 seconds, no tools required
- Unlimited range of tilt to create perfectly neutral typing posture even when standing
- Compatible with every keyboard and pointing device made
- Patented, rock-solid stability proudly made in the USA from the highest-quality components
- An absolutely essential ergonomic accessory for treadmill desk users to improve typing speed and accuracy while walking
- Comes with a 15-year limited warranty

Available at: www.imovr.com/steadytype-exo-ergonomic-keyboard-tray.html

Want to learn more about our full line of products? Contact our workplace wellness specialists at sales@iMovR.com.

TROUBLESHOOTING

Symptom	Handling
Legs only move down and don't move up.	Initialize your desk (see instructions on p. 9 'More Controller Options'). Please contact your supplier.
E41-E52 displays on controller.	Overload. Lower the weight load on the tabletop.
E01 displays on controller.	Initialization.
Bluetooth app will not connect.	Re-download app. Restart mobile device. Ensure Bluetooth button on controller is activated.
One leg moves while the other does not.	Check the drive cable connection. Check to see if legs are perpendicular (at 90 degrees) to the desktop and the floor. If the legs are splayed inward or outward, the motor will not operate at an optimum level. Please contact your supplier.
The legs rise slowly.	Check to see if legs are perpendicular (at 90 degrees) to the desktop and the floor. If the legs are splayed inward or outward, the motor will not operate at an optimum level. Check that the weight load on the tabletop is not excessive.
E53-E64 displays on controller.	Collision. Make sure to remove obstacles from desk lifting path.
Table slides down on its own.	Check that the weight load on the tabletop is not excessive. Please contact your supplier.

PRODUCT SPECIFICATIONS

L-Desk

Rated Lifting Capacity: 540 lbs. (Evenly distributed between the three legs)

Height Range: 24.5"–50.5" including top, leveling feet fully closed, additional 0.5" height adjustment with levelling feet opened

Average Travel Speed: 1.6" per second

Controller Type: Bluetooth-enabled LCD Touch Paddle

Special Features: Anti-Collision Technology

Tabletop Lamination: Ergo-contoured 3D Lamination

Tabletop Thickness: 1.125"

Available Sizes:

Rectangular Desk

Depth: 30"

Width: 65", 71", 77", 83", 89"

Return Section

Rectangular:

24"×35", 24"×41", 24"×47", 24"×53", 24"×59",
30"×35", 30"×41", 30"×47", 30"×53", 30"×59"

Peninsula:

24"×41", 24"×47", 24"×53", 24"×59",
30"×41", 30"×47", 30"×53", 30"×59"

U-Desk

Rated Lifting Capacity: 720 lbs. (Evenly distributed between the four legs)

Height Range: 24.5"–50.5" including top, leveling feet fully closed, additional 0.5" height adjustment with levelling feet opened

Average Travel Speed: 1.6" per second

Controller Type: Bluetooth-enabled LCD Touch Paddle

Special Features: Anti-Collision Technology

Tabletop Lamination: Ergo-contoured 3D Lamination

Tabletop Thickness: 1.125"

Available Sizes:

Rectangular Desk

Depth: 30"

Width: 65", 71", 77", 83", 89"

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30"×41", 30"×47", 30"×53", 30"×59"

PREVENTATIVE MAINTENANCE, CLEANING, WARNINGS AND GOOD-SENSE TIPS

CLEANING THE BASE

Clean the base frame by wiping it down with a microfiber cloth moistened with a standard household cleaning solution. Never use solvents or abrasive or corrosive compounds on the frame. The base should be cleaned at regular intervals to remove dust and dirt. Inspect for mechanical damage; worn or broken parts should be replaced.

CLEANING THE DESKTOP

All 3D-laminated iMovR desktops are manufactured with process that results in an extremely durable surface, similar to what's often used in hospital environments. As such, it can stand up to most cleaning solutions without risk of discoloration or degradation. Anti-bacterial solutions may be used. Always test new cleaning solutions on a less-seen surface before first using on the entire desktop.

Solid wood iMovR desktops are then finished with a KCMA-rated waterborne sealant, both top and bottom, ensuring long life by reducing the effect of humidity on the wood. This low-VOC finish protects the natural wood from moisture, chemicals, abrasion and marring. The desktop can be wiped down with a soft, damp cloth. Clorox wipes can be used to disinfecting the desktop. Do **NOT** use alcohol-based cleaners.

EXTENDED NON-USE

Unplug the power cord if you do not intend to use the desk for a long period of time.



WARNING

The components used are quite heavy and care should be exercised when lifting and moving the base and desk both during assembly and during use.



WARRANTY

iMovR warranty coverage for the Lander standing desk and related models includes a lifetime warranty on the steel frame, 15 years on the motors, electronics and 3D-laminated desktops, and 5 years on solid wood desktops.

See www.imovr.com/lander-desk-warranty (to visit, scan QR code on the right) for full details on warranty coverage.

To obtain warranty repair please contact the iMovR Customer Care Department with the contact information provided below.



iMovR Contact Information:

Phone: (888) 208-6770 or (425) 999-3550

Fax: (425) 999-3550

E-mail: customercare@iMovR.com

Live Chat: www.iMovR.com

Hours: See iMovR.com/hours