

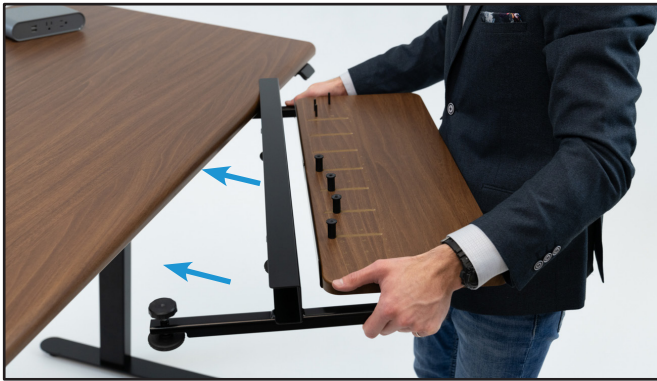
SteadyType[®] Exo Keyboard Tray



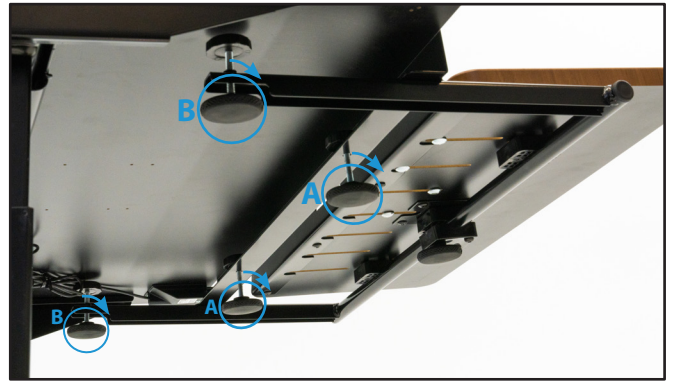
USER INSTRUCTIONS

Visit [iMovR.com/steadytype-exo-how-to](https://www.imovr.com/steadytype-exo-how-to) for full video instructions.

STEP 1 INSTALLING YOUR STEADYTYPE EXO



1. Place lip of SteadyType Exo over front edge of desk.



2. Tighten knobs labeled (A) to attach SteadyType Exo securely to desk.

3. Adjust knobs labeled (B) until SteadyType Exo frame rests parallel to desk surface.

STEP 2 OPTIMIZING YOUR STEADYTYPE EXO



A. Choose Your Keyboard Position

The SteadyType Exo accommodates all keyboard designs and workstation setups, including left-handed, right-handed, and split keyboard configurations.

1. The four rubber bumpers come pre-installed in the keyboard tray. Depending on where you plan to place your keyboard, you may need to move the bumpers into different slots.



2. To loosen the rubber bumpers, hold the screw underneath and twist counterclockwise.

Unscrew them completely to reposition in other slots.



3. Slide the rubber bumpers forwards or backwards to find a comfortable depth for your keyboard.

For best ergonomics, bring your keyboard as close to your body as possible—to minimize “computer hunch”.



4. Once you find your ideal depth, retighten the rubber bumpers by twisting clockwise.

B. Give Your Mouse a Rest



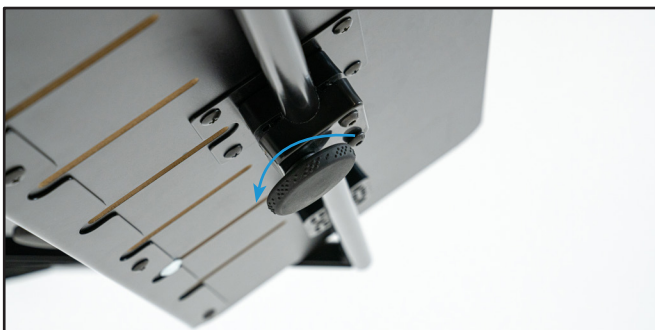
1. To keep your mouse from sliding when the platform is tilted, use the provided fencing pins to create a resting pocket. There are pin holes on both sides of the tray and in the center, to accommodate any configuration.



2. Select the pin holes you prefer and place the pins accordingly.

For best ergonomics, set your mouse at a distance that is comfortable for your arm's length.

C. Find Your Ergonomic Angle



1. To tilt your SteadyType Exo, first twist the knob underneath counterclockwise to allow it to rotate. Tilt the tray to your desired angle. Retighten.

For the biggest health and productivity boosts, we recommend tilting your tray anywhere from -15° to -45° , depending on what's most comfortable for you. (For treadmill desk users, we suggest steeper angles for the best typing and mousing proficiency while walking.)

Enjoy Your New SteadyType Exo!

We hope you enjoy the health benefits of your new SteadyType Exo from iMovR!

Visit iMovR.com/steadytype-exo-how-to for more tips (and video instructions).



Want more office fitness gear?
Go to iMovR.com for all the best standing desk accessories.