

THE MYMAC KANGAROO



The MyMac Kangaroo is designed to hold your iMac on the iMac Shelf and your Keyboard and Mouse on the Work Platform. Your MyMac Kangaroo is shipped in the down position with both the iMac Shelf Brake and the Work Platform Brakes tightened.

The MyMac Kangaroo has (2) very strong springs that assist in raising your unit to the standing position and work best when your iMac and Keyboard are in place. This reduces the amount of pressure needed to lower the unit. **Always push down with both hands on the horizontal rear rail when lowering the work platform.**

Any questions about The MyMac Kangaroo
Contact us at info@ergodesktop.com or 866-232-7988



optimal location for support leg

HOW TO USE THE MYMAC KANGAROO

Your iMac or Apple Monitor is very heavy and the springs used to support it are very strong. It may take a few days to get used to the body mechanics required to lower the unit.

To raise the Kangaroo, loosen the main brake(C) and lift the main work surface on the sides(D & D).

To raise your monitor, loosen the monitor brake(A) and lift the monitor shelf to the desired height.

To lower the Kangaroo, loosen the main brake(C) and lean into the unit using your upper body weight pushing down with both hands on the horizontal bar at the rear of the main horizontal work surface (B & B).

To Lower the monitor shelf, loosen the monitor brake(A) and push down with one or two hands on the monitor shelf.

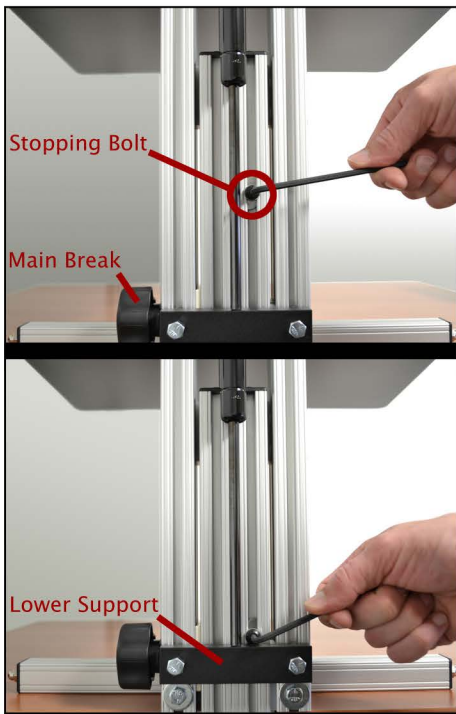
A. Monitor Brake

B. Work Surface Rail

C. Main Brake

D. Main Work Surface



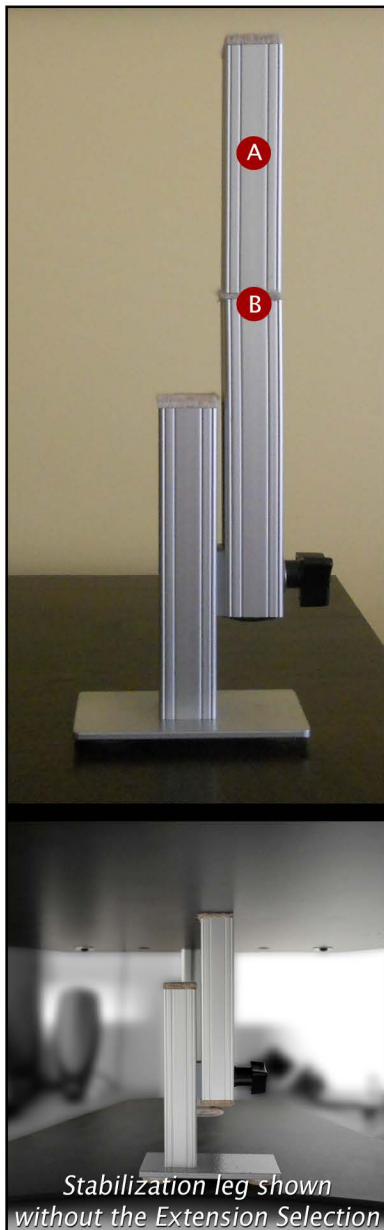


ADJUST STOPPING BOLT

On the back side of your unit you will notice a small bolt located on the lifting tower. This bolt is used as our work surface stopper. It is currently set at 15", the highest our unit should go. This setting is for a 6'2" user on a 30" high desk. If you are shorter than this, raise the unit to your desired height and tighten the Main Brake. Adjust the stopping bolt by loosening the bolt **with one turn** and drop the bolt down to reach the lower support, and re-tighten the stopping bolt.

If you are a taller individual and need to raise the stopping bolt, please note that the work surface can get up to 16 1/2 inches but you will be raising the unit into the oil dampening zone of the spring. This makes it a little more difficult to lower the unit into the seated position when raised to this maximum point.

Our work surface should only be raised to your belt or navel line. This creates a 90-110 degree angle in your elbows which is suggested in the standing position. This will also allow you to lower the unit with ease by simply transferring your upper body weight into the back of the unit.



THE STABILIZATION LEG

Your adjustable height desk top unit comes with an adjustable leg that can be used to give you maximum stability when you are using "The Kangaroo" in the standing position.

Raise the Kangaroo work surface to your desired standing height and tighten the work surface brake.

Place the adjustable leg under the work surface and loosen the adjustable leg brake. Only loosen the brake by a turn or two, too much and the brake will disengage from the slot.

Extend the adjustable leg until it engages the bottom of the work surface and then tighten the adjustable leg brake.

The leg is shipped with the **extension section** installed to give you additional height adjustment. If this is too tall for your application, simply **unscrew the extension selection**.

A Extension Selection

B screws into here

Touchboards

205 Westwood Ave, Long Branch, NJ 07740
 Phone: 866-94 BOARDS (26273) / (732)-222-1511
 Fax: (732)-222-7088 | E-mail: sales@touchboards.com

ALWAYS REMOVE LEG BRACE BEFORE LOWERING THE WORK SURFACE.