



Sitting Is The New Smoking! How To Burn Calories At Your Desk

Step by Step Instructions

STEP 1) Choose the stand-up desk that's right for you

There are a few different types of "stand-up / sit-down" desks to choose from. So the first thing you need to do is understand the differences and choose the one for you. The following steps will show you the differences. Once you choose, navigate to our video series section on our howtube channel; there you will find a series of how-to videos about your chosen product on topics like: • how to get the best price • installation instructions • how-to maximize calorie-burn with your chosen stand-up / sit-down desk.

STEP 2) Apple Compatible Ergotron 24-414-227 WorkFit-A

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STEP 3) Ergotron 24-271-926 WorkFit-D, Sit-Stand Desk

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