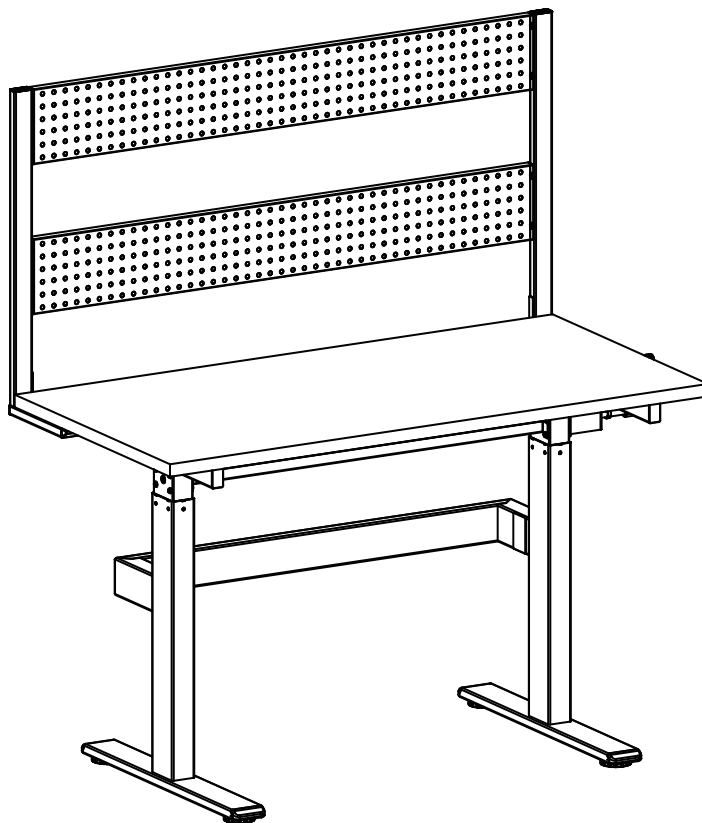


highmore

Rocko

Manual Height Adjustable Workbench With Pegboard

User Manual



Product Ref-HM-WB002-001

Imported By: Forward Industries, 33401. U.S.A

Safety and Care Advice

1. The maximum weight that can be placed on this product is 507 lbs.
2. This product must not be used as a seat.
3. Check carefully to ensure correct and complete assembly before using.
4. Don't allow children to play near the table as their behaviour is unpredictable. The manufacturer is not responsible for loss, injury, or damage due to improper actions or use.
5. Do not use corrosive or abrasive materials near the equipment. Please ensure that the cleaner used will not pollute the environment.
6. Cleaning should not be attempted by children without supervision.
7. Please make sure there are no hazard sources in your operating environment. e.g., do not leave tools around. Always be careful to dispose of the packaging materials in order to avoid any possible danger, e.g. plastic bags may lead to choking hazard to children.
8. We recommend you keep the original packaging of the item in case of the need for return or future transportation.
9. Do not use outdoors. SAVE THESE INSTRUCTIONS. For Household use only.



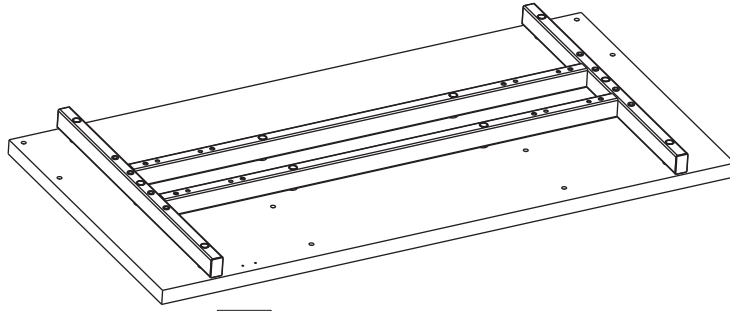
2 PEOPLE ASSEMBLY



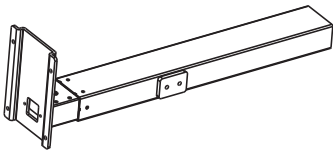
**APPROXIMATE 30 MINUTE
ASSEMBLY TIME**

Main Components

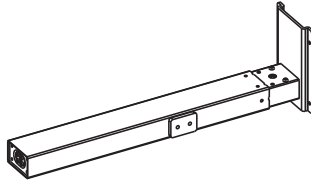
Please check you have all the parts listed below



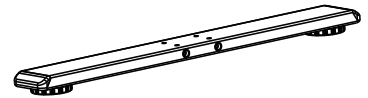
1 Table Top Qty 1
(47.2*23.6*1.0")



2 Leg(right) Qty 1
(27.4*2.0*3.1")



3 Leg(left) Qty 1
(27.4*2.0*3.1")



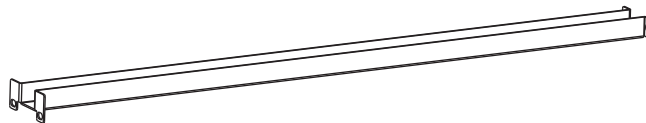
4 Foot Qty 2
(23.6*2.8*1.2")



5 Transmission Rod Qty 1
(37.4")



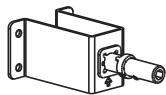
6 Leg Support Qty 1
(33.5*6.0*3.0")



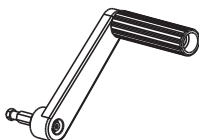
7 Transmission Cover Qty 1
(31.3*2.7*1.2")

Main Components

Please check you have all the parts listed below



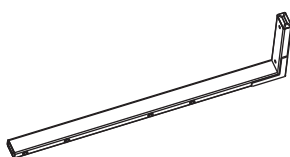
8 Crank holder Qty 1
(5.7*3.0*2.0")



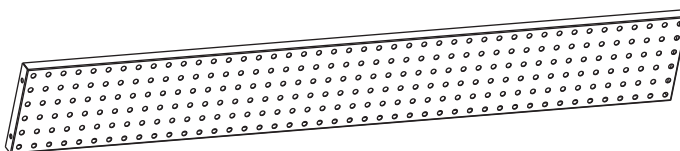
9 Handle Qty 1
(4.9*5.2* ϕ 1.0")



10 Pegboard Support
(left) Qty 1
(25.6*7.9*0.8")



11 Pegboard Support
(right) Qty 1
(25.6*7.9*0.8")

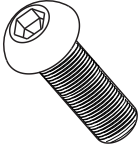


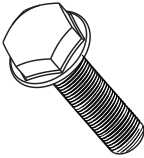


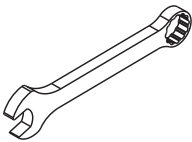
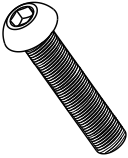

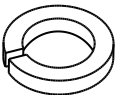


12 Peg board Qty 2
(43.9*5.9*0.8")

Fixings, Fittings And Tools

Please check you have all the fittings listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more fittings may be supplied than are required.

| | | |
|--|--|--|
| <p>A</p>  <p>M6 Screw Qty 20 (M6*0.63")</p> | <p>B</p>  <p>M6 Screw Qty 6 (M6*0.39")</p> | <p>C</p>  <p>M5 Screw Qty 1 (M5*0.24")</p> |
| <p>D</p>  <p>M8 Screw Qty 4 (M8*0.63")</p> | <p>E</p>  <p>4x4 Allen key Qty 1 (0.16*0.16*2.44")</p> | <p>F</p>  <p>3x3 Allen key Qty 1 (0.12*0.12*2.32")</p> |
| <p>G</p>  <p>Spanner Qty 1 (5.12*0.98*0.28")</p> | <p>H</p>  <p>M6 Screw Qty 8 (M6*1.18")</p> | <p>I</p>  <p>2.5x2.5 Allen key Qty 1 (0.1*0.1*2.01")</p> |
| <p>J</p>  <p>Spring Washer ϕ0.24" Qty 12</p> | | |

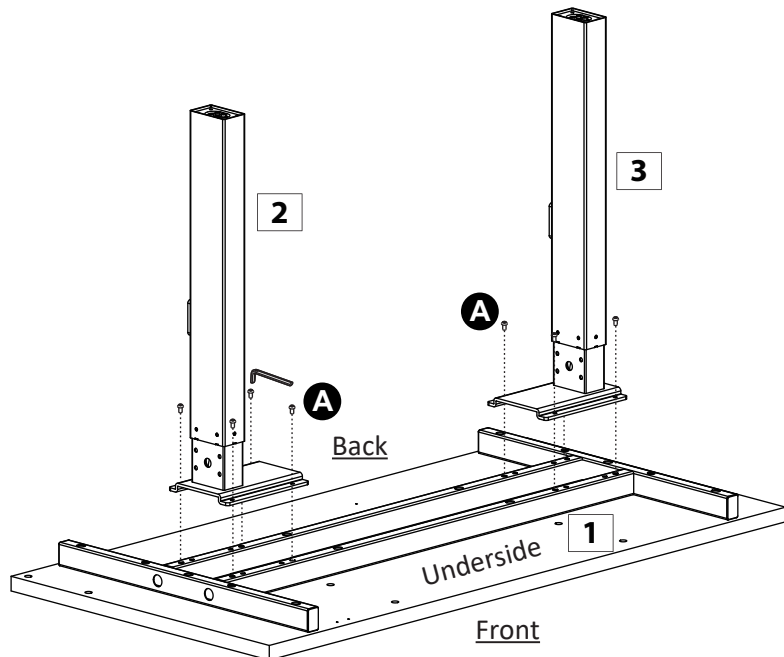
If you have questions regarding the operation of your purchase, or in the unlikely event you need to return the unit because it is faulty or is no longer wanted, please contact our product returns department at customerservice@forwardindustries.com, or 561-465-0030, Option 0.

Address: Forward Industries, 105 South Narcissus Avenue Suite 412, West Palm Beach, FL 33401

Assembly Steps

STEP 1

Assemble legs **2** and **3** to the underside of table top using screws **A**.



A



M6 Screw Qty 8

E



4x4 Qty 1



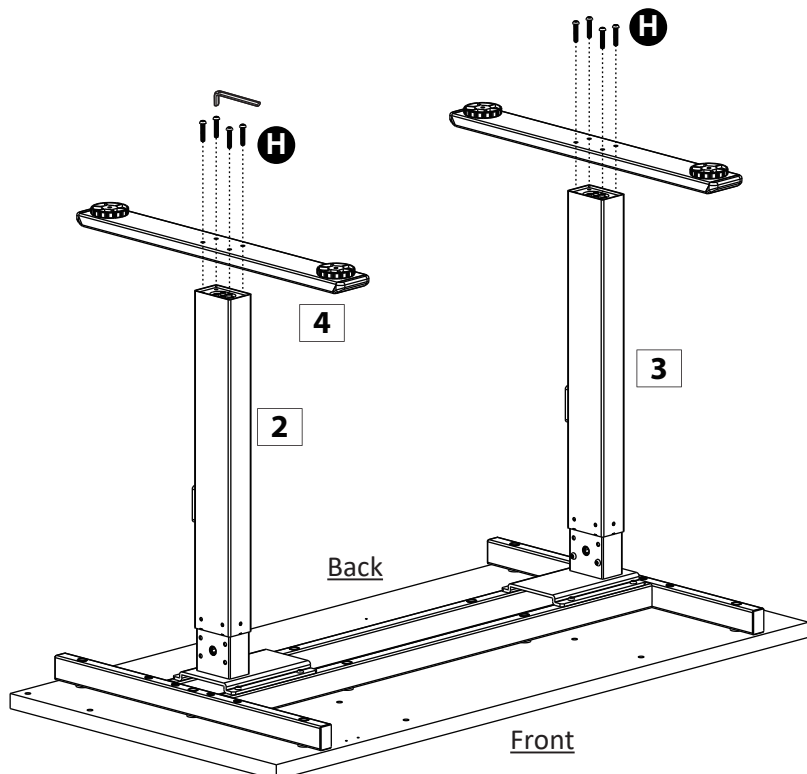
IMPORTANT

During assembly, ensure the height of the legs remains the same on both sides!

SHOWN UPSIDE DOWN

STEP 2

Assemble feet **4** to legs **2** and **3** using screws **H**.



H



M6 Screw Qty 8

E



4x4 Qty 1

SHOWN UPSIDE DOWN

Assembly Steps

STEP 3

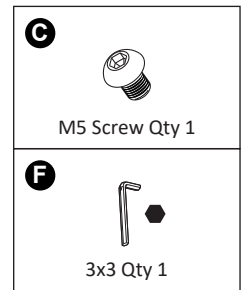
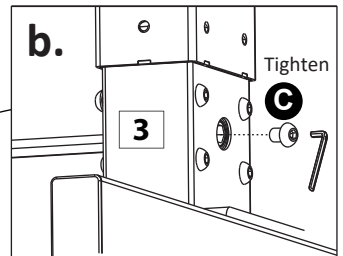
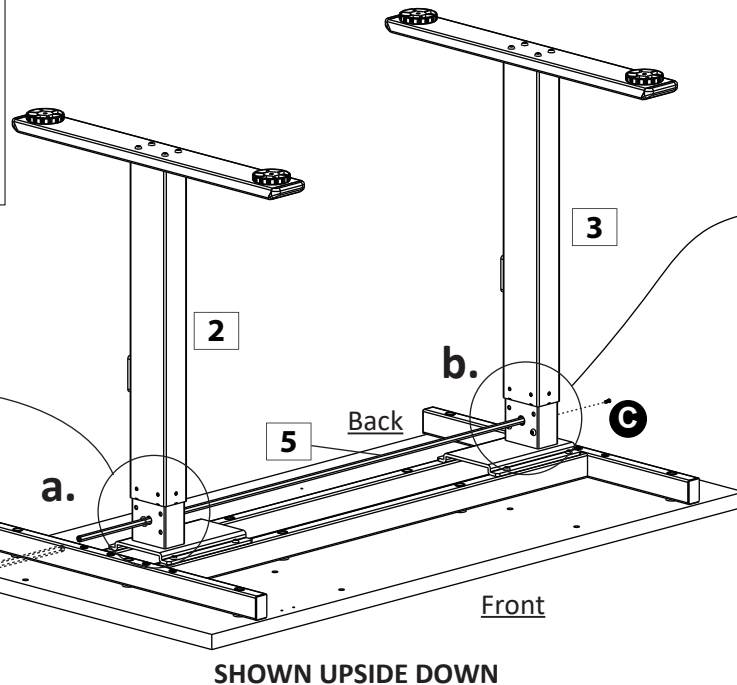
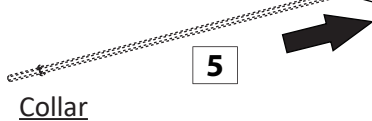
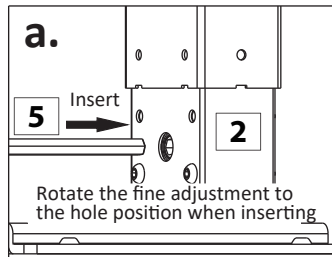
a. Push transmission rod **5** through the hole in leg **2** (or **3**).

b. Push the rod all the way through and engage it into the hole in the opposite leg.

Secure from the outside of the opposite leg using screw **C** as shown.

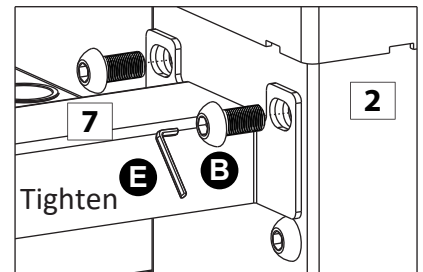
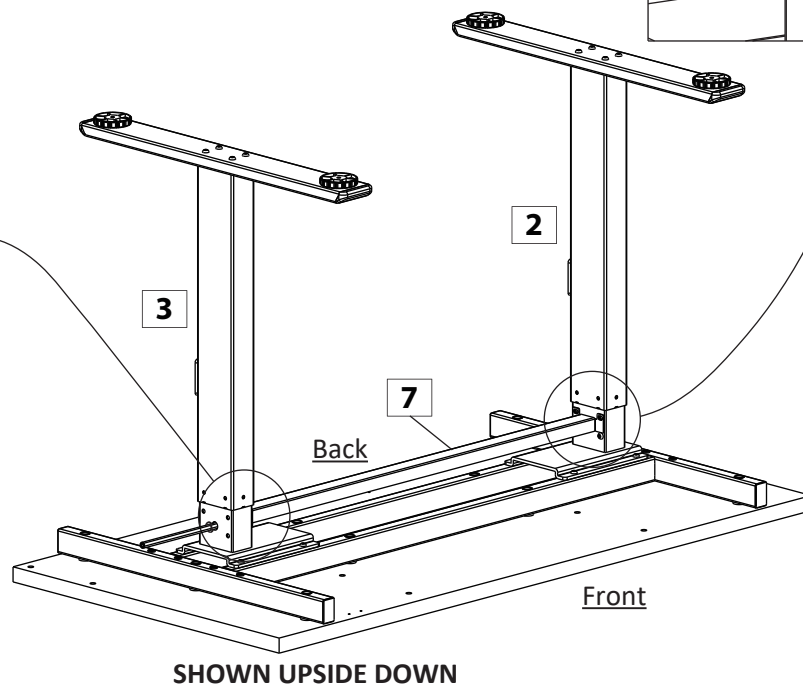
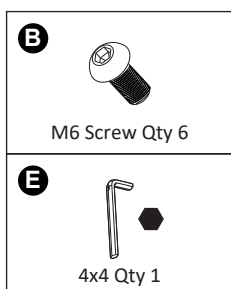
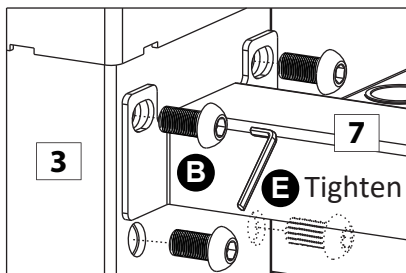


The transmission rod can be inserted either from the left or right leg depending on which side you want the adjustment handle.



STEP 4

Assemble transmission cover **7** in between legs **2** and **3** using screws **B**.



Assembly Steps

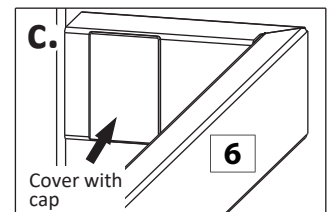
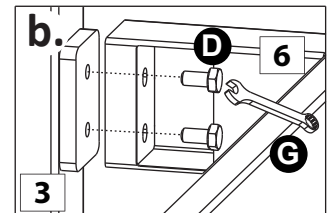
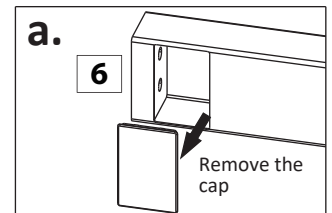
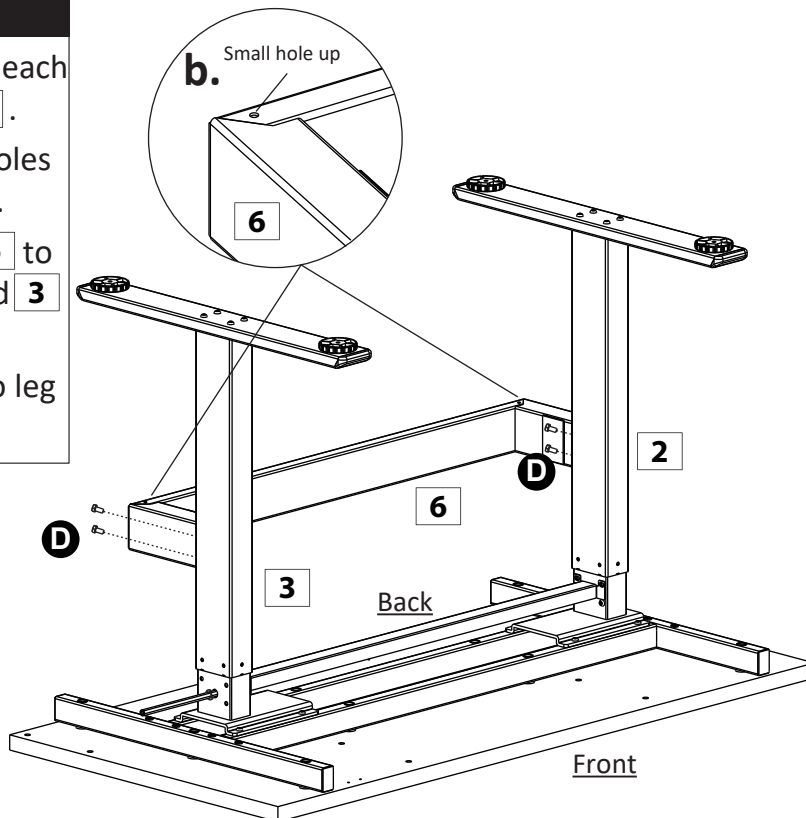
STEP 5

a. Remove the caps on each end of legs support **6**.

b. Ensuring the small holes are facing up as shown.

Assemble leg support **6** to the back of legs **2** and **3** using screws **D**.

c. Replace the caps into leg support **6**.



M8 Screw Qty 4



Spanner Qty 1

SHOWN UPSIDE DOWN

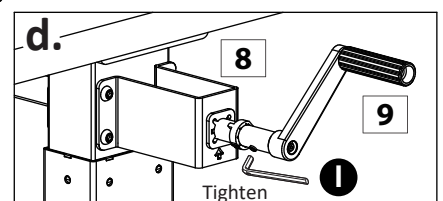
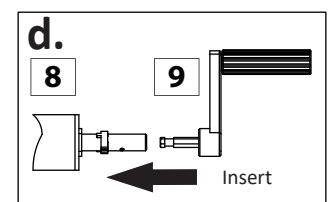
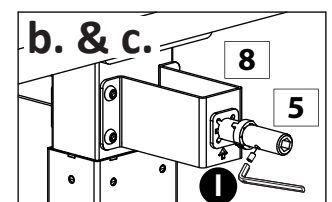
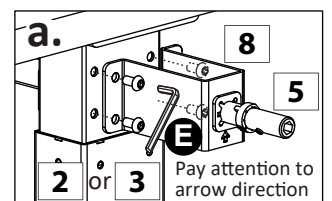
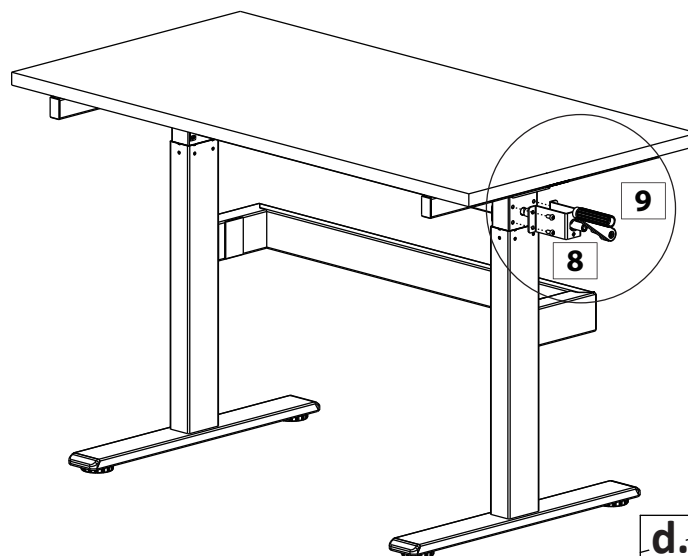
STEP 6

a. On the side of the adjustment handle, remove the 4 screws preassembled into leg **2** or **3**.

b. Assemble crank holder **8** over the exposed end of transmission rod **5**. Secure using the screws removed in a. above.

c. Remove the small grub screw in crank holder **8** as shown.

d. Insert handle **9** into the end of the crank holder **8** and secure using the grub screw removed in c. above.



4x4 Qty 1



2.5x2.5 Qty 1

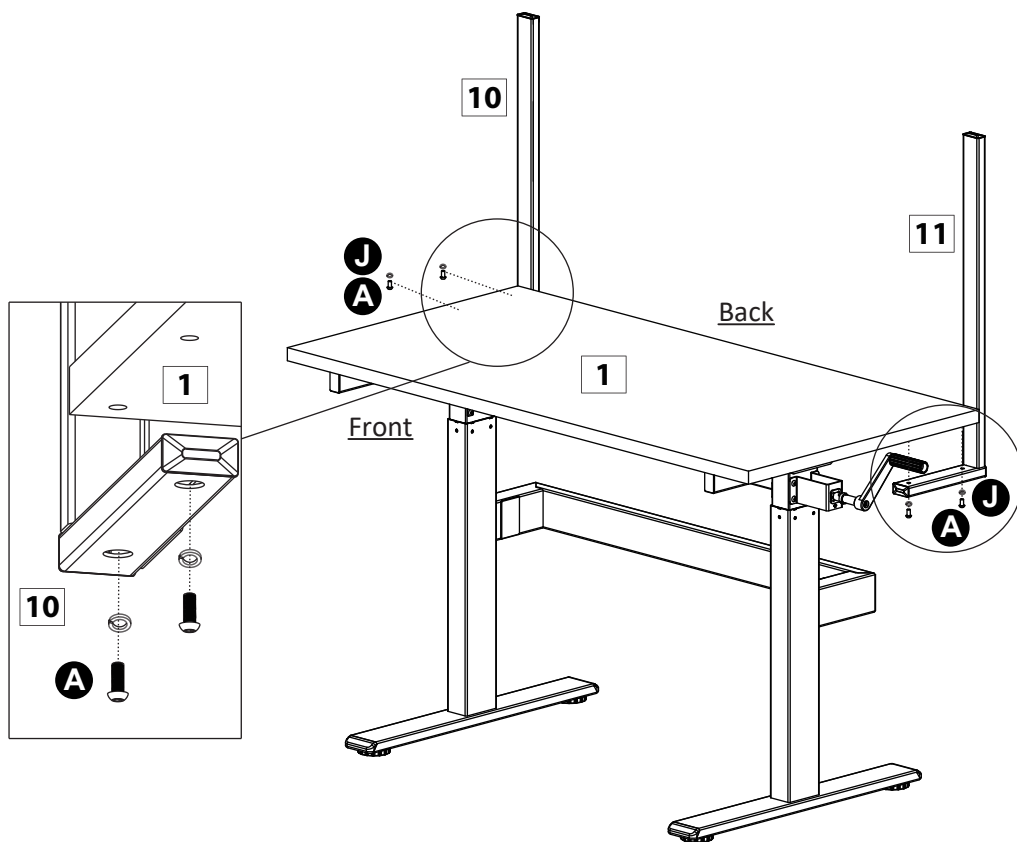
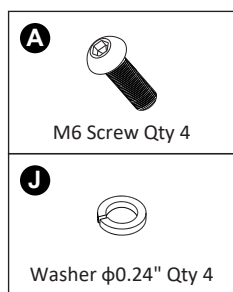
Assembly Steps

STEP 7

With help, stand the desk upright.

⚠ Warning the desk is heavy, lift with care.

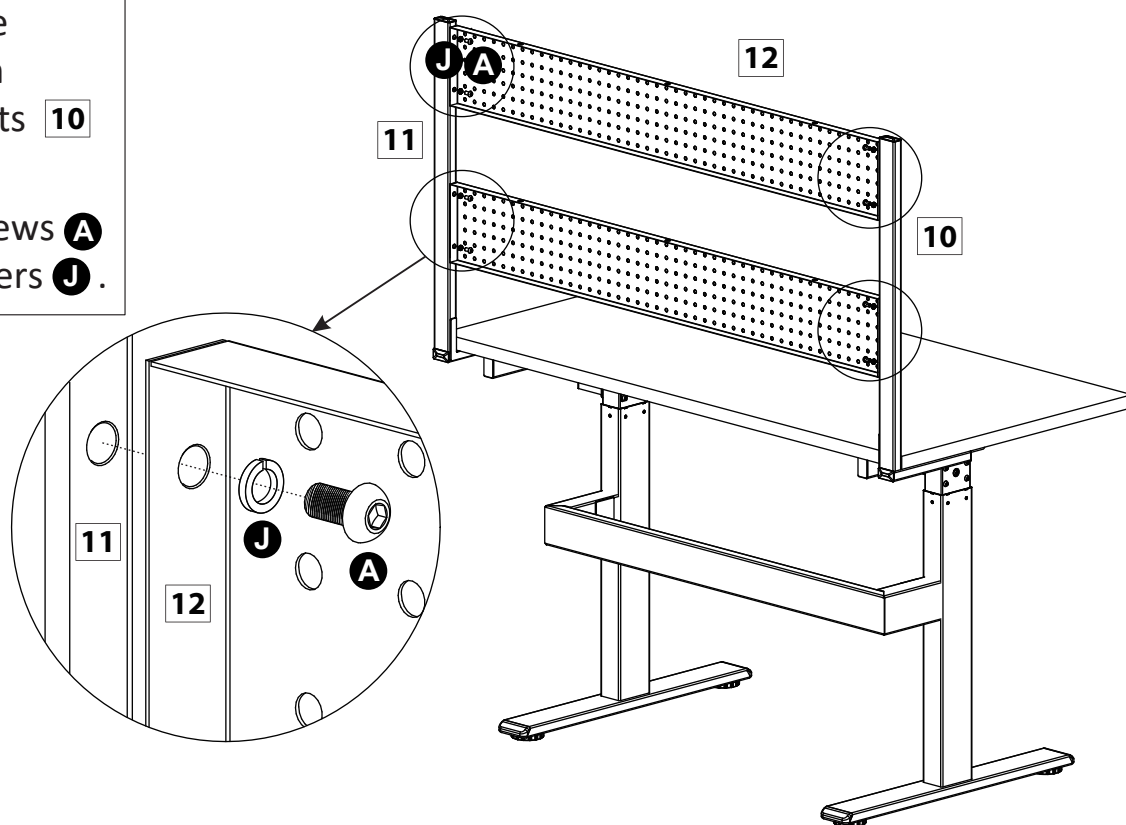
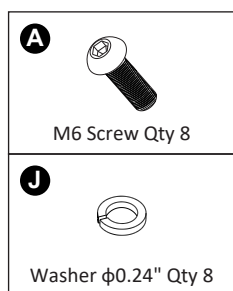
Assemble pegboard supports **10** and **11** to the underside of table top **1** using screws **A** and spring washers **J**.



STEP 8

With help, locate pegboards **12** in between supports **10** and **11**.

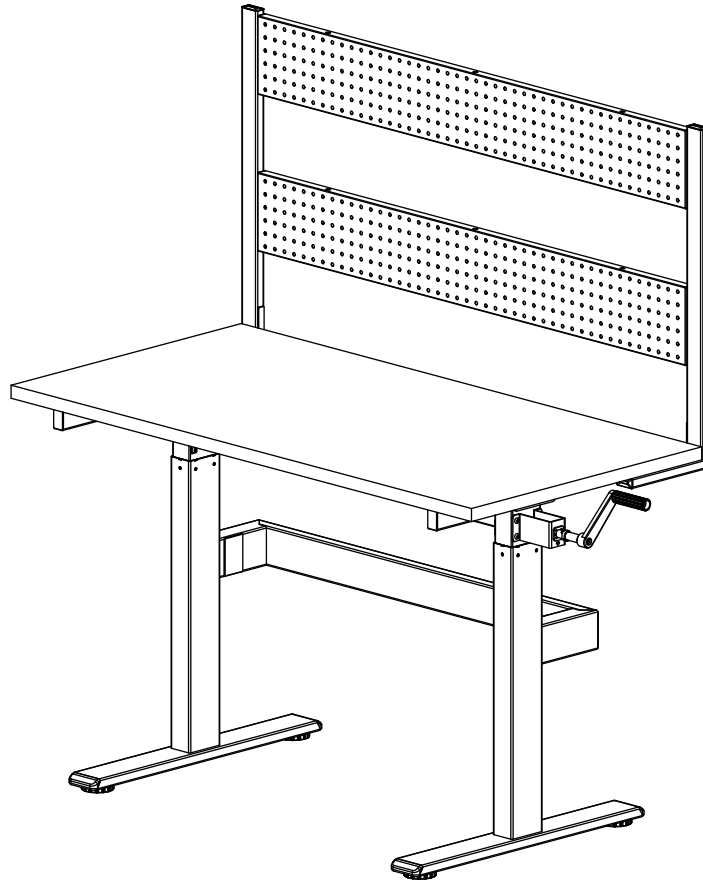
Secure using screws **A** and spring washers **J**.



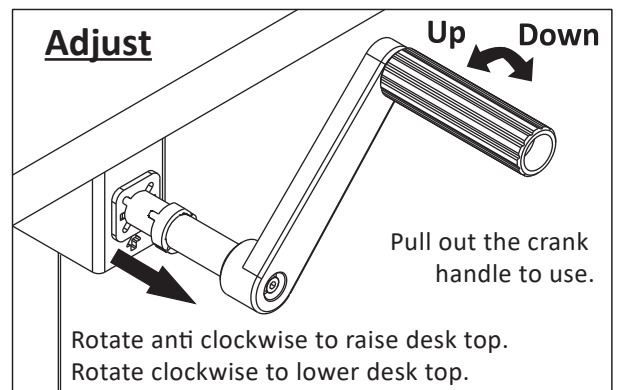
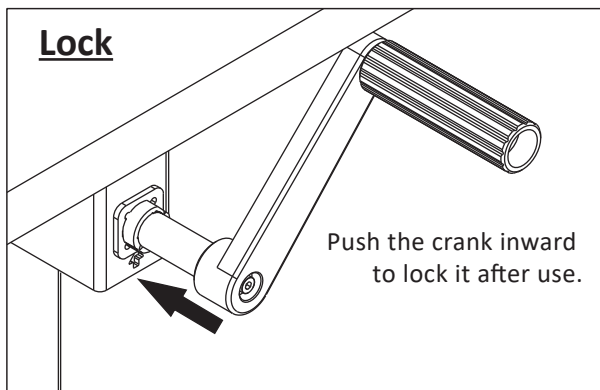
SHOWN FROM BACK

STEP 9

Assembly is complete



Height Adjustment(Crank Handle)



After Sales Support / Product Returns

If you have questions regarding the operation of your purchase, or in the unlikely event you need to return the unit because it is faulty or is no longer wanted, please contact our product returns department at customerservice@forwardindustries.com, or 561-465-0030, Option 0.

Address: Forward Industries, 105 South Narcissus Avenue Suite 412, West Palm Beach, FL 33401