

SIT  
STAND

**KDI**



...for a great office experience

# Keep moving forward.



Thankfully, we have three tools to help us feel good and keep moving throughout the day for a great multidimensional experience:

- Dynamic and active seating with a three dimensional and high ergonomics chair
- Alternative seating and standing with a sit stand desk
- Movement between different specific areas: formal and informal meetings, focus room, relaxing and gaming area, cafeteria and others.

## Seating behavior.

When we sit the “enzymes that are responsible for burning fat just shut down.” This can lead to retention of fat, lower good cholesterol, and the overall reduction in the metabolic rate. Prolonged sitting causes a steady compression on the spinal discs that can contribute to their premature degeneration and make muscles more likely to pull, cramp or strain. Additionally, lower demands on the circulatory system while sitting results in a slow down of heart activity and blood flow which accelerates fatigue.

## Standing behavior.

When we are standing, the pressure on the intervertebral discs of the lower back is fairly low, much lower than when we sit unsupported. However, standing uses about 20% more energy than sitting, so tired more quickly and look to sit down. Prolonged standing, without some relief by walking, causes blood to pool in the legs. Prolonged standing also causes the joints in the spine, hips, knees and feet to become temporarily immobilized or locked.







## Key To Future Office And Home Work Spaces: Flexibility

From the healthcare perspective, day to day of work and continuity of work with high result the most important element for the office facilities it is the basic work station that should include a good ergonomic chair to support the best the body weight of the every person and to provide a maximum of freedom during of tasks execution together with a sit stand desk.





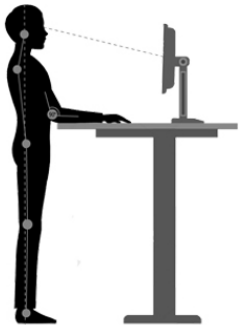
# Find the ideal working posture while sitting or standing



**Movement is critical for us to keep our bodies healthy and prevent illness.**

We were not made to sit in one position all day. Many of us sit nearly motionless for upwards of 15 hours a day (car, work, home, etc...).

Tips and tricks when trying to find the correct standing posture: shoulders relaxed, straight back, pelvis in neutral alignment, circulation in legs, hip, knee and ankle joints aligned with gravity line.



# Keep active at work or your home office

with our KDI range of standing desks, that help you to change working positions often.  
You can raise and lower your desk by the simple touch of a button.



## KDI individual desks

- melamine chipboard desk top 25-28 mm thick with ABS edge
- adjustable metal structure with 2 electric motors on height between 65 and 129 cm, colors gray RAL 9006 or white
- the maximum load supported by the structure is 98 kg
- cable organization channel and 2 round passage caps included
- melamine chipboard colors: white, solid gray, blue, birch, beech, pacific walnut



## KDIAT U Twin sharedesks

- 2 melamine chipboard desk tops 25-28 mm thick with ABS edge
- 2 electrically adjustable metal structures on height between 65 and 129 cm, colors RAL 9006 gray or white
- the maximum load borne by each structure is 98 kg
- 1 upholstered partition wall cable organization system with round passage caps included
- melamine chipboard colors: white, solid gray, blue, birch, beech, pacific walnut

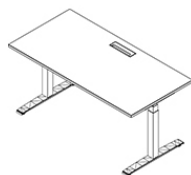


## KDIX Mix individual/sharedesks

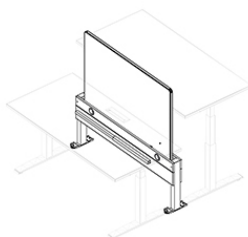
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# Customization

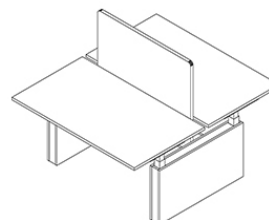
## MODELS AND SIZES



**individual**  
**KD140** 139x80x65-129H  
**KD160** 160x80x65-129H



**connection part**  
**KDC140** 139x10x115H  
**KDC160** 160x10x115H



**sharedesk**  
**KDIAT140** 139x164x65-129H  
**KDIAT160** 160x164x65-129H



**white**  
W1000



**grey**  
U708



**denim**  
U540



**birch**  
H1733

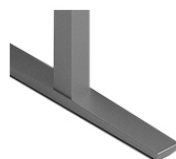


**walnut**  
H3700



**beech**  
H1511

## DESK TOP COLOR



**grey**  
ral 9006



**white**  
ral 9010



**cable hole cover as standard**  
white/grey/black

## FRAME COLOR



**fixed control button**  
two button controller



**memory control button**  
memory function/display

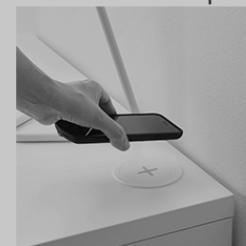


**telescopic control button**  
two button controller

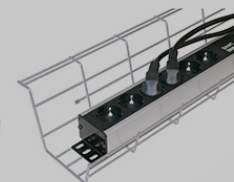
## CONTROL UNITS

# ADD-ons

**integrated wireless charger**  
not visible on top



**pencil holder**  
suitable for small objects



**cable management**  
with plenty of room for power strips



**computer/monitor holding system**  
fast, safe and functional



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