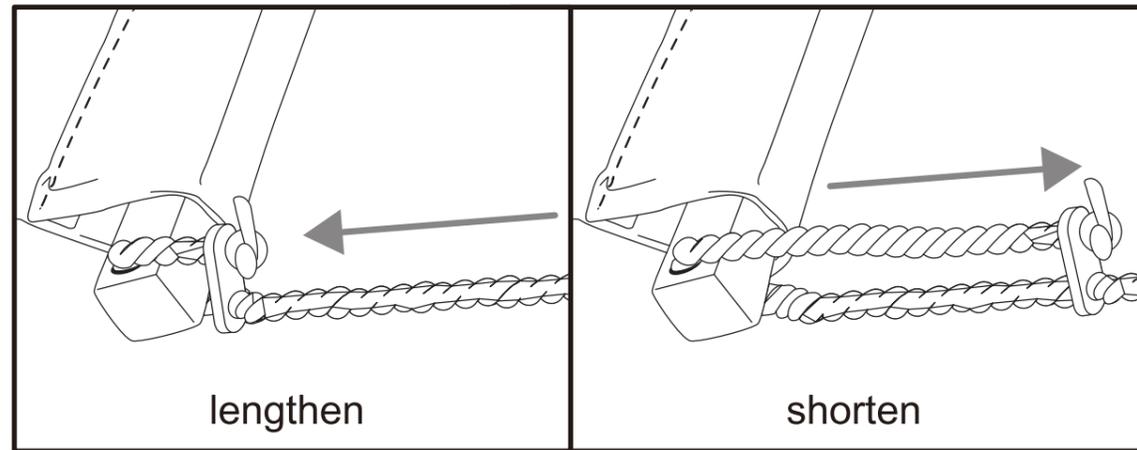
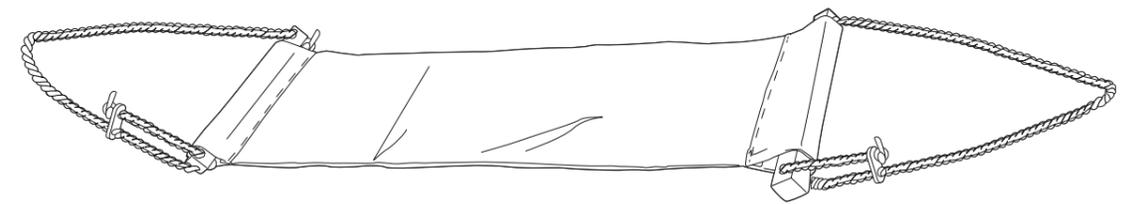


## Step 4: Adjust based on your preference

To adjust your foot hammock, lengthen or shorten your hammock by using the plastic tabs. Lengthen your hammock by sliding the plastic tabs toward the hammock, and shorten it by sliding them away from the hammock.



# FLEXISPOT

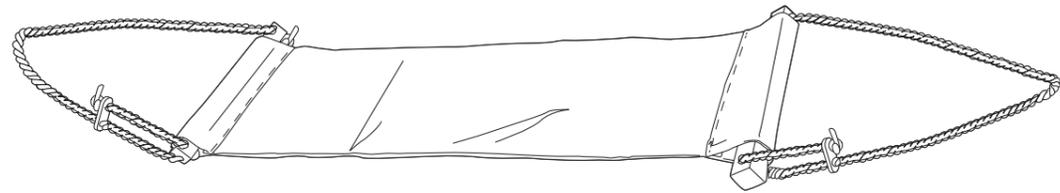


## ⚠ CAUTIONS & WARNINGS

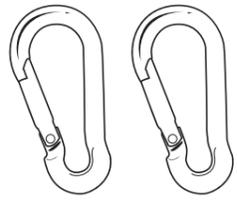
- ⚠ **CAUTION:**  
Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury.
- ⚠ **WARNING:**  
Weight limit: 50 lb if Desktop mounted.

## Parts Included

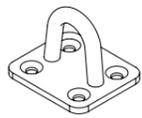
Package Contents



Foot hammock



Carabiner clips  
(Qty 2)



Eye plates  
(Qty 2)

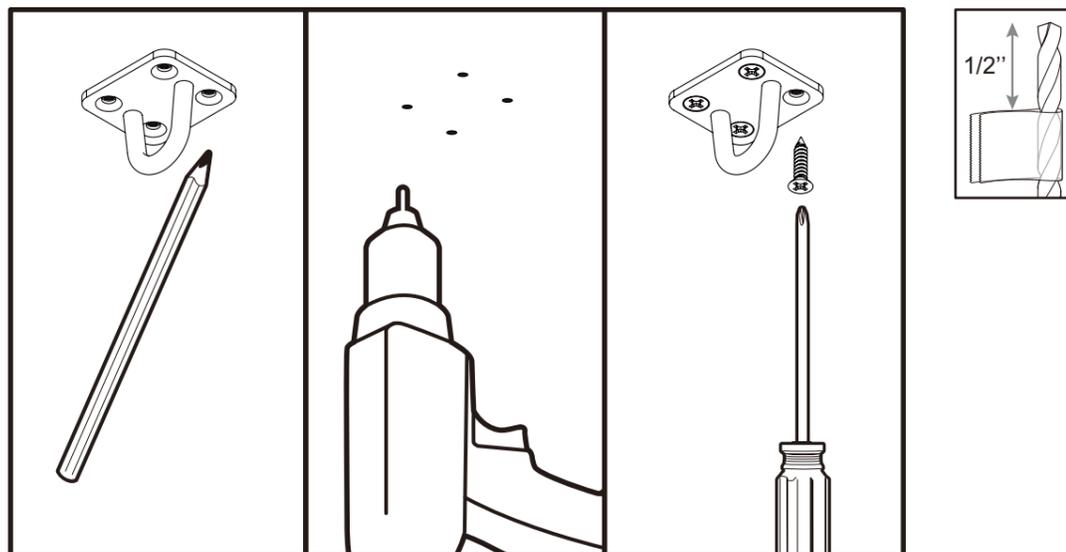


#8x3/4" Wood screws  
(Optional. qty 8)

## Step 1: Mark and mount your eye plates

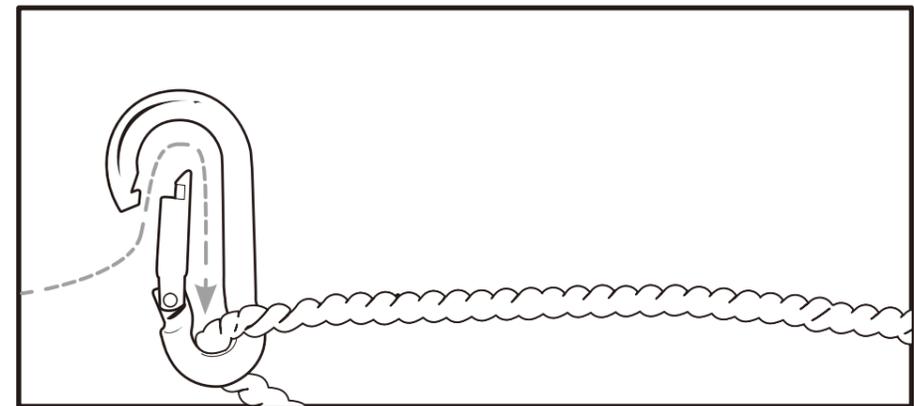
First decide where you'd like to place your foot hammock. Once you've decided on the placement, hold an Eye plate up on the desktop and mark the center of each hole with a pencil. Once you've marked the area, drill in holes to mount your eye plates. Using your four #8x3/4" wooden screws, attach and secure your eye plates. Make this process easier by using a drill with a 1/8" diameter bit.

\*Note: Make sure to DRILL NO DEEPER THAN 1/2". An easy way to ensure this is by wrapping a piece of tape around your drill bit 1/2" from the tip as a marker. Stop drilling just before the tape touches the desktop.



## Step 2: Prep your foot hammock

Unroll your Foot hammock. Take the ropes from one side, open a Carabiner, and thread the ropes through it. Repeat on the second side.



## Step 3: Install your carabiners and your foot hammock

Once you've attached the Carabiners on each side of your hammock, hook each Carabiner into your installed eye plates.

