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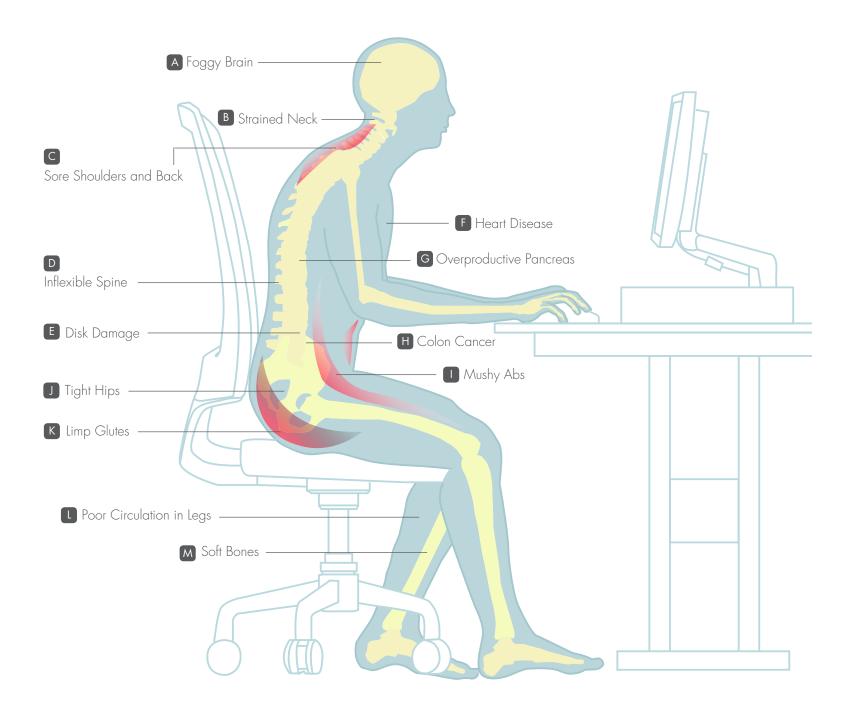




TECHNIGROUP

Humans aren't built to sit all day

Check out this compelling infographic to see the effects of chronic sitting.



"Sitting disease" is a very real condition, encompassing a chain of medical problems caused by sitting for hours on end. If you are serious about reducing your risk for sitting disease, your best bet is to make the switch to AD desk. AD Workstation supports your spine, opens your hips, and promotes movement throughout the workday to prevent the problems associated with prolonged sitting.

A. Foggy Brain

Moving muscles pump fresh blood and oxygen through the brain. But when we are stationary for some time, everything slows down including brain function.



B. Strained Neck

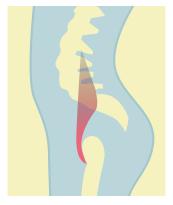
Sitting down at work, which requires craning your neck forward or tilting your head to cradle a phone while typing can strain the cervical vertebrae and lead to permanent imbalances.

Proper alignment of cervical vertebrae.

C. Sore Shoulders and Back

Moving muscles pump fresh blood and oxygen through the brain. But when we are stationary for some time, everything slows down including brain function.

D. Inflexible Spine



Spines that don't move become inflexible and susceptible to damage in mundane activities, such as when you reach for a coffee cup or bend to tie a shoe. When we move around, soft disks between vertebrae expand and contract like sponges, soaking up fresh

blood and nutrients. When we sit for a long time, disks are squashed unevenly and lose sponginess. Collagen hardens around supporting tendons and ligaments.

Lumbar region bowed by shortened psoas.

E. Disk Damage

People who sit more are at greater risk for herniated lumbar disks. A muscle called the psoas travels through the abdominal cavity and, when it tightens, pulls the upper lumbar spine forward. Upper-body weight rests entirely on the ischeal tuberosity (sitting bones) instead of being distributed along the arch of the spine.

Information extracted from report by Bonnie Berkowitz, Washington Post.

F. Heart Disease

During a long sit, muscles burn less fat and blood flows languidly, which allows fatty acids to clog the heart easily. Elongated sitting has been linked to high blood pressure and elevated cholesterol, which will be more prone to cardiovascular diseases.

G. Overproductive Pancreas

The pancreas produces insulin, a hormone that carries glucose to cells for energy. But cells in idle muscles don't respond as readily to insulin, so the pancreas produces more and more, which can lead to diabetes and other diseases. A 2011 study found a decline in insulin response after just one day of prolonged sitting.

H. Colon Cancer

Studies have linked sitting to a greater risk for colon, breast and endometrial cancers. Firstly, excess insulin encourages cell growth. Next, regular movement boosts natural antioxidants that kill cell-damaging and potentially cancer-causing.

I. Mushy Abs

When you slump in a chair, the abdominal muscles that keep you upright will go unused. Tight back muscles and sluggish abs form a posture-wrecking combination that can exaggerate the spine's natural arch.

J. Tight Hips

When the hip flexor muscles are rarely extended, they become short and tight. This limit the range of motion and stride length. Studies shows that decreased hip mobility is a main reason elderly people tend to fall.

K. Limp Glutes

Sitting causes your glutes to do nothing. Soft glutes affect your ability, your ability to push off and your ability to maintain a powerful stride.

L. Poor Circulation in Legs

Sitting for long period of time slows blood circulation, which causes fluid to pool in the legs. Problems range from swollen ankles and varicose veins to dangerous blood clots called deep vein thrombosis (DVT).

M. Soft Bones

Lack of movement will not simulate hip and lower body bones to grow thicker, denser and stronger.



Ergonomic Design for people at work



Highlight Design - AD SINGLE

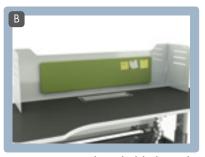
Features that are able to cater for different users requirements.







Cave Screen with shelf



Cave Screen with tackable board



Desk Fixed Screen



Aluminium tray door



Electric adjustment



Fixed front screen



Wooden modesty screen



Cable inlet channel



Hook on shelf tray



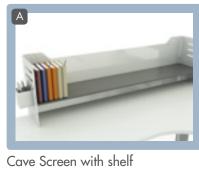
Hand Crank (manual adjustment)

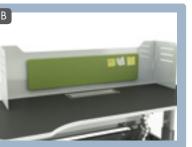
Highlight Design - AD BACK-to-BACK

Features that are able to cater for different users requirements.









Cave Screen with tackable board



Desk Fixed Screen



Aluminium tray door



Electric adjustment



Fixed front screen



Wooden modesty screen



Cable inlet channel



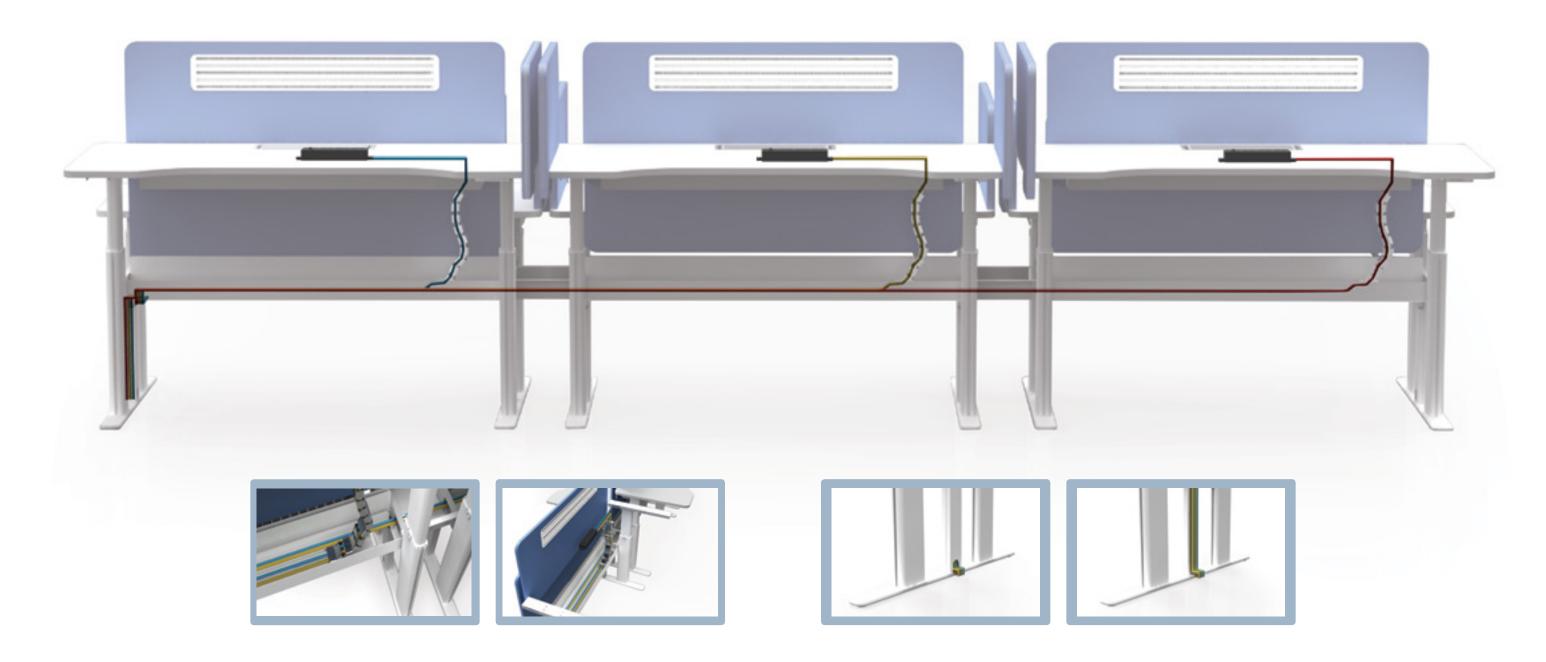
Hook on shelf tray



Hand Crank (manual adjustment)

Cable Management

AD Hi Lo is the most economical way of managing cables, providing quality cable management systems and solution to help organize protect and hide wire for a clean and safe looking system.

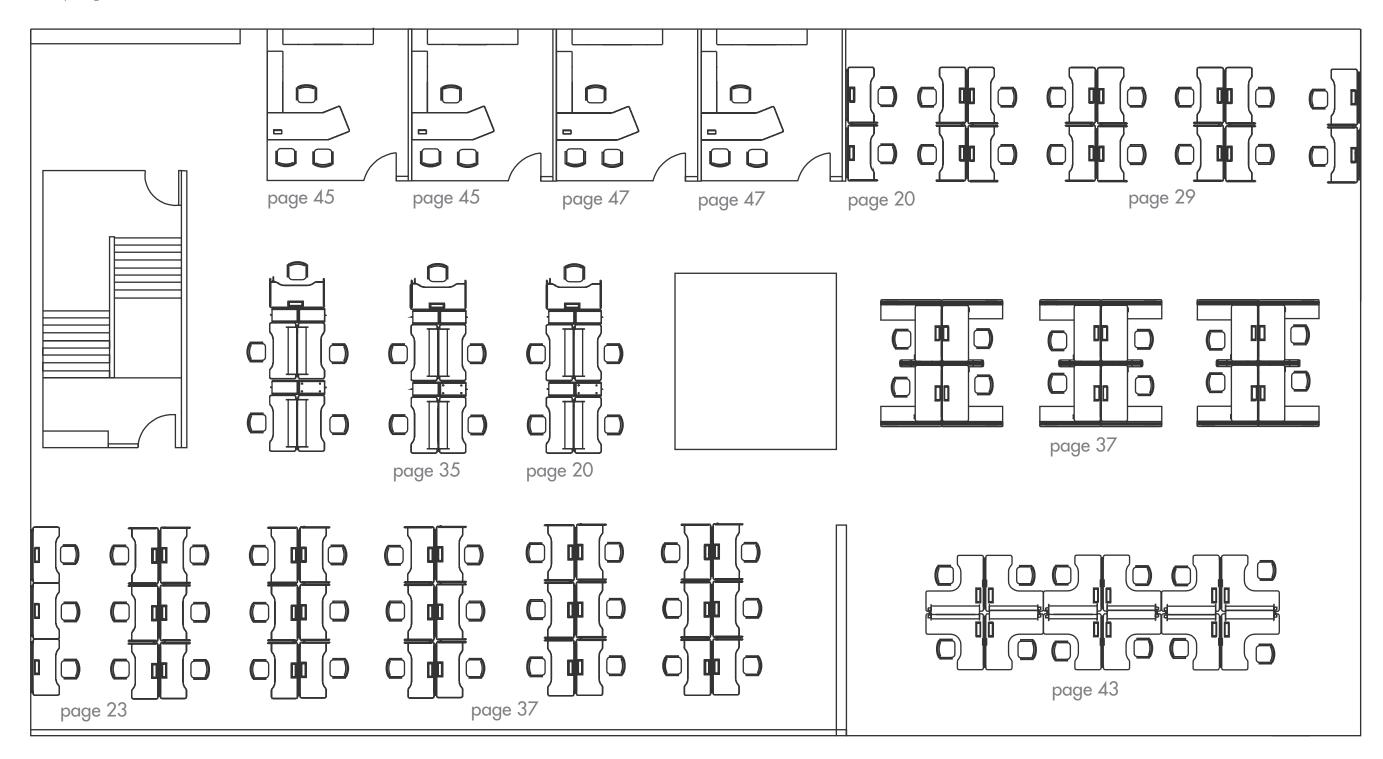


Configurations



Adaptable AD workstations - Planning Efficiency

AD workstations can be stand alone or joint to give expandable planning layout for a fully integrated team environment.



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SINGLE: Linear workstations with Central Fixed Screen

Linear cluster of 3 workstations features

- Central Fixed Screen
- Hook on under table open shelf
- White worktop with white edging
- Adjustable legs in white



SINGLE: Linear workstations with Desk Fixed Screen



SINGLE: Linear workstations with Desk Fixed Cave Screen

Linear cluster of 3 workstations features

- Desk Fixed Cave Screen
- Hook on under table open shelf



BACK-to-BACK: Cluster of 2 workstations

Cluster of 2 workstations features

- Desk Fixed Cave Screen with shelf
- Hook on under table open shelf
- Individual cable management
- White worktop with white edging
- Adjustable legs in white



Cluster of 2 workstations features

- Desk Fixed Cave Screen with tackable board
- Hook on under table open shelf
- Individual cable management
- Dark Grey worktop with white edging
- Adjustable legs in silver



BACK-to-BACK: Cluster of 6 workstations

Cluster of 6 workstations features

- Slot on fixed central tackable screen
- Wooden modesty screen
- Cable management system
- White worktop with white edging
- Adjustable legs in white
- Clamp on monitor arm



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BACK-to-BACK: Linear cluster of 6 workstations

Cluster of 6 workstations features

- Slot on fixed central tackable screen
- Wooden modesty screen



BACK-to-BACK: Linear cluster of 6 workstations

Cluster of 6 workstations features

- Desk Fixed Cave Screen with shelf
- Hook on undertable open shelf



BACK-to-BACK: Linear cluster of 6 workstations



BACK-to-BACK: Linear cluster of 7 workstations



BACK-to-BACK: Linear cluster of 4 workstations



 $_{
m 38}$

90° I workstations

90° I features



90° T workstations

90° T workstations offers a modern and roomy alternative to the cubicle lifestyle

- Desk Fixed Cave Screen with shelf
- Hook on undertable open shelf



90° cross workstations

- Individual tackable screen with rail
- Hook on undertable open shelf
- Cable management system
- White worktop with white edgingAdjustable legs in white



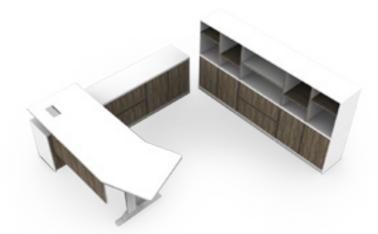
AD Room System

AD Room Systems features

- Min. 750mm to 1210mm high
- Open shelf storage
- Conceal cable management system
- Return cabinet with lateral file drawers and open shelf storage
- Double level back cabinet storages









AD Room System

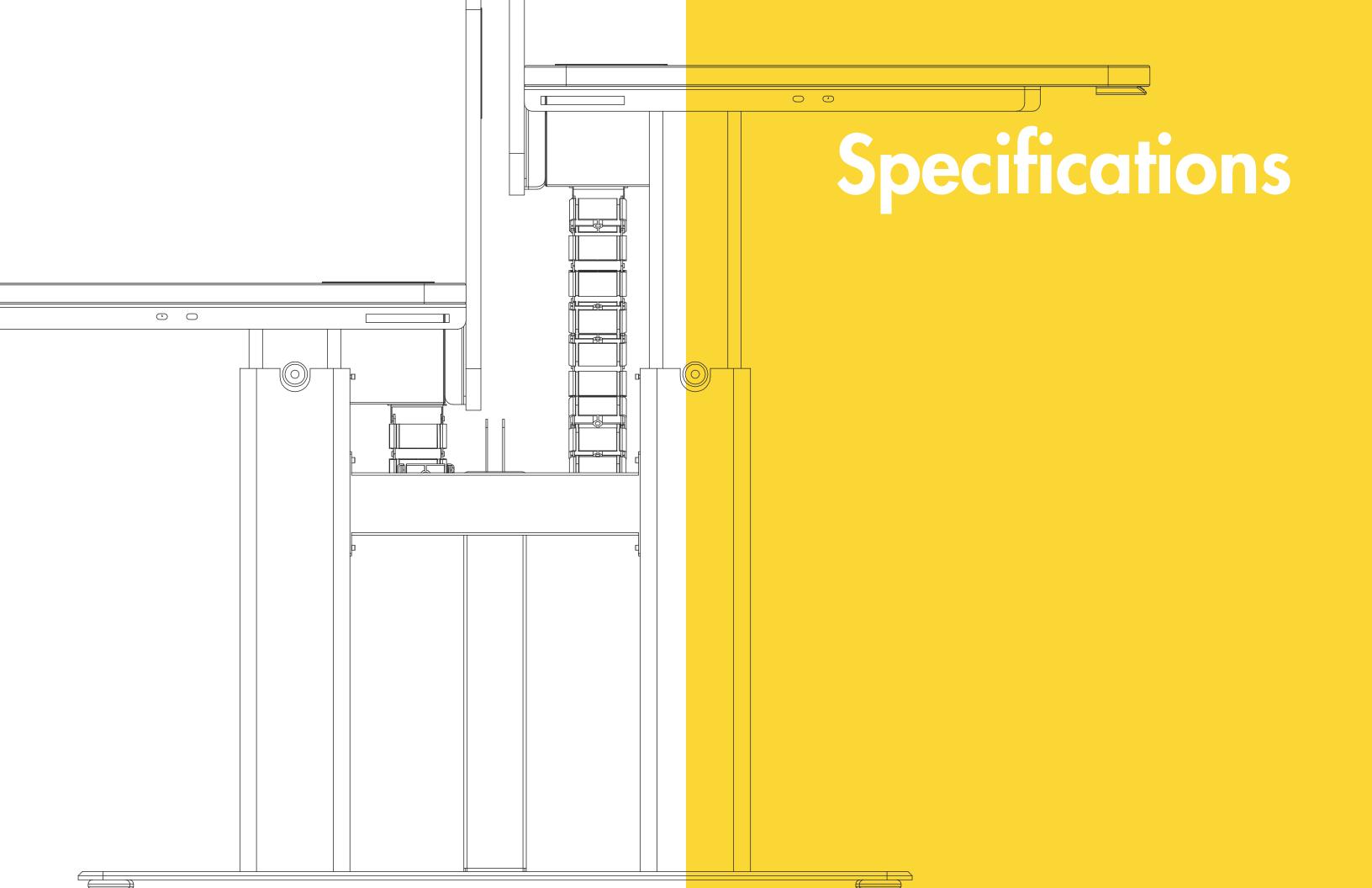
AD Room Systems features

- Min. 750mm to 1210mm high
- Open shelf storage
- Conceal cable management system
- Back cabinet storages lateral file drawers and open shelf storage
- Back cabinet storages









Technical Specifications- AD SINGLE

Range of Adjustment Hand Crank Motorized Crank

Sit-to-Stand adjustability [With 25mm thick worktop]

700 -1160 mm

700 -1160 mm

Hand Crank height-adjustable

Single step, stand-sit height mechanically adjustable		
Height (mm)	min. 700 / max. 1160	
Stroke (mm)	460	
Speed (mm)	6/ crank turn	
Width (mm)	min. 1100 / max. 1700	
Depth of feet (mm)	1000	
Capacity (kg)	dynamic 80 / static 120	
Noise dB(A)	-	
Weight (kg)	23	
Legs and feet made of aluminium	1.	
Top supports & crossbars made of	of powder coated steel.	

Available surface colours

Anodised aluminium / Black [RAL9005 Texture] / Silver [EW 2013 CD]/ White [RAL 9016]

Improper use

Never use the workstation frame to lift people or loads.

Electrically height-adjustable

Single step, stand-sit height mechanically adjustable		
Height (mm)	min. 700 / max. 1160	
Stroke (mm)	460	
Speed (mm/s)	29	
Width (mm)	min. 1100 / max. 1700	
Depth of feet (mm)	1000	
Capacity (kg)	dynamic 80 / static 120	
Noise dB(A)	< 50	
Power	V 240	
Plug type	Euro	
Weight (kg)	26	
Legs and feet made of aluminium.		
Top supports & crossbars made of	powder coated steel.	

Available surface colours

Anodised aluminium / Black [RAL 9005 Texture] / Silver [EW 2013 CD] / White [RAL 9016]

Improper use

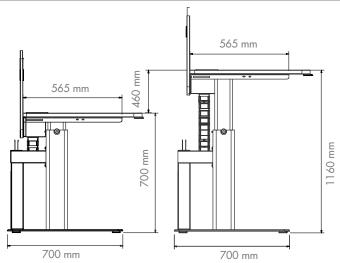
Never use the workstation frame to lift people or loads.

All frames of hight adjustable series are TUV-sud certified.

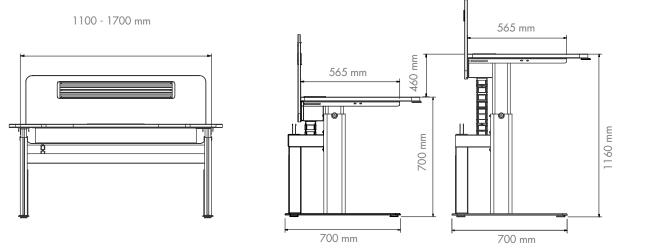


Hand Crank height-adjustment [SINGLE]

1100 - 1700 mm



Electrically height-adjustment [SINGLE]



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Technical Specifications- AD BACK-to-BACK

Range of Adjustment Hand Crank Motorized Crank

Sit-to-Stand adjustability [With 25mm thick worktop]

700 -1160 mm

700 -1160 mm

Hand Crank height-adjustable

Single step, stand-sit height mechanically adjustable		
Height (mm)	min. 700 / max. 1160	
Stroke (mm)	460	
Speed (mm)	6/ crank turn	
Width (mm)	min. 1100 / max. 1700	
Depth of feet (mm)	1000	
Capacity (kg)	dynamic 80 / static 120	
Noise dB(A)	-	
Weight (kg)	23	
Legs and feet made of aluminium.		
Top supports & crossbars made of p	owder coated steel.	

Available surface colours

Anodised aluminium / Black [RAL9005 Texture] / Silver [EW 2013 CD]/ White [RAL 9016]

Improper use

Never use the workstation frame to lift people or loads.

Electrically height-adjustable

Single step, stand-sit height mechanically adjustable		
Height (mm)	min. 700 / max. 1160	
Stroke (mm)	460	
Speed (mm/s)	29	
Width (mm)	min. 1100 / max. 1700	
Depth of feet (mm)	1000	
Capacity (kg)	dynamic 80 / static 120	
Noise dB(A)	< 50	
Power	V 240	
Plug type	Euro	
Weight (kg)	26	
Legs and feet made of aluminium.		
Top supports & crossbars made of powder coated steel.		

Available surface colours

Anodised aluminium / Black [RAL 9005 Texture] / Silver [EW 2013 CD] / White [RAL 9016]

Improper use

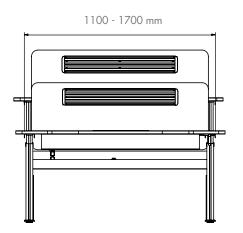
Never use the workstation frame to lift people or loads.

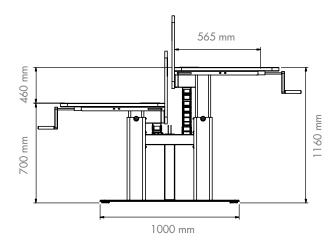
All frames of hight adjustable series are TUV-sud certified.

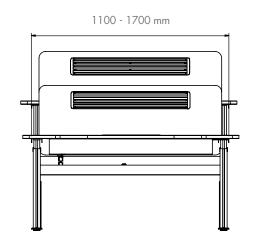


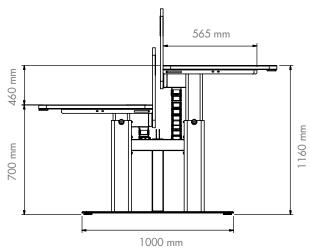
Electrically height-adjustment [BACK-to-BACK]

Hand Crank height-adjustment [BACK-to-BACK]









55

Technical Specifications - AD Room System

Range of Adjustment	Hand Crank	Motorized Crank
Sit-to-Stand adjustability	750 -1210 mm	750 -1210 mm

Single step, stana-sit neigi Height (mm)	nt mechanically adjustable min. 750 / max. 1210
Stroke (mm)	460
Speed (mm)	6/ crank turn
Width (mm)	min. 1100 / max. 1700
Depth of feet (mm)	1000
Capacity (kg)	dynamic 80 / static 120
Noise dB(A)	-
Weight (kg)	23
Legs and feet made of alu	minium.
Top supports & crossbars	made of powder coated steel.
Available surface colours Anodised aluminium / Blo Silver [EW 2013 CD]/ W	2 .

Electrically height-adjustable		
Single step, stand-sit height mechanically adjustable		
Height (mm) min. 750 / max. 1210		
Stroke (mm)	460	
Speed (mm/s)	29	
Width (mm)	min. 1100 / max. 1700	
Depth of feet (mm)	1000	
Capacity (kg)	dynamic 80 / static 120	
Noise dB(A)	< 50	
Power	V 240	
Plug type	Euro	
Weight (kg)	26	
Legs and feet made of aluminium.		
Top supports & crossbars made of powder coated steel.		

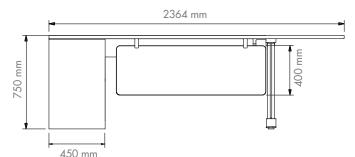
Available surface colours
Anodised aluminium / Black [RAL 9005 Texture] /
Silver [EW 2013 CD] / White [RAL 9016]

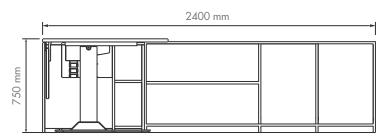
Never use the workstation frame to lift people or loads.

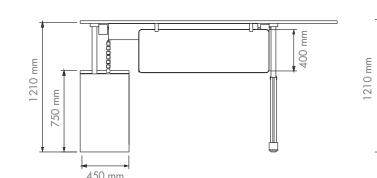
All frames of hight adjustable series are TUV-sud certified.

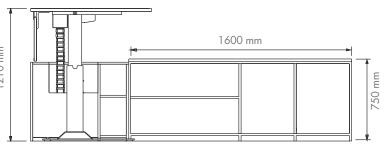


Hand Crank height-adjustment / Electrically height-adjustment









Materials and Finishes

Table Top/ Cabinet

Laminate



Melamine



Table screen



Digital surface material images are provided as a preliminary colour reference and should not be used for final colour selection.

Frame, leg

Aluminium and steel material

Nickel Mica	EW2013CD Silver	RAL9005 Black	RAL9016 White	



Ordering Code

1. Select height-adjustable frame

2. Select worktop

3. Select Table Screen

4. Others

Height adjustable Frame [Back-to-Back]

HAND CRANK With modesty frame

With shelf frame

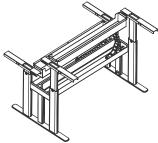
AD-P-FHS15

AD-P-FHS16

AD-P-FHS18

ELECTRICALLY





AD-P-FHM15 AD-P-FEM18

AD-P-FHM16 AD-P-FHM18

AD-P-FEM15 AD-P-FEM16

With shelf frame

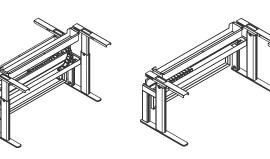
AD-P-FES15

AD-P-FES16

AD-P-FES18

AD-P-FHSM15 AD-P-FHSM16 AD-P-FHSM18

With shelf frame

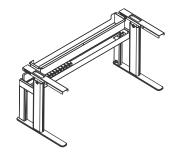


AD-P-FHSS15 AD-P-FHSS16 AD-P-FHSS18

Height adjustable Frame [Single]

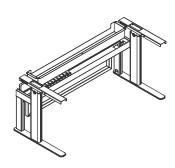
HAND CRANK With modesty frame

ELECTRICALLY With modesty frame



AD-P-FESM15 AD-P-FESM16 AD-P-FESM18

With shelf frame



AD-P-FESS15 AD-P-FESS16 AD-P-FESS18

Worktop

Rect. shape



AD-P-R1506-MTD-ML [1500 X 600 mm] AD-P-R1606-MTD-ML [1650 X 600 mm] AD-P-R1806-MTD-ML [1800 X 600mm]

AD-P-R1507-MTD-ML [1500 X 750 mm] AD-P-R1607-MTD-ML [1650 X 750 mm] AD-P-R1807-MTD-ML [1800 X 750mm]

AD-P-R1508-MTD-ML [1500 X 800 mm] AD-P-R1608-MTD-ML [1650 X 800 mm] AD-P-R1808-MTD-ML [1800 X 800mm]

Rect. concave shape



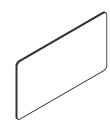
AD-P-RC1506-MTD-ML [1500 X 600 mm] AD-P-RC1606-MTD-ML [1650 X 600 mm] AD-P-RC1806-MTD-ML [1800 X 600mm]

AD-P-RC1507-MTD-ML [1500 X 750 mm] AD-P-RC1607-MTD-ML [1650 X 750 mm] AD-P-RC1807-MTD-ML [1800 X 750mm]

AD-P-RC1508-MTD-ML [1500 X 800 mm] AD-P-RC1608-MTD-ML [1650 X 800 mm] AD-P-RC1808-MTD-ML [1800 X 800mm]

Table Screen

Central Fixed Screen



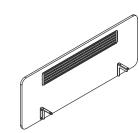
TACKABLE SCREEN [FLOOR TO SCREEN HEIGHT 1100mm]

AD-P-FSC1511TS [1500mm table length] AD-P-FSC1611TS [1650mm table length] AD-P-FSC1811TS [1800mm table length]

TACKABLE SCREEN [FLOOR TO SCREEN HEIGHT 1200mm]

AD-P-FSC1512TS [1500mm table length] AD-P-FSC1612TS [1650mm table length] AD-P-FSC1812TS [1800mm table length]

Desk Fixed Screen



TACKABLE SCREEN [FLOOR TO

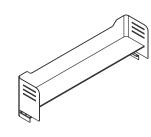
AD-P-ISC1511TS [1500mm table length] AD-P-ISC1611TS [1650mm table length] AD-P-ISC1811TS [1800mm table length]

TACKABLE SCREEN [FLOOR TO SCREEN HEIGHT 1200mm]

AD-P-ISC1512TS [1500mm table length] AD-P-ISC1612TS [1650mm table length] AD-P-ISC1812TS [1800mm table length]

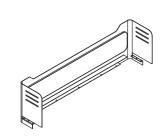
Table Cave Screen

Cave Screen with shelf



SCREEN HEIGHT 1100mm]

AD-P-TCS15 [1500mm table length] AD-P-TCS16 [1650mm table length] AD-P-TCS18 [1800mm table length] Cave Screen with tackable board

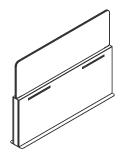


AD-P-TCSTB15 [1500mm table length] AD-P-TCSTB16 [1650mm table length] AD-P-TCSTB18 [1800mm table length]

Ordering Code

Floor Panel Screen

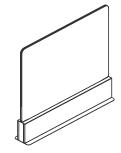
Floor Side Panel



[FLOOR TO SCREEN HEIGHT

AD-P-FSP1212 [1200mm length] AD-P-FSP1512 [1500mm length] AD-P-FSP1612

Floor Central Panel



[FLOOR TO SCREEN HEIGHT 1100mm]

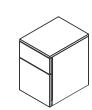
AD-P-FCP1211 [1200mm length] AD-P-FCP1511 [1500mm length] AD-P-FCP1611 [1600mm length]

[FLOOR TO SCREEN HEIGHT 1200mm]

AD-P-FCP1212 [1200mm length] AD-P-FCP1512 [1500mm length] AD-P-FCP1612 [1600mm length]

Cabinets

3 drawers and tumble mobile caddy



AD-P-MPC551104TDBR-2D-ML/LM-L AD-P-MP71205-NH-ML-MD [40GL X 500D X 550H]

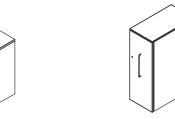
2 drawers mobile

pedestal

3 drawers mobile pedestal



Function sliding mobile cabinet



AD-P-TSC121145-ML [1200L X 450D X 1100H]

1200mm]

[1600mm length]

3 drawers and tumble mobile caddy

[1100L X 400D X 550H]

Cushion seat for caddy

Cushion seat for pedestal

AD-P-MP551205-NH-ML-MD

[40GL X 500D X 550H]



AD-P-MPC551104TDBR-2D-ML/LM-R A-P-CUSHION-040110-38 [1100L X 400D X 550H]

[1100L X 400D X 38H]



A-P-CUSHION-040110-38 [40GL X 50D X 38H]

Room System [AD EXE]

[FLOOR TO SCREEN HEIGHT

1100mm]

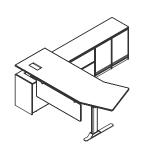
AD-P-FSP1211

[1200mm length]

AD-P-FSP1*5*11

[1500mm length] AD-P-FSP1611

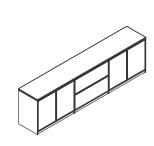
[1600mm length]



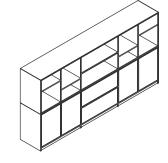
AD-RED2208R240SET-ML/LM-R [2200L X 800D / 2400L X 450D]



AD-RED2208R240SET-ML/LM-L [2200L X 800D/ 2400L X 450D]



AD-P-BOX4D12LF0722-ML/LM [2250L X 450D X 725H]



AD-P-DOFBOX4D12LF0722-ML/LM [2250L X 450D X 1450H]