

How I turned my desk into a  
simple stand-up-desk

Building instructions for an

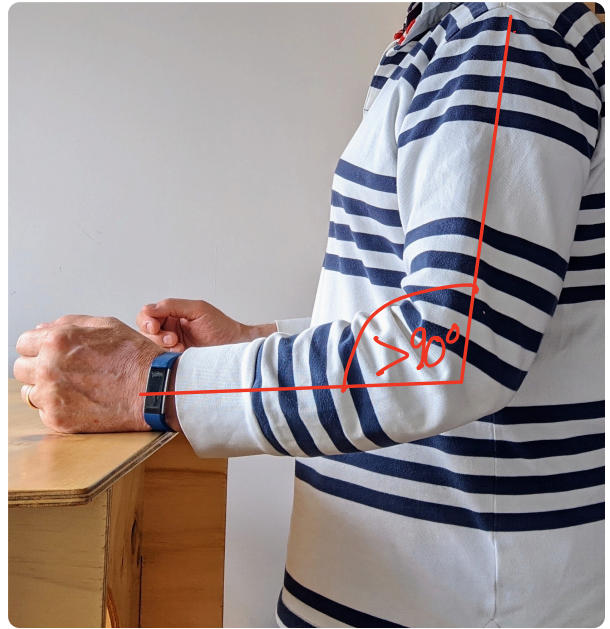
## On Table Desk



1) Determining the height of the on-table-desk

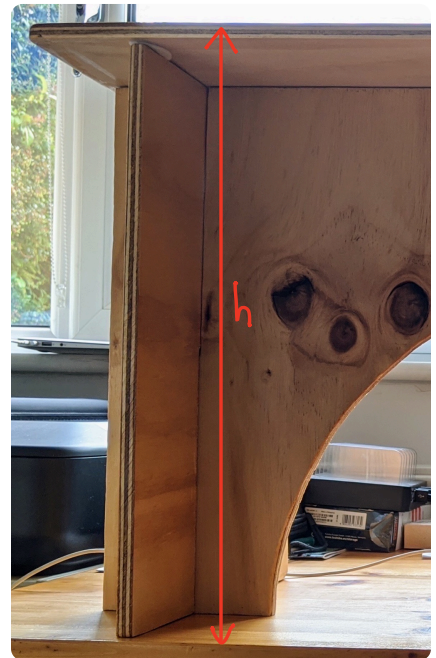
The stand-up-desk should have a height such that  
when standing in front and resting your arm

on it the upper and lower arm are at an angle of slightly more than a right angle.



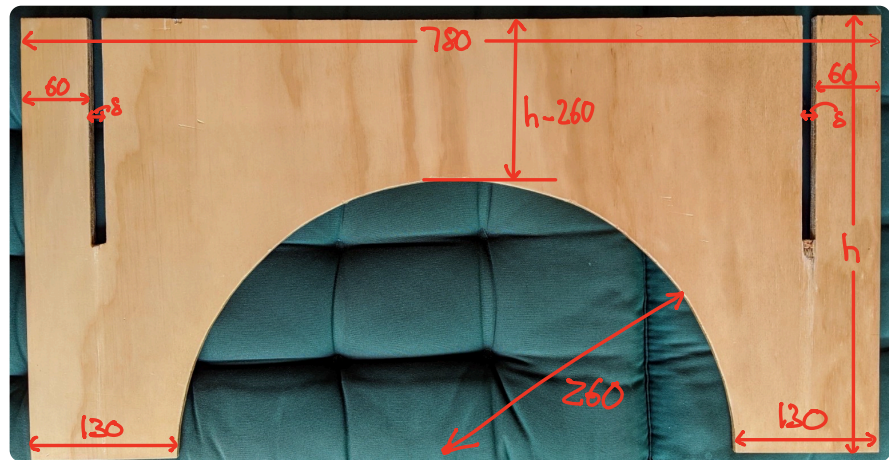
Therefore, the height  $h$  of the on-table-desk is the difference between the ideal height of your arm and the top of the table on which the stand-up-desk will be positioned.

In my case  $h = 40\text{cm}$ .

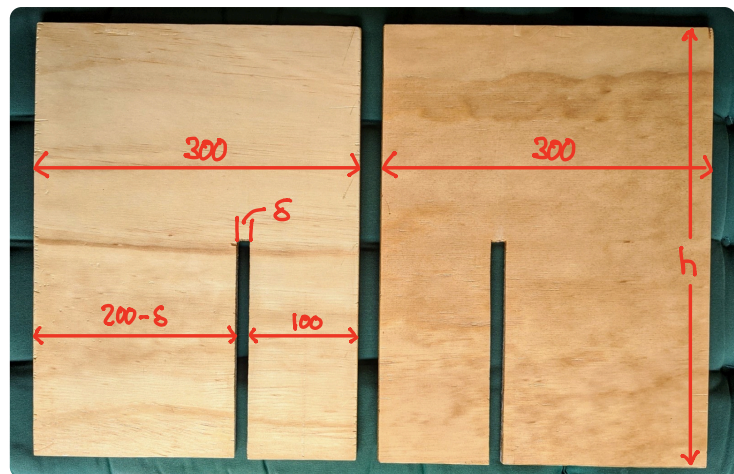


2) The wood You need 4 pieces of wood  
(all dimensions are in mm)

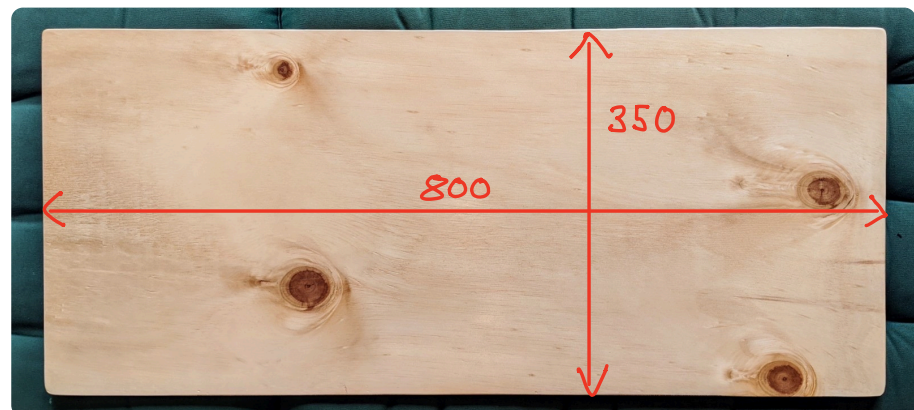
• base front



• base sides



• top





I have used plywood 12mm thick,  
so for me  
 $\delta = 12\text{ mm}$



### 3) Stability

The slots in the base elements will provide basic stability.





To ensure that the top is also fixed I have attached pegs that slot around the base elements :



4) That's it

I hope you found these instructions useful.  
I enjoy standing at my stand-up-desk very much. :) If you've build one yourself following these instructions I would be delighted to learn about it.

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