

just-office

2019  
#1.1  
EU/UK-EN  
PR1482

■ SPECTRAL



# Just Office

spectral**just-office**





Configure your personal just-office desk in just three steps. All options for desk foot frames, tabletops and accessories at a glance please refer to pages 016 – 017.

## Grows with your tasks.

**Success is a matter of attitude. Just-Office is a master in it. As a height-adjustable desk, it copes with the ups and downs of everyday work and always looks good. The range is practical, smart but above all healthy. When alternating between sitting and standing, many negative consequences of excessive sitting noticeably reduce. Listen to the background applause of your orthopedist!**

## The essentials.

- Desk with adjustable height
- Stepless electronic adjustment from 64 cm to 130 cm
- Tabletops in custom dimensions in five colours and four wood-effect surfaces
- Control element with memory function
- Wireless charging module with additional USB port
- Flexible monitor mount
- Intelligent cable management



spectral**just-office**  
JO-EDF1-SNG

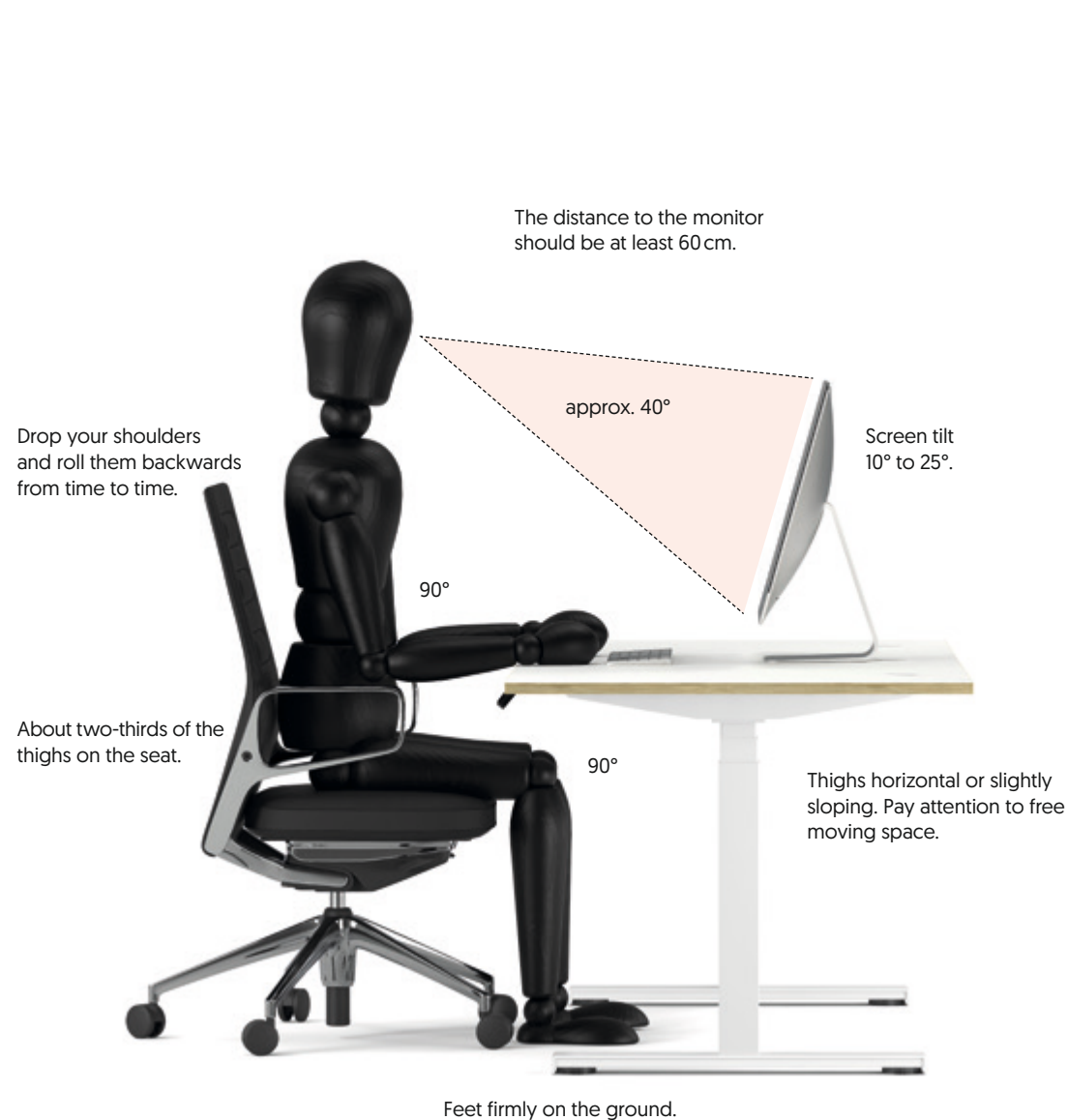
# just-office work and present

## Flexible possibilities.

A height-adjustable desk is not only useful in a classic office. Presentations and meetings can be carried out optimally. Children and adolescents also have a "growing desk" that can always be ergonomically adapted.

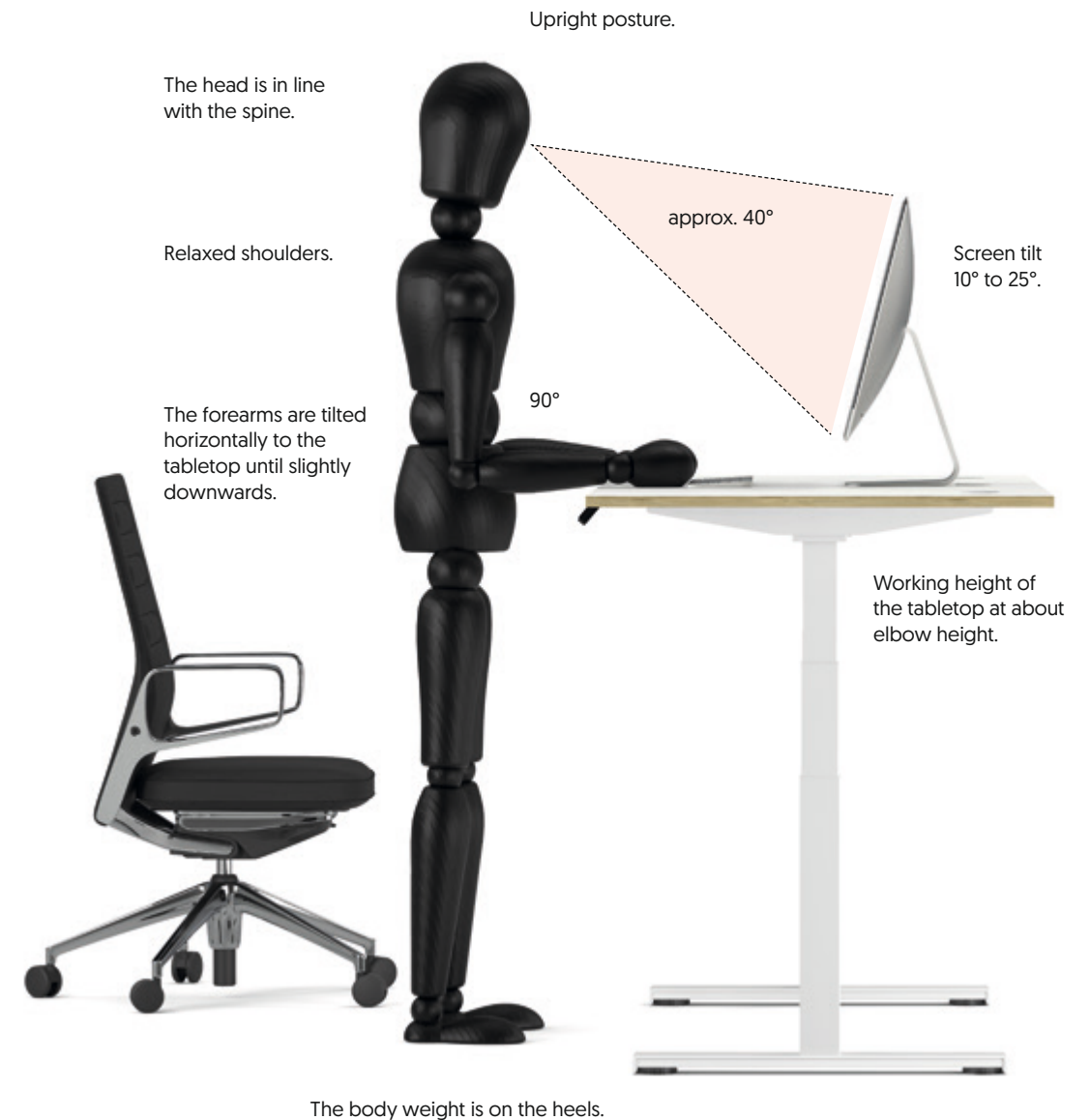


Sitting puts more stress on the spine than walking or standing – especially several hours of sitting. Experts recommend a ratio of 60 percent sitting, 30 percent standing and 10 percent walking. The chair, the monitor and the work table should be adjusted to the individual body proportions as shown below.



**... and while standing.**

While standing pressure on not just the back but also the legs is relieved. Ideally, working while standing is regularly interrupted by movement breaks. This gets the circulation going and improves concentration.

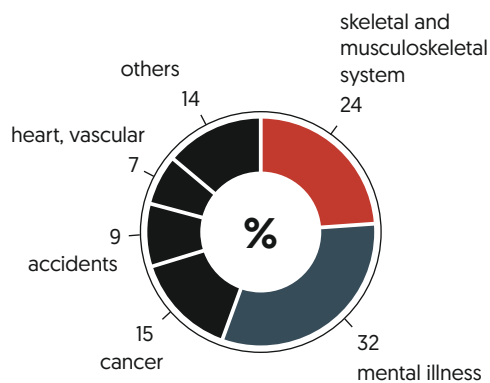


# did you know? ONE WORKTABLE

# 10

## BENEFITS FOR HEALTH AND WELL-BEING

**Causes of occupational disability**  
Shares in percent (2016)



[source: GDV]

### 1. Reduce back pain.

A height-adjustable desk leads to significantly less back, shoulder and neck pain. This has already been proven by several studies.

[Hedge and Ray, 2004; Konijn et al, 2008; Choi, 2010]

### 2. Shape and fitness.

Did you know that standing burns an average of 30 % more calories than sitting? Standing increases the number of LPL enzymes that boost our fat burning.

[Hamilton et al, 2007; Rieff et al, 2012]

### 3. Standing reduces stress and depressions.

A study conducted by Australian scientists shows that women who sit seven hours a day are 47 % more likely to develop depression.

[Van Uffelen et al, 2013]

### 4. Reduce your cancer risk.

US scientists analyzed over 80 studies and found that approximately 173,000 cancer cases can be prevented each year by physical activity.

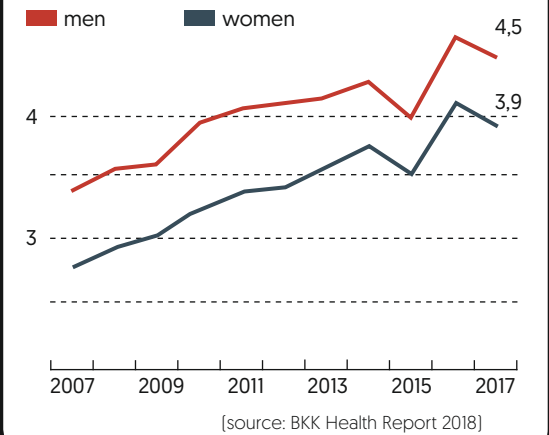
[Friedenreich, 2011]

### 5. Reduce your diabetes risk.

The University of Leicester published a 2012 study that found that people with a lot of sitting have an increased risk factor for developing type 2 diabetes.

[Henson et al, 2012]

**Sick days per year due to diseases of the musculoskeletal system**  
per BKK member (excluding pensioners)



### 6. Increase your productivity.

Anyone working on their screen work while standing can significantly increase their performance with a height-adjustable desk.

[Hedge and Ray, 2004; Choi, 2010]

### 7. Live longer.

American researchers found in a study that life is shortened by two years, if more than three hours a day are spent sitting down.

[Katzmarzyk and Min-Lee, 2012]

### 8. Fatigue down, energy up.

In a 2011 study of office workers, 87 % of participants felt more energetic after using a sit-and-stand table.

[P. Pronk et al, 2011]

### 9. Less cardiovascular diseases.

A 2009 study found that with 17,000 participants who were most of the time sitting, they had a 54 % higher risk of heart attack.

[Katzmarzyk et al, 2009]

### 10. Feel good again.

One study tested individuals who stood one hour more a day for seven weeks. 87 % felt this was more comfortable and 100 % felt much better overall.

[P. Pronk et al, 2011]

# just-office in detail

01

## Monitor mount

The flexible monitor mount has a gas spring for optimal adjustment. Cables can be routed inside the bracket. The bracket can either be clamped to the rear edge of the tabletop or bolted to the plate.



02

## Tabletop

The tabletop is available in five uni colours and four wood-effect surfaces. The colour of the work surface and the edge of the table can be freely combined. On request sizes from 120 x 70 cm to 200 x 100 cm are possible and can be manufactured tailor-made.

03

## Desk frame

The high-quality desk frame has a stepless, electrical adjustment from 64 cm to 130 cm height including the tabletop. In addition, the frame can be adjusted in width for tabletops from 120 cm to 200 cm. Available in SNG Snow, GR Grey and BG Black.



04

## Smart Charge

Charge your smartphone by simply placing it on the tabletop. The wireless charging module is installed in one of the cable entries in the tabletop and also has an additional USB port.



05

## Control element

The control element on the front edge of the table allows to easily set the desired table height – an LCD display shows the height in cm. The memory function stores up to three different positions, and if required, an integrated timer reminds to use the height adjustment.

06

## Cable management

Keep your work table free of interfering cables. The multiple socket, connecting and power cables are tidied up in the cable duct. The cable snake leads cables from the table to the floor and adapts automatically to the height adjustment of the table.



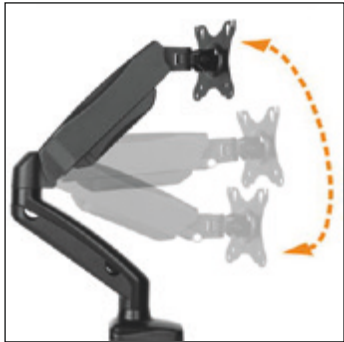


# just-office mount in detail

01

## Adjustable spring tension

The built-in spring gauge can be quickly and easily adjusted with an Allen key to different monitor weight.



02

## Comfortable setting

Thanks to an integrated gas spring counterweight, the monitor can be individually adjusted at any time and adapted to your needs effortlessly.



03

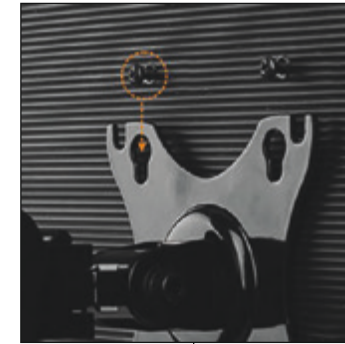
## USB and audio connections

In the base of the silver-coloured mount **JO-MM1-SV** is a convenient USB 3.0 port for charging your smartphone or for transferring data. You can also connect headphones or a microphone via two integrated audio ports

04

## Easy monitor attachment

The pear-shaped VESA slots on the bracket allow mounting the monitor easily attached and screws from the back.



05

## Intelligent cable management

The integrated cable management system carries all connection and power cables under the bracket arm. This avoids disorderly cable tangles and ensures a clean workplace appearance.

06

## Simple table mounting

The mount can be easily attached to the back edge of the table with adjustable clamping height. Alternatively, the holder can also be screwed firmly to the tabletop.





## 1 Select table frame

Stable and high-quality table frame with stepless, electric height adjustment from 62 cm to 128 cm. Including comfort control element with memory function and collision protection. Adaptable for tabletops with a width of 120 cm to max. 200 cm. Available in three colours.



**JO-EDF1-SNG**

colour	SNG Snow
RRP [in €/£]	799,00



**JO-EDF1-GR**

colour	GR Grey
RRP [in €/£]	799,00



**JO-EDF1-BG**

colour	BG Black
RRP [in €/£]	799,00

## 2 Select standard tabletop

### Standard

Standard tabletops are on stock in the colours SNG Snow and GR Grey with two different widths for immediate shipment.



**JO-DT1608**

<b>w × d × h (cm)</b>	<b>160 × 80 × 1,9</b>
RRP [in €/£]	299,00



**JO-DT1808**

<b>w × d × h (cm)</b>	<b>180 × 80 × 1,9</b>
RRP [in €/£]	349,00

### Basic colours

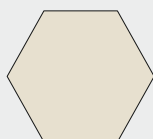
For tabletops on stock the colour of the surface and the edge of the table is always identical.



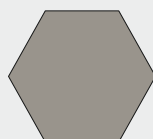
**SNG Snow**



**GR Grey**



**GW Grey-White**



**PE Pebble**



**GN Granite**

### Wood-effect surfaces



**LO Light Oak**



**NO Natural Oak**



**DP Deep Oak**



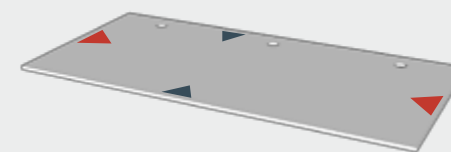
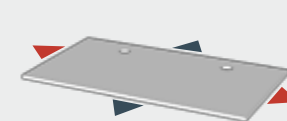
**UC Urban Cherry**

The colour of the work surface and the edge of the table is freely selectable and combinable.

## 2 Select tabletop to desired size

### Custom

Determine the dimensions for the tabletop individually and choose from different colours and wood-effect surfaces.

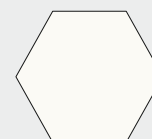


**JO-DT-FLEX**

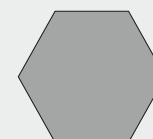
width (cm)	120 – 160	161 – 200
depth (cm)	70 – 100	70 – 100
height (cm)	1,9	1,9
RRP [in €/£]	369,00	419,00

**NOTE:** For tabletops with a width of up to 160 cm, two cable ducts (left / right) are installed. For tabletops from 160,1 cm width, three cable ducts (left / center / right) are installed.

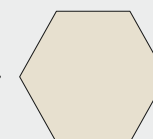
### Basic colours



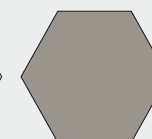
**SNG Snow**



**GR Grey**



**GW Grey-White**



**PE Pebble**



**GN Granite**

### Wood-effect surfaces



**LO Light Oak**



**NO Natural Oak**



**DP Deep Oak**



**UC Urban Cherry**

The colour of the work surface and the edge of the table is freely selectable and combinable.

## 3 Select accessories

		RRP [in €/£]
<b>JO-MM1-SV</b>	Adjustable monitor mount for clamping or screwing, including a USB port and two audio ports, colour SV Silver.	159,00
<b>JO-MM2-BG</b>	Adjustable monitor mount for clamping or screwing, colour BG Black	119,00
<b>ZU1974</b>	Smart Charge Kit to integrate wireless charging in the tabletop	99,00
<b>JO-CM1-BG</b>	Flexible cable snake for cable routing from the table to the floor, colour BG Black	49,00
<b>JO-CM2-BG*</b>	Cable duct or holder for a power strip, colour BG Black	39,00

\* For tabletop depth 70 – 79,9 cm: from width 165 cm, the installation of two cable ducts is possible. For tabletop depth 80 – 100 cm: from width 130 cm, the installation of two cable ducts is possible.



# Load details and weights

## Table frame

	Max. lifting force (in kg) without weight of the tabletop
JO-EDF1	100

## Cable duct

	Max. load (in kg)
JO-CM1	5

## Monitor mount

	Max. load (in kg)
JO-MM1-SV	9

## Tabletop

	Width (in cm)	Weight (in kg)
JO-DT	120 – 140	circa 15
	140 – 170	circa 18
	170 – 200	circa 21

# Publication details

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