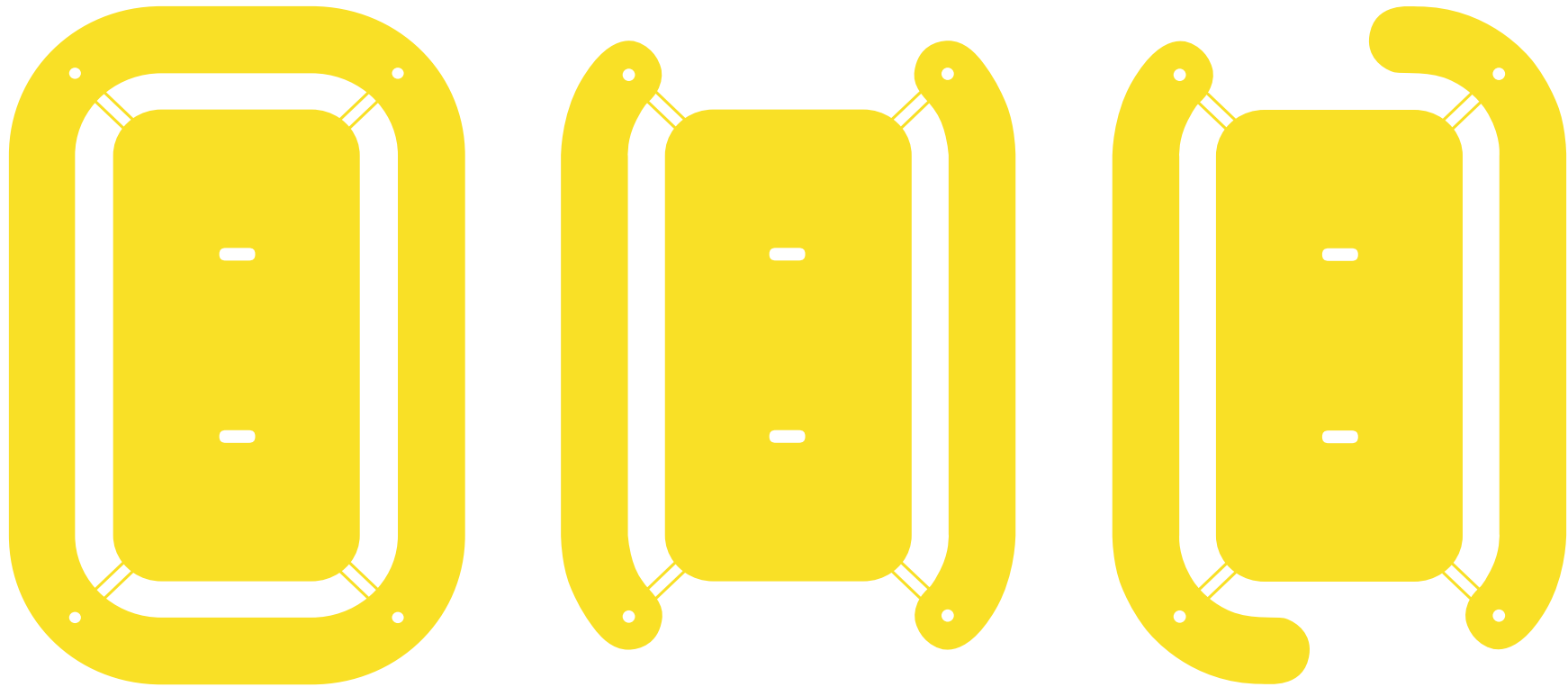
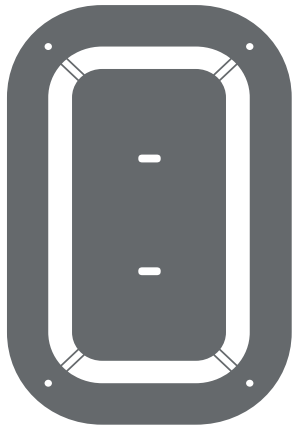


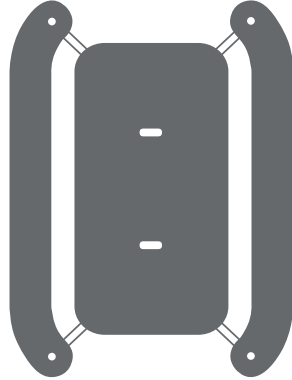
**PLATEAU O+I+L**  
**#177**

# MOUNTING INSTRUCTION

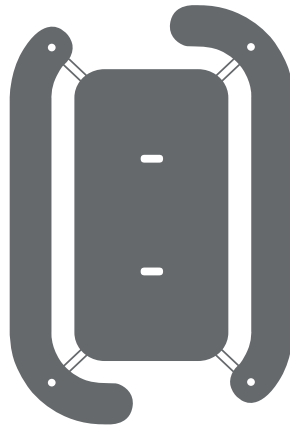




PLATEAU O



PLATEAU I



PLATEAU L

**PLEASE NOTE:**

The drawings in this manual show PLATEAU O - the version with the elliptical bench. The exact same mounting principles are adherent to the I and L versions with split benches.

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**PARTS INCLUDED FOR MOUNTING:**

- 2 pcs M8×20 allen key bolts
- 32 pcs M10×20 allen key bolts
- 8 pcs M10×60 allen key bolts
- 8 pcs M10 nuts
- 16 pcs Ø10 washers
- 2 pcs elongated discs
- 4 pcs round discs

**TOOLS NEEDED FOR MOUNTING (NOT INCLUDED):**

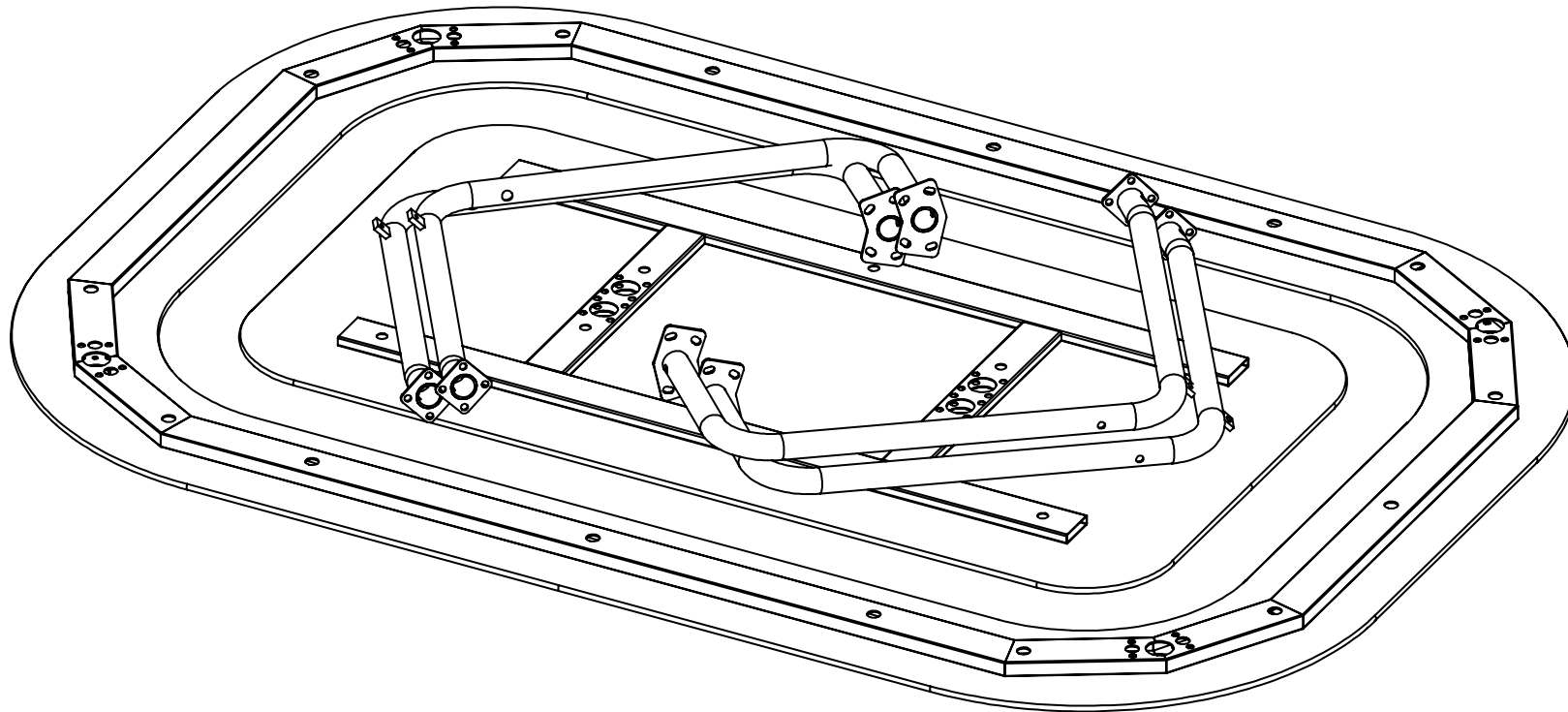
- Allen key no 6
- 17mm wrench/spanner

**PLEASE NOTE:**

Mounting the PLATEAU table requires two persons.

## UNPACKING THE SHIPMENT

Cut the safety straps, remove protective material and unbox mounting parts (check list page 02) and legs.

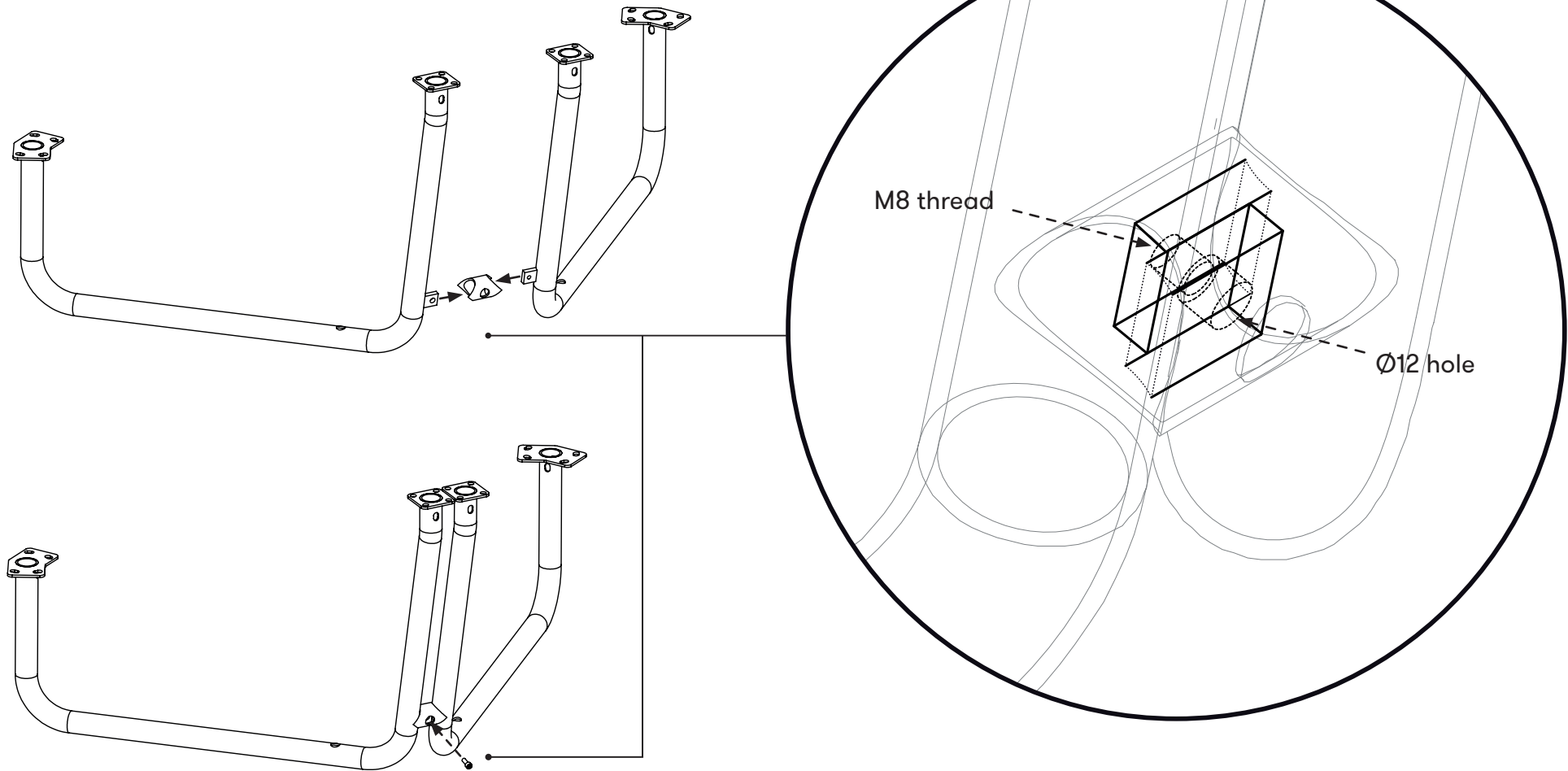


## MOUNTING THE LEGS IN PAIRS

Right and left legs are assembled with the included M8×20mm allen key bolts.

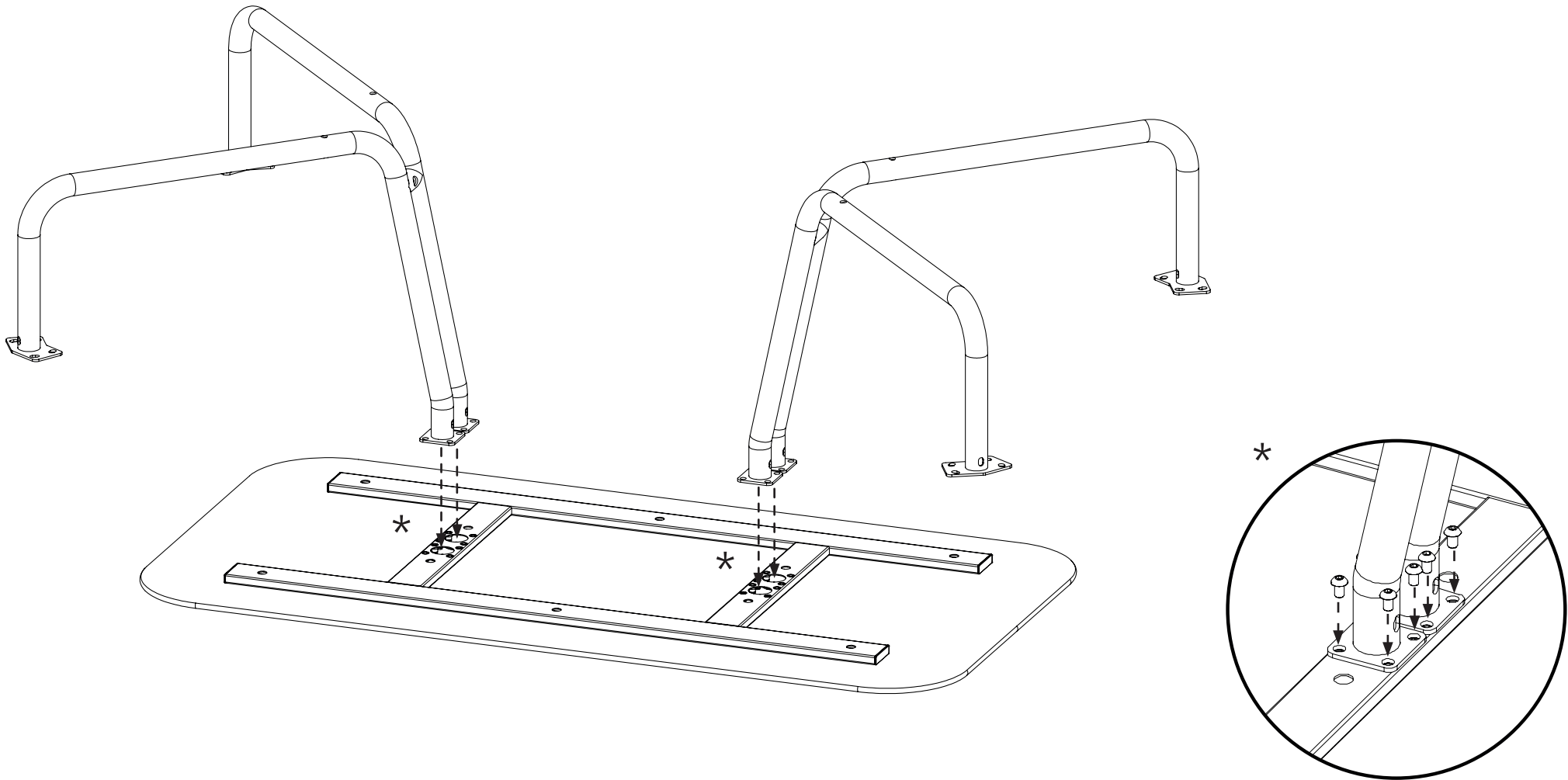
Please note that the part with the M8 thread must point outwards.

Only tighten bolts lightly at this point - do not fully tighten until assembly is completed.



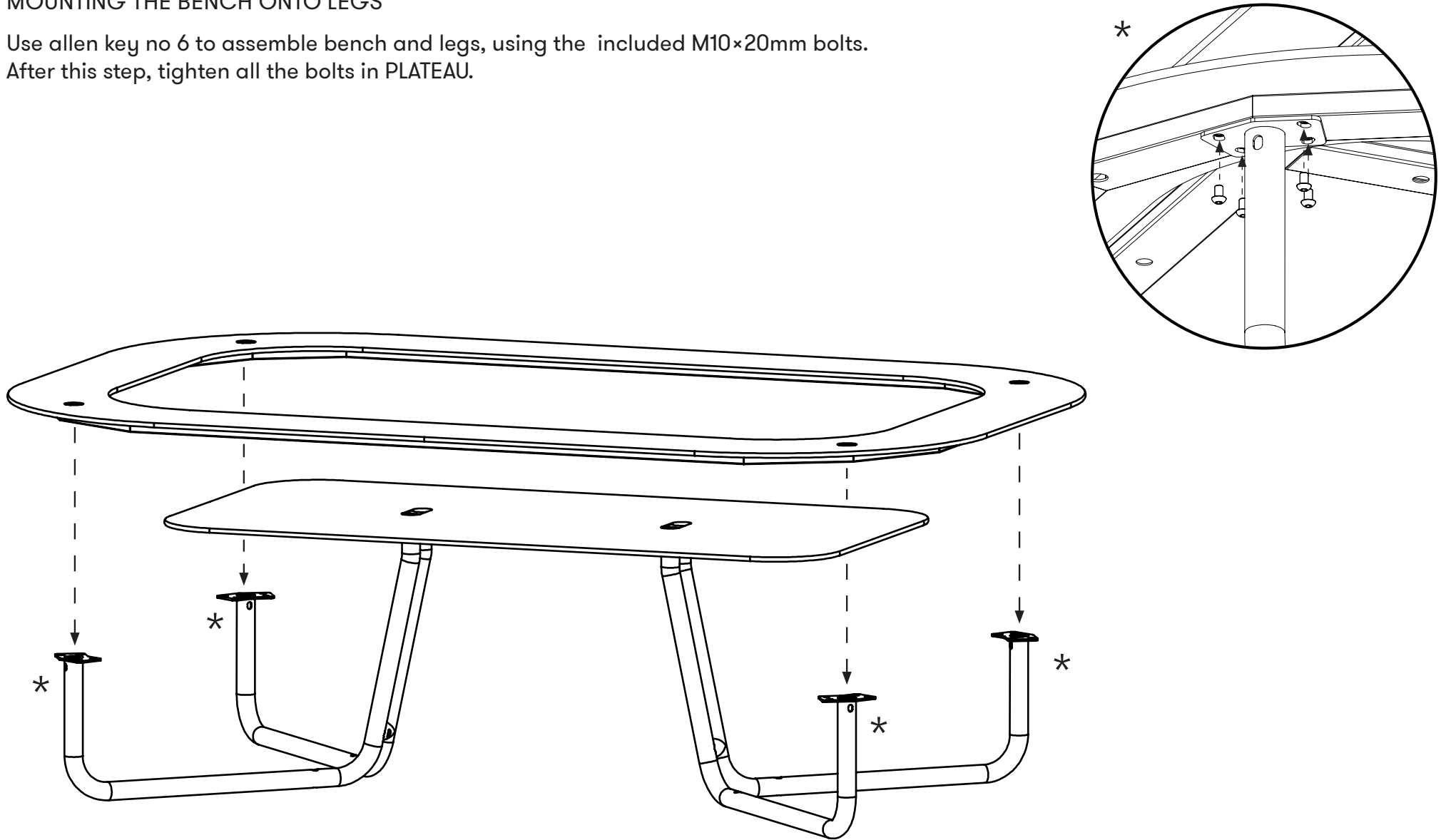
## MOUNTING LEG PAIRS ON TABLE TOP

Use the attached M8×20mm bolts to assemble leg pairs and table.  
Tighten bolts gently, using allen key no 6.

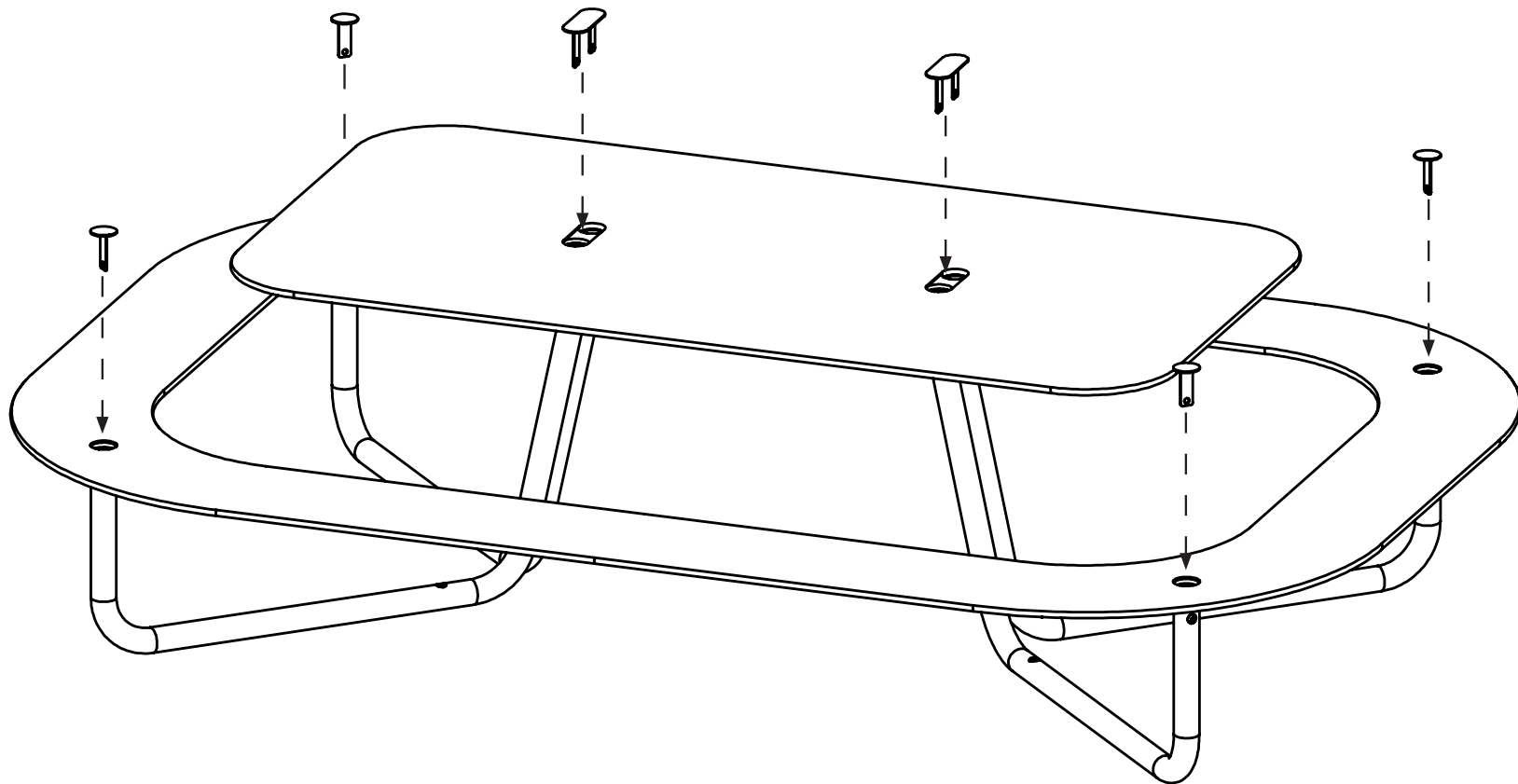


## MOUNTING THE BENCH ONTO LEGS

Use allen key no 6 to assemble bench and legs, using the included M10×20mm bolts.  
After this step, tighten all the bolts in PLATEAU.



## MOUNTING ROUND AND ELONGATED DISCS, STEP 1

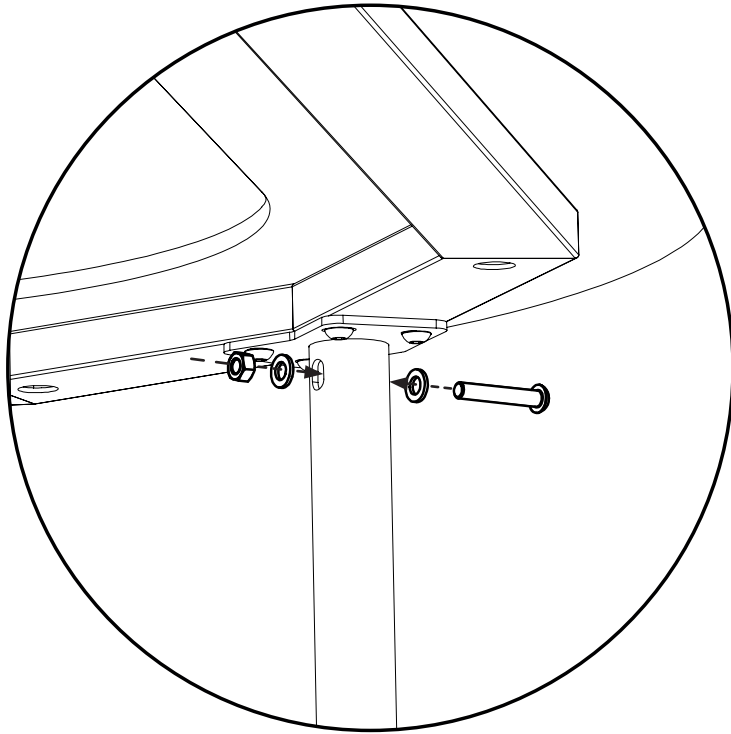


## MOUNTING ROUND AND ELONGATED DISCS, STEP 2

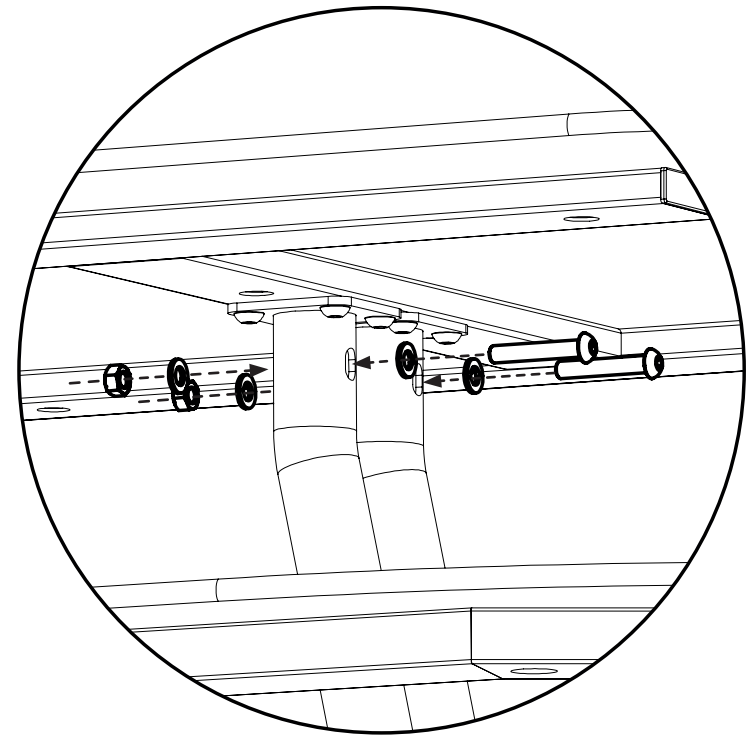
Mounting the round and elongated discs:

Mount 4 × M10 bolts with M10 nuts through the tubes in each corner of the bench.

Mount 4 × M10 bolts with M10 nuts through the tubes under the table top.



Insert M10 bolts with allen key no 8



Tighten M10 nuts with 17mm wrench/spanner



## CLEANING

Clean the laminate surfaces using hot water and a soft sponge or cloth. Do not use the abrasive 'green' side of sponges.

Common household cleaners without abrasives eg. dish detergent or window cleaner, may be used.