

WORKSPACE SOLUTIONS

# SERIES[P]



**Kinnarps®**

THE STABLE SIT/STAND DESKS  
IN SERIES[P] ARE DESIGNED FOR  
TODAY'S FLEXIBLE WORKING  
LIFE. THEY ARE EASY TO RAISE  
AND LOWER, AVAILABLE IN  
MANY DIFFERENT FINISHES  
WITH SMART OPTIONS AND  
FULFIL ALL ERGONOMIC  
REQUIREMENTS.



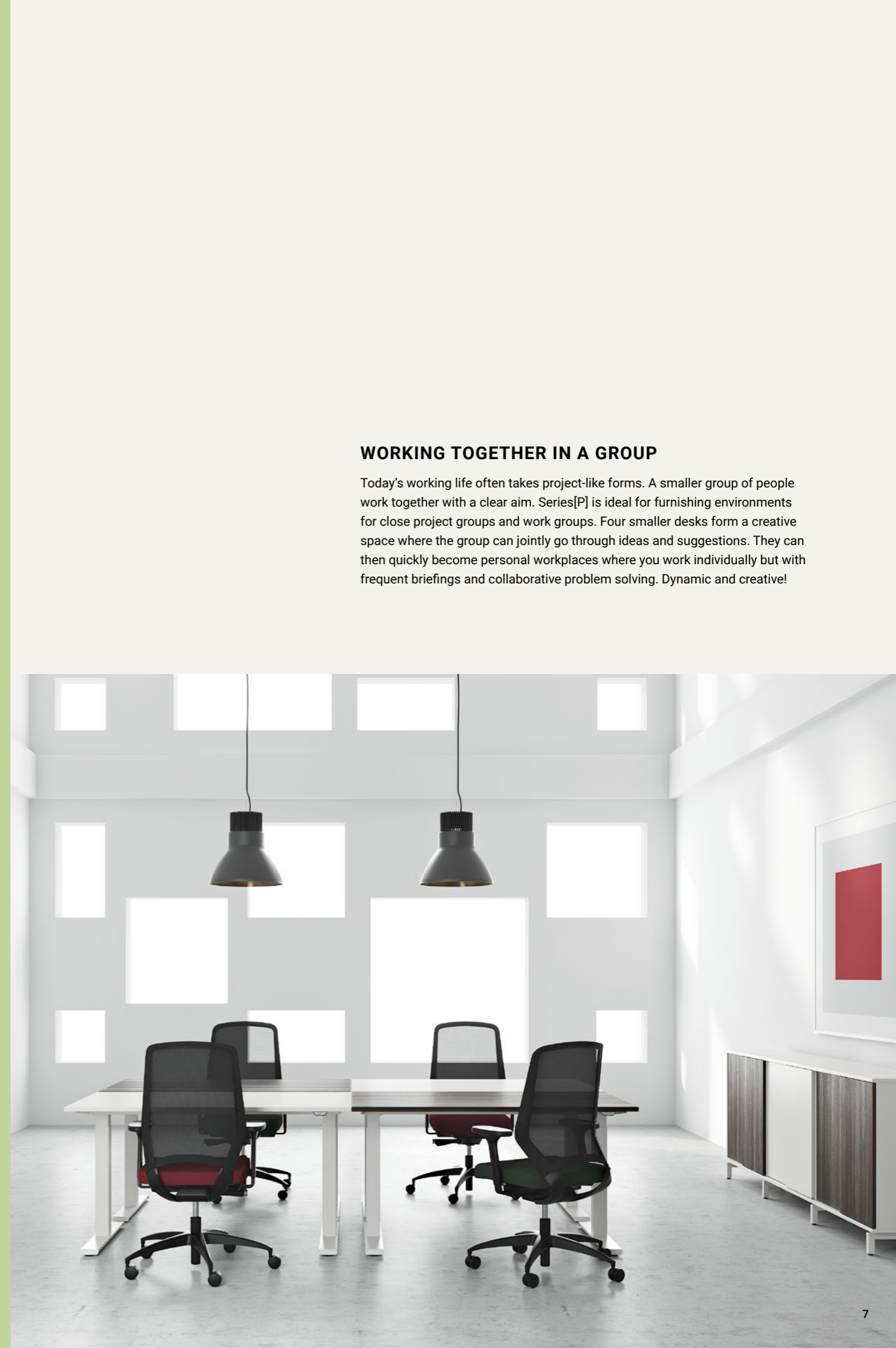
## WORKING WITH INDIVIDUAL FOCUS

Sometimes you need to focus entirely on your task – to immerse yourself, gather your thoughts and work undisturbed for an extended period. Series[P] gives you all the scope you need for making separate workplaces which are flexible, functional and creative. The broad range of tops and underframes makes it easy to furnish different environments. And the quick, silent desk height adjustment means that you can alternate between standing and sitting, for good ergonomics however you are feeling on the day or whatever the shape of your body.



### WORKING TOGETHER – YOU AND I

Quick, intensive exchanges of ideas with a colleague drive the organisation forwards. Together, we often think bigger and better. Two Series[P] desks opposite one another create the basis for fast communication and continuous dialogue, while the sit/stand desks are easy to customise to the individual in terms of height, as well as by adding screens and options for cables and plugs. You and I together, each on our own terms.



### WORKING TOGETHER IN A GROUP

Today's working life often takes project-like forms. A smaller group of people work together with a clear aim. Series[P] is ideal for furnishing environments for close project groups and work groups. Four smaller desks form a creative space where the group can jointly go through ideas and suggestions. They can then quickly become personal workplaces where you work individually but with frequent briefings and collaborative problem solving. Dynamic and creative!

“ ONE OF THE BEST THINGS ABOUT SERIES[P] IS THAT THE HEIGHT OF THE DESKS IS SO EASY TO CUSTOMISE. MOST PEOPLE PROBABLY KNOW THAT IT’S GOOD FOR THEM TO ALTERNATE BETWEEN STANDING AND SITTING DURING THEIR WORKING DAY, AND WITH SERIES[P] THERE’S A GOOD CHANCE THAT MOVEMENT AND VARIATION WILL ACTUALLY BECOME A DAILY ROUTINE.

ANDERS LUNDAHL, ERGONOMIST AND PHYSIOTHERAPIST, KINNARPS AB



Sit down. Stand up. Our bodies need variation and movement. Because Series[P] has a long stroke, there is a large height range and the desks suit both tall and short people.

## FIVE TIPS FOR BETTER HEALTH

### 1 STAND UP FOR YOUR HEALTH

Most of us sit far too much for our own good. A sit/stand desk is a good start to a more mobile and healthy life. But you must also remember to actually use the desk, and alternate between sitting and standing, in order for it to be of any use. And the best thing, of course, is to stand up for your health before your neck, shoulders and back remind you how important it is.

### 2 TAKE AN ACTIVE BREAK

If you take a short break from time to time, you’ve taken the first step towards a healthier life. But taking a break is not the same thing as resting passively. On the contrary. You should really move around a little when you take a break. Gentle muscle effort sets off lots of positive processes in the body and works real miracles for your health. It’s advisable to take a break roughly once every half hour. Not to rest, but to be active.

### 3 HOLD YOUR HEAD HIGH

It is an ergonomic challenge that many of us spend many hours every day in front of a screen. The trend is also towards more and more mobile working, and we often only have our laptops with us. When there is no other remedy, we have to rely on ourselves. By lifting your gaze and holding your head a little higher, you achieve a better posture and relieve pressure on the neck. Small details and simple methods that make a big difference.

### 4 SIT, BY ALL MEANS, BUT DON’T SIT STILL

Do you find it hard to sit still? Congratulations! Because the best way to sit is to move about. It’s actually fine to sit for parts of the day, especially if the sitting involves variation, movement and activity. So it’s good to have a task chair that follows your body rather than vice versa, and is easy to adjust to you and allows you to sit in as many different ways as possible.

### 5 AND WHAT YOU CANNOT SEE

Sound and light are rather invisible areas of ergonomics. We all perceive sound differently, depending on who we are, what we are working with and how stressed we are. The same goes for lighting – just such a simple thing as the fact that we have different needs for light at different ages. As far as sound is concerned, consideration is a good starting point. And remember that if the body has too little light it secretes melatonin, which makes you sleepy.



## EVERYTHING BEGINS WITH YOU

It's you who are the starting point for everything Kinnarps does in the field of ergonomics. You and all other human beings. During the course of a working day, we carry out a number of different tasks. We do focused work, have a quick meeting and answer emails. With modern technology, we can do this in different environments. So the big challenge is to create solutions that can be customised for different needs and different situations. Our concept for creating the office of the future is called Next Office™. In this context, Series[P] has an obvious role to play with its great flexibility which offers variation for both individuals and organisations. It begins with you and ends with all human beings.





## WORKING WITH MOVEMENT AND FLEXIBILITY

Modern working life demands movement and flexibility. We spend less time at fixed desks and work more at temporary workspaces. With the functional sit/stand desks in Series[P] you can create touch down areas with a focus on ergonomics and creativity. In addition, the sound of the motor is reduced by Kinnarps' filling material Re:fill. Here you work for a shorter period, for example between meetings, when you are waiting in the company's reception or to start or end the day – always, of course, with a balance between communication and individual work.



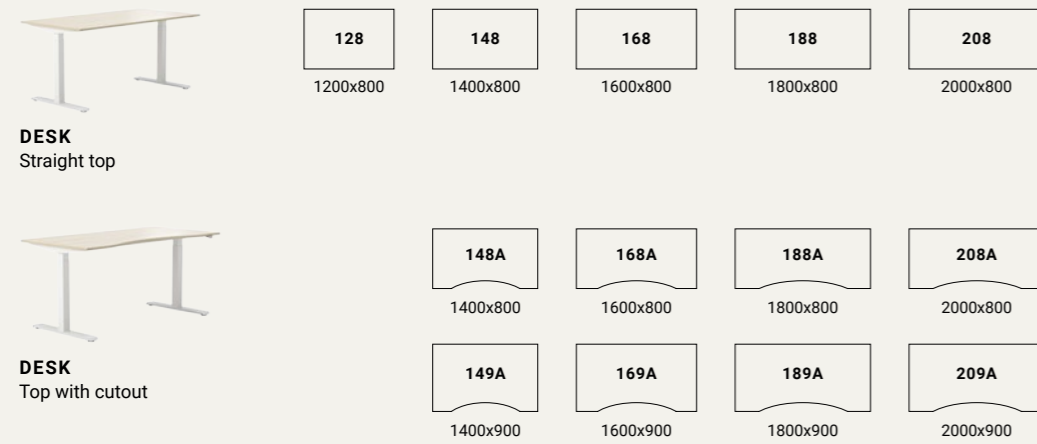


## MANY PEOPLE WORKING TOGETHER

For us at Kinnarps, efficient use of space always goes hand in hand with good ergonomics and functioning. With Series[P] you can create a working environment where a large number of people have room to work together. At the same time, the flexible sit/stand function, smart cable management and timeless, stylish design ensure that both the individual workplace and the total environment are pleasant. Here you are given a good working environment regardless of whether you are going to work for a long period or just a short while. Just remember to alternate between sitting and standing – you adjust the height with a simple press of a button.

## DIMENSIONS AND TECHNICAL SPECIFICATIONS

With Series[P] it's easy to create a working environment with the functions and the look you want. Choose from different sizes and finishes, and supplement with smart options.



**TOP** 23 mm. Chipboard with wood veneer (beech, birch, oak) and clear lacquered solid wood lipping or laminate (white, light grey, birch, beech, oak, grey oak, amouk) and plastic lipping. **UNDERFRAME** Rectangular legs (white, black, silver). Height-adjustable underframe with motor enclosed in sound-absorbing Re:fill material. Lift capacity 100 kg at 40 mm/sec. **DESK HEIGHT** 625-1,275 mm and 680-1,180 mm. **OPTIONS** Sliding top, chamfered edge, desktop storage, powerbox, cable tray in three different versions, modesty panel in veneer or metal, wireless charging unit, cable port with power socket, cable lock. **SCALE** 1:100 **UNIT** mm

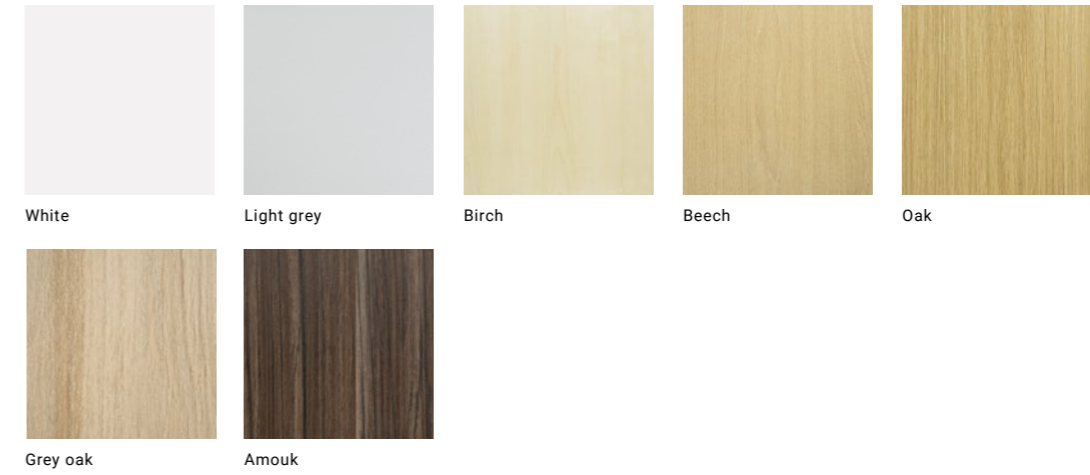


The choice of a top with chamfered edge gives the desk a classical, neat and slightly floating look. The chamfered edge is available as an option for all veneer tops and selected laminate tops. The top really comes into its own in open office landscapes and without screens or cabinets, so that the design is really visible.

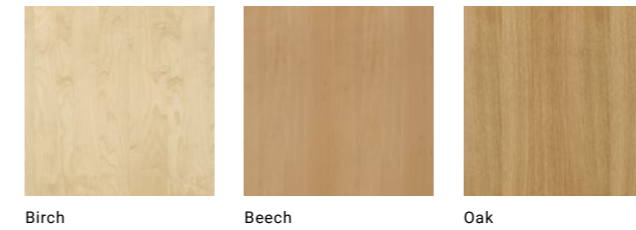
## MATERIALS AND COLOURS

The tops and underframes in Series[P] are available in a number of different materials and colours. Mix and match, and create a combination that suits your environment.

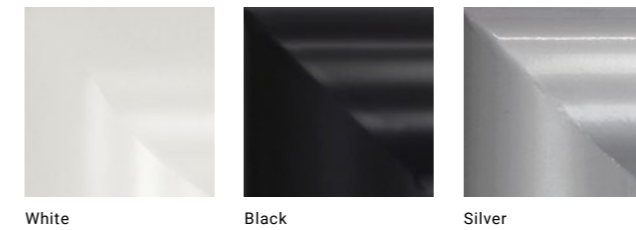
### LAMINATE



### VENEER



### METAL



The stylish sit/stand legs are available in white, black and silver grey, so you can choose the look you want. Coping with uneven floors is made easy with the help of the inbuilt, concealed adjustment screws in the legs.

## FUNCTIONS AND OPTIONS

Series[P]: ergonomic sit/stand desks with their carefully designed functions offer everyday quality. Here we show a selection of the details.



### TOP WITH CUTOUT

The cutout allows you to get closer to the work surface and gives you an ergonomically correct posture. It is especially good when you are working with two monitors.



### CHAMFERED EDGE

A top with a chamfered edge gives the desk a light and slightly floating look. Laminate tops have vertical lipping, and veneer tops have clear lacquered MDF.



### SLIDING TOP

A sliding top gives you quick, easy access for connecting cables in the cable tray, etc., and also creates a clean, tidy look. You lock the top with a knob.



### WIRELESS CHARGING UNIT

Wireless charging unit which means that you can charge your mobile phone, using Qi technology, simply by putting it on the unit.



### CABLE GROMMET

A practical grommet which helps you to hide cables away neatly while keeping everything close at hand.



### CABLE PORT WITH ELECTRICAL SOCKET

Smart cable port with one power socket and four holes for other cables. A lot of functionality in a small space at a good price.



### CABLE TRAY

Series[P] has several different cable trays, so you can choose the type of cable management that suits you best. The stylish, discreet ACT is mounted into the frame. It can be unhooked at either side or completely, and has folded edges which hold the power strip in place when the cable tray is unhooked. PACT is specially customised for desks with a sliding top. EACT is a basic functional version at a lower price.



### VEENEER OR LAMINATE MODESTY PANEL

Supplement your desk with a modesty panel in wood veneer (oak, beech, birch) or laminate (white, light grey, birch, beech, oak, grey oak, amouk).



### METAL MODESTY PANEL

Supplement your desk with a metal modesty panel in silver, white or black.



### SILENT HEIGHT ADJUSTMENT

The sound of the motor is reduced by Kinnarps Re:fill, a mixture of our own textile waste materials, polyester and PET. This makes for lower environmental impact, and means that all height adjustments are almost silent.



### HEIGHT ADJUSTABLE

The Series[P] sit/stand desks are height adjustable with the simple touch of a button. Vary your working height for better ergonomics. Includes a safe anti-collision feature that prevents crush injuries and cuts the power if the desk comes into contact with any objects.



### DESKTOP STORAGE

A practical drawer for small items you want to have close at hand, such as pens and post-its. Includes inbuilt tape holder.



### POWERBOX

Available in a number of versions, and gives you access to power sockets, data USB, charging USB and cable wrap. Good when the desk is placed against a wall or where two desks are positioned back to back with, for instance, a screen between them.



### UNDERFRAME STROKE

The underframe is available with two different strokes. The stroke of 625-1,275 mm suits all users and provides great flexibility. With the simpler version with a stroke of 680-1,180 mm, the maximum height is lower and the minimum height is higher.



### ADJUSTABLE FEET

All desks in Series[P] have adjustable feet to compensate for uneven floor surfaces. The integrated adjustment screw is hidden, to give the legs a stylish look.

WORKSPACE SOLUTIONS

