

HAWORTH

Upside

Height-Adjustable Table



Height-adjustable tables encourage posture changes to promote movement and well-being, so people can comfortably do their best work. The Upside table is an affordable solution with design flexibility that supports the ergonomic needs of your workforce.

Upside™ is a freestanding, height-adjustable table offered with either a standard or extended range of adjustment to accommodate more people and their diverse workstyles. Its broad selection of widths creates design flexibility for any setting.



Support for All

Upside supports more people and workstyles. The single-stage model has a standard height range of 27.4"-46.6". The dual-stage model offers an extended range of 22.6"-48.7" —meeting the BIFMA G1 industry guideline for ergonomic workspaces. A budget-conscious solution, Upside encourages movement throughout the day to foster well-being, while addressing the ergonomic needs of your entire workforce.



Unexpected Performance

With its human-centered features, Upside doesn't compromise functionality. A simple, intuitive paddle provides easy adjustment and control over the individual workspace. Built-in Gyro-sensor technology detects obstructions with a high level of precision to minimize collisions and avoid possible damage to the table and other items in the work area.



More Options

For greater user control, you can order Upside with a programmable paddle and OLED display. Set preferred heights, minimum and maximum height ranges, and vibration alerts that remind you to move. For ease in budget planning, a Value Model is available.





Design Choices

Upside's 250-lb lifting capacity supports a variety of work tools and accessories. Available in a T-leg or C-leg design, the base assembly can also be purchased separately in a multitude of trim colors for use with your own worksurface. High-pressure laminate and premium veneer rectangular worksurfaces are available in 23" and 29" depths with widths from 46" to 82".





Aligning People and Space for Optimal Performance

Your people, organization, and facilities are at the center of everything we do. We help create spaces that solve for your business needs—resulting in effective people and efficient use of real estate.

To learn more, visit [haworth.com/upside](https://www.haworth.com/upside).