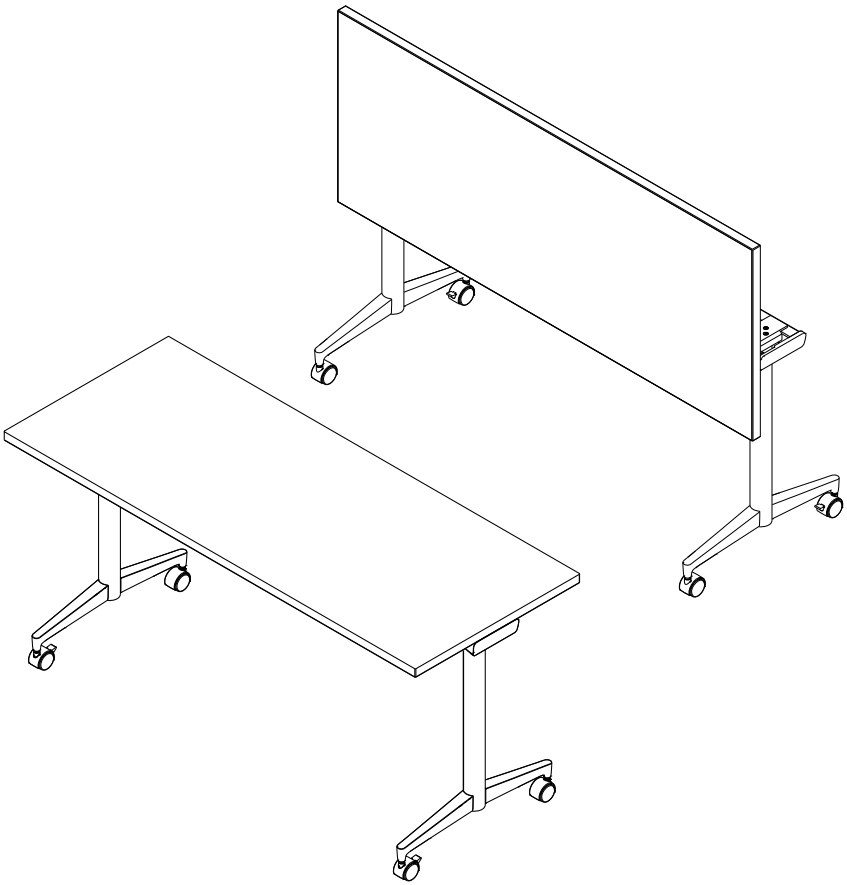
Parallon

FLIP-TOP TABLE ASSEMBLY INSTRUCTIONS

Everything to the table.

When you want cohesion in spaces large, small, shared or separate, there's Parallon. It's a single collection with a singular look, offering an array of choices for a variety of environments—and all the features to fit.

Ensure design is never a distraction in the places where everyone needs to focus. Our Parallon line of training tables provides a unified and streamlined look from room to room.



To report any issues with this product, contact our customer experience team at: (866) 764-4111 or **shopcx@sitonit.net**.

⚠ CAUTION

Please read all assembly instructions before installing. Failure to follow instructions could result in product failure or potential injury.

Do not apply sudden weight to table.

Do not exceed 200 lb static load weight capacity.

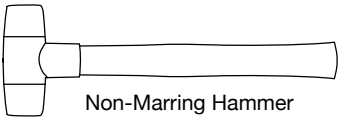
Keep fingers clear of pinch points.

Recommended Tools

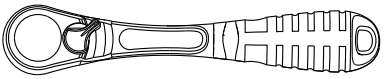
- Non-Marring Mallet/Hammer
- Cordless Drill/Driver
- #3 Phillips Bit
- 5⁄32" Hex Bit
- 3⁄16" Hex Bit
- Magnetic Bit Holder
- ½" Combination Wrench
- ¼" or ⅜" Drive Ratchet Wrench
- Socket Extension
- Flex Socket Adapter
- ½" Hex Socket



½" Combination Wrench



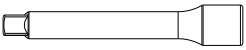
Non-Marring Hammer



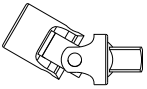
¼" or ⅜" Drive Ratchet Wrench



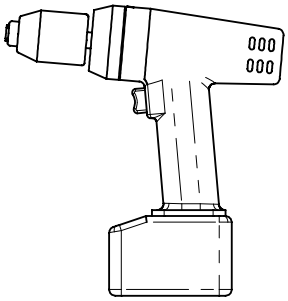
½" Hex Socket



Socket Extension



Flex Socket Adapter



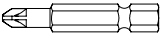
Cordless Drill/Driver



3⁄16" Hex Bit



5⁄32" Hex Bit



#3 Phillips Bit

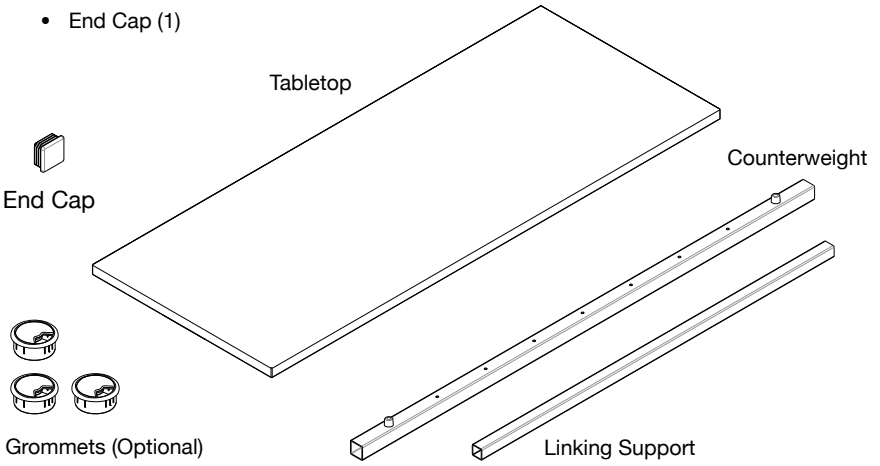


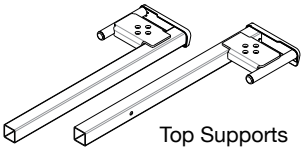
Magnetic Bit Holder

Parts: Top and Frame

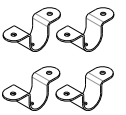
- Tabletop (1)
- Top Support (2)
- Linking Support (1)
- Counterweight (1)
- Grommet (Optional)
- Hinge Sleeve (4)
- Hinge Bracket (4)
- End Cap (1)

- **Pack A:**
  - #12 × 1" Screw (19)
- **Pack C:**
  - ¼" × 1" Screw (8)
- **Pack D:**
  - 5⁄16" × ½" Screw (4)

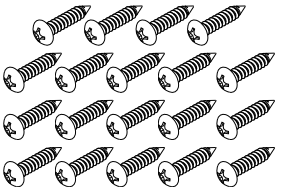



Top Supports


Hinge Sleeves


Hinge Brackets

PACK A


#12 × 1" Screws

PACK C


¼" × 1" Screws

PACK D


5⁄16" × ½" Screws

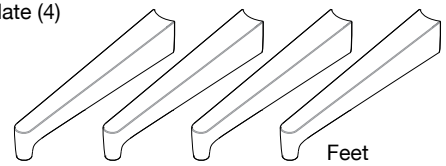
SitOnIt • Seating®

Parts: Columns and Feet

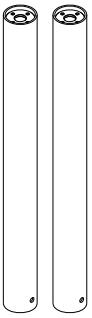
- Column (2)
- Foot (4)
- Caster (4, Optional)
- **Pack B:**
  - 5⁄16" × 1½" Bolt (4)
  - 5⁄16" Nut (4)
  - Foot Attachment Plate (4)



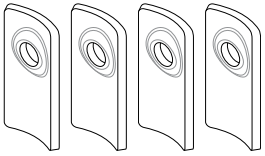
Casters (Optional)



Feet



Columns

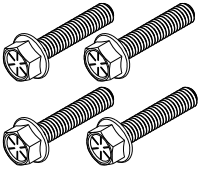


Foot Attachment Plates

PACK B



5⁄16" Nuts



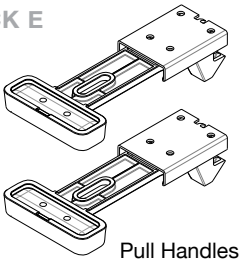
5⁄16 × 1½" Bolts

Parts: Pull Handles

- **Pack E:**
  - Pull Handle (2)
  - #12 × 1" Shoulder Screw (2)
  - #12 × 1" Screw (8)

All screws need to be used to ensure proper functionality.

PACK E



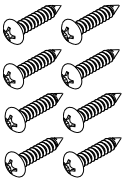
Pull Handles

E1



#12 × 1"
Shoulder Screws

E2

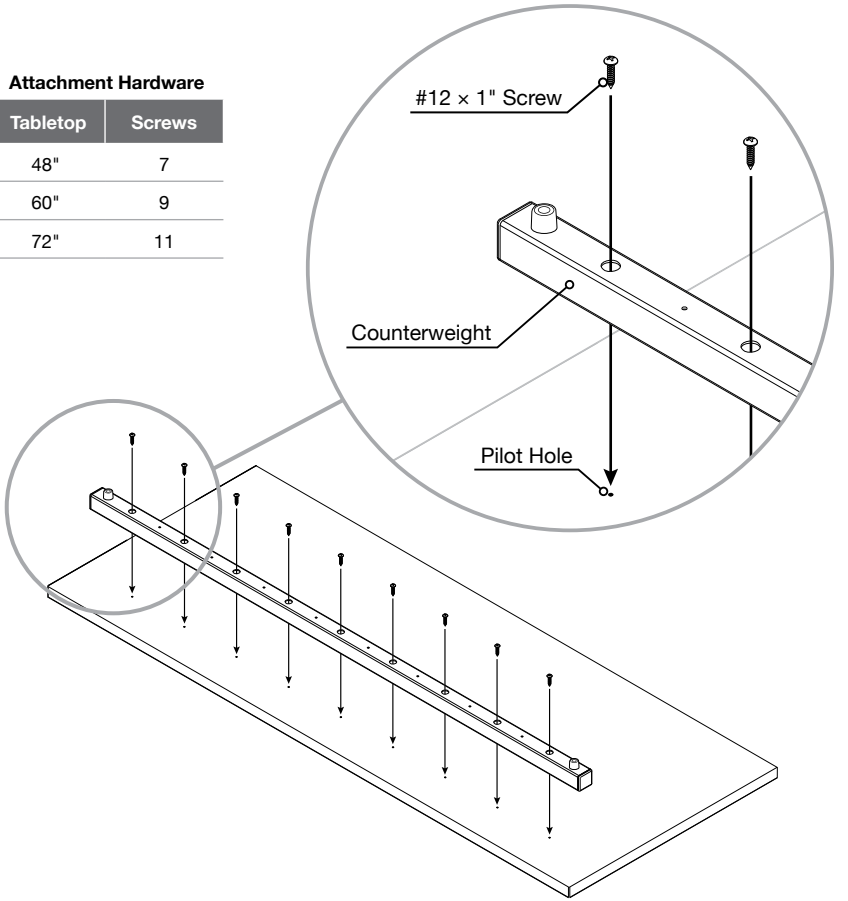


#12 × 1" Screws

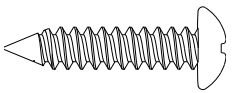
Step 1: Attach the counterweight to the tabletop.

Attachment Hardware

Tabletop	Screws
48"	7
60"	9
72"	11



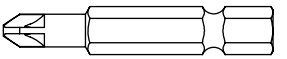
1:1 HARDWARE



#12 × 1" Screw (Pack A)

TOOLS





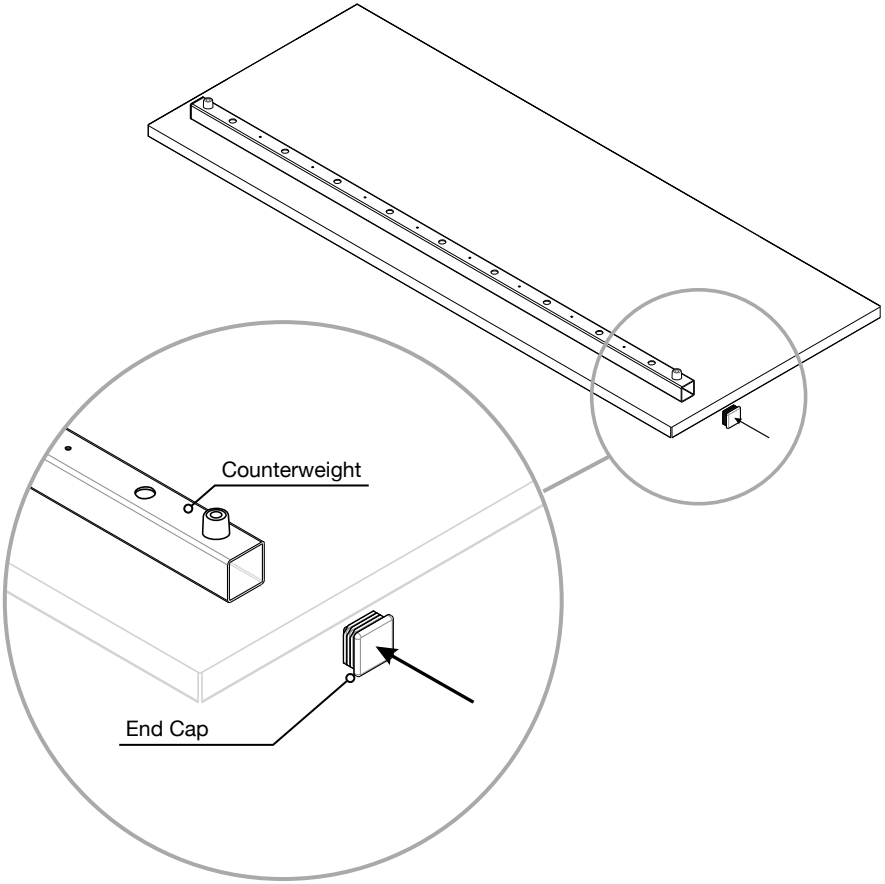
#3 Phillips Bit



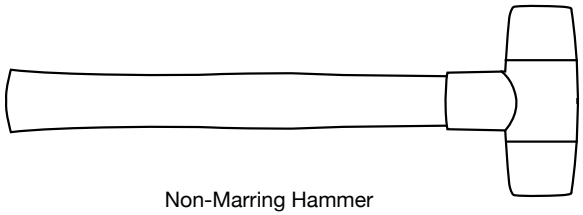
Magnetic Bit Holder

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Step 2: Insert the end cap into the open side of the counterweight.



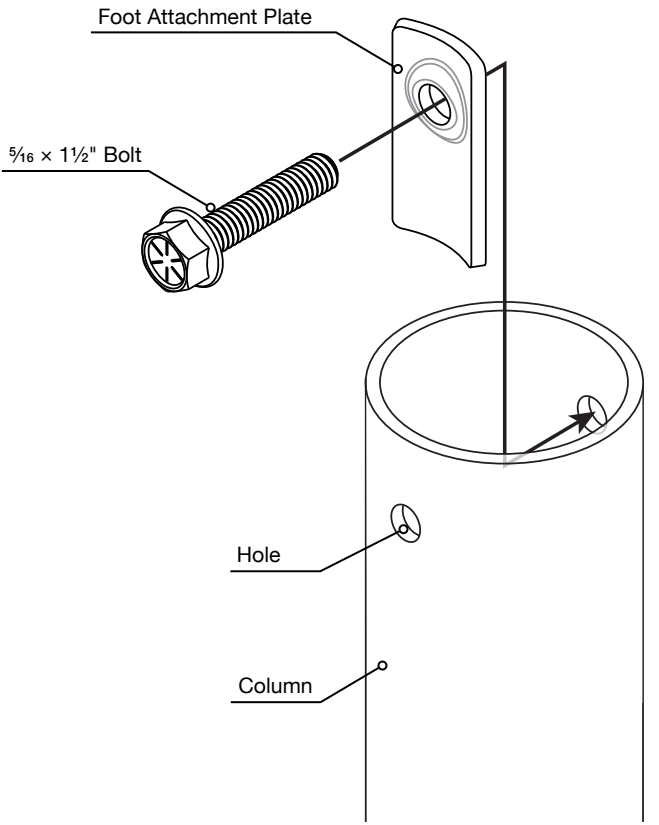
TOOLS



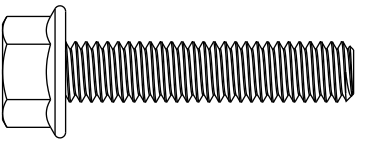
Non-Marring Hammer

Step 3: Slide the bolt through the foot attachment plate and column.

This step is repeated on each foot.



1:1 HARDWARE

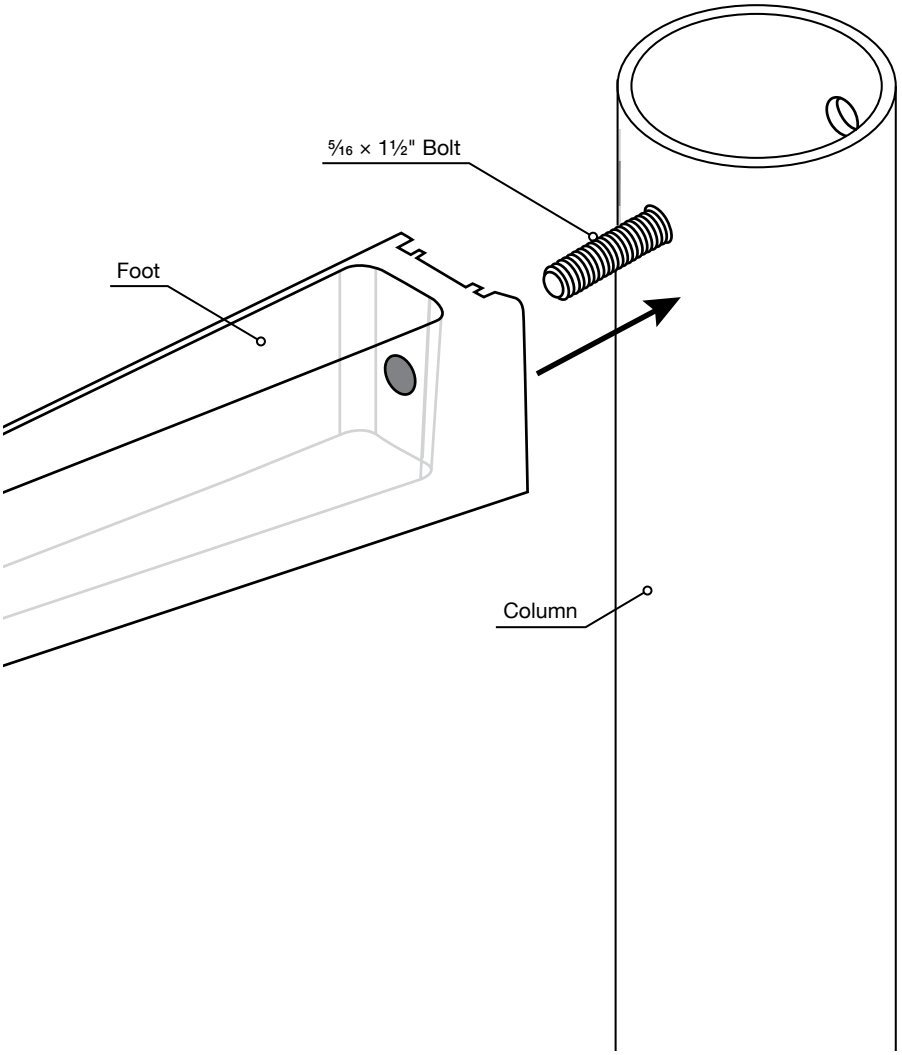


5⁄16 × 1½" Bolt (Pack B)

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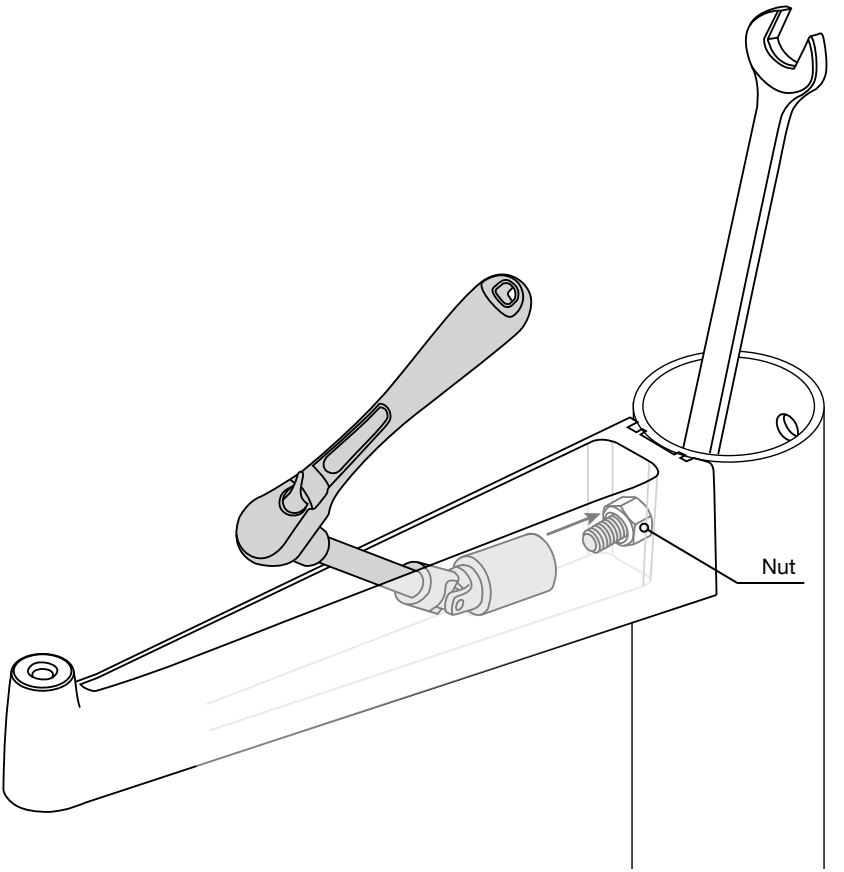
Step 4: Slide the foot over the bolt.

This step is repeated on each foot.

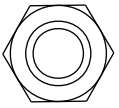


Step 5: Hold the bolt in place and tighten the nut.

This step is repeated on each foot.



1:1 HARDWARE

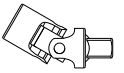


5⁄16 Nut (Pack B)

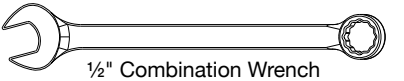
TOOLS



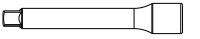
½" Hex Socket



Flex Socket Adapter



½" Combination Wrench

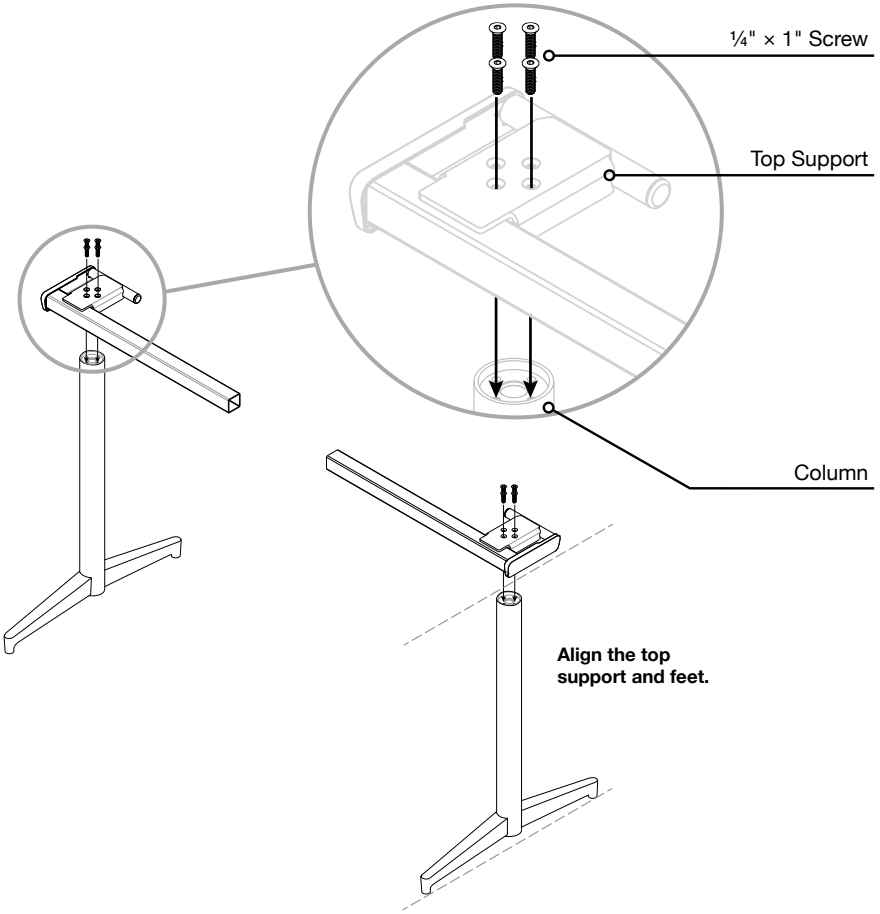


Socket Extension

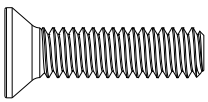


¼" or ⅜" Drive Ratchet Wrench

Step 6: Attach the top support to the columns.



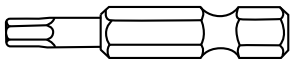
1:1 HARDWARE



¼" × 1" Screw (Pack C)

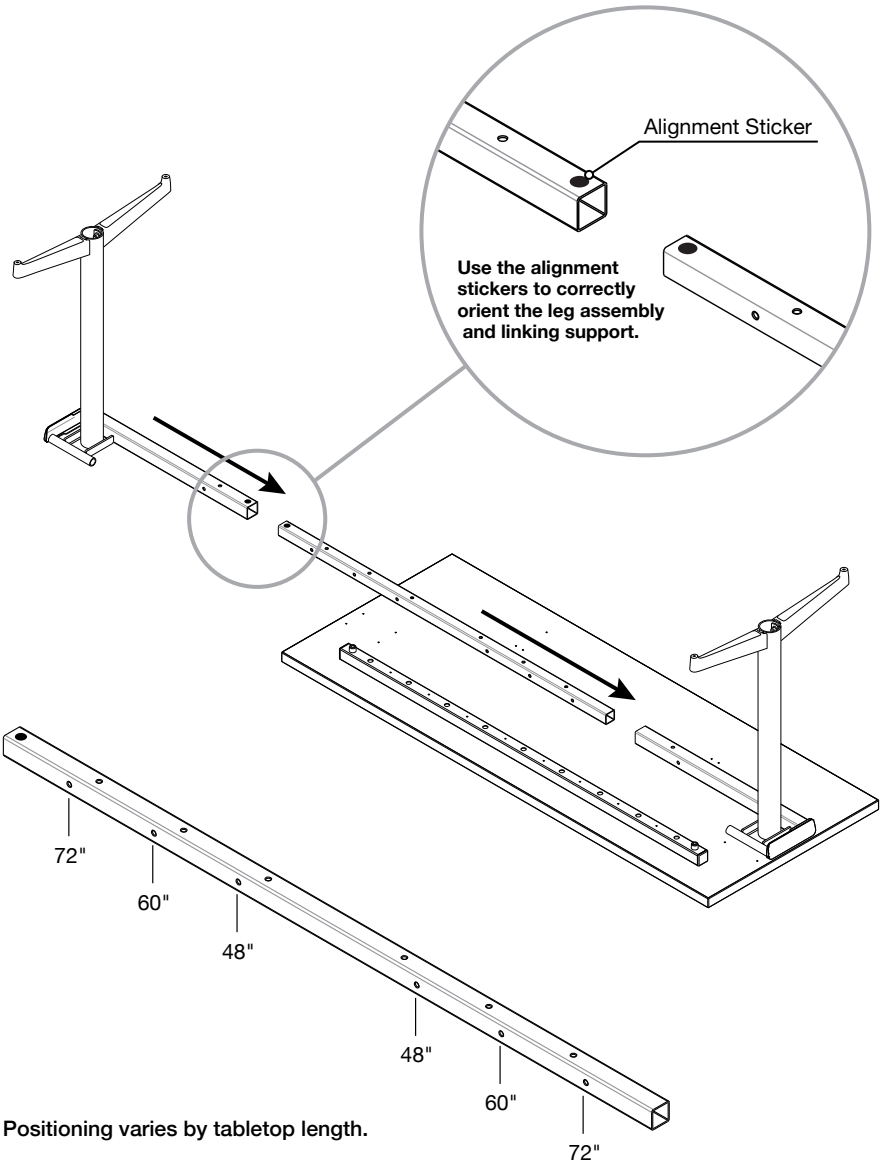
TOOLS

TOOLS



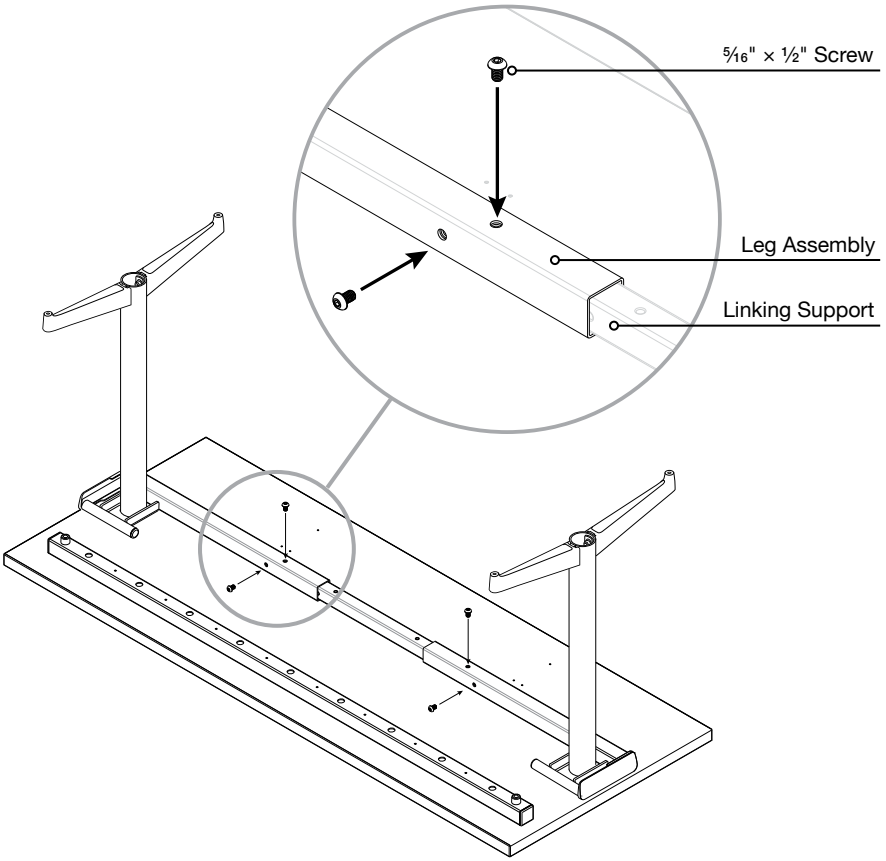
5⁄32 Hex Drill Bit

Step 7: Set a leg assembly on the tabletop and slide together the two leg assembly with the linking support.

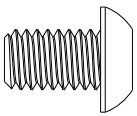


Positioning varies by tabletop length.

Step 8: Center the linking support between the two leg assemblies and attach the linking support and leg assemblies together.



1:1 HARDWARE



5⁄16" × ½" Screw (Pack D)

TOOLS

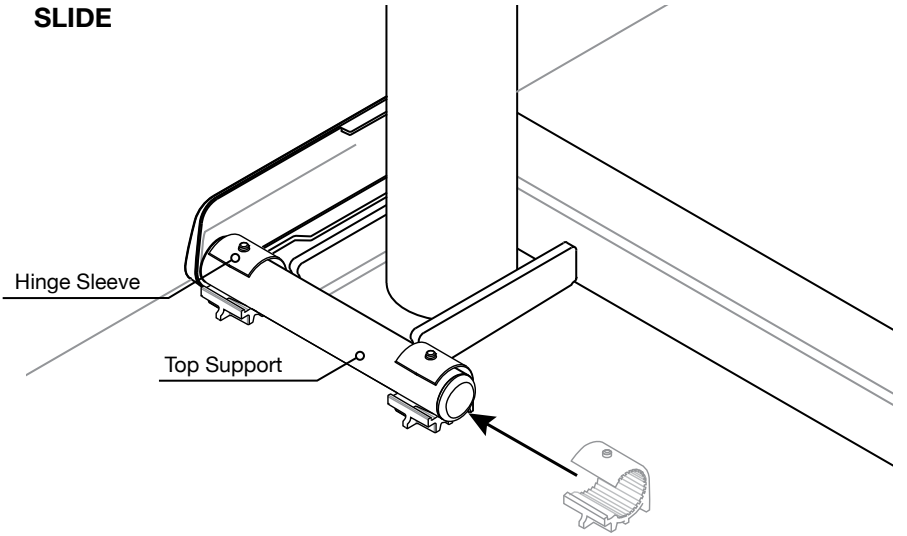


3⁄16 Hex Drill Bit

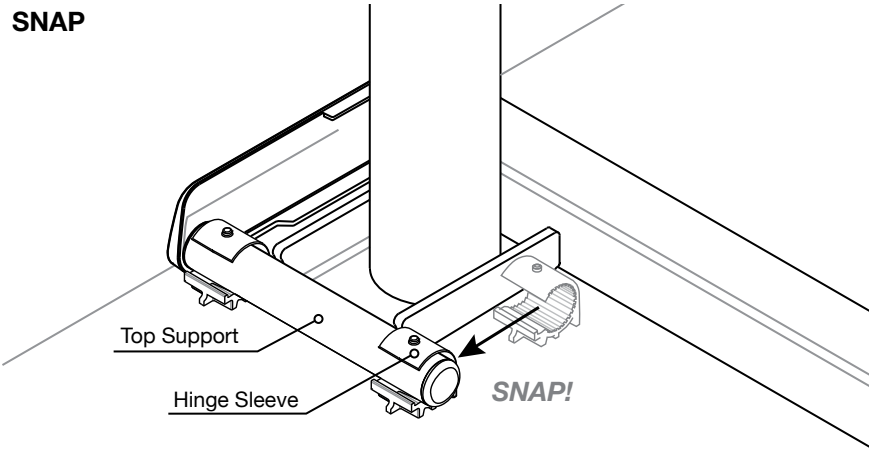
Step 9: Slide or snap the hinge brackets over hinge sleeves.

This step is repeated on both hinges.

SLIDE

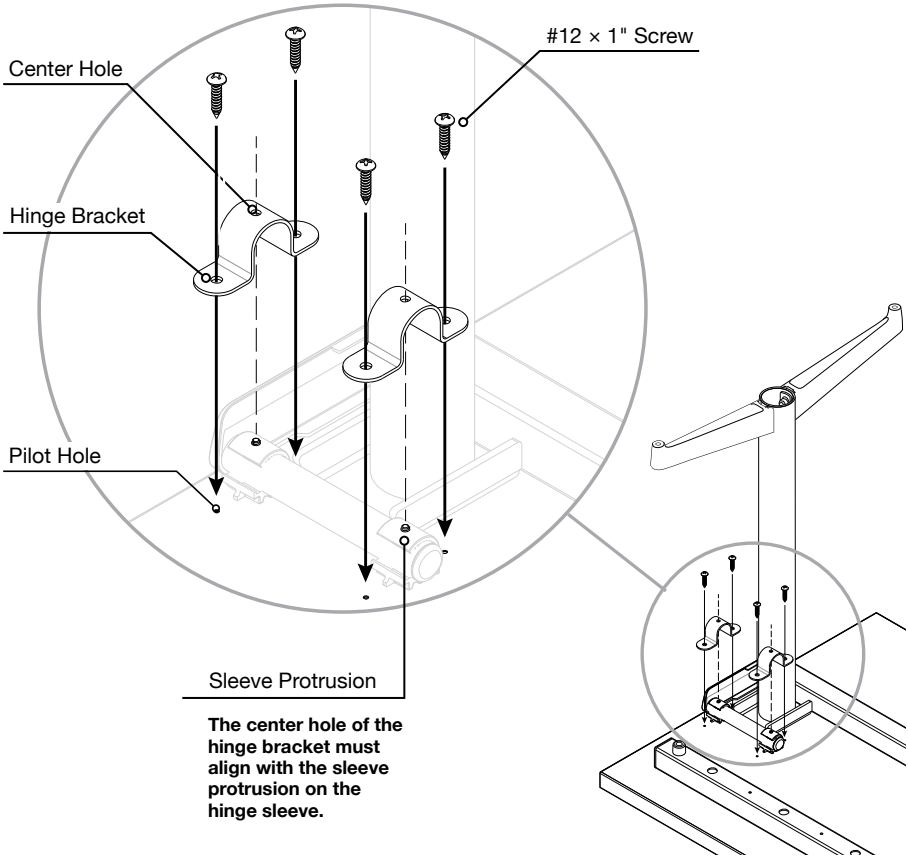


SNAP

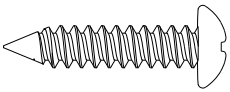


Step 10: Attach hinge brackets to the top support.

This step is repeated on both hinges.

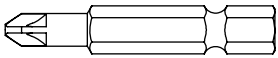


1:1 HARDWARE



#12 × 1" Screw (Pack A)

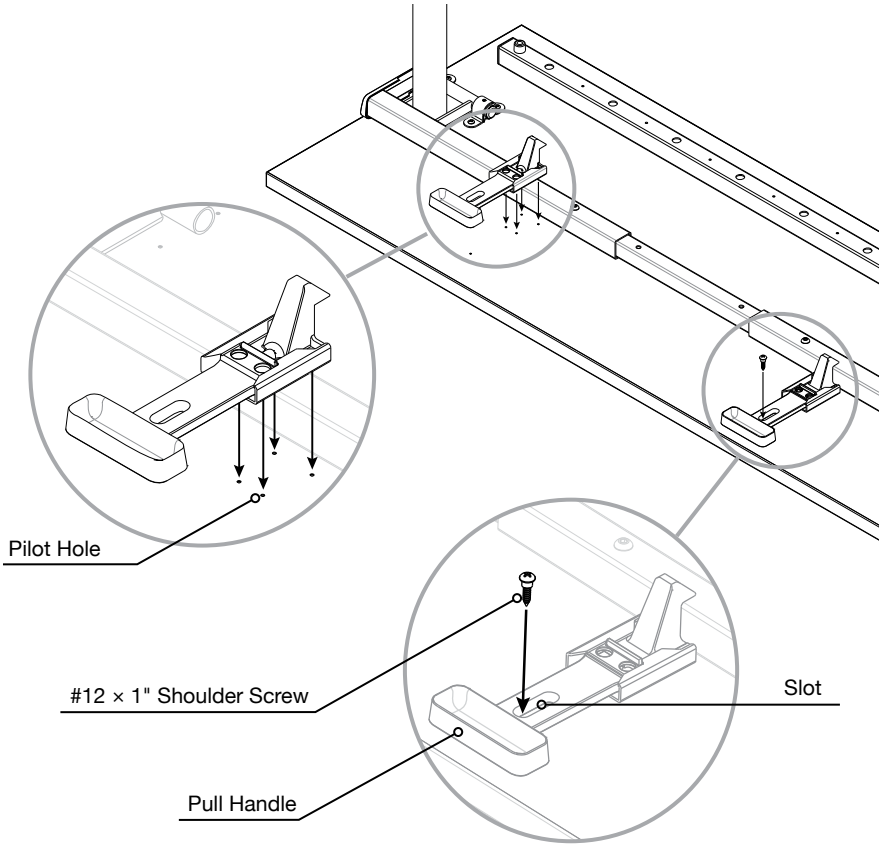
TOOLS



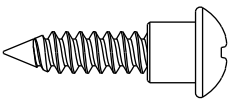
#3 Phillips Bit

Step 11: Place the pull handle on the pilot holes and insert shoulder screw into the pull handle's slot.

This step is repeated on both pull handles.

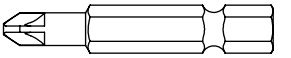


1:1 HARDWARE



5⁄16 Nut (Pack E1)

TOOLS

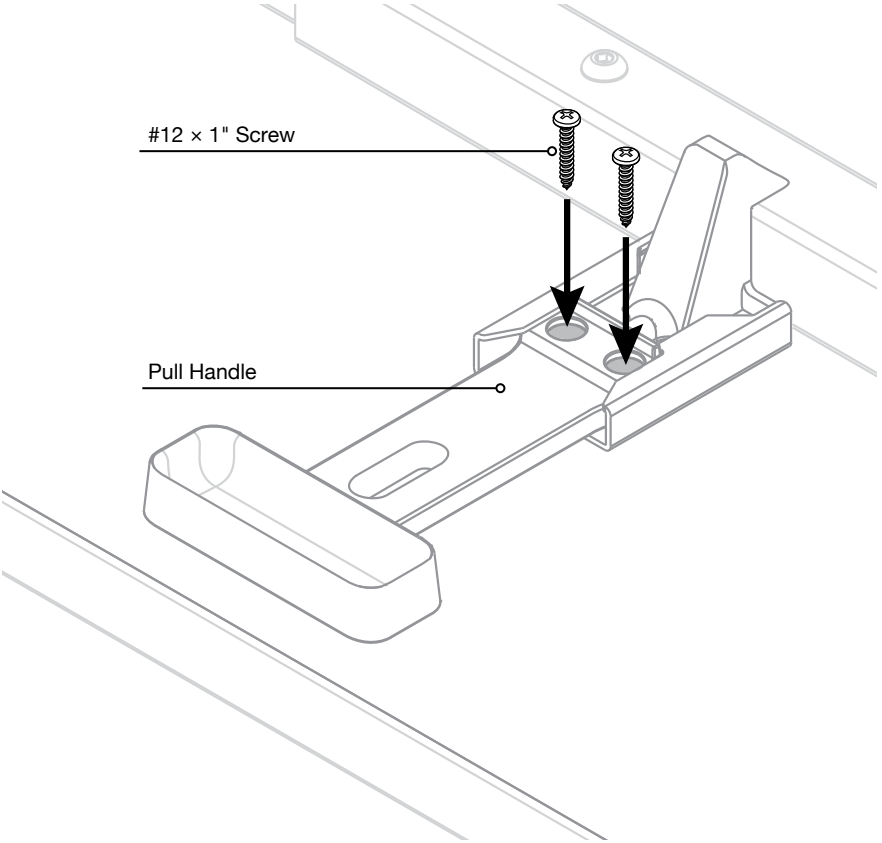


#3 Phillips Bit

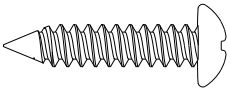
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Step 12: Attach the pull handle to the underside of the tabletop.

This step is repeated on both pull handles.

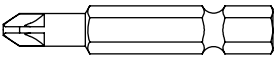


1:1 HARDWARE



#12 × 1" Screw (Pack E2)

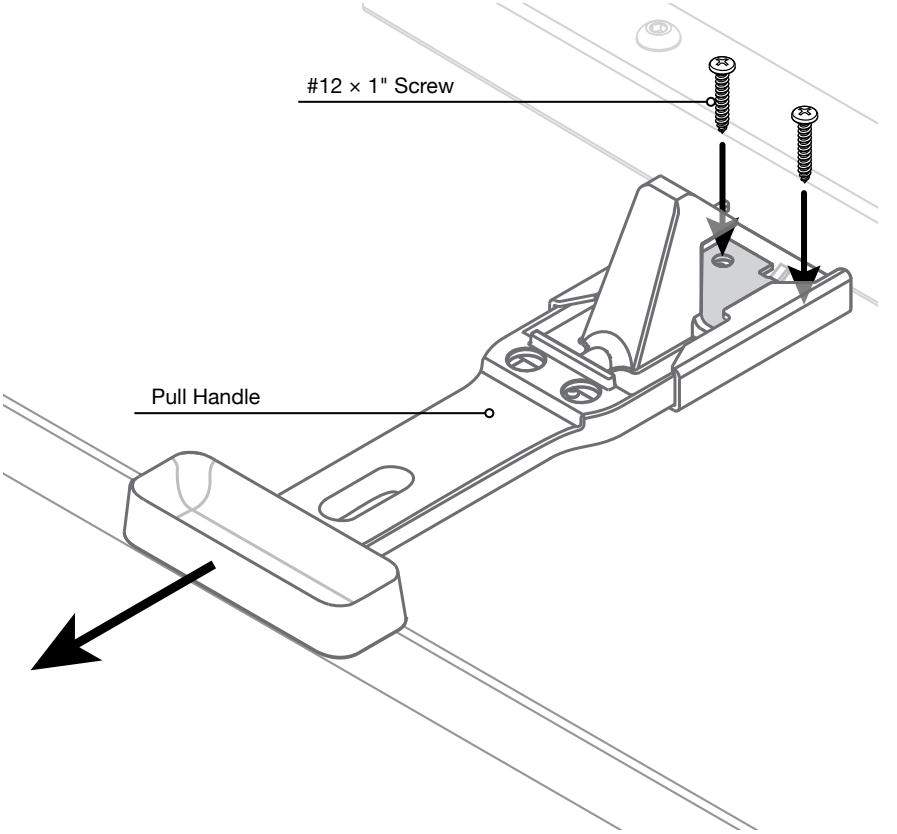
TOOLS



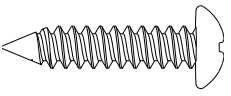
#3 Phillips Bit

Step 13: Pull the pull handle forward to reveal two more holes and finish attaching it.

This step is repeated on both pull handles.



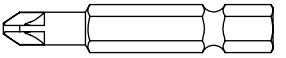
1:1 HARDWARE



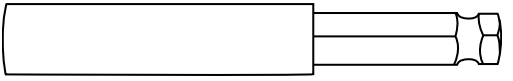
#12 × 1" Screw (Pack E2)

TOOLS





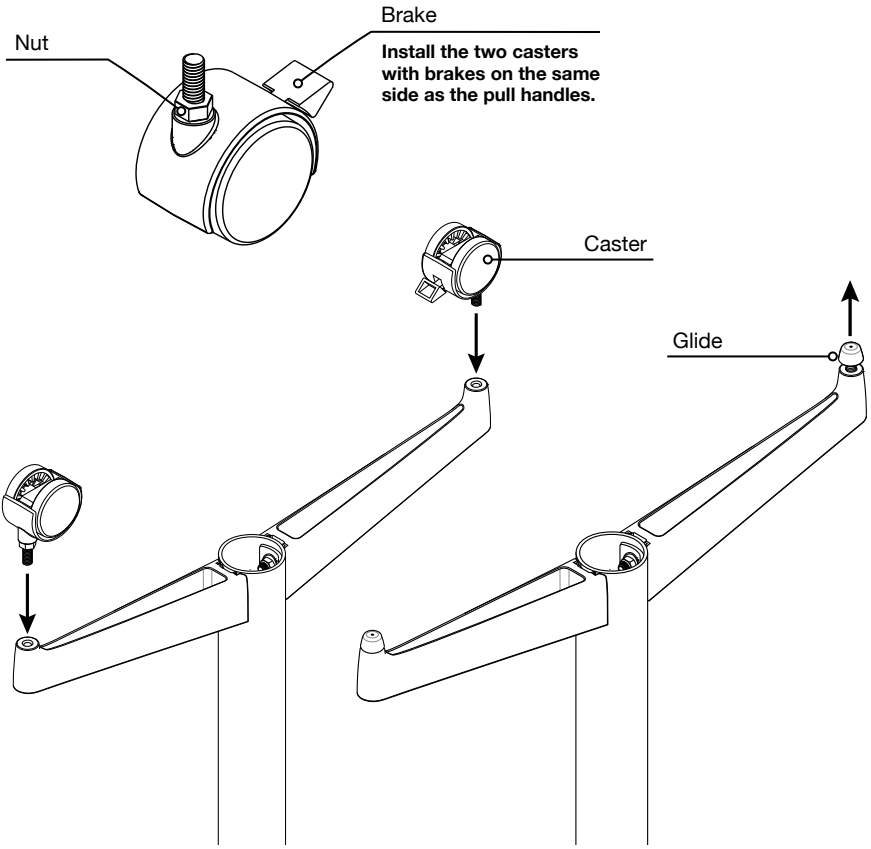
#3 Phillips Bit



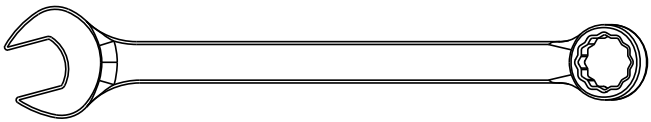
Magnetic Bit Holder

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Step 14: Unscrew the glides to level as needed.
Alternately, insert the optional casters into the feet and tighten the nuts.

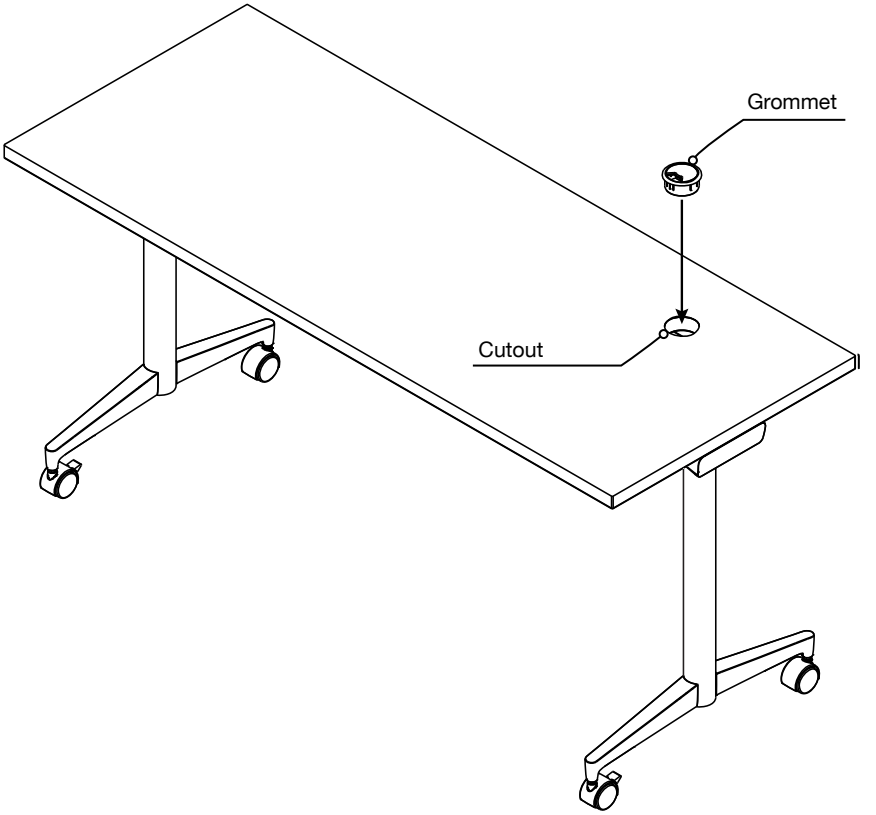


TOOLS

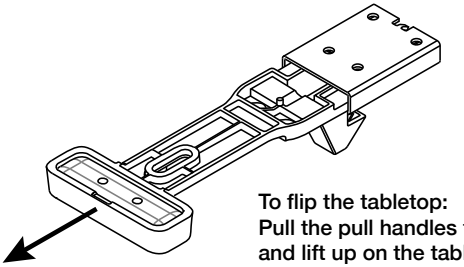


½" Combination Wrench

Step 15: Turn the table upright with the help of another person and if applicable, press the optional grommets into the cutouts.



USAGE



To flip the tabletop:
Pull the pull handles forward and lift up on the tabletop