



Arise by Cosmos

HEIGHT ADJUSTABLE
WORK STATIONS

ARISE TO YOUR HEALTH

Too much sitting is Harming you!

Shoulder Pain

Bad posture, Desk too high, Chair too low, unsupported forearms

Back Pain

Sitting for too long, unsupported back/Torso, Slouching, Repetitive turning of the Torso

Neck Pain

Monitor too high/low, Repetitive turning of Neck, Holding phone between shoulder and Neck

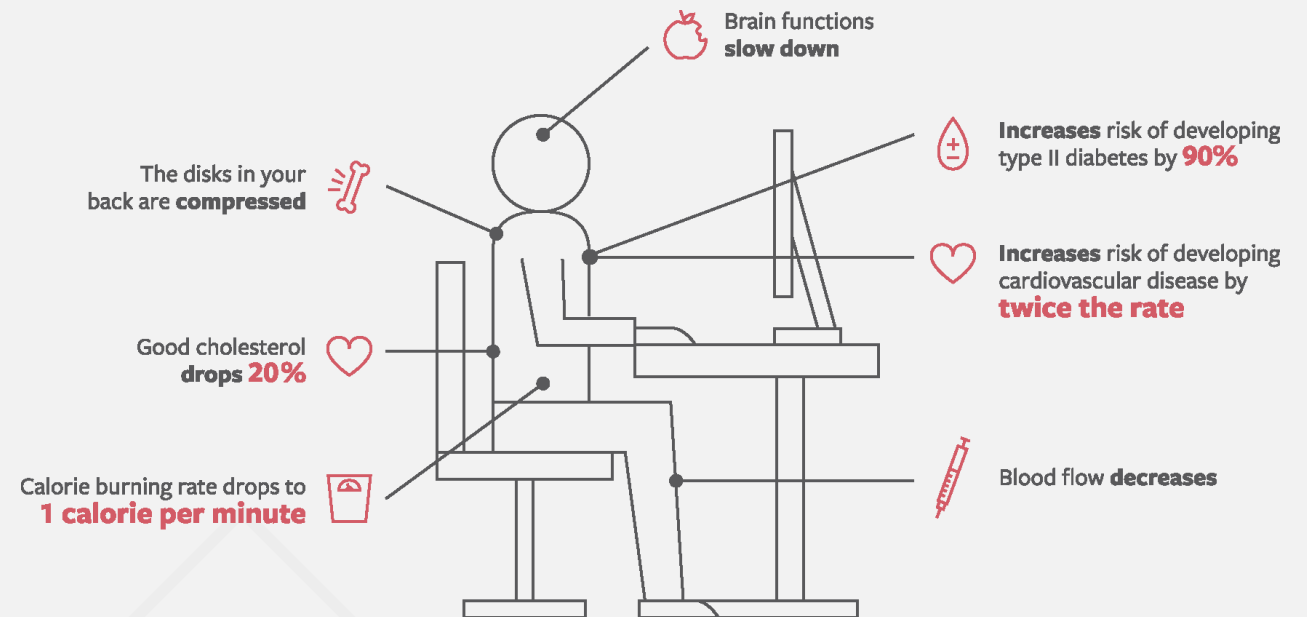


Sitting is the **new smoking**

As per recent studies published in Forbes.com and Harvard Health Publication, sitting increases risk of death by upto 40%

- Sitting for 6 or more hours per day is not only detrimental to our health, but also to our productivity, energy levels, and our mood.
- Prolonged sitting can be harmful to your health because of the lack of muscle contractions and subsequent body movement.
- Excess sitting or physical inactivity has also been linked to causing up to 43,000 cases of colon cancer and 49,000 cases of breast cancer, based on a 2011 report from the American Institute for Cancer Research presented in November, 2011 in Washington, D.C
- The World Health Organization (WHO) states that physical inactivity is the main cause for 21-25 percent of colon and breast cancer, 27 percent of cases of diabetes, and up to 30 percent of cases of ischemic heart disease. The WHO states that adults should engage in moderate intensity exercise for 150 minutes each week.

Here's what happens to your body when you sit for most of the day (6 or plus hours)



ARISE HAS THE PERFECT SOLUTION!

No Shoulder Pain

Shoulders are relaxed.

Elbows are close to the body and bent between 90 and 120 degrees.

Adequate room for keyboard and mouse.

No Back Pain

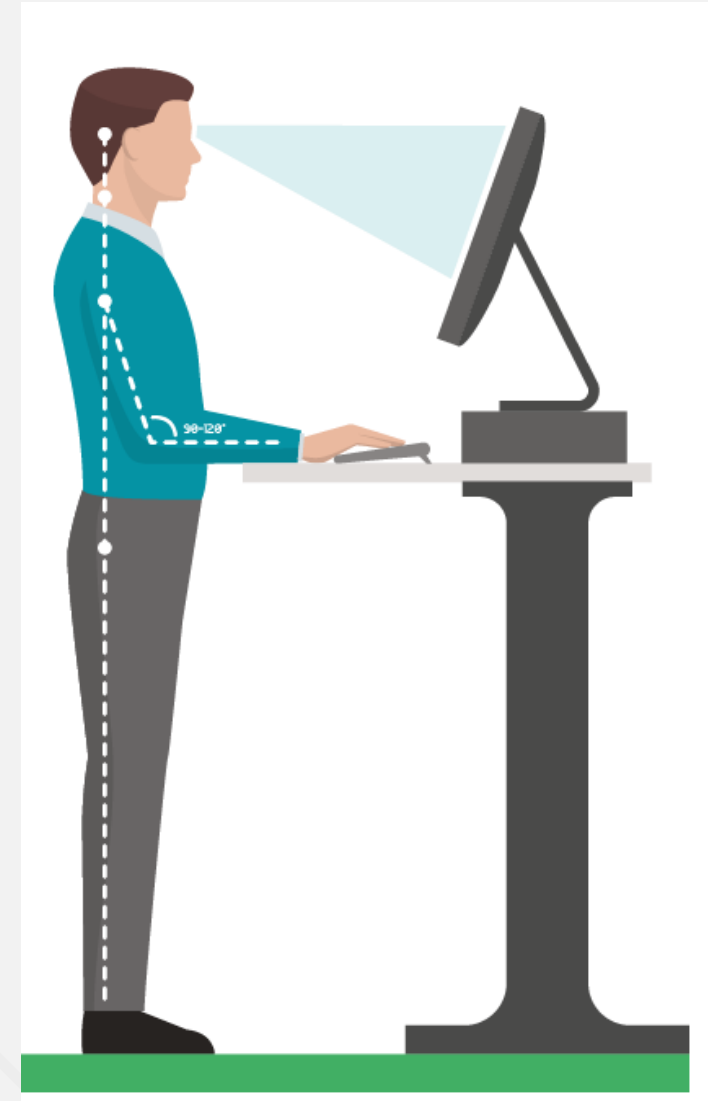
Spine is straight.

Wrists and hands are straight in-line, and roughly parallel to the floor.

No Neck Pain

Head and neck are balanced and in-line with the torso.

Top of the monitor is at or just below eye level so the user does not have to tilt the head up or bend the neck down to see the monitor.

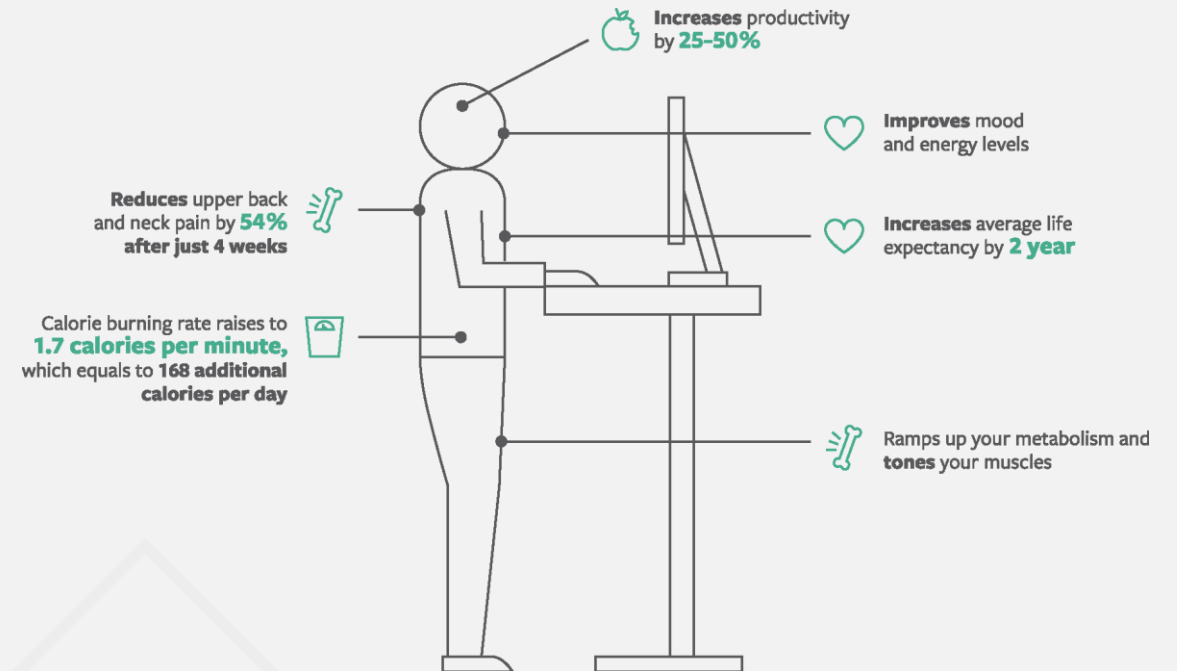


Height adjustable desk, the perfect solution for staying active throughout your workday

A standing desk is a dynamic tool that can help minimize back pain, burn calories, deliver a boost of energy, and increase your mental acuity.

- Standing Lowers Your Risk of Weight Gain and Obesity
- As per a study done by National Center for Biotechnology Information(USA), using a Standing Desk May Lower Blood Sugar Levels.
- Standing May Lower Your Risk of Heart Disease as per various studies done by US and International Health agencies.
- A study published by the CDC found that use of a sit-stand desk reduced upper back and neck pain by 54% after just 4 weeks

Here's what happens to your body when you alternate between sitting and standing (50% of your time sitting, 50% standing)



Stay Active

'Stand' for Health

A movement
towards a
health -
Positive
lifestyle



'Arise' by COSMOS, gives you a full range of supported movement to help you stay more active and healthier while you work.

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A standing desk with a dark wood-grain top and a black metal frame is positioned in a modern office space. A laptop is open on the desk, displaying a landscape wallpaper. The room features large windows with a city skyline view, a red brick wall, and a light-colored patterned carpet. A white office chair is partially visible in the bottom left corner.

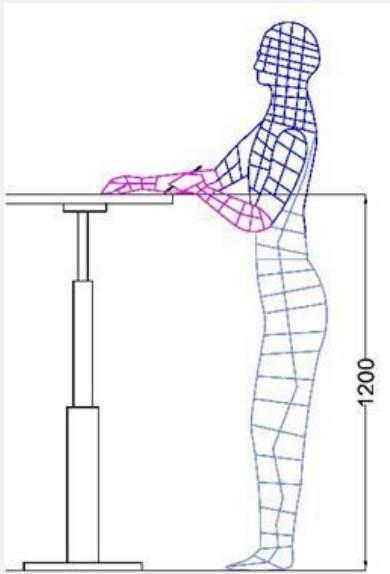
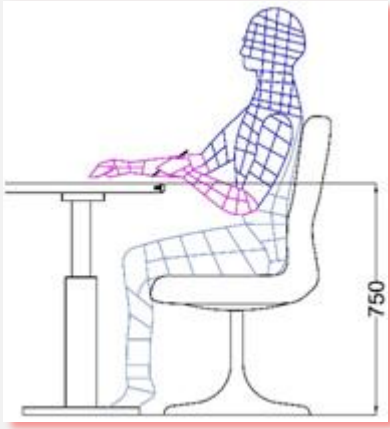
SERIES 10

Ideal for Home and Office

Series 10

Is an elegant, sleek and modern adjustable height desk that gracefully moves from Sit to Stand Position with a Touch of a button.

It allows you to lead a healthier life with a significant increase in your efficiency and energy levels.



Features

- Unmatched stability
- Easy to assemble and store
- Smooth and quite operating system
- Electric control with up/down switch
- Cable management
- Ergonomist recommended Sit & Stand Desk
- Standard Grey, White & Black base finish
- Choose from a wide variety of Table Top Shapes, Sizes, Laminates
- Available as Frame only or complete desk
- Industry leading power usage and sound level
- Crossbar free design provides maximum knee clearance
- Anti-collision safety protection is built-in

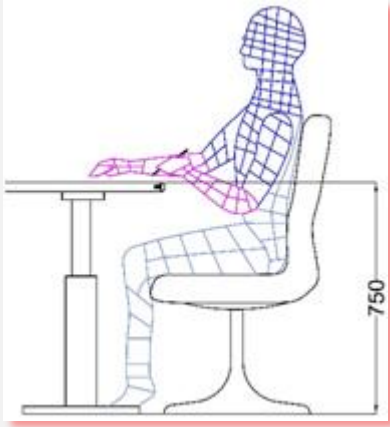
Specifications

- Input-24VDC (110V/230V)
- Limit switch-Inner
- Max speed : 20mm/s
- Stroke : 460mm
- Height Range : 650 - 1200
- Lifting capacity : 70 Kgs
- Operation temperature : 0°C-40°C
- Duty cycle:10%max 2mm on/18mn off

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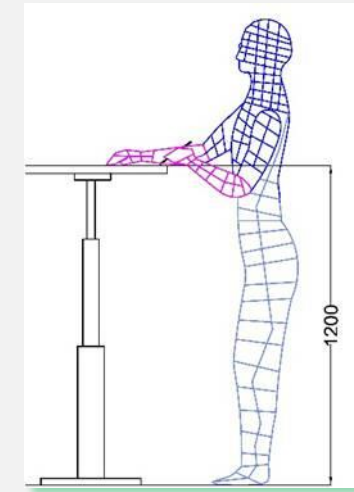


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Arise 10

Fast Moving models



PART CODE : 10 - 111142

Table Top Shape - Round Corner
Desk Width - 1200mm
Desk Depth - 750mm
Frame Color - Black
Table Top Color - Brushed Aluminum
Controller Module - Memory Controller
Position



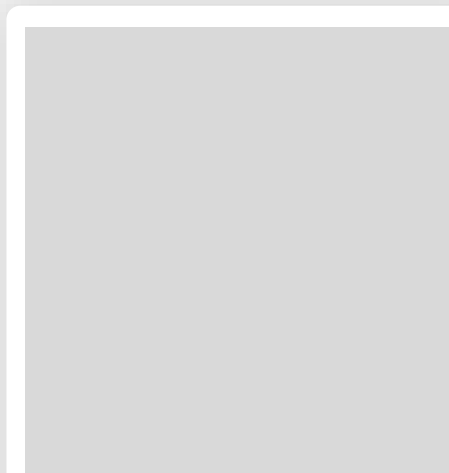
PART CODE : 10 - 211222

Table Top Shape - Rectangular
Desk Width - 1200mm
Desk Depth - 750mm
Frame Color - Grey
Table Top Color - New Country Light
Controller Module - Memory Controller



PART CODE : 10 - 111142

Table Top Shape - Round Corner
Desk Width - 1000mm
Desk Depth - 750mm
Frame Color - Black
Table Top Color - Slate Grey
Controller Module - Only Up & Down
Arrow



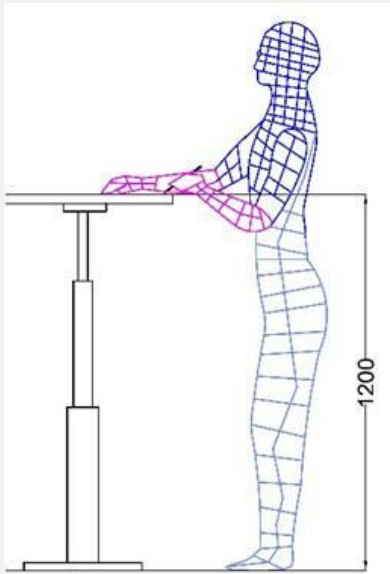
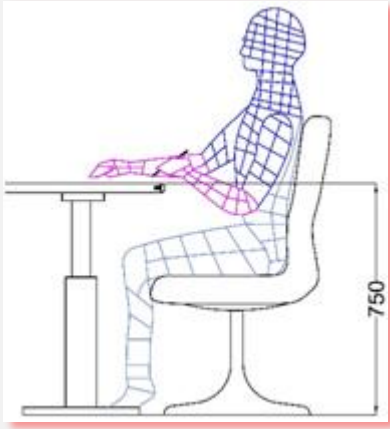
PART CODE : 10 - 111142

Table Top Shape - Round Corner
Desk Width - 1200mm
Desk Depth - 750mm
Frame Color - Black
Table Top Color - Brushed Aluminum
Controller Module - Memory Controller
Position

Series 20

Is an elegant, sleek and modern adjustable height desk that gracefully moves from Sit to Stand Position with a Touch of a button.

It allows you to lead a healthier life with a significant increase in your efficiency and energy levels.



Features

- Unmatched stability
- Easy to assemble and store
- Smooth and quiet operating system
- Electric control with up/down switch
- Cable management
- Ergonomist recommended Sit & Stand Desk
- Available in 90° and 120° three-leg configuration
- Standard Grey, White & Black base finish
- Choose from a wide variety of Table Top Shapes, Sizes, Laminates
- Available as Frame only or complete desk
- Industry leading power usage and sound level
- Crossbar free design provides maximum knee clearance
- Anti-collision safety protection is built-in

Specifications

- Input-24VDC (110V/230V)
- Limit switch-Inner
- Max speed : 38mm/s
- Stroke : 650mm
- Height Range : 650 - 1200
- Lifting capacity : 110 Kgs
- Operation temperature : 0°C-40°C
- Duty cycle:10%max 2mm on/18mn off

Arise 20

Fast Moving models



PART CODE : 20 - 132142

Table Top Shape - Round Corner
Desk Width - 1200mm
Desk Depth - 700mm
Frame Color - Black
Table Top Color - Brushed Aluminum
Controller Module - Memory Controller



PART CODE : 20 - 222212

Table Top Shape - Front Curve
Desk Width - 1600mm
Desk Depth - 700mm
Frame Color - Grey
Table Top Color - Slat Grey
Controller Module - Memory Controller



PART CODE : 20 - 311121

Table Top Shape - Rectangular
Desk Width - 1800mm
Desk Depth - 800mm
Frame Color - Black
Table Top Color - New Country Light
Controller Module - Only Up & Down Arrow

PART CODE : 10 - 211222

Table Top Shape - Rectangular
Desk Width - 1200mm
Desk Depth - 750mm
Frame Color - Grey
Table Top Color - New Country Light
Controller Module - Memory Controller

Get In Touch



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THANK YOU

Cosmos Media Product Pvt. Ltd.