

FITS YOU, FITS ANYWHERE



LEITZ ERGO COMPLETE WORKSTATION BUYING GUIDE

FEEL GOOD

with Leitz Ergo

Why Leitz Ergo?

Leitz ergonomic office solutions are designed to address common pain points like back pain, neck strain, and poor posture, promoting health, comfort, and productivity.

With endorsements from IGR & Award Winning Osteopath Anisha Joshi, Leitz products stand out for their holistic and movement-oriented approach to workstation ergonomics.



Anisha Joshi

Award-Winning Osteopath
@osteoanisha

'My professional approach is holistic; I think in terms of 360-degree well-being. I completely agree with Leitz's approach that thinks in terms of the whole body'.

As an osteopath, Anisha Joshi, author of 'Heal Your Back', highlights the importance of dynamic sitting, movement, and holistic ergonomic setups. Her personal experiences and patient testimonials underline how Leitz Ergo products alleviate pain and enhance productivity.



The IGR Institute for Health and Ergonomics are in full support of Leitz and have thoroughly examined many of their products to award the IGR quality seal. The main criteria for an "ergonomic product" is usability and adaptation to the requirements of different users, taking into account DIN 26800 EN ISO 15537. We know that no one person is the same, but everyone still deserves equally excellent working conditions!

Want to address specific pain points?

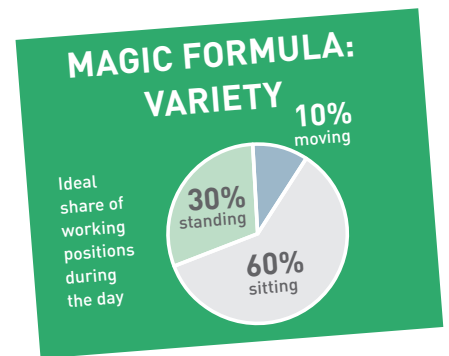
Use the QR code to view our Ergonomic Workstation Buying Guide written by Award Winning Osteopath, Anisha Joshi.



SIT – STAND - MOVE

The first steps towards a healthy and productive working environment is to create a workspace that is comfortable and keeps us active.

Select the product combination that works best for the space available, hardware being used and encourages movement.



Maximises Space



DESKS

Leitz Ergo Sit-Stand Desks have a compact work surface and are ideal for temporary workspaces and flexible working.

Reduce Clutter



ORGANISERS

Pegboard Desk Organisers keep all your essentials organised, easy to find and free up valuable desk space.

Stay Active



STOOLS

Move between sitting and standing while you work, encouraging muscle movement, improving posture and increasing energy levels.

Improves Posture



LAPTOP STANDS & MONITOR ARMS

Raise screens to the perfect height to support neck and shoulder comfort.

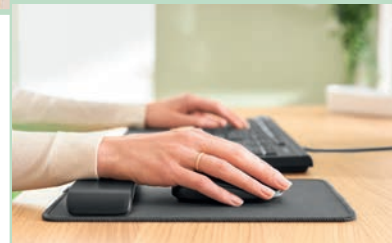
Boosts Energy



STANDING MAT

Promotes healthy posture, improves circulation and provides strong sole support resulting in reduced fatigue, leg and foot pain.

Ultimate Comfort



WRIST REST & MOUSE MAT

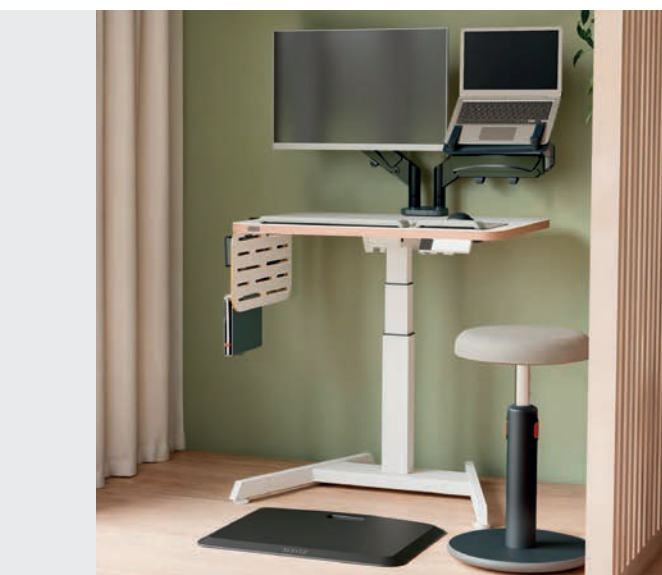
Improve wrist alignment and reduce the risk of repetitive strain injuries.



4 STEP WORKSTATION SET-UP GUIDE

Configure your workstation to work for you with our four step guide to creating a personalised workstation that delivers for you, fits your space and matches your style.

Fits You, Fits Anywhere.



STEP 1: Select your Desk

Your desk is the center of your workstation. Do you want the convenience of an electric standing desk, the freedom of a manually operated pneumatic standing desk that does not need to be positioned near an electrical socket or the ability to convert your traditional desk to a standing desk?



Leitz Ergo Cosy Standing Desk Converter

Compact standing desk converters to keep you moving all day. Easy to adjust between sitting and standing.

- | | |
|--|----------------|
| A With sliding tray for keyboard and mouse, desktop 80 x 42 cm, height adjustment 7,2 - 38 cm | 56158AC |
| B Compact portable size, desktop 70 x 35 cm, height adjustment 4,8 - 31 cm | 56620AC |



Leitz Ergo Small Electric Sit Standing Desk with Stand-Up Reminder

Space-saving Electric Sit Stand Desk for flexible and temporary ergonomic workspaces. 4 memory functions, stand-up reminder, anti-collision, child lock, USB-C & USB-A port and height adjustment from 65 - 130 cm.

C Desktop 80 x 60 cm ☐ **51407AC**

2+1 YEAR
GUARANTEE
by registering



Leitz Ergo Small Sit Standing Desk

Space-saving Pneumatic Sit Stand Desk for flexible and temporary ergonomic workspaces. 4 locking 360° castor wheels. Height adjustment from 75 to 114 cm.

D Desktop 80 x 60 cm ☐ **51414AC**

2+1 YEAR
GUARANTEE
by registering





STEP 2: Position your Screens

Working with a laptop for extended periods leads to haunching, neck and shoulder pain. Using a **laptop stand** helps to raise the laptop to align with your natural line of sight and creates space for a full size keyboard to be used which is also better ergonomically. A **monitor arm** lets you add additional screens while maximising desk space.

Leitz Ergo Space Saving Monitor Arm

Perfectly mount in tight spaces, allowing maximum depth of field and optimal visual ergonomics thanks to space saving construction.

A	Single Monitor Arm	21811AC
B	Dual Monitor Arm	21818AC
C	Dual Monitor Arm & Laptop Arm	21825AC



except for 21825AC



A



B



C



NEW

Leitz Ergo Aluminium Ultra-Flat Adjustable Laptop Stand

Ergonomic ultra flat aluminium laptop stand (10" - 17", also suitable for tablets) with SlimLift Design (SLD). Adjustable height for maximum comfort. Portable, includes a protective storage pouch.

D  **52163AC**

D



Leitz Ergo Adjustable Multi-Angle Laptop Stand

Ergonomic laptop (13" - 15") stand for maximum comfort with 6 different height and angle combinations. Easy to adjust to the right height.

E  **15889AC**

F  **62383AC**

NEW



E

**63%
RECYCLED
PLASTIC**



Leitz Ergo Cosy Adjustable Laptop Stand

Ergonomic laptop (13" - 17") stand for maximum comfort, easy to adjust to the right height. Promotes airflow, keeping the laptop cool.

G  **55745AC**

 **55752AC**

 **55759AC**

G

**80%
RECYCLED
PLASTIC**



Leitz Ergo Adjustable Monitor Stand

Ergonomic adjustable monitor stand for maximum comfort. Choose from two height settings to ensure optimal eye alignment

H  **21797AC**

I  **21804AC**



TURN OVER - CHOOSE
FROM TWO HEIGHTS

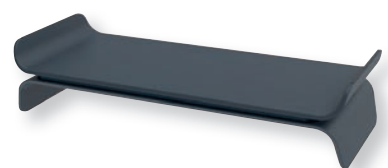
Leitz Ergo Monitor Stand

Ergonomic monitor stand for maximum comfort. Provides extra desktop storage. Modern and minimalist design for an organised workspace.

J  **15896AC**



I



J





STEP 3: Sitting & Standing

Rethink your office chair with our **dynamic seating** solutions that encourage movement. From active **sitting stools** or **sitting balls** that are a great way to keep you active while you work. If you prefer to stand, a dedicated **standing stool** with a wobble base will let you perch and move. If you simply love your office chair a cushion upgrade can add movement, encourage good posture and comfort.

Leitz Ergo Active Stools with Comfort Seat

The Leitz Ergo Active Sitting Stool features a unique Dual Density Foam (DDF) Comfort Seat with firm ergonomic support and soft foam cushioning, creating a comfortable and supporting seating experience

A	Active Standing Stool 57-82cm	51449AC
		51456AC
B	Active Sitting Stool 47-64cm	51435AC
		51442AC



Leitz Ergo Cosy Active Sit Stand Stool 2-in-1

Move between sitting and standing while you work. Features a rounded base to encourage active movement by swivelling and rocking to strengthen your back. Easy height adjustment.

C	46 - 79 cm	56627AC
	46 - 79 cm	56634AC
	46 - 79 cm	56641AC



Leitz Ergo Cosy Active Sitting Ball

Ideal for use as a desk chair to keep you active while you work or for gym ball workouts. Quick and easy to inflate with included hand pump. With a robust phthalate-free inner ball, hand-washable fabric cover with a durable carry handle.

D	Medium, 65 cm	56648AC
E	Medium, 65 cm	56655AC
	Medium, 65 cm	56662AC

E



D



Leitz Ergo Active Sitting Ball with Stopper Function

Ergonomic sitting ball to keep you moving all day. The Anti-roll safety feature prevents the ball from moving when you stand up.

F	Small, 55 cm	62390AC
		22896AC
G	Medium, 65 cm	62397AC
		22903AC
H	Large, 75 cm	62404AC
		22910AC



H



F



G



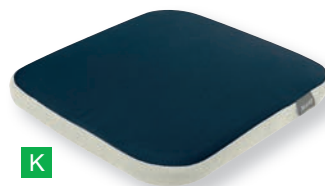
Anti-roll away feature

Leitz Ergo Active Wobble Cushion

Improves circulation and can relieve spinal pressure for maximum comfort at your workspace.

I	Active Wobble Cushion	22889AC
J	Active Wobble Cushion with	52170AC
K	Fabric Cover	52177AC

K



J



I

Leitz Ergo Cosy Seat Cushion

Orthopaedic seat pad with hand-washable cover for maximum comfort on any chair. Relieves spinal pressure and improves circulation.

		56718AC
L		56725AC
		56732AC

L





Leitz Ergo Adjustable Desk Footrest

Reduce discomfort and your impact on the environment with the Leitz Ergo Adjustable Desk Foot Rest.

A 52184AC



Leitz Ergo Rocking Adjustable Footrest

Allows you to tilt and easily adjust the height of the foot rest for your individualised comfort.

B 21832AC

Leitz Ergo Cosy Soft Rocking Desk Footrest

Designed to keep your feet and legs relaxed, can be flipped over and used as an ankle rocker. Promotes a healthy posture and improves blood circulation. Hand-washable cover.

C 56697AC

D 56704AC

56711AC



Leitz Ergo Cosy Anti-Fatigue Mat

Ideal for standing tables and workstations. Provides strong sole support, resulting in reduced fatigue and leg/foot pain. Strong, soft foam for enhanced durability.

L 56669AC

STEP 4: Feel Good Accessories

Complete your FEEL GOOD workstation with accessories to ensure you have the right posture while working. Pegboard Desk Organisers are simple but highly effective ways to maximise space on your desk while Footrests are the number one recommendation for workers using a traditional office desk and chair.



Leitz Ergo Pegboard Desk Organiser with Laptop Holder

These unique desk organisers are easy to mount to a desk or table for an ergonomic workplace. Maximises storage space. Compatible with all Leitz Ergo Sit Standing Desks or any table top with thickness up to 35mm. Comes supplied with a laptop holder (also suitable for MacBooks), smartphone holder, pen holder and hanging hook made from 85% post-consumer recycled plastic.

E 80 x 25 cm excluding the fixing clamps ☐ **51428AC**



Leitz Ergo Small Pegboard Desk Organiser

Keep your workspace tidy with these unique desk organisers. Store all your daily essentials. Maximises storage space. Compatible with all Leitz Ergo Sit Standing Desks or any table top with thickness up to 35mm. Comes supplied with an A4/note pad holder, pen holder and hanging hook made from 85% post-consumer recycled plastic.

F 42 x 25 cm excluding the fixing clamps ☐ **51421AC**

Leitz Ergo Wrist Rests

Ergonomic ultra-soft keyboard and mouse wrist rests for maximum comfort to prevent aches and pains. Easy to adjust the height by turning over.

G	Adjustable Mouse Wrist Rest	☐ 55766AC
H	Mouse Pad with Adjustable Wrist Rest	☐ 21839AC
I	Adjustable Keyboard Wrist Rest	☐ 21846AC
		☐ 55773AC
		☐ 21853AC

TURN OVER - CHOOSE FROM TWO HEIGHTS



#WorkLeitzBalance



The art of balancing all aspects of a multifaceted work life without compromising on design, quality, reliability or sustainability. A state achieved with the help of world class German engineered products. Alles im Griff since 1871.



Find out more about our products
www.exertissupplies.co.uk/leitz-ergo

LEITZ®