



This is my standing desk. The U-shaped acrylic stand is 13" high, and it's deep and wide enough for my keyboard and mouse. The monitor stand is sitting on a 6" box, and when it is adjusted to full height I have to tilt to see it properly, but I can stand in a straight and relaxed position. Take note of the anti-fatigue mat, an important component in the setup. I can move everything out of the way and lower the monitor for sitting in a matter of seconds.