It's the sit and the stand.



The standard desk height is just too TALL for most individuals.

The majority of the workday is spent sitting. The 5/95% industry standard requires desk heights to start at 22.5" in order to help achieve optimal efficiency in the workplace.

the 5/95 percentile /fīv naınti' fīv/ • noun

A range of human dimensions that accommodates 90% of the population.



