

GET TO KNOW YOUR FREESTYLE2

Pivot Tether

Connect both sides to enable “splayed” typing. Or slide the two release tabs to the outside to disconnect the Pivot Tether for separation.

Function Keys

The traditional function keys have been placed in the embedded layer. Tap the Fn key to toggle to the Fn layer for easy access to F1 - F12.

Mac Shortcuts

For your convenience, shortcuts like Mission Control, Snapshot, Dock and multimedia controls can be accessed directly.

USB 2.0 Ports

The USB ports support low-power and self-powered devices (eg. mouse, flash drive) They should not be used for charging a smartphone.



Secondary Actions

Tap the Fn key to toggle to the Fn Layer for access to the secondary key actions legended in Blue. Tap Fn to return to the Top Layer.

Office Hotkeys

Boost productivity and eliminate awkward key combinations with convenient Mac hotkeys. See page 4 for detailed explanations.

Arrow Cluster

The arrows keys are close at hand in the traditional configuration. Stepped Shift and Ctrl keys make it easy to locate them

Indicator Lights

Blue lights illuminate when Caps Lock, Num Lock, Scroll Lock, and the Fn layer are active (left to right). Fn also indicates PC sleep.

NEED HELP?

Still have questions after reading this guide, don't worry, we're here to help!

Visit the Freestyle2 USB Support page for support resources or to submit a Trouble Ticket and one of our trained technicians will get back to you as soon as possible.

Get Support



kinesis.com/support/freestyle2/

HEALTH WARNING

Improper keyboard and/or mouse use may contribute to painful and permanent injuries. Read the Health and Safety details on the bottom label of the keyboard. If you experience pain, weakness, numbness, or tingling while or after using your computer, consult a qualified health professional for advice.

REGULATORY INFORMATION

FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

Warning: To assure continued FCC compliance, the user must use only shielded interfacing cables when connecting to computer or peripheral. Also, any unauthorized changes or modifications to this equipment would void the users authority to operate. INDUSTRY CANADA COMPLIANCE STATEMENT This Class B digital apparatus meets all requirements of the Canadian interference-causing equipment regulations. Cet appareil numérique de la classe B respecte toutes les exigences du règlement sur le matériel bruiteur du Canada.

Disposal of WEEE in the EU To ensure that electronic equipment is recycled in a manner that protects human health and the environment, it is the user's responsibility to dispose of it by delivering to a collection point designated for recycling electrical and electronic waste equipment. For more information please contact your local city office, your household waste disposal service, or the seller from whom you purchased the product.

TRADEMARKS AND PATENTS

Kinesis and Freestyle are registered trademarks and Freestyle2, Pivot Tether, VIP3, V3, Ascent, and Kinesis Computer Ergonomics are trademarks of Kinesis Corporation. All other trademarks belong to their respective owners. The Freestyle2 keyboard and accessories are protected under US patents 7,828,489, 8,289,684, 8,454,254 and RE43,485. Other patents pending.



QUICK START GUIDE

KB800HMB-us





WHAT'S IN THE BOX

Freestyle2 keyboard for Mac (9" or 20" link cable)
Pivot Tether

SYSTEM REQUIREMENTS

PC with full-size USB-A port
macOS 10.12+


OVERVIEW

The Freestyle2 is an award-winning, split-adjustable keyboard designed to adapt to your body and typing style to increase comfort and boost productivity.

GETTING STARTED

The Freestyle2 is 100% plug-and-play. Simply connect the USB cable to any full-size port on your computer. Your computer will automatically recognize and "setup" the keyboard in a matter of seconds. There are no special drivers or software to install.



 Connect the keyboard directly to your PC rather than through a hub, dock, or KVM switch.

GETTING ACCLIMATED TO THE SPLIT DESIGN

For best results, detach the pivot tether and start with the key modules positioned close together. As you get comfortable, gradually separate the modules until you find *your* sweet spot.



Once you've adapted to the flat keyboard, try adding one of our popular tenting accessories for even more comfort. Start at the lowest height and gradually work your way up. Most users prefer the intermediate height (10°) but the lowest setting (5°) will provide the most familiarity while the highest setting (15°) will minimize harmful forearm pronation.

TECHNICAL SUPPORT

To submit a Ticket or for FAQs, Troubleshooting Tips, Warranty Information, Downloads, and Videos Tutorials visit the Freestyle2 support page.

Support Resources: kinesis.com/support/freestyle2/

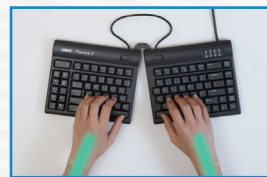
Getting Started Guide



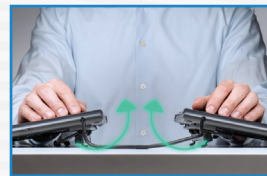
kinesis.com/fs2-qsg

FIND THE CONFIGURATION THAT WORKS BEST FOR YOUR BODY

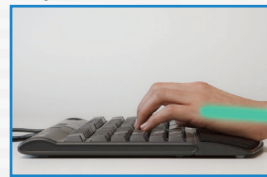
Separate the modules to shoulder-width or splay with the pivot tether to achieve straight wrists



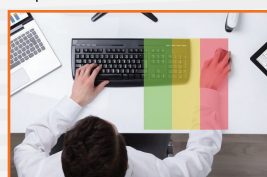
Attach tenting accessories to reduce forearm pronation (Sold separately)



Attach cushioned palm supports to reduce wrist extension (Sold separately)



Reposition accessories for more convenient access and reduced over-reach



More Information on Ergonomics: kinesis.com/solutions/keyboard-risk-factors/

OFFICE HOTKEYS

The Freestyle2 features Mac "hotkeys" designed to reduce repetitive key strokes.

◀ **WEB**: Performs **Alt** + ← to navigate "back" in your web browser.

WEB ▶: Performs **Alt** + → to navigate "forward" in your web browser.

⌂ **ABC**: Performs **Command** + ⌂ to navigate to the "beginning of line" or for "previous track"

ABC⌂: Performs **Command** + → to navigate to the "end of line" or for "next track"

UNDO: Performs **Ctrl** + **Z** to "undo" the previous action in most applications.

CUT: Performs **Ctrl** + **X** to "cut" the selection to your clipboard.

SELECT ALL: Performs **Command** + **A** to select all items in the active application.

COPY: Performs **Ctrl** + **C** to "copy" the selection to your clipboard.

PASTE: Performs **Ctrl** + **V** to "paste" the contents of your clipboard. **FN**: Use the **Fn** key to access the secondary key actions legended in blue (tap to toggle on/off).

ACCESSORIES

VIP3 KIT: Adjustable tenting with integrated palm supports (5° / 10° / 15°).

V3 KIT: Adjustable tenting without palm supports (5° / 10° / 15°).

ASCENT KIT: Adjustable tenting for extreme elevations (20° - 90°).

CUSHIONED PALM SUPPORTS: Detachable palm supports and cushioned pads.

REPLACEMENT PALM PADS: Closed-cell foam palm pads with adhesive backing.

FREESTYLE2 KEYPAD: Stand-alone USB keypad with matching Freestyle2 styling & keys.

FAQS:

WHERE IS THE 10-KEY?

The 10-key has been eliminated from the Freestyle2 for Mac to enable closer mouse placement. Intensive keypad users are encouraged to purchase a stand-alone keypad that can be positioned independently of the keyboard during keypad use for maximum ergonomics.

DO I NEED TO INSTALL ANY SOFTWARE OR DRIVERS?

No, the Freestyle2 is 100% plug-and-play.

CAN I CHANGE THE HOTKEYS?

Unfortunately, no. If you are looking for a programmable keyboard, consider the Freestyle Pro.

DO I NEED TO USE THE PIVOT TETHER?

No, absolutely not. While some individuals prefer typing in the "splayed" configuration. We recommend separating the modules to approximately shoulder-width for maximum ergonomics.

HOW DO I ACCESS THE FUNCTION KEYS?

Tap the **Fn** key to toggle the "embedded" layer on for access to all the blue-legended F1- F12 key actions.