

An individual desk for seating and standing activity comprises a tabletop, a seat with a back and armrests and a platform with a footrest. All elements are mounted on single frame and are equipped with mechanisms for adjusting parameters thereof. The tabletop is fixed on the height above the floor for standing activity and is made with possibility of changing the parameters by height and slope. The seat having adjustable armrests and orthopedic back is lifted to the tabletop for seating activity and made with possibility of adjusting by height, depth and change of the back distance. The footrest of the platform is made adjustable and the platform itself is made with possibility of changing the height according to the seating plane.