

Height-adjustable table frame comprises a frame and support legs, with the addition of at least one base connected to the frame, at least four guides connected to the frame, at least four locking elements connected to the guides and support legs, and at least one sliding mechanism connected to the base and to at least two synchronizers. The first synchronizer is connected to the sliding mechanism and to one support leg. The second synchronizer is connected to the sliding mechanism and to at least one shock absorber, which is connected to an adjustment plate with holes located on the frame. At least one lock of the sliding mechanism is located on the base and connected to at least one lever housed in a lever retainer located on the frame. At least one plate with a hole is connected to the frame and is designed to be connected to the tabletop and the tabletop swivel mechanism. The support legs are connected to the locking elements and to each other and include stop elements.