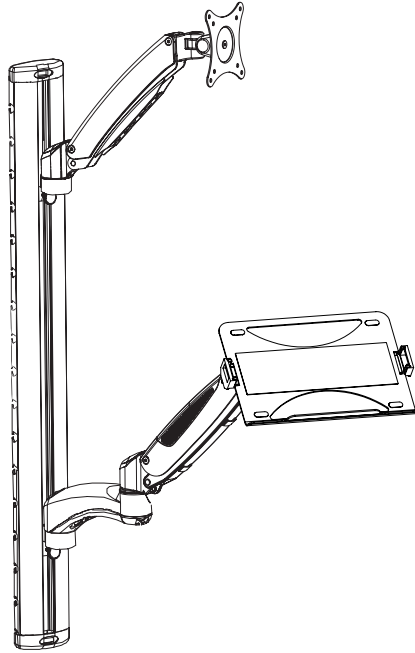




Sit to Stand Single Monitor & Laptop Wall Mount Workstation

Instruction Manual



SKU: STAND-SIT1L



Scan the QR code with your mobile device or follow the link for helpful videos and specifications related to this product.

<https://vivo-us.com/products/stand-sit1l>

GET IN TOUCH | Monday-Friday from 7:00am-7:00pm CST



help@vivo-us.com



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Chat live with an agent!



309-278-5303

⚠️ WARNING!

If you do not understand these directions, or if you have any doubts about the safety of the installation, please call a qualified technician. Check carefully to make sure there are no missing or defective parts. Improper installation may cause damage or serious injury. Do not use this product for any purpose that is not explicitly specified in this manual. Do not exceed weight capacity. We cannot be liable for damage or injury caused by improper mounting, incorrect assembly or inappropriate use.

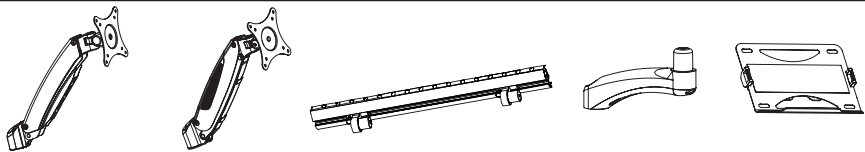
⚠️ TIPOVER WARNING

- SERIOUS OR FATAL CRUSHING INJURIES CAN OCCUR FROM TIPOVER. TO HELP PREVENT TIPOVER:
- NEVER ALLOW CHILDREN TO CLIMB, STAND, HANG, OR PLAY ON ANY PART OF MONITOR OR STAND.
 - USE TIPOVER RESTRAINT OR ANCHOR STAND TO WALL.
- USE OF TIPOVER RESTRAINTS MAY ONLY REDUCE, BUT NOT ELIMINATE RISK OF TIPOVER.**

⚠️ WARNING: CHOKING HAZARD

SMALL PARTS - NOT FOR CHILDREN UNDER 3 YEARS. ADULT SUPERVISION IS REQUIRED.

PACKAGE CONTENTS



A (x1) Upper Arm **B** (x1) Lower Arm **C** (x1) Mount **D** (x1) Arm Extension **E** (x1) Laptop Tray



F (x4) Pad **G** (x2) Cover



S-A (x3) M6x25mm Spring Screw **S-B** (x3) Screw Cap **M-A** (x8) M4x12mm Screw **W-A** (x3) M6x50mm Screw **W-B** (x3) Concrete Anchor



T-A (x1) 3mm Allen Wrench **T-B** (x1) 5mm Allen Wrench

TOOLS NEEDED



Phillips Screwdriver

NOTE: NOT ALL HARDWARE INCLUDED WILL BE USED

DO NOT EXCEED WEIGHT CAPACITY.

Failure to do so may result in serious injury.



**13.2lbs
(6.6kg)
Per Arm**

⚠️ CAUTION!

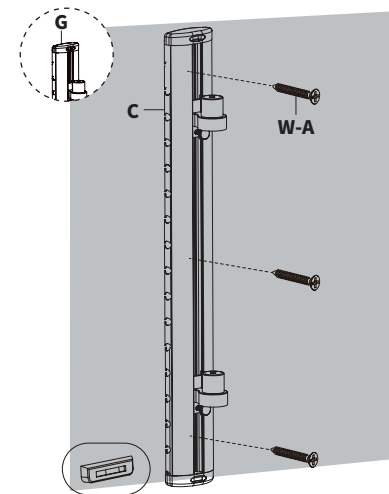
DO NOT INSTALL INTO DRYWALL ALONE. VERIFY YOUR WALL CONSTRUCTION. USE WOOD STUDS TO MOUNT. We include mounting for brick and concrete walls. If unsure, please contact us at vivo-us.com, email at help@vivo-us.com, or call us at 309-278-5303.

ASSEMBLY STEPS

STEP 1

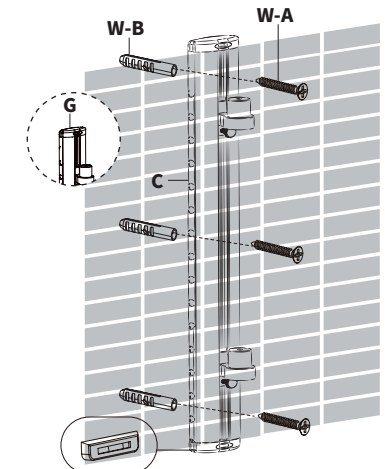
OPTION A: Wood Stud Mounting

Install Cover (**G**) onto top and bottom of Mount (**C**). Use a stud finder and determine your desired mounting location. Hold Mount (**C**) up to the wall and mark the mounting hole locations. Use of a level is highly recommended. Drill 1.2" (30mm) deep holes using a 1/8" (3mm) drill bit. Install Mount (**C**) to the wall using M6x50mm Screws (**W-A**) and a Phillips screwdriver.



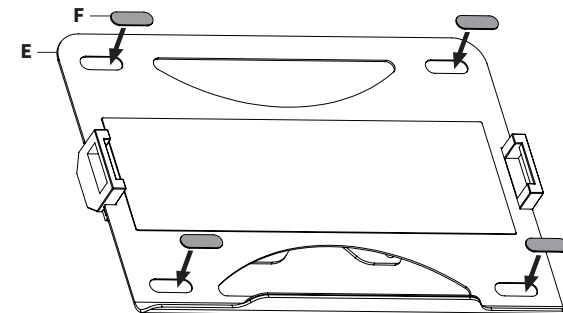
OPTION B: Concrete Wall Mounting

Install Cover (**G**) onto top and bottom of Mount (**C**). Hold Mount (**C**) up to your desired position and mark mounting hole locations. Use of a level is highly recommended. Drill 2" (50mm) deep holes using a 5/16" (8mm) drill bit. Install Mount (**C**) to the wall using Concrete Anchors (**W-B**), M6x50mm Screws (**W-A**), and a Phillips screwdriver.



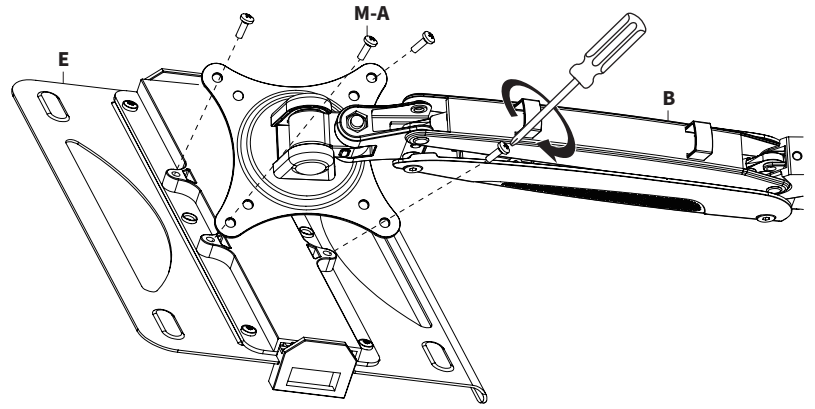
STEP 2

Remove protective film from Pads (**F**) and apply them to Laptop Tray (**E**).



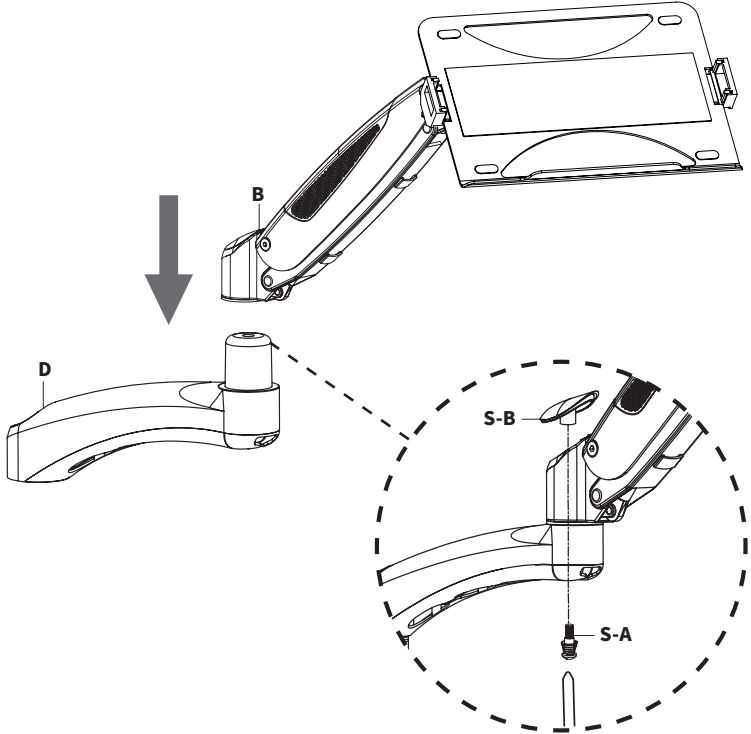
STEP 3

Install Laptop Tray (E) to the VESA plate on Lower Arm (B) using M4x12mm Screws (M-A) and a Phillips screwdriver.



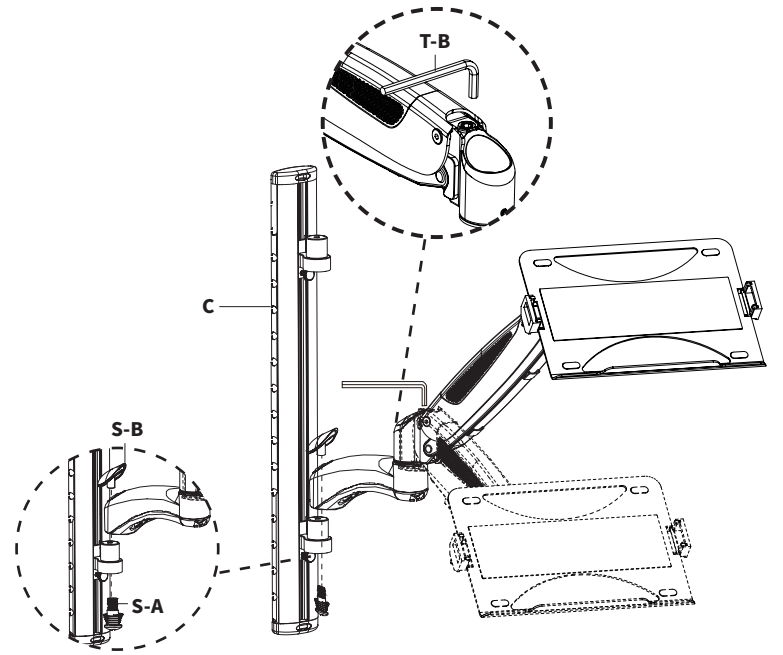
STEP 4

Install Lower Arm (B) to Arm Extension (D) using M6x25mm Spring Screw (S-A), Screw Cap (S-B), and a Phillips screwdriver.



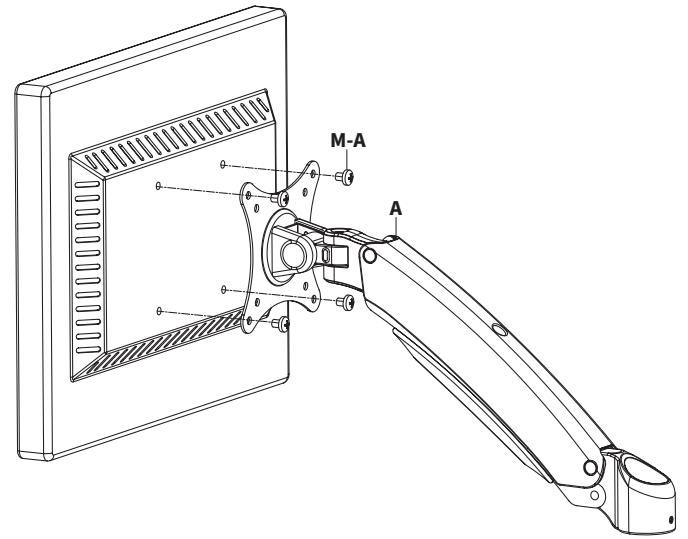
STEP 5

Attach the lower arm assembly to the bottom post on Mount (C) using M6x25mm Spring Screw (S-A), Screw Cap (S-B), and a Phillips screwdriver. Adjust the arm tension using 5mm Allen Wrench (T-B). For best results, add your device to the arm then make tension adjustments as necessary.



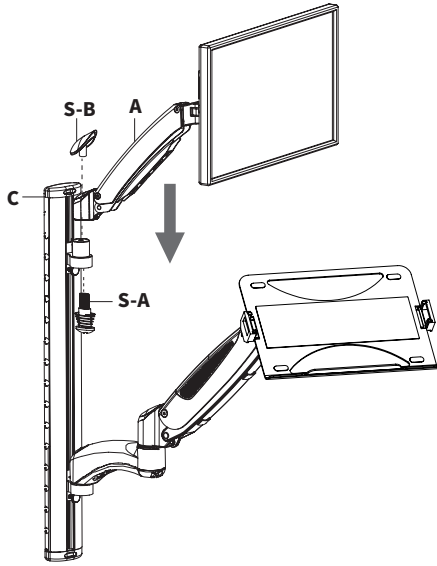
STEP 6

Install monitor to the VESA plate on Upper Arm (A) using M4x12mm Screws (M-A) and a Phillips screwdriver.



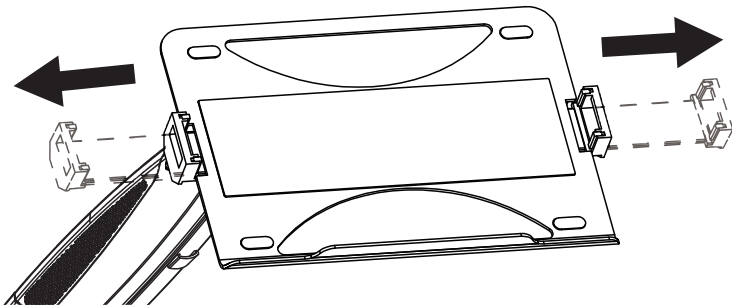
STEP 7

Attach Upper Arm (A) to the upper post on Mount (C) using M6x25mm Spring Screw (S-A), Screw Cap (S-B), and a Phillips screwdriver.



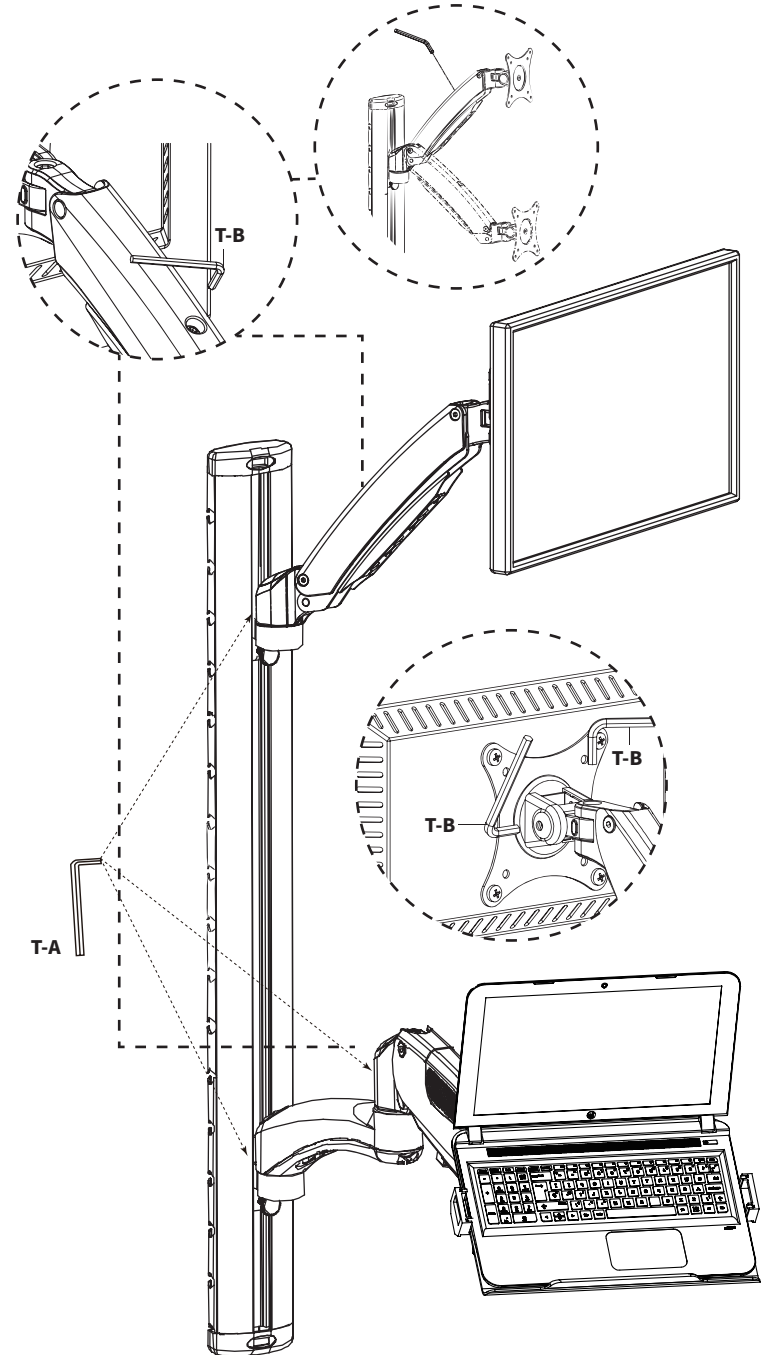
Adjust Laptop Tray

Laptop tray clips can be adjusted 11.3" to 18.1" (288mm to 461mm) in width to securely hold your laptop.



Tilt & Height Adjustments

Use 5mm Allen Wrench (T-B) to adjust the tension and height of the arms. Turn Wrench counter-clockwise to reduce tension for lighter monitors/laptops, and clockwise to increase tension for heavier monitors/laptops. Arm rotation can be adjusted using the 3mm Allen Wrench (T-A). Monitor tilt and rotation can be adjusted using the 5mm Allen Wrench (T-B).





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LAST UPDATED: 03/20/2023
REV1



Open **Monday - Friday 7:00am - 7:00pm** CST,
our dedicated support team can offer immediate assistance with rapid response times. If any parts are received damaged or defective, please contact us. We are happy to replace parts to ensure you have a fully functioning product.



309-278-5303

AVG. RESOLUTION TIME (*within office hrs*): **5M 4S**



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AVG. RESOLUTION TIME (*within office hrs*): **< 15 M**



help@vivo-us.com

AVG. RESPONSE TIME (*within office hrs*): **1HR 8M**

- 23% within < 15m
- 38% within < 30m
- 61% within < 1hr
- 83% within < 2hr
- 92% within < 3hr