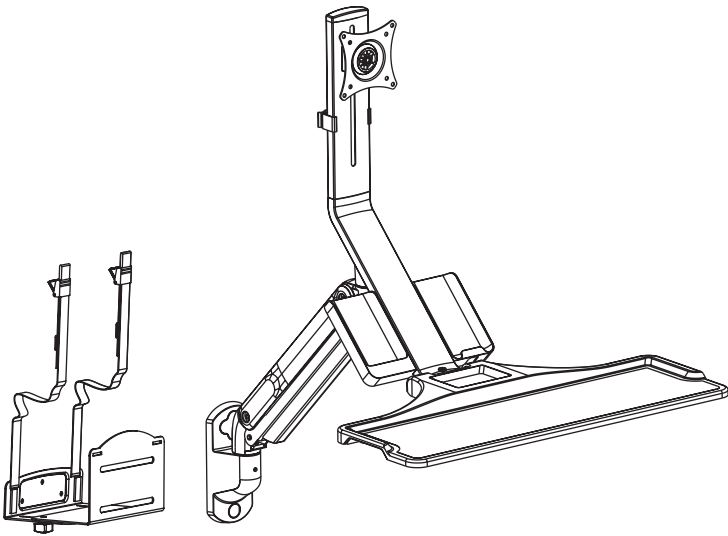


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## Sit to Stand Single Monitor Wall Mount Workstation Instruction Manual



**SKU: STAND-SIT1WD**



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-sit1wd>

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



help@vivo-us.com



www.vivo-us.com  
*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.

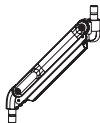
## **WARNING: CHOKING HAZARD**

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

## PACKAGE CONTENTS



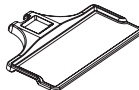
**A (x1)**  
Wall Bracket



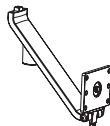
**B (x1)**  
Arm



**C (x1)**  
Smartphone  
Tray



**D (x1)**  
Keyboard  
Tray



**E (x1)**  
Lower Support  
Arm



**F (x1)**  
Upper Support  
Arm



**G (x1)**  
VESA Plate



**H (x1)**  
Cable Clip



**I (x1)**  
Cover



**J (x1)**  
Cover



**K (x2)**  
M8x25



**L (x6)**  
ST4.8x16



**M (x2)**  
M5x10



**N (x1)**  
3mm Allen  
Wrench



**O (x1)**  
4mm Allen  
Wrench



**P (x1)**  
6mm Allen  
Wrench



**M-A (x4)**  
M4x12



**M-B (x4)**  
M5x12



**M-C (x4)**  
D5 Washer



**W-A (x3)**  
Screw



**W-B (x3)**  
Anchor



**W-C (x3)**  
Washer

**NOTE:** NOT ALL HARDWARE INCLUDED WILL BE USED

## **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.

## TOOLS NEEDED



DO NOT EXCEED WEIGHT CAPACITY.

Failure to do so may result in serious injury.

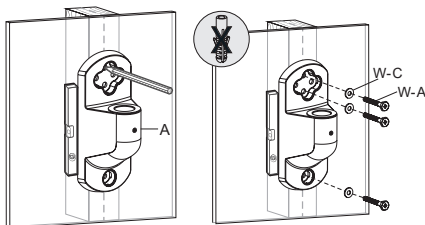
2.2 - 19.8lbs  
(1 - 9kg)

## ASSEMBLY STEPS

### STEP 1

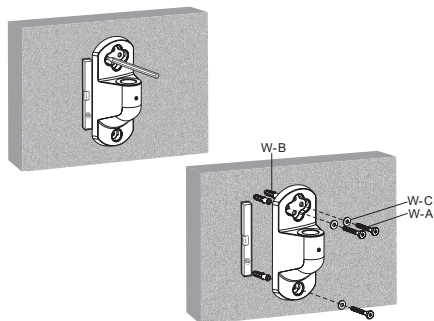
#### OPTION A: Wood Stud Mounting

Using vertical holes in wall bracket **(A)** as a guide, mark drilling locations on wall. Use of a stud finder is highly recommended. Drill 2.2" (55mm) deep holes using a 3/16" (4.5mm) drill bit, then secure the wall bracket using wall screws **(W-A)** with washers **(W-C)**.



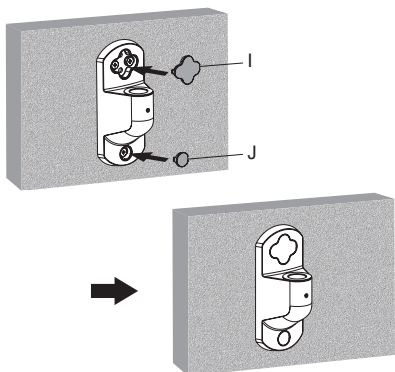
#### OPTION B: Concrete Wall Mounting

Using horizontal and lower holes in wall bracket **(A)** as a guide, mark drilling locations on wall. Drill 2.4" (60mm) deep holes using a 3/8" (10mm) drill bit and press anchors **(W-B)** into holes, then secure the wall bracket using wall screws **(W-A)** with washers **(W-C)**.



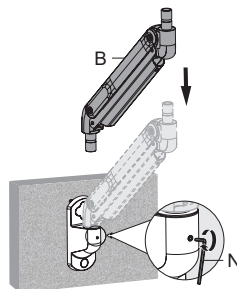
### STEP 2

Install covers **(I, J)** to wall bracket **(A)**.



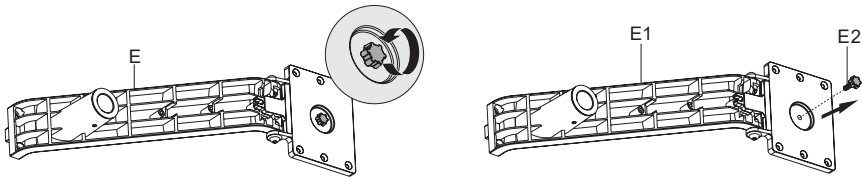
### STEP 3

Insert the lower post of adjustable arm **(B)** into the socket in the wall bracket, then secure using the 3mm Allen wrench **(N)**.



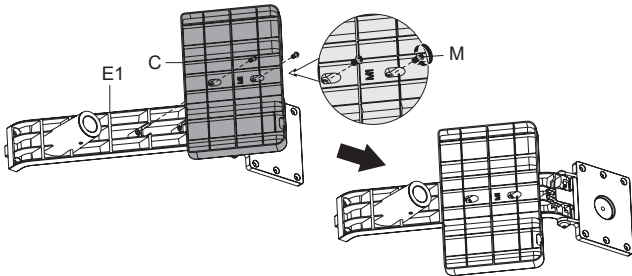
### STEP 4

Remove the knob from the lower support arm (**E**) to separate into lower support arm (**E1**) and knob (**E2**).



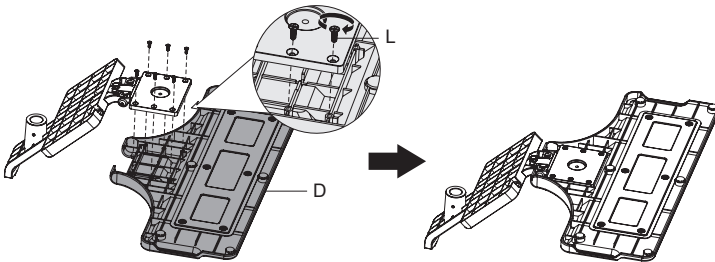
### STEP 5

Assemble smartphone tray (**C**) to lower support arm using M5x10 screws (**M**) with a Phillips screwdriver.



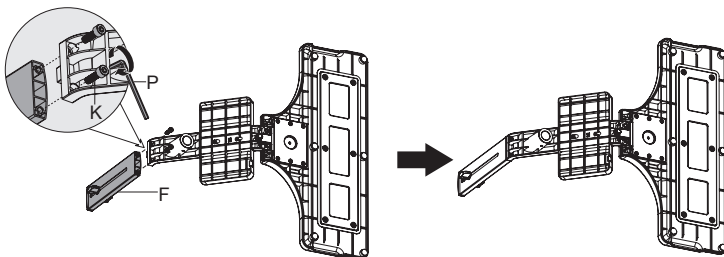
### STEP 6

Assemble keyboard tray (**D**) to lower support arm using ST4.8x16 screws (**L**) with a Phillips screwdriver.



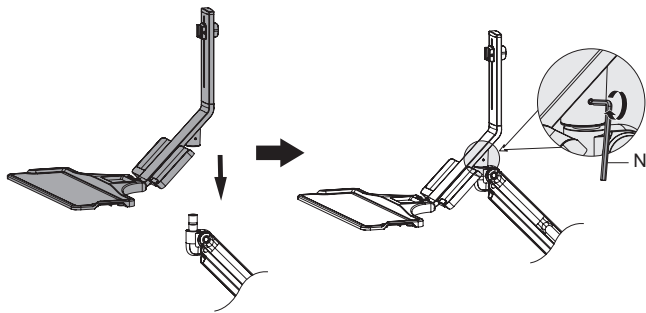
### STEP 7

Mount upper support arm (**F**) to lower support arm using M8x25 bolts (**K**) and tighten with 6mm Allen wrench (**P**).



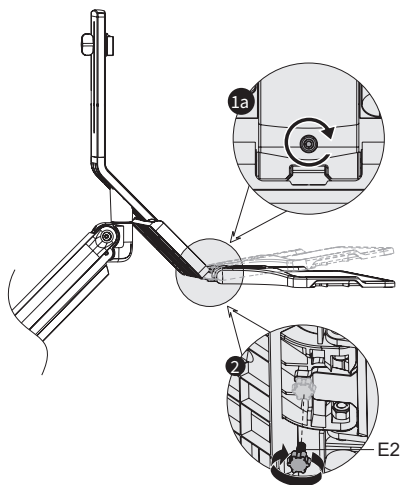
## STEP 8

Place the support arm/tray assembly onto the upper post of the adjustable arm, then secure using the 3mm Allen wrench (**N**).



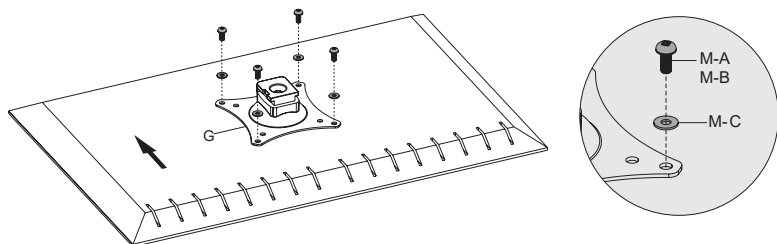
## STEP 9

Adjust keyboard tray tilt using the 4mm Allen wrench (**O**). Turn the adjustment screw clockwise to tilt up. Install the knob (**E2**) to lock the position.



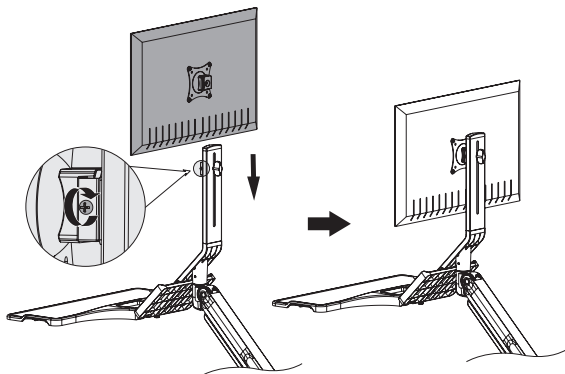
## STEP 10

Install the VESA plates (**G**) to monitors using M4x12 bolts (**M-A**) or M5x12 bolts (**M-B**) with washers (**M-C**), making sure the rounded edges of the rear bracket are facing up.



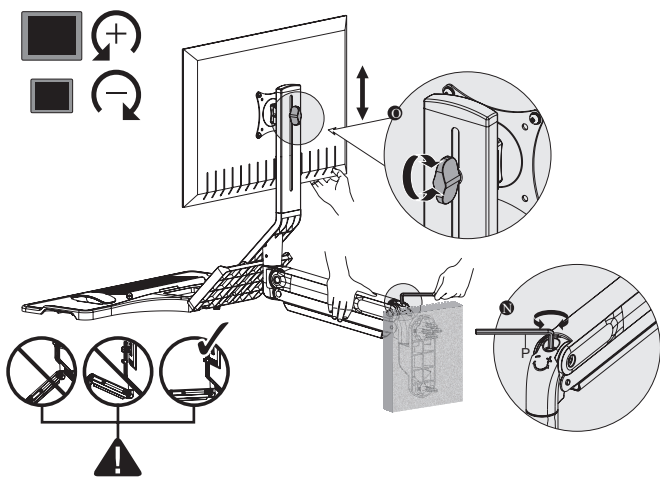
### STEP 11

Place the monitor with VESA plate into the bracket on the upper support arm, then turn the screw on the bracket to secure the monitor.



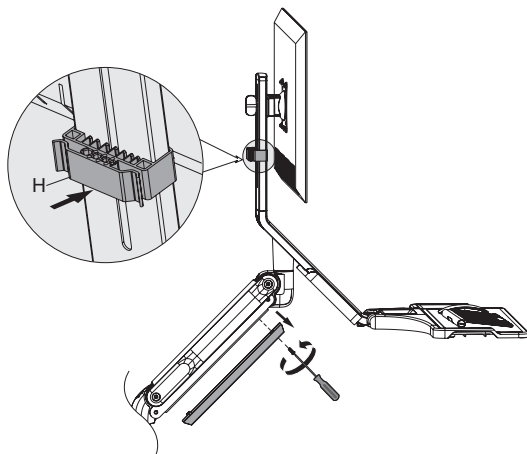
### STEP 12

Loosen knob in back to adjust monitor height. To adjust gas spring support, turn the hex screw on top of the rear joint using the 6mm Allen wrench. Counter-clockwise will increase support, and clockwise will decrease support.



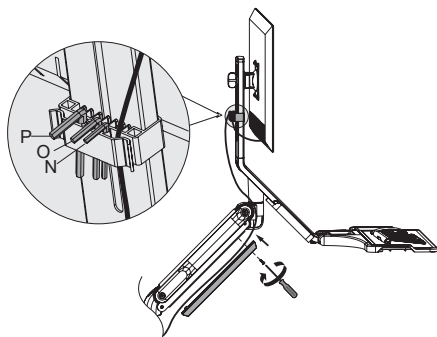
## STEP 13

Install cable clip (**H**) to back of upper support arm and remove cable cover from adjustable arm (**B**).

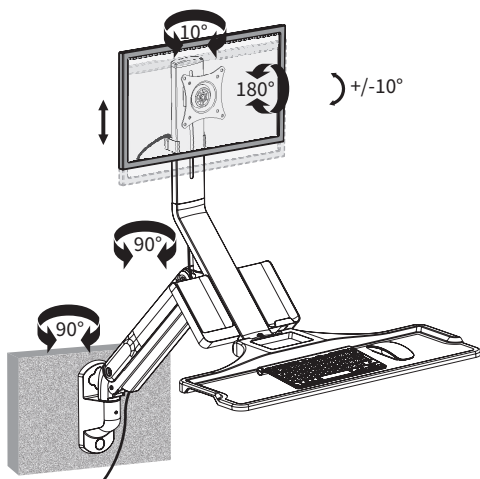


## STEP 14

Organize cables and reinstall cable cover to adjustable arm.



Adjust as Desired





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.


 [help@vivo-us.com](mailto: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

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

 309-278-5303

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