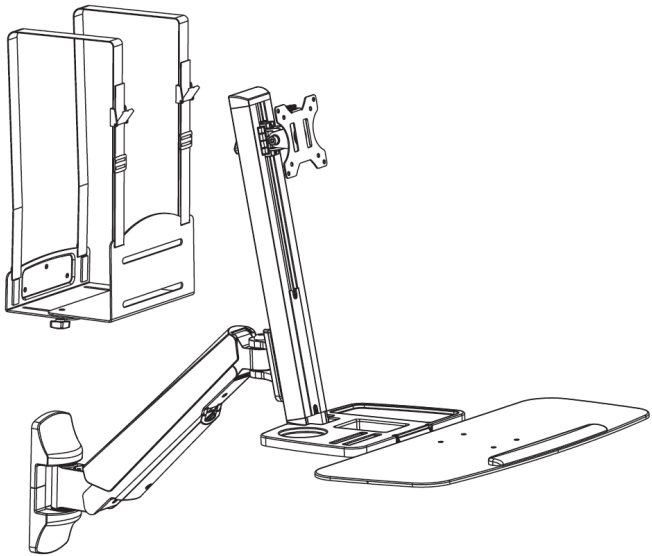




Sit to Stand Single Monitor Wall Mount Workstation - Silver

Instruction Manual



SKU: STAND-SIT1W



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-sit1w>

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

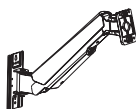
WARNING!

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.

WARNING: CHOKING HAZARD

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

PACKAGE CONTENTS



A (x1)
Arm



B (x1)
Pole



C (x1)
Tray



D (x2)
Decorative
Cover



E (x2)
M8x24



F (x1)
4mm Allen
Wrench



G (x1)
6mm Allen
Wrench



M-A (x4)
M4x12



M-B (x4)
M5x12



M-C (x4)
M4x16



M-D (x4)
M5x16



M-E (x4)
D5 Washer



M-F (x4)
Spacer



W-A (x4)
Screw



W-B (x4)
Anchor



W-C (x3)
Washer

NOTE: SOME HARDWARE INCLUDED MAY NOT 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.

DO NOT EXCEED WEIGHT CAPACITY.

Failure to do so may result in serious injury.



TOOLS NEEDED



**Phillips
Screwdriver**



Drill



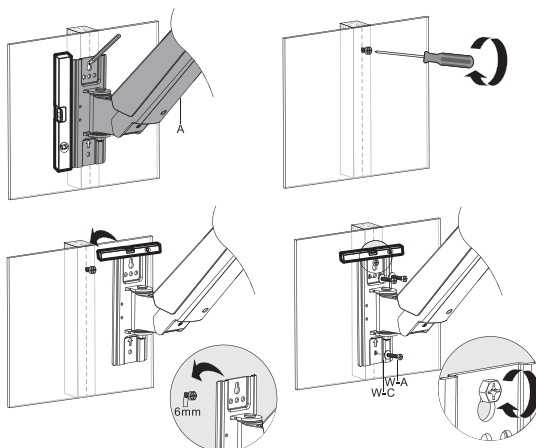
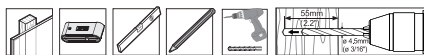
Pencil

ASSEMBLY STEPS

STEP 1

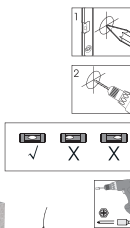
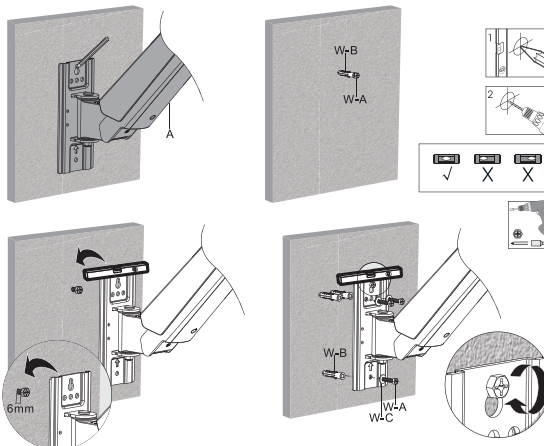
OPTION A: Wood Stud Mounting

Hold arm **(A)** to wall where stud is located and mark top hole location with a pencil. Drill 2.2" (55mm) deep hole using a 3/16" (4.5mm) drill bit, and insert screw **(W-A)** leaving 6mm of thread exposed. Hang arm on screw, and making sure arm is level, mark 2 additional drilling locations using the vertically aligned holes. Drill holes, then mount arm using screws **(W-A)** with washers **(W-C)**.



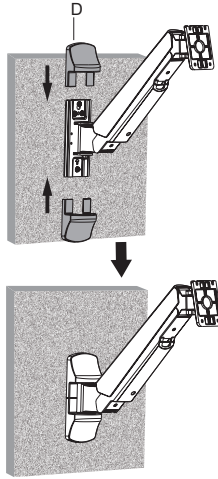
OPTION B: Concrete/Brick Mounting

Hold arm **(A)** to wall where desired and mark top hole location with a pencil. Drill 2.4" (60mm) deep hole using a 3/8" (10mm) drill bit, and insert anchor **(W-B)**. Insert screw **(W-A)** leaving 6mm of thread exposed. Hang arm on screw, and making sure arm is level, mark 3 additional drilling locations. Drill holes, insert anchors **(W-B)**, then mount arm using screws **(W-A)** with washers **(W-C)**.



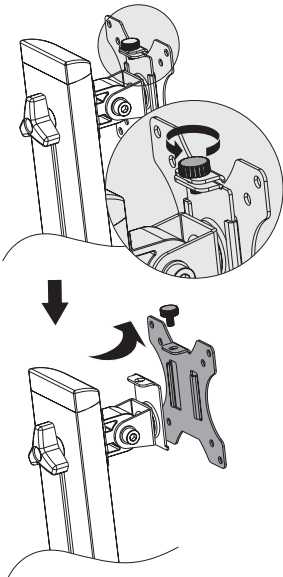
STEP 2

Slide decorative covers **(D)** on arm **(A)**.



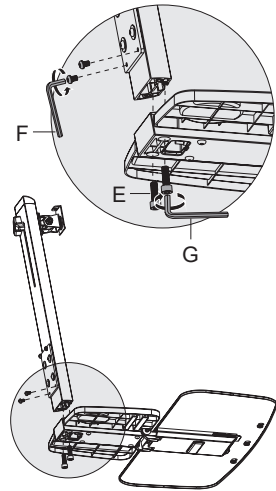
STEP 3

Remove knob and slide VESA plate off from bracket. Set parts aside for later use.



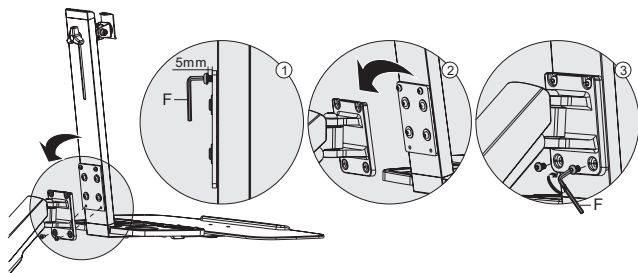
STEP 4

Remove two lower screws from back of pole **(B)** and set aside. Attach tray **(C)** to pole using M8x24 bolts **(E)**, and tighten with 6mm Allen wrench **(G)**.



STEP 5

Loosen top two screws on back of pole (**B**) until 5mm of thread is exposed on each. Slide pole onto mount of arm (**A**). Attach with previously removed screws, and tighten all screws with 4mm Allen wrench (**F**).



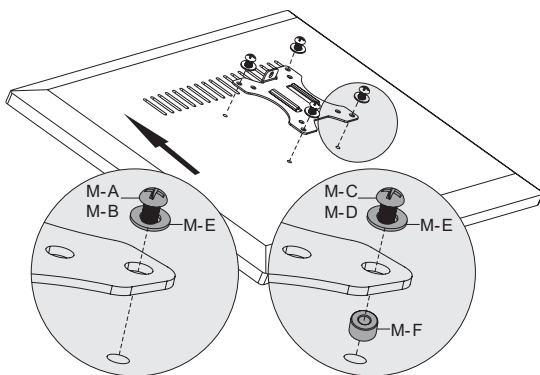
STEP 6

OPTION A: Flat Back Monitor

For flat back monitor, attach VESA plate using 12mm screws (**M-A** or **M-B**) with washers (**M-E**).

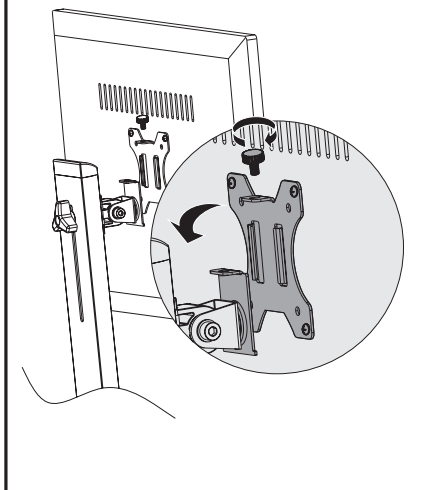
OPTION B: Curved Back Monitor

For curved back monitor, attach VESA plate using 12mm screws (**M-C** or **M-D**) with washers (**M-E**) and spacers (**M-F**).



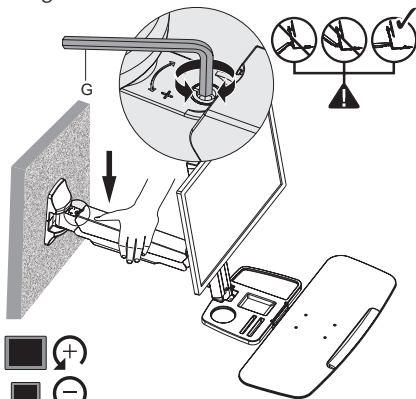
STEP 7

Slide VESA plate with monitor onto mounting bracket of pole (**B**) and secure with previously removed knob.



STEP 8

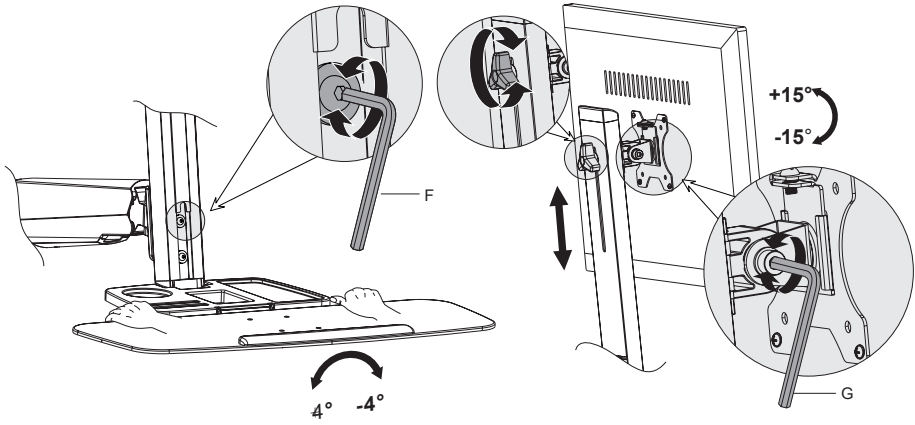
Adjust gas spring strength using 6mm Allen wrench (**G**). Turning clockwise will decrease strength, and counter-clockwise will increase strength.



NOTE: Tighten socket set screw if the joint makes a popping noise.

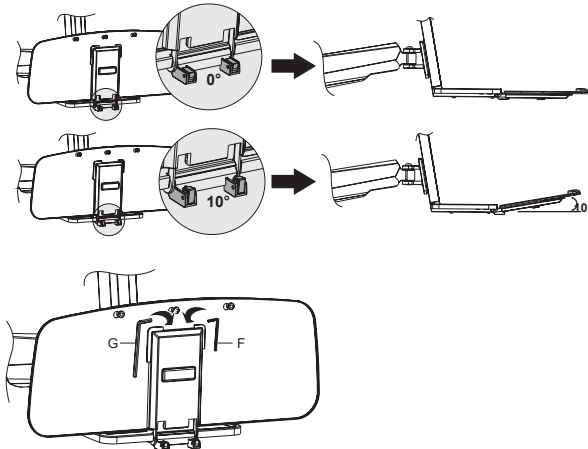
STEP 9

Adjust height of monitor using knob on pole (**B**) as shown in diagram. Adjust tilt of monitor using 6mm allen wrench (**G**) as shown in diagram. Adjust rotation of tray (**C**) using 4mm allen wrench (**F**) as shown in diagram if tray (**C**) is not level.



STEP 10

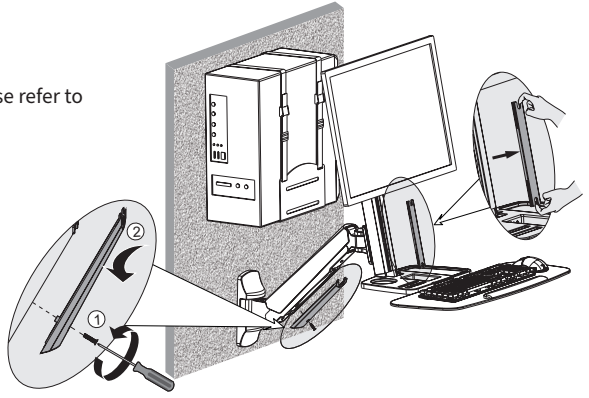
To adjust tray to 10° tilt angle, first flip the tray up fully, then turn the supports in front of the hinge upward. Set the keyboard tray back down. Allen wrenches (**F**, **G**) can be stored underneath the keyboard tray as shown.



STEP 11

Use screwdriver to remove screws securing the cable covers.

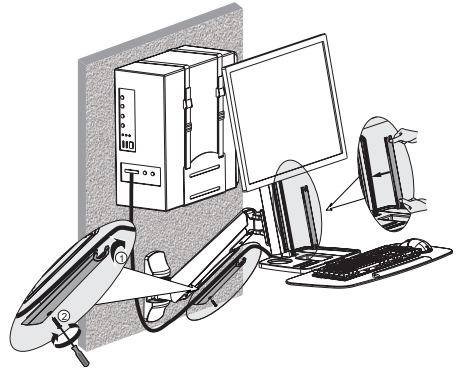
NOTE: To install CPU Holder, please refer to CPU Holder Manual.



STEP 12

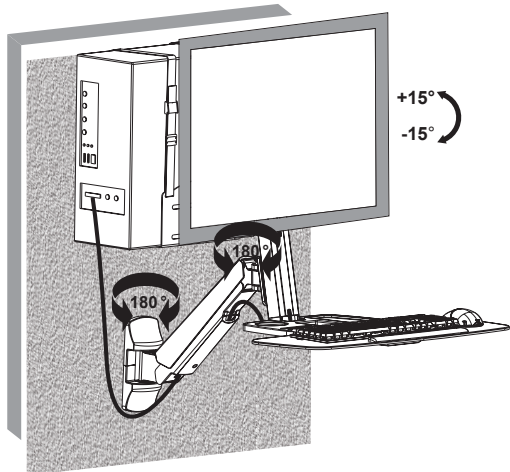
Insert cables making sure there is enough slack for full movement, then re-install covers.

NOTE: To install CPU Holder, please refer to CPU Holder Manual.



Adjust as Desired

NOTE: To install CPU Holder, please refer to CPU Holder Manual.






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

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**

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