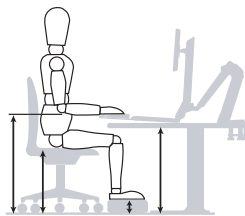
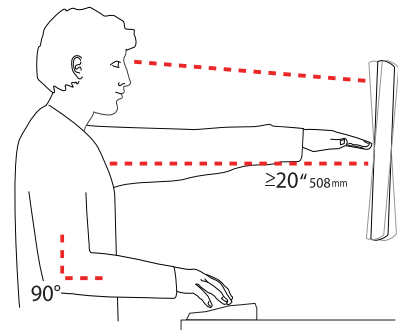


## Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:  
[www.computingcomfort.org](http://www.computingcomfort.org)

- Height** Position top of screen slightly below eye level.  
Position keyboard at about elbow height with wrists flat.
- Distance** Position screen an arm's length from face—at least 20" (508mm).  
Position keyboard close enough to create a 90° angle in elbow.
- Angle** Tilt screen to eliminate glare.  
Tilt the keyboard back 10° so that your wrists remain flat.



- To Reduce Fatigue**  
Breathe - Breathe deeply through your nose.  
Blink - Blink often to avoid dry eyes.  
Break • 2 to 3 minutes every 20 minutes  
• 15 to 20 minutes every 2 hours.

For Warranty visit: [www.ergotron.com/warranty](http://www.ergotron.com/warranty)

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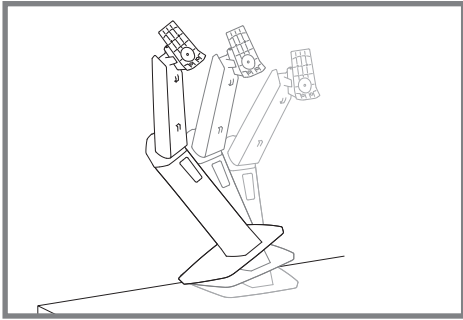
# Safety

**Warning:** Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

**Adjust the height of your desk (or chair and footrest) to allow the keyboard to lower to your sitting elbow height for ergonomic computing.**

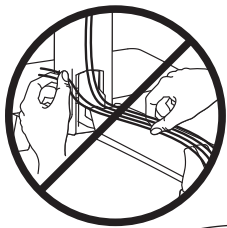


Arm lowers along an arc. Pull arm towards you as you lower from the highest position.

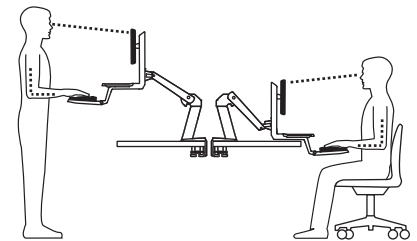
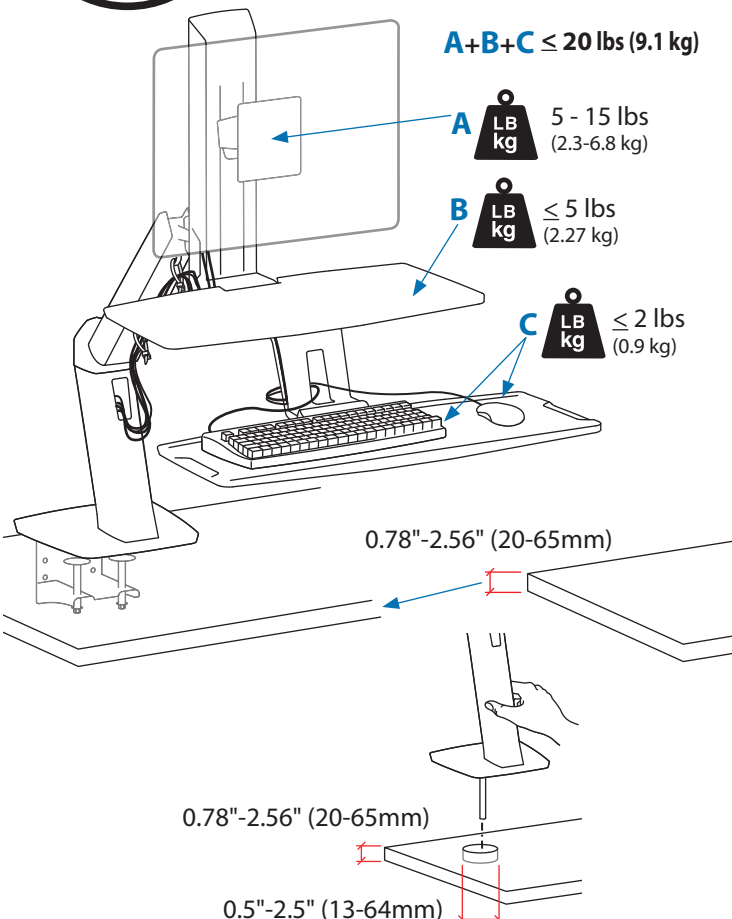


**CAUTION! Tipping Hazard.** Support the stand until the clamp is securely tightened. Failure to follow these instructions may result in the stand tipping over causing possible equipment damages and or personal injury.

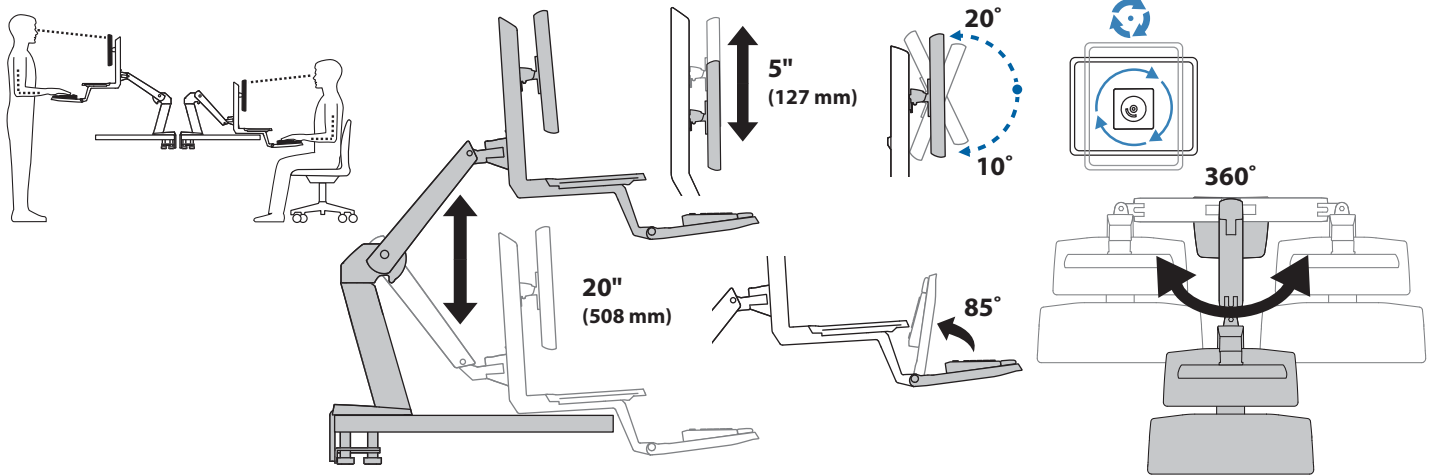
**Caution:** To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



**Caution:** DO NOT route cables on top of arm. Failure to follow these instructions may result in equipment damage and/or personal injury.

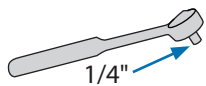
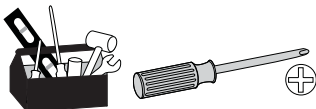


Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too easy or difficult or if product does not stay in desired positions, follow the adjustment instructions to create smooth and easy movements. Depending on your product and the adjustment, it may take many turns to notice a difference. Any time equipment is added or removed from this product, resulting in a change in the weight of the mounted load, you should repeat these adjustment steps to ensure safe and optimum operation.



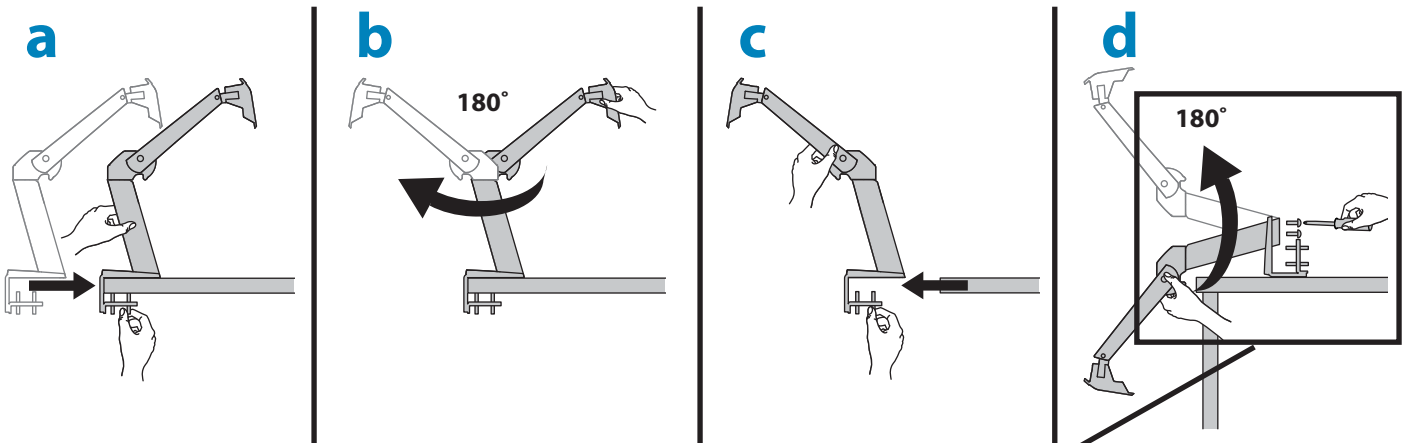
	A	B	C	D	E	F
1	1x	1x	1x		1x	8x
2	1x		1x		1x	4x
3					2x	
4	1x	4x	1x		2x	
5					8x	1x
6	1x		1x		1x	
7	1x	1x		1x	2x	

ENGLISH

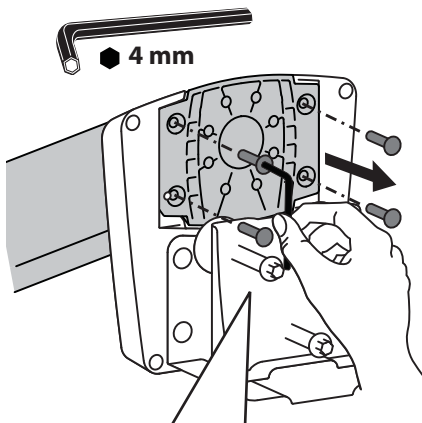




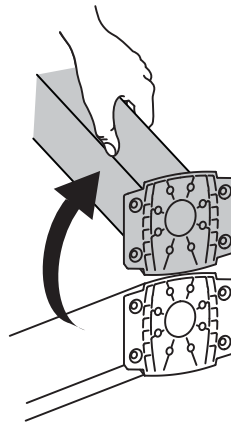
## How to expand the arm extension.



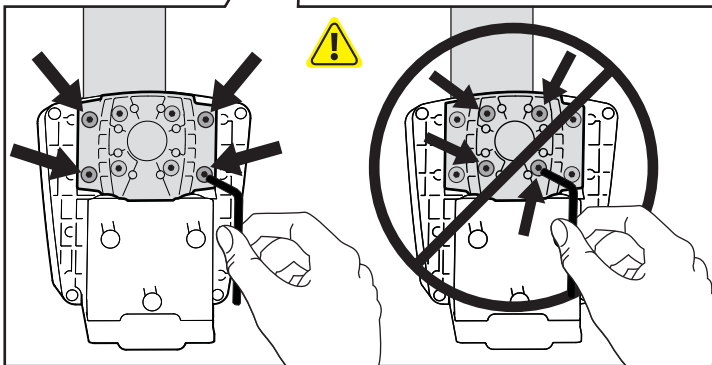
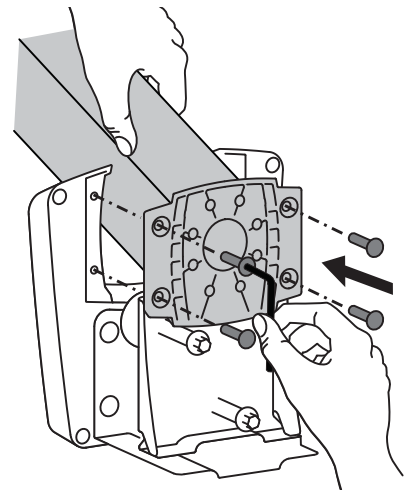
**d1** Remove the 4 screws at the base using the provided 4mm hex wrench.



**d2** Flip the base around (turn 180 degrees).



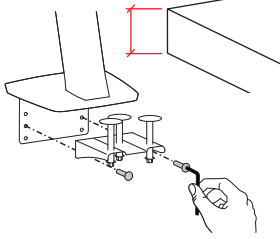
**d3** Re-insert the 4 screws and tighten with the 4mm hex wrench.



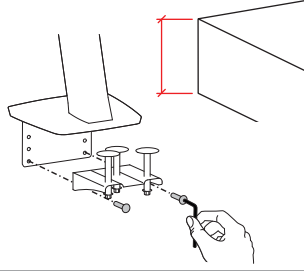
# 2

## Clamp configurations for different desk thickness

0.78"-1.78" (20-45mm)



1.70"-2.56" (43-65mm)

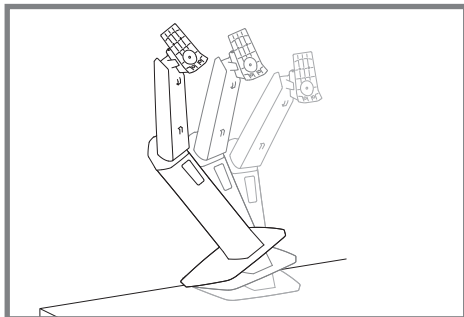
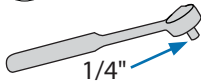
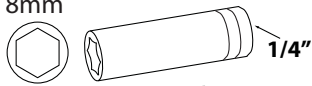


**Warning:** Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

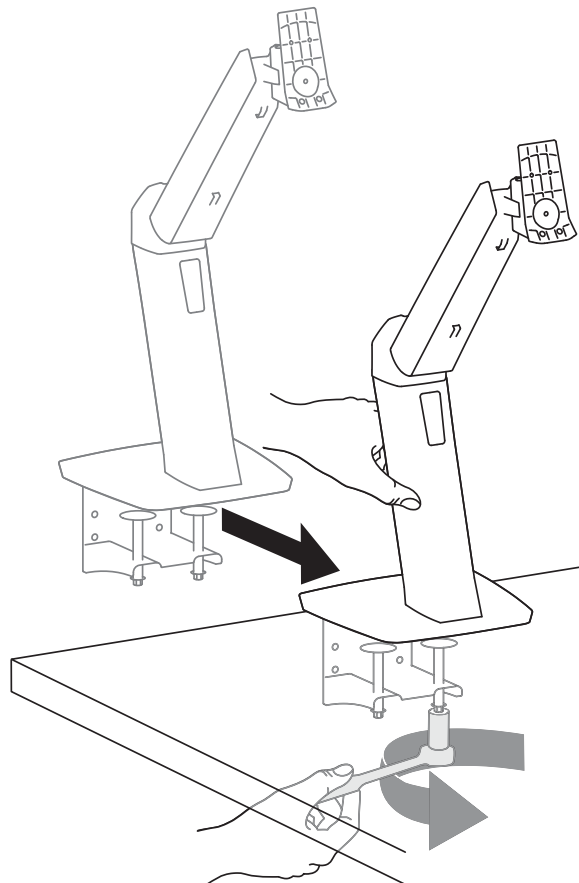
## Mount arm to desk.

Tighten the bolts with the provided 8 mm wrench.

8mm

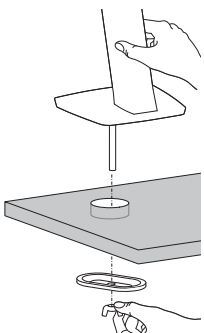


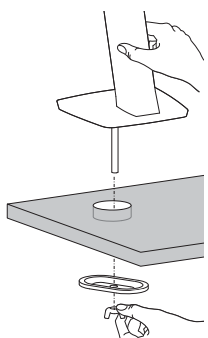
**CAUTION!** Tipping Hazard. Support the stand until the clamp is securely tightened. Failure to follow these instructions may result in the stand tipping over causing possible equipment damages and or personal injury.



### OPTIONAL GROMMET HOLE MOUNT

- Follow these instructions if you want to change your clamp to a grommet hole mount.



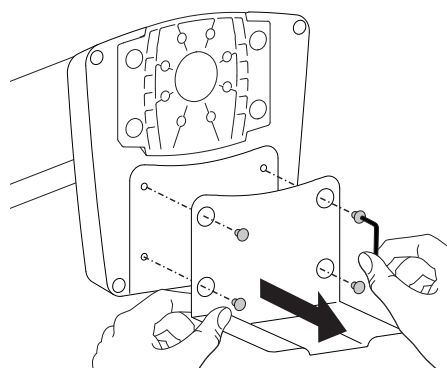
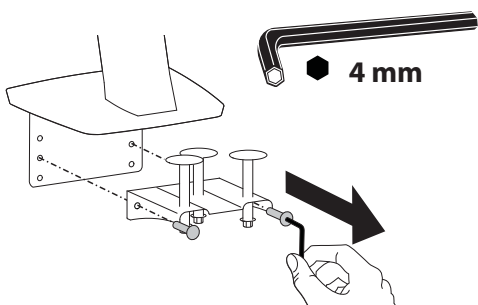


**OPTIONAL GROMMET HOLE MOUNT**

- Follow these instructions if you want to change your clamp to a grommet hole mount.

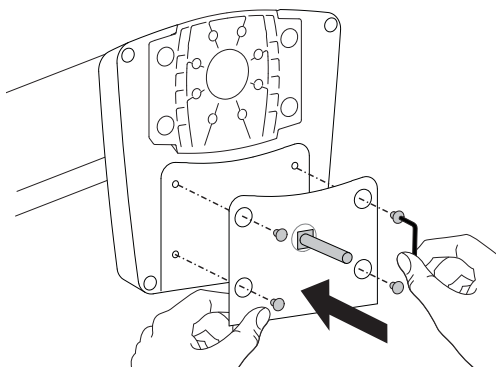
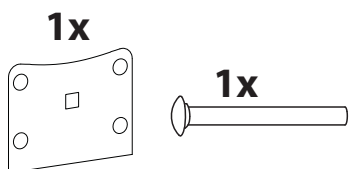
**a** Remove clamp bracket screws with 4mm hex wrench.

**b** Remove clamp plate screws with 4mm hex wrench. Retain screws.



**c** Insert provided bolt into provided grommet plate. Attach grommet plate with 4 mm hex wrench and screws removed in step b.

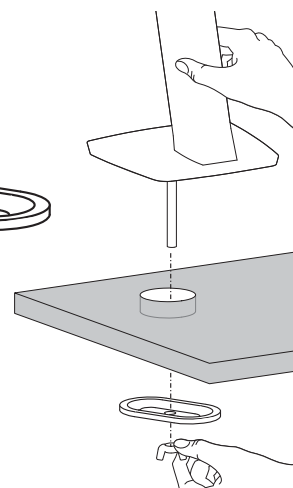
**d** Position arm with attached grommet plate over grommet hole (make sure bolt is centered in hole). Thread grommet bracket and wing nut onto bolt and tighten.



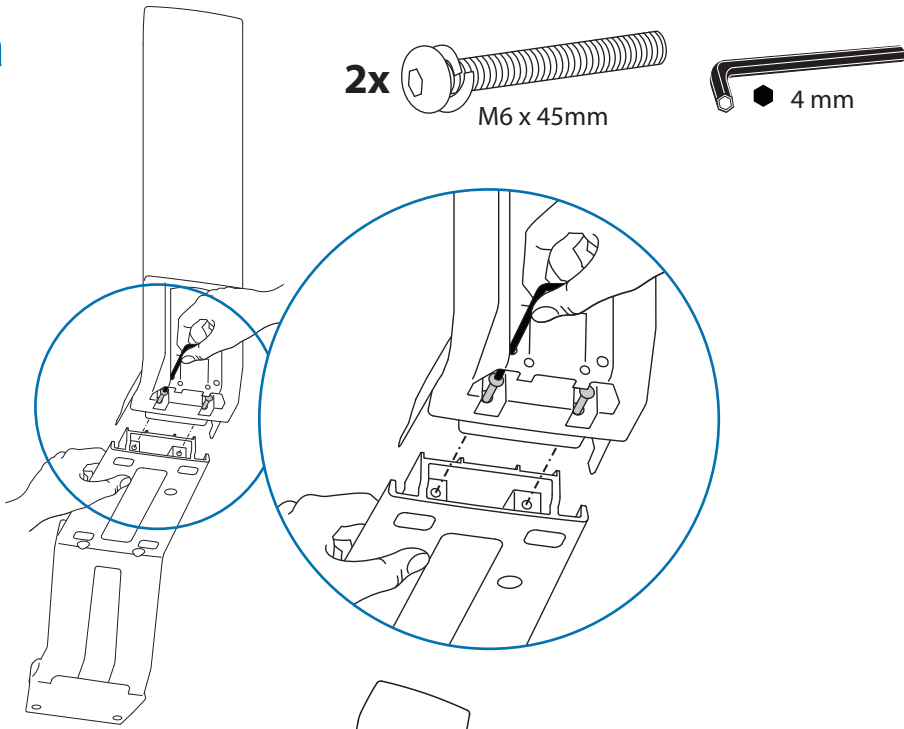
**CAUTION:** Bolt must be centered in hole.

0.78"-2.56"  
(20-65mm)

0.5"-2.5"  
(13-64mm)



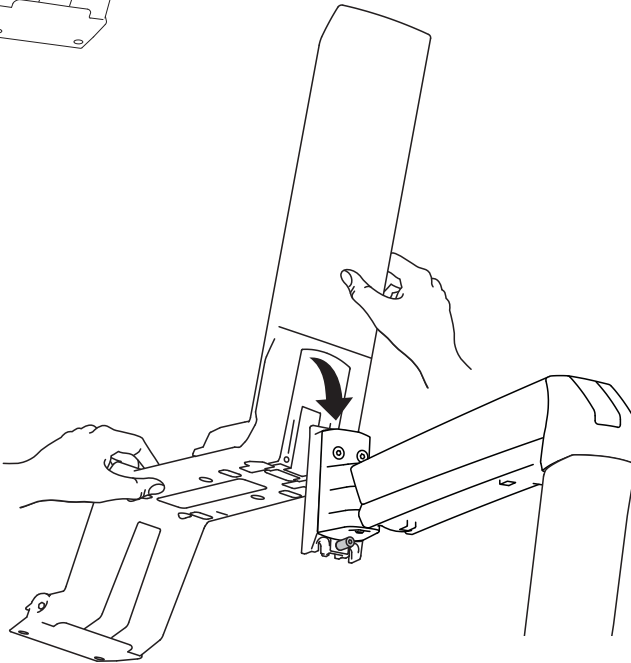
# 3 a



2x M6 x 45mm

4 mm

# b

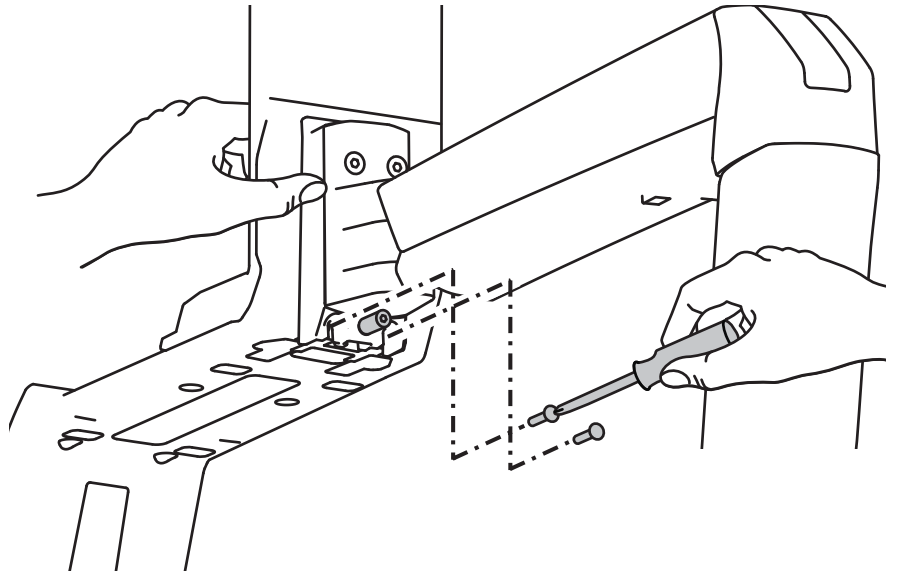


# c

2x M5 x 35mm



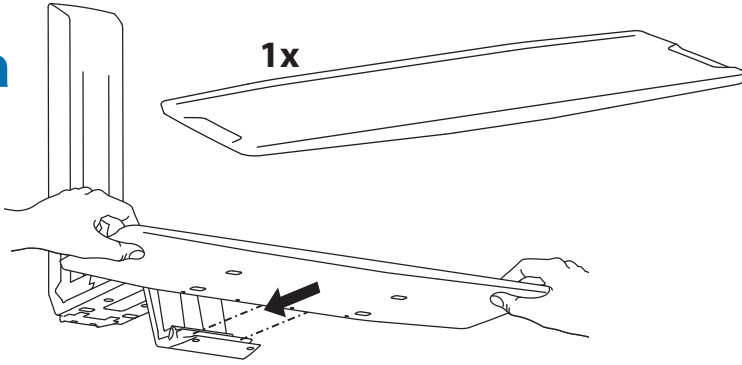
**WARNING!**  
Screws must be tightened to keep product secure. Failure to follow these instructions will create an unstable situation and may result in equipment damage or personal injury.



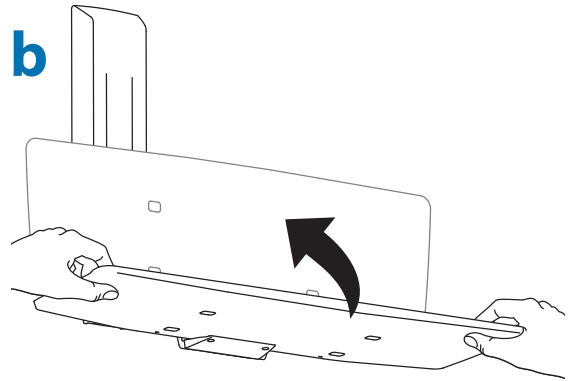


4

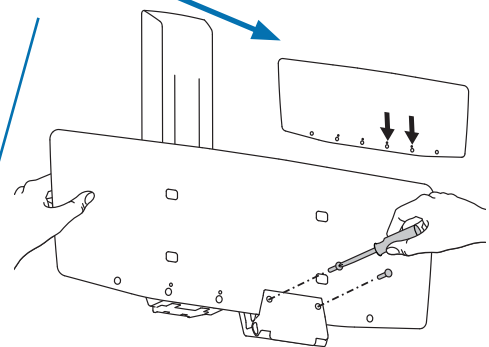
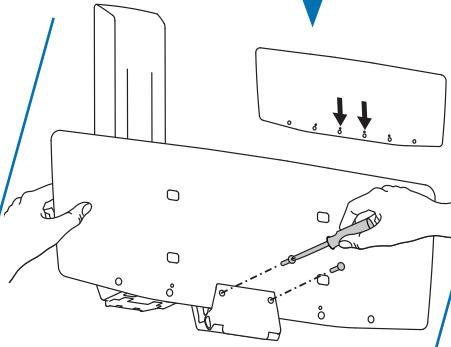
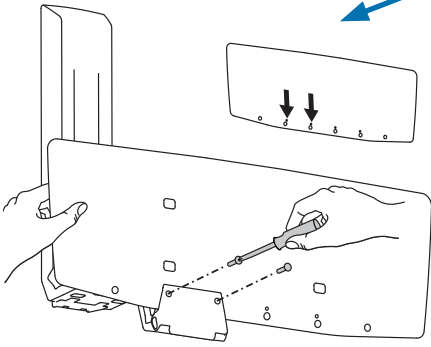
a



b

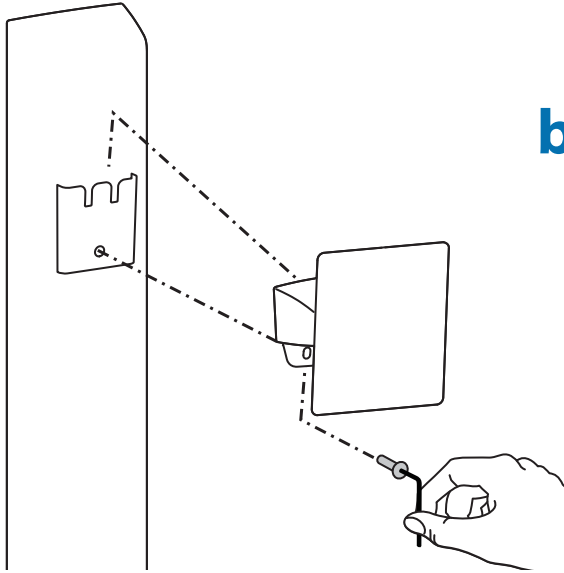


c  
2x  
M4x16mm



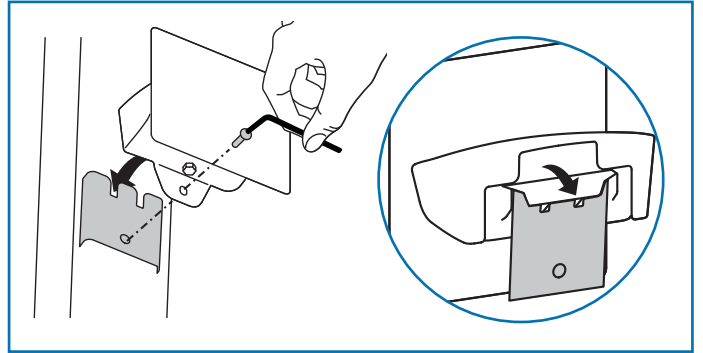
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5 a



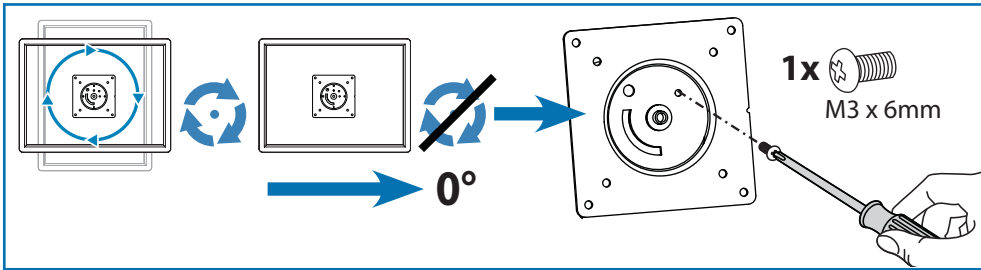
b

4 mm 1x M5 x 8mm

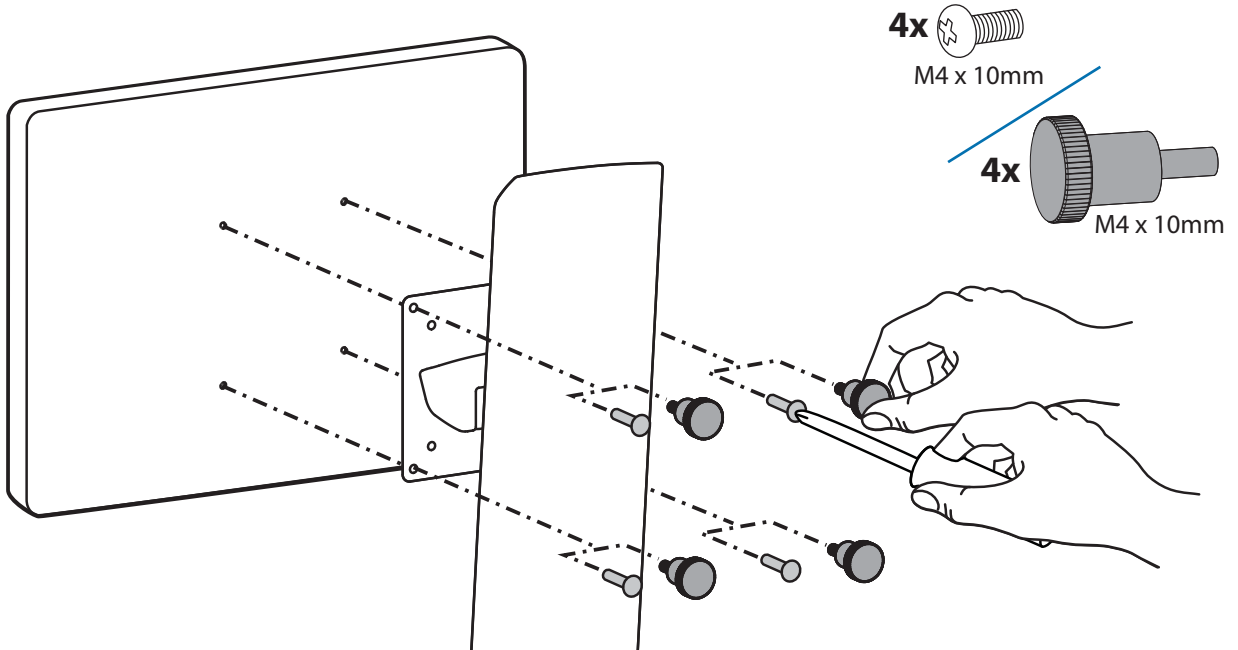


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6



1x M3 x 6mm

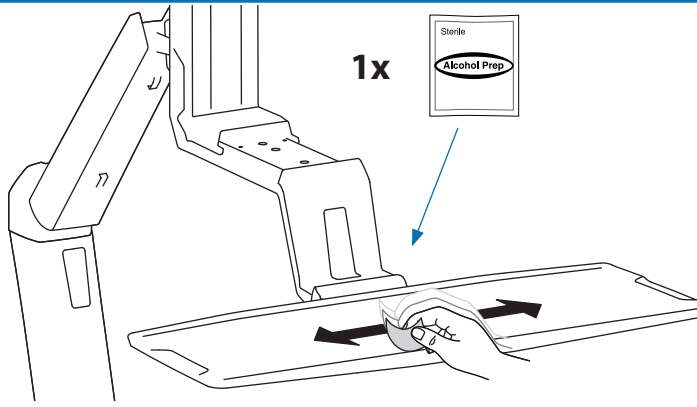


4x M4 x 10mm

4x M4 x 10mm

# 7

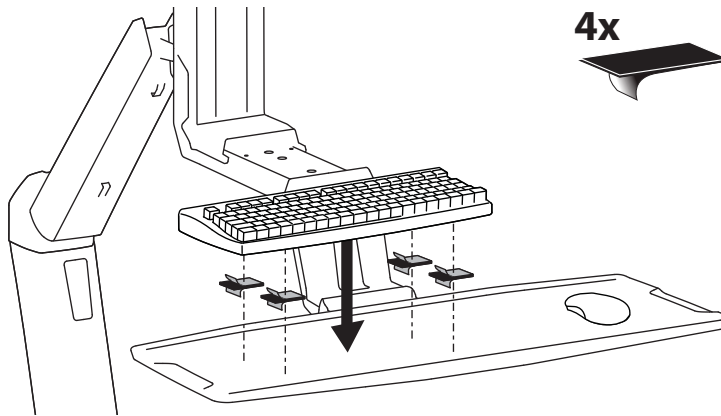
## a



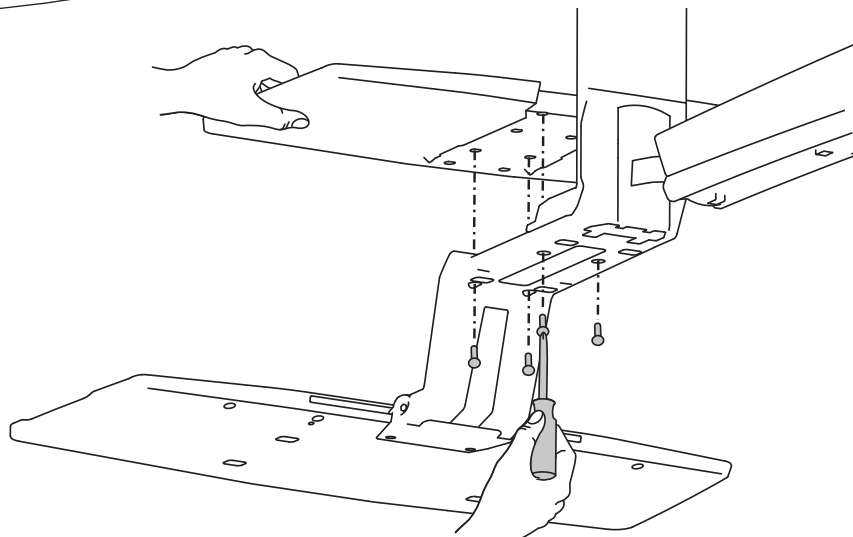
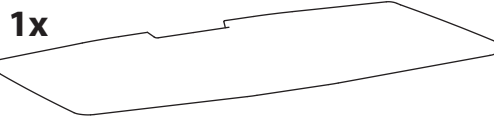
## b



## c



# 8



# 9

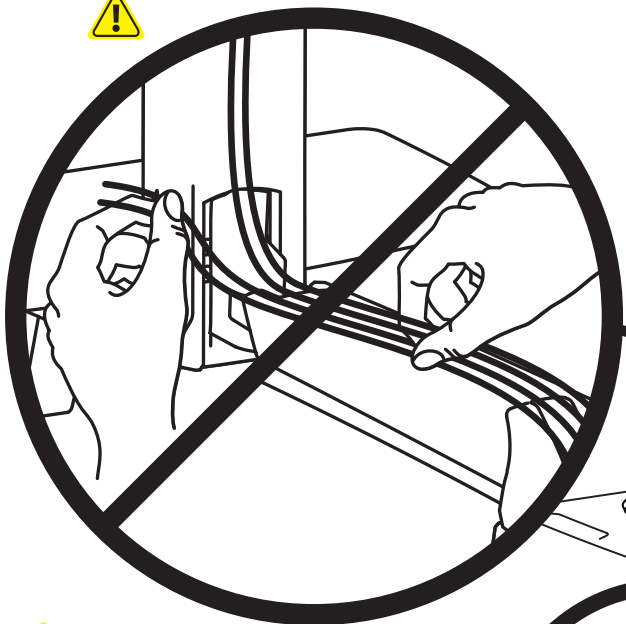
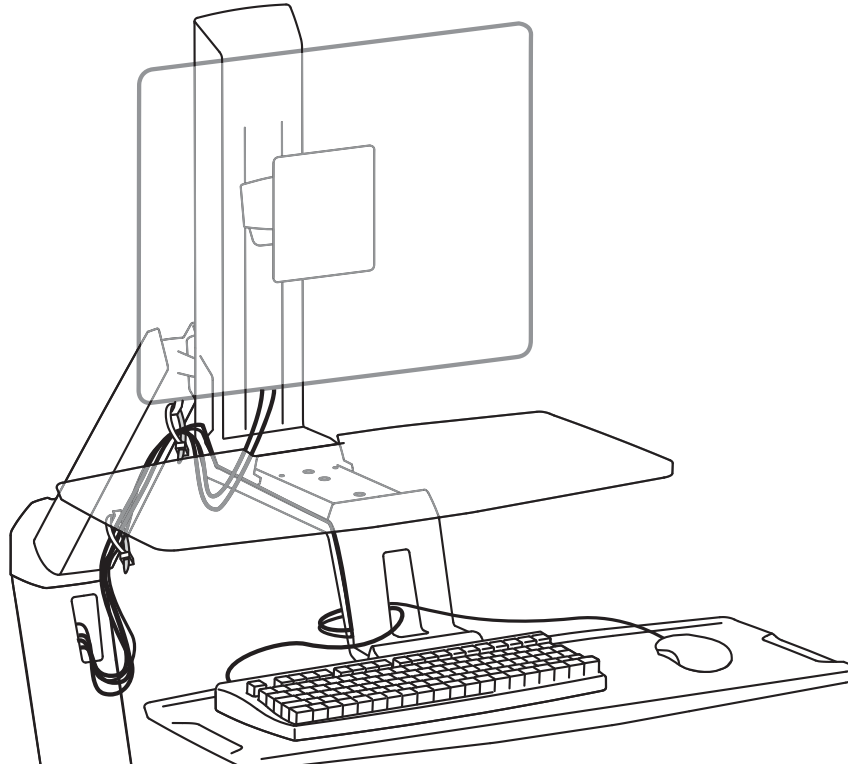
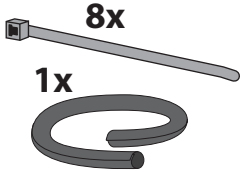


**NOTE:** Leave enough slack in cable to allow full range of motion.



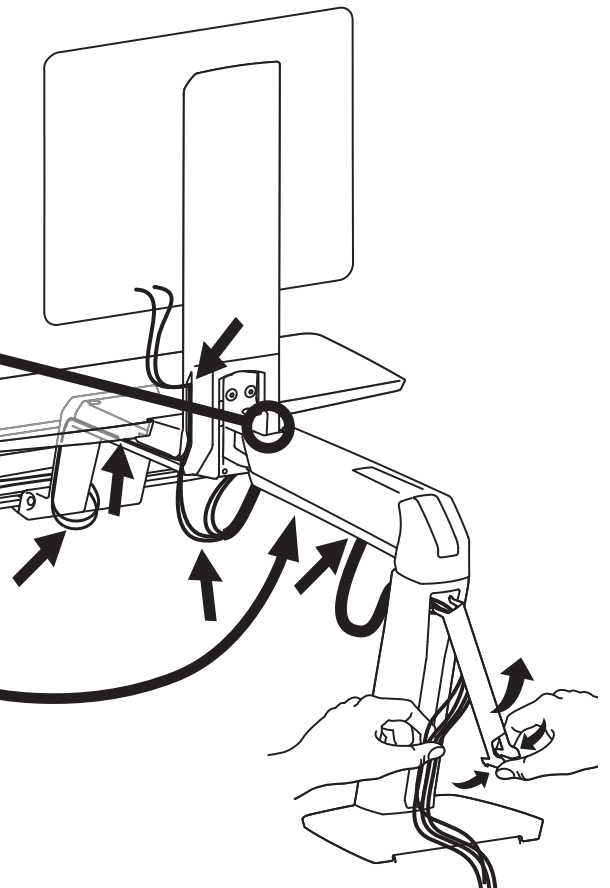
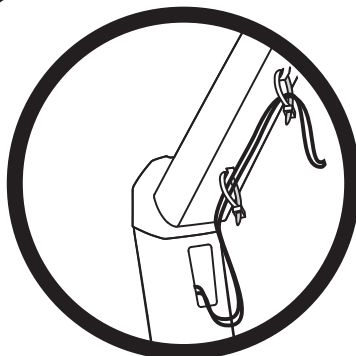
**Caution:**

To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



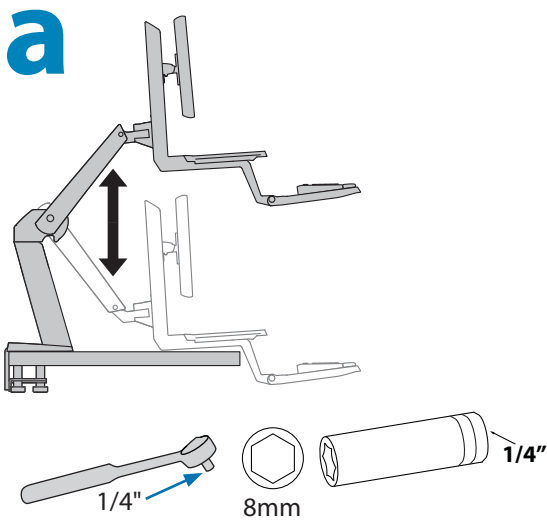
**Caution:**


**DO NOT** route cables on top of arm. Failure to follow these instructions may result in equipment damage and/or personal injury.




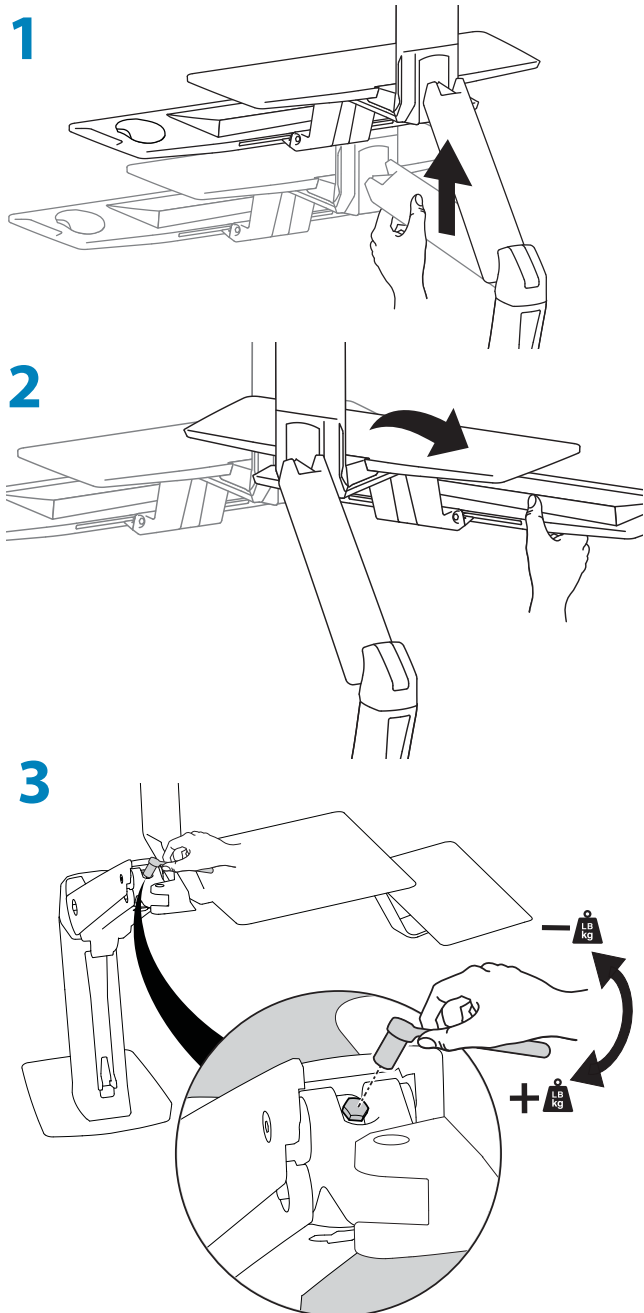
# 10 Adjustment Step

Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too easy or difficult or if product does not stay in desired positions, follow the adjustment instructions to create smooth and easy movements. Depending on your product and the adjustment, it may take many turns to notice a difference. Any time equipment is added or removed from this product, resulting in a change in the weight of the mounted load, you should repeat these adjustment steps to ensure safe and optimum operation.

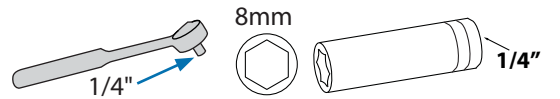
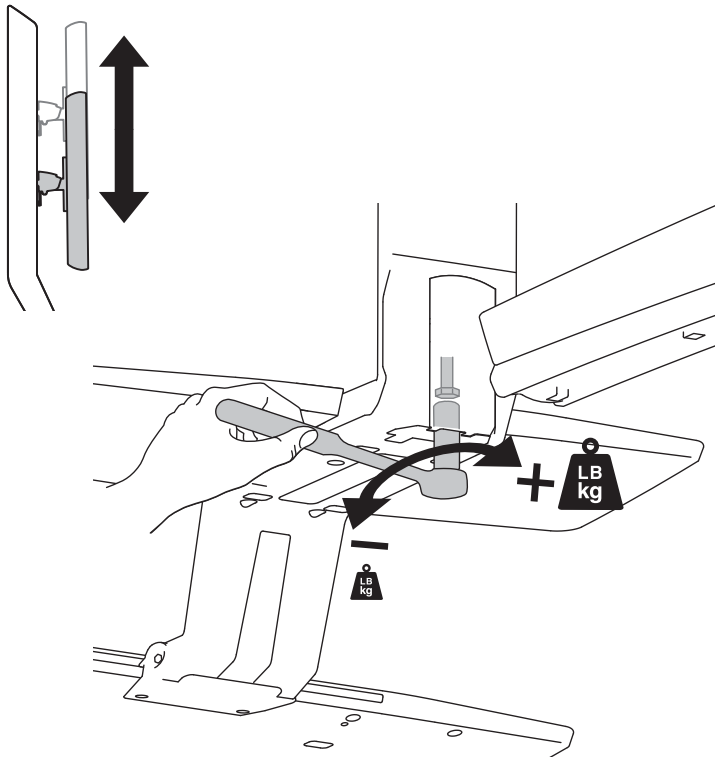


**+**  **LB kg** Increase Lift Strength  
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

**-**  **LB kg** Decrease Lift Strength  
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



**b**



**Increase Lift Strength**

If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

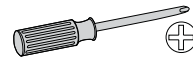
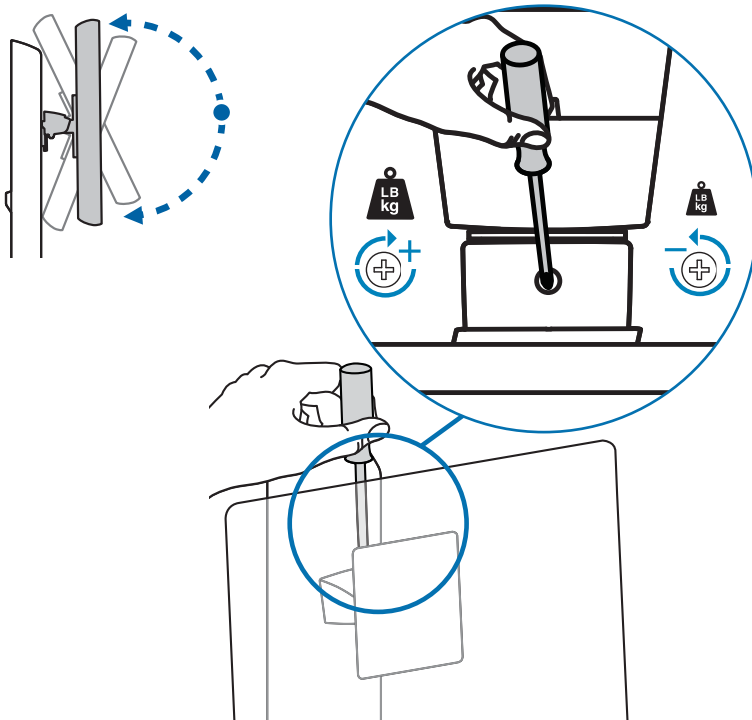


**Decrease Lift Strength**

If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

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**c**



**Increase Lift Strength**

If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



**Decrease Lift Strength**

If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

**d**

8mm  $\frac{1}{4}$ "  $\frac{1}{4}$ "

**+** **LB kg** **Increase Friction**  
If this product moves too easily from side-to-side, then you'll need to increase friction:

**-** **LB kg** **Decrease Friction**  
If this product is too difficult to move from side-to-side, then you'll need to decrease friction:

**e**

8mm  $\frac{1}{4}$ "  $\frac{1}{4}$ "

**+** **LB kg** **Increase Friction**  
If this product moves too easily, then you'll need to increase friction:

**-** **LB kg** **Decrease Friction**  
If this product is too difficult to move, then you'll need to decrease friction:

**f**

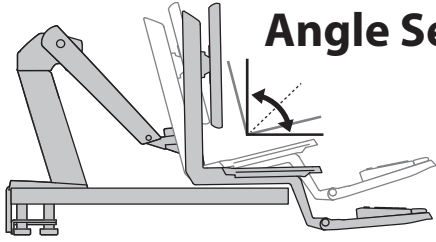
4 mm

**+** **LB kg** **Increase Friction**  
If this product moves too easily, then you'll need to increase friction:

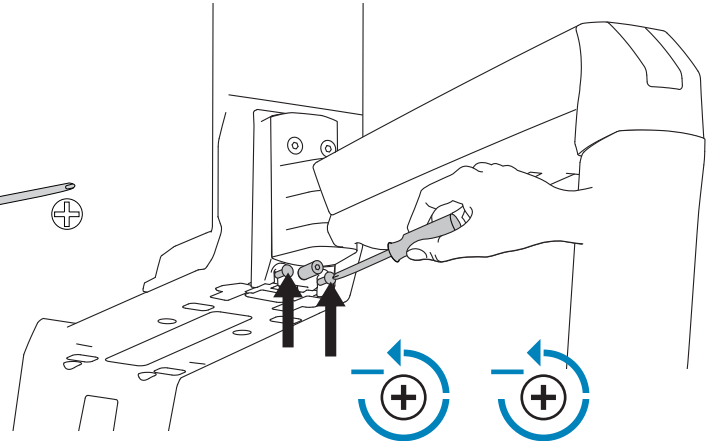
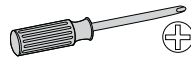
**-** **LB kg** **Decrease Friction**  
If this product is too difficult to move, then you'll need to decrease friction:

**f**

## Angle Setting Adjustment



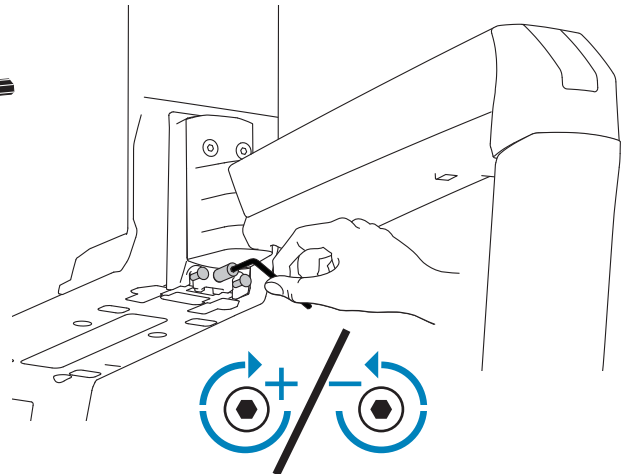
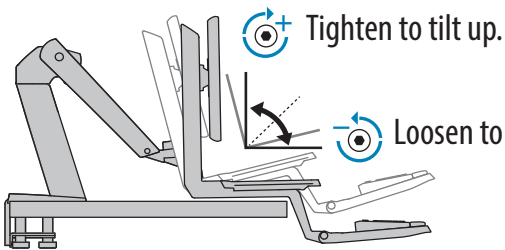
**1** Loosen these two screws.



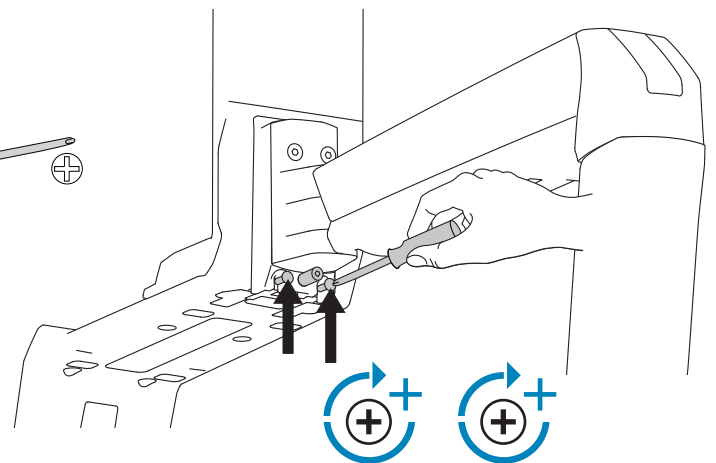
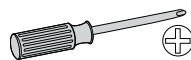
**2** Loosen or tighten this bolt to adjust tilt to desired angle.



4 mm



**3** After desired tilt is achieved, retighten these two screws to secure.



### WARNING!

Screws must be tightened to keep product secure. Failure to follow these instructions will create an unstable situation and may result in equipment damage or personal injury.

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