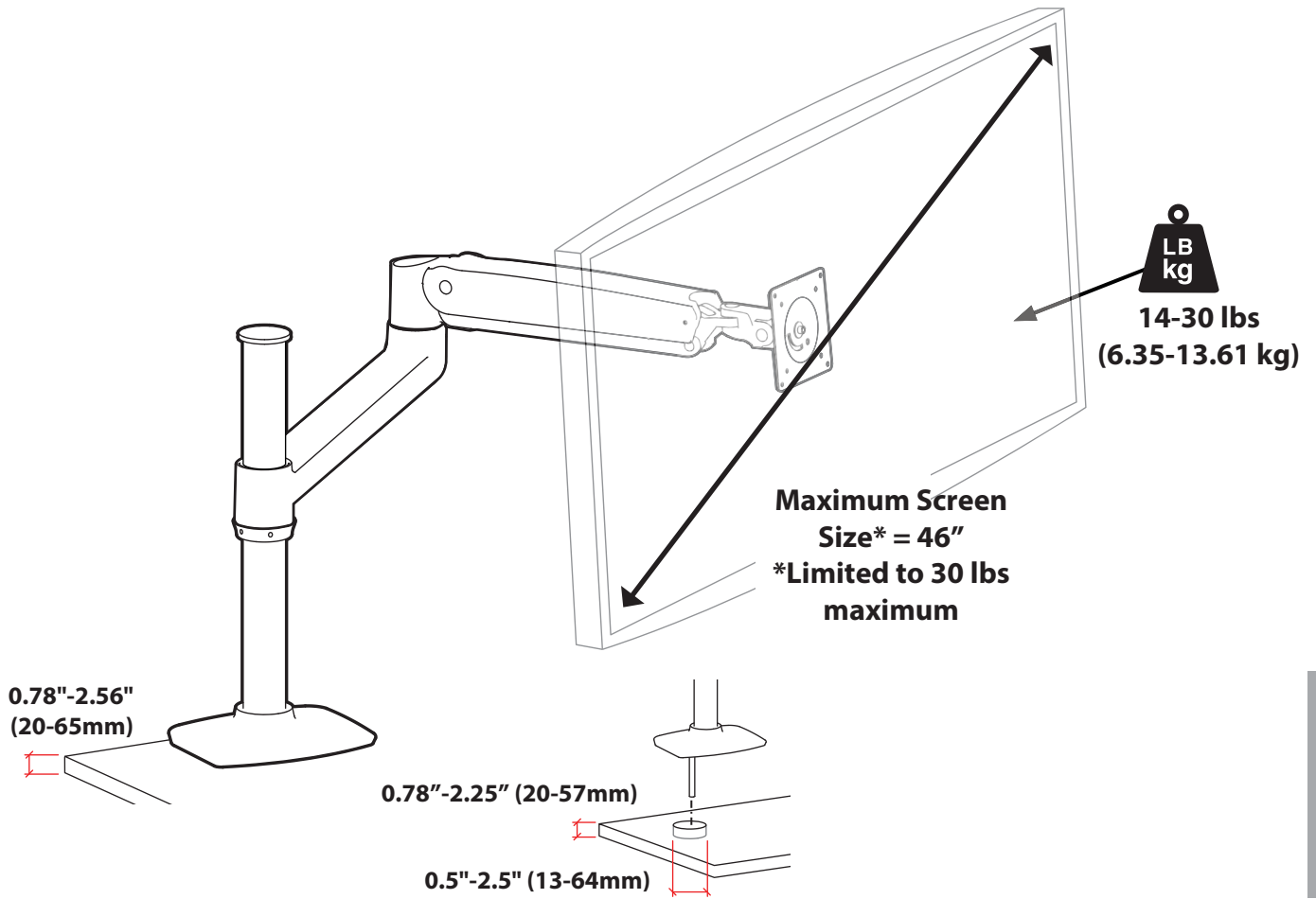
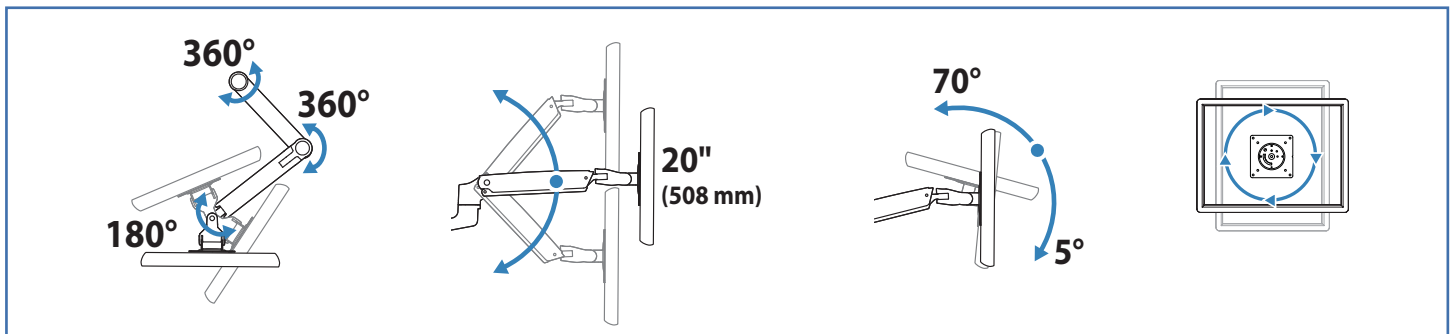


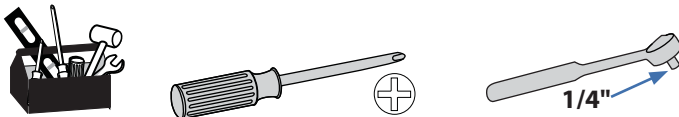
LX HD Sit-Stand Desk Mount LCD Arm



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Tools Needed



For the latest User Installation Guide please visit: www.ergotron.com



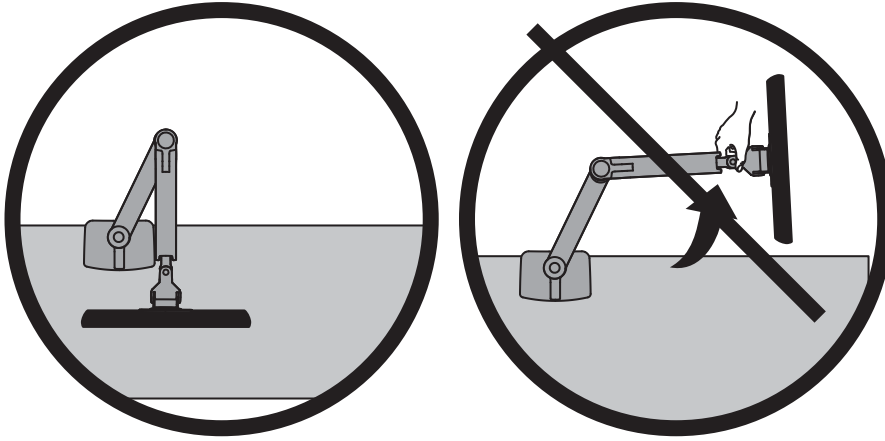
- User's Guide - English
- Guía del usuario - Español
- Manuel de l'utilisateur - Français
- Gebbruikersgids - Deutsch
- Benutzerhandbuch - Nederlands
- Guida per l'utente - Italiano
- Användarhandbok - svenska
- ユーザーガイド: 日本語
- 用户指南 : 汉语

www.ergotron.com
 USA 1-800-888-8458
 Europe +31 (0)33-45 45 600
 China 86-769-86018920

Safety



CAUTION: DO NOT rotate monitor past rear edge of desk. Doing so will create an unstable situation and may cause equipment damage 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.

Components



	A	B	C	D
1	1x 	1x 		4x 4x M5 x 7mm
2		1x 		1x
3	1x 1x 	4x M4 x 10mm 1x M3 x 6mm	4x M4 x 10mm	1x 1x
4	1x 1x 	1x 	 M6 M6 x 45mm	2x 1x
5	1x 8mm 1/4"	1x 5mm 4mm		M8 M5 Kit 4x M5x20mm
6	4x M4x12mm 4x M5x12mm 4x M6x12mm		2x 	4x M8-M5 Reducer

1

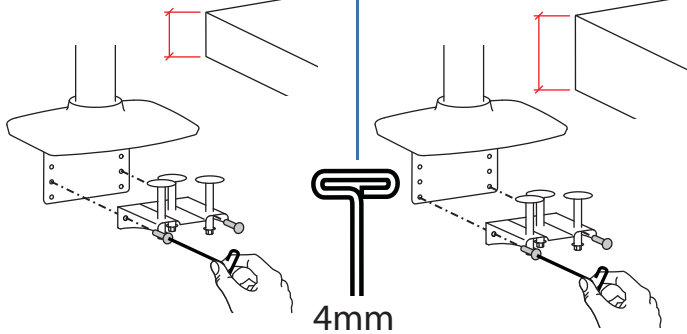
CLAMP

GROMMET HOLE

DESK THICKNESS

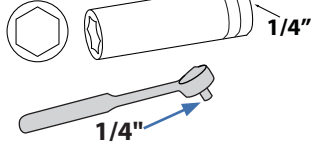
0.78"-1.38" (20-35mm)

1.18"-2.56" (30-65mm)

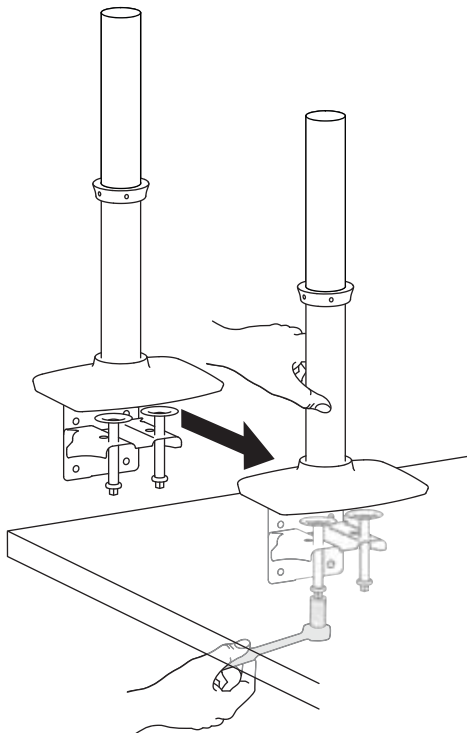


4mm

8mm



1/4"

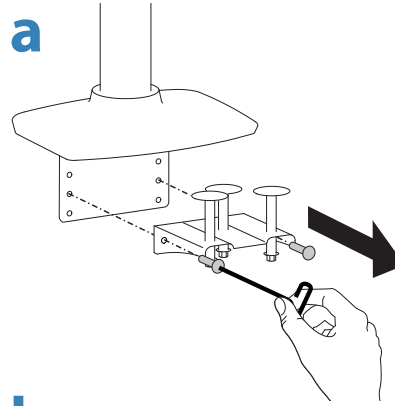
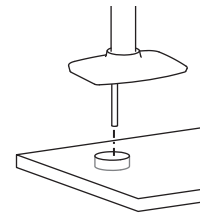


a

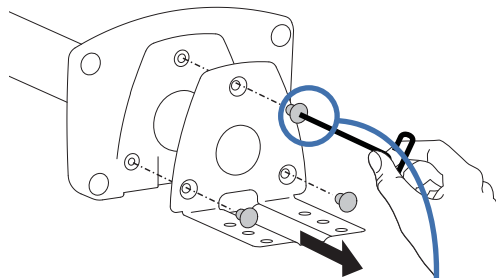
b

c

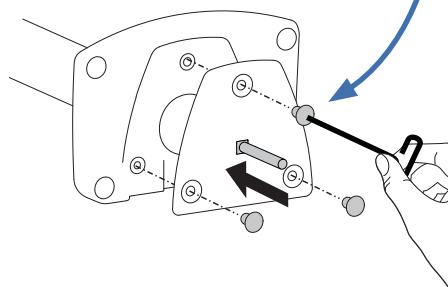
d



4mm



4mm



4mm

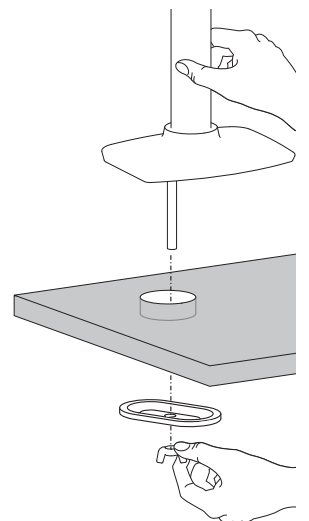
1x

1x

1x 1x



CAUTION: Bolt must be centered in hole.

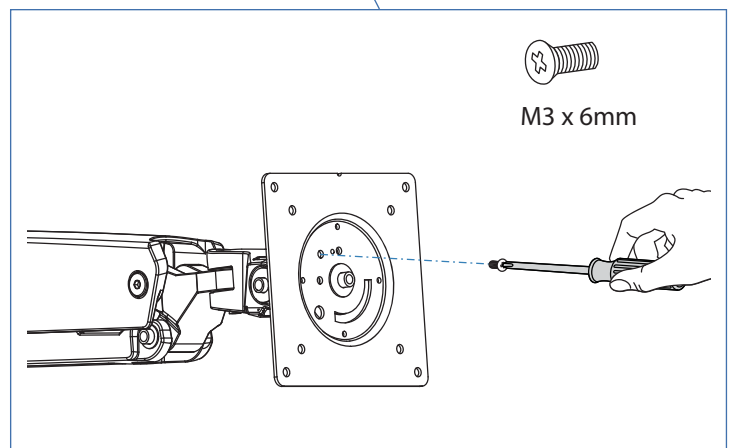
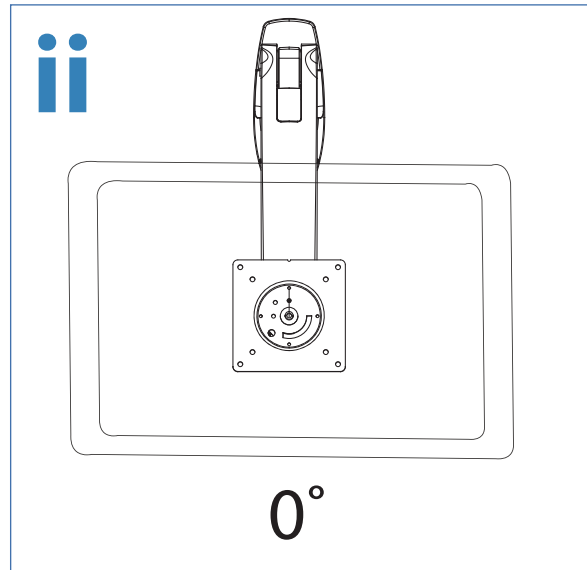
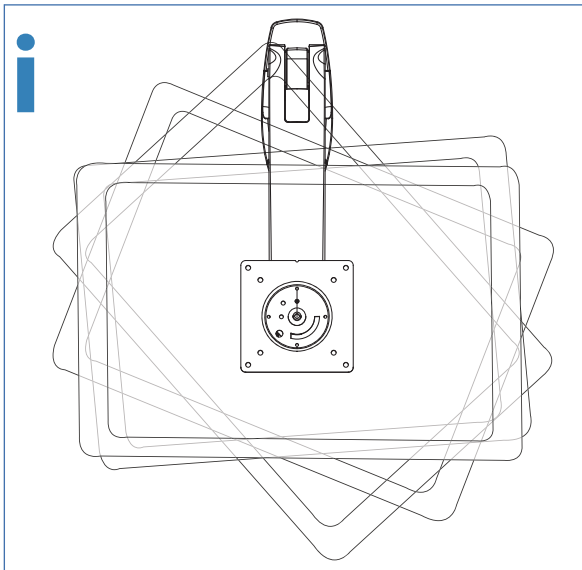


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2 Portrait / Landscape Options

OPTION i If you want full portrait/landscape rotation, skip to step 8 on the next page.

OPTION ii If you do not want your TV/Monitor to rotate all all, you can stop rotation by inseting the set screw.

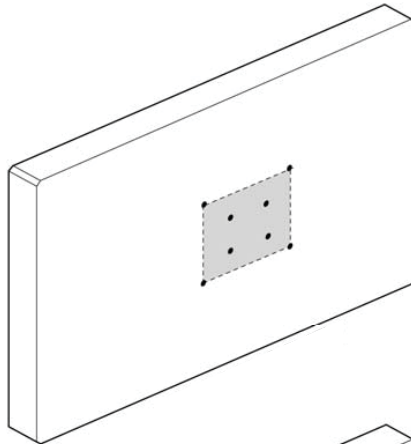
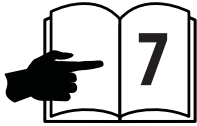


3 Check size of TV/Monitor hole pattern

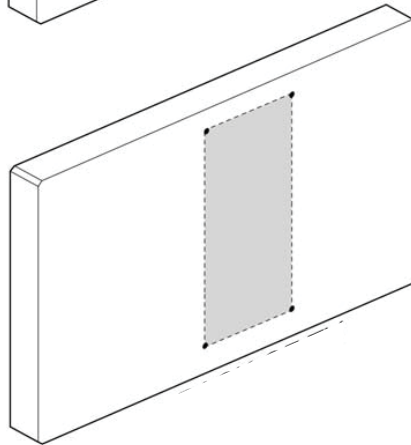
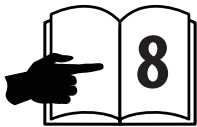
TV/Monitor Hole Pattern Sizes

VESA Adapter Configurations

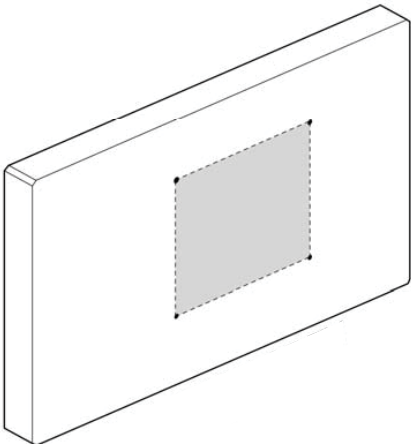
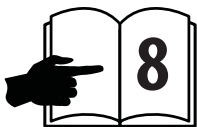
A 75x75mm
100x100mm



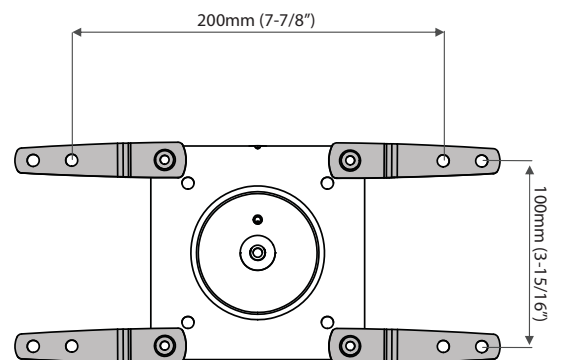
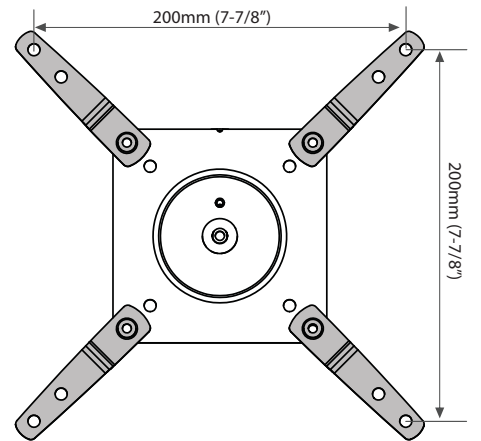
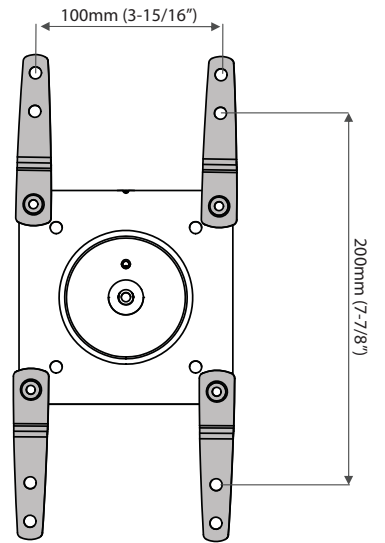
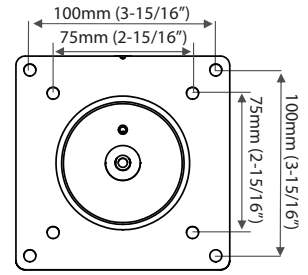
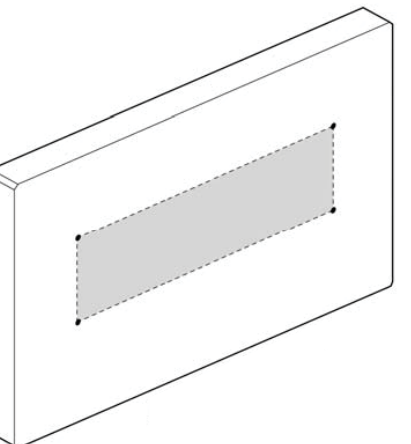
B 100x200mm



C 200x200mm



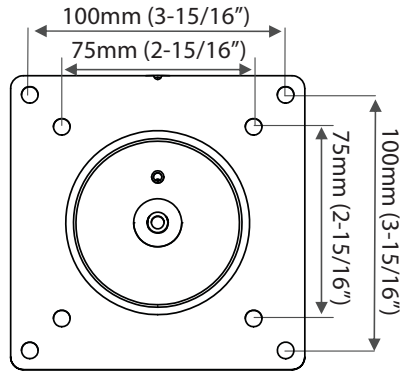
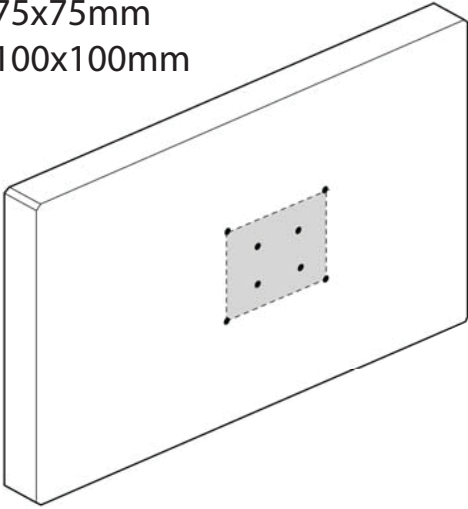
D 200x100mm




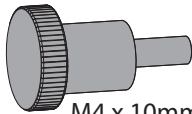
3 Mount Type A TV/Monitor to Arm

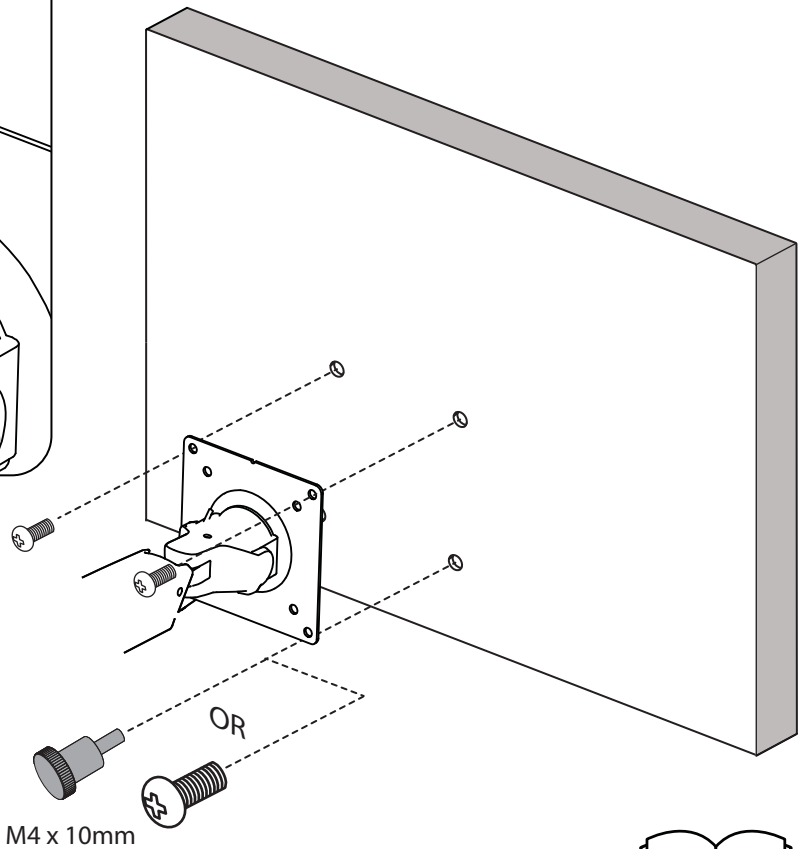
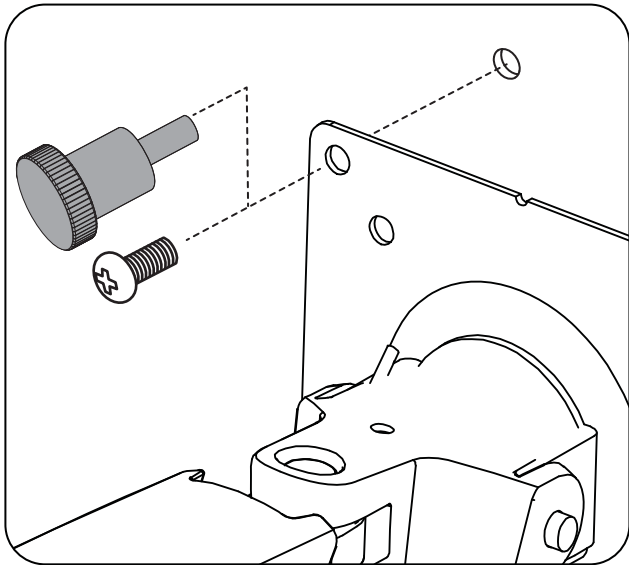
A

75x75mm
100x100mm



4x 
M4 x 10mm

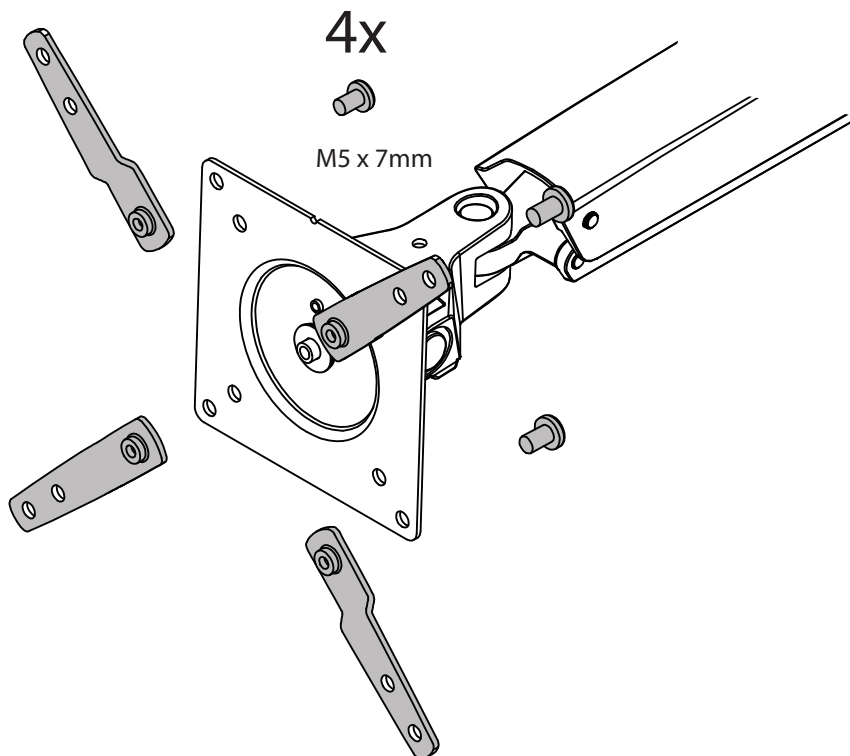
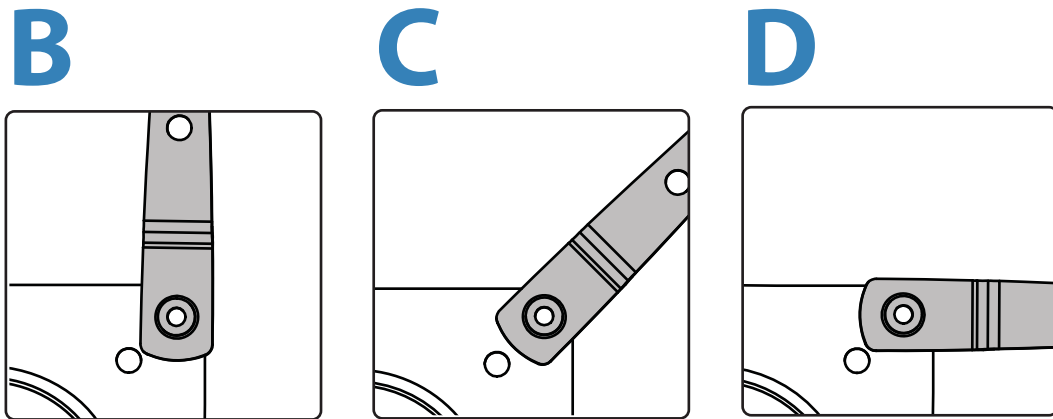

M4 x 10mm



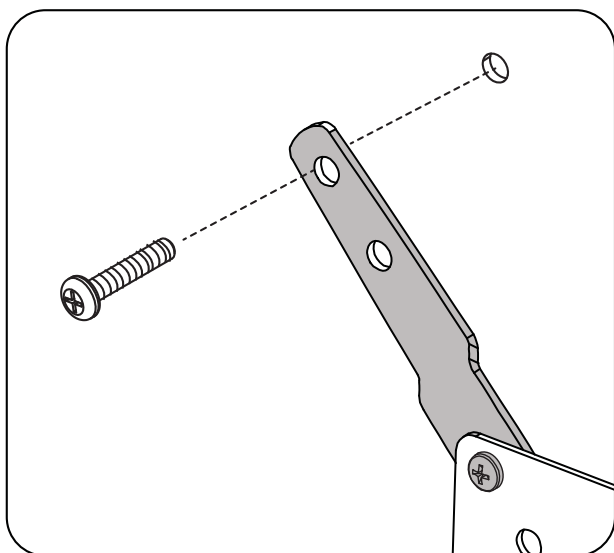
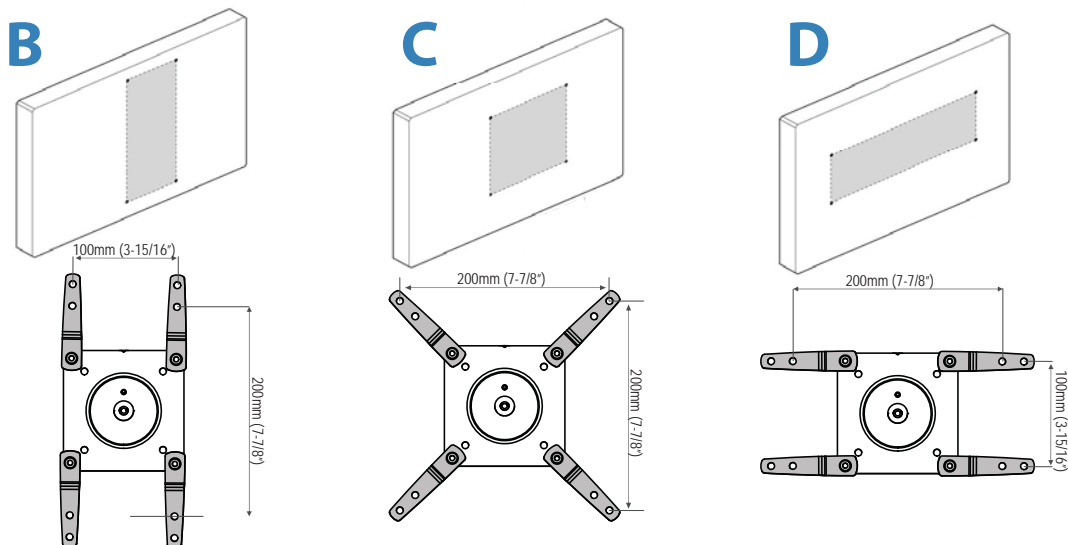
M4 x 10mm

4  10

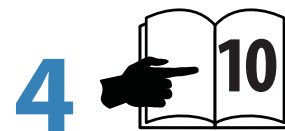
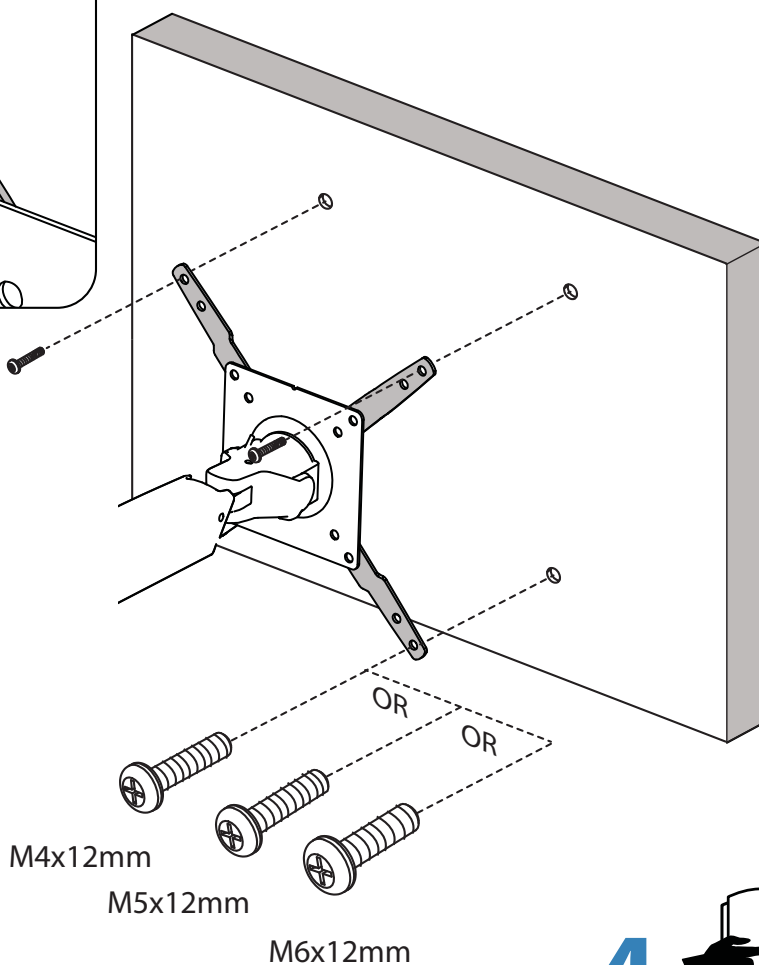
3 Mount VESA Adapters to Arm based on TV/Monitor hole pattern size (B, C, or D) .



3 Mount Type B, C, or D TV/Monitor to Arm



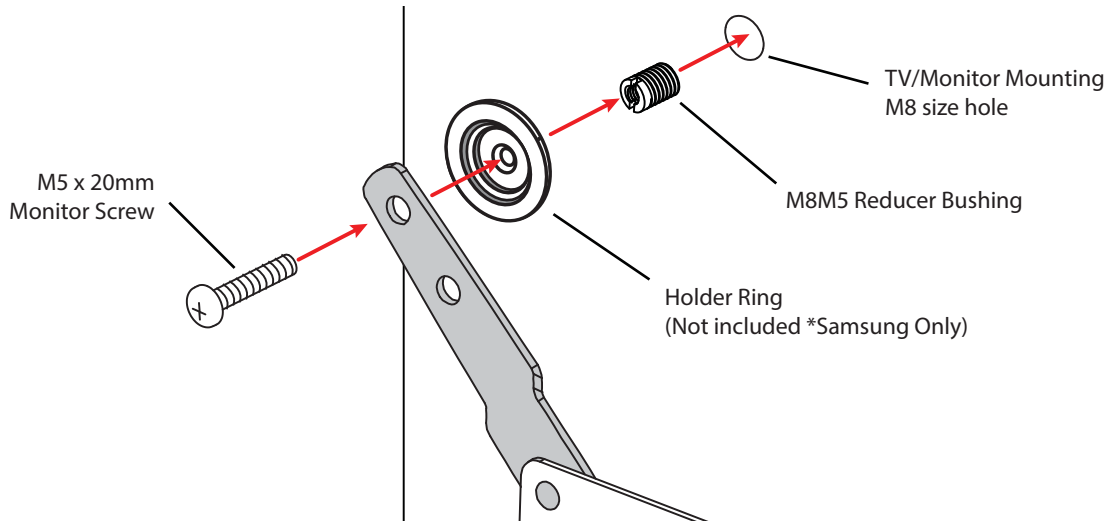
NOTE: To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.



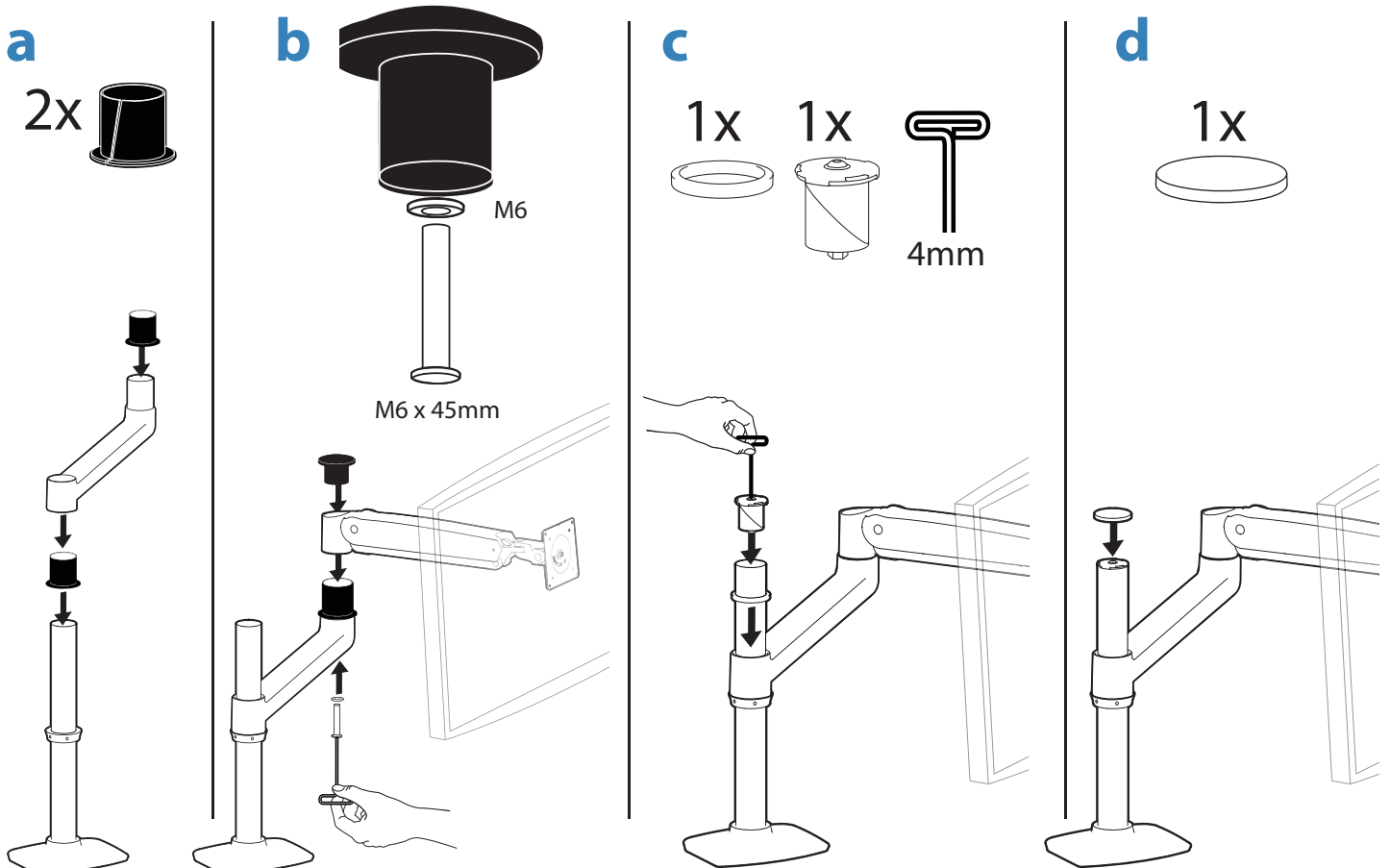
M8M5 KIT Instructions

NOTE: follow this step only if your TV/monitor has M8 holes which need to be reduced to M5 or for Samsung models using the holder ring.

Install M8M5 reducer bushing to TV/Monitor and use M5 x 20 mm monitor screws to secure when using the Samsung holder ring.

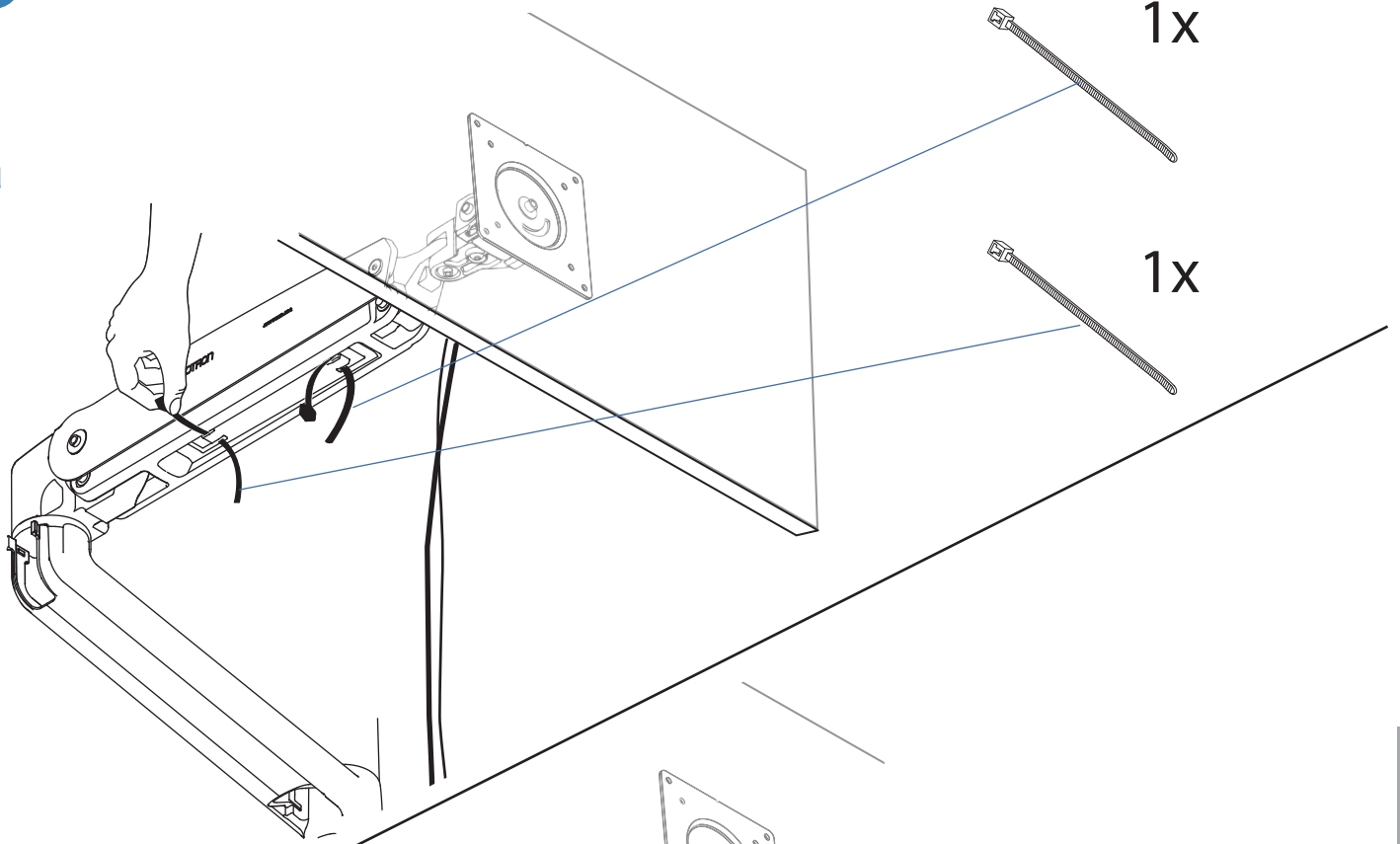


4 Mount extension and arm to pole.

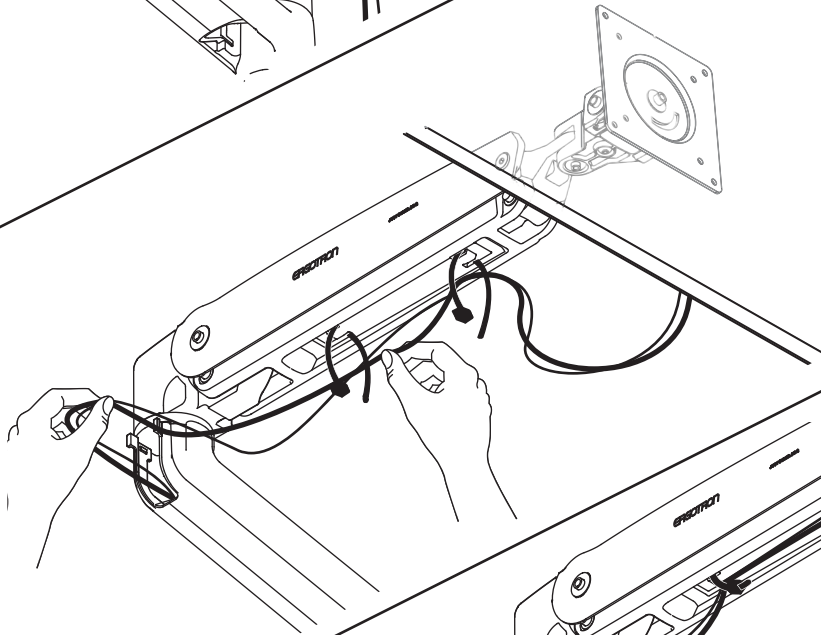


5 Organize and route cables

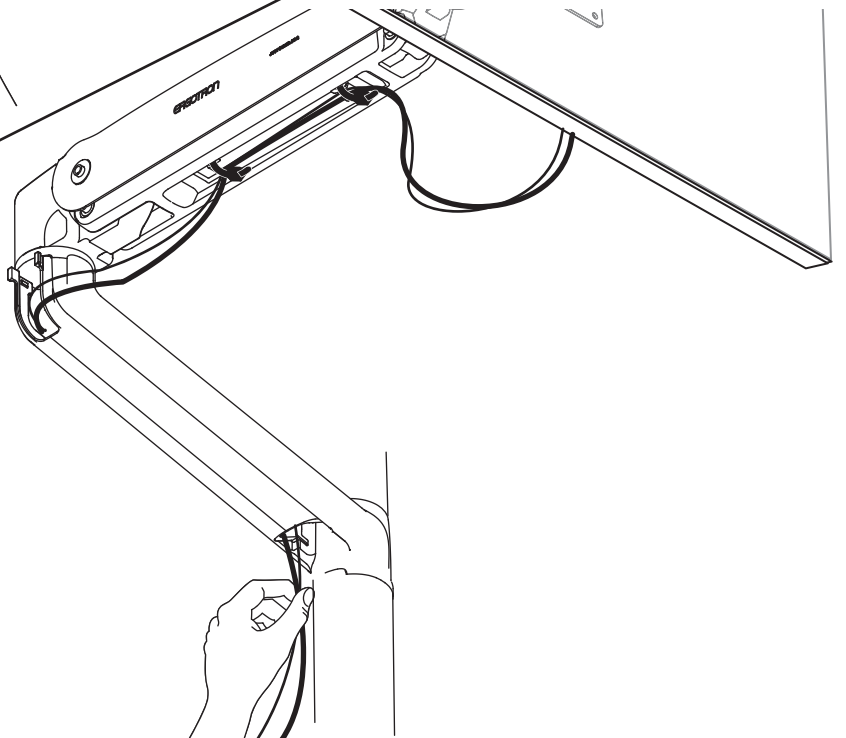
a



b



c



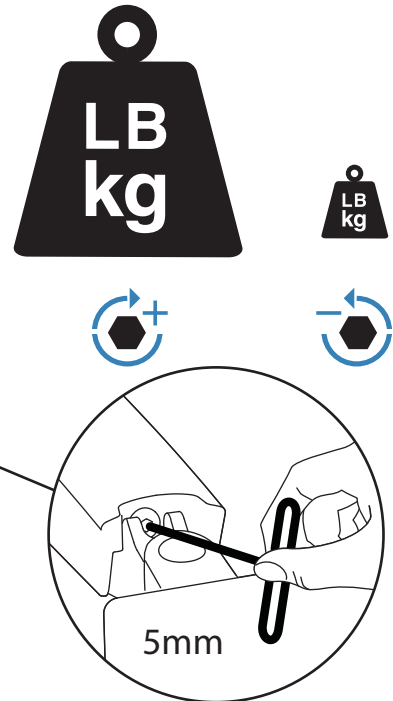
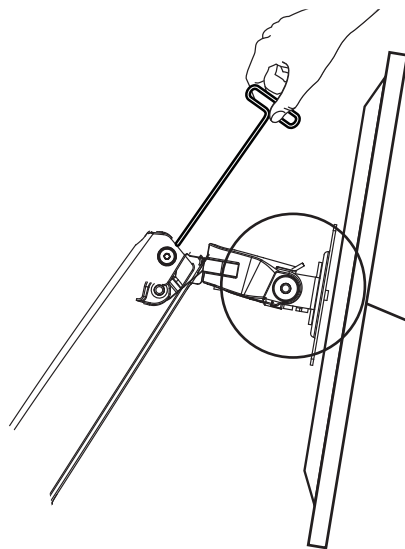


Adjustment Step

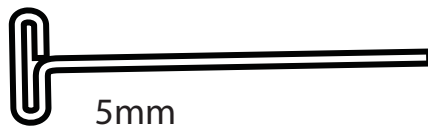
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too 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.

6 To adjust the arm lift:

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CAUTION: DO NOT overtighten fasteners. Overtightening may cause damage to your equipment.



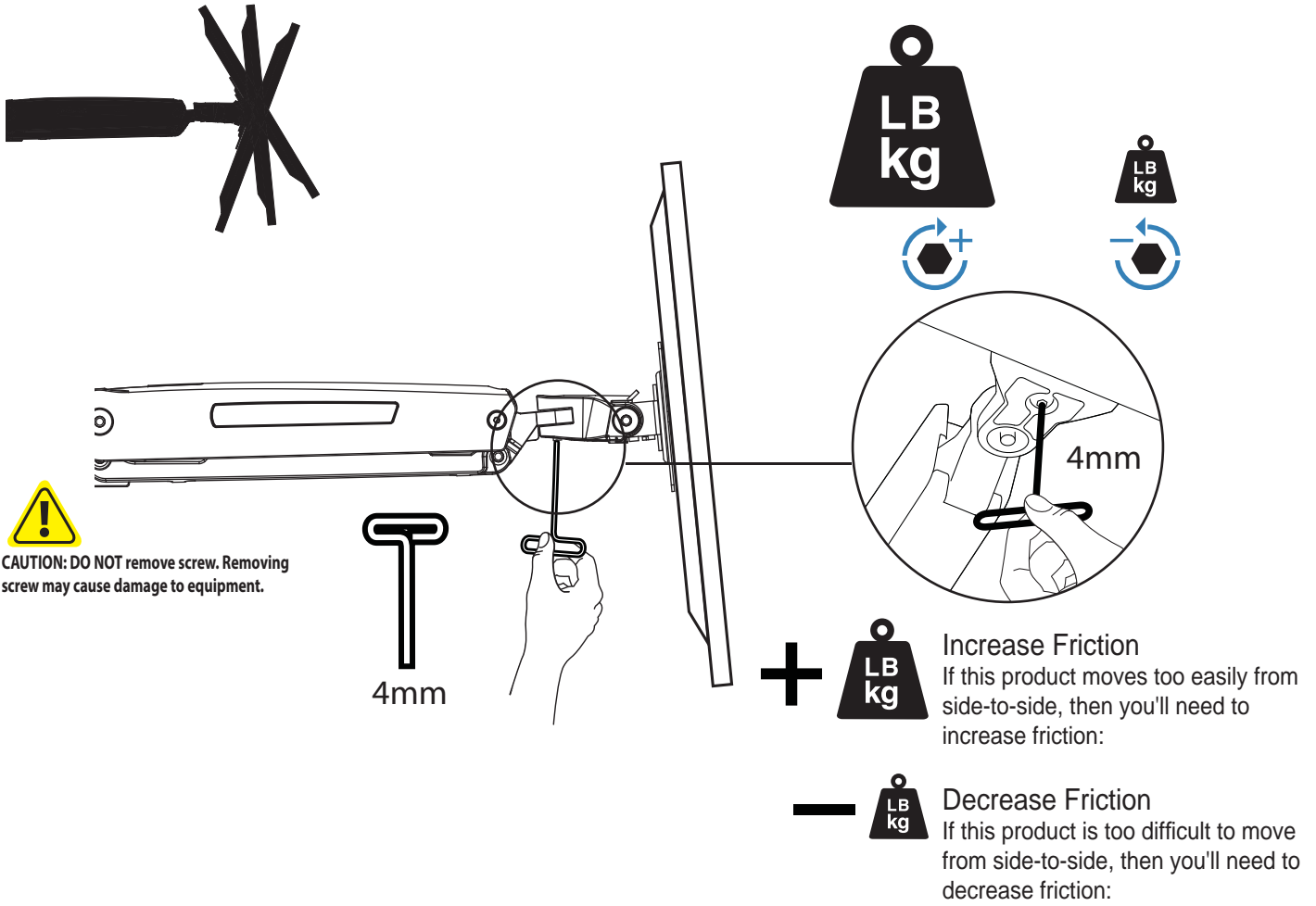
Increase Lift Strength
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



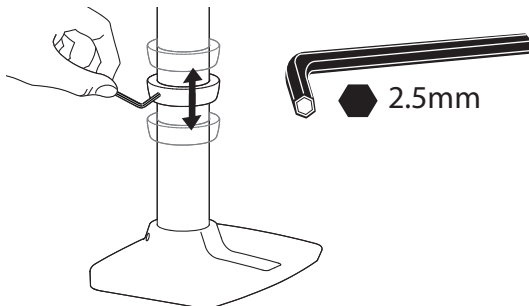
Decrease Lift Strength
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!

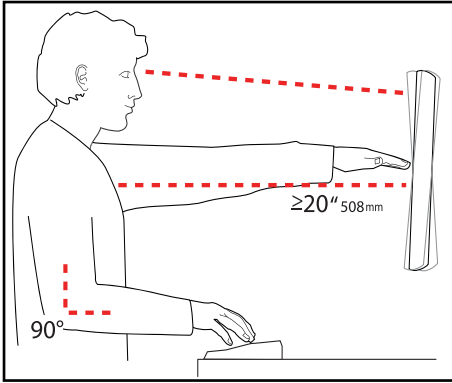
7 To adjust the TV/monitor tilt:



8 To adjust height on pole:



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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.

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