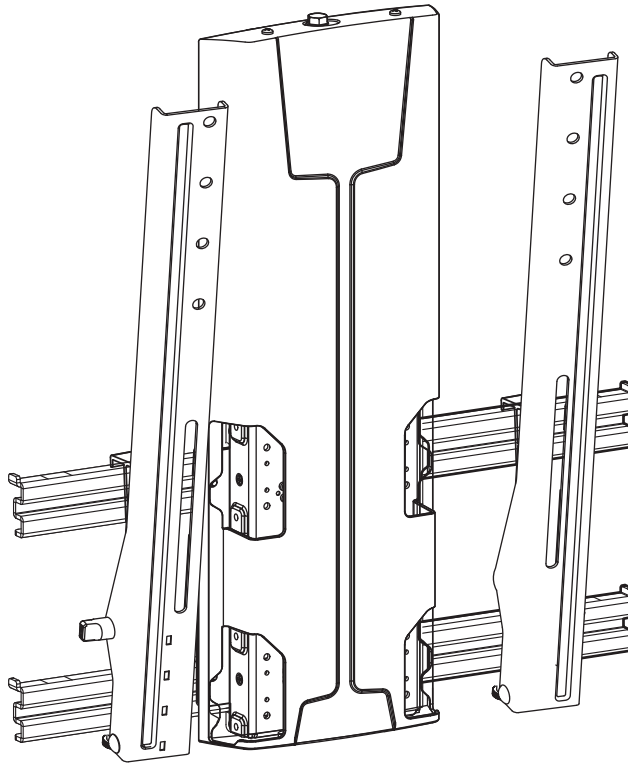


ergotron®

Glide VHD



≤ 70 lbs. (31.8 kg)

CAUTION: DO NOT EXCEED
MAXIMUM LISTED WEIGHT
CAPACITY. SERIOUS INJURY
OR PROPERTY DAMAGE MAY
OCCUR!



**Reduce
Reuse
Recycle**

English



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Hazard Symbols Review

These symbols alert users of a safety condition that demands attention. All users should be able to recognize and understand the significance of the following Safety Hazards if encountered on the product or within the documentation. Children who are not able to recognize and respond appropriately to Safety Alerts should not use this product without adult supervision!

Symbol	Signal Word	Level of Hazard
	NOTE	A NOTE indicates important information that helps you make better use of this product.
	CAUTION	A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.
	WARNING	A WARNING indicates either potential for property damage, personal injury, or death.
	ELECTRICAL	An Electrical indicates an impending electrical hazard which, if not avoided, may result in personal injury, fire and/or death.

Safety

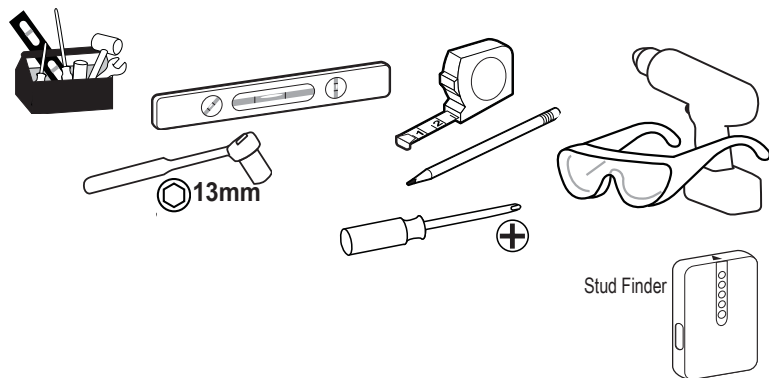


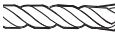
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

 **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.

 **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.

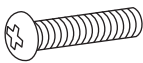
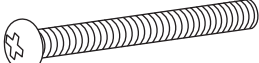
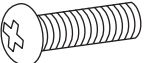
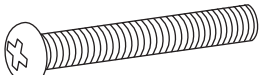
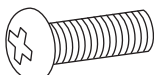
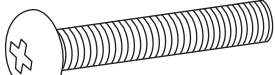
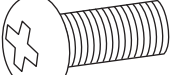
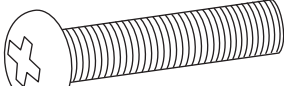
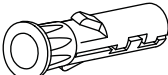
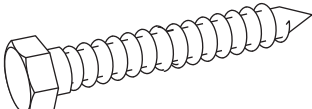
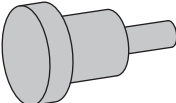
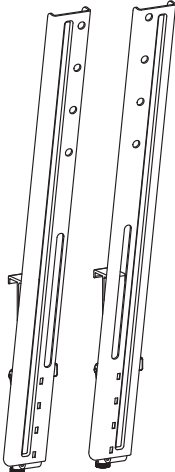
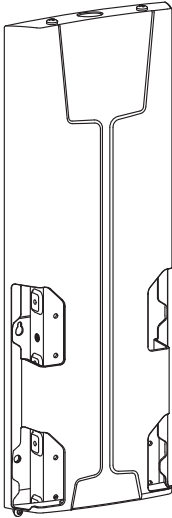
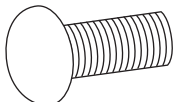
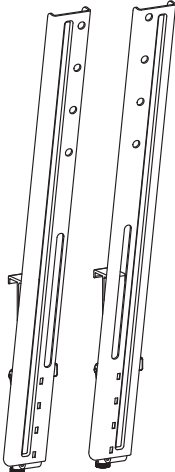
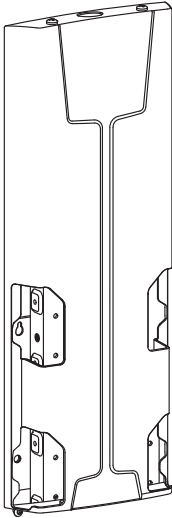
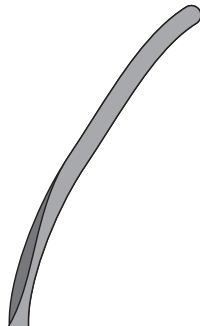
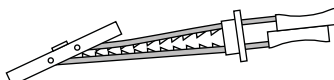
Tools Needed



- HOLLOW WALL
 -  Ø 1/2" (13 mm)
- WOOD
 -  Ø 7/32" (5.5 mm)
 -  Ø 1/2" (13 mm)
- CONCRETE
 -  Ø 3/8" (9.5 mm)

Components



	A	B	C	D	
1	4x  M4 x 15mm	4x  M4 x 30mm	4x  M5 x 15mm	4x  M5 x 30mm	
2	4x  M6 x 15mm	4x  M6 x 30mm	4x  M8 x 15mm	4x  M8 x 30mm	
3	4x  M6-M8 x 5mm	16x  M6 x 8mm	4x 	4x  8mm x 80mm	
	4x  M6-M8 x 10mm				
	4x  M4-M5	1x  4mm	2x 	4x  M8	2x 
4			2x 	2x  1/4 - 20 x 1.5"	4x  M8 x 15mm
			2x 	4x 	
5			2x 	1x 	
			2x 		

1 Determine Mounting Height



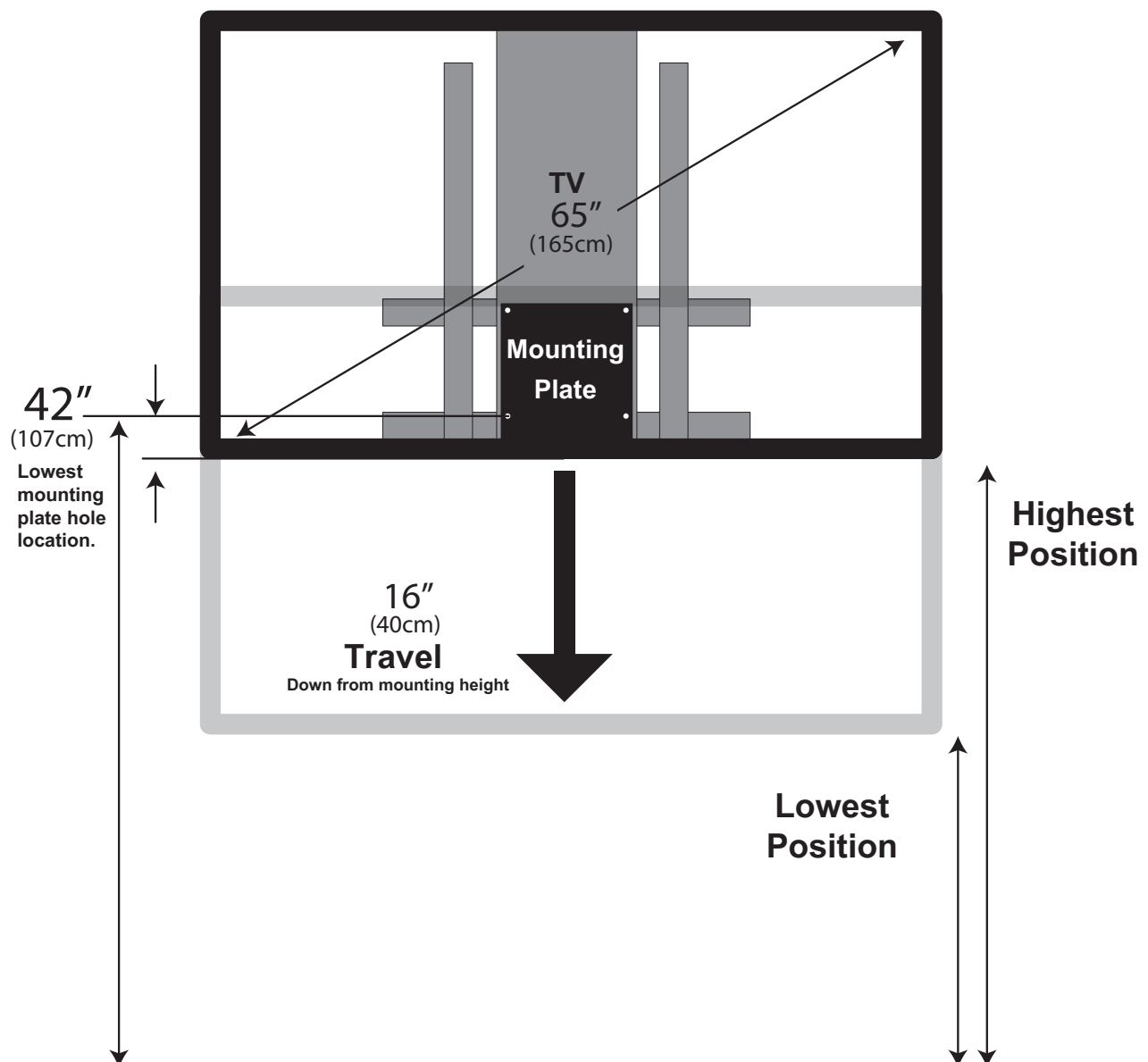
CAUTION: Before proceeding with this installation consult your TV product guide for manufacturer recommendations on choosing a mounting location that will ensure optimum TV performance. Location considerations might include: TV height and viewing angle - based on height and distance of seating, room dimensions and size of TV; access to power outlets; cable connections for speakers and other devices; protection from glare and heat, (windows, lamps, fireplace, air ducts) and vibration.

Please take into account that this product is being installed in it's highest position. Your TV will only be able to be lowered from it's installed position.

Due to the wide variety of flat screen televisions and interior design options, it is difficult to predict what your TV configuration will be. However, as a general guideline attach the mounting plate(bottom holes) 42" from floor for comfortable sit-stand viewing.

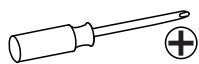
EXAMPLE: If mounting a 46" - 65" diagonal TV with centrally located VESA hole pattern, locate the lowest set of mounting plate holes 42" from floor.

You can modify the mounting height according to your TV size, VESA location and personal preference. For more information, please contact Ergotron Customer Care at 800-888-8458, www.ergotron.com

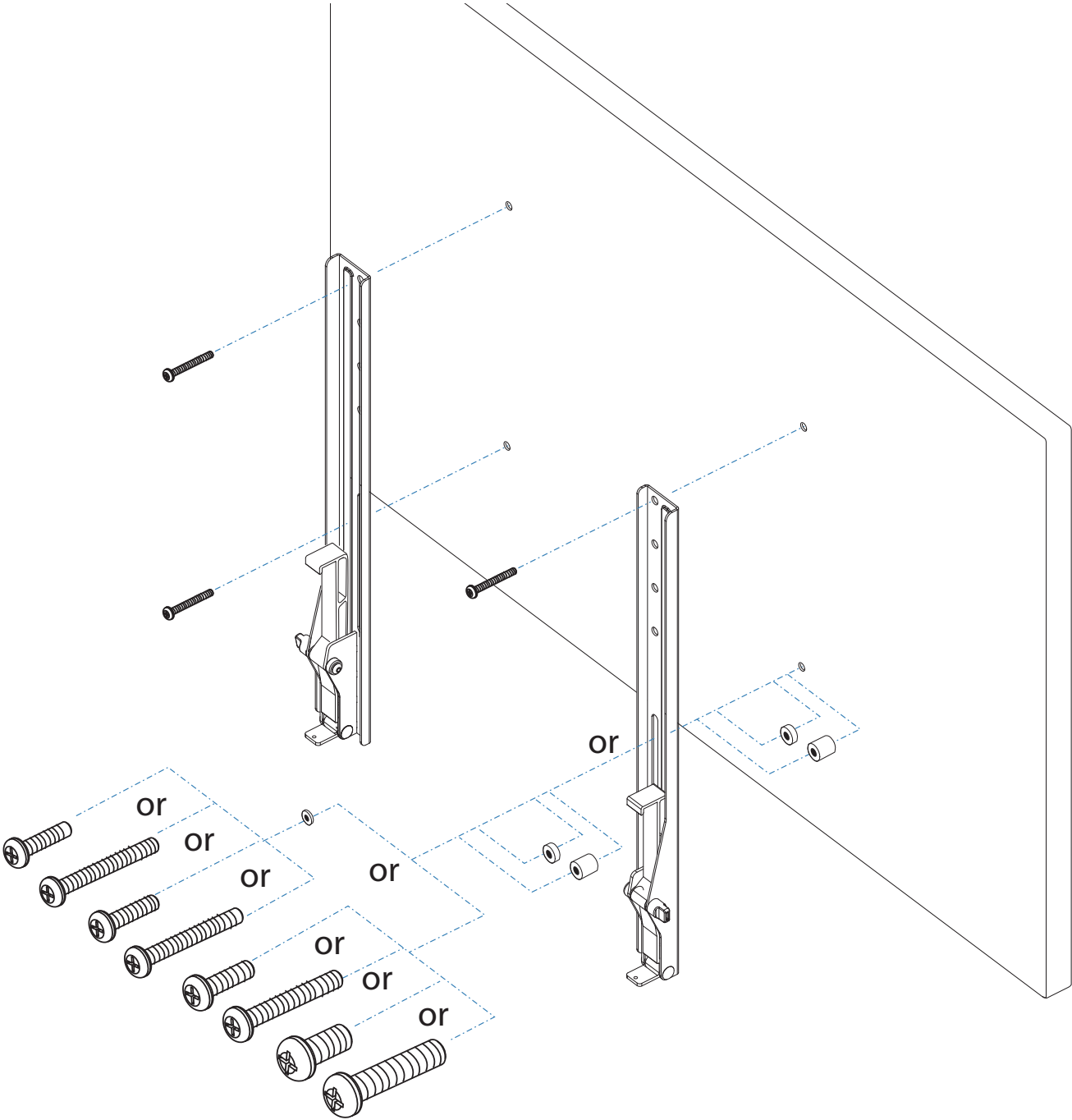
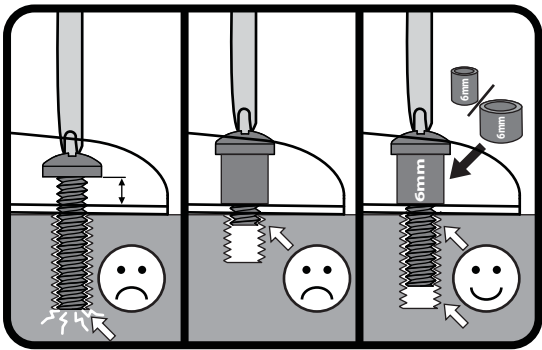


2 Attach Monitor

Option A (>200mm x 200mm)

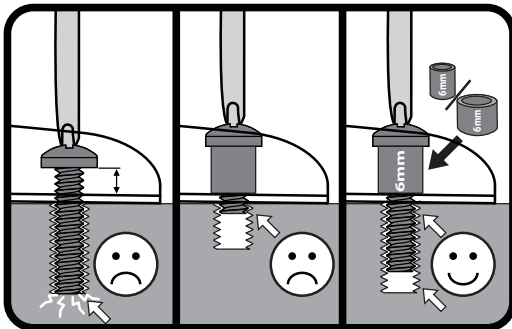
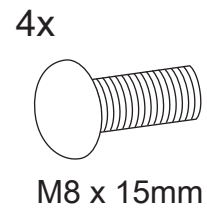
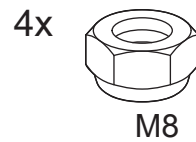


NOTE: M4 screws should not be used for hole patterns greater than 200m x 200m.

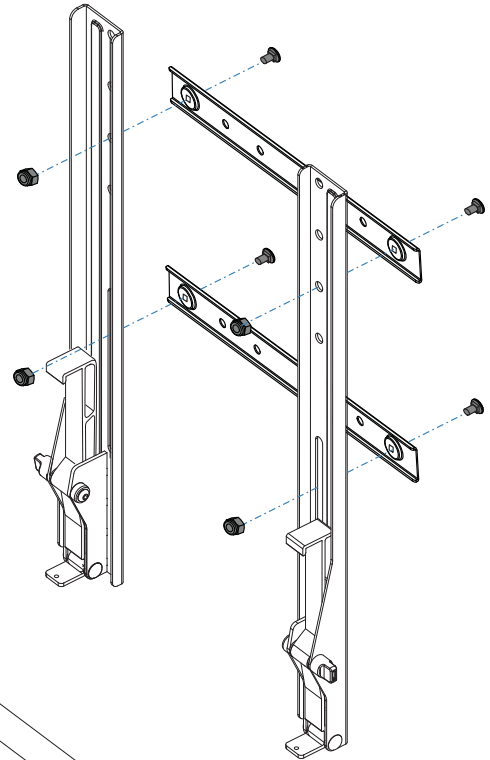


Attach Monitor

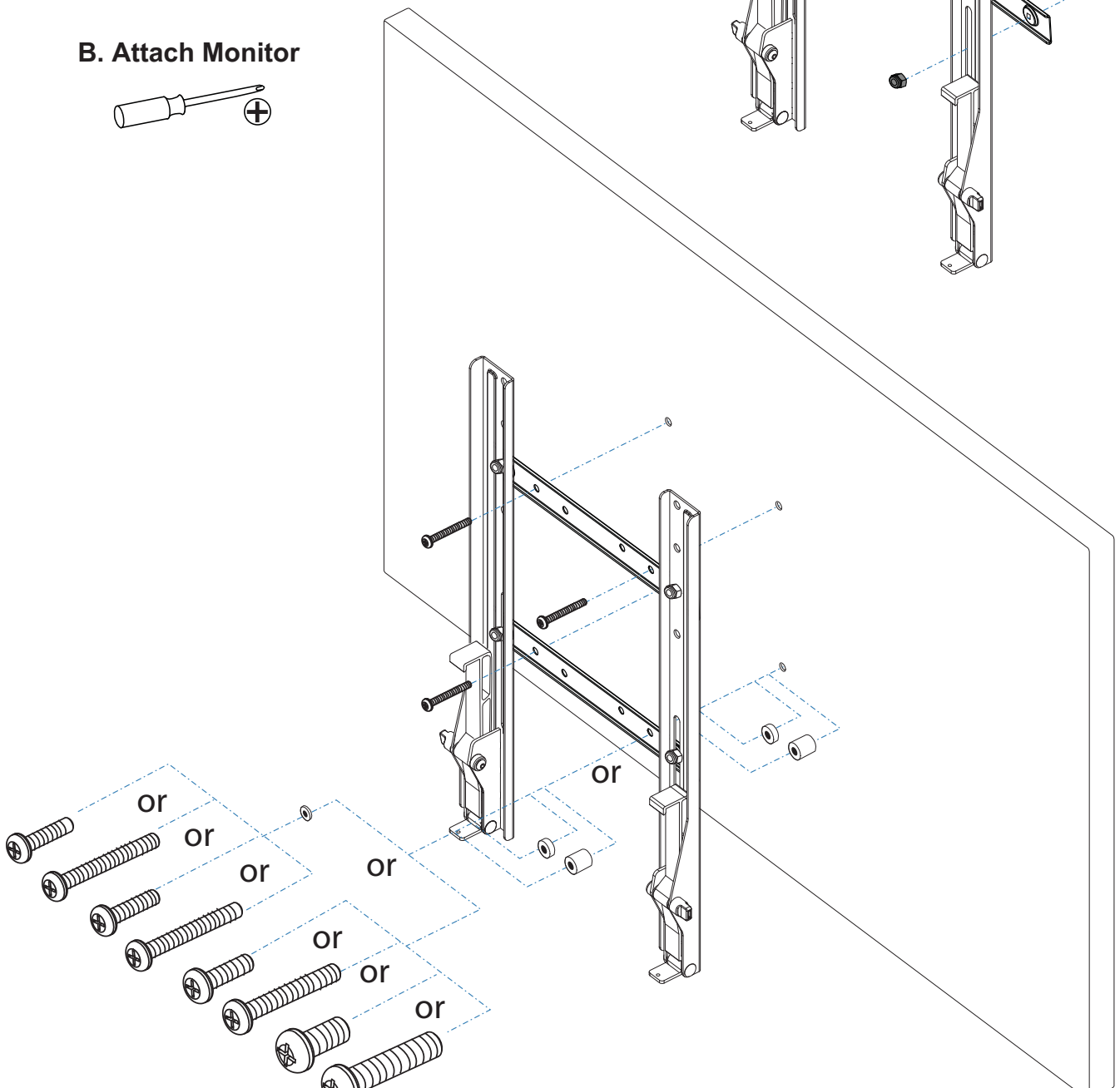
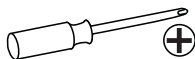
Option B (200mm x 200mm/Adapter Use)



A. Attach Adapters to Vertical Rails

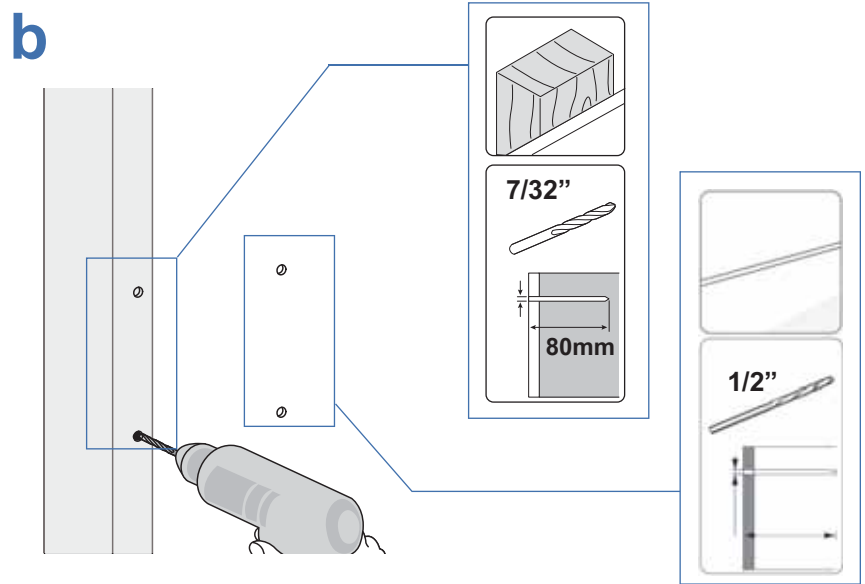
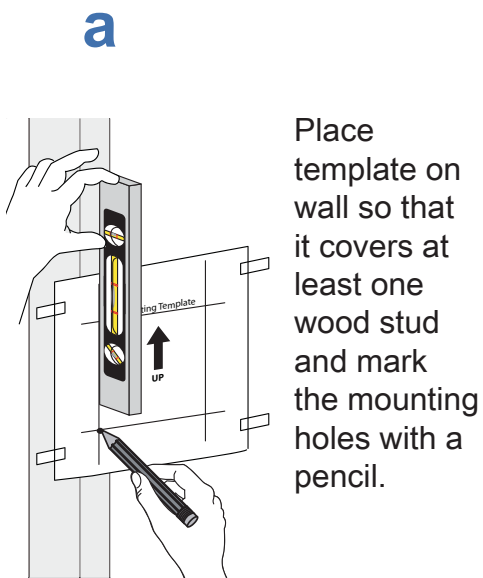


B. Attach Monitor

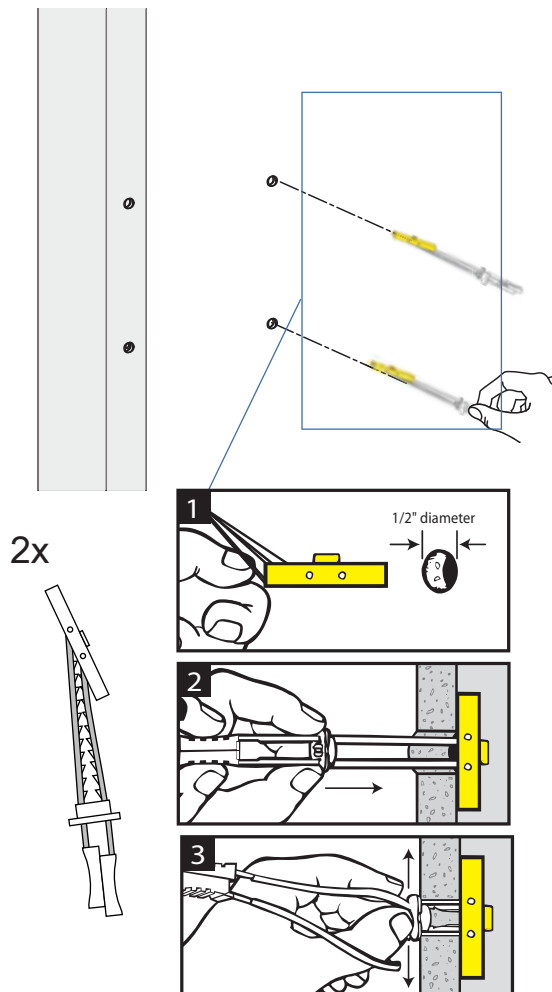


3 Wood Stud Installation

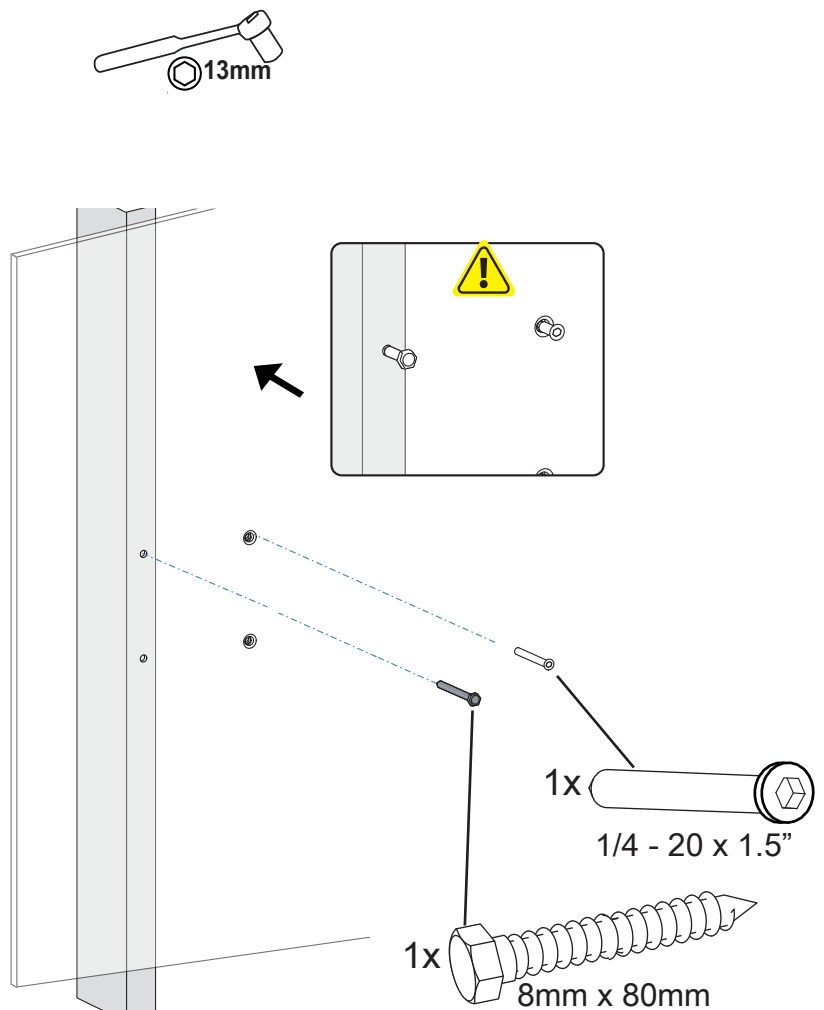
Drill 4 holes: 2 at stud and 2 at solid wall using appropriate bits.



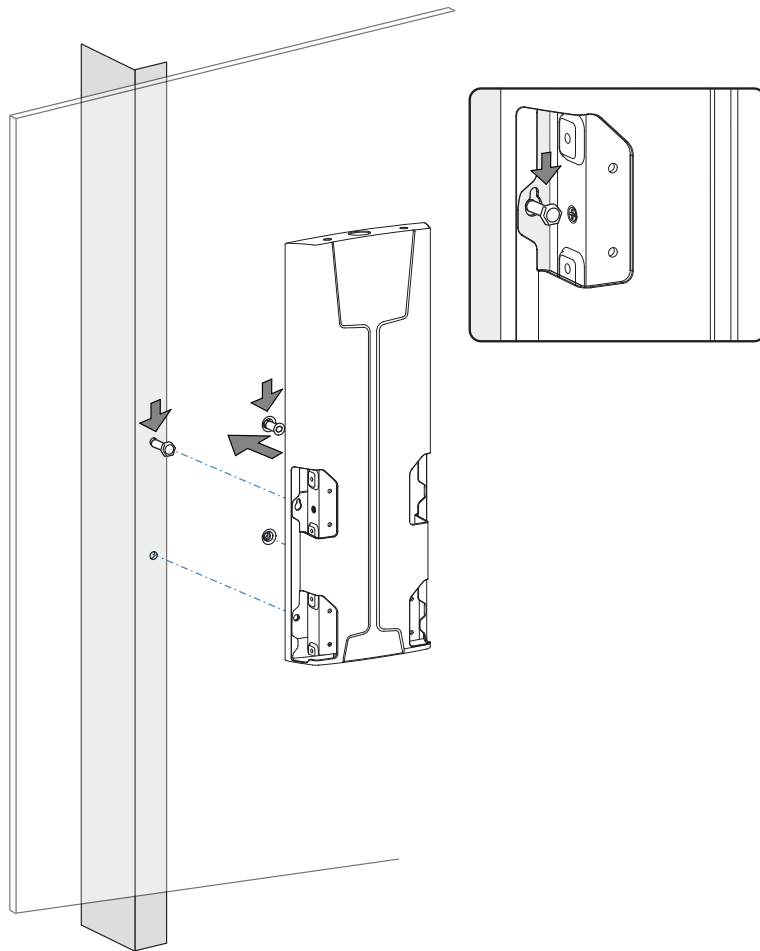
c Insert wall anchors into wall (not wood stud).



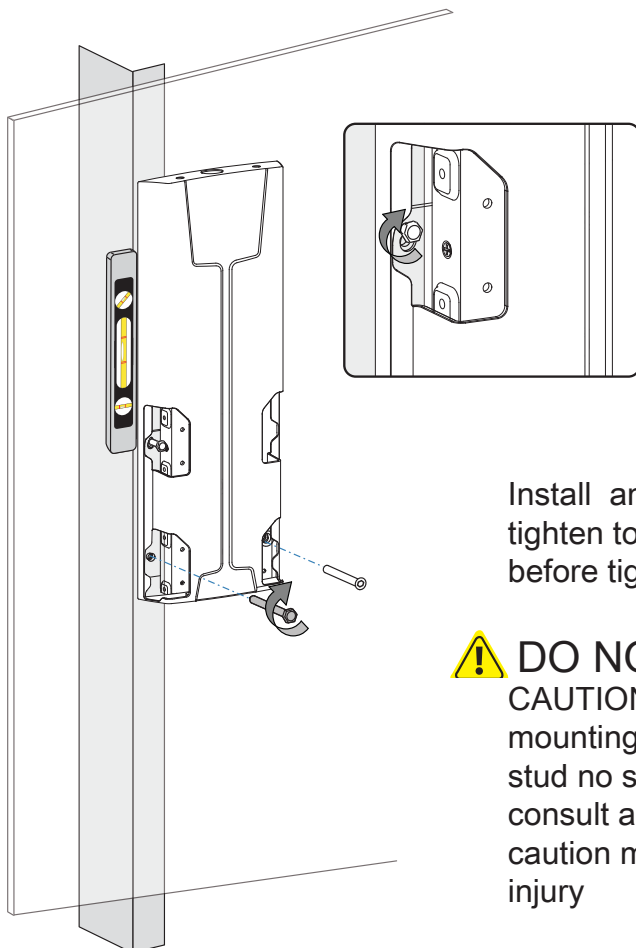
d Install top two screws leaving about a 1/2" of room between the head of the screw and the wall.



e Using the wall plate keyholes, hang the lift assembly on the wall screws.

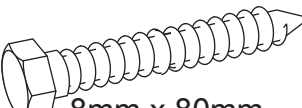


f



1x 
1/4 - 20 x 1.5"


13mm

1x 
8mm x 80mm

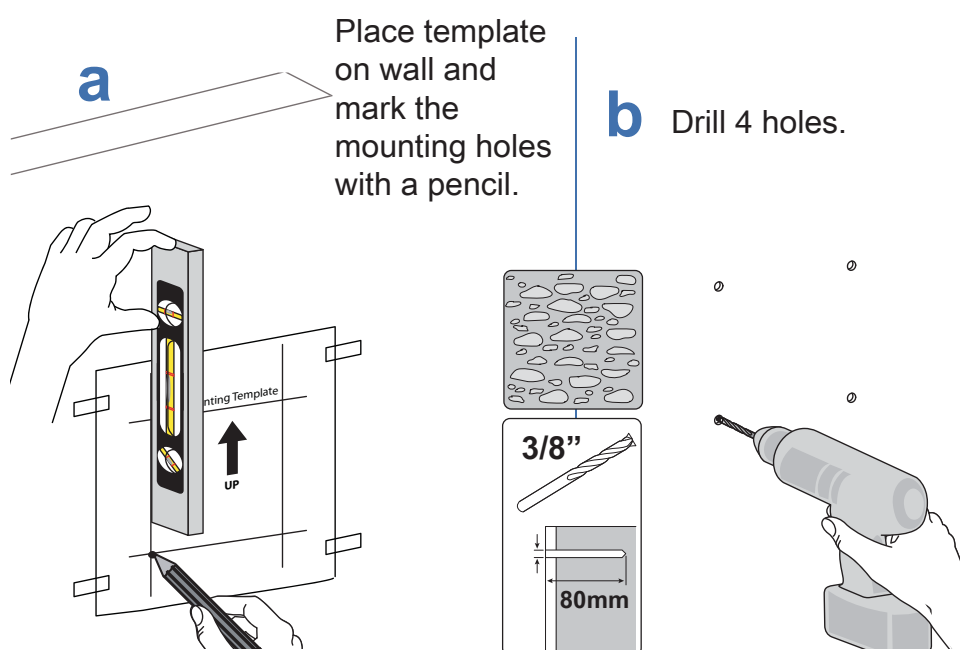
Attach lift assembly to wall using 1/4-20 screws and lag bolts. Tighten bolts with socket wrench and screw driver.

Install and tighten bottom two wall screws and securely tighten top screws. Be sure that the lift engine is level before tightening.

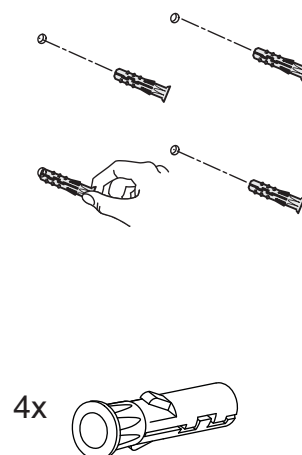
! DO NOT OVER TIGHTEN.

CAUTION: When mounting to wood frame wall, one set of mounting holes must be located in the center of a wood stud no smaller than 2x4 inches (nominal). If in doubt, consult a local construction expert. Failure to heed this caution may result in equipment damage and personal injury

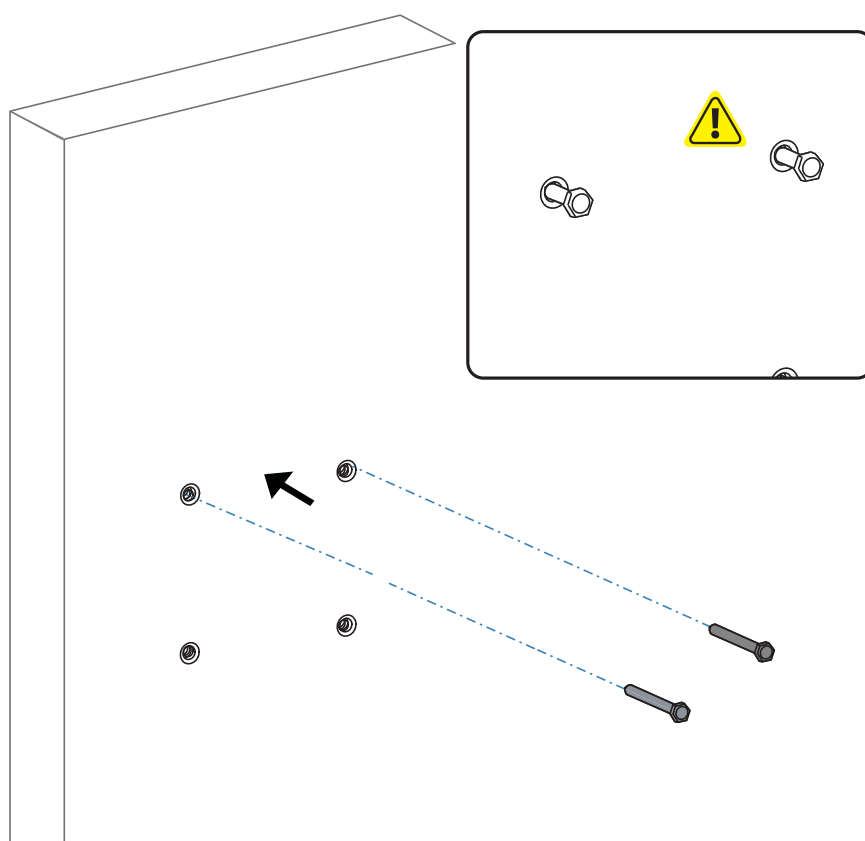
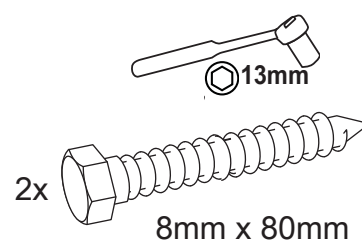
4 Solid Wall Installation



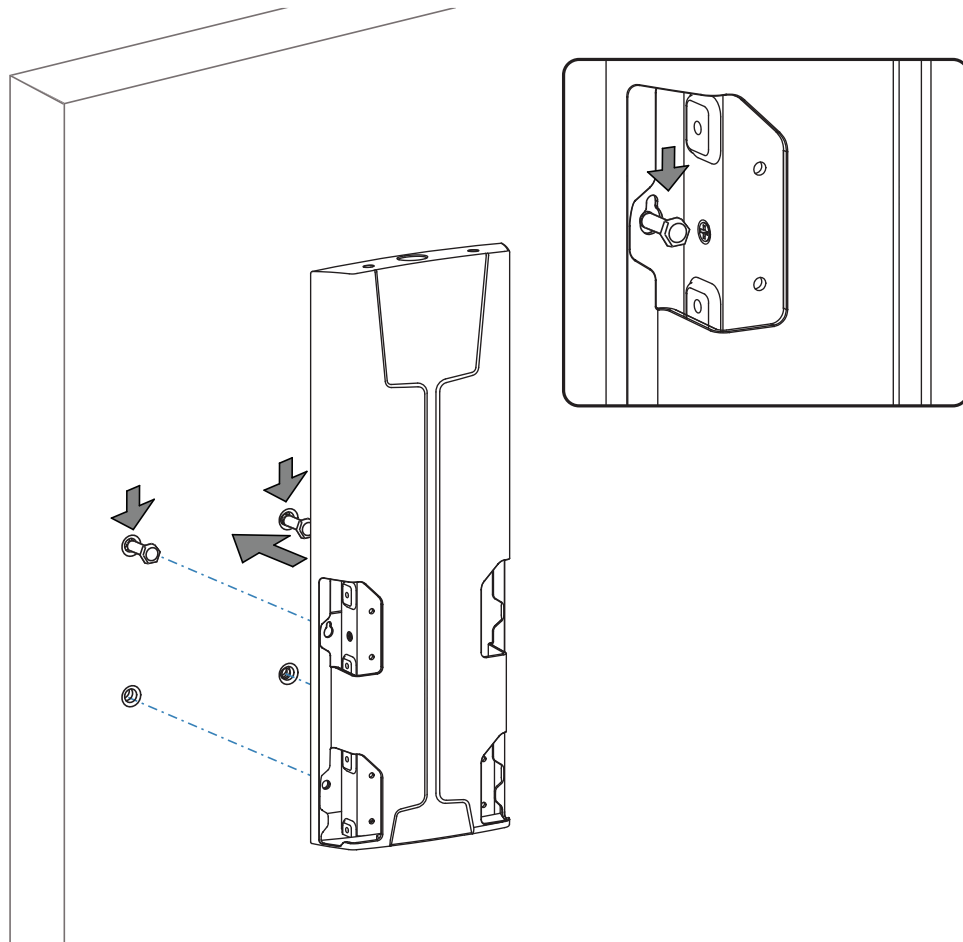
c Insert wall anchors into wall.



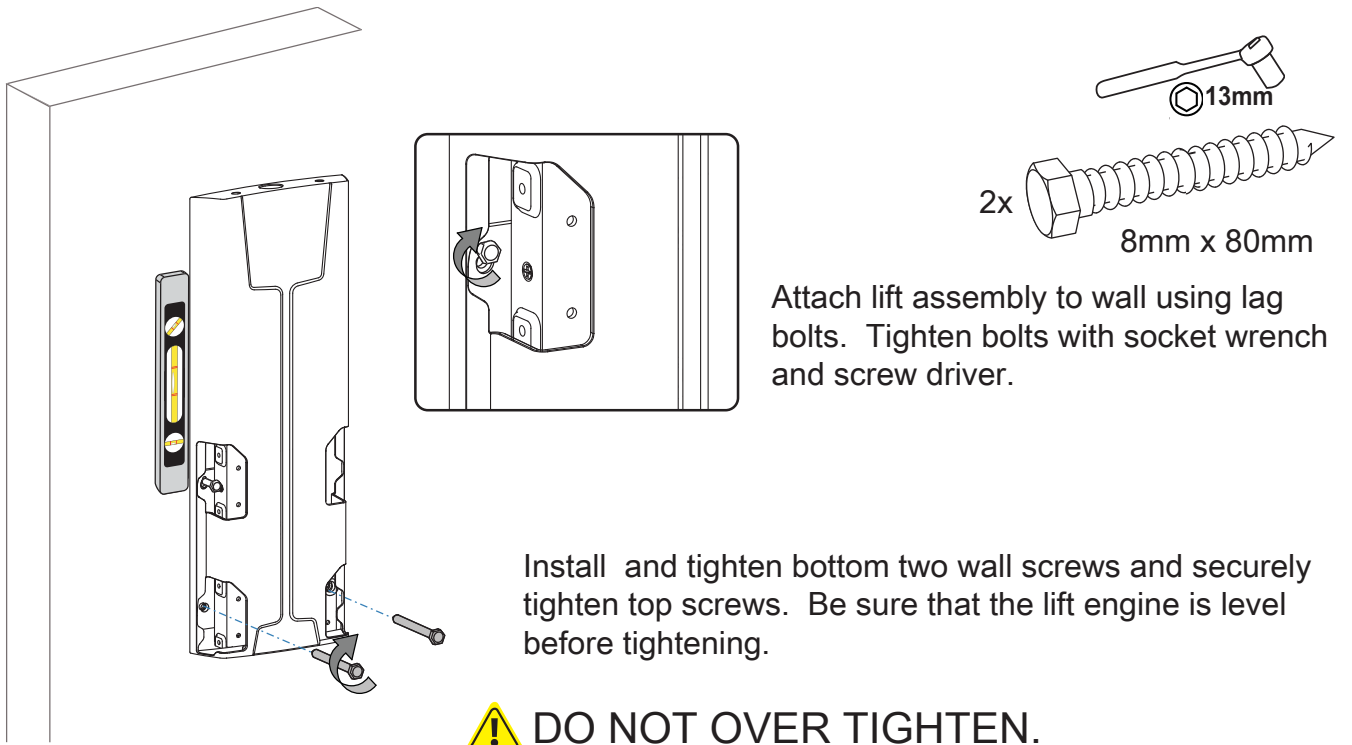
d Install top two screws leaving about a 1/2" of room between the head of the screw and the wall.



- e** Using the wall plate keyholes, hang the lift assembly on the wall screws.

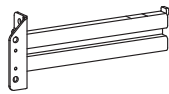


f



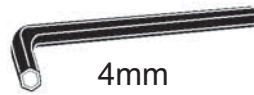
5 Attach Rails To Lift Assembly

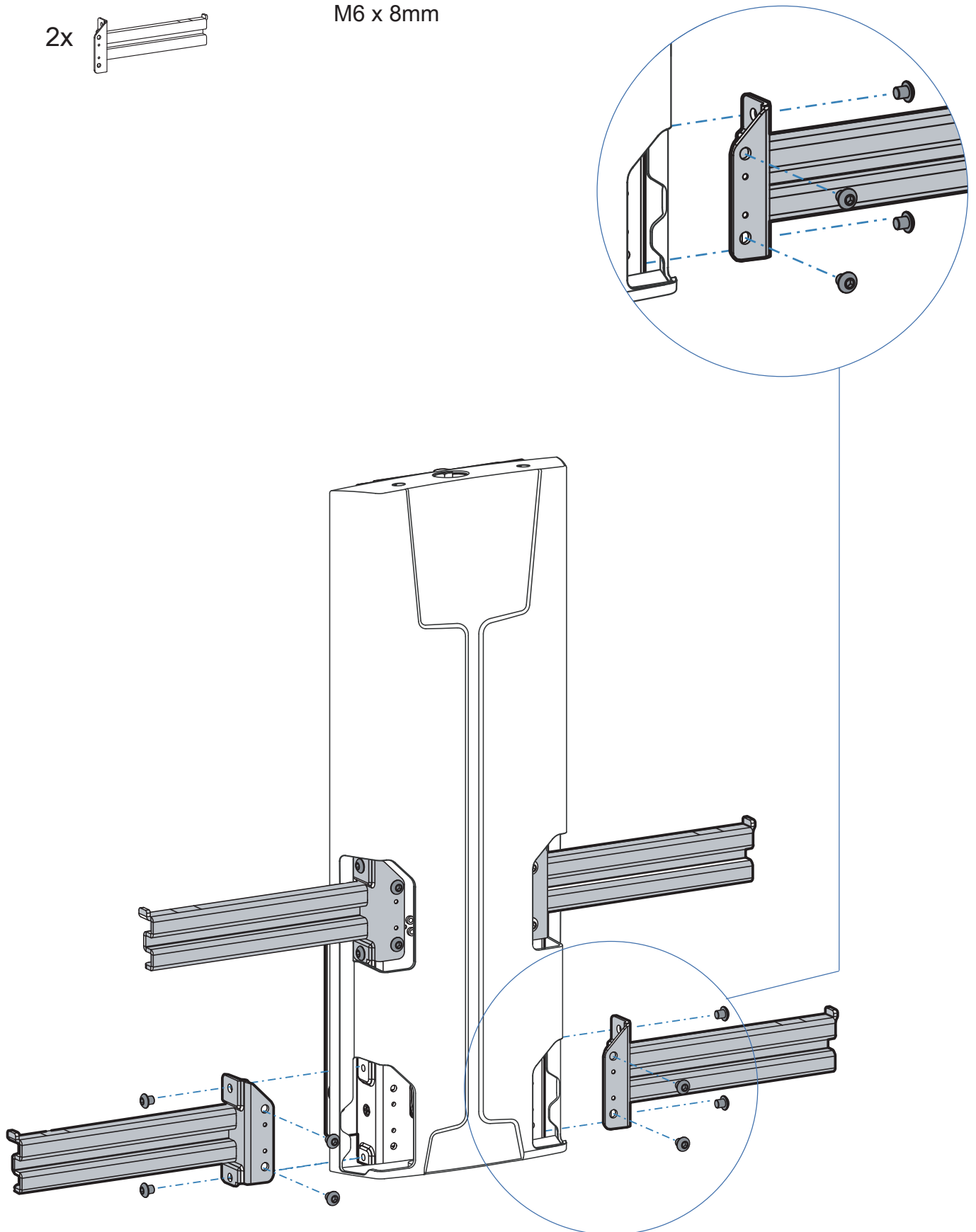
2x 

2x 

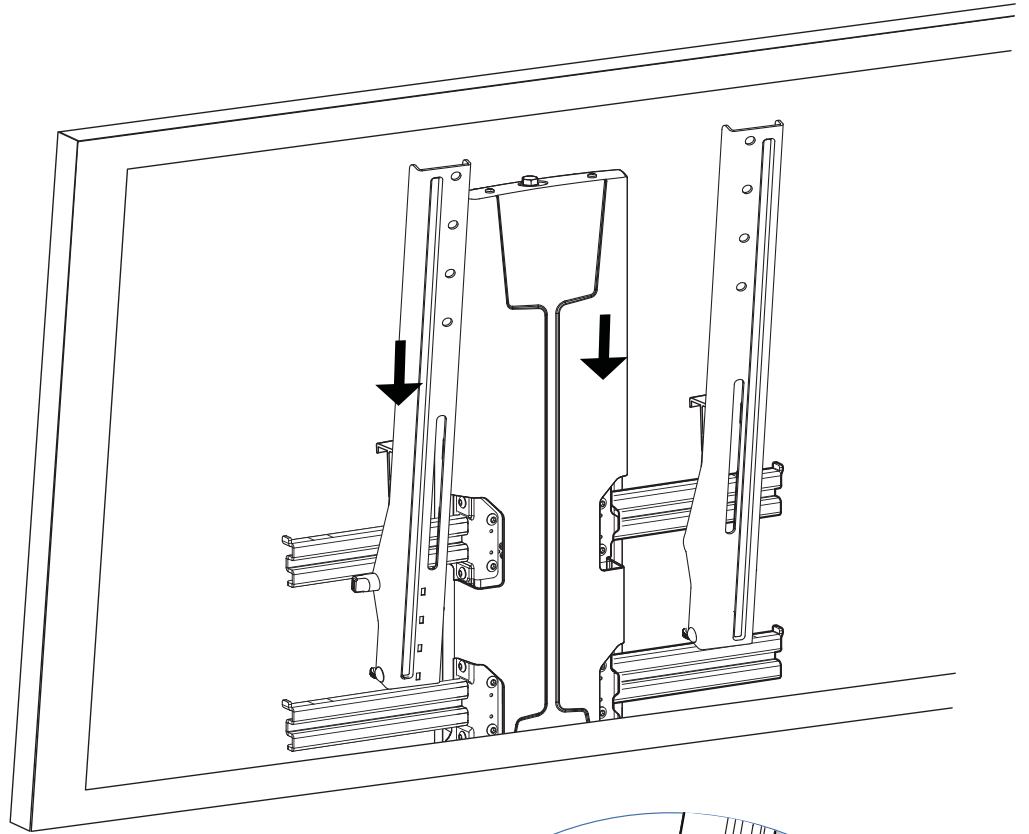
16x 

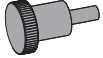
M6 x 8mm

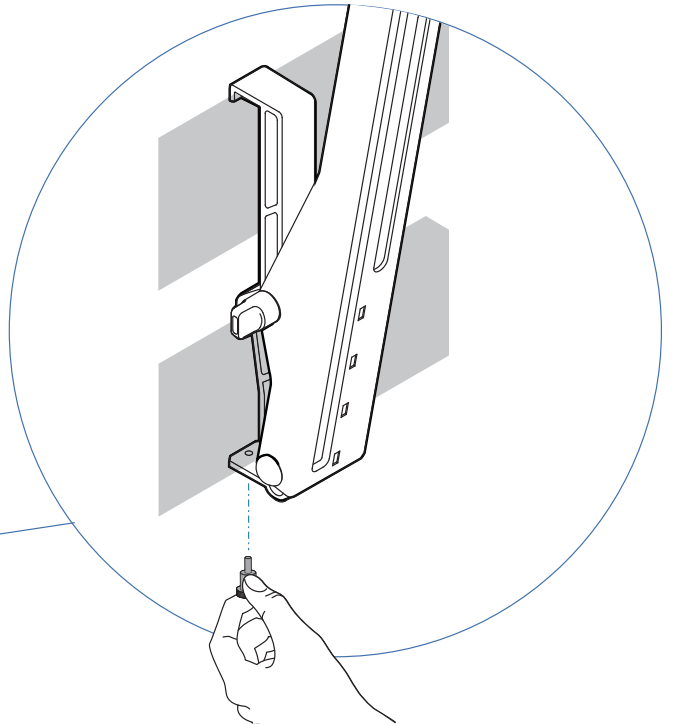
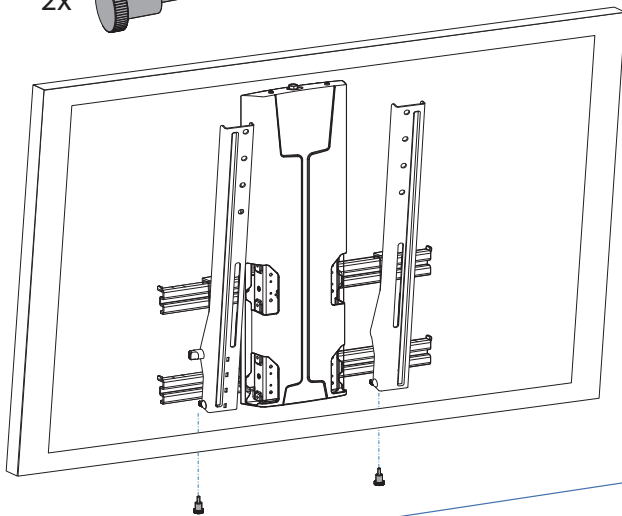
 4mm



6 Hang TV On The Lift Assembly



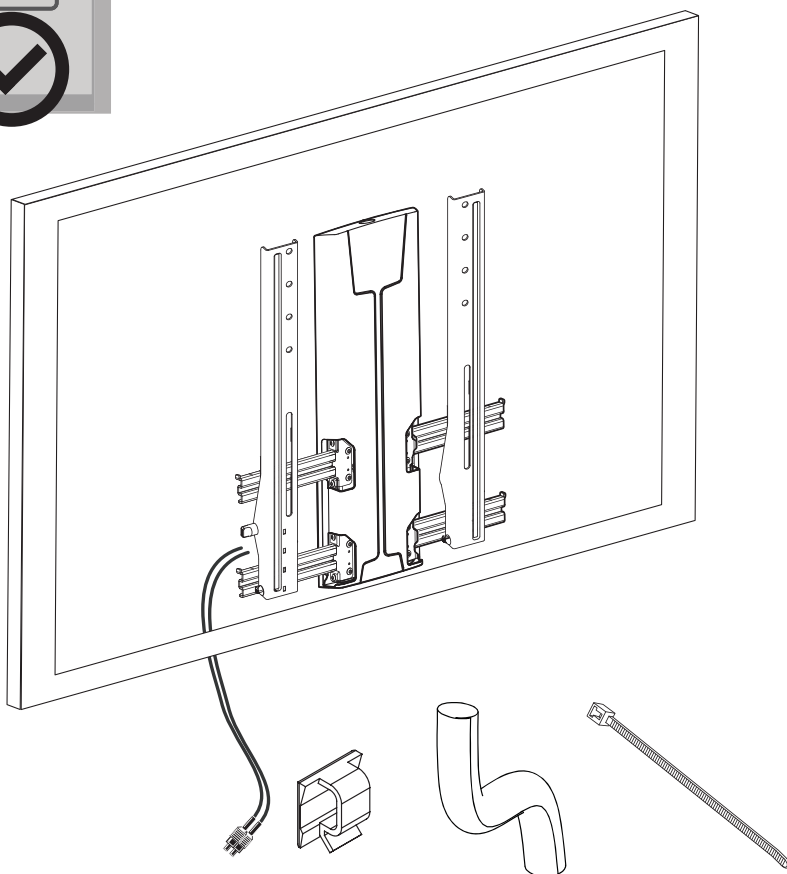
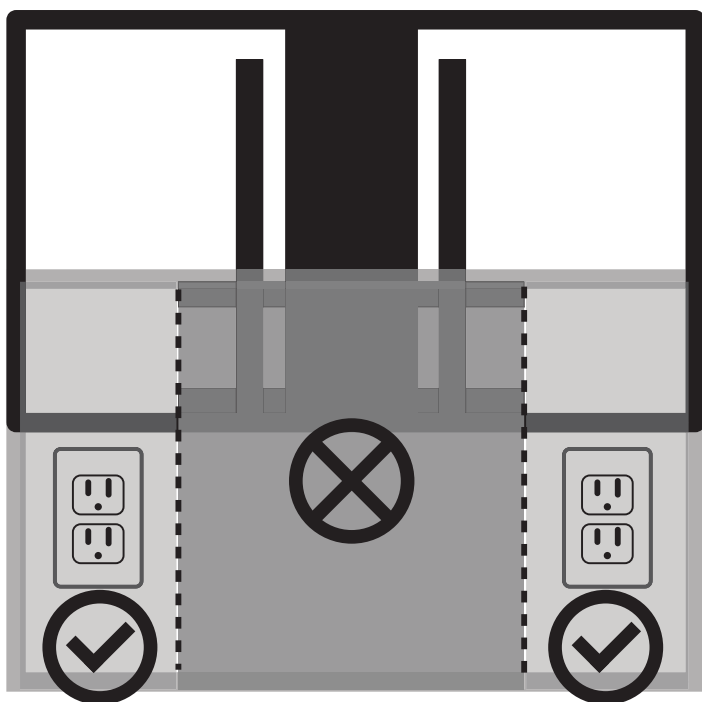
2x 



NOTE: For safe and proper installation be sure to install the locking screw as shown.

7 Route Cables

 **CAUTION:** Risk of electrical shock. To ensure safe use of this product, install power outlets or supplies outside of the horizontal rails. Do not route electrical cords within the path of the horizontal rails. Use the below items to appropriately route your power, hdmi, and AV cables. Be aware of pinch points when routing cables. Failure to heed this caution may result in equipment damage or personal injury.



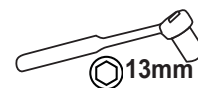
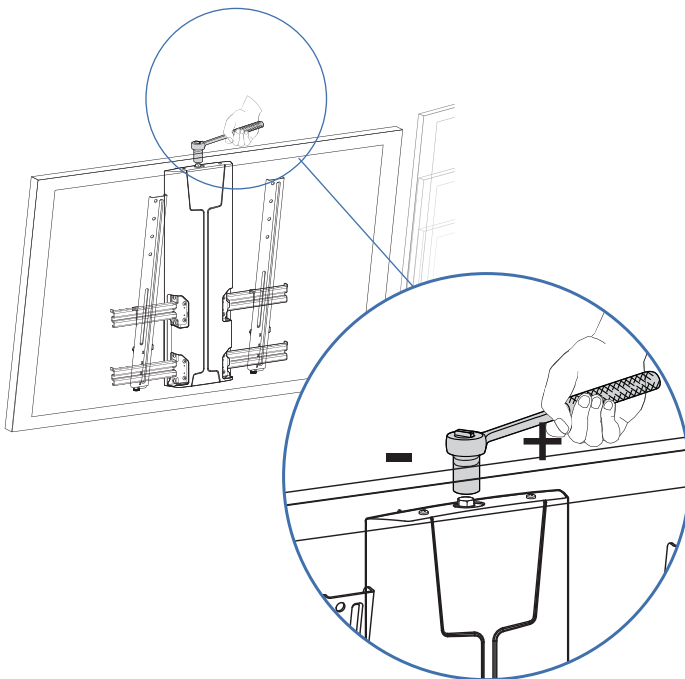
Adjust your mounting solution to handle the added weight.

Adjustments should move smoothly and easily through the full range of motion and stay where you set it. If adjustments are difficult and do not stay in the desired position, follow the instructions to loosen or tighten the tension to create a smooth, easy adjustment motion. Depending on your product and the adjustment, it may take several turns to notice a difference.

8 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.

a



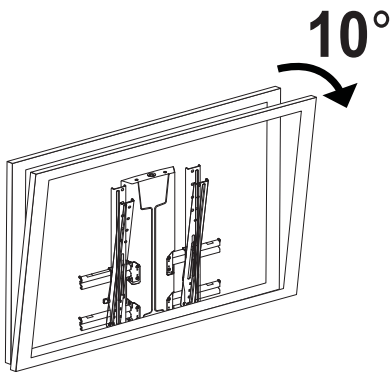
Increase Lift Strength

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

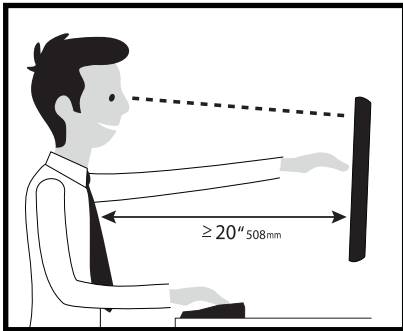
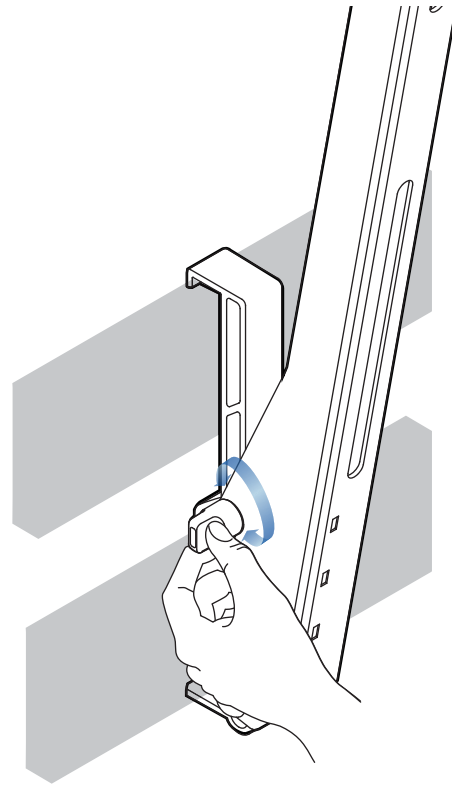
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

b**Increase Friction**

If this product moves too easily,
then you'll need to increase friction:

**Decrease Friction**

If this product is too difficult to move,
then you'll need to decrease friction:



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