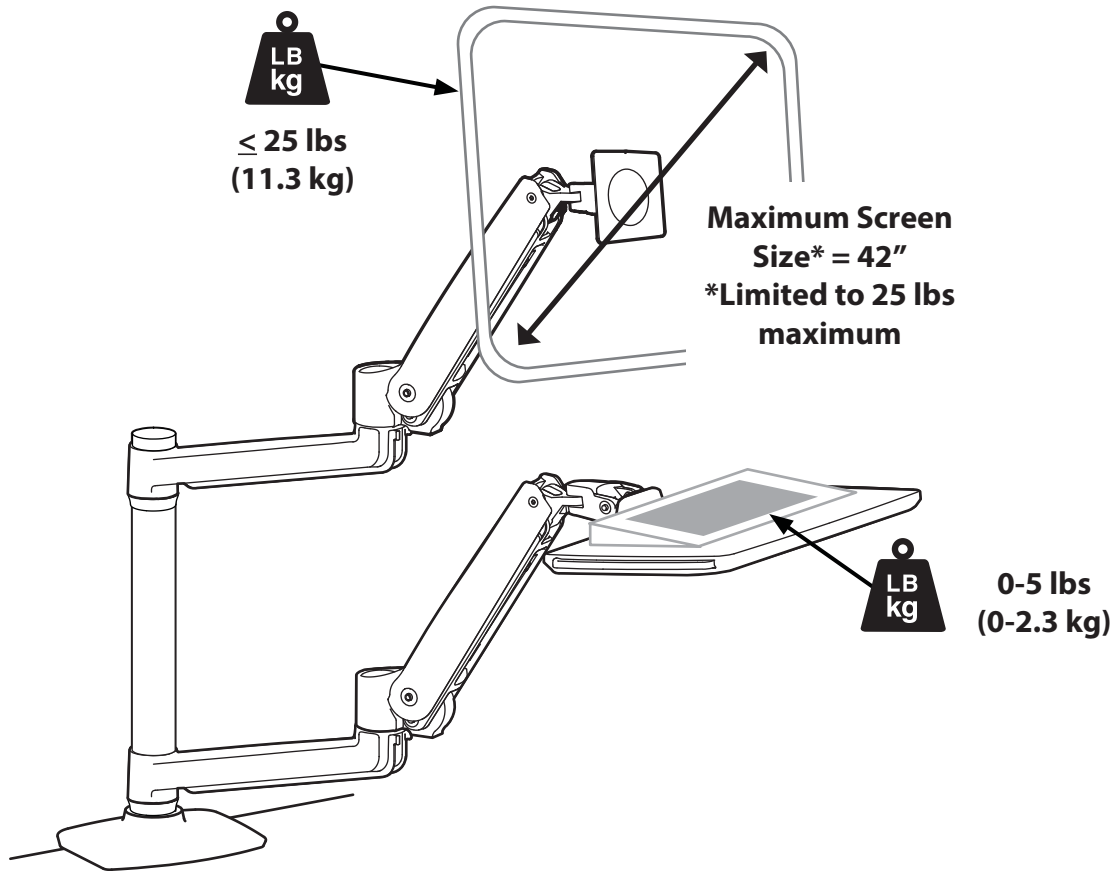
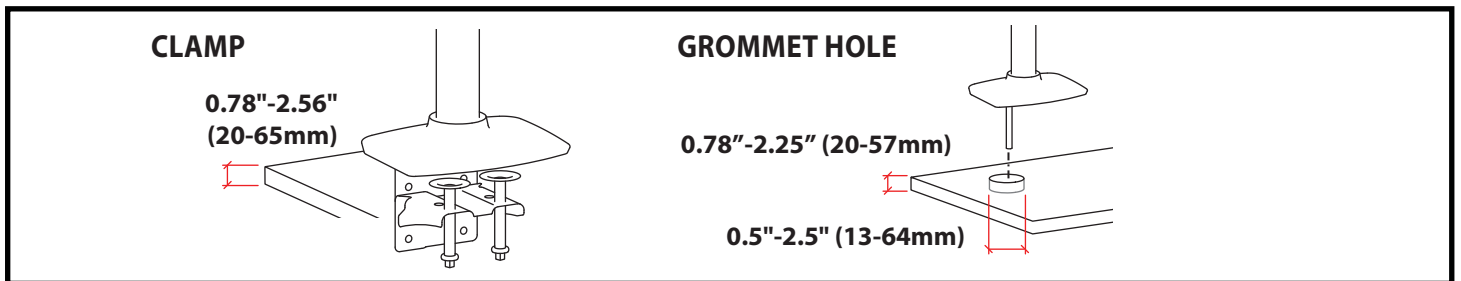


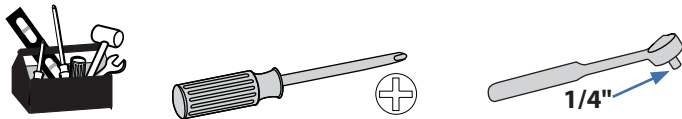
WorkFit-LX, Sit-Stand Desk Mount System



ENGLISH



Tools Needed



205 Westwood Ave, Long Branch, NJ 07740
 Phone: 866-94 BOARDS (26273) / (732)-222-1511
 Fax: (732)-222-7088 | E-mail: sales@touchboards.com

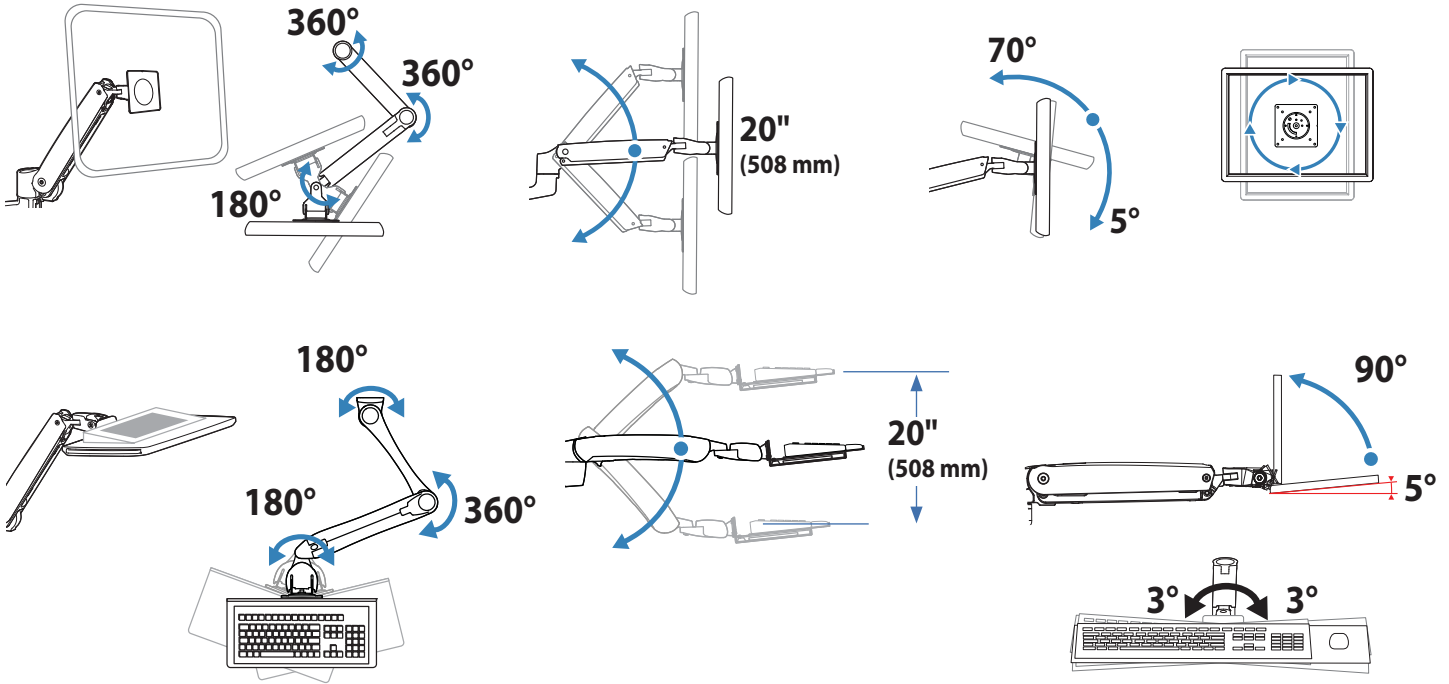
For the latest User Installation Guide please visit: www.ergotron.com



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

Features & Specifications



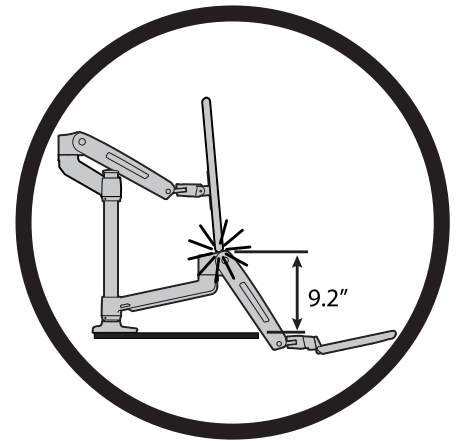
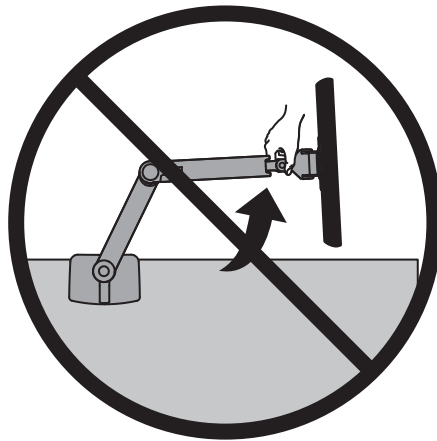
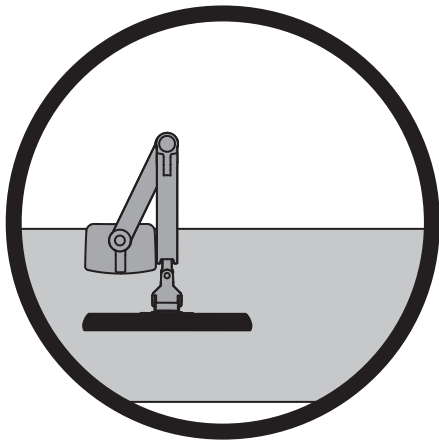
Safety



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.



CAUTION: Monitor may hit Keyboard arm in some configurations. Use caution when moving your monitor and keyboard arms.



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

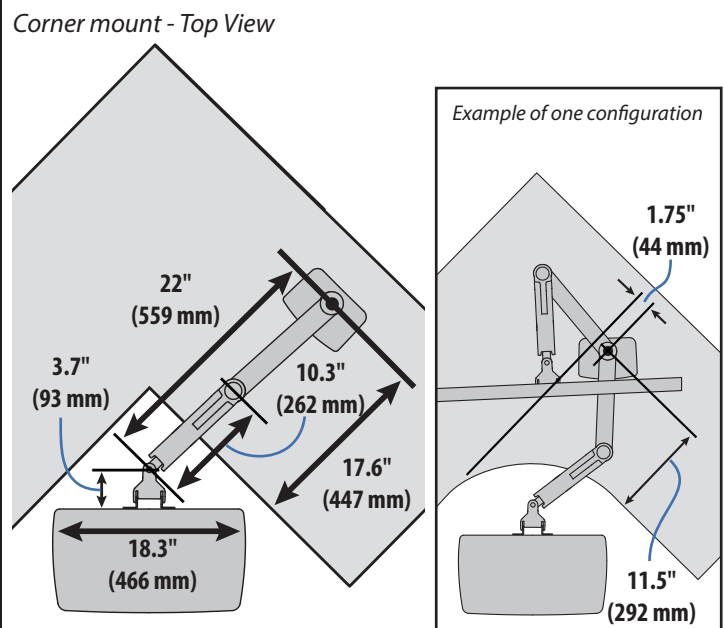
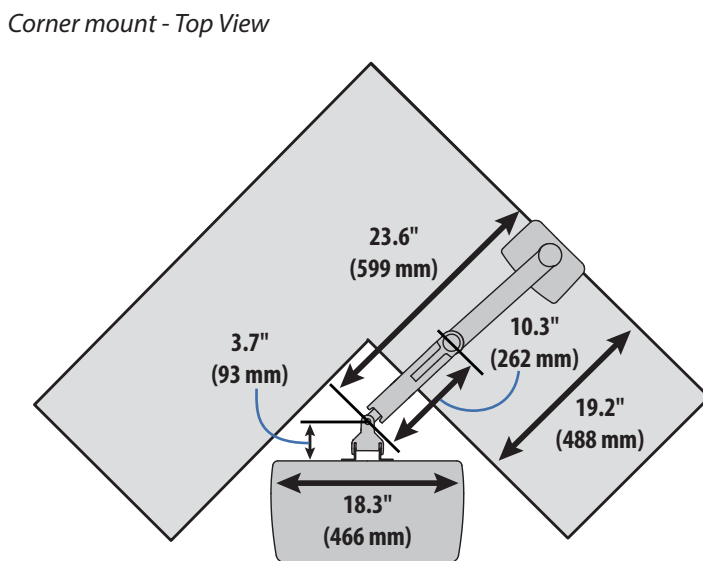
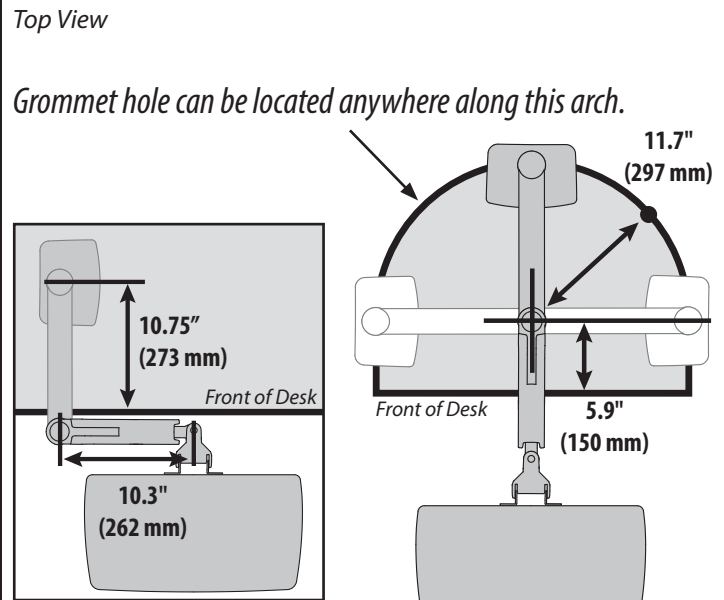
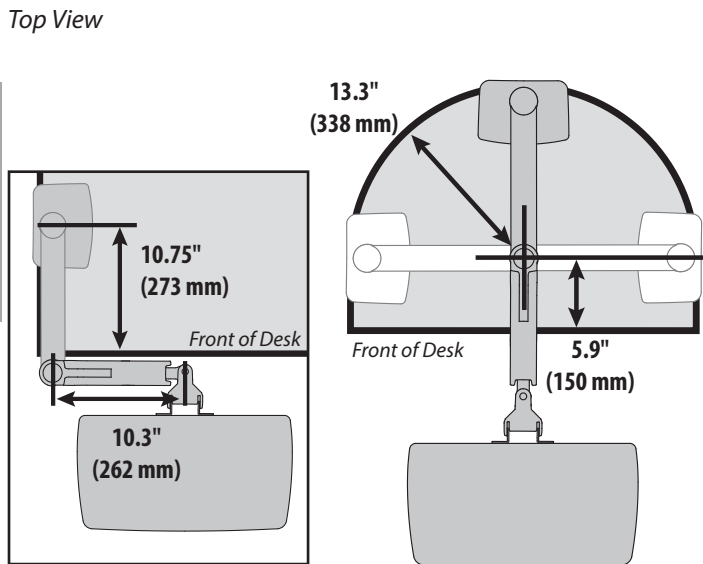
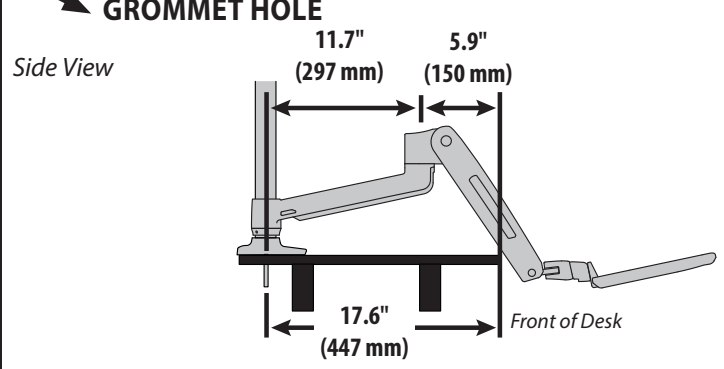
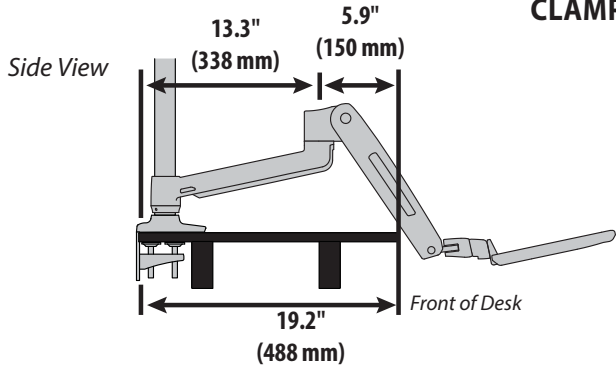
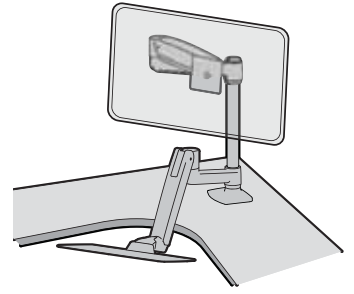


	A	B	C	D	
1	<p>1x</p>	<p>1x</p>	<p>1x</p>	<p>4x M4 x 12mm</p>	
2		<p>2x</p>		<p>4x</p>	<p>4x M5 x 12mm</p>
3		<p>1x</p>		<p>1x</p>	<p>1x M3 x 6mm</p>
4	<p>1x</p> <p>1x</p> <p>2x</p>	<p>4x</p>	<p>1x</p> <p>1x</p> <p>1x</p> <p>1x</p>	<p>4x M4 x 10mm</p>	
		<p>4x</p>		<p>4x M5 x 7mm</p>	
5	<p>2x</p> <p>2x M6</p> <p>2x M6 x 45mm</p>	<p>2x</p>	<p>4x</p>	<p>6x M5 x 20mm</p>	
		<p>1x</p>	<p>1x 2.5mm</p>	<p>4x M8M5 Converter</p>	
6	<p>1x 4mm</p>	<p>1x 5mm</p>	<p>8mm</p> <p>1x 1/4"</p>	<p>4x M4 x 8mm</p>	
				<p>2x M4 x 14mm</p>	

1 Desk Placement

Maximum dimensions to allow keyboard arm to lower below front of desk.

CAUTION: Base must be completely on desk surface. Failure to follow these instructions may result in equipment damage or personal injury.



ENGLISH

2

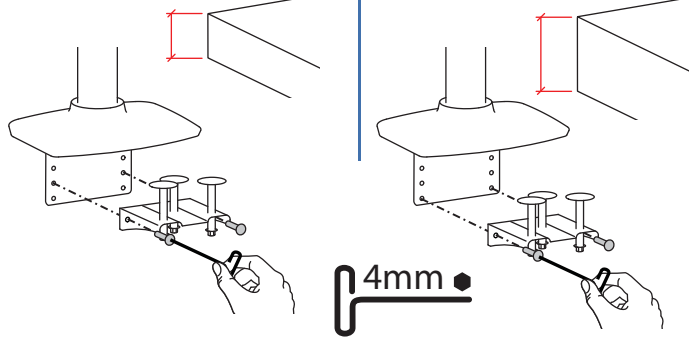
CLAMP

GROMMET HOLE

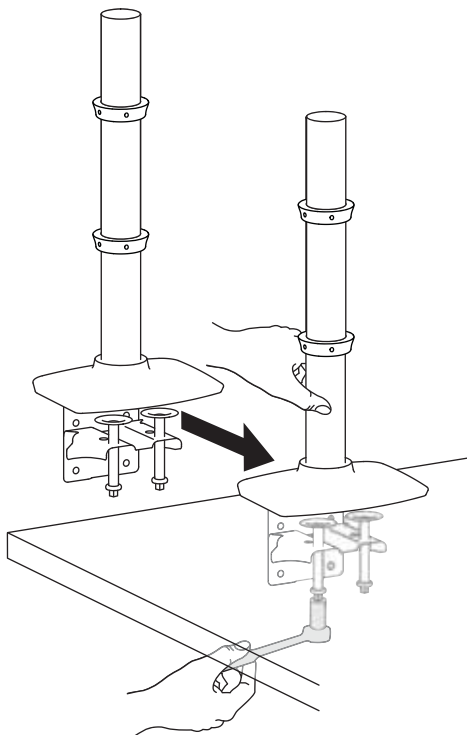
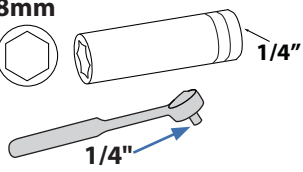
DESK THICKNESS

0.78"-1.38" (20-35mm)

1.18"-2.56" (30-65mm)



8mm

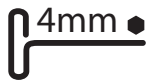
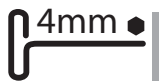
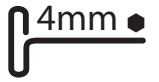


a

b

c

d



1x

1x

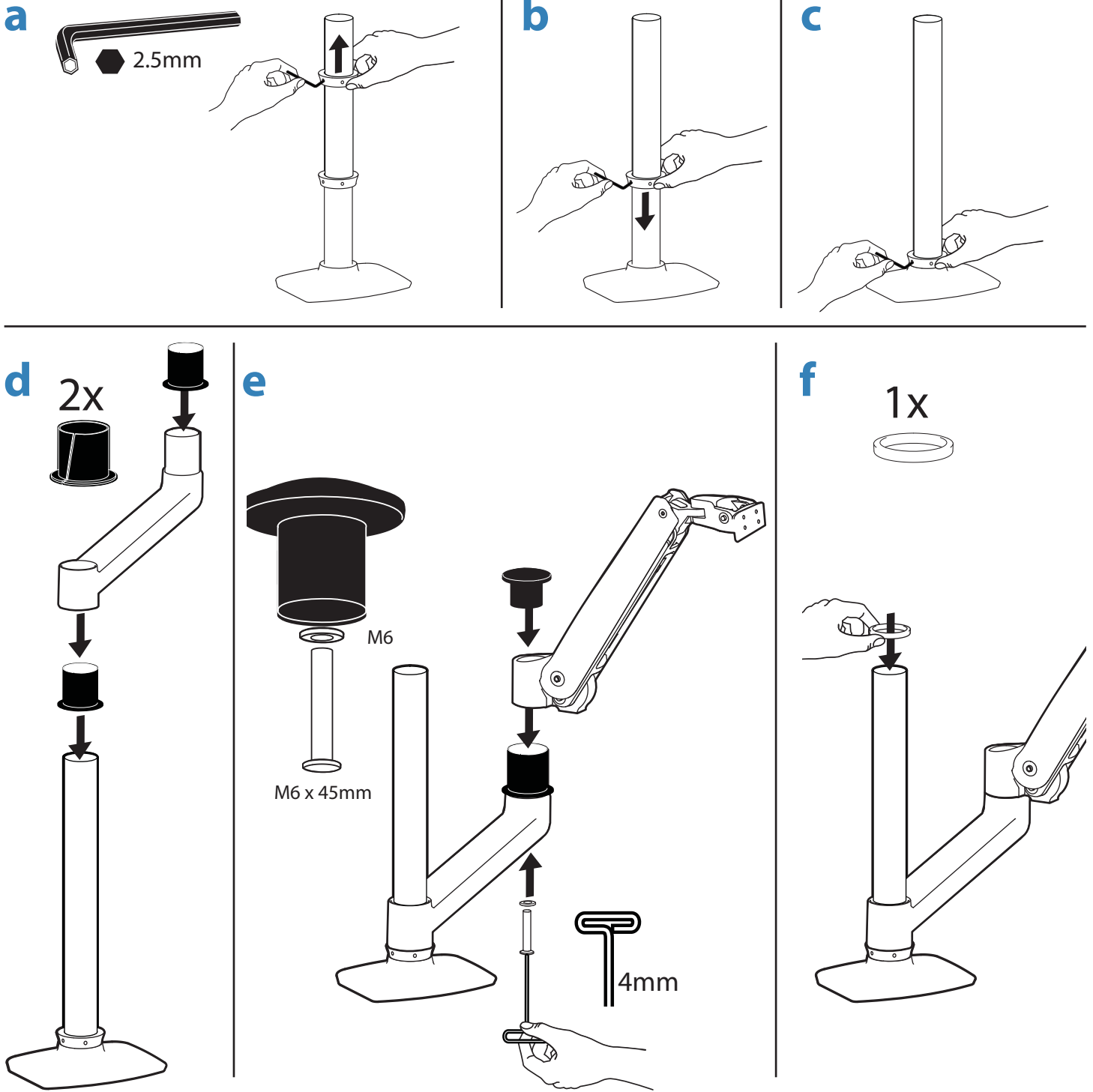
1x 1x



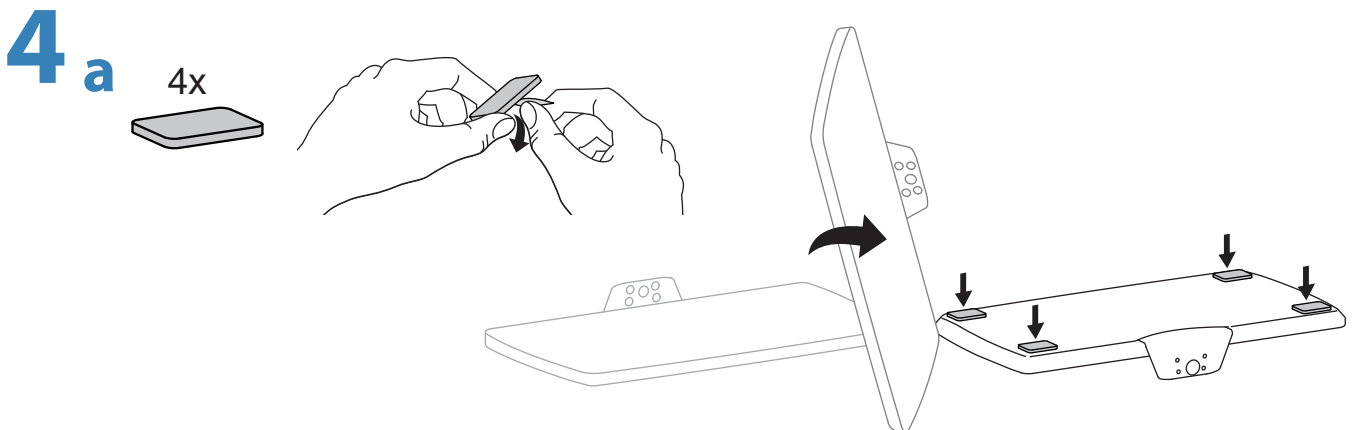
CAUTION: Bolt must be centered in hole.


ENGLISH

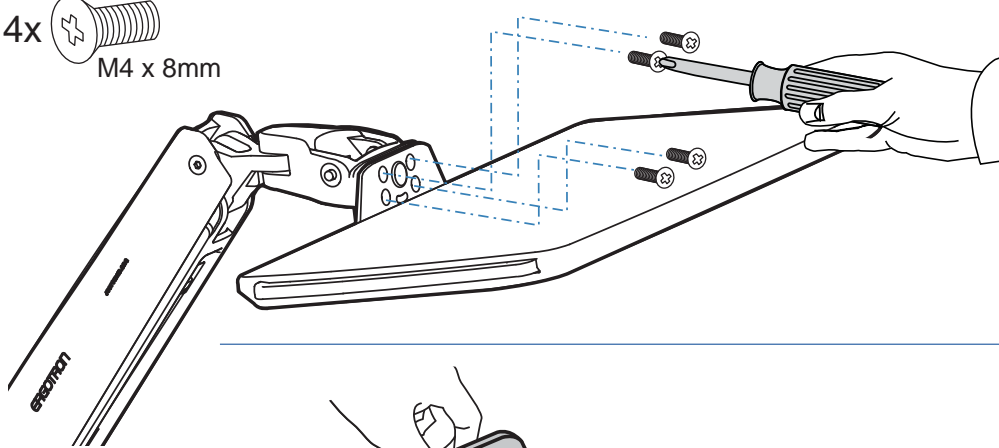
3 Mount extension and arm to pole.



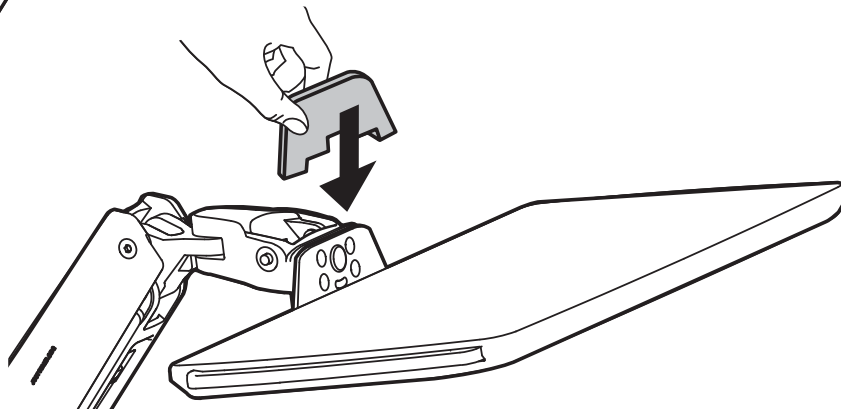
ENGLISH



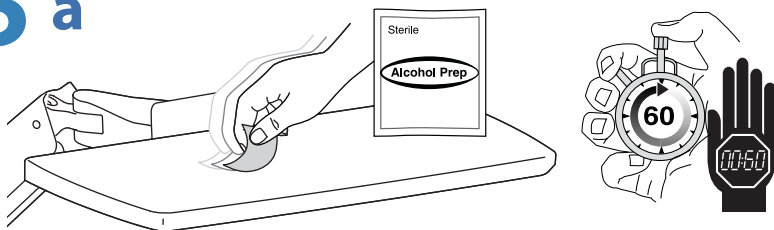
b 4x  M4 x 8mm



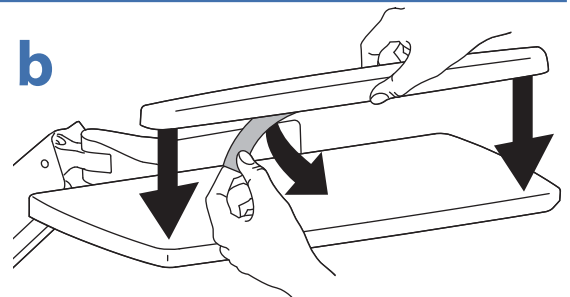
c



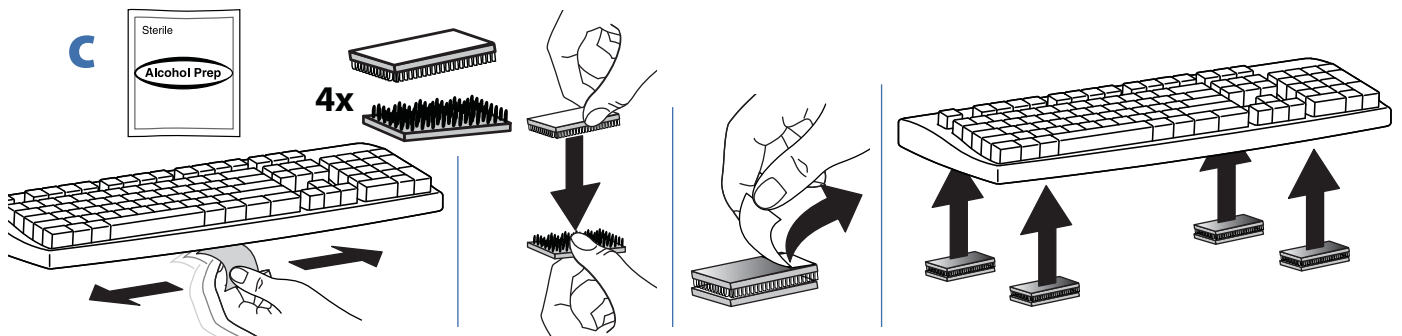
5 a



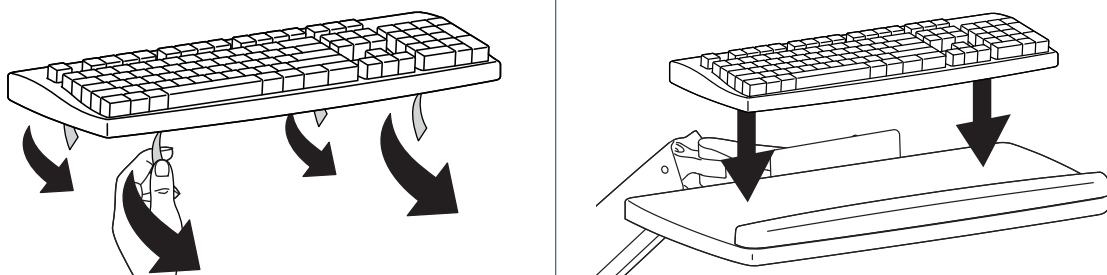
b



c



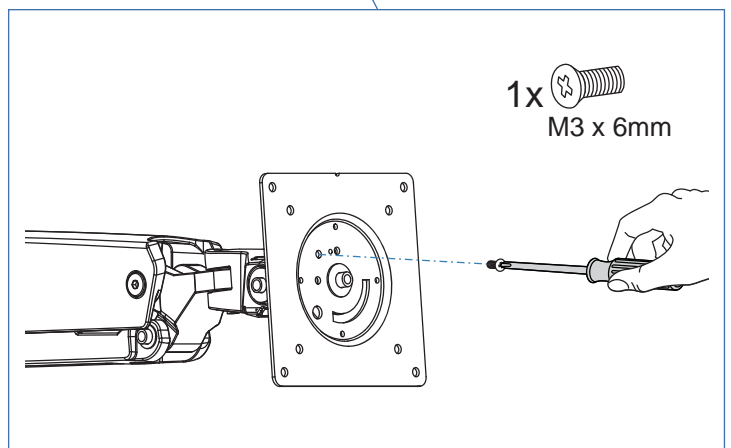
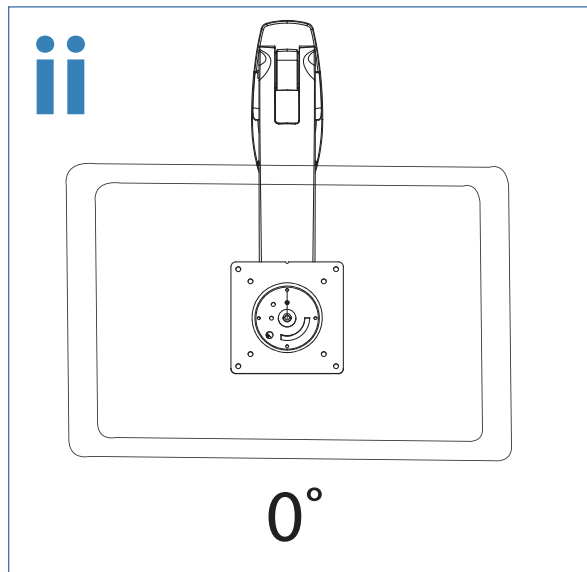
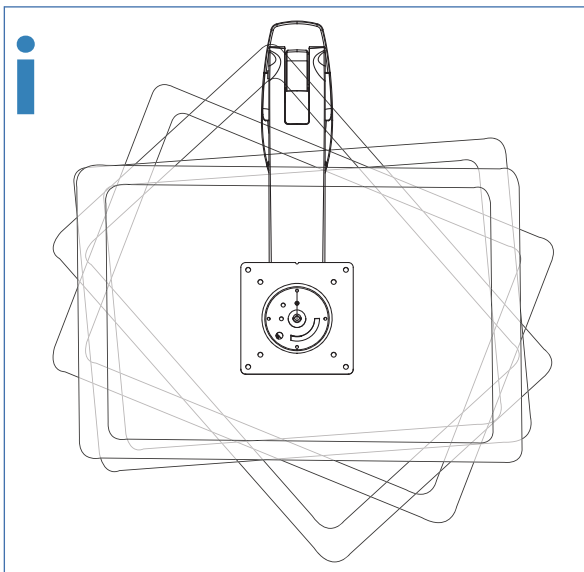
d



6 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.



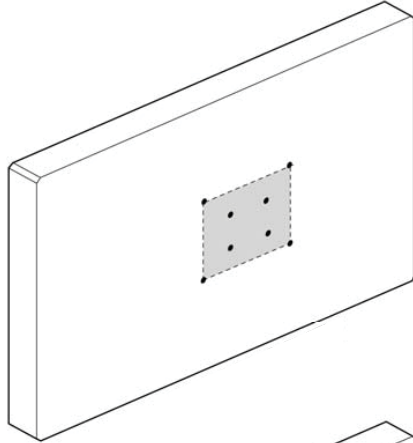
7

Check size of TV/Monitor hole pattern

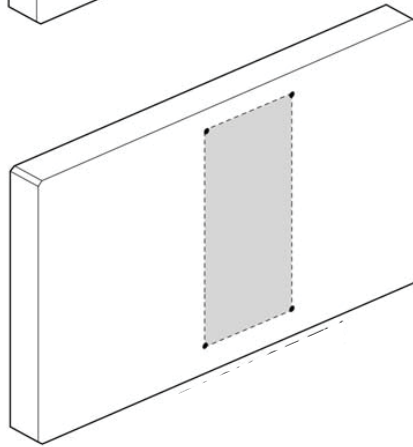
TV/Monitor Hole Pattern Sizes

VESA Adapter Configurations

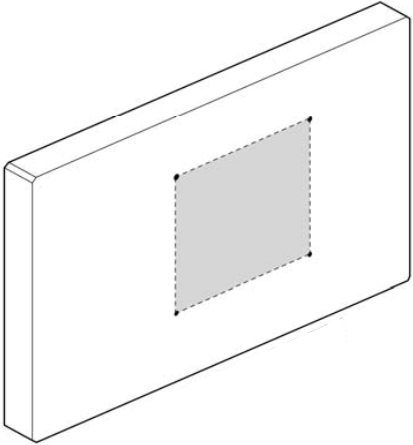
A 75x75mm
100x100mm



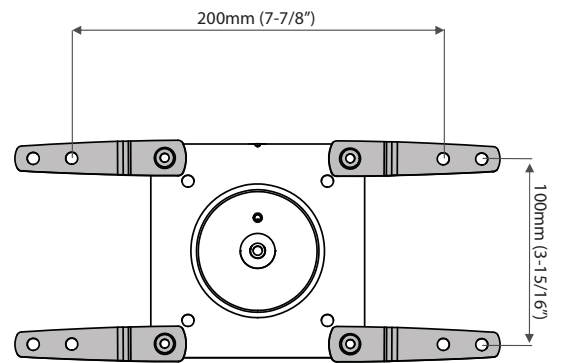
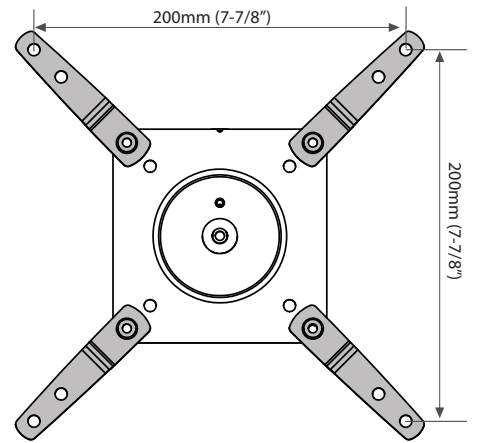
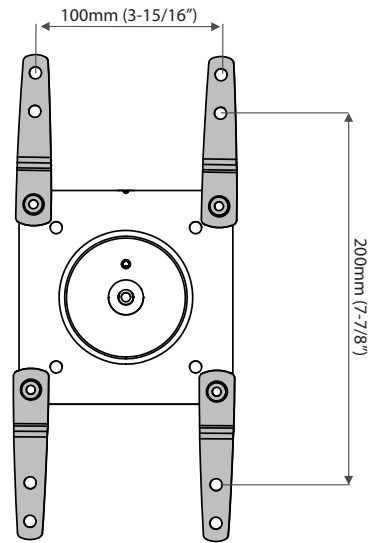
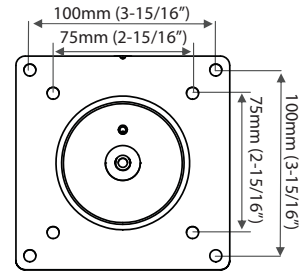
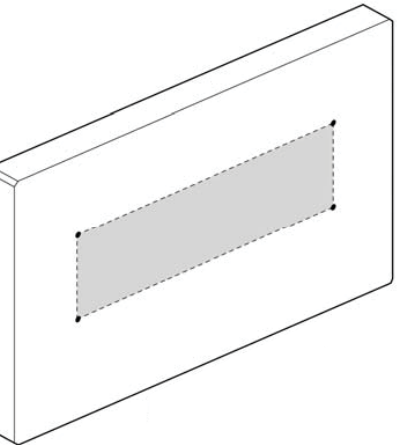
B 100x200mm



C 200x200mm



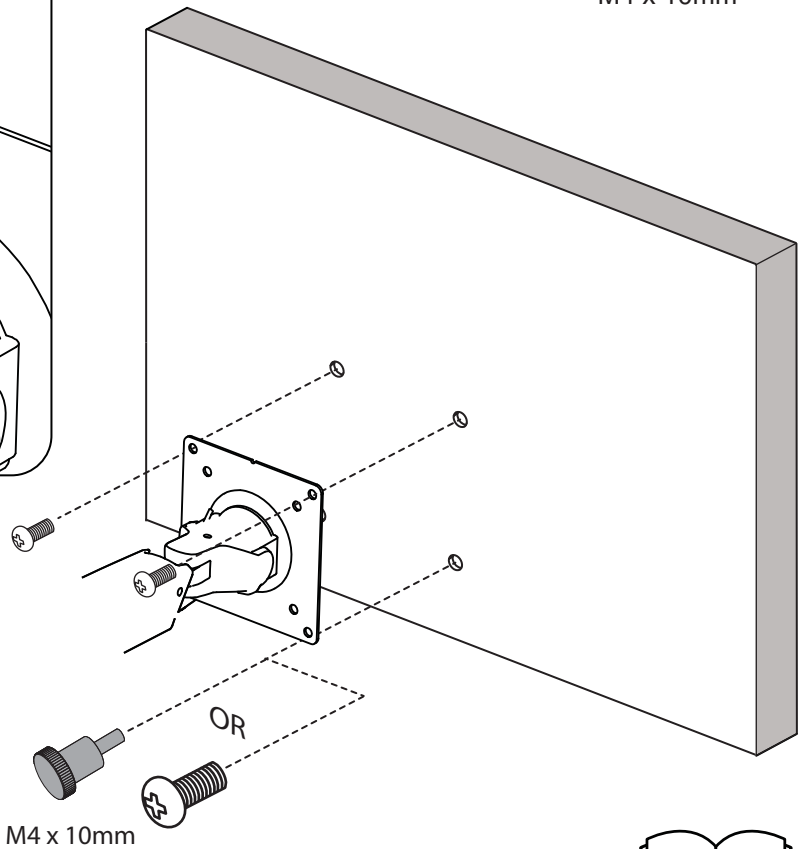
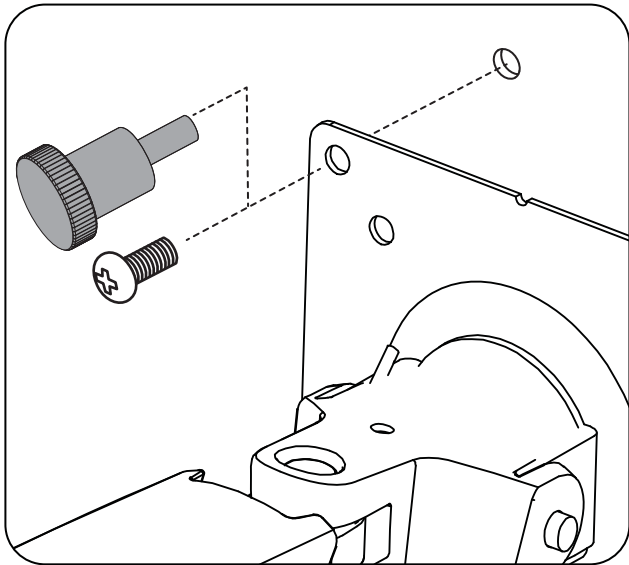
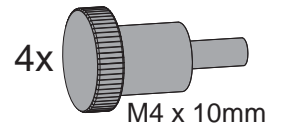
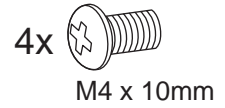
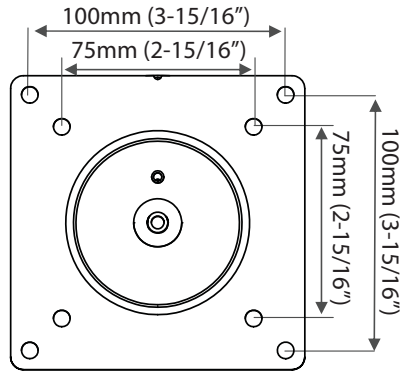
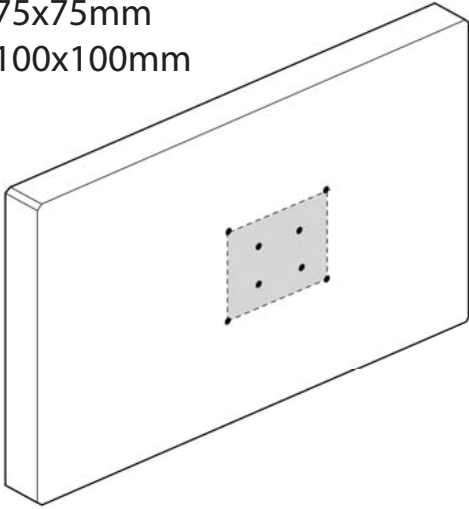
D 200x100mm

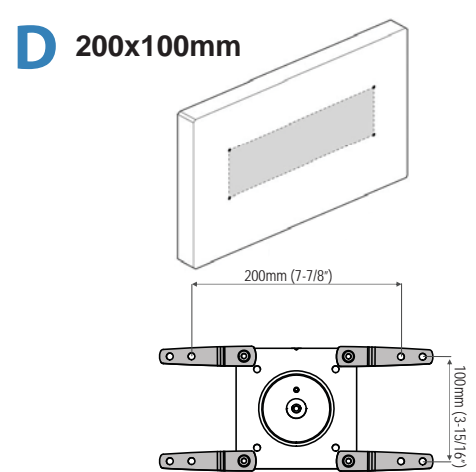
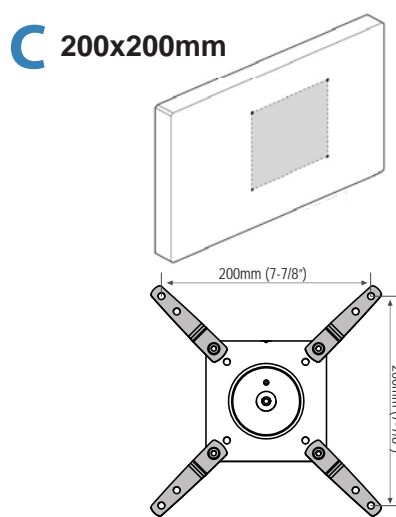
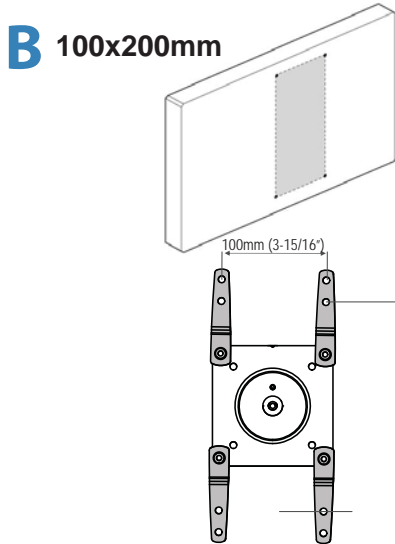


7 Mount Type A TV/Monitor to Arm

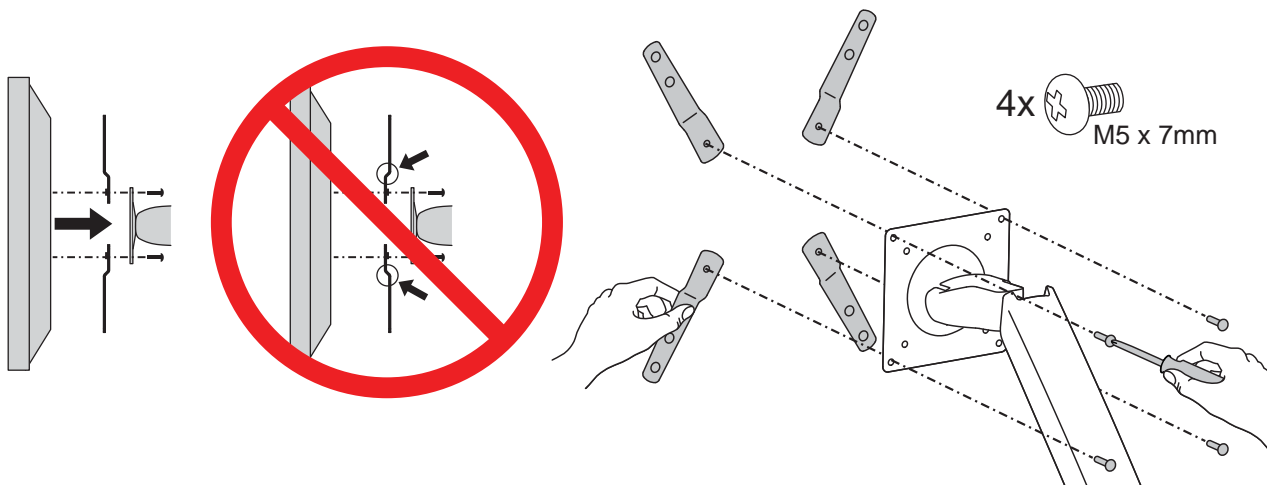
A

75x75mm
100x100mm



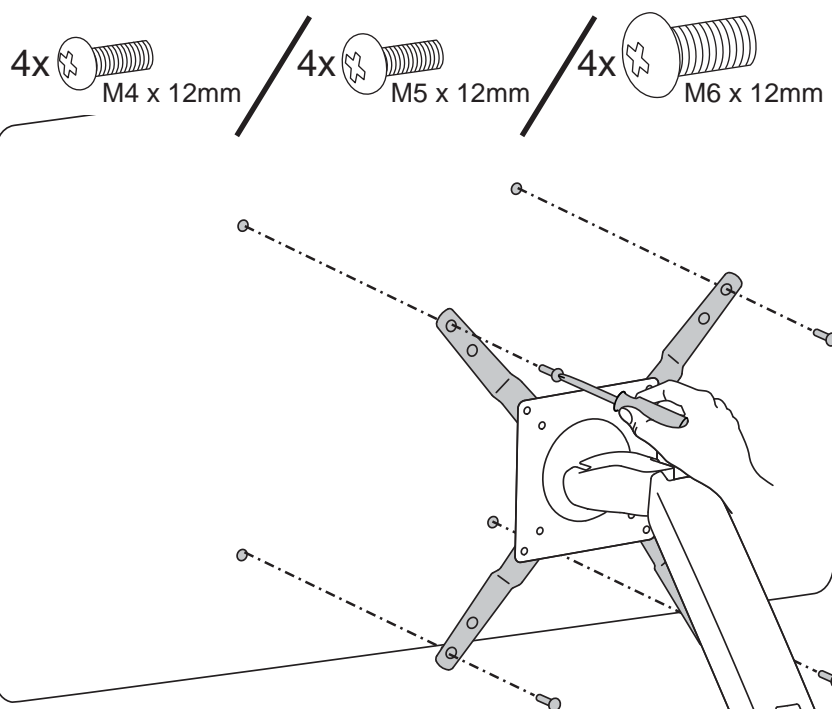


7a Mount VESA Adapters to Arm based on TV/Monitor hole pattern size (B, C, or D) .



7b Mount Type B, C, or D TV/Monitor to Arm

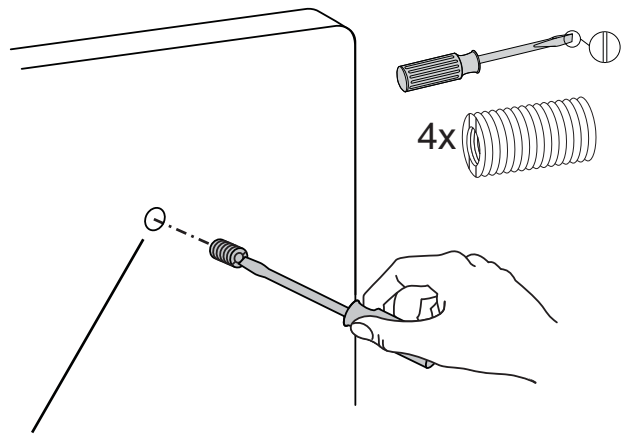
NOTE: To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.



M8M5 KIT Instructions

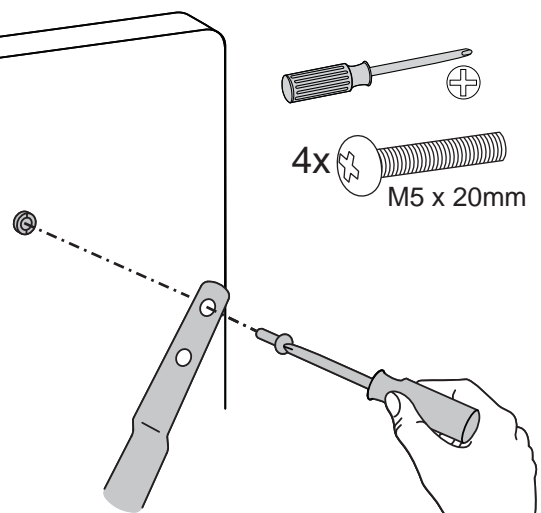
NOTE: Follow this step only if your TV/monitor has M8 holes which need to be reduced to M5.

Install M8M5 reducer bushing to TV/Monitor and use M5 x 20 mm monitor screws to secure.



TV/Monitor Mounting
M8 size hole

4x

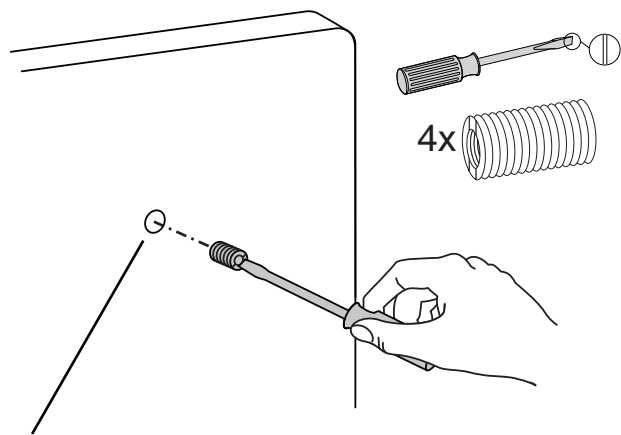


4x
M5 x 20mm

ENGLISH

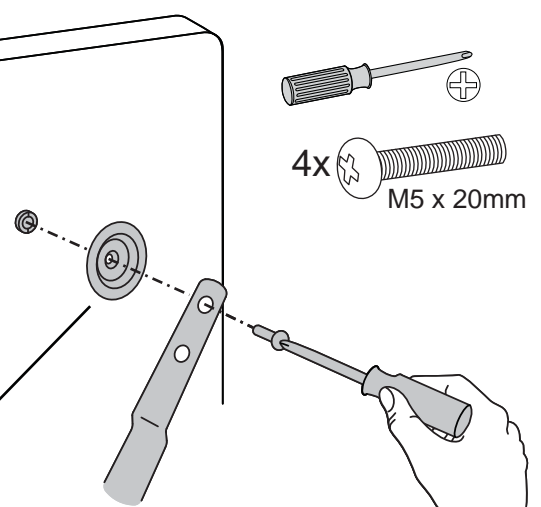
NOTE: Follow this step only for Samsung models using the holder ring.

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



TV/Monitor Mounting
M8 size hole

4x

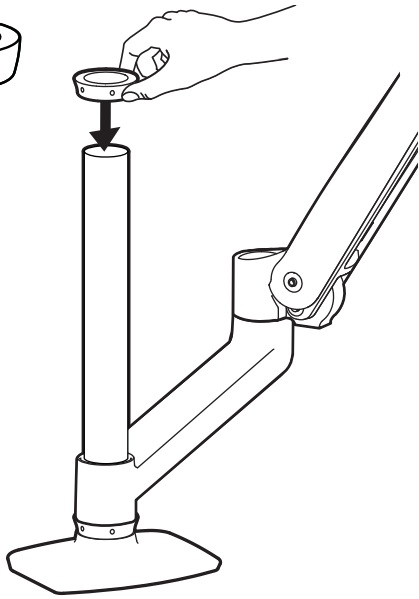


4x
M5 x 20mm

Holder Ring
(Not included *Samsung Only)

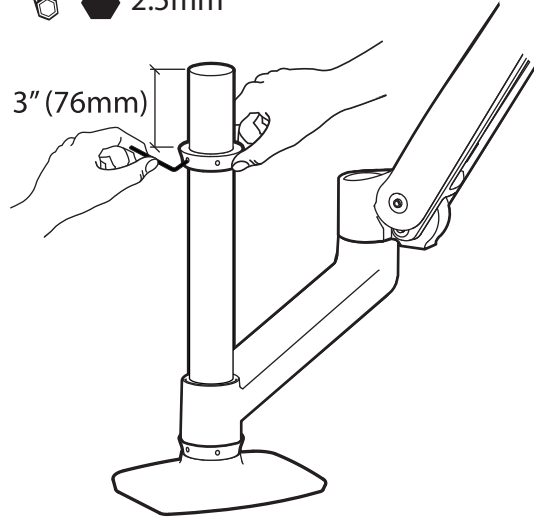
8 Mount extension and arm to pole.

a 1x 

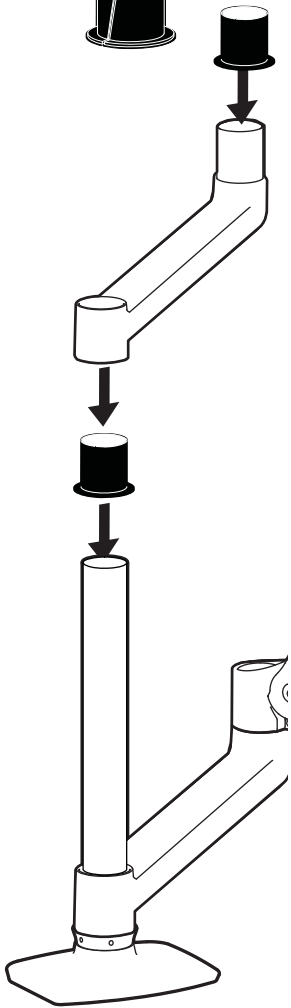


b  2.5mm

3" (76mm)



c 2x 

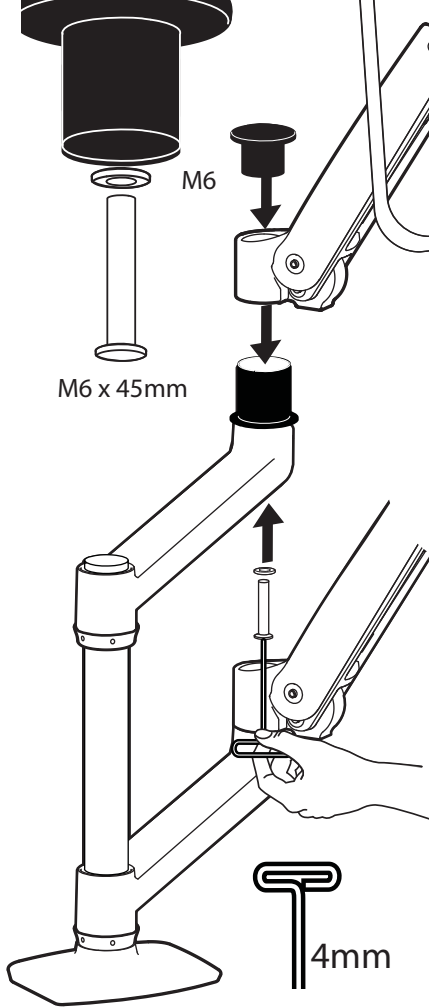


d



M6


M6 x 45mm

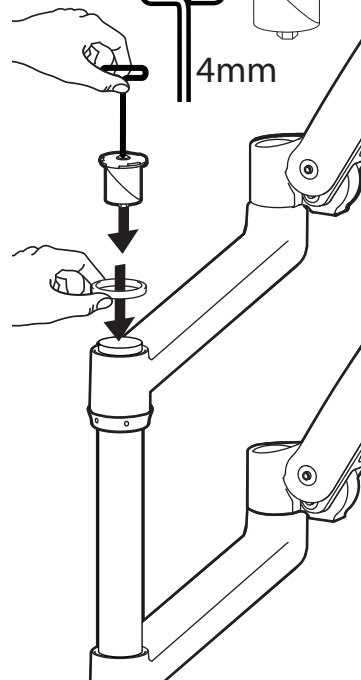


e

1x 

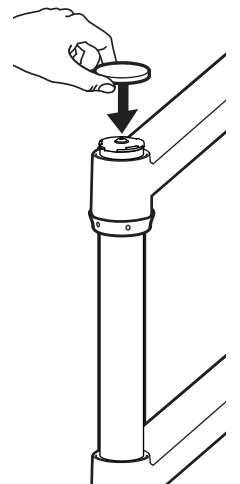
1x 

4mm 



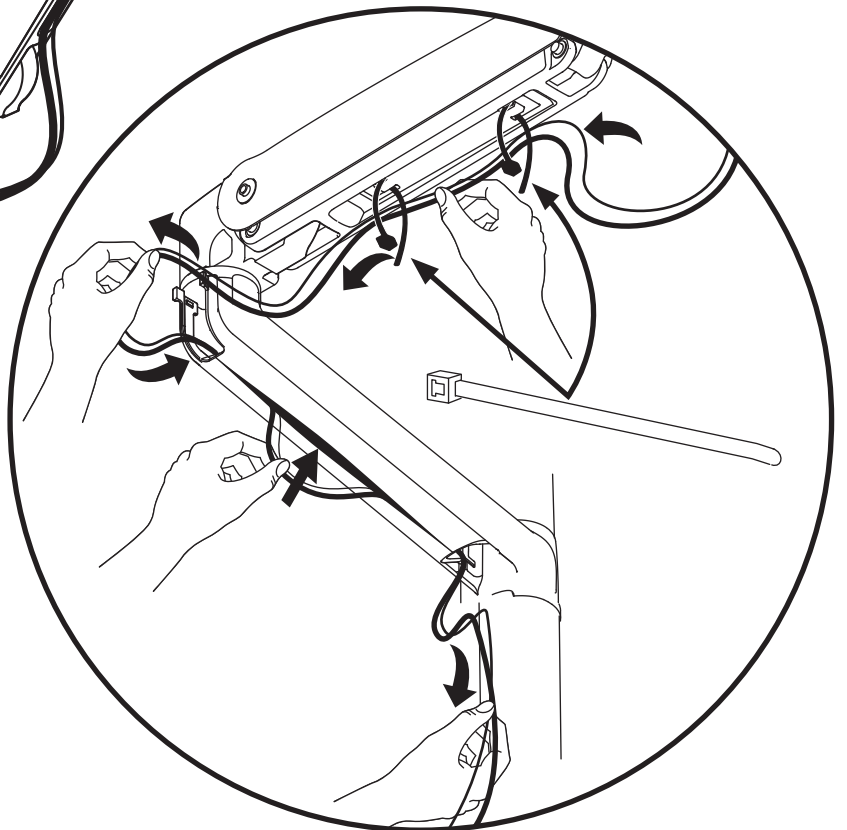
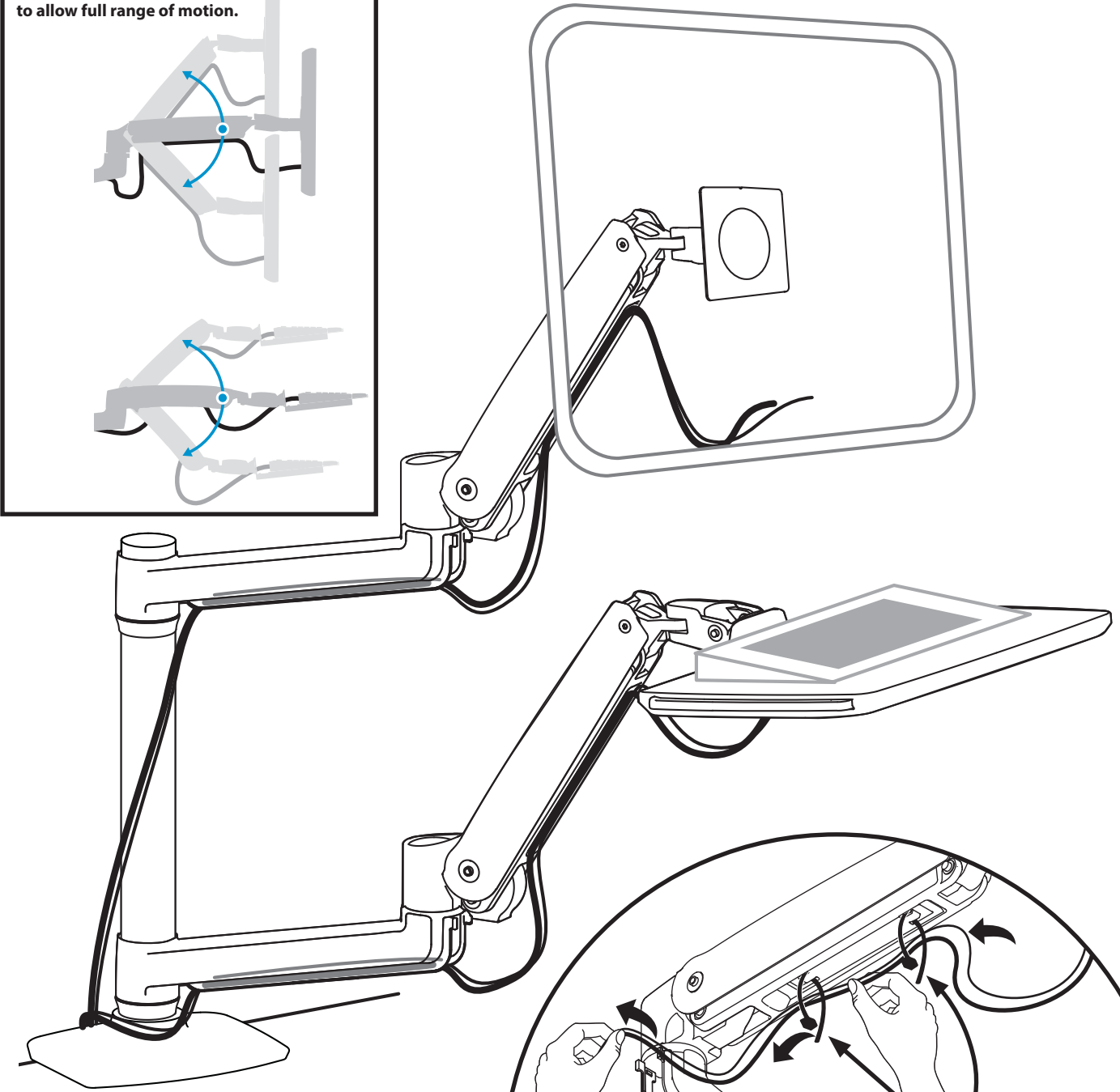
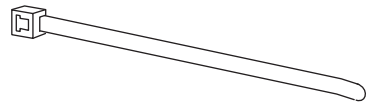
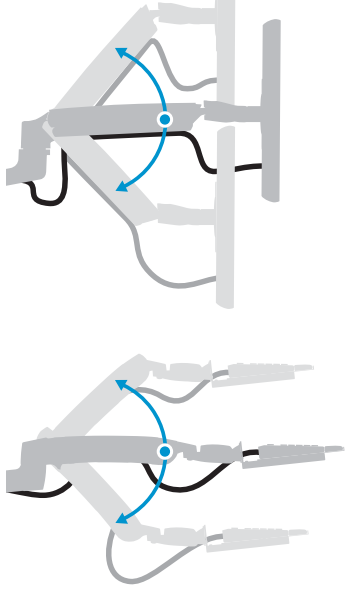
f

1x 



9 Organize and route cables

Leave enough slack in cables to allow full range of motion.



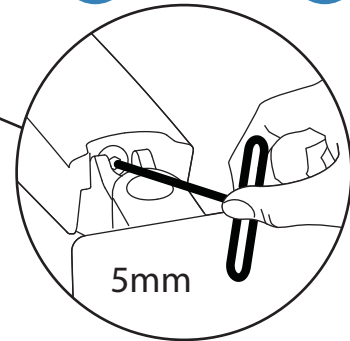
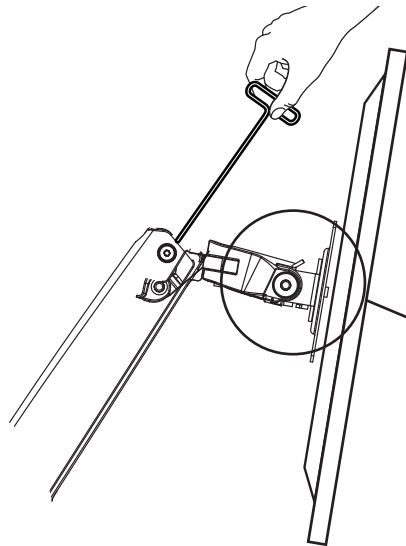
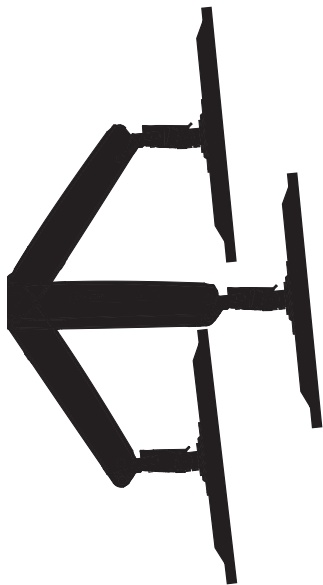
ENGLISH



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.

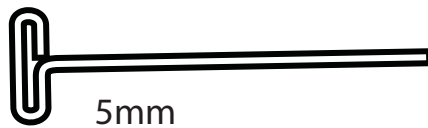
10 To adjust the arm lift:



5mm



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



5mm



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:



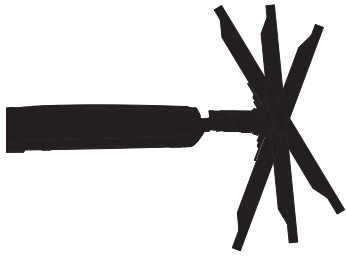
Decrease Lift Strength

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

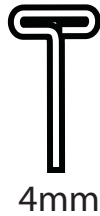


WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious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

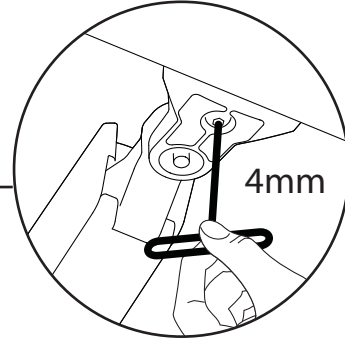
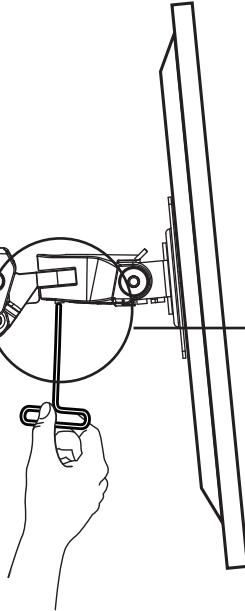
11 To adjust the TV/monitor tilt:



CAUTION: DO NOT remove screw. Removing screw may cause damage to equipment.



4mm

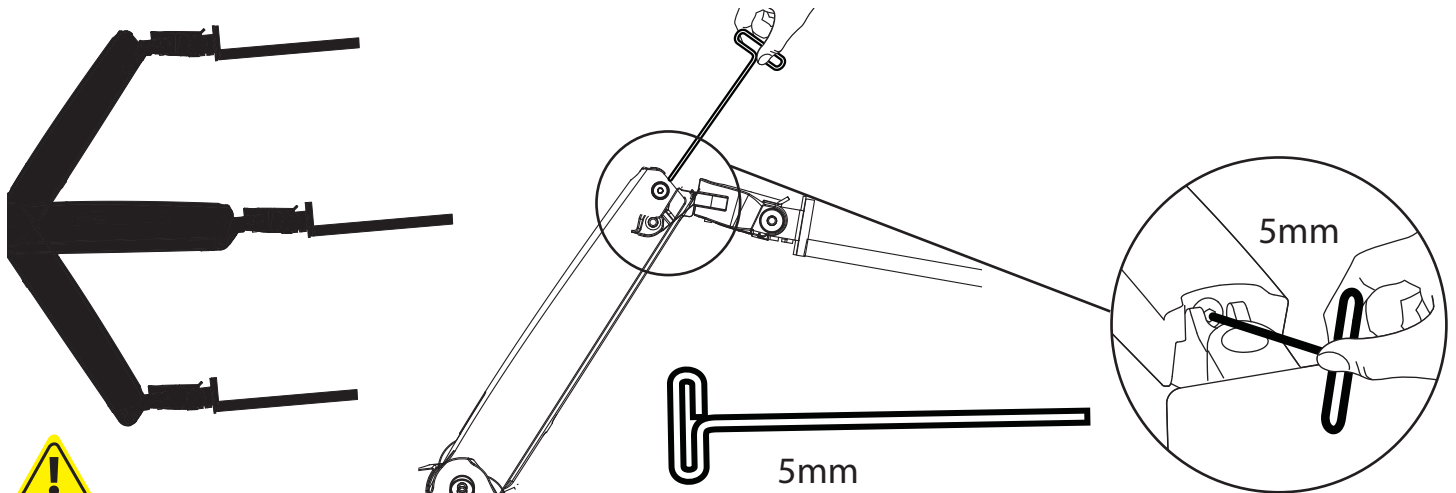


Increase Friction
If this product moves too easily from side-to-side, then you'll need to increase friction:

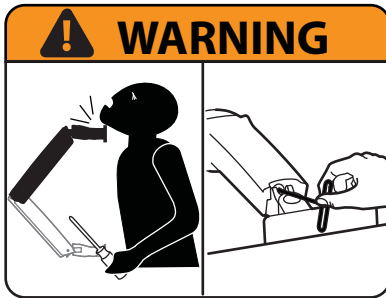


Decrease Friction
If this product is too difficult to move from side-to-side, then you'll need to decrease friction:

12 Lift - Up and down



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



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!



Increase Lift Strength

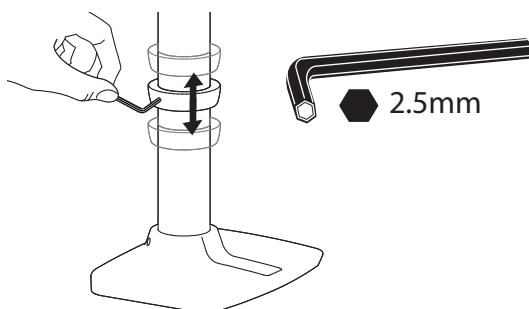
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



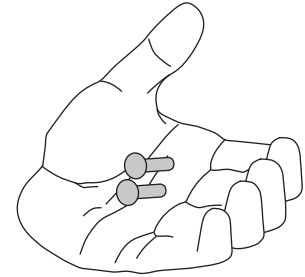
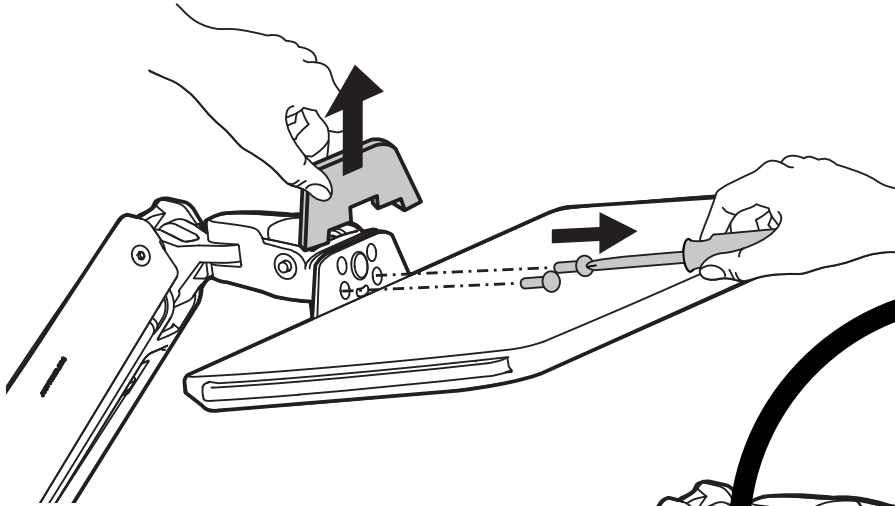
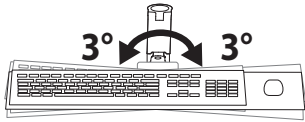
Decrease Lift Strength

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

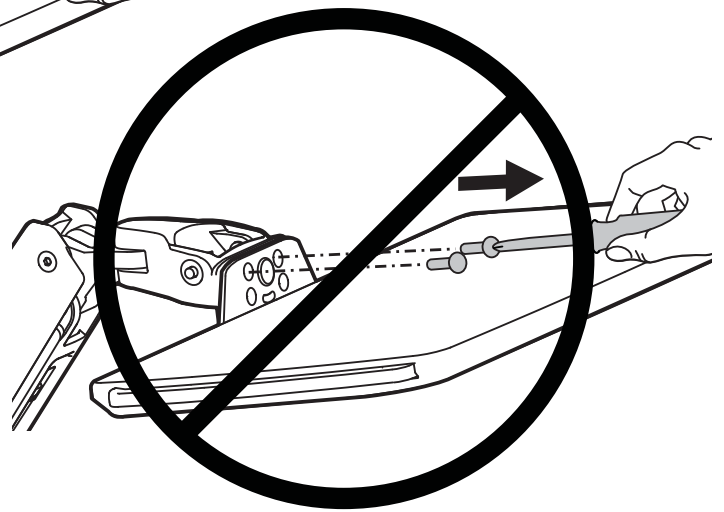
13 To adjust height on pole:




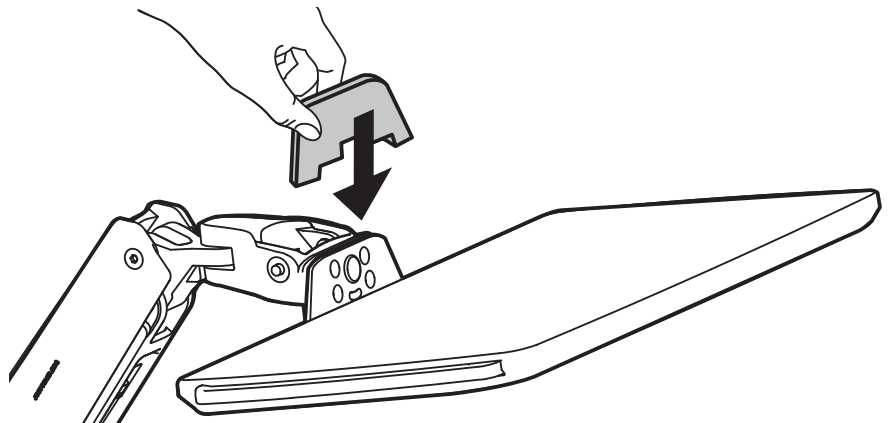
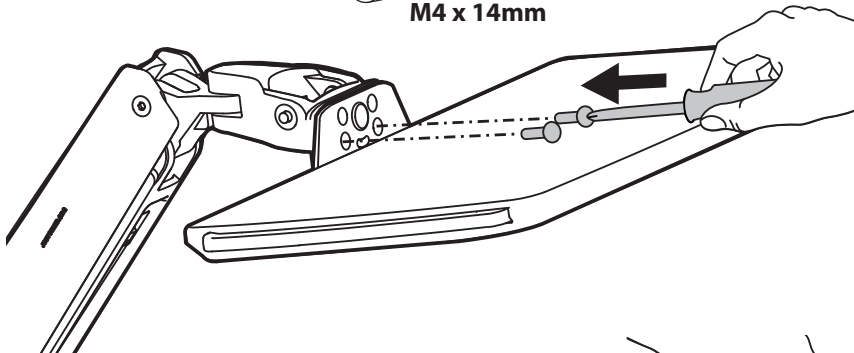
How to remove this tilting feature:



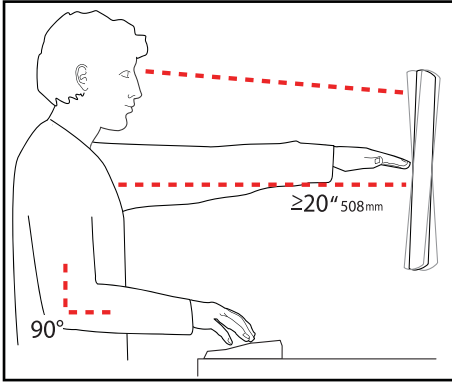
Save these screws incase you want to add this feature later.



2x  M4 x 14mm



Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:
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.



205 Westwood Ave, Long Branch, NJ 07740
 Phone: 866-94 BOARDS (26273) / (732)-222-1511
 Fax: (732)-222-7088 | E-mail: sales@touchboards.com

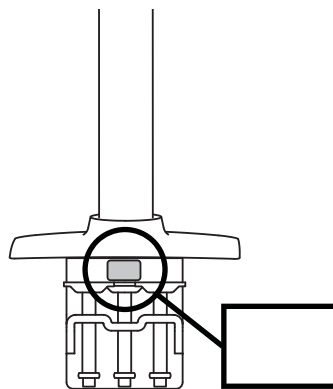
ENGLISH


For service and warranty visit www.ergotron.com

For local customer care phone numbers visit: <http://contact.ergotron.com>



NOTE: When contacting customer service, reference the serial number.





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