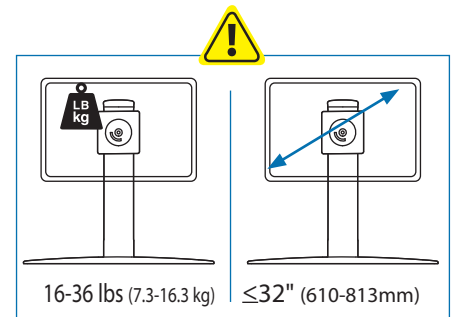
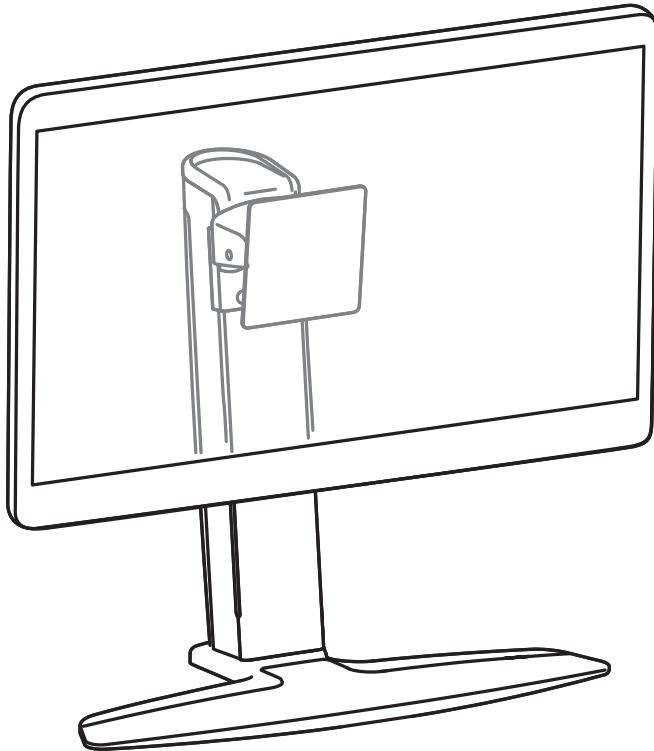
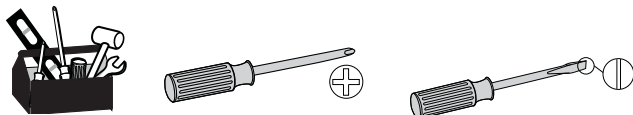


## Neo-Flex™ Widescreen Stand



|   | A             | B             | C             | D             | E             |               |
|---|---------------|---------------|---------------|---------------|---------------|---------------|
| 1 | <b>1x</b><br> | <b>1x</b><br> | <b>4x</b><br> | <b>4x</b><br> | <b>4x</b><br> |               |
| 2 |               | <b>1x</b><br> | <b>1x</b><br> | <b>1x</b><br> | <b>4x</b><br> | <b>4x</b><br> |
| 3 |               | <b>1x</b><br> | <b>4x</b><br> | <b>4x</b><br> | <b>4x</b><br> |               |
| 4 |               |               |               | <b>4x</b><br> | <b>4x</b><br> |               |



For the latest User Installation Guide please visit: [www.ergotron.com](http://www.ergotron.com)

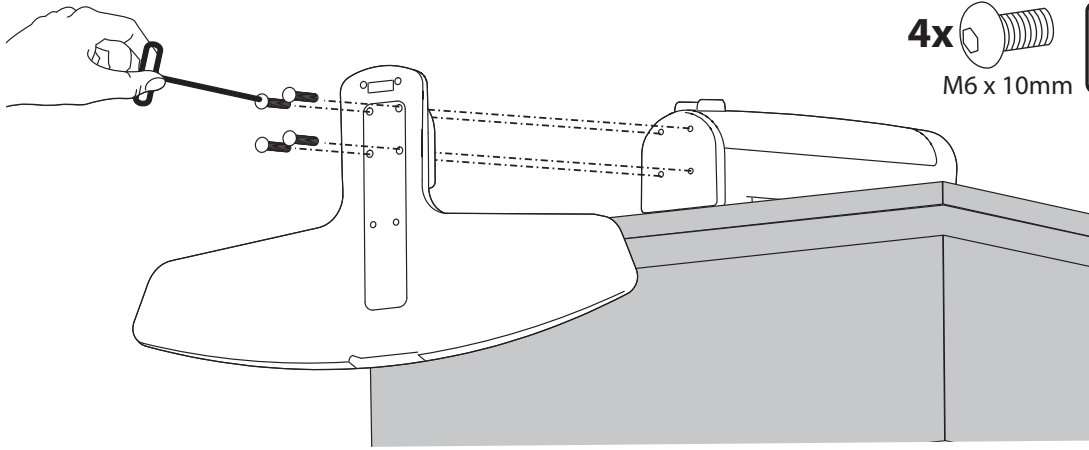


User's Guide - English  
 Guía del usuario - Español  
 Manuel de l'utilisateur - Français  
 Gebrauchersgids - Deutsch  
 Benutzerhandbuch - Nederlands  
 Guida per l'utente - Italiano  
 Användarhandbok - svenska  
 ユーザーガイド : 日本語  
 用户指南 : 汉语

# Touchboards

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

1

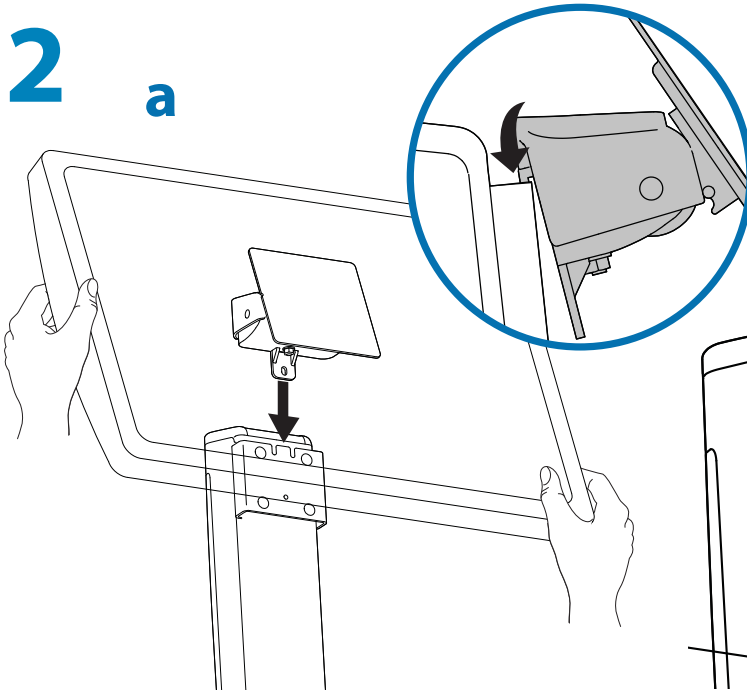


4x  
M6 x 10mm

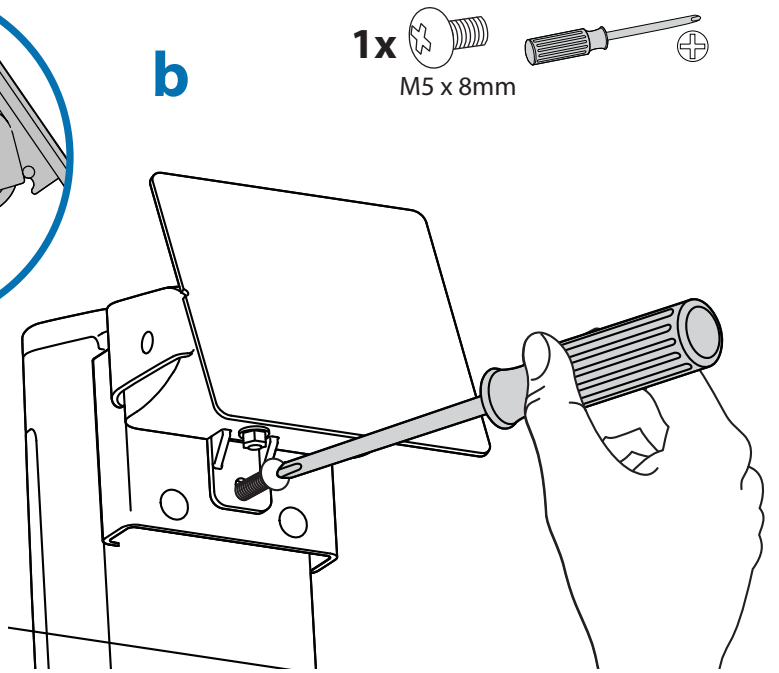
4mm

2

a



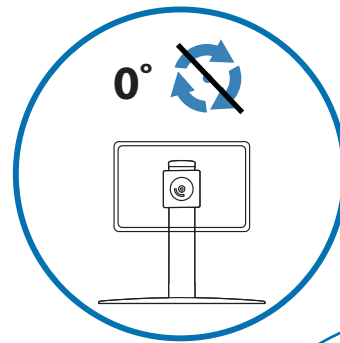
b



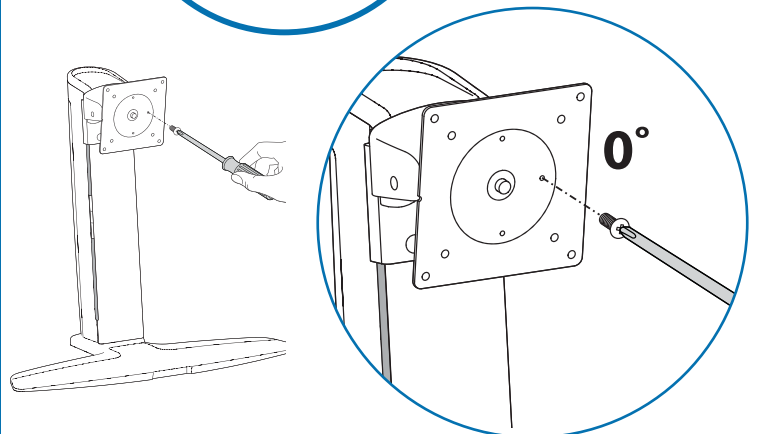
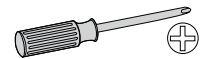
1x  
M5 x 8mm

ENGLISH

3



1x  
M3 x 6mm

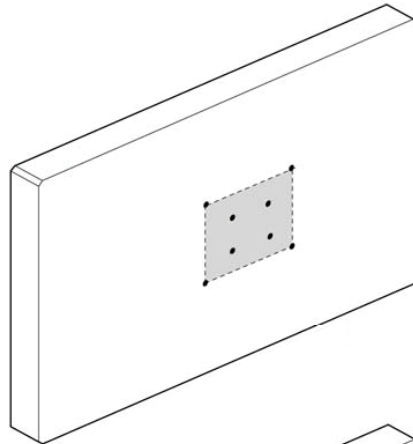


# 4 Check size of TV/Monitor hole pattern

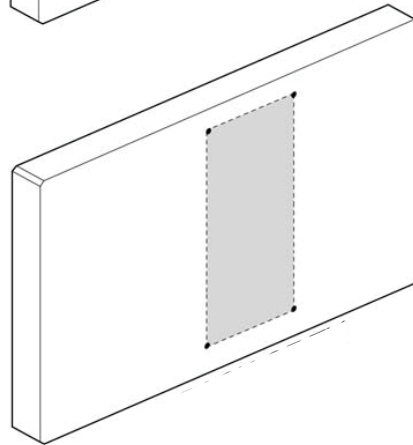
## TV/Monitor Hole Pattern Sizes

## VESA Adapter Configurations

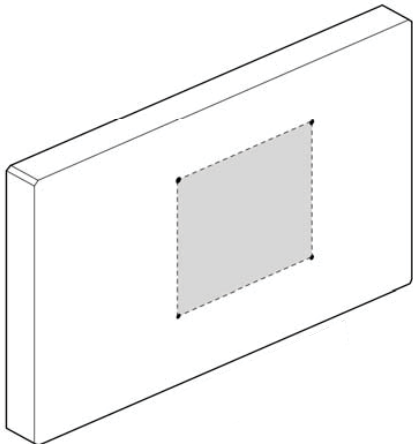
**A** 75x75mm  
100x100mm



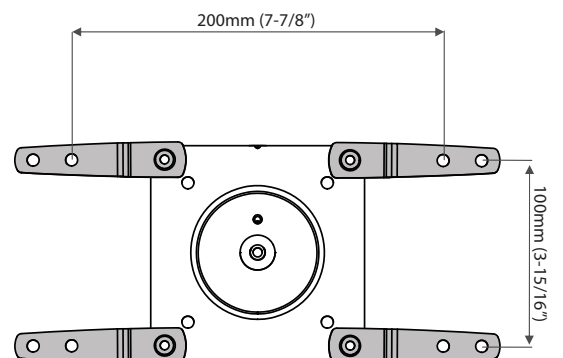
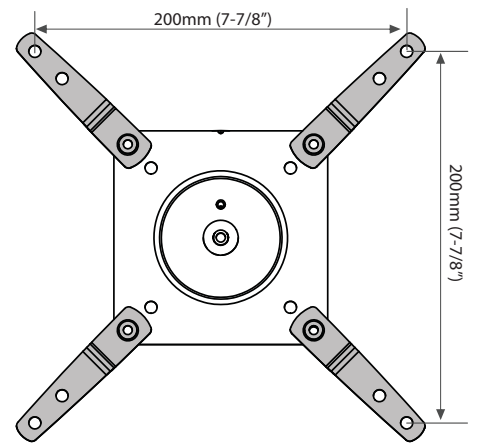
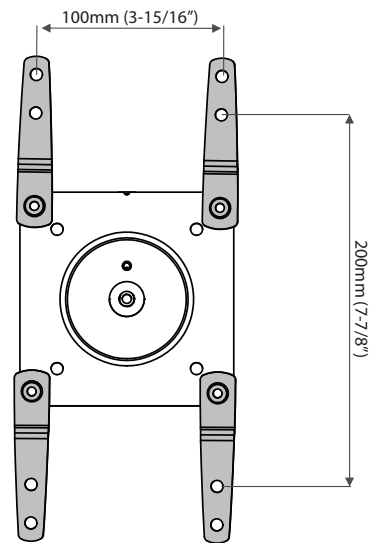
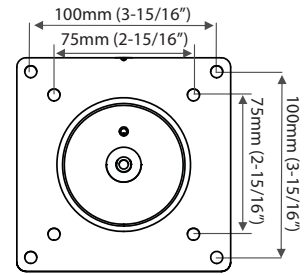
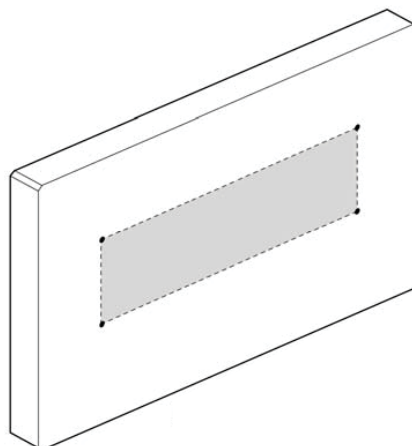
**B** 100x200mm



**C** 200x200mm



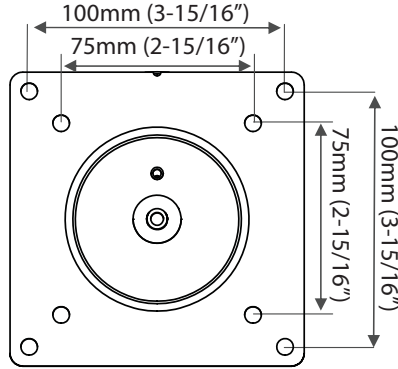
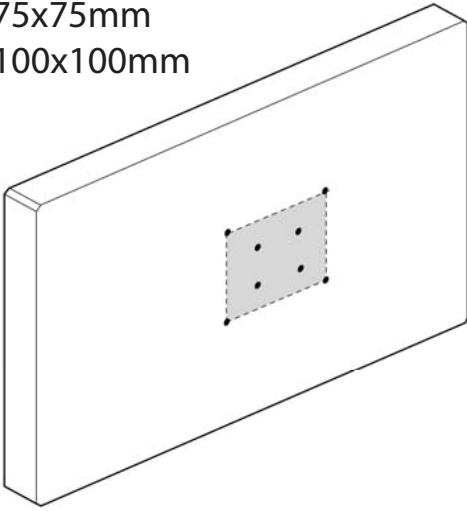
**D** 200x100mm



# 4 Mount Type A TV/Monitor to Arm

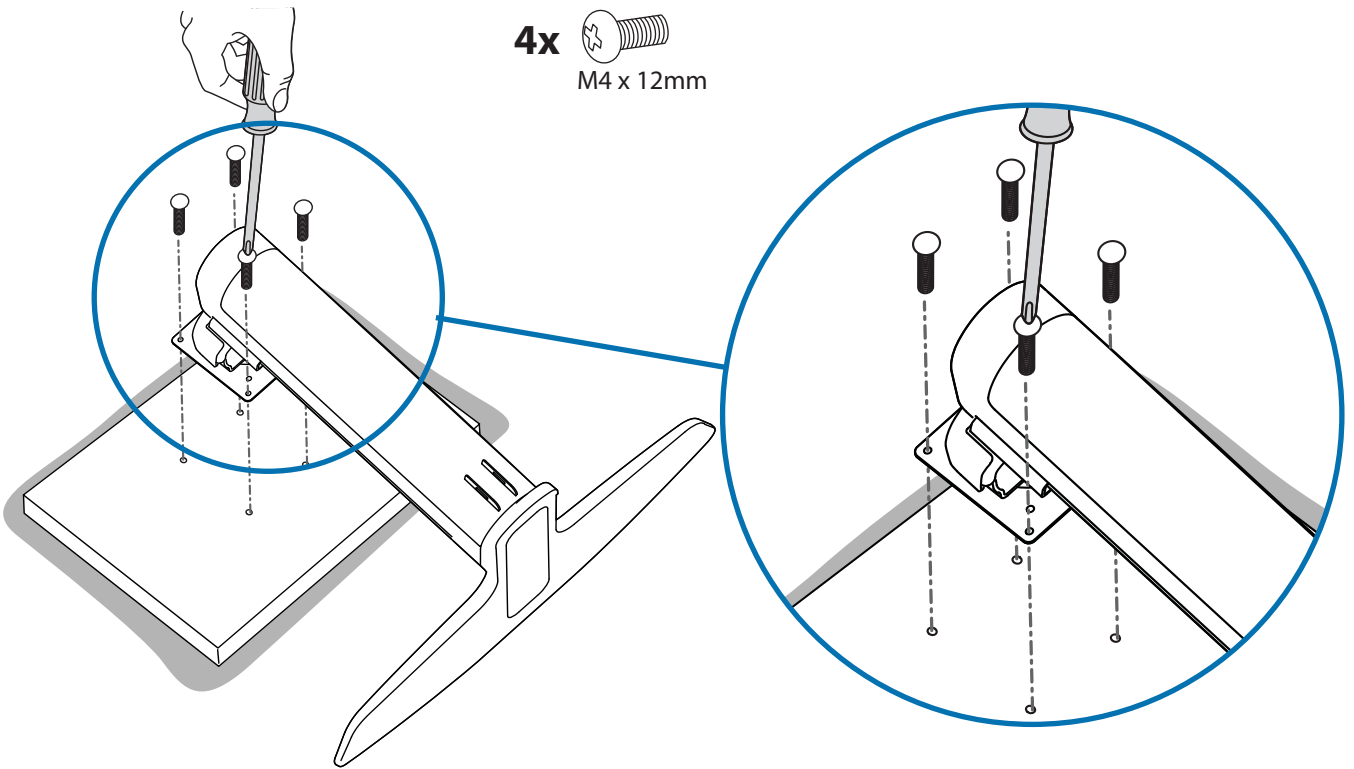
## A

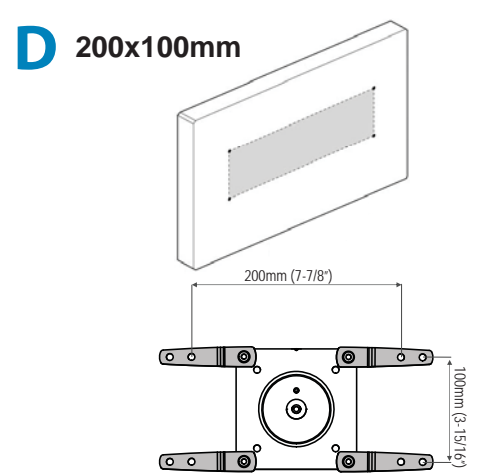
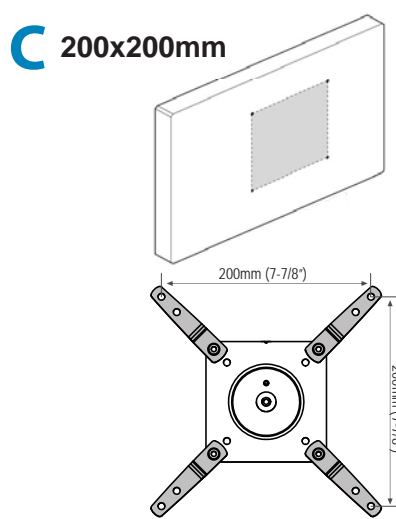
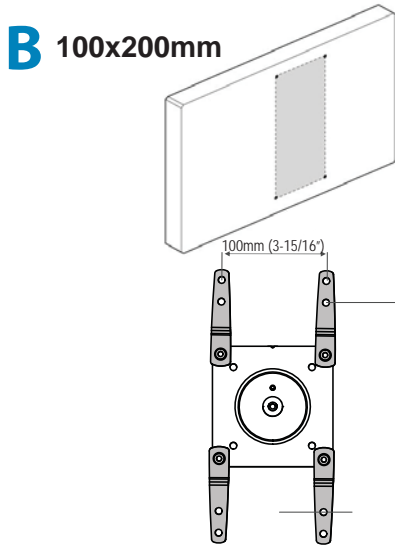
75x75mm  
100x100mm



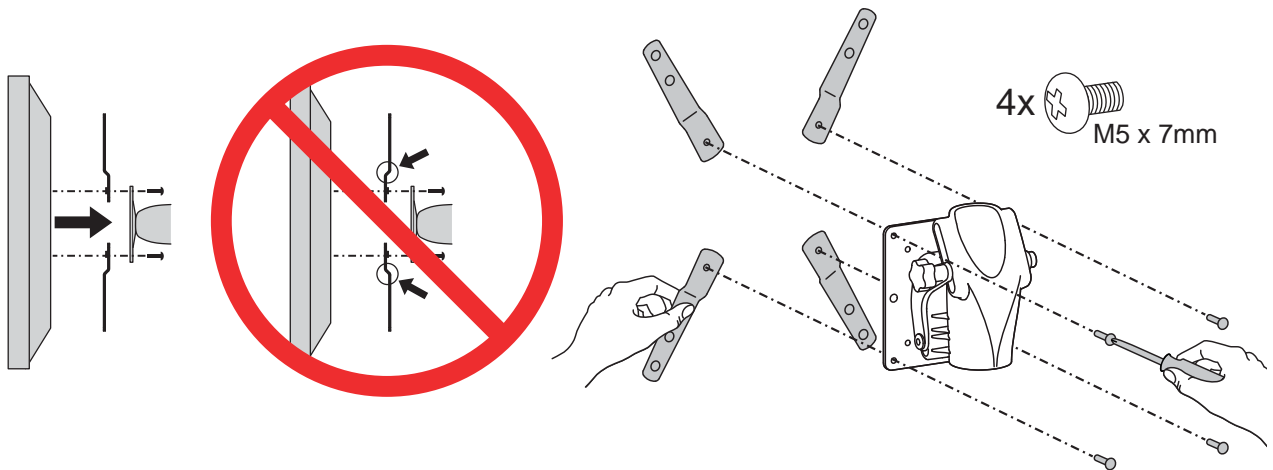
ENGLISH

4x  
M4 x 12mm



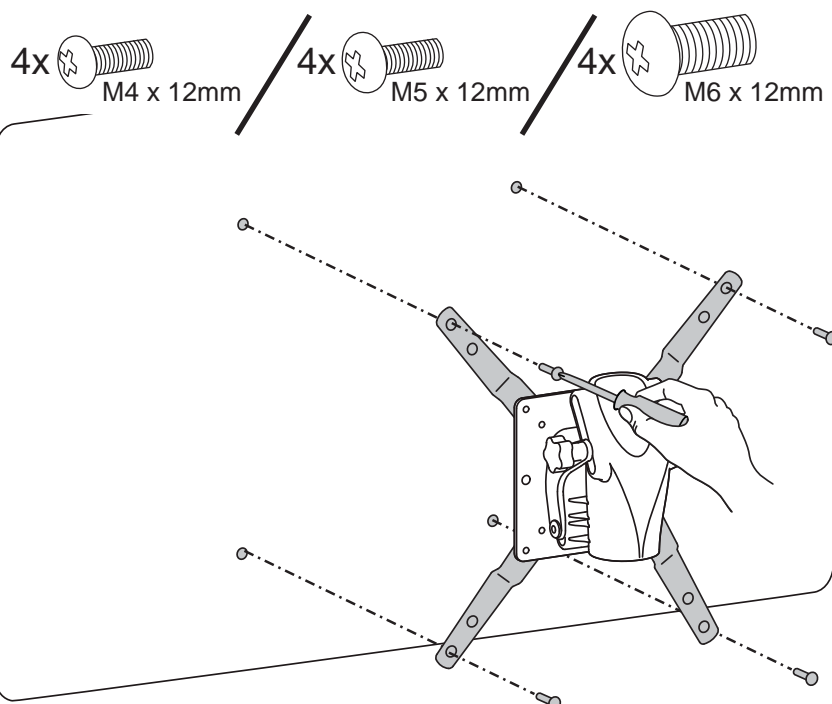


## 4a Mount VESA Adapters to Arm based on TV/Monitor hole pattern size (B, C, or D).



## 4b Mount Type B, C, or D TV/Monitor to Arm

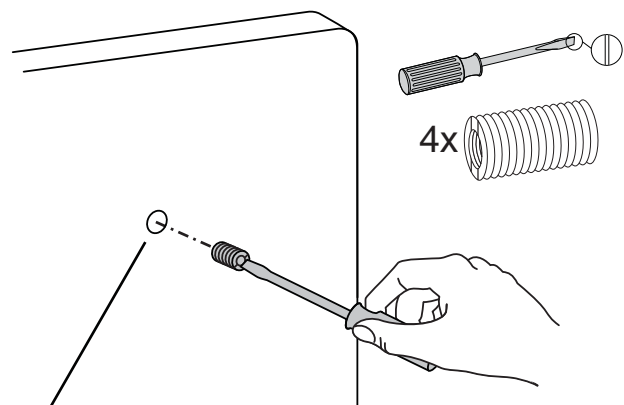
**NOTE:** To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.



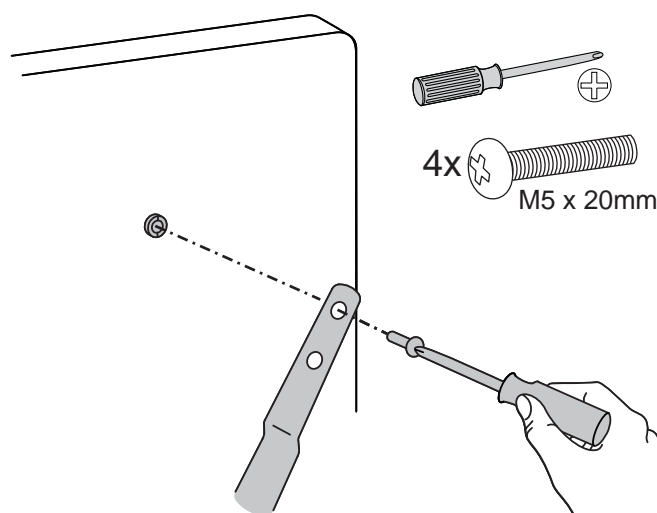
# M8M5 KIT Instructions

**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

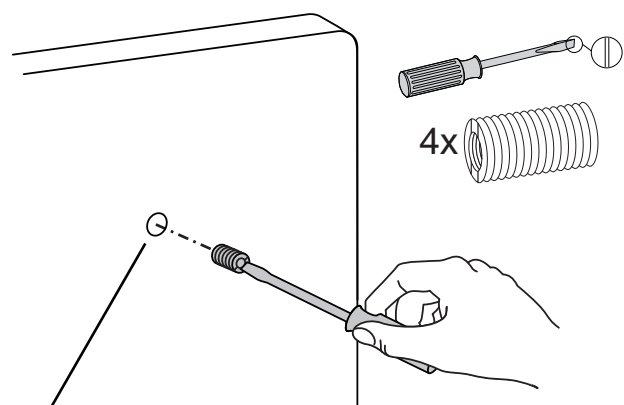


4x  
M5 x 20mm

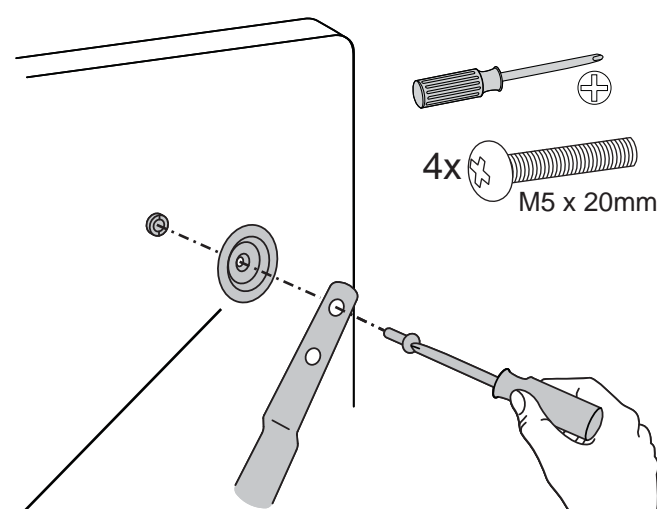
ENGLISH

**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.

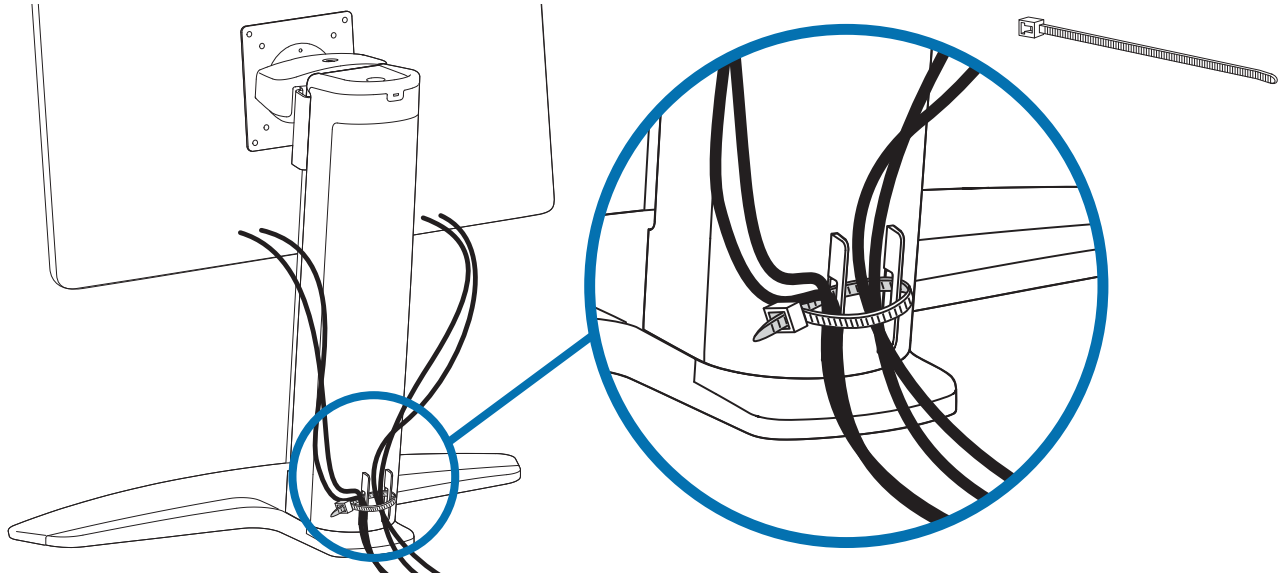


TV/Monitor Mounting  
M8 size hole



Holder Ring  
(Not included \*Samsung Only)

5



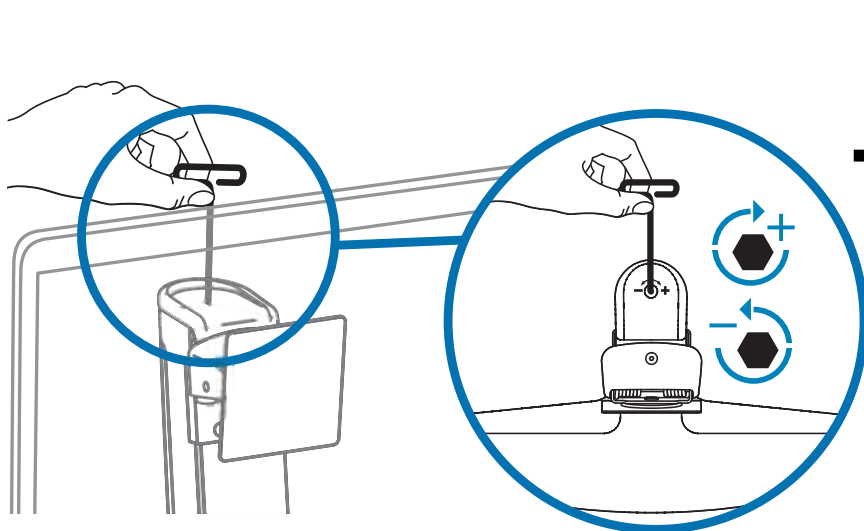
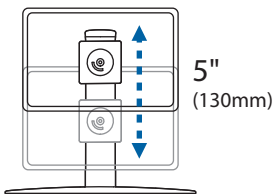
6



## 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



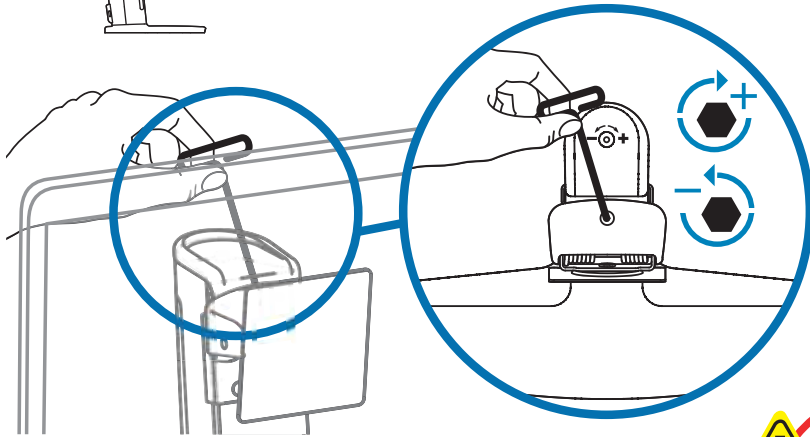
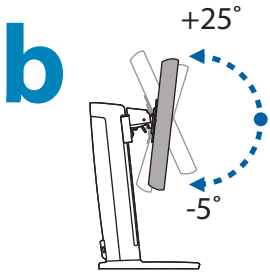
### Increase Lift Strength

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



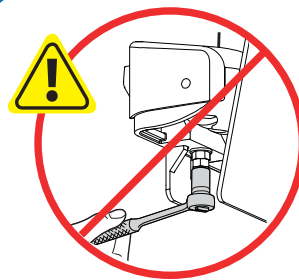
### Decrease Lift Strength

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



**+** **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:



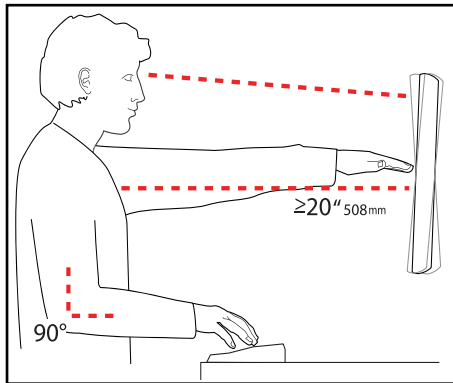
**CAUTION!** The bottom nut will turn during adjustment of the top nut; DO NOT apply any tool to the bottom nut. Serious damage to the Pivot may occur if these instructions are not followed.

# Touchboards

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## 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 service and warranty visit [www.ergotron.com](http://www.ergotron.com)

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



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