

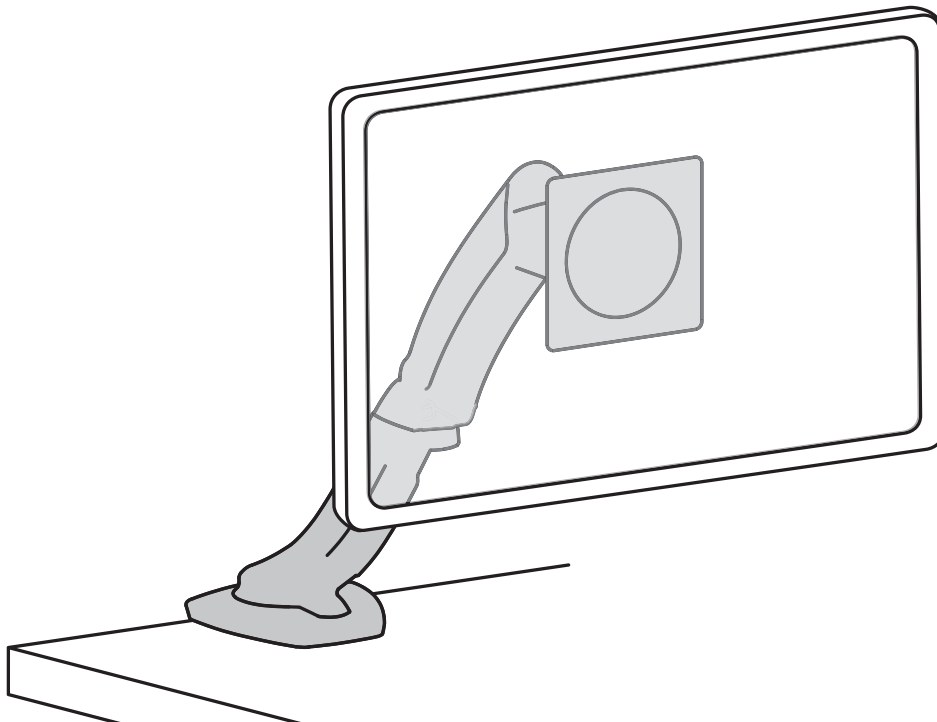
# MX Desk Mount LCD Arm

# 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)



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



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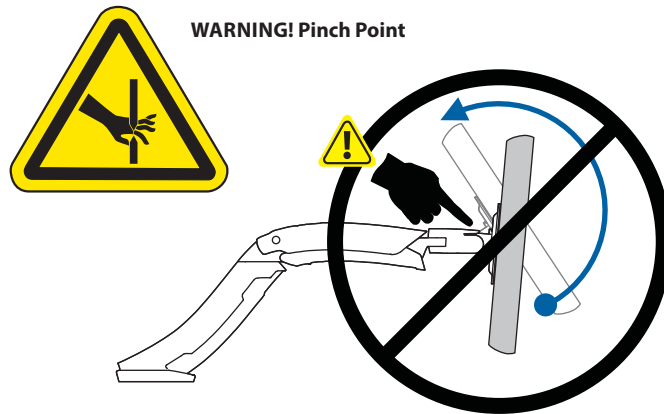
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China 86-769-86018920

# Safety

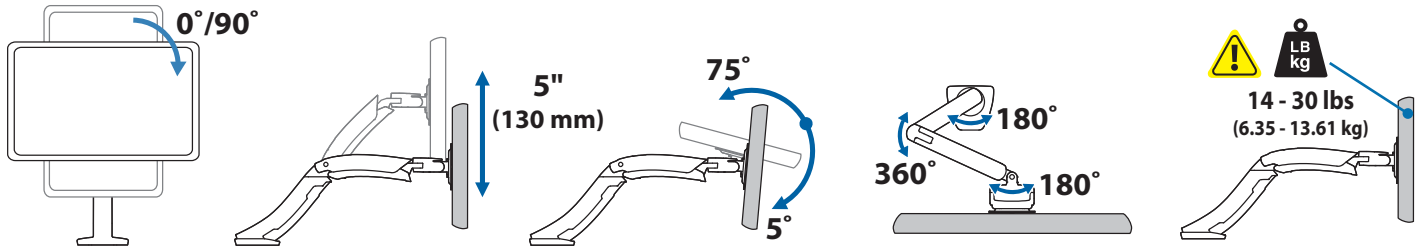


Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

# Features & Specifications



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

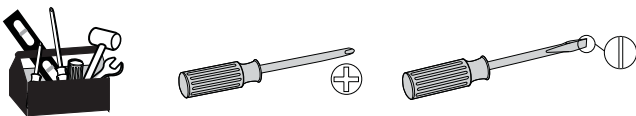
# Components



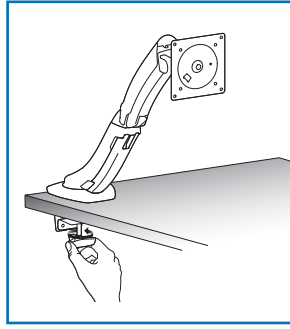
	A	B	C	D	E	F	G
1	1x	1x	1x	4x	3x	2x	4x
2				1x	M6 x 10mm	M6 x 12mm	M4 x 10mm
3		1x		1x	1x	2x	1x
		M3 x 6mm					4mm
4	4x	4x		4x	4x	4x	
	M4 x 10mm	M6 x 12mm		M4 x 12mm	M5 x 7mm		
5	4x	4x		4x		4x	
		M5 x 12mm		M8M5 Converter		M5 x 20mm	

ENGLISH

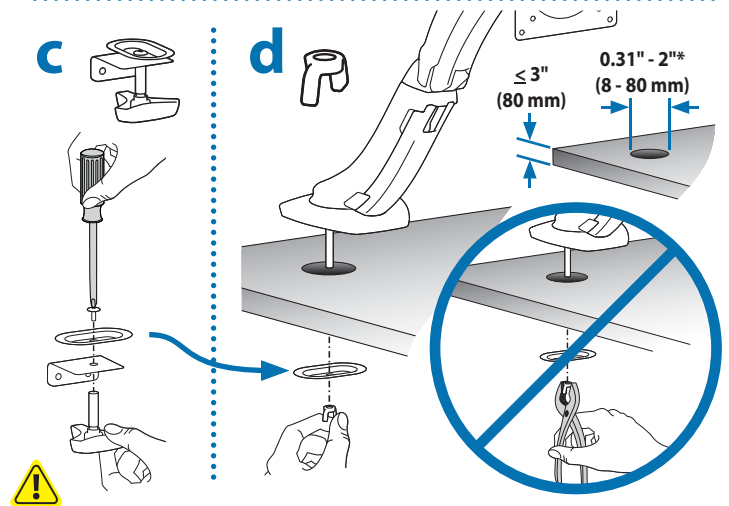
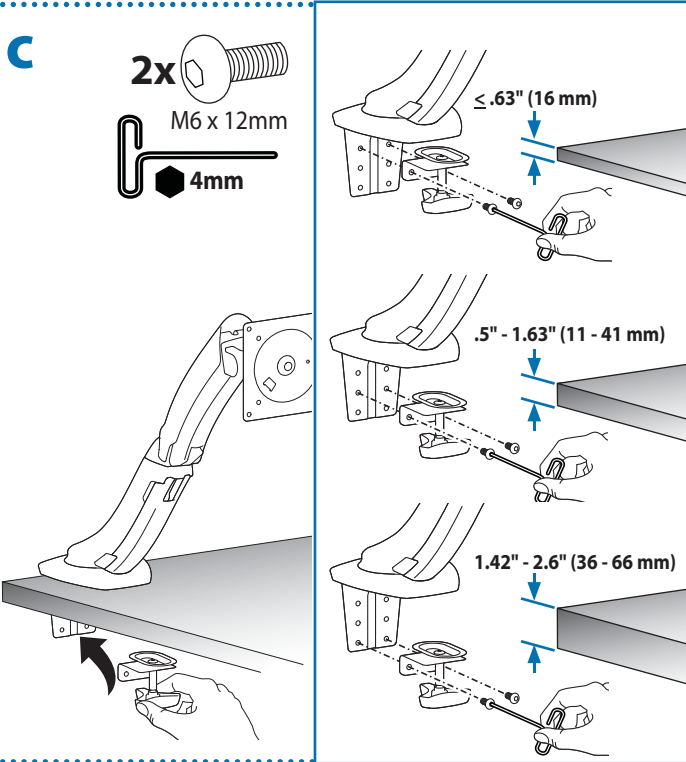
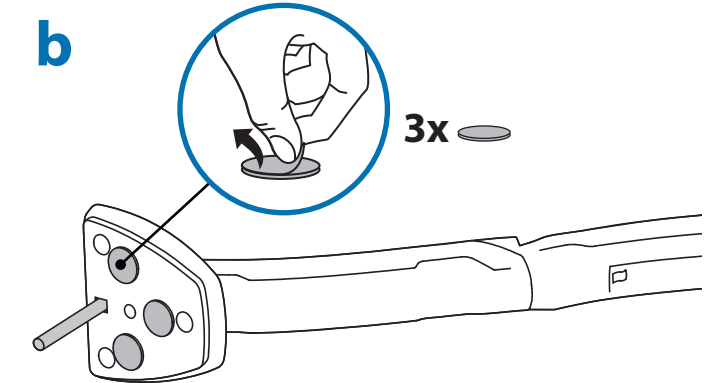
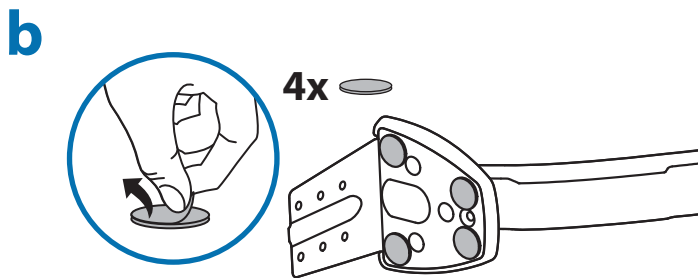
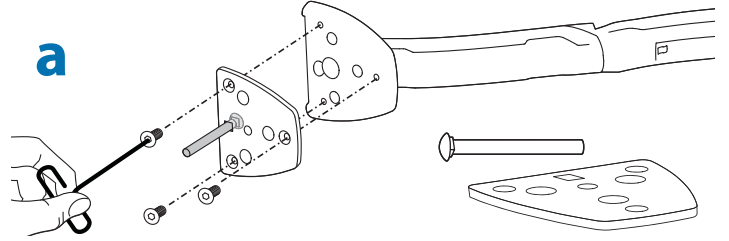
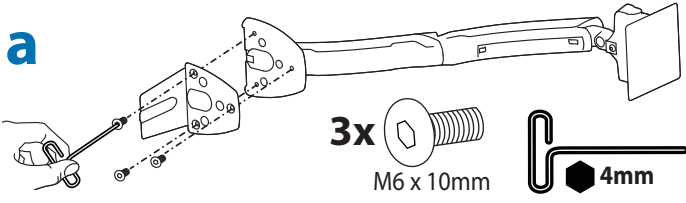
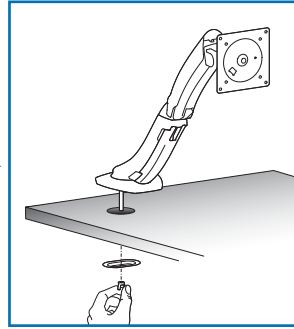
# Tools Needed



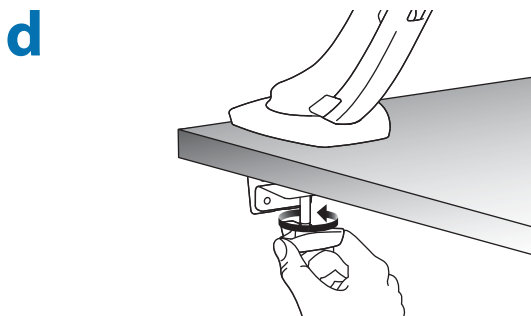
Choose Mounting Method



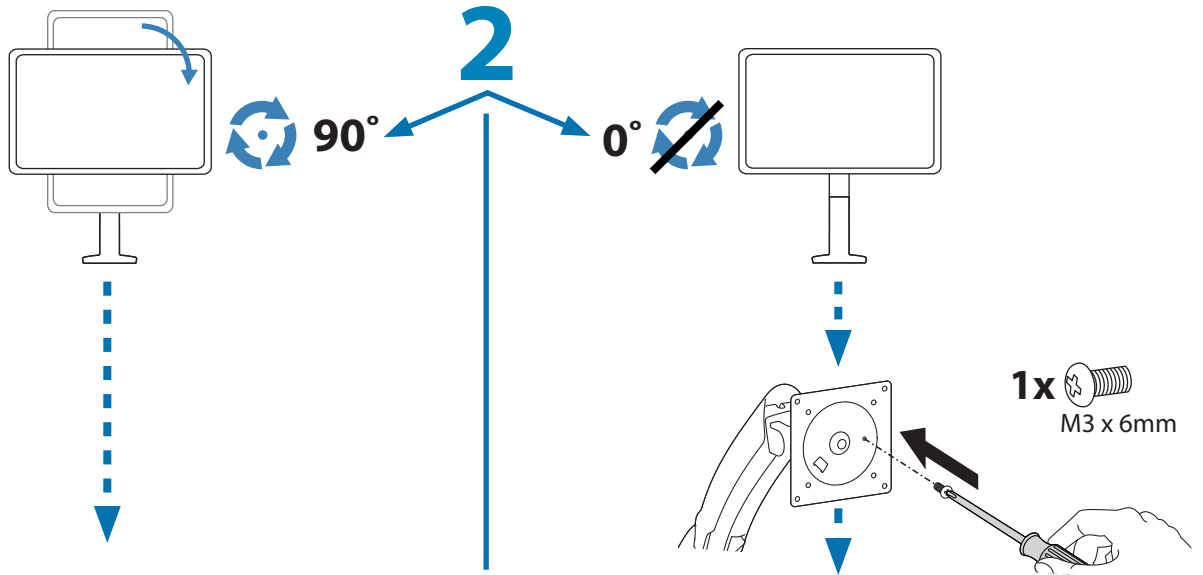
1



**!** CAUTION: For secure arm attachment and to avoid equipment damage, plate must make contact with underside of desk on both sides of the hole.



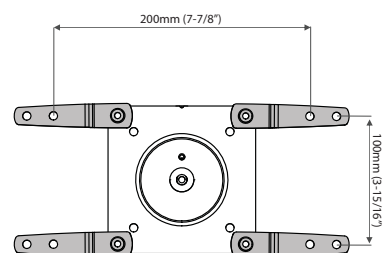
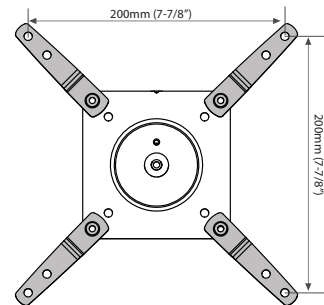
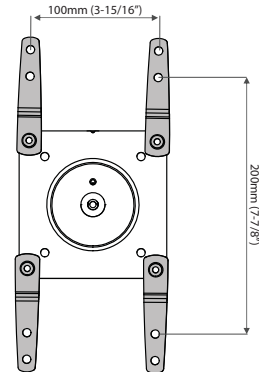
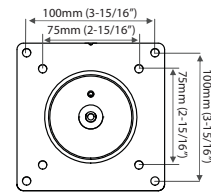
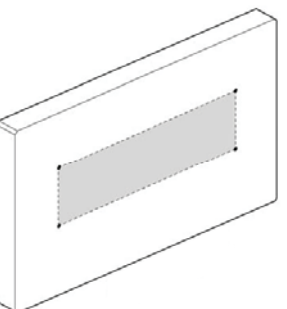
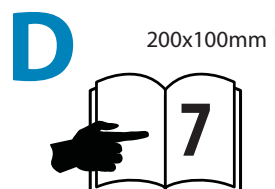
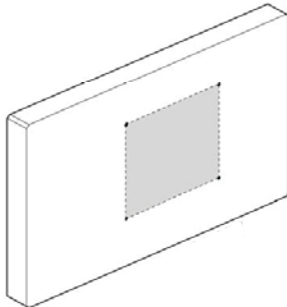
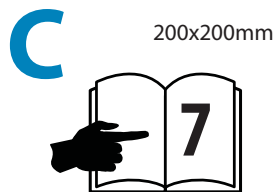
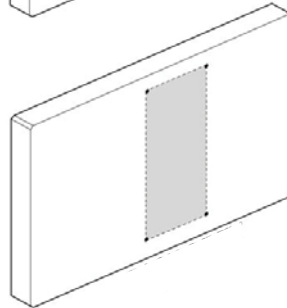
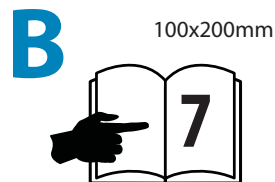
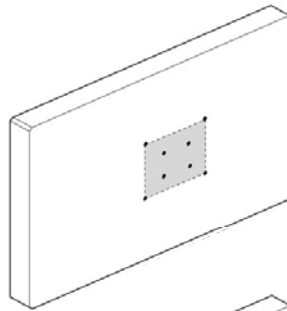
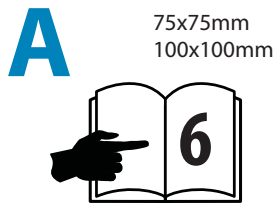
ENGLISH



### 3 Check size of TV/Monitor hole pattern

#### TV/Monitor Hole Pattern Sizes

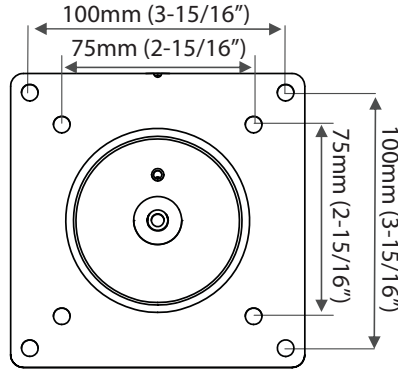
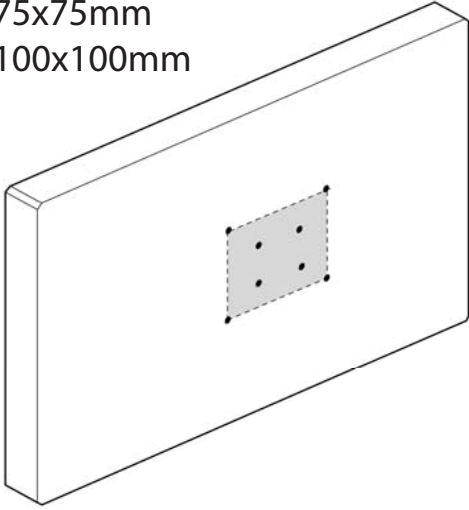
#### VESA Adapter Configurations



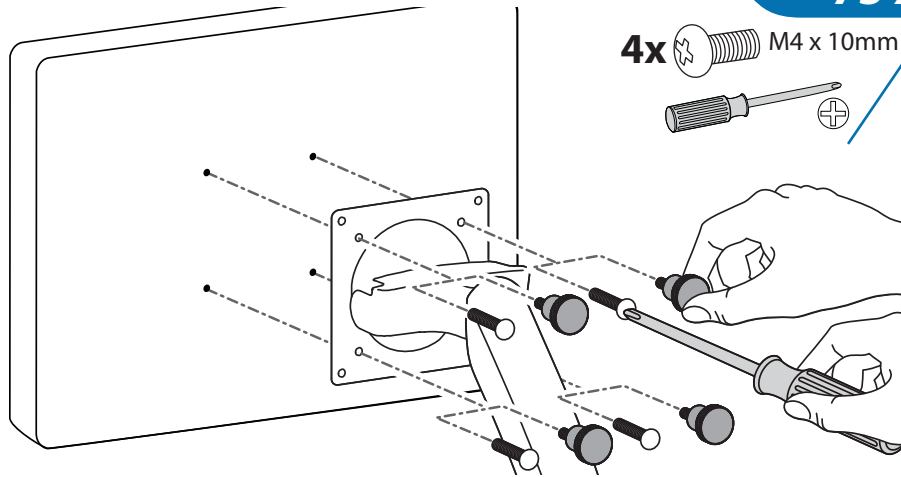
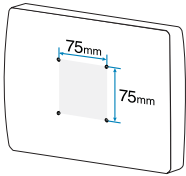
### 3 Mount Type A TV/Monitor to Arm

# A

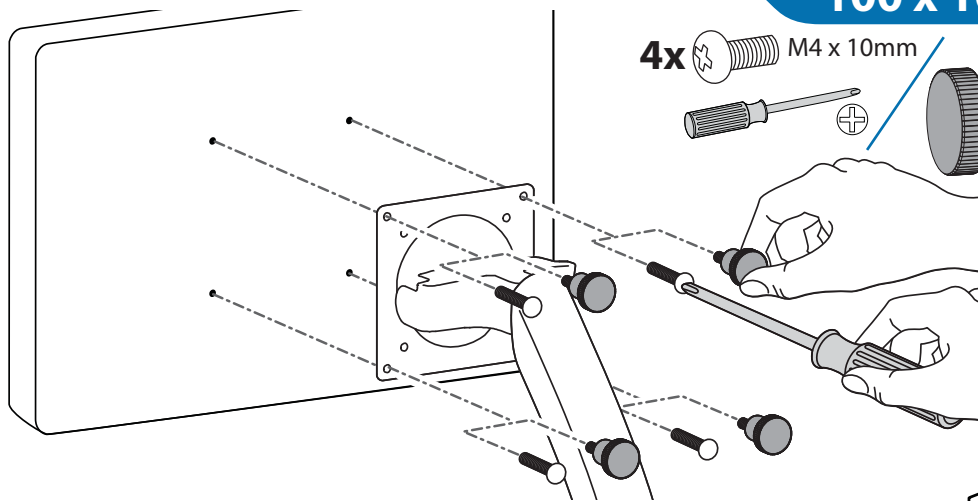
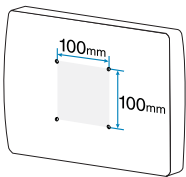
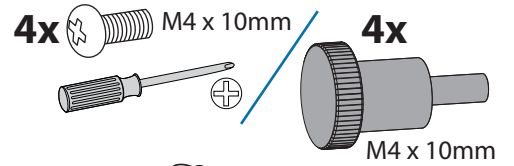
75x75mm  
100x100mm



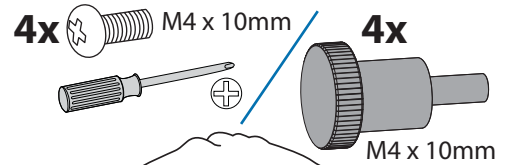
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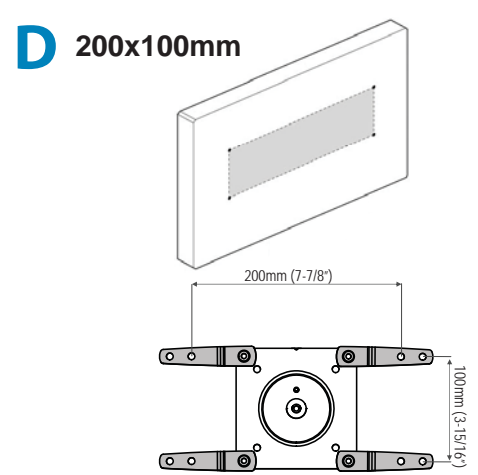
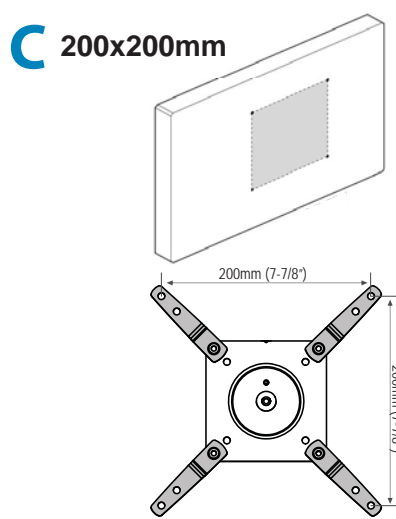
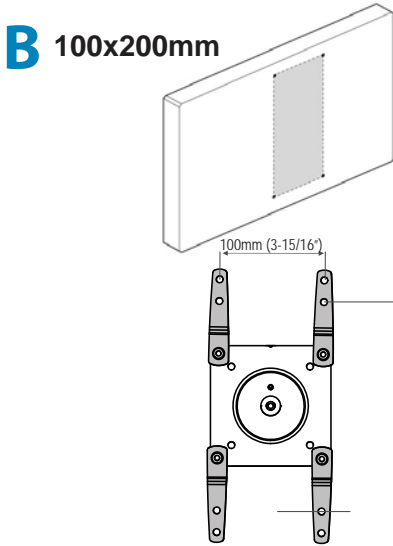


**75 x 75mm**

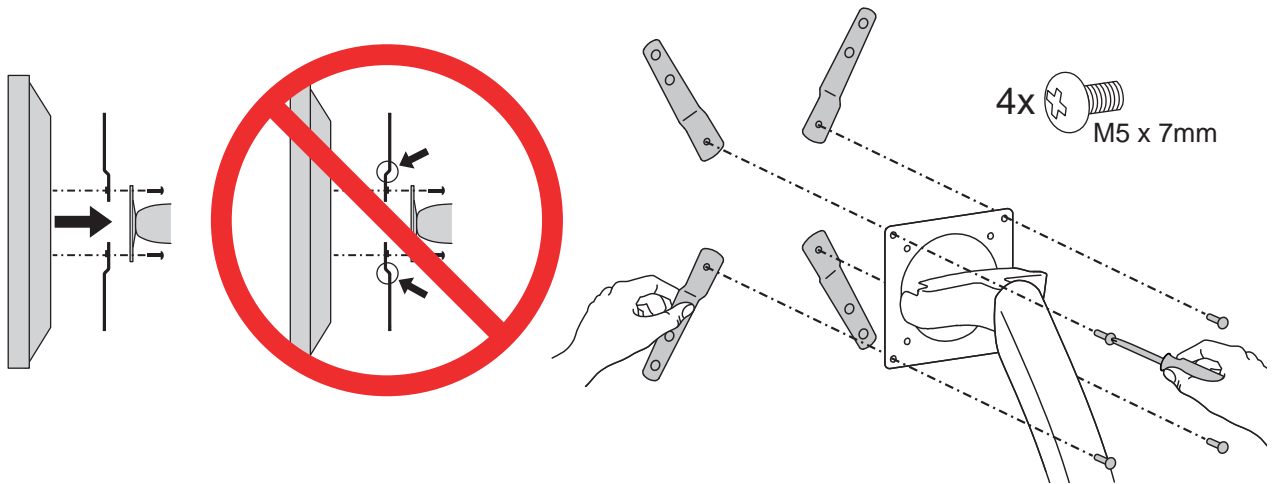


**100 x 100mm**



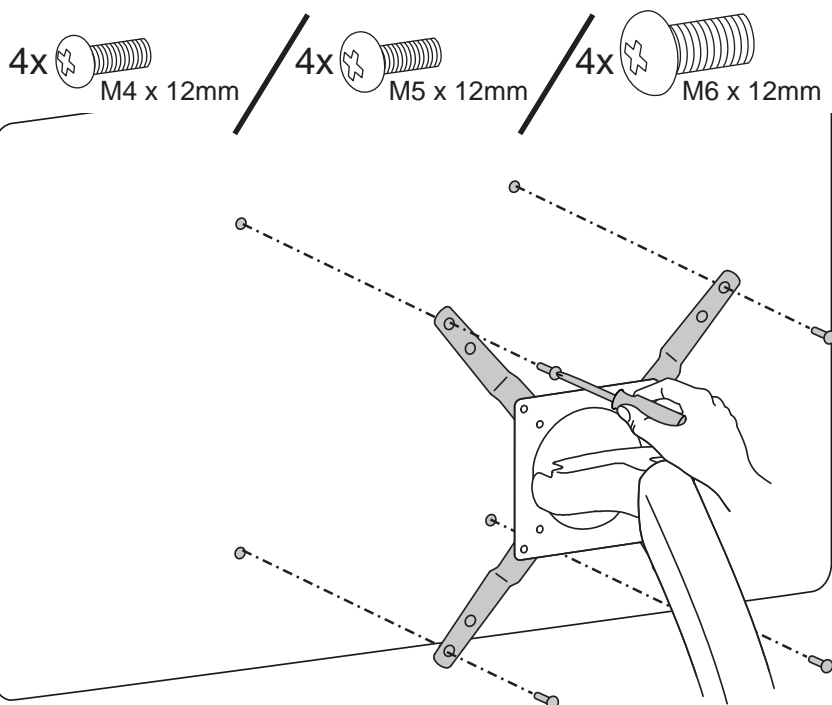


### 3a Mount VESA Adapters to Arm based on TV/Monitor hole pattern size (B, C, or D) .



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

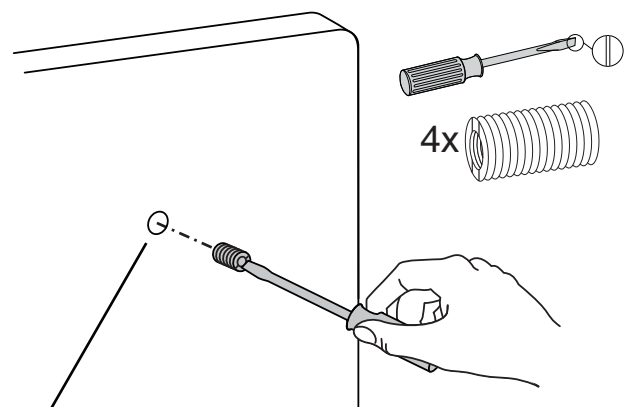
**NOTE:** To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.



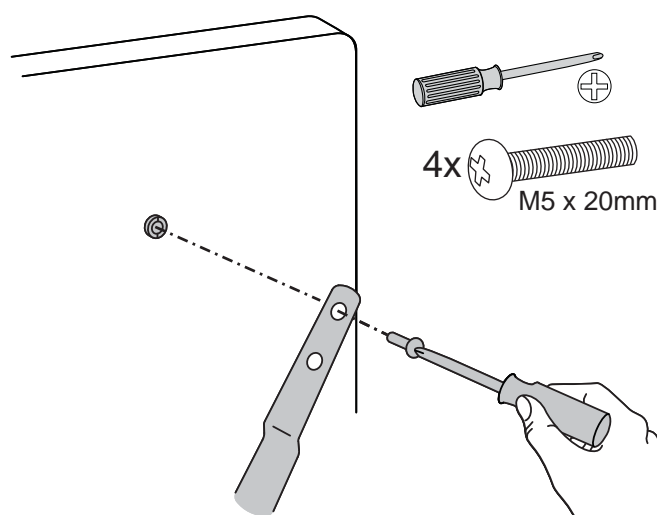
# M8M5 KIT Instructions

**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.



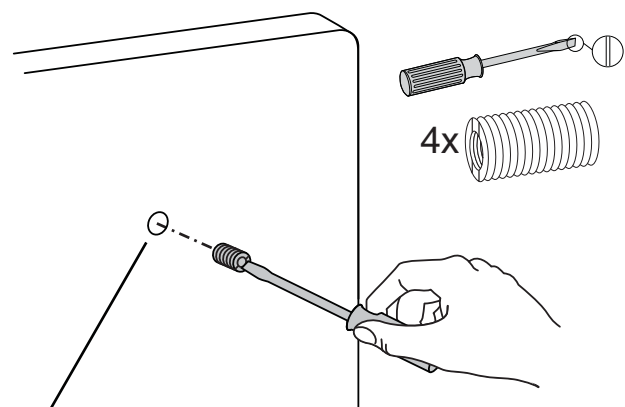
TV/Monitor Mounting  
M8 size hole



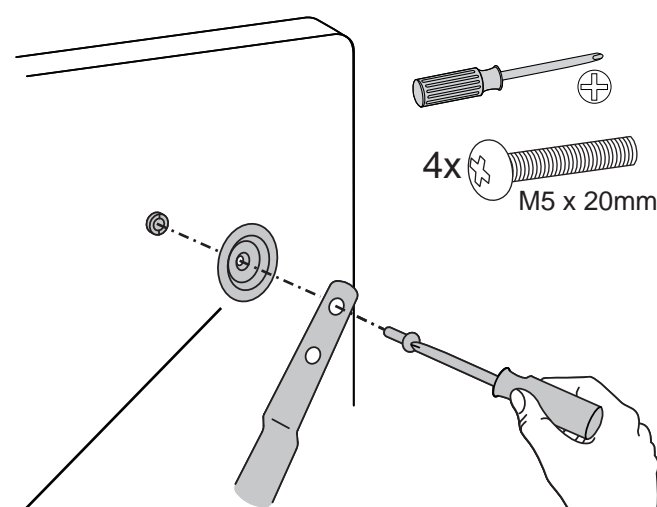
4x  
M5 x 20mm

**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

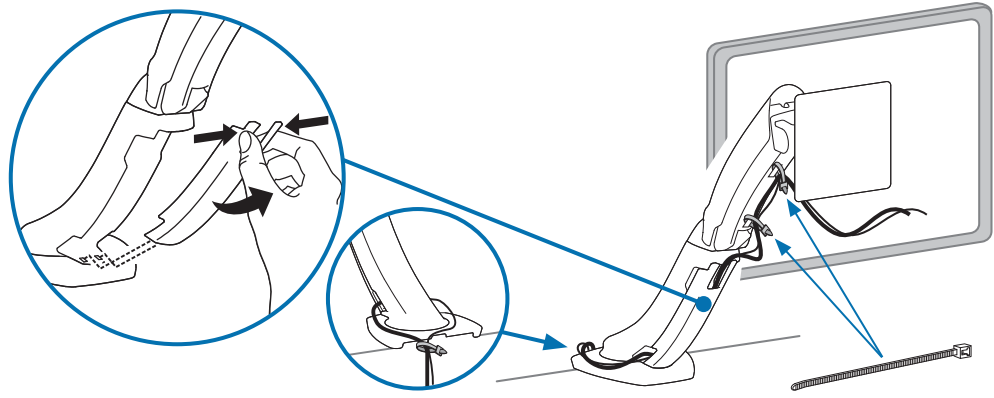


Holder Ring  
(Not included \*Samsung Only)



# 4

## Cable Routing



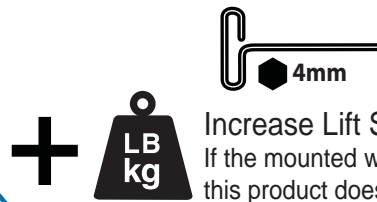
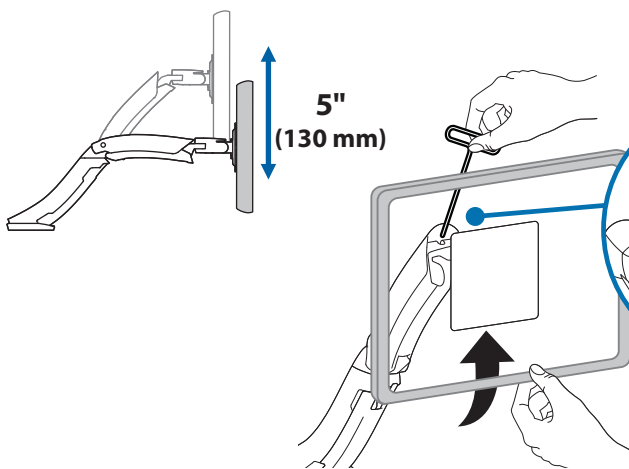
# 5



## 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 Lift - Up and down

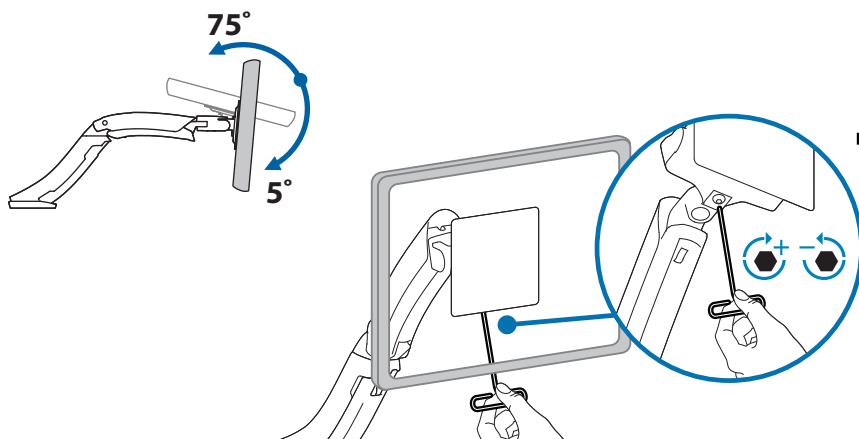


**Increase Lift Strength**  
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



**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 Tilt - Forward and Backward

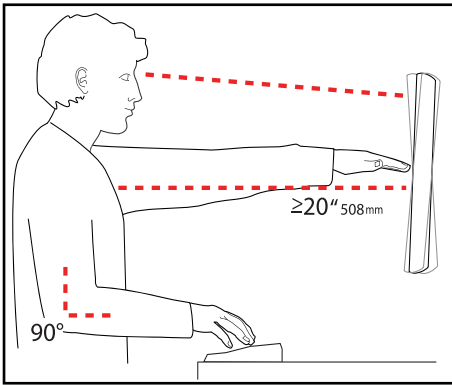


**Increase Friction**  
If this product moves too easily, then you'll need to increase friction:



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

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.

# Touchboards

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