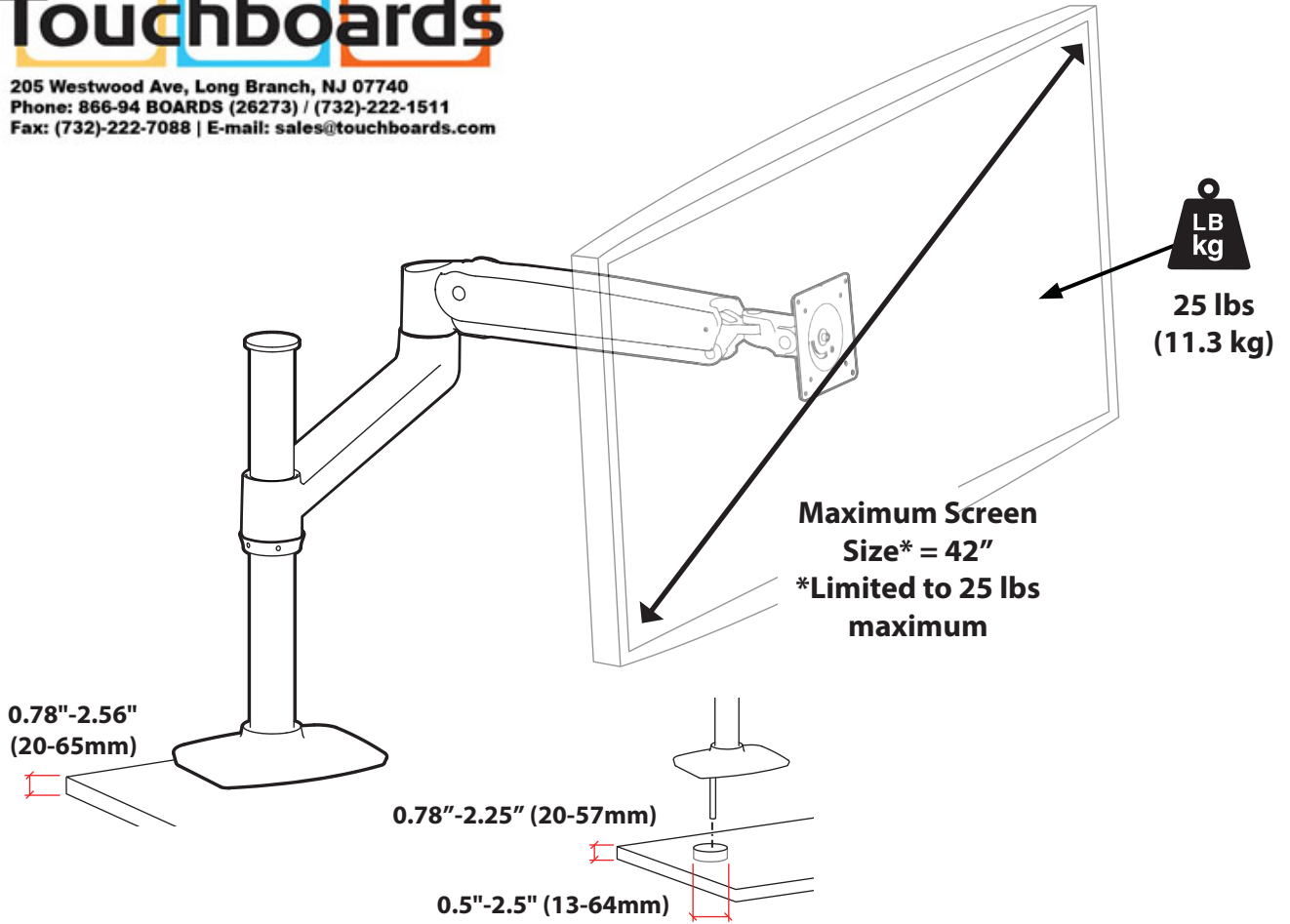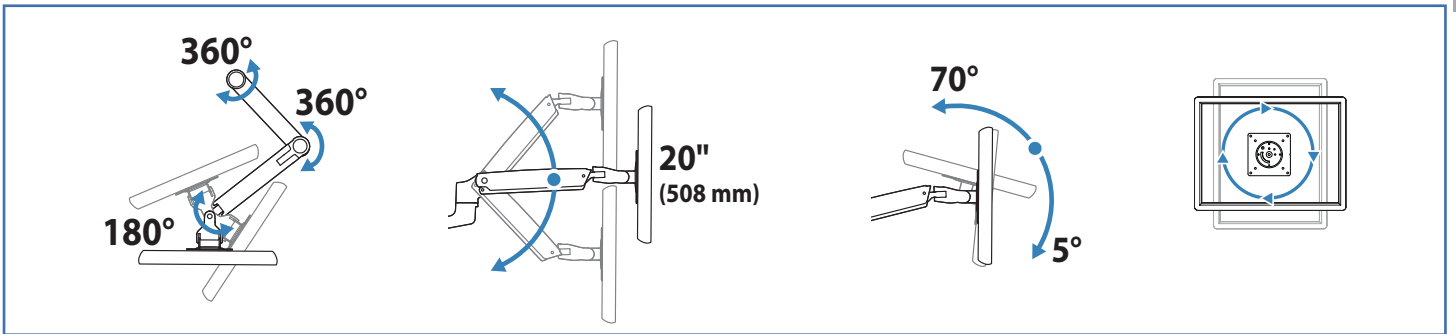**ERGOTRON**®

LX Sit-Stand Desk Mount LCD Arm
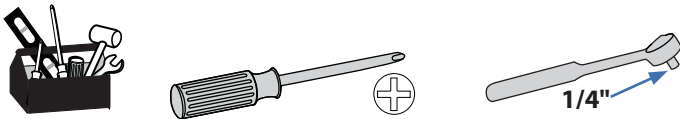
Touchboards

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

LB
kg

**25 lbs
(11.3 kg)**

**Maximum Screen
Size* = 42"
*Limited to 25 lbs
maximum**

0.78"-2.56"
(20-65mm)

0.78"-2.25" (20-57mm)

0.5"-2.5" (13-64mm)

360°
360°
180°

20"
(508 mm)

70°
5°

Tools Needed

1/4"

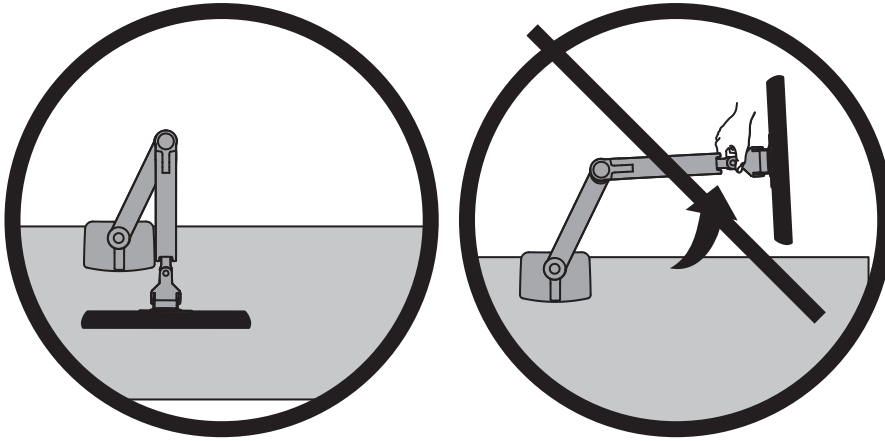For the latest User Installation Guide please visit: www.ergotron.com

**User's Guide - English
Guía del usuario - Español
Manuel de l'utilisateur - Français
Gebruikersgids - Deutsch
Benutzerhandbuch - Nederlands
Guida per l'utente - Italiano
Användarhandbok - svenska
　　　　　　　　　 :
　　　　　　　　 :**

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

888-45-313-W-01 rev.C • 11/13

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 2.5mm
3	1x 1x	4x M4 x 10mm / 1x M3 x 6mm	4x M4 x 10mm	1x / 1x
4	1x 1x	1x / 1x	M6 / M6 x 45mm	2x / 1x
5	1x 8mm 1/4"	5mm / 4mm		M8 M5 Kit 4x M5x20mm
6	4x M4x12mm / 4x M5x12mm / 4x M6x12mm	2x		4x M8-M5 Reducer

ENGLISH

1

DESK THICKNESS

0.78"-1.38" (20-35mm)　　　**1.18"-2.56" (30-65mm)**

4mm

ENGLISH

8mm　　1/4"

1/4"

1/4"

a

4mm

b

4mm

c

1x

1x

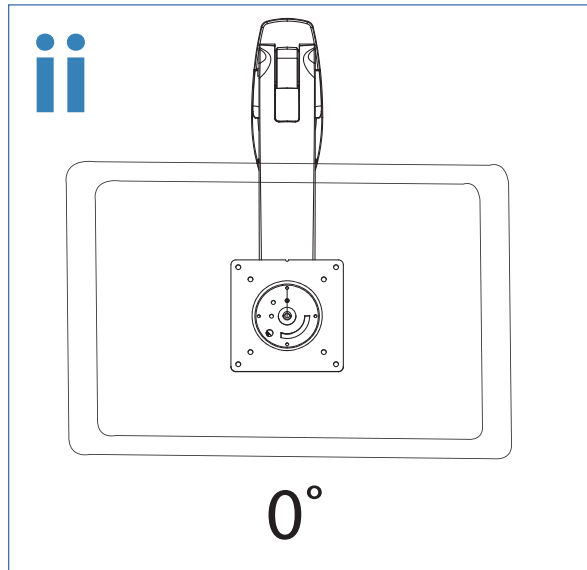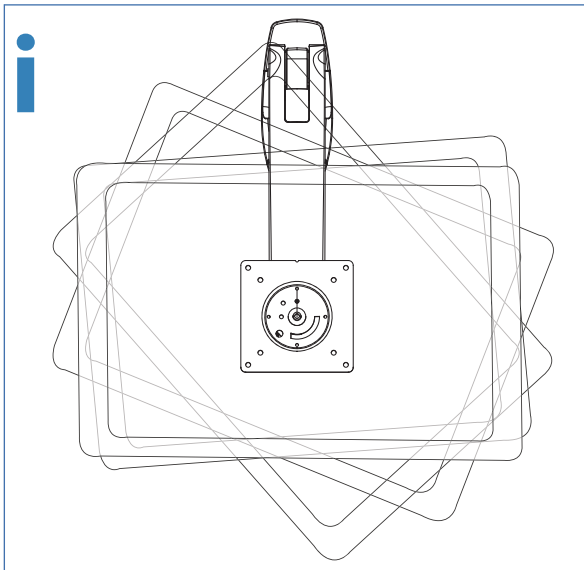4mm

d
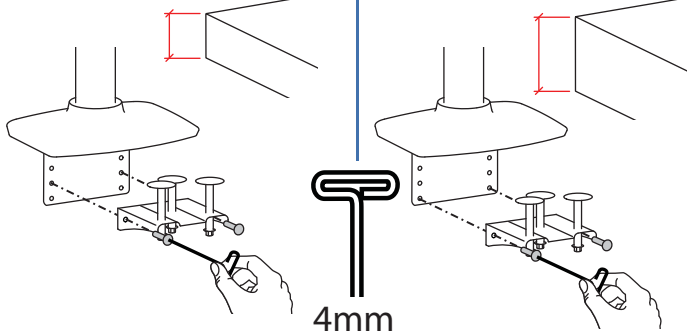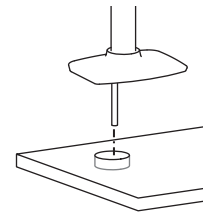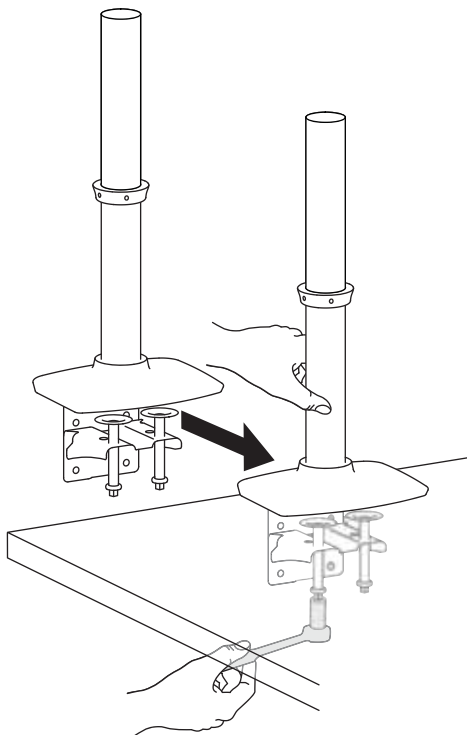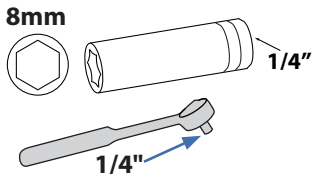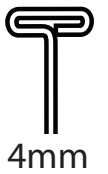
1x　1x

⚠️ **CAUTION: Bolt must be centered in hole.**
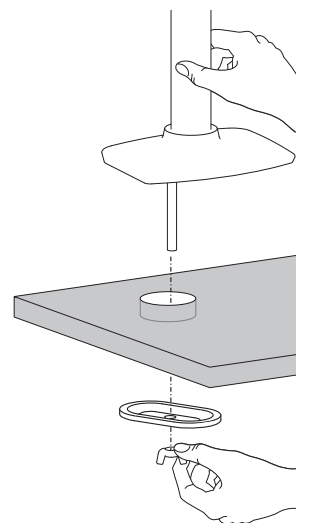
2 Portrait / Landscape Options

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

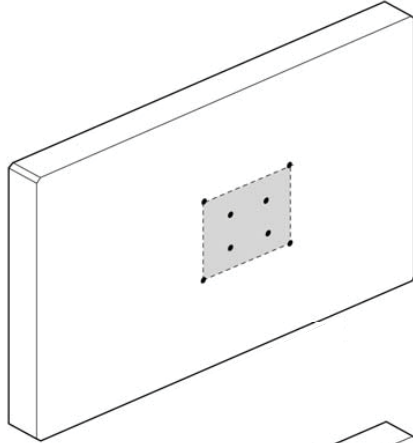OPTION ii   If you do not want your TV/Monitor to rotate all all, you can stop rotation by inseting the set screw.
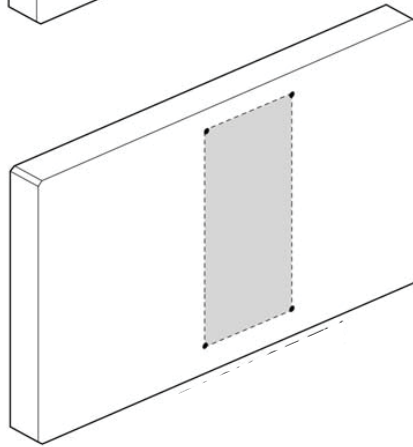
i

ii

0°

M3 x 6mm
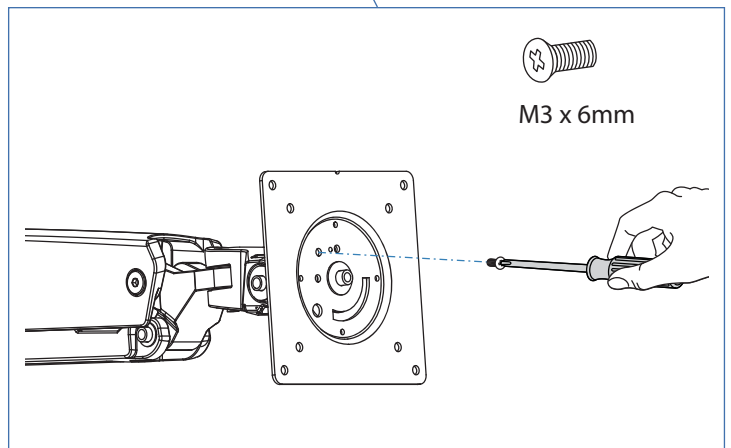
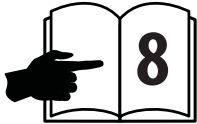# 3 Check size of TV/Monitor hole pattern

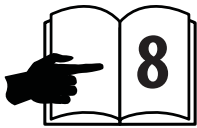**TV/Monitor Hole Pattern Sizes**
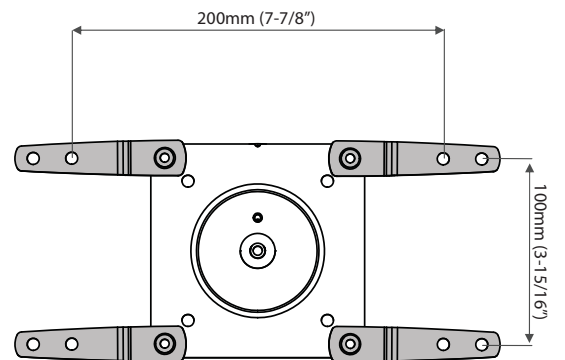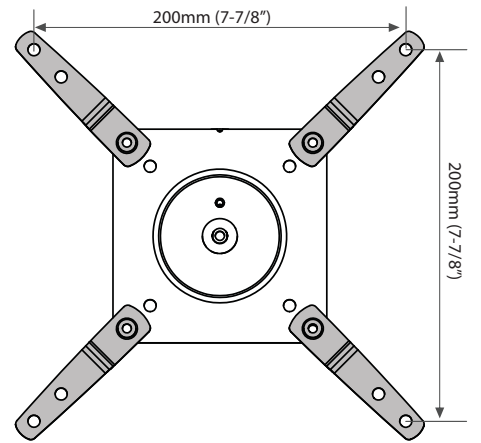
VESA Adapter Configurations

A
75x75mm
100x100mm

7

100mm (3-15/16")
75mm (2-15/16")
100mm (3-15/16")
75mm (2-15/16")

B
100x200mm

8

100mm (3-15/16")
200mm (7-7/8")

C
200x200mm

8

200mm (7-7/8")
200mm (7-7/8")

D
200x100mm

8

200mm (7-7/8")
100mm (3-15/16")

Touchboards
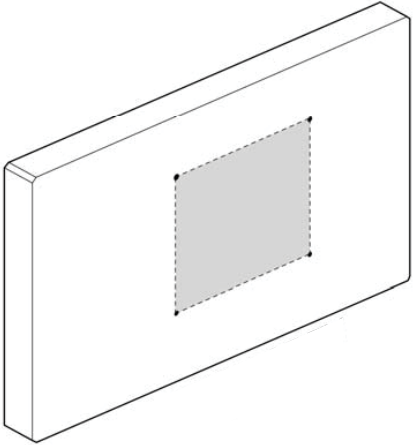
205 Westwood Ave, Long Branch, NJ 07740
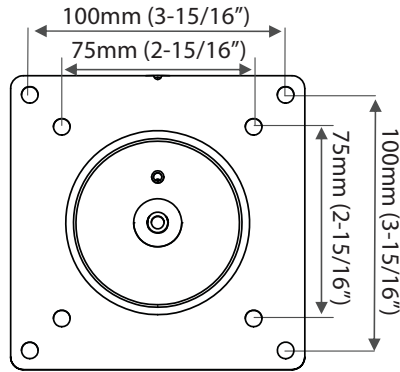Phone: 866-94 BOARDS (26273) / (732)-222-1511
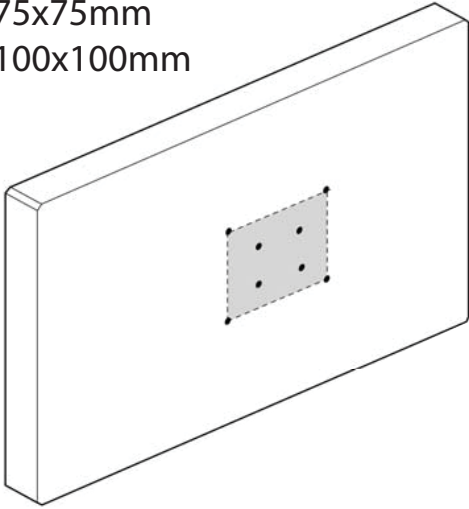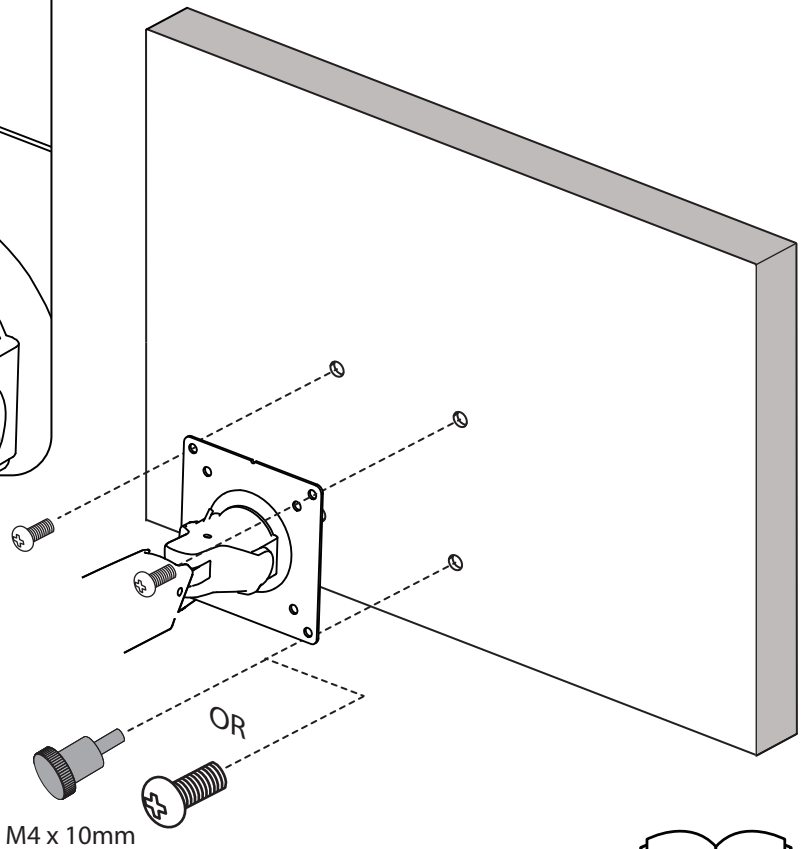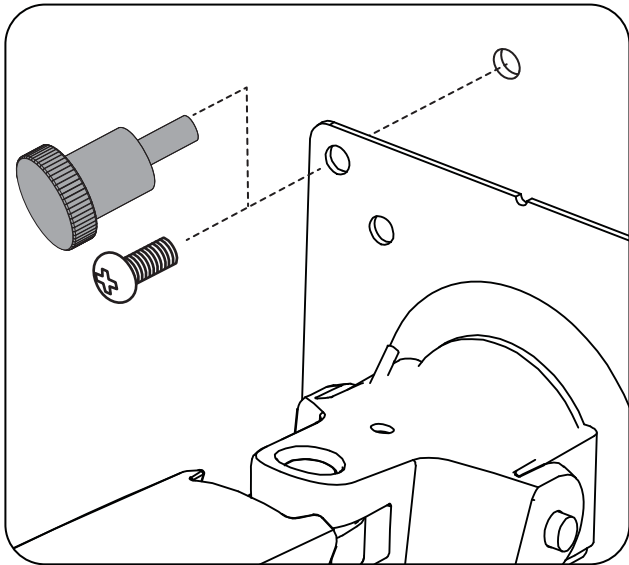Fax: (732)-222-7088 | E-mail: sales@touchboards.com
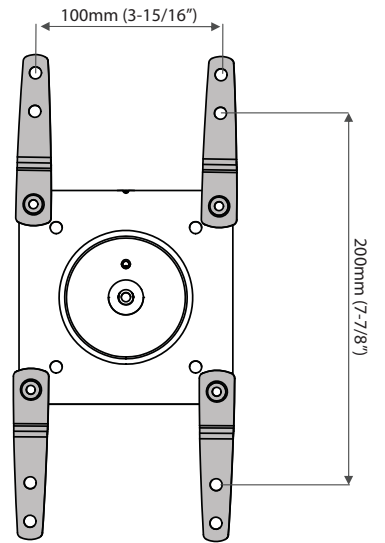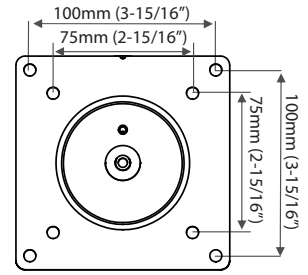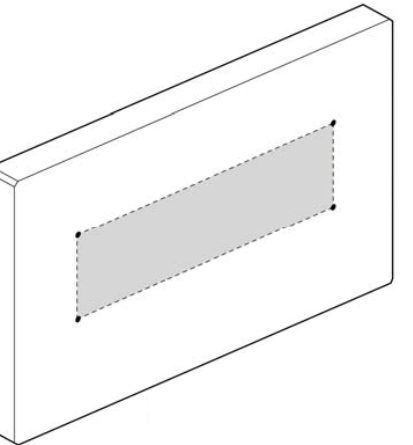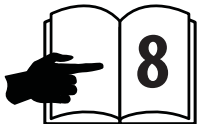
3 Mount Type A TV/Monitor to Arm

A

75x75mm
100x100mm

4x M4 x 10mm

M4 x 10mm

100mm (3-15/16")
75mm (2-15/16")
75mm (2-15/16")
100mm (3-15/16")

M4 x 10mm

OR

4 📖 **10**
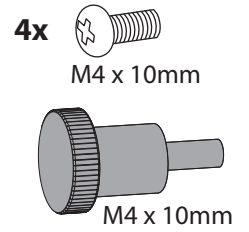
3 Mount VESA Adapters to Arm based on TV/Monitor hole pattern size (B, C, or D) .

B

C

D

4x

M5 x 7mm
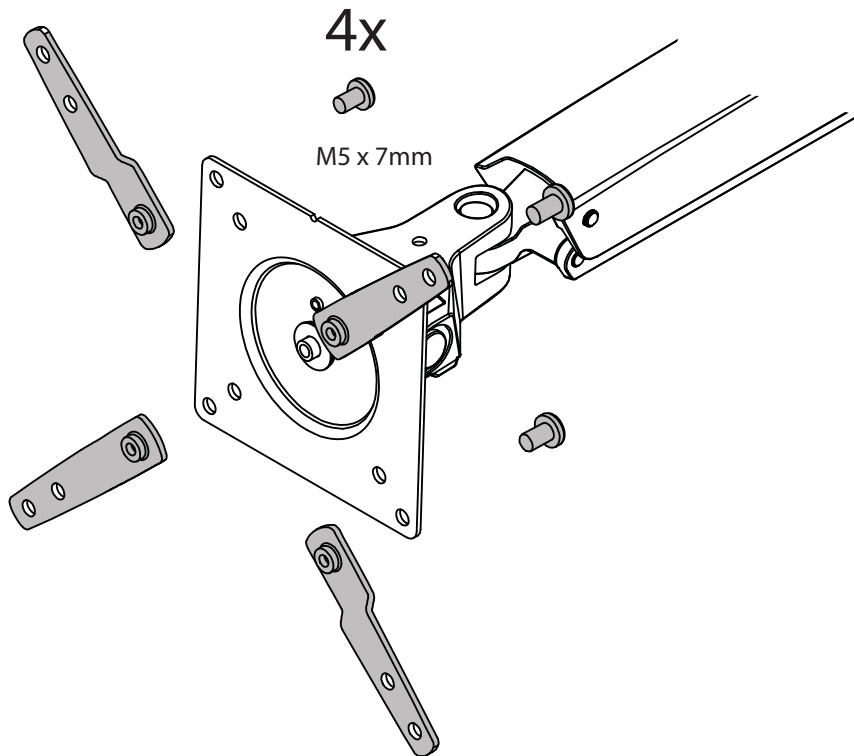
3 Mount Type B, C, or D TV/Monitor to Arm

B

100mm (3-15/16")
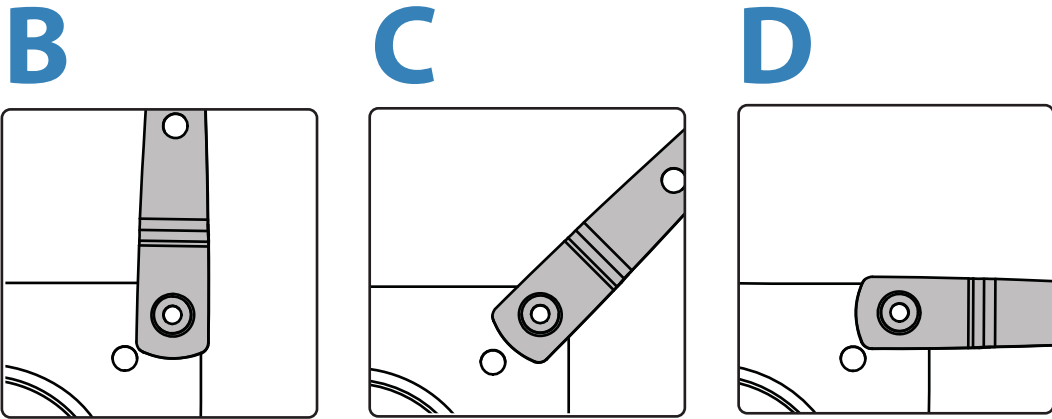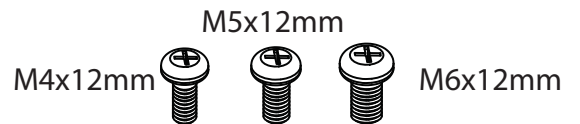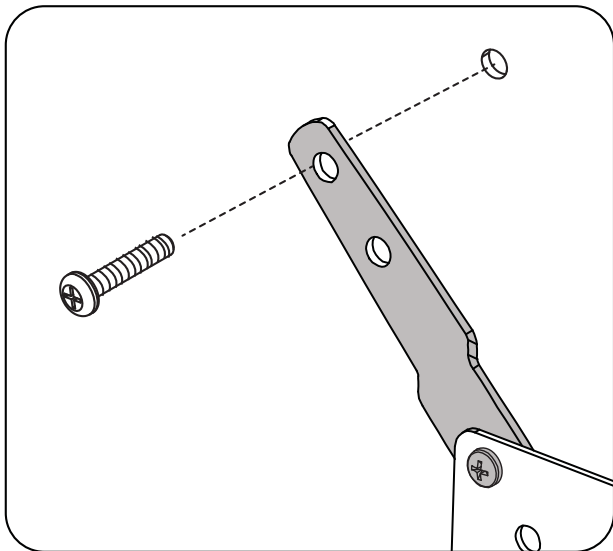
200mm (7-7/8")

C

200mm (7-7/8")

200mm (7-7/8")

D

200mm (7-7/8")

100mm (3-15/16")

M4x12mm

M5x12mm

M6x12mm
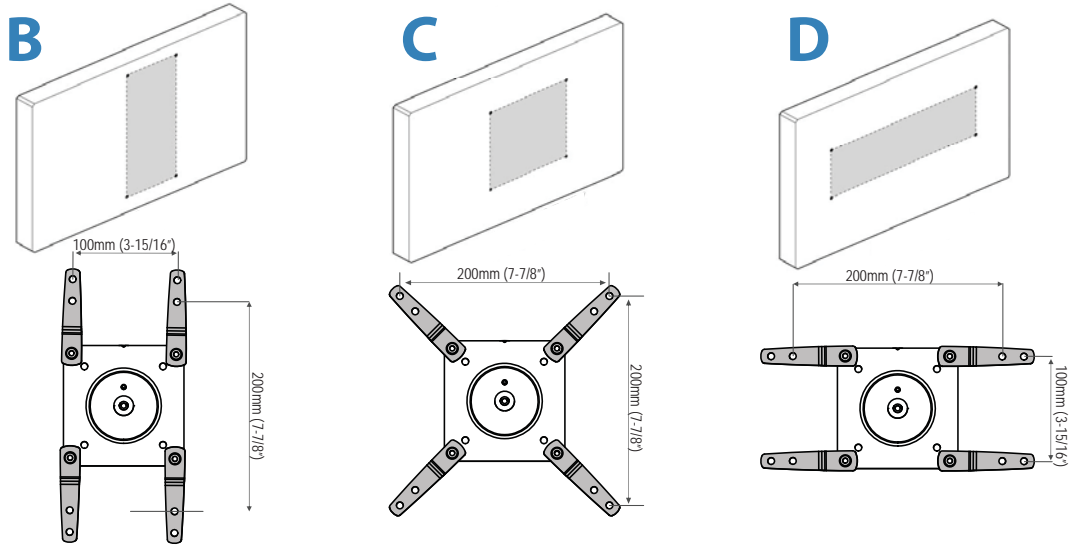
NOTE: To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.

M4x12mm

OR

M5x12mm

OR

M6x12mm

👉 10

4 👉 10
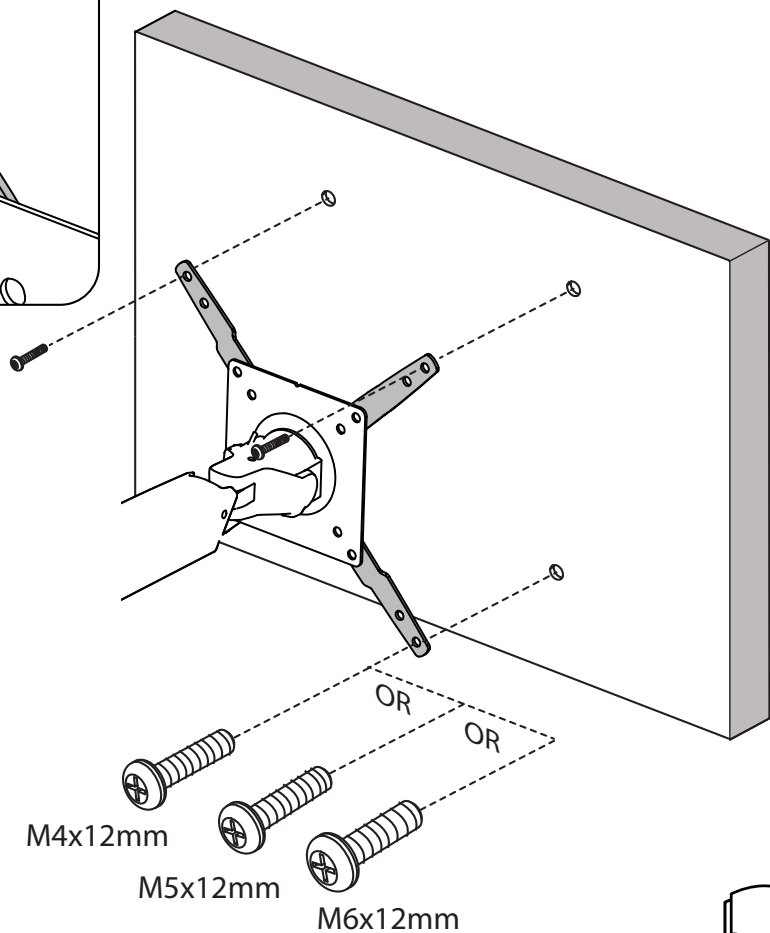
M8M5 KIT Instructions

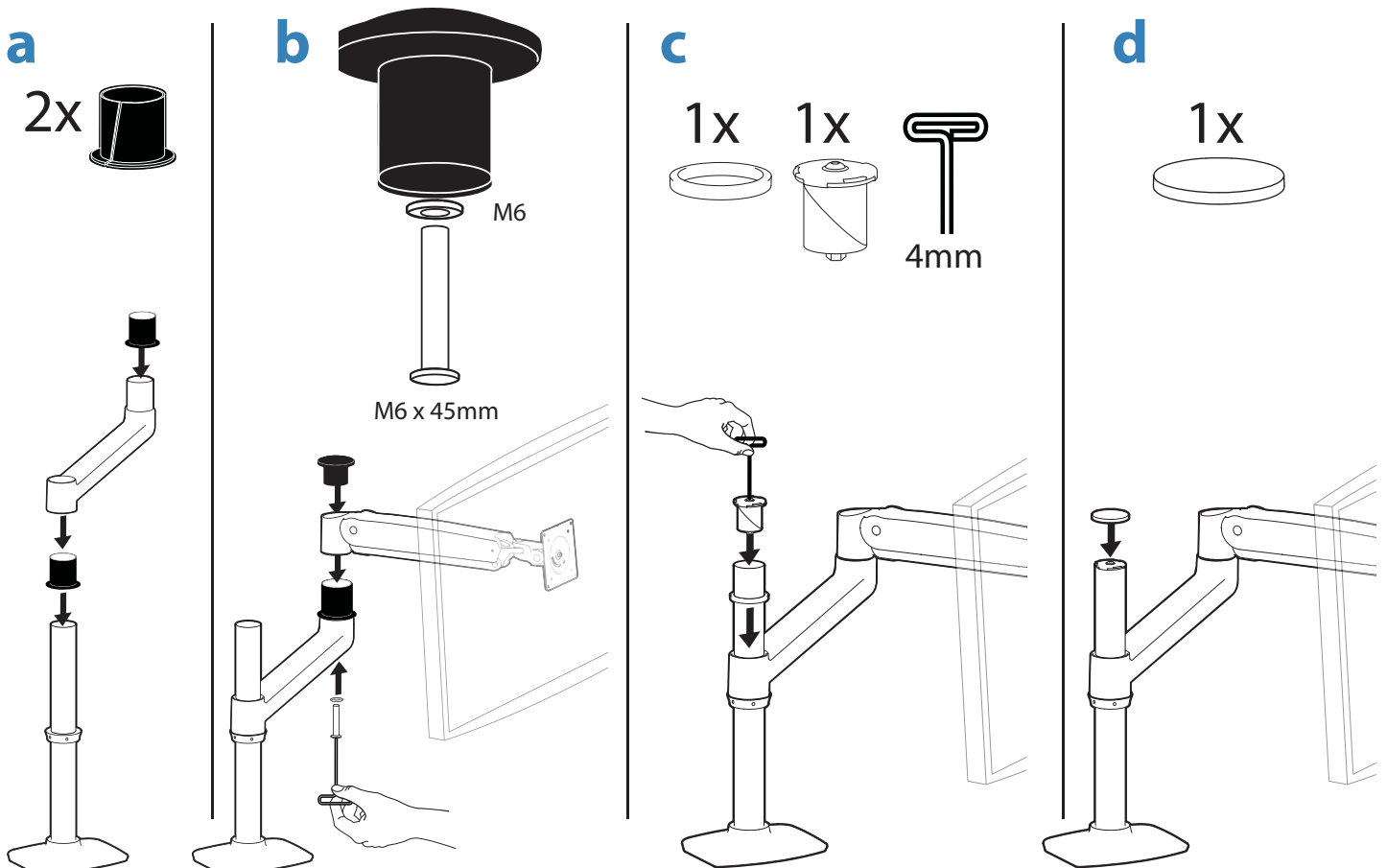**NOTE:** follow this step only if your TV/monitor has M8 holes which need to be reduced to M5 or for Samsung models using the holder ring.

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

TV/Monitor Mounting
M8 size hole

M5 x 20mm
Monitor Screw

M8M5 Reducer Bushing

Holder Ring
(Not included *Samsung Only)
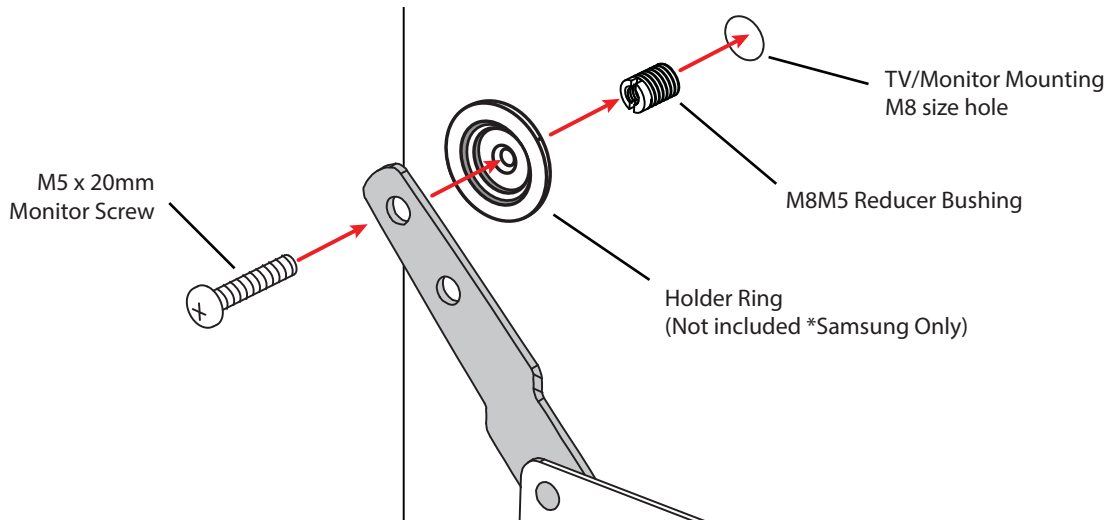
4   Mount extension and arm to pole.

a

2x

b

M6

M6 x 45mm

c

1x   1x

4mm

d

1x

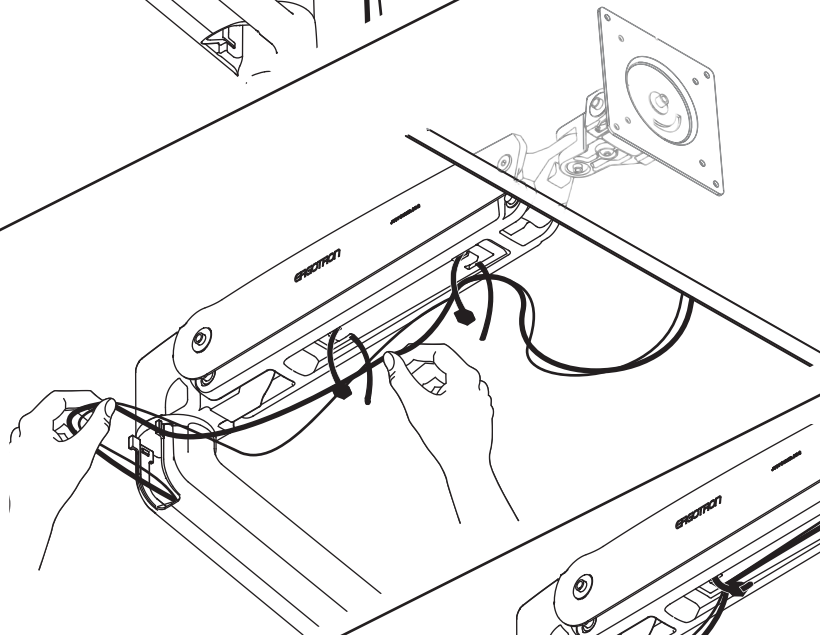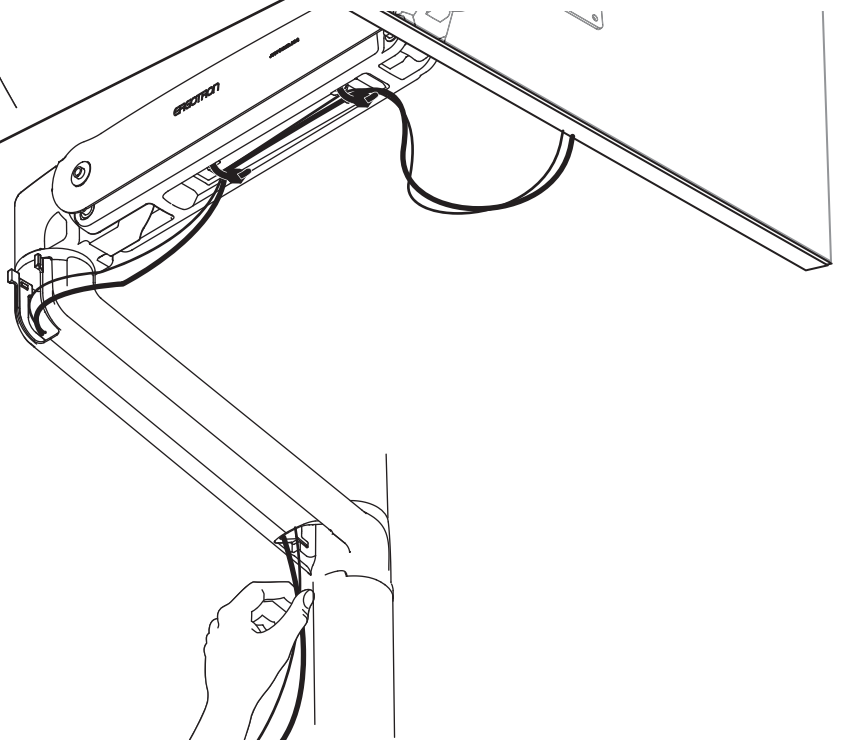# 5 Organize and route cables

a

1x

1x

b

c

ENGLISH
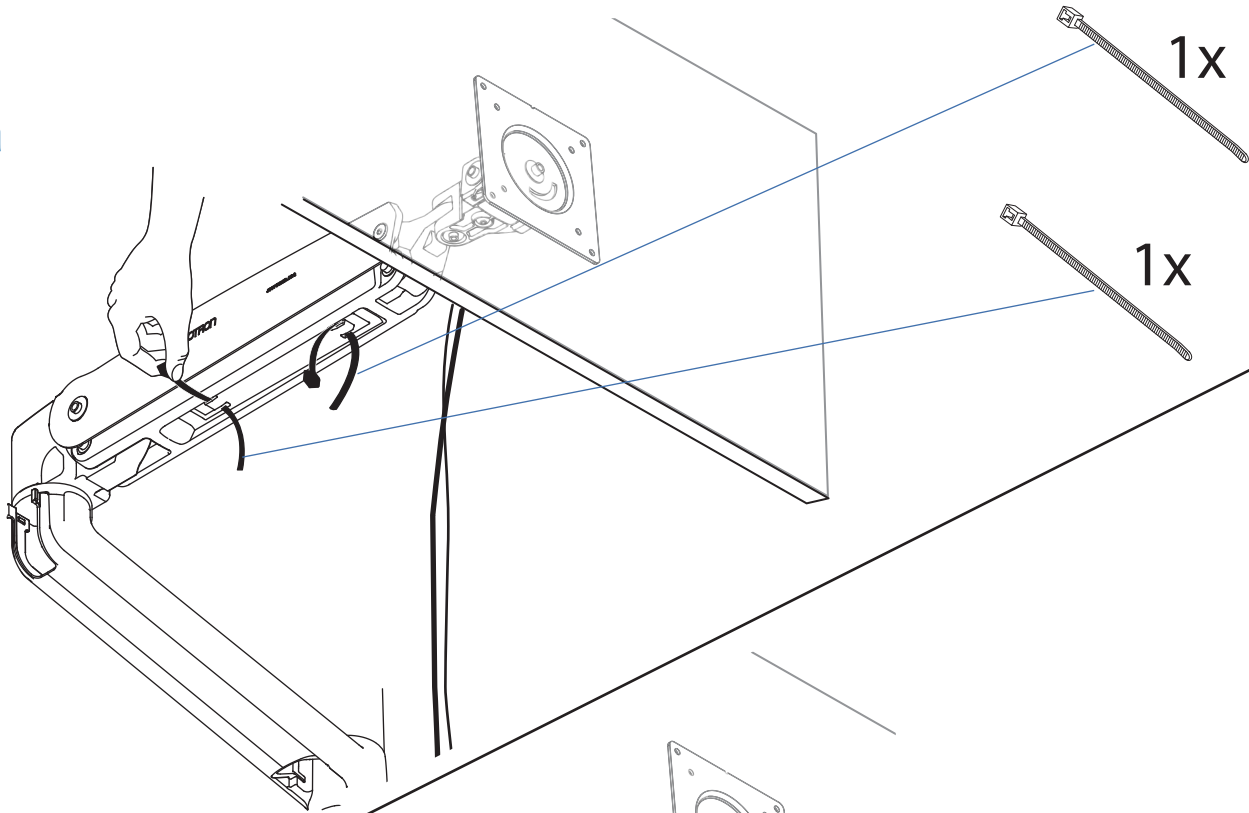
⬡ Adjustment Step

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.
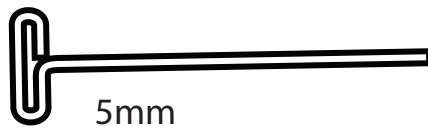
6 To adjust the arm lift:
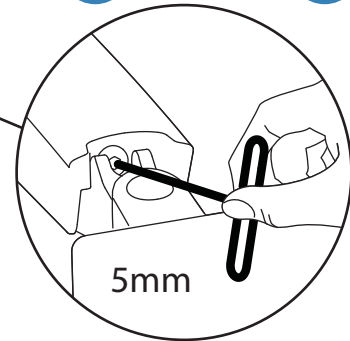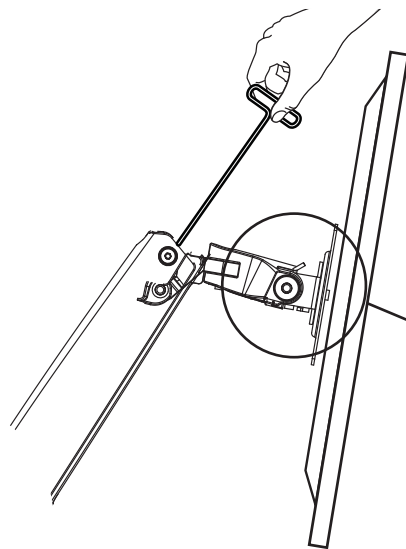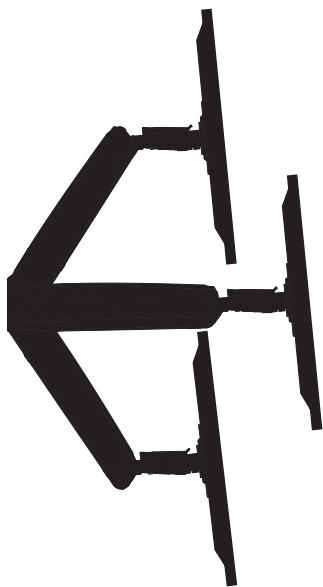
5mm

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:
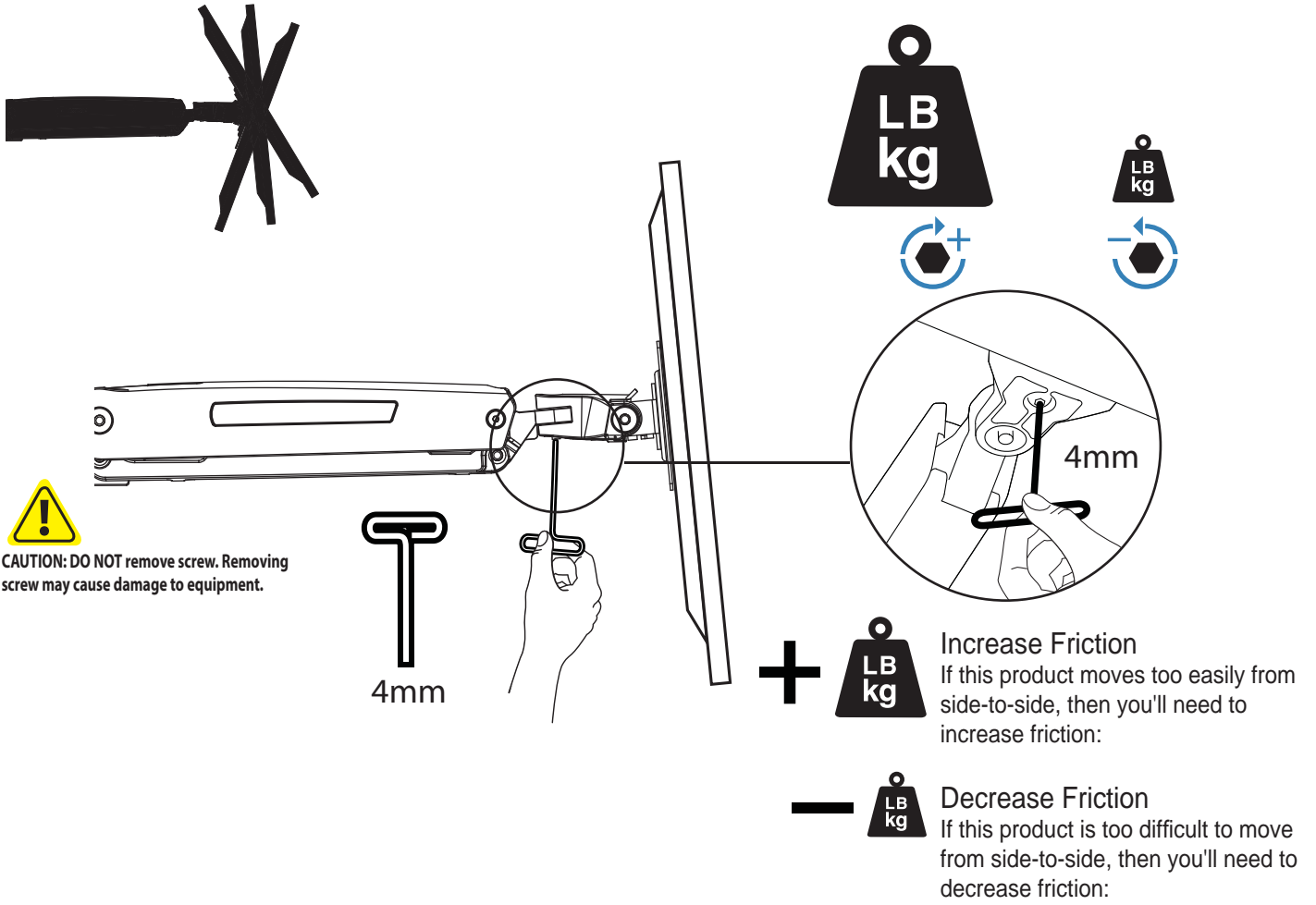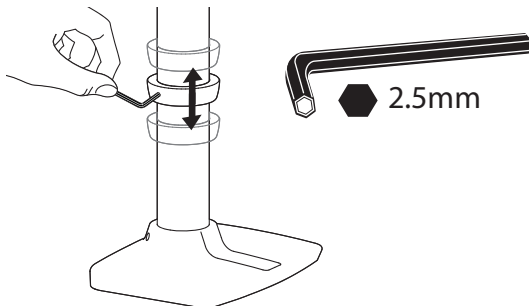
—

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   ⚠ WARNING

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!
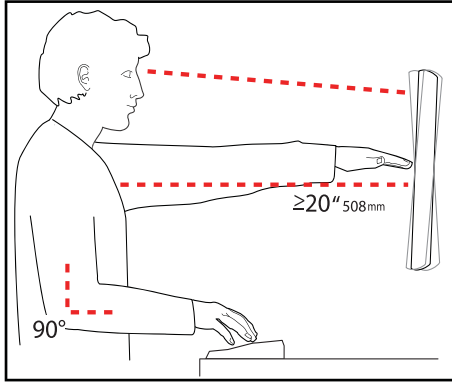
7 To adjust the TV/monitor tilt:

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

4mm

4mm

LB kg ⟳+   **LB kg** ⟲−

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

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

ENGLISH

8 To adjust height on pole:

⬡ 2.5mm

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.

ENGLISH

For service and warranty visit www.ergotron.com

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