

SSS  
SSW  
SSB

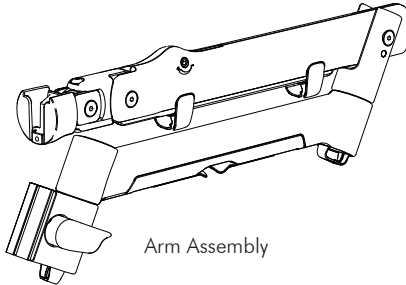
SSPW  
SSPB

Installation Instructions

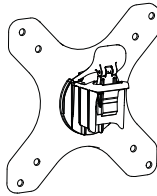
# SYSTEMA

Systema | Monitor Spring Arm

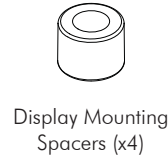
## Component Checklist



Arm Assembly



VESA monitor head

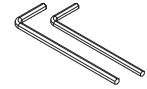


Display Mounting  
Spacers (x4)



M4 x 14mm (x1)  
Silver Phillips Head  
Security Screw

### HARDWARE



3/4mm Allen Keys

### Display Mounting Screws



M4 x 12/16/25mm (x4)  
Black Phillips Head Mounting Screws

## IMPORTANT INFORMATION:

- ! **IMPORTANT - Install Systema Monitor Spring Arm as per installation instruction.**
- ! This product supports a minimum load of 1.5kg (3.3lbs) and maximum load of 8kg (17.6lbs).
- ! The manufacturer accepts no responsibility for incorrect installation.
- ! Compatible with Systema Posts: SP10, SP40, SP75 and Wall Channels: SW6 & SW35.

## Step 1. Check Components

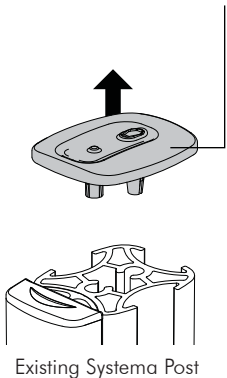
Check what you have received against the component checklist and hardware above.

## Step 2. Mount Arm Assembly

**Touchboards**

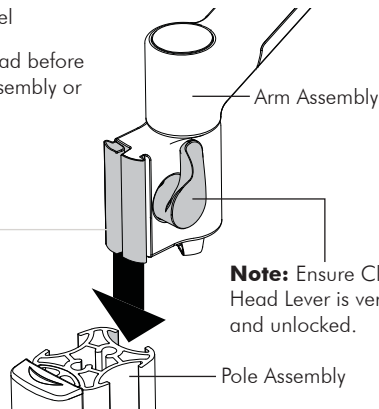
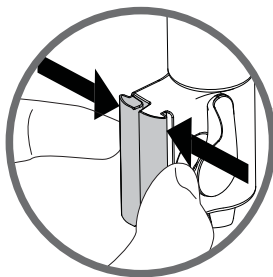
205 Westwood Ave, Long Branch, NJ 07740  
Phone: 866-94 BOARDS (26273) / (732)-222-1511  
Fax: (732)-222-7088 | E-mail: sales@touchboards.com

### 2.1 Remove Post Top Cap.

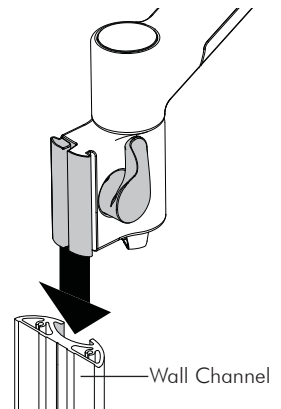


### 2.2 Insert Arm Assembly into Channel

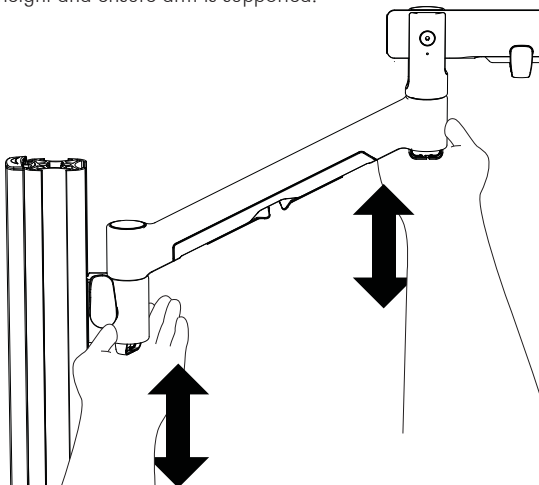
**Note:** Squeeze and hold Clamp Head before inserting into the channel on Post Assembly or Wall Channel.



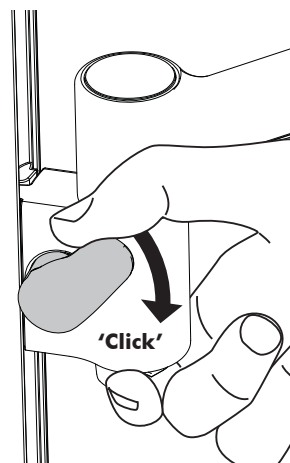
**Note:** Ensure Clamp Head Lever is vertical and unlocked.



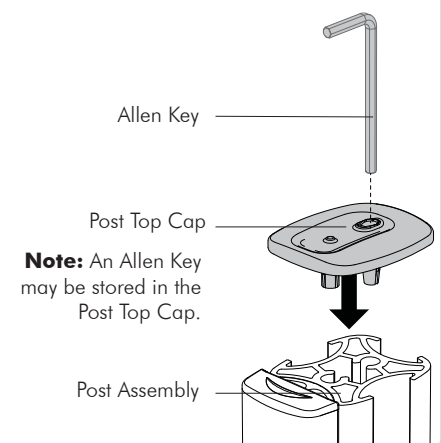
### 2.3 Move Channel Clamp to desired height and ensure arm is supported.



### 2.4 Lock Channel Clamp at preferred height.

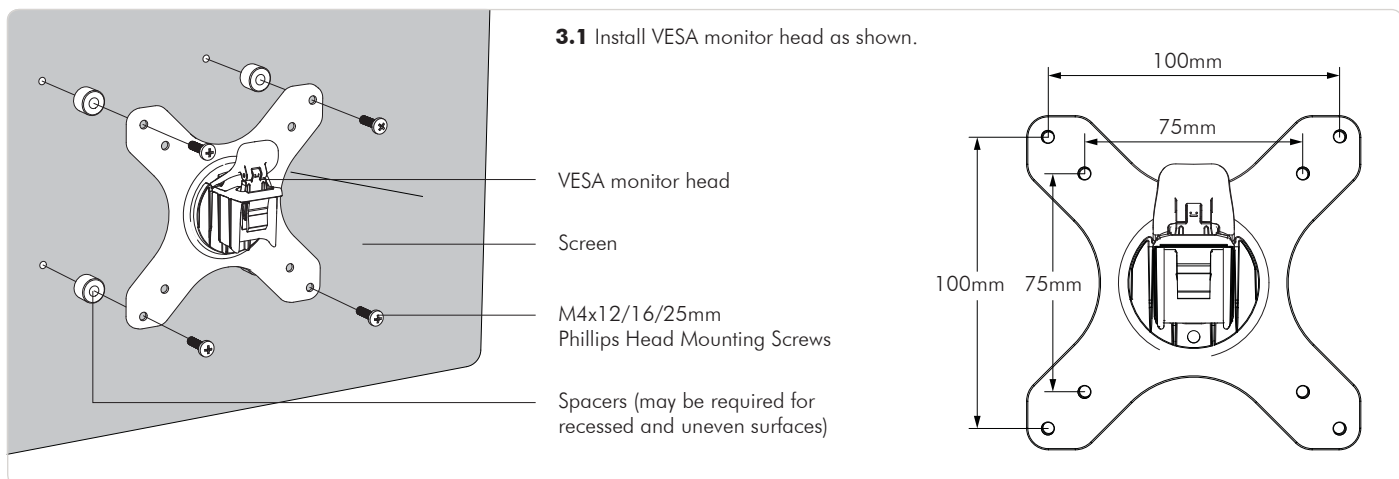


### 2.5 Insert Post Top Cap into Post Assembly.

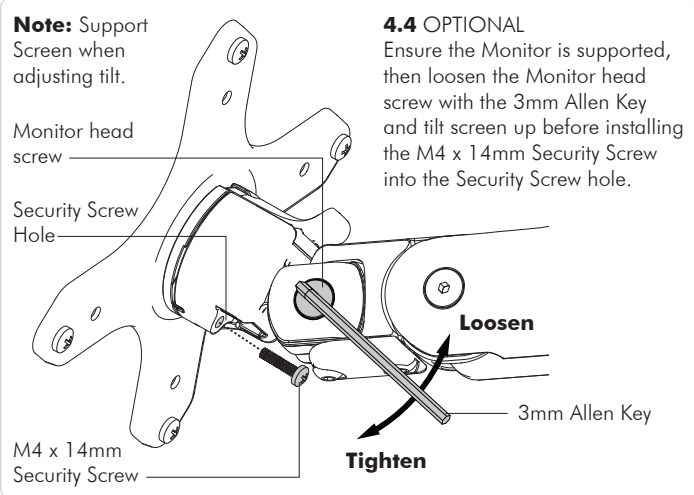
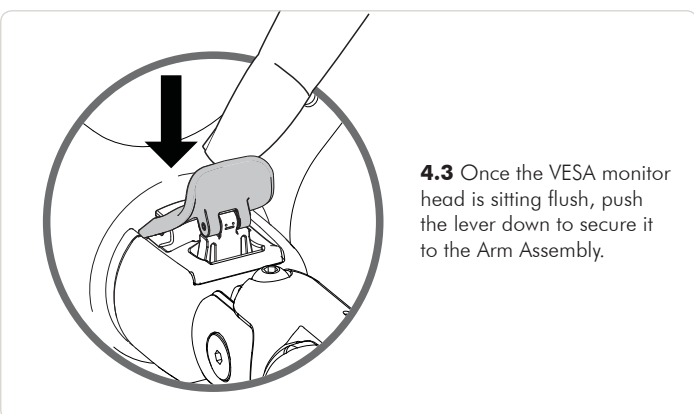
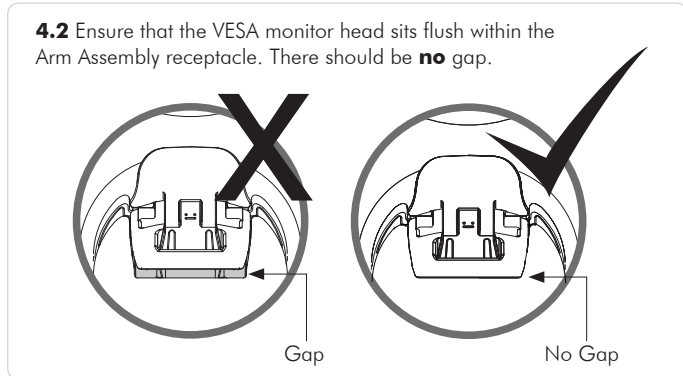
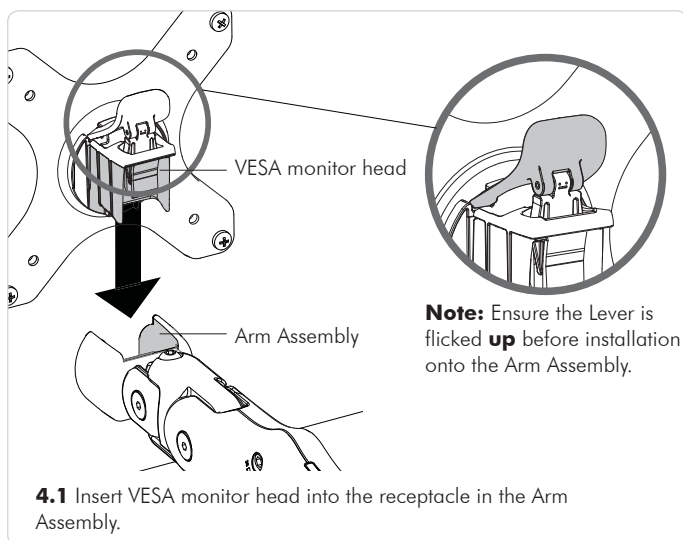


**Note:** An Allen Key may be stored in the Post Top Cap.

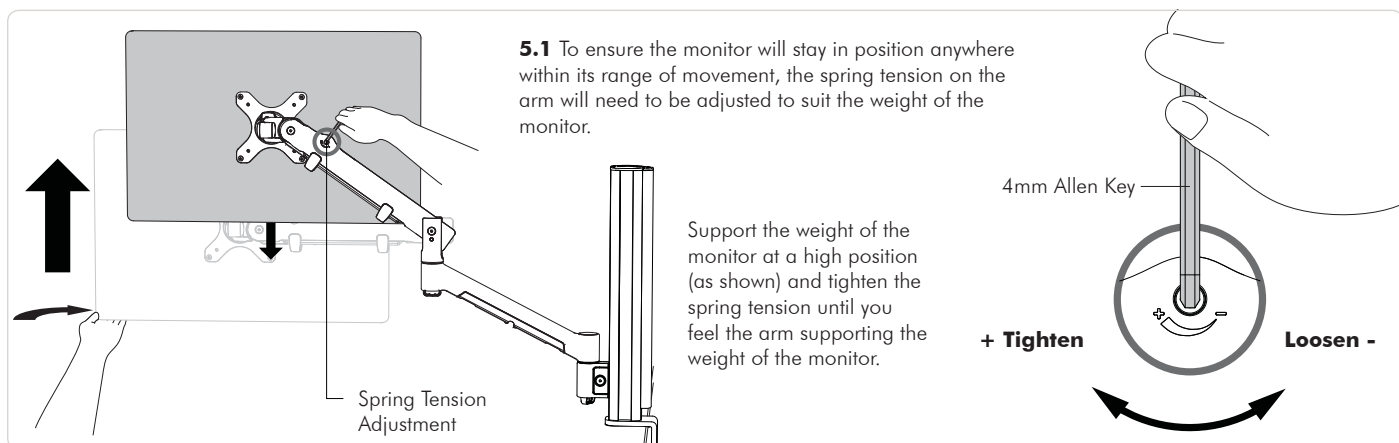
### Step 3. Install VESA monitor head



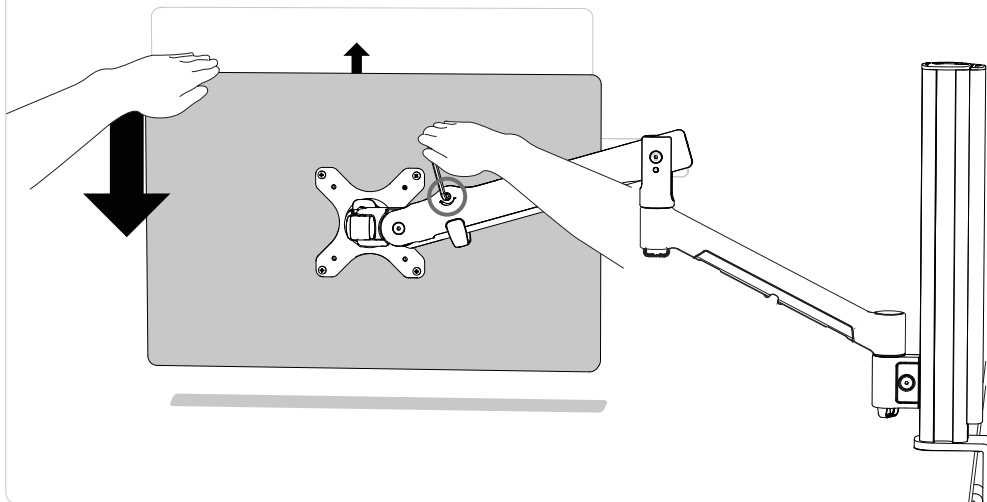
### Step 4. Mount Display



### Step 5. Adjust Spring Tension

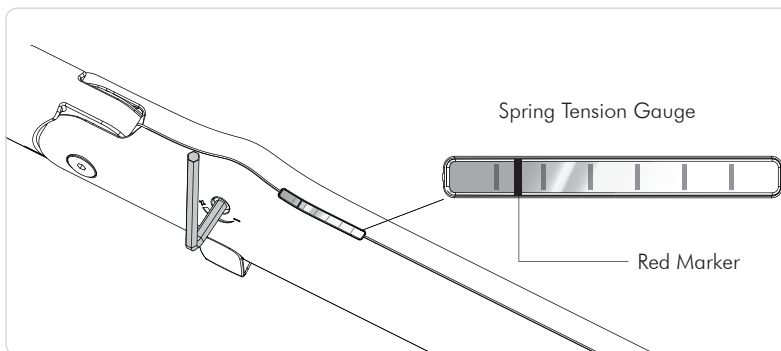


## Step 5. Adjust Spring Tension (cont.)



**5.2** Push the monitor down to the bottom. If the screen bounces back this may indicate too much tension. Loosen the spring tension **1 turn at a time** until no bounce is observed.

Once adjustments have been made, move the arm assembly through the full range of movement to ensure it moves freely and holds its position.



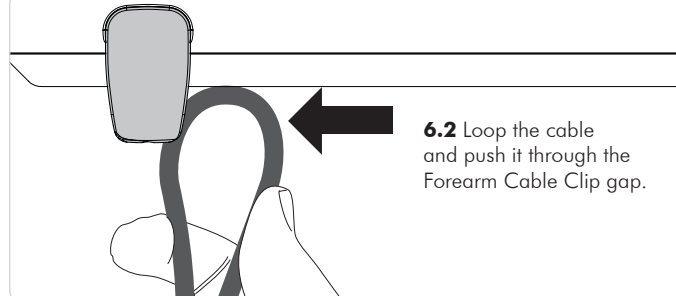
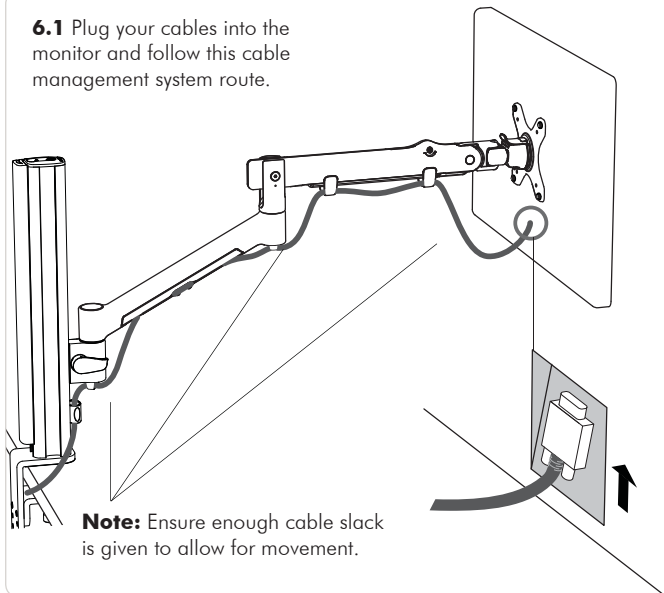
### 5.3 MULTIPLE ARM INSTALLATIONS

When installing multiple SYSTEMA products using monitors of the same weight, observe the location of the **red marker** on the Spring Tension Gauge and set the tension to the same position on all arms.

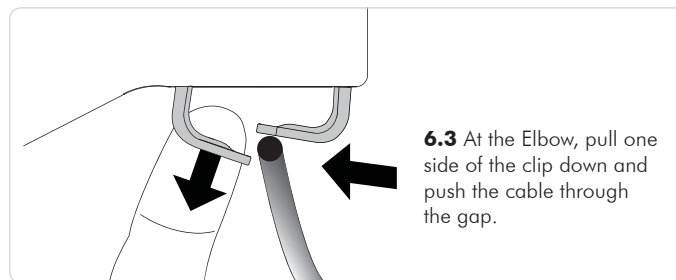
**Max weight: 8 kg.**

## Step 6. Cable Management

**6.1** Plug your cables into the monitor and follow this cable management system route.

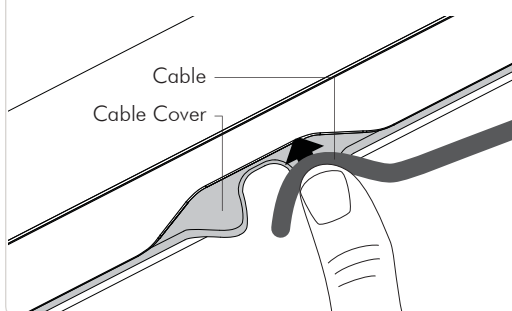


**6.2** Loop the cable and push it through the Forearm Cable Clip gap.

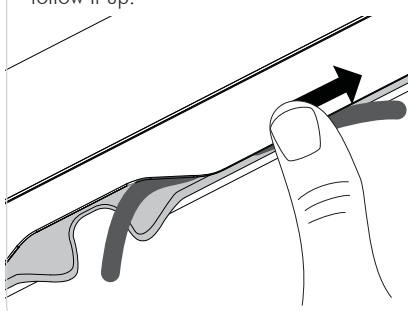


**6.3** At the Elbow, pull one side of the clip down and push the cable through the gap.

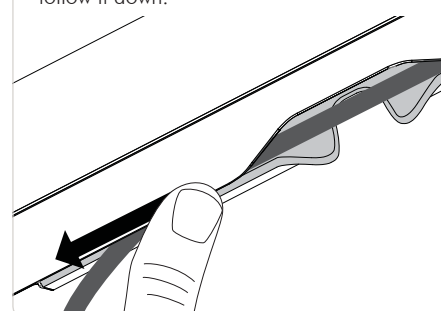
**6.4** Push the cable up into the gap in the lower arm Cable Cover.



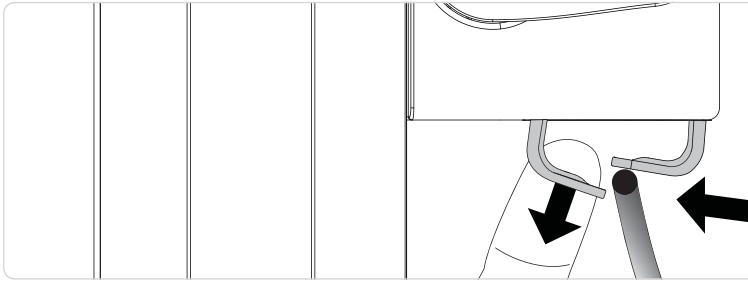
**6.5** Whilst maintaining pressure on the cable, slide the cable into the groove and follow it up.



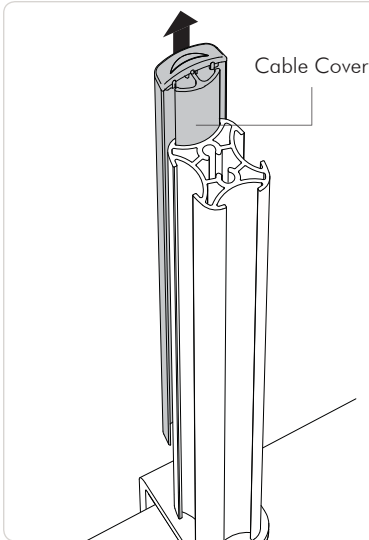
**6.6** Whilst maintaining pressure on the cable, slide the cable into the groove and follow it down.



## Step 6. Cable Management (cont.)



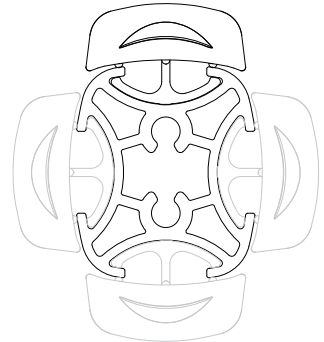
**6.7** Under the Channel Clamp, pull one side of the clip down and push the cable through the gap.



**6.8** OPTIONAL (NOTE: The Cable Cover shown, only comes with SP40 or SP75 posts.)

To reposition the Cable Cover, pull it straight up and out of the post and insert it into any of the available slots.

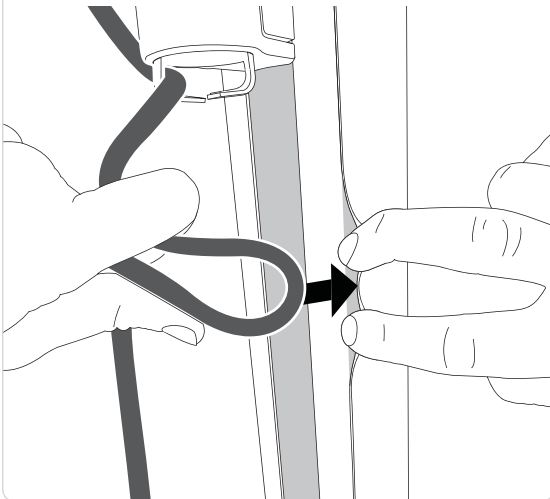
### Optional Cable Cover Positions



**Note:** Choose 6.9 and/or 6.10 for your column cable management depending on your needs.

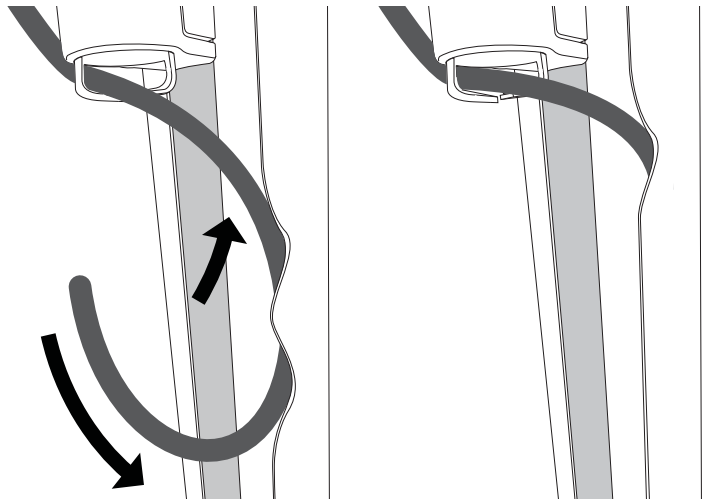
#### 6.9 OPTIONAL

**A.** Loop cable and insert into Cable Cover.



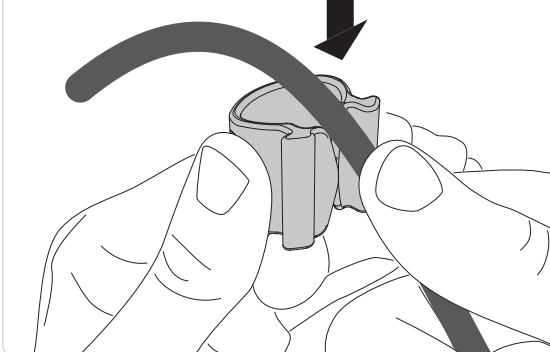
#### 6.9 OPTIONAL

**B.** Push the Cable down into either side of the Cable Cover until it reaches the bottom.



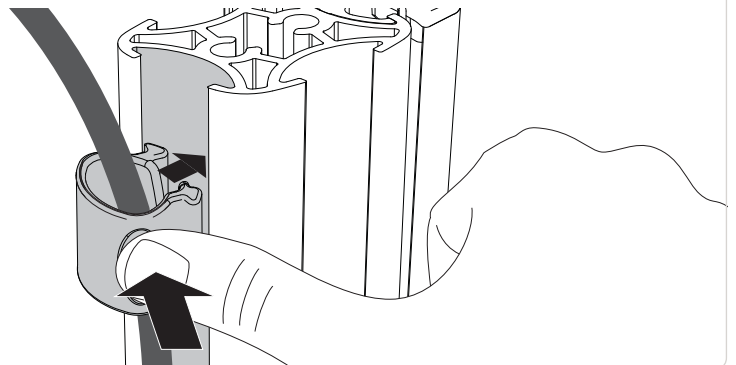
**6.10** OPTIONAL (NOTE: Cable clips only come with SP40 and SP75 Posts or separately in SC4 accessory pack)

**A.** Push the cable down into the Cable Clip.



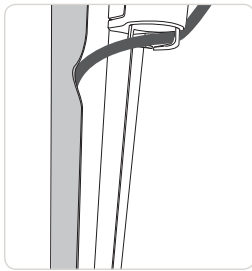
#### 6.10 OPTIONAL

**B.** Insert one side of the Cable Clip into the Channel on the Post assembly or Wall channel, before pushing the other side in.

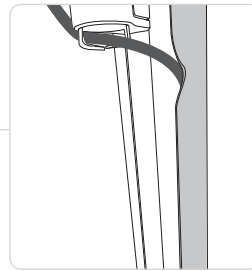


**For a triple configuration Atdec recommends using:**

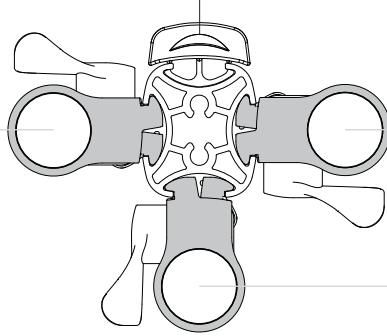
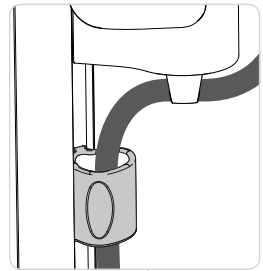
Post Cable Cover



Post Cable Cover

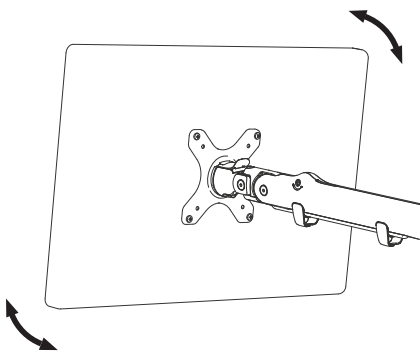


Post Cable Clip

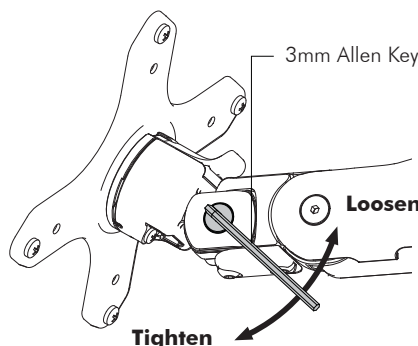


## Step 7. Adjusting the Display Bracket

### Portrait/Landscape

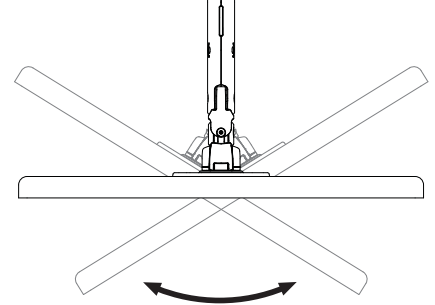


### Tilt (Screen angle up/down)



**Note:** Support Screen when adjusting tilt.

### Pan (Screen angle left/right)



**No Allen Key necessary**

## Ergonomic Guidelines

**Many experts believe that the extended use of any computer screen has the potential to cause serious injury to your eyes, neck and back. This can be largely avoided by correctly positioning your display.**

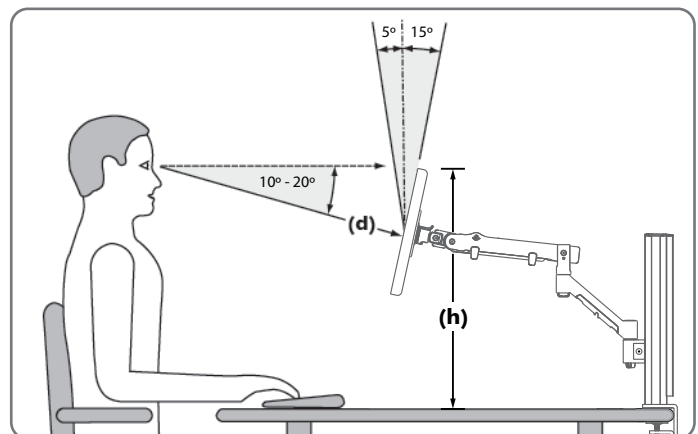
**Viewing angle:** Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

**Height:** As a guide, the height (**h**) of your display should approximately be as follows:

- Tall Male (Max): 560mm (22")
- Short Male (Min): 368mm (14.5")
- Tall Female (Max): 520mm (20.5")
- Short Female (Min): 356mm (14")

**Distance:** For visual comfort, a viewing distance (**d**) between 500mm (20") to 750mm (29.5") is recommended.

**Tilt Angle:** Angular adjustments to reduce reflection on your monitor should range between 5° forward tilt to 15° backward tilt.



## Installation Complete



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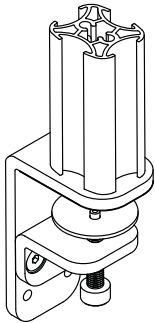
SP10S  
SP10SW  
SP10SB  
SP10B

Installation Instructions

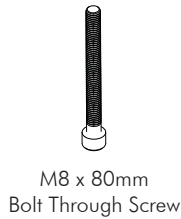
# SYSTEMA

Systema | 100mm Post

## Component Checklist



Post Assembly



M8 x 80mm  
Bolt Through Screw



M8 x 25mm  
CSK screw



Bolt Through  
Washer



Pole Cap



Bolt Through Plate



5mm Allen Key

### Tools Required:

- Power Drill
- Phillips Head Screw Driver
- 9mm (0.35") Drill Bit

## IMPORTANT INFORMATION:

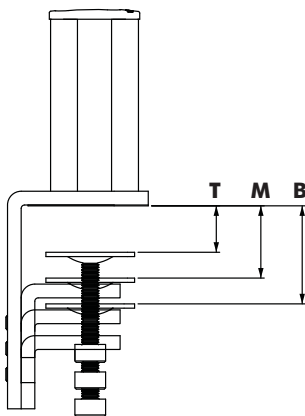
- ! **IMPORTANT - Install Systema 100mm Post as per installation instruction.**
- ! Systema 100mm Post is compatible with Systema monitor arms SA13, SA46, SA71 & SS
- ! The manufacturer accepts no responsibility for incorrect installation.

## Step 1. Check Components

Check what you have received against the component checklist above.

## Step 2. Mount Base

### Option 1: Mount using Desk Clamp



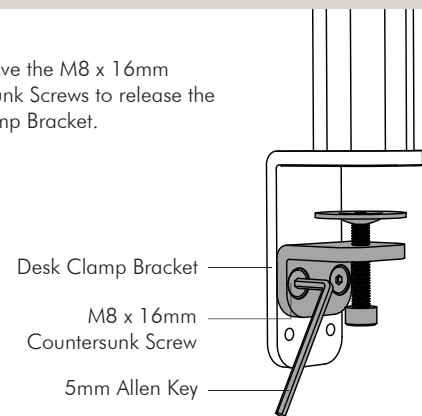
**1.1** The Desk Clamp bracket can be repositioned to suit different mounting surface thicknesses. The maximum mounting surface thicknesses supported are listed below from the Top to Middle to Bottom Screw Holes. The Desk clamp bracket comes factory set in the top position.

<b>Top</b>	0 - 38mm (0 - 1.5")
<b>Middle</b>	11 - 53mm (0.43 - 2.08")
<b>Bottom</b>	25 - 68mm (1 - 2.67")

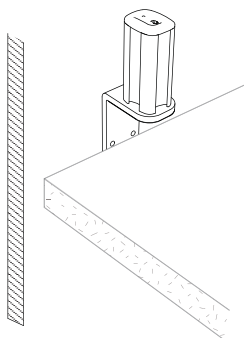
If you need to reposition the desk clamp bracket or you have no access to the rear of your table continue to **Step 1.2**.

If you **DO NOT** need to reposition the desk clamp bracket and you have access to the rear of your table skip to **Step 1.5**.

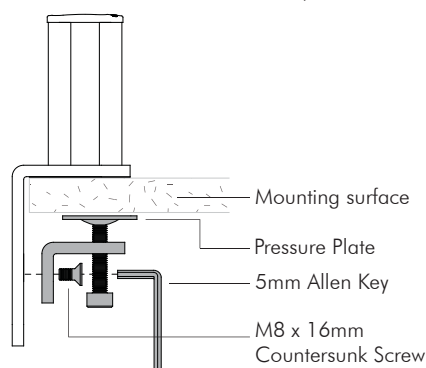
**1.2** Remove the M8 x 16mm Countersunk Screws to release the Desk Clamp Bracket.



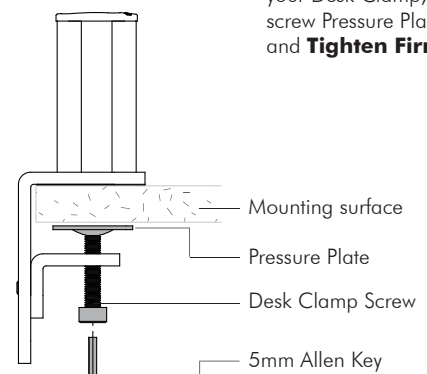
**1.3** Place in desired location.



**1.4** Reattach Desk Clamp Bracket.



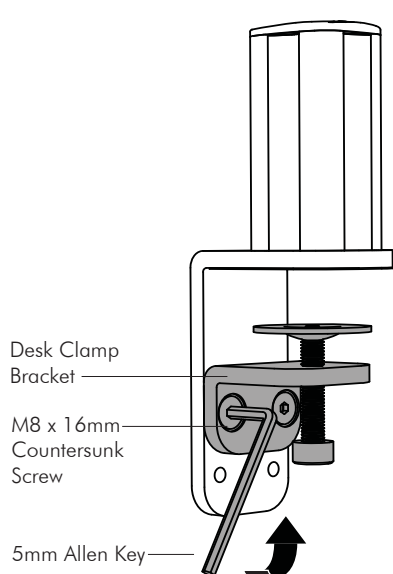
**1.5** After positioning your Desk Clamp, screw Pressure Plates in and **Tighten Firmly**.



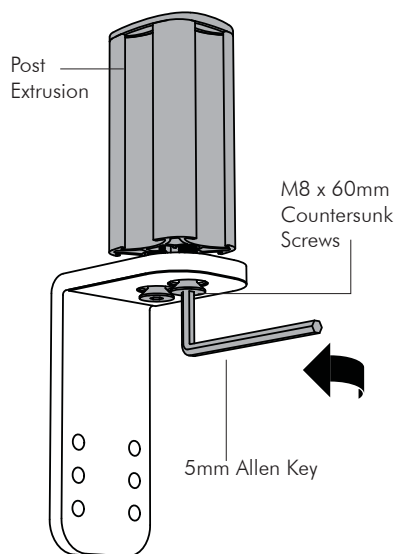
## Step 2. Mount Base (cont.)

**Option 2: Bolt Through** - NOTE: Suits mounting surfaces of up to 63.5mm (2.5") thickness.

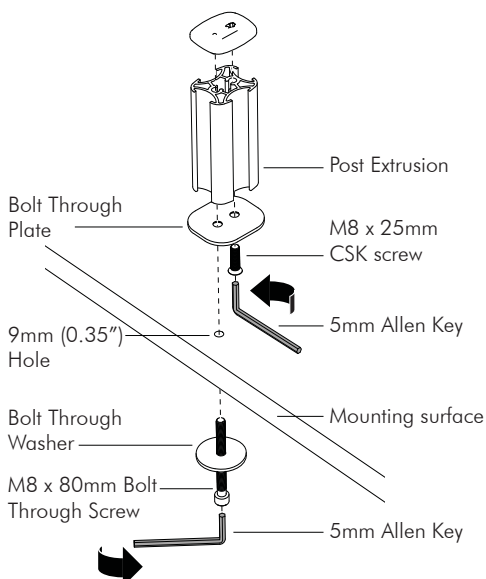
**2.1** Remove the M8 x 16mm Countersunk Screws to release the Desk Clamp Bracket.



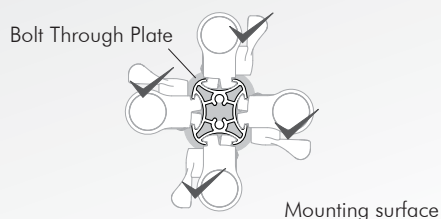
**2.2** Remove M8x 60mm Countersunk Screws to release the post from the Desk Clamp.



**2.3** Drill a 9mm (0.35") hole in the Mounting surface in the desired position and assemble as shown below.

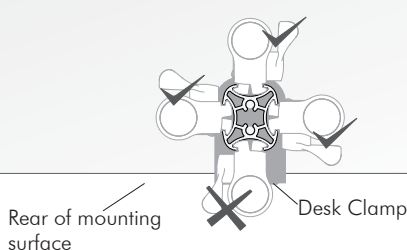


## Post placement & Arm configuration



When using the Bolt through method of attachment, arms can be mounted from all four channels and oriented at any angle.

When using the Desk Clamp method of attachment, mounting arms from the rear channel of the post and/or orienting the side mounted arms over the rear of the mounting surface may result in clamp failure.



## Ergonomic Guidelines

**Many experts believe that the extended use of any computer screen has the potential to cause serious injury to your eyes, neck and back. This can be largely avoided by correctly positioning your display.**

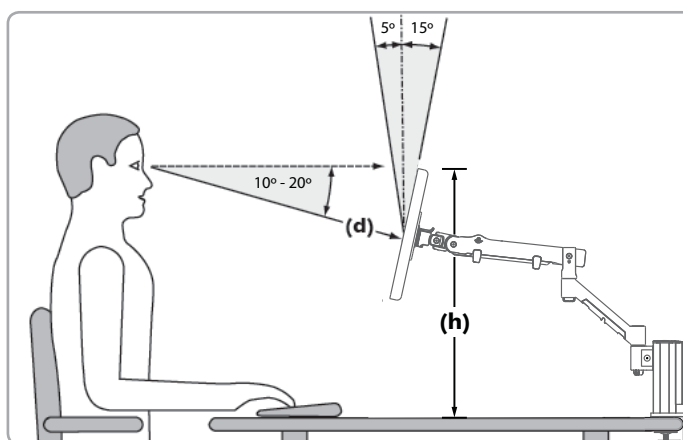
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**Distance:** For visual comfort, a viewing distance (**d**) between 500mm (20") to 750mm (29.5") is recommended.

**Tilt Angle:** Angular adjustments to reduce reflection on your monitor should range between 5° forward tilt to 15° backward tilt.



## Installation Complete

You are now ready to install your Systema Monitor Arms.  
Please refer to the Installation Instructions Included with these products.



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