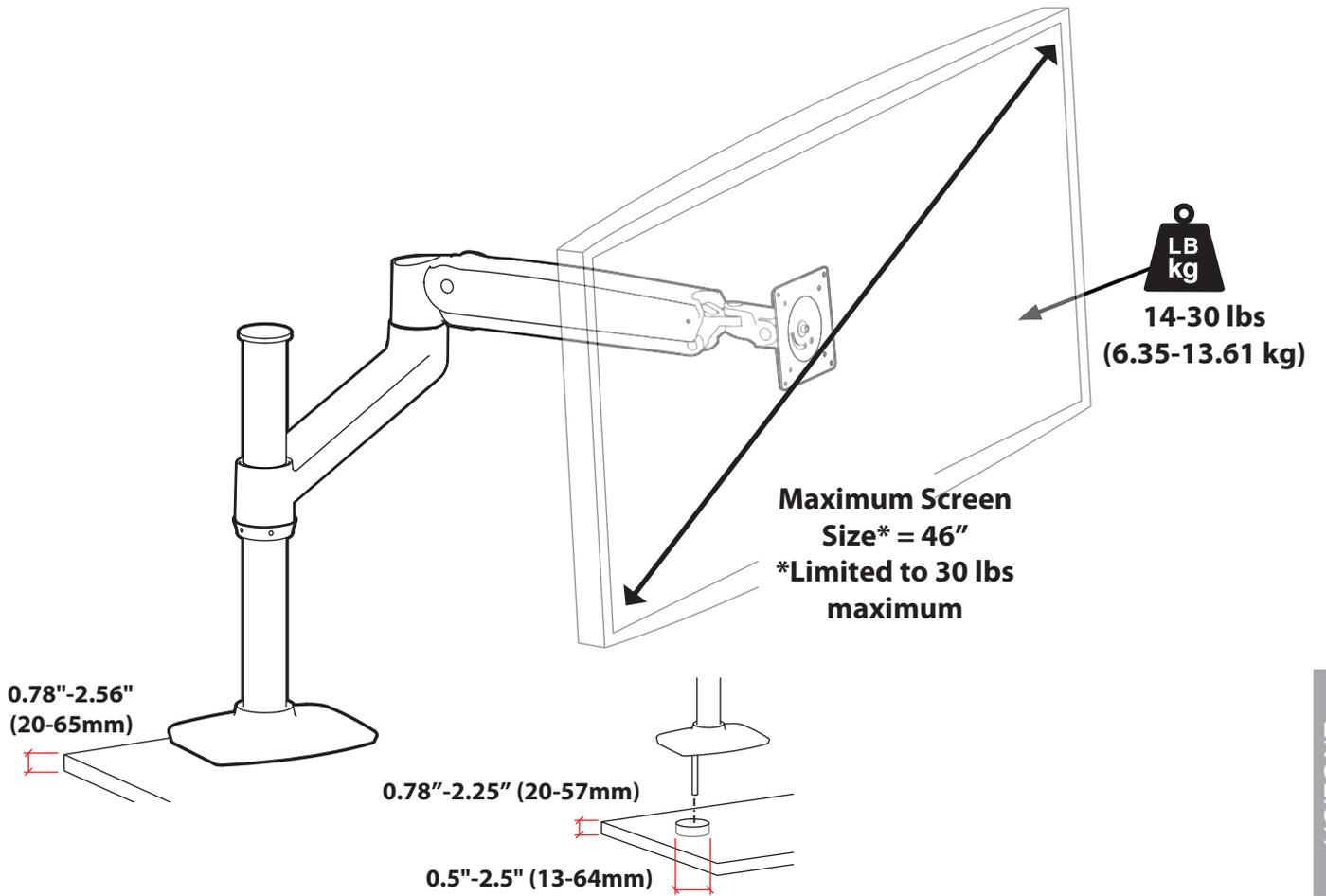
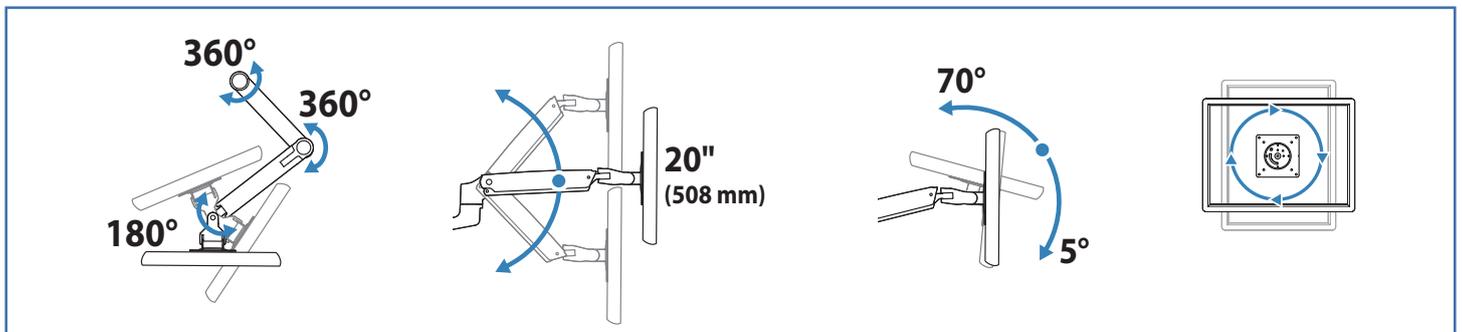


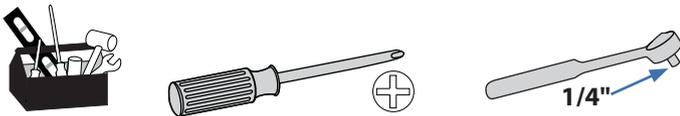
# LX HD Sit-Stand Desk Mount LCD Arm



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## Tools Needed



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



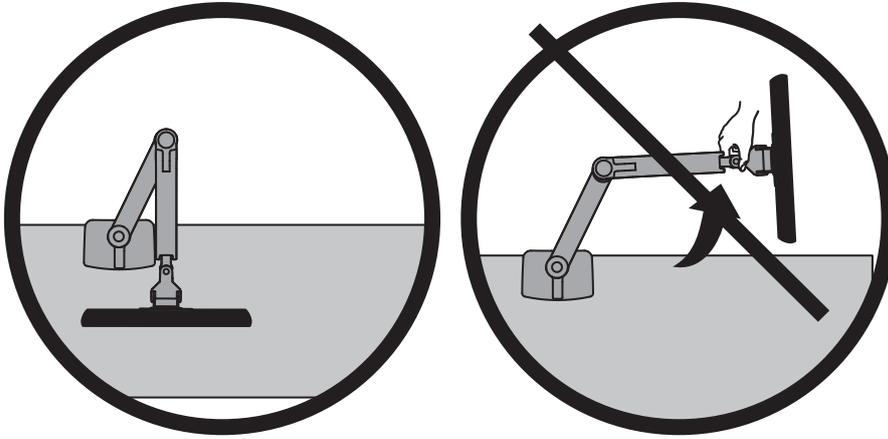
- User's Guide - English
- Guía del usuario - Español
- Manuel de l'utilisateur - Français
- Gebbruikersgids - Deutsch
- Benutzerhandbuch - Nederlands
- Guida per l'utente - Italiano
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- ユーザーガイド: 日本語
- 用戶指南: 汉语

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 USA 1-800-888-8458  
 Europe +31 (0)33-45 45 600  
 China 400-120-3051

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

# 1

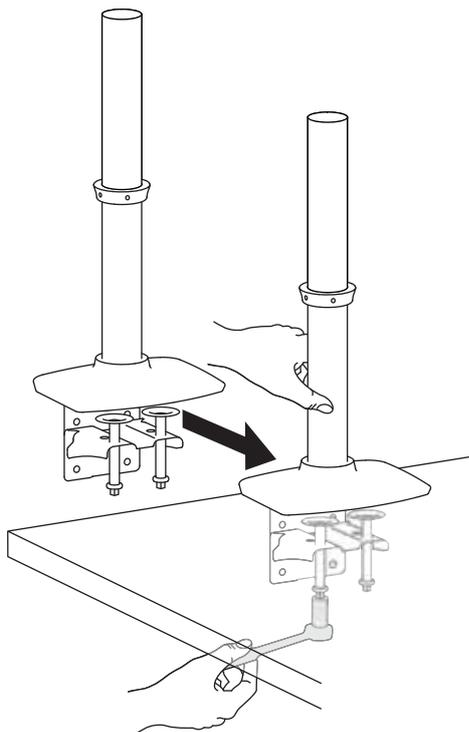
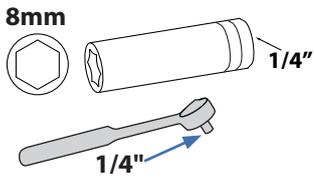
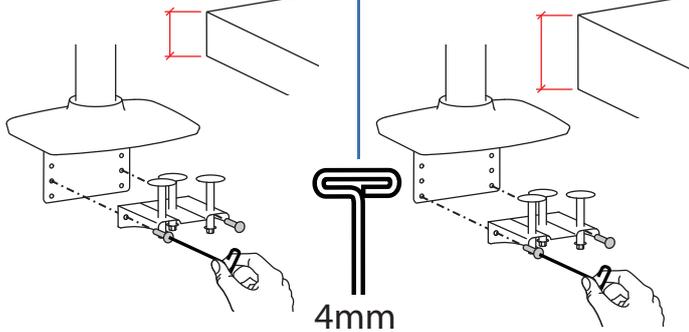
CLAMP

GROMMET HOLE

DESK THICKNESS

0.78"-1.38" (20-35mm)

1.18"-2.56" (30-65mm)

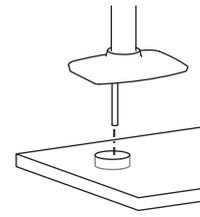


a

b

c

d

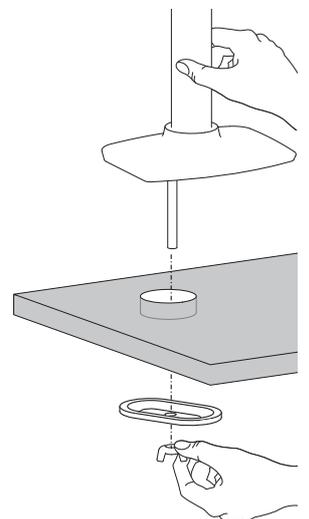


1x Bolt

1x Nut

1x Grommet 1x Grommet

**CAUTION:** Bolt must be centered in hole.

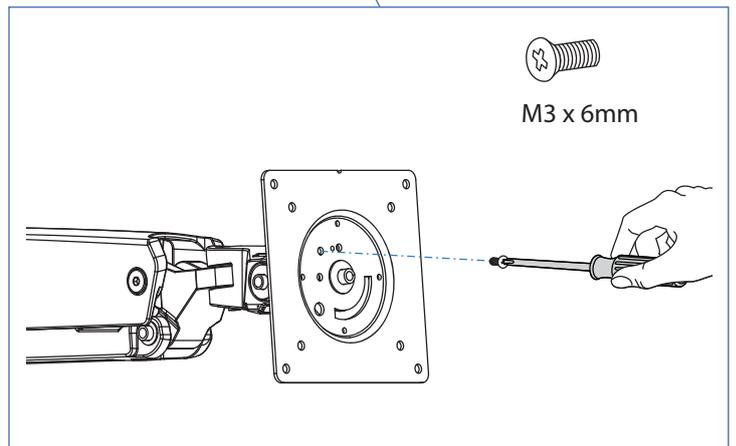
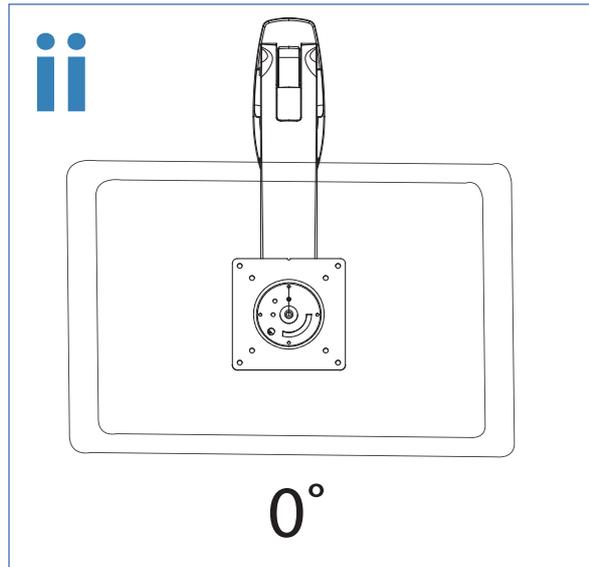
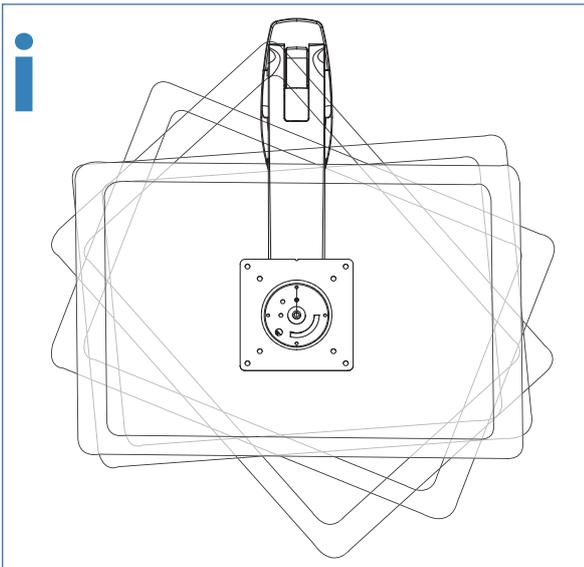


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## 2 Portrait / Landscape Options

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.

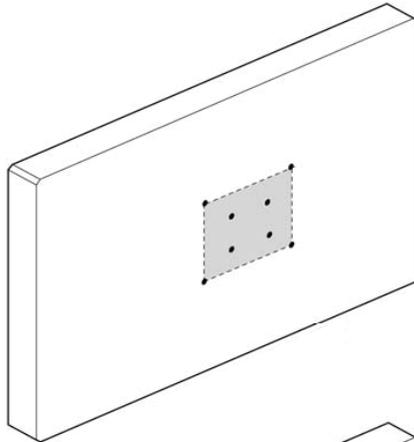


# 3 Check size of TV/Monitor hole pattern

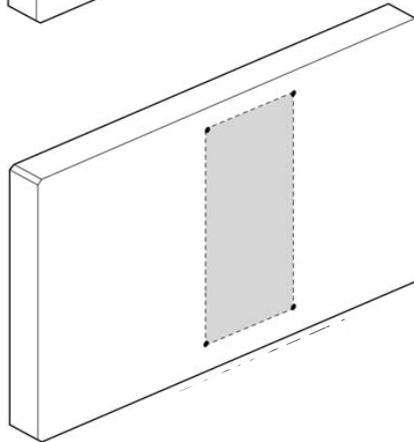
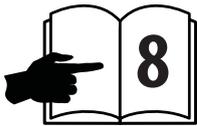
## TV/Monitor Hole Pattern Sizes

## VESA Adapter Configurations

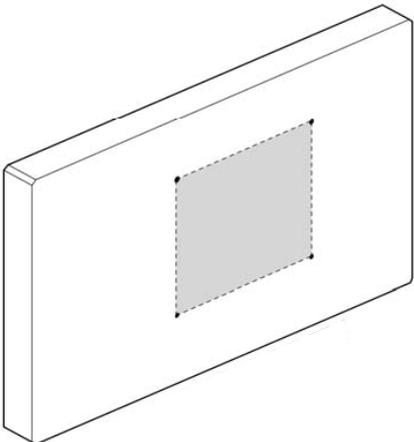
**A** 75x75mm  
100x100mm



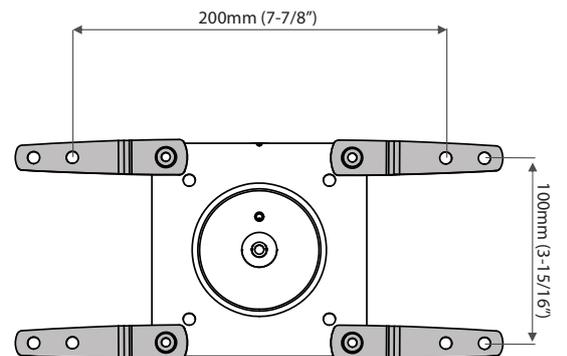
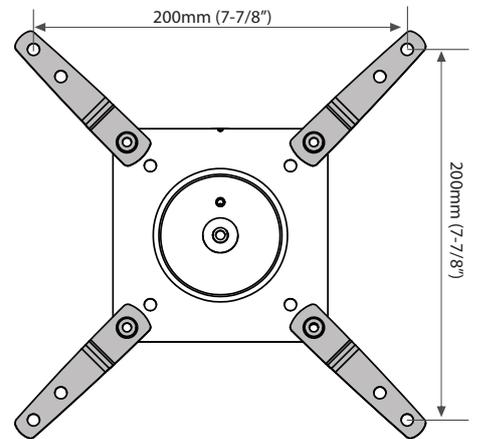
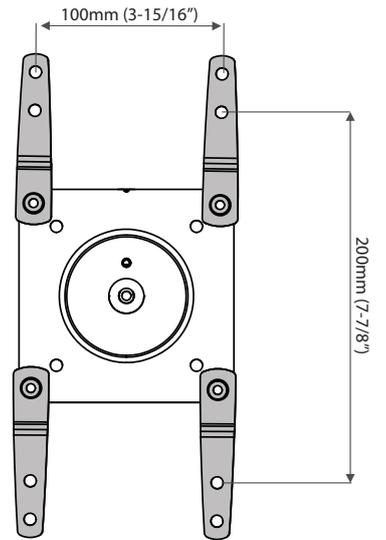
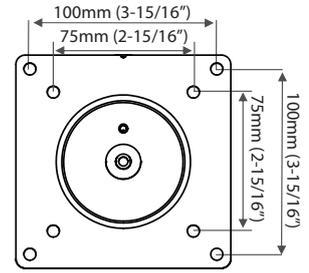
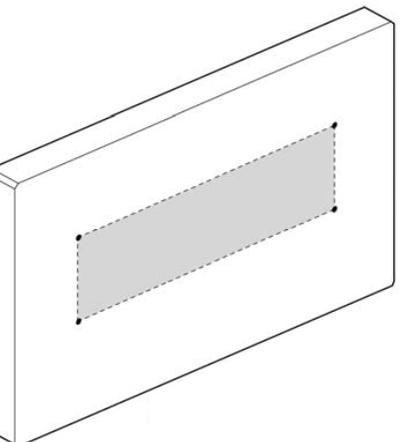
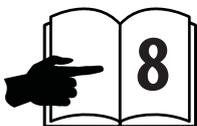
**B** 100x200mm



**C** 200x200mm



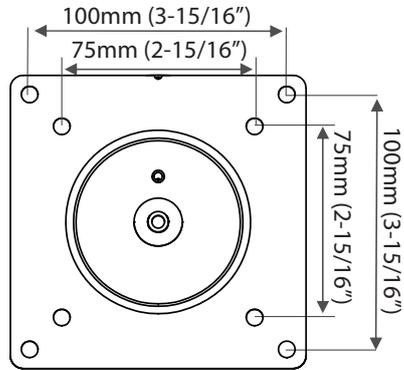
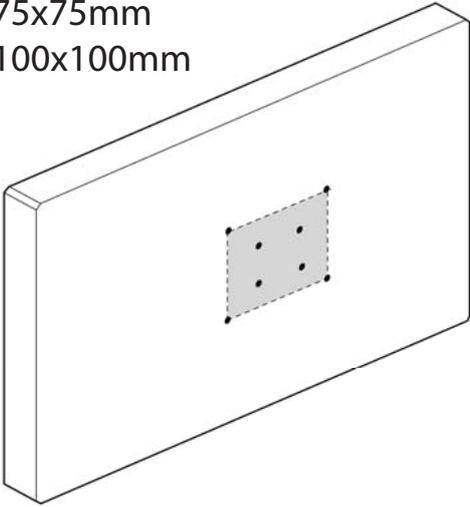
**D** 200x100mm



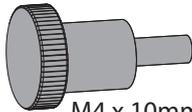
### 3 Mount Type A TV/Monitor to Arm

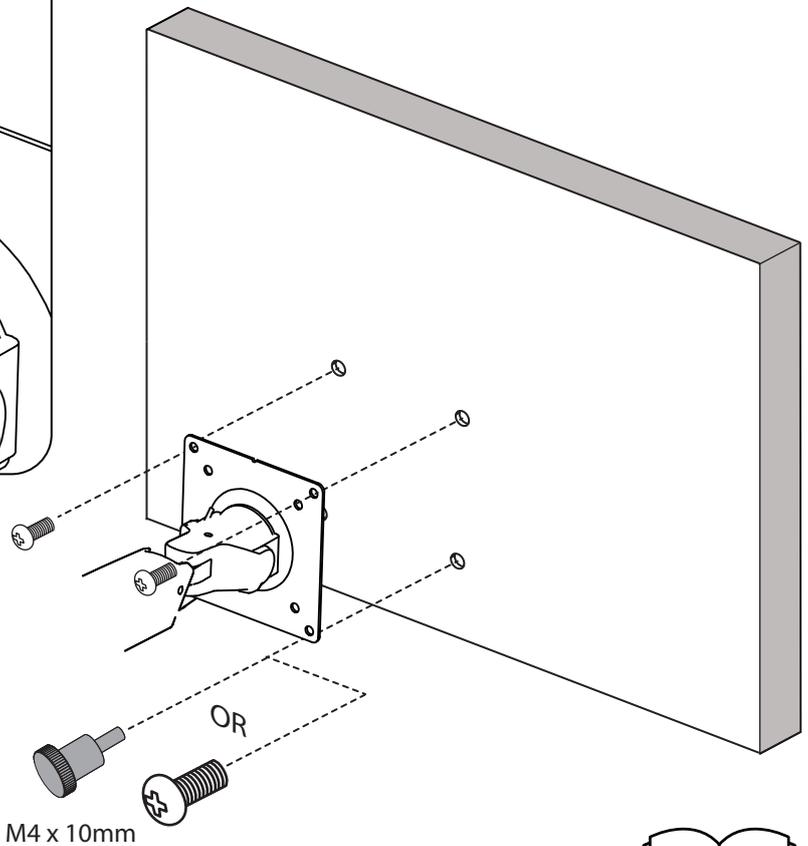
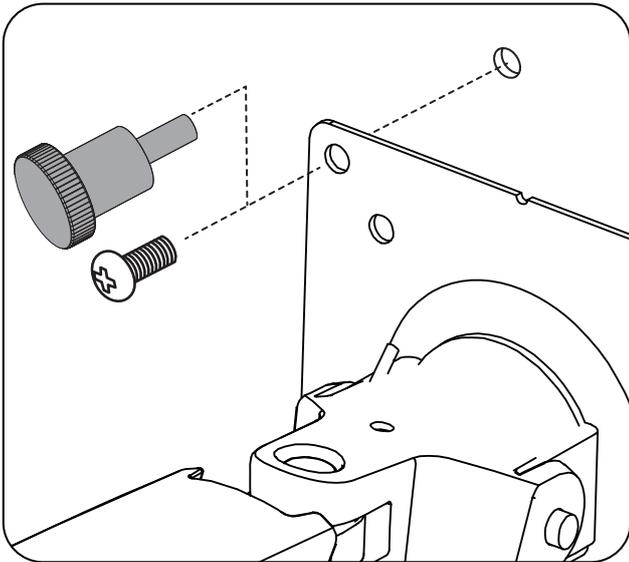
# A

75x75mm  
100x100mm



4x   
M4 x 10mm

  
M4 x 10mm

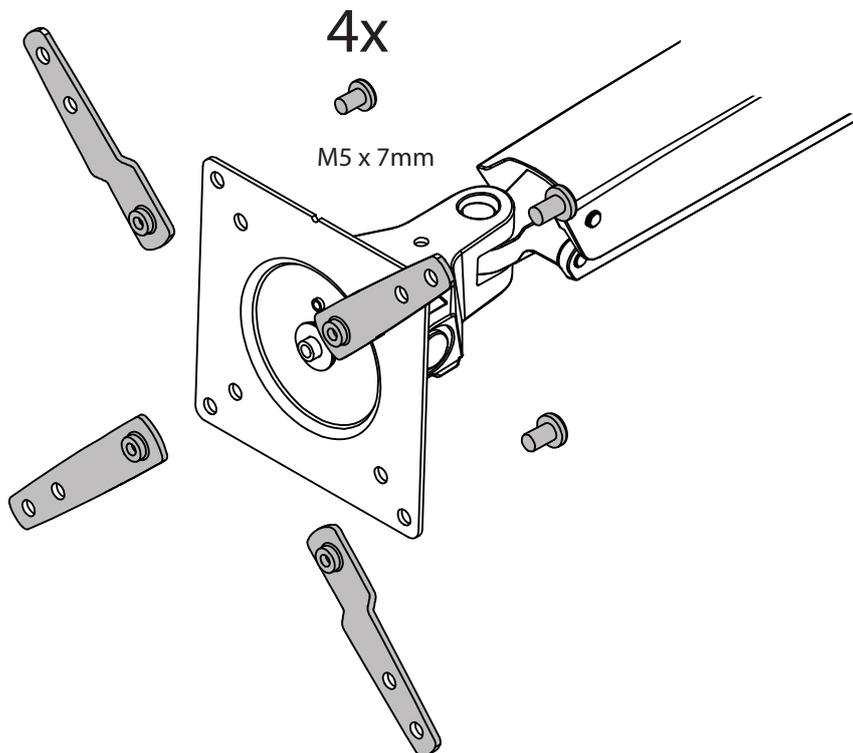
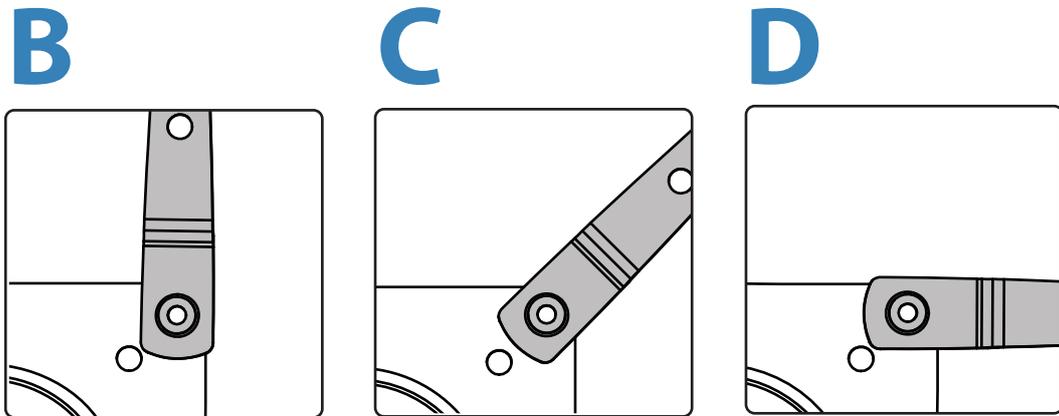


M4 x 10mm

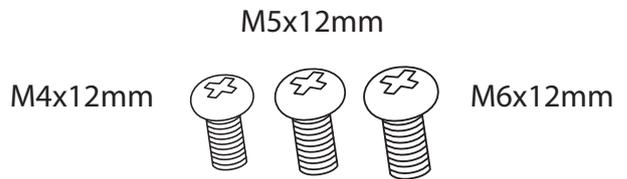
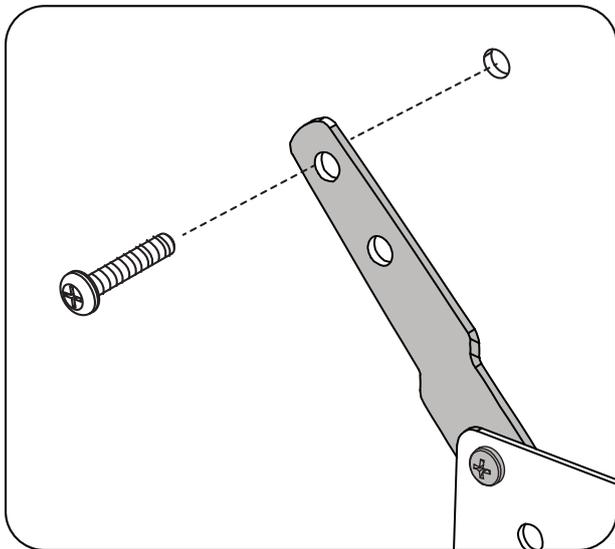
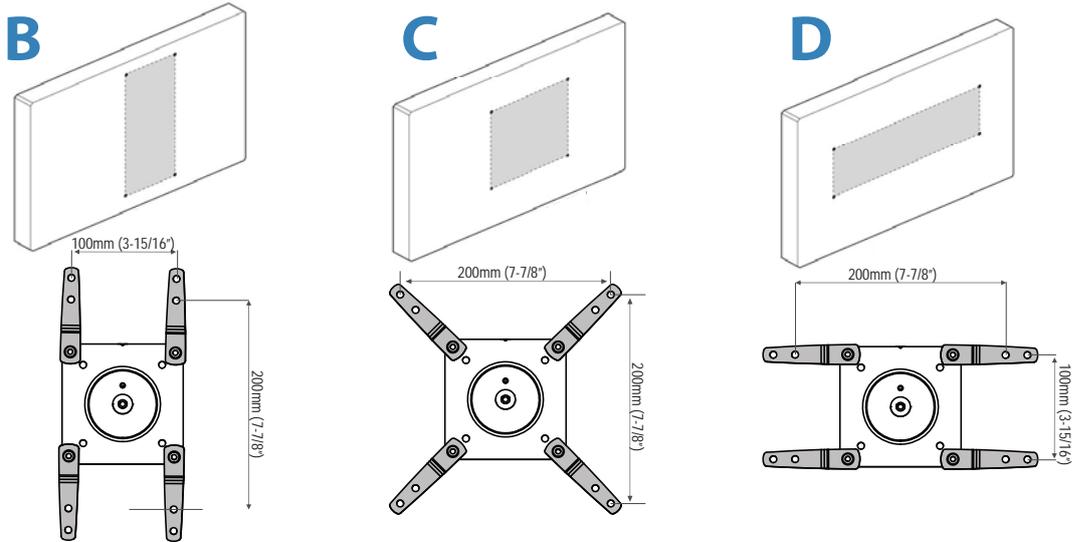
OR

4  10

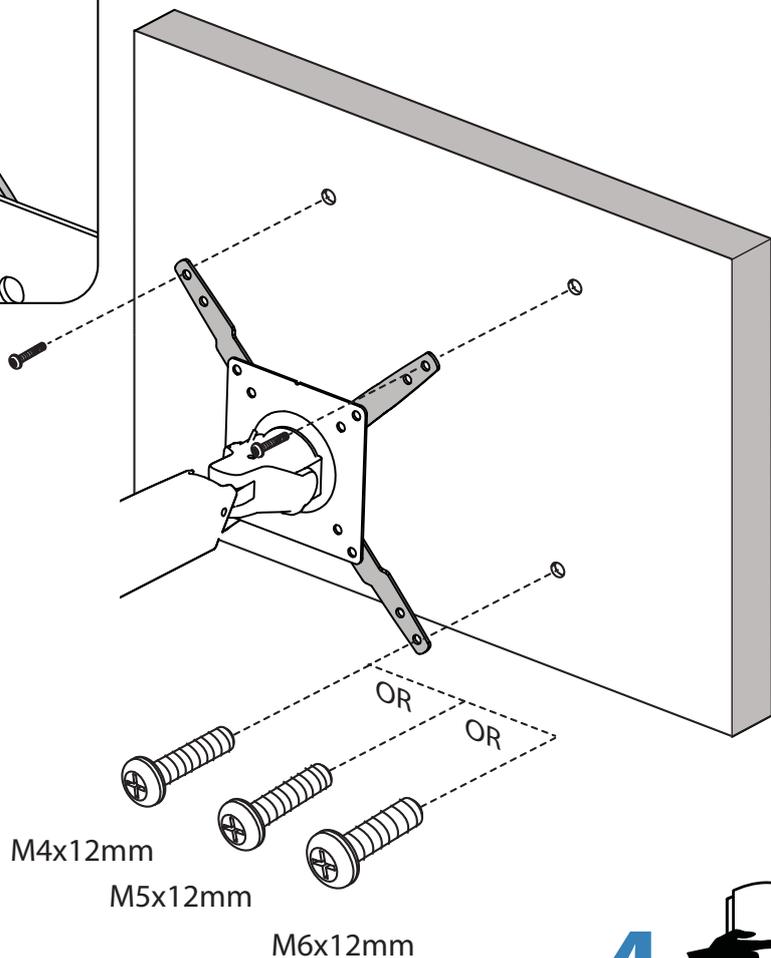
### 3 Mount VESA Adapters to Arm based on TV/Monitor hole pattern size (B, C, or D) .



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



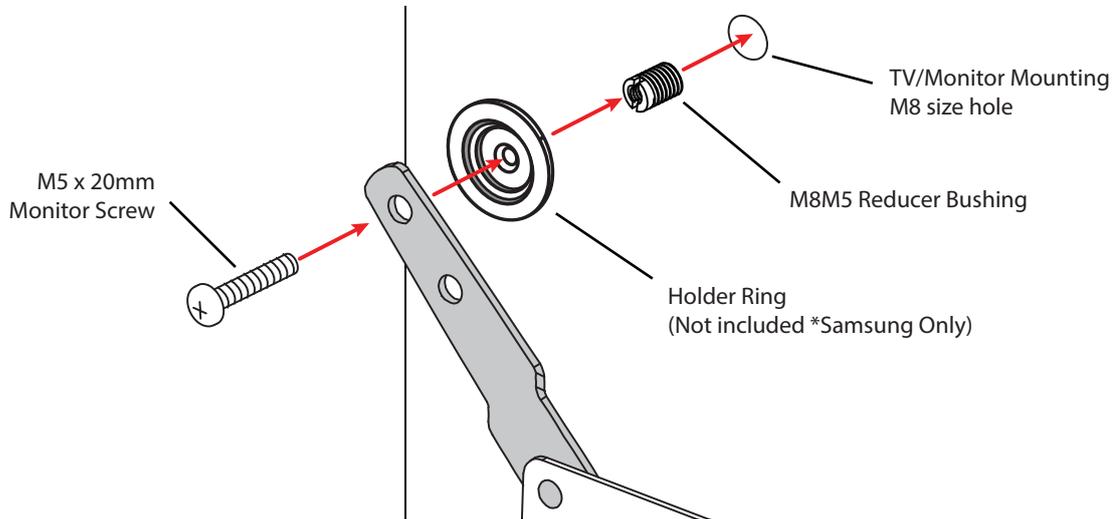
**NOTE:** To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.



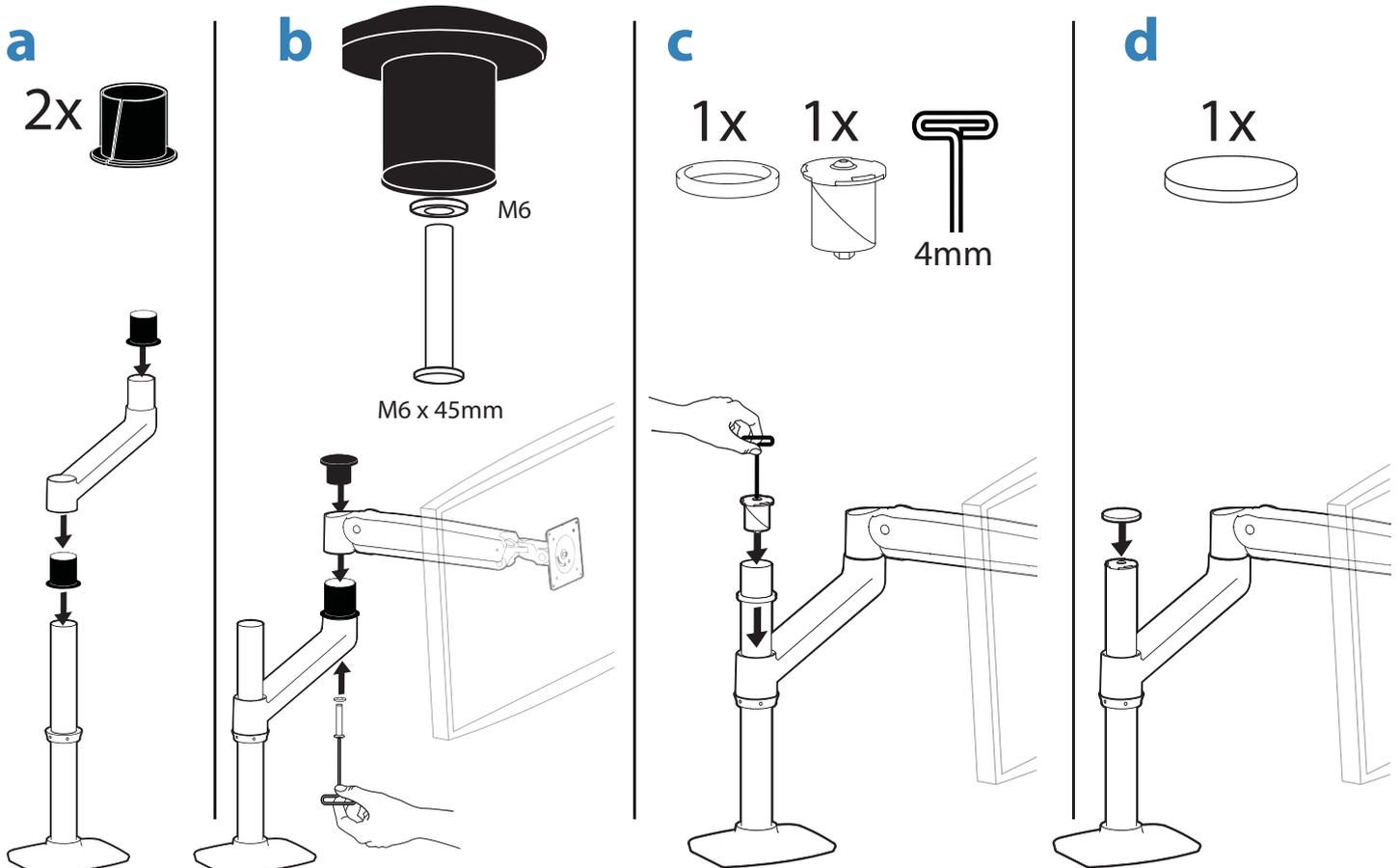
## M8M5 KIT Instructions

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

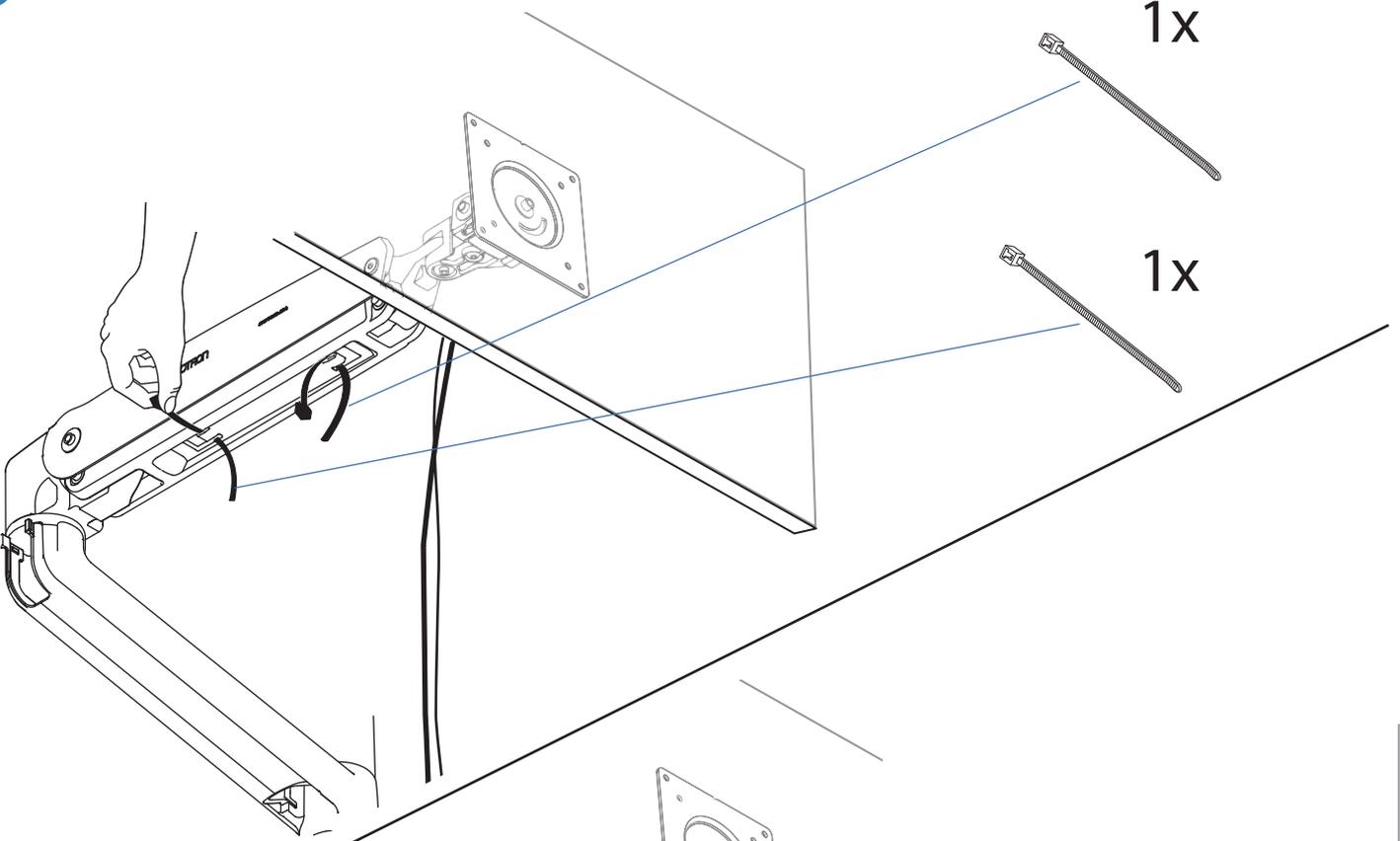


## 4 Mount extension and arm to pole.

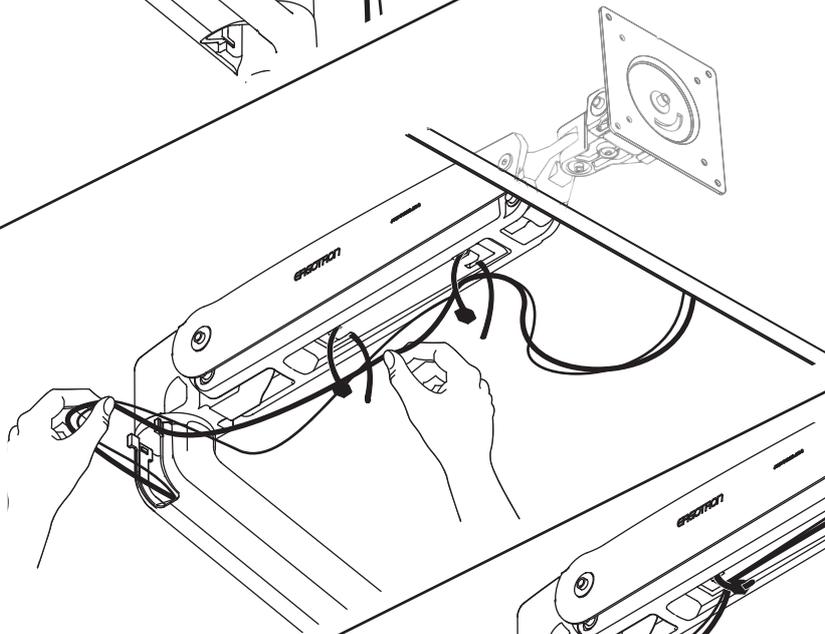


# 5 Organize and route cables

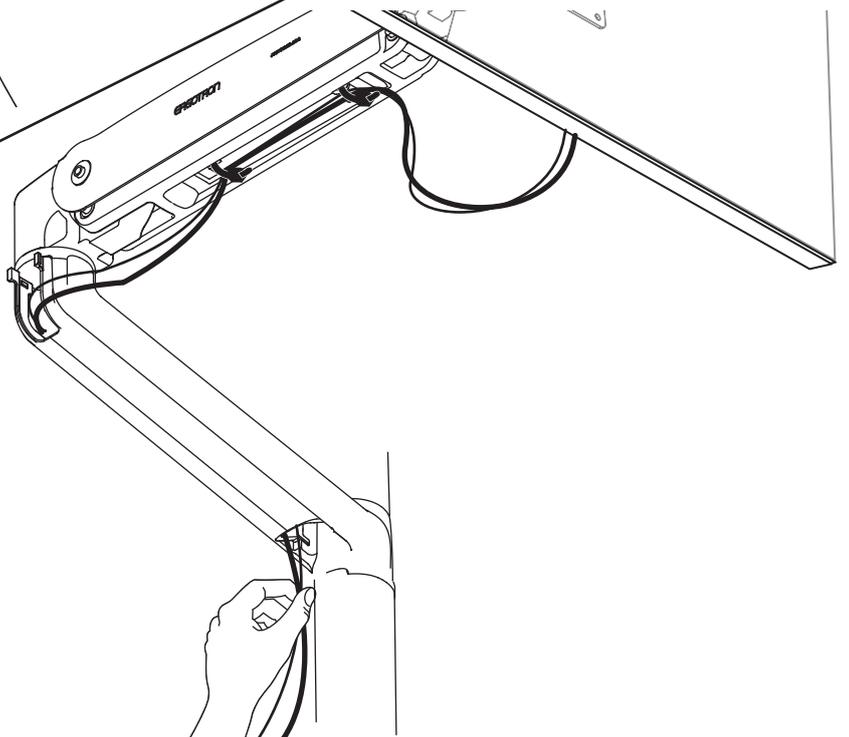
a



b



c



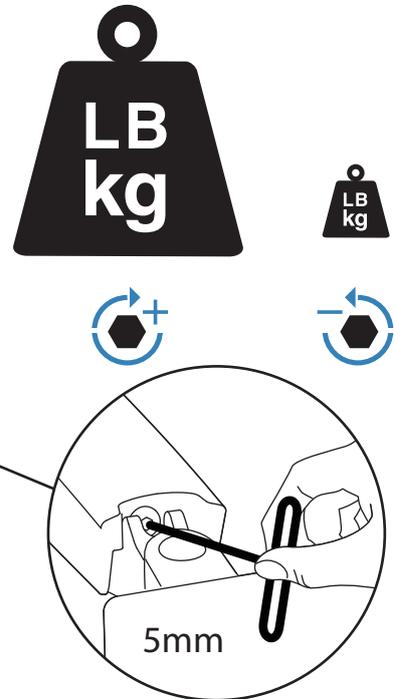
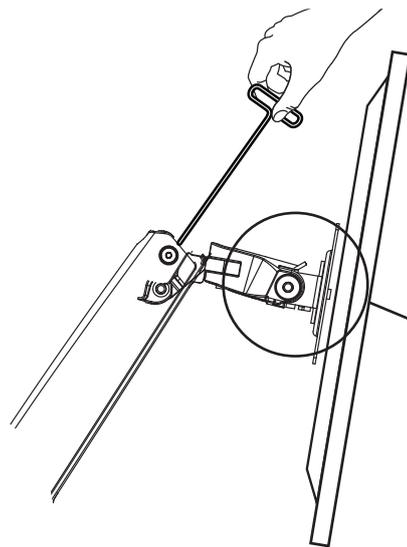
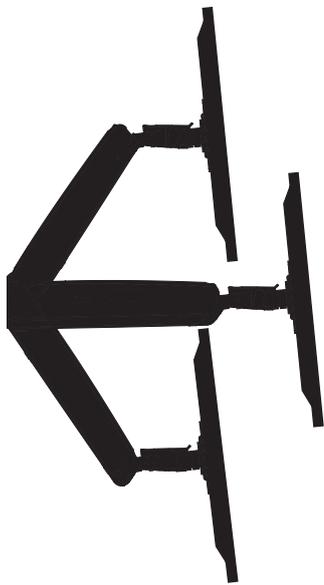


# Adjustment Step

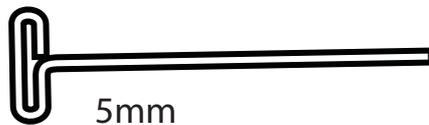
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

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



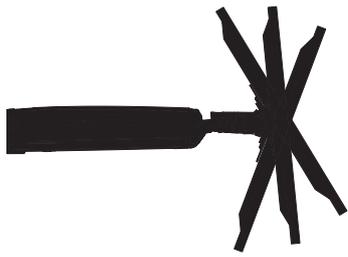
**Increase Lift Strength**  
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



**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!

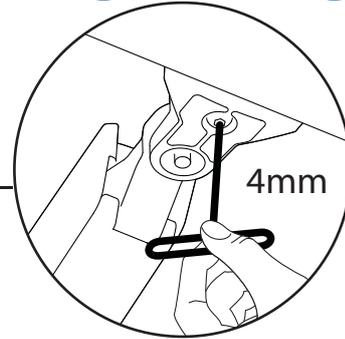
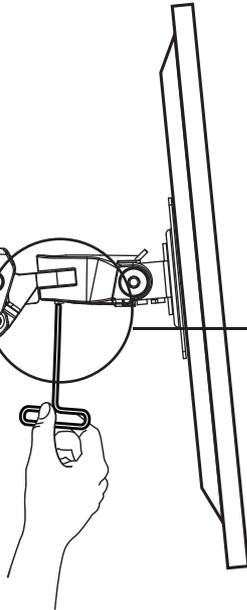
## 7 To adjust the TV/monitor tilt:



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



4mm



### Increase Lift Strength

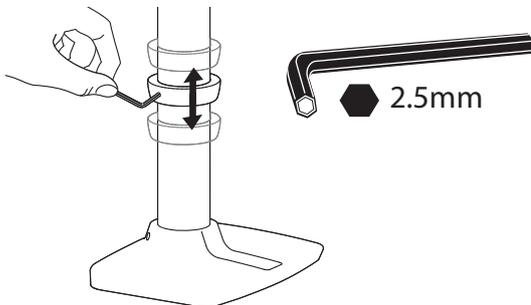
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



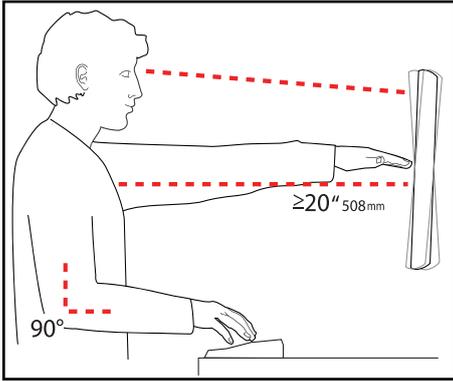
### Decrease Lift Strength

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

## 8 To adjust height on pole:



## 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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