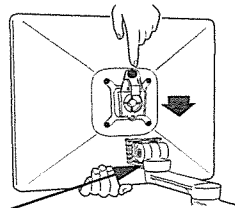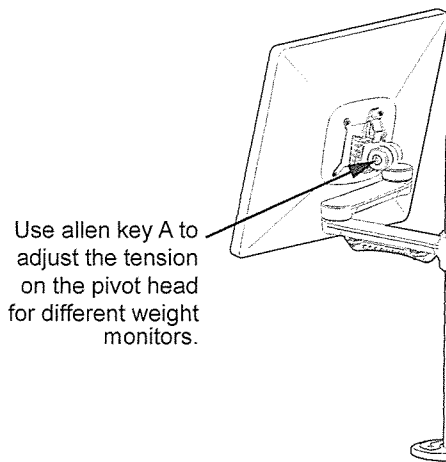# Monitor Arm
Quick Reference Guide.

Please leave this guide with the monitor arm
for setup and adjustment instruction.
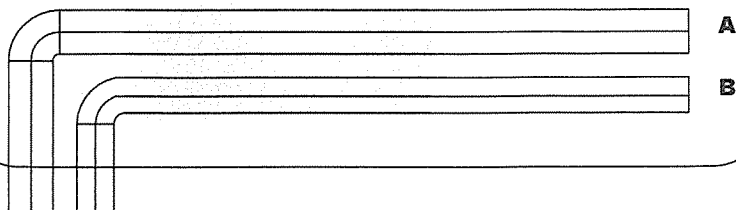
Installing the Monitor

features a quick
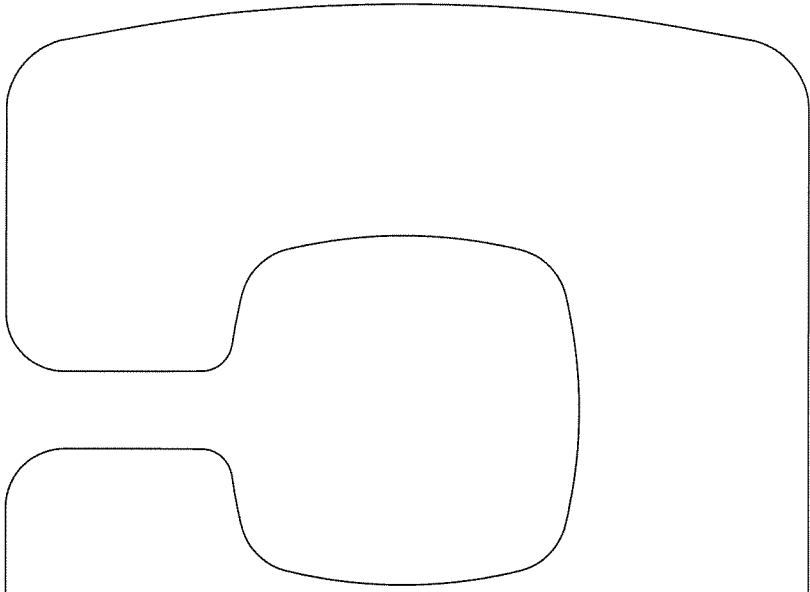release mounting system for
easy screen installation and
removal.

To secure the screen to
the arm use allen key B
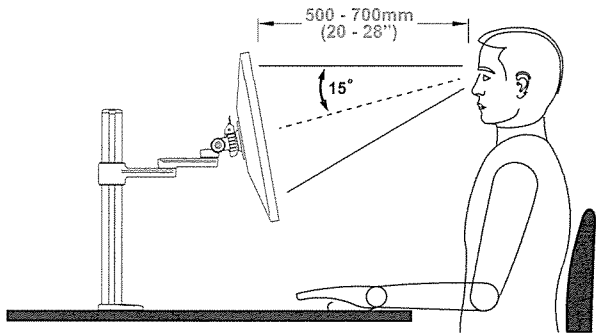to tighten the grub screw
under the pivot head.

Use allen key A to
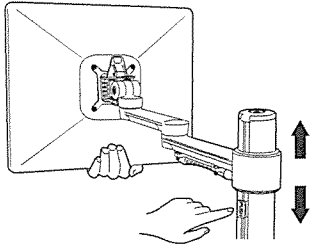secure or remove
the post cap.

Use allen key A to
adjust the tension
on the pivot head
for different weight
monitors.

A

B

Ergonomic Setup

500 - 700mm
(20 - 28")
15°

Height Adjustment

To adjust the monitor height, support the weight of the monitor with one hand. With the other hand squeeze the button marked "PUSH" then raise or lower using both hands.

Pan and Tilt Adjustment

can be adjusted in almost every direction and features:

- over 110° tilt adjustment
- over 180° pan adjustment
- portrait to landscape screen orientation.

Tilt

Pan

90°
Landscape to Portrait