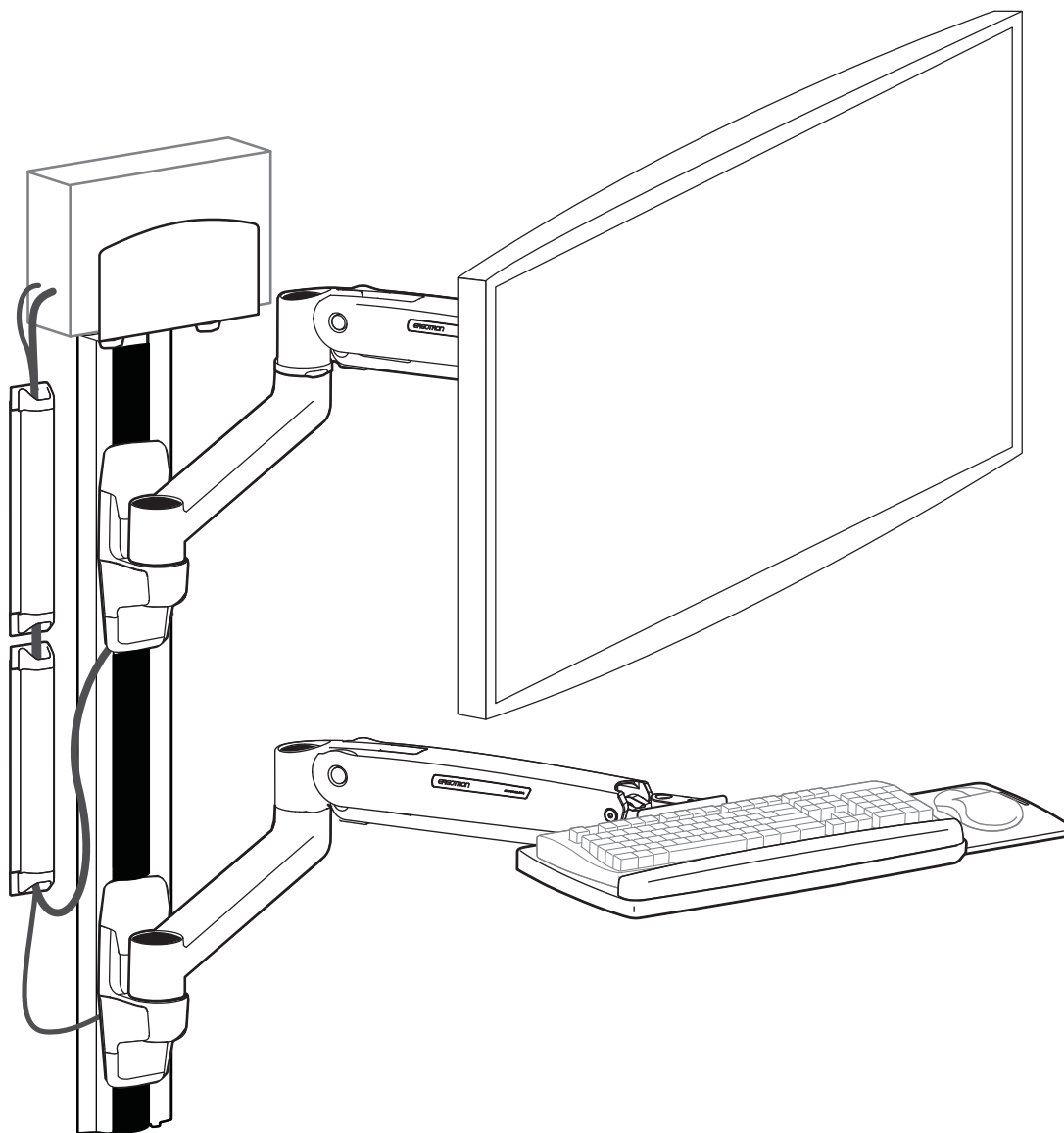


LX Sit-Stand Wall Mount System with Universal CPU Holder



ENGLISH

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



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Manuel de l'utilisateur - Français
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Användarhandbok - svenska
ユーザーガイド : 日本語
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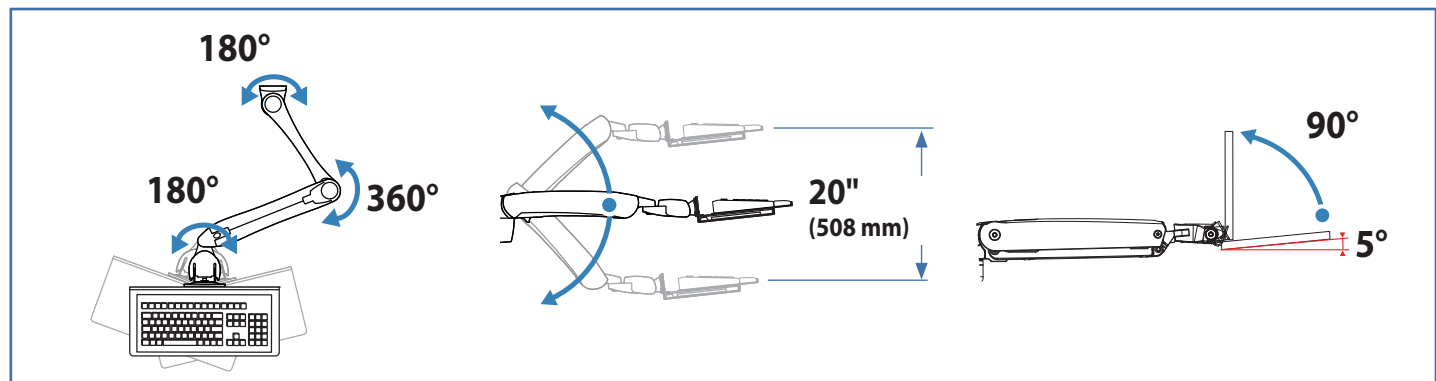
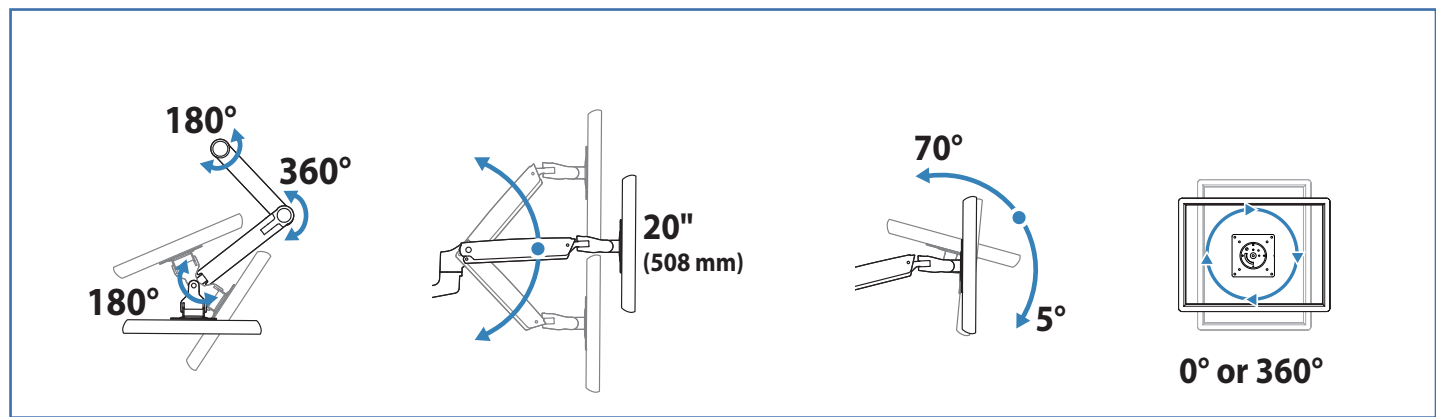
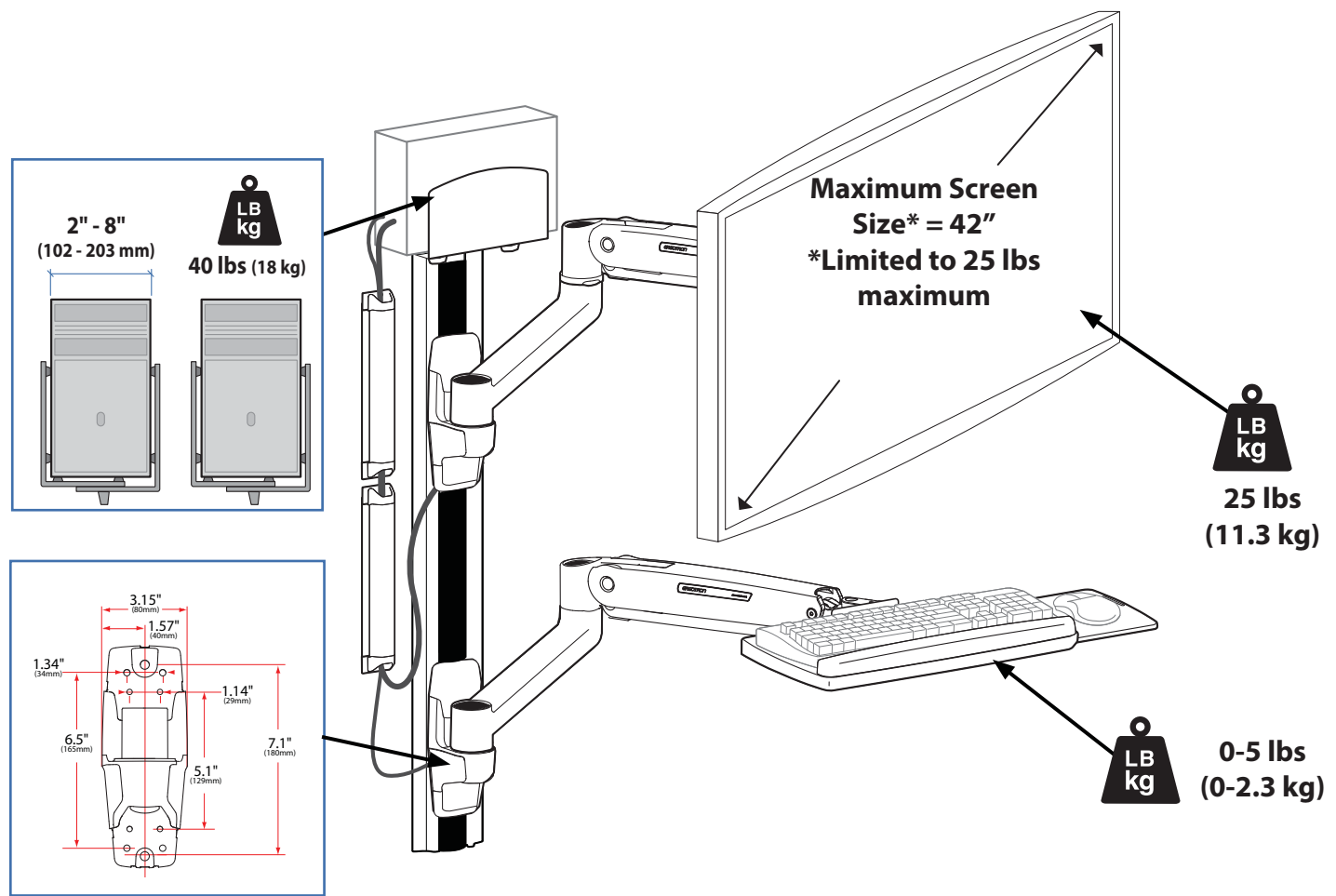
USA 1-800-888-8458

Europe +31 (0)33-45 45 600

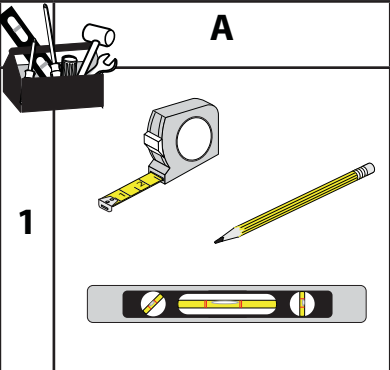
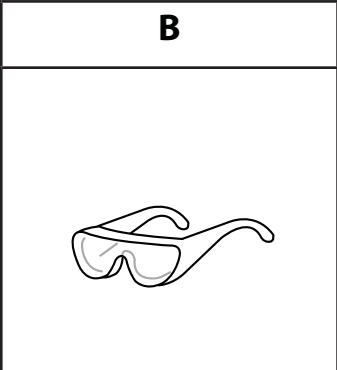
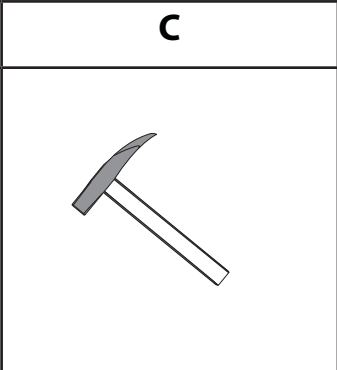
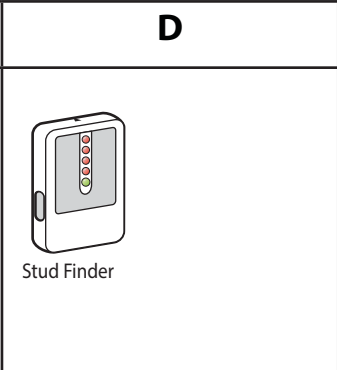

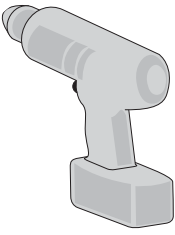
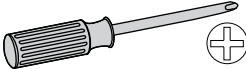


China 86-769-86018920

Features & Specifications

ENGLISH

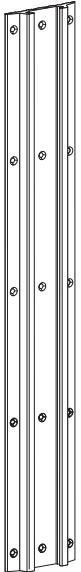
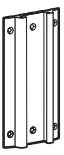


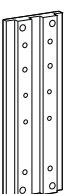




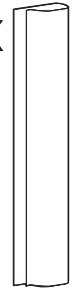
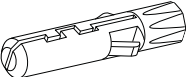
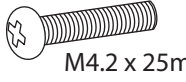
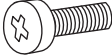
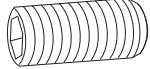
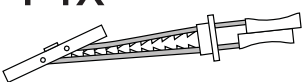
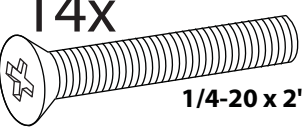
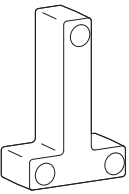
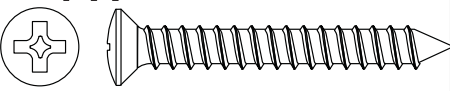
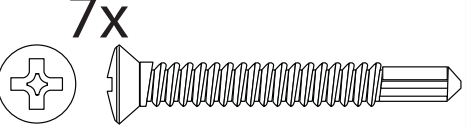
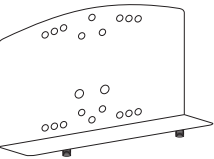
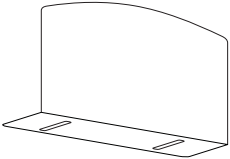
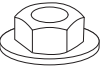
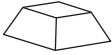
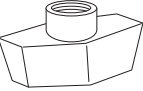
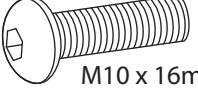
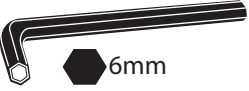


Tools Needed

	A	B	C	D
1				 Stud Finder
2	<p>Concrete Wall Mounting</p>  Ø 3/8" (10mm)			<p>Wood Stud Mounting</p>  Ø 3/16" (5mm)
				 13 mm 7/16"




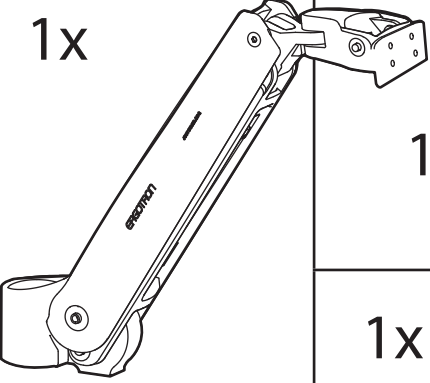

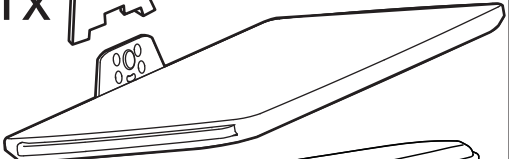


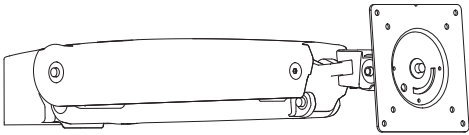

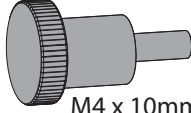
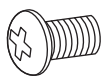



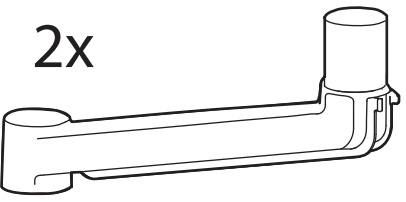
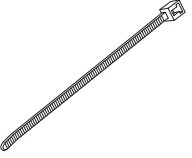

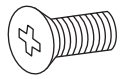
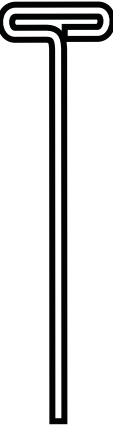


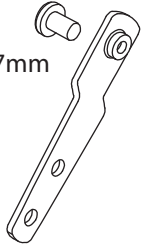

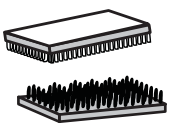
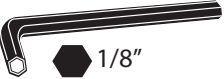

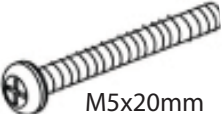



Components



	A	B	C	D
1	 1x  1x  1x  1x  2x	 2x  2x  2x  1x  1x	 4x  4x M4.2 x 25mm	 2x M4 x 14mm  9x 1/4-20 x 1/2"
2		 14x  14x 1/4-20 x 2"	 1x	 7x  7x
3	 1x  1x	 2x	 12x  2x	 2x M10 x 16mm  1x 6mm

Components



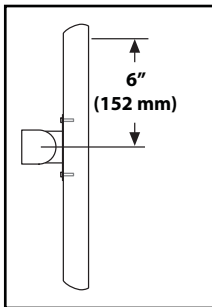
	A	B	C	D
1	2x  2x  2x 	1x 	1x  1x  1x 	
2	4x 	1x 	1x  1x  M3 x 6mm	
3	4x  M4 x 10mm 4x  M4 x 10mm	4x  M6 4x  M6 4x  M6 x 45mm	2x 	4x 
4	8x  10-24 x 1/2"	4x  M4 x 8mm	1x  5mm 1x  4mm	4x  M5 x 7mm 4x 
5	5x 	4x 		1x  1/8"
6	M8 M5 Kit 4x  M8-M5 Reducer	4x  M5x20mm	4x  M4x12mm 4x  M5x12mm 4x  M6x12mm	

ENGLISH

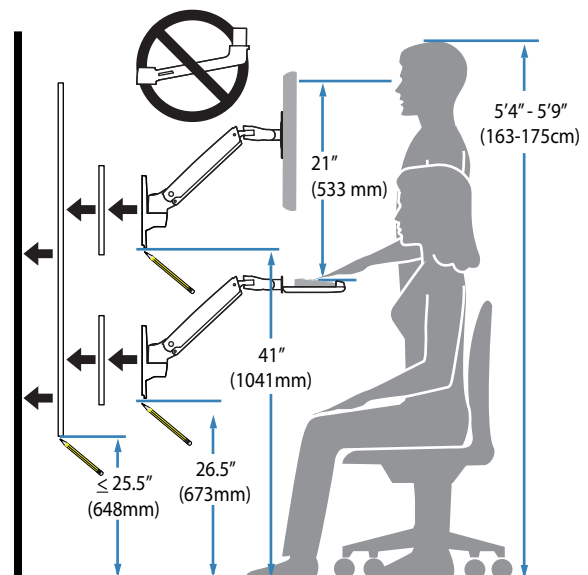
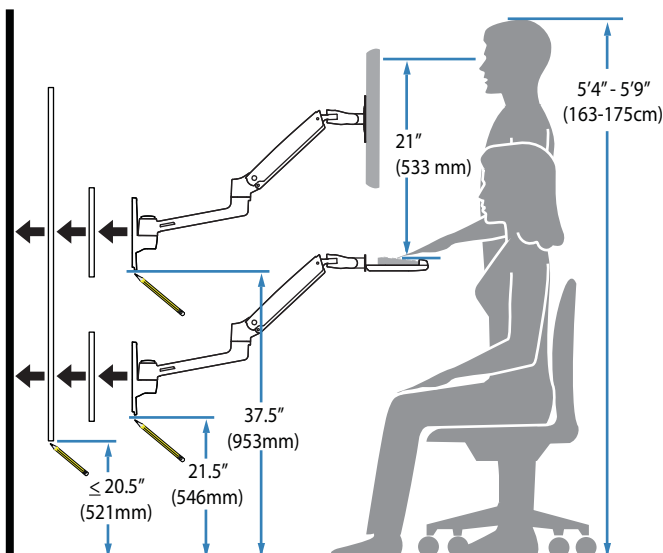
1 Mounting Height for Ergonomic Workstation

This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5'4"-5'9" (163-175cm).

If user heights are different than this, you should change mounting height to accommodate user heights. (Change mounting height one inch for every one inch difference in user heights).

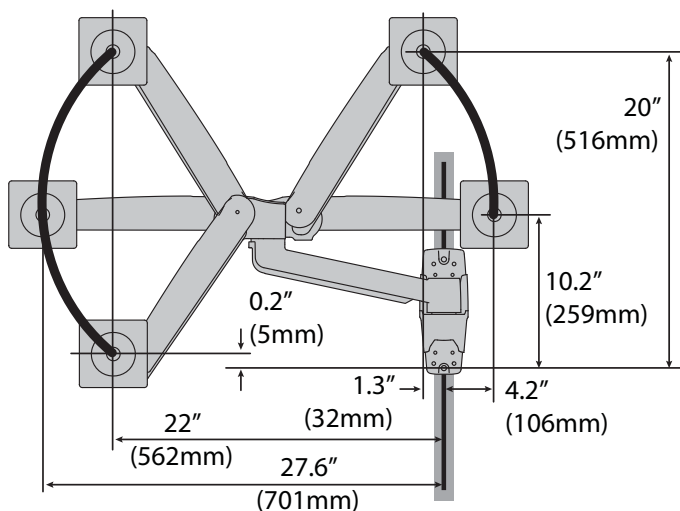


Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.

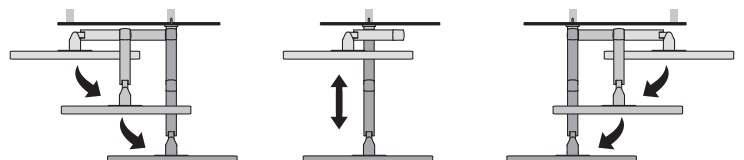


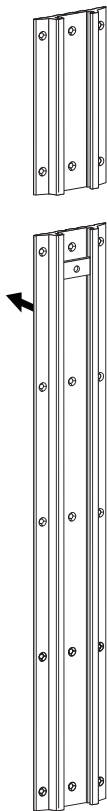
Determine mounting location:

Front view with arm pushed back against the wall.



Top view showing range of motion when pulled out from the wall.





WARNING: Ensure that the wall structure is capable of supporting four times the total weight of mounted equipment. Mounting to wall surfaces that do not meet this criteria may result in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional if you have any doubt about what this means in regard to your particular application.

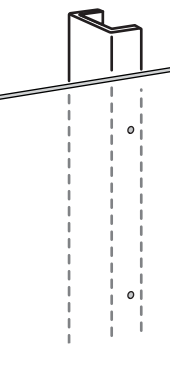


CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. **DO NOT OVERTIGHTEN THE BOLTS.**

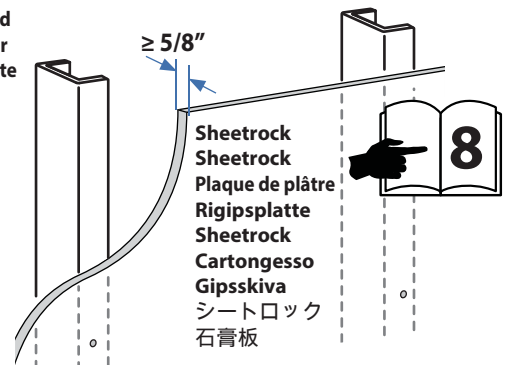
Wood
Madera
Bois
Solide Holzbalkenträger
Massief Houten Pilaren
Due montanti in legno massiccio
木
木质

Studs ≥ 25 gauge steel
Pernos de acero de calibre ≥ 25
Goujons ≥ calibre 25 en acier
Bolzen ≥ Blechlehre Nr. 25
Verbindingsbouten ≥ 25 gauge staal
Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)
Reglar ≥ 25-gauge stål
25ゲージのスチールよりも強力なスタッド
板墙筋为不小于 25 标号的钢材

2" (51mm)
4" (102mm)



Hollow Wall
Pared
Mur
Wand
Muur
Parete
壁
墙壁



Requires minimum material thickness of 5/8" (16 mm).
Requiere un grosor mínimo de 16 mm.
Épaisseur minimum de 16 mm.
Requer uma espessura mínima de 5/8" (16 mm).
Mit einer Materialdicke von mindestens 16 mm.
Vereist een minimale materiaaldikte van 1.6 cm.
Richiede uno spessore del materiale non inferiore a 16 mm.
厚さが最低 5/8" (16 mm) の資材が必要。
需要最低材料厚度为 5/8" (16 mm)。

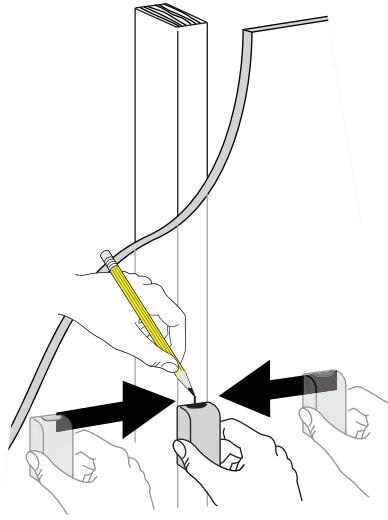
2

Wood
Madera
Bois
Solide Holzbalkenträger
Massief Houten Pilaren
Due montanti in legno massiccio
木
木质

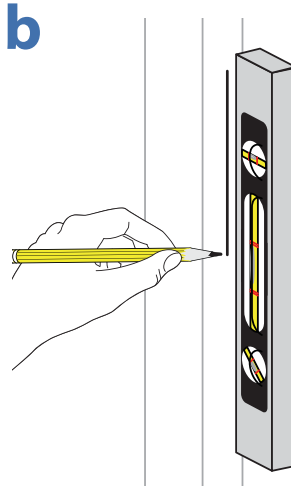
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25ゲージのスチールよりも強力なスタッド
板墙筋为不小于 25 标号的钢材

a

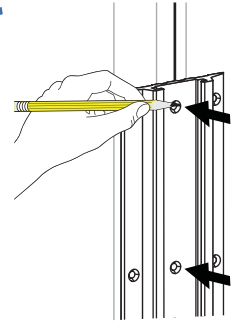
Stud Finder



b

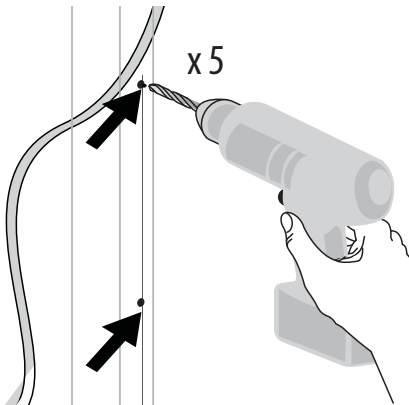


c

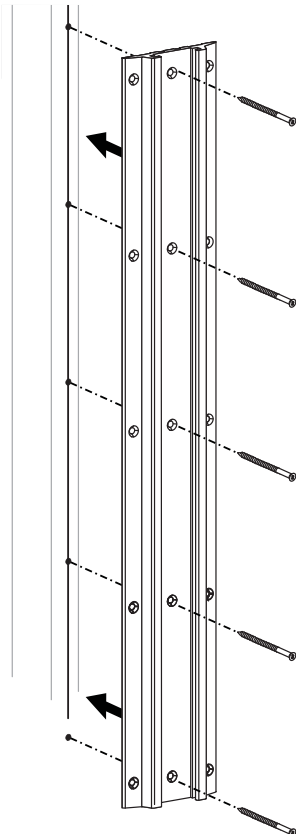
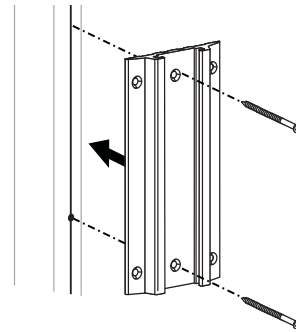


d

Ø 3/16" (5 mm)



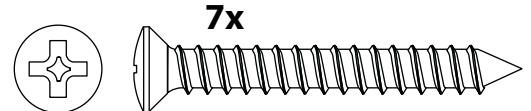
e



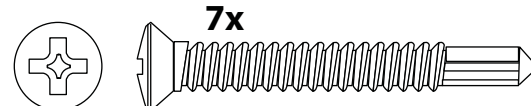
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Wood Stud Mounting

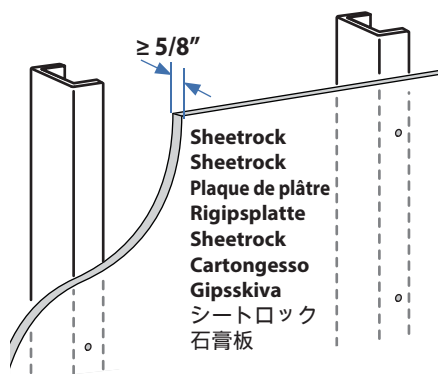


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Pernos de acero de calibre ≥ 25
Goujons \geq calibre 25 en acier
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Prigionieri in acciaio spessore \geq gauge 25 (0,556 mm)
Reglar ≥ 25 -gauge stål
25ゲージのスチールよりも強力なスタッド
板墙筋为不小于 25 标号的钢材



2

Hollow Wall
Pared
Mur
Wand
Muur
Parete
壁
牆壁

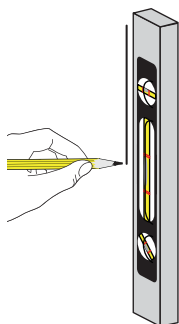


Sheetrock
Sheetrock
Plaque de plâtre
Rigipsplatte
Sheetrock
Cartongesso
Gipsskiva
シートロック
石膏板

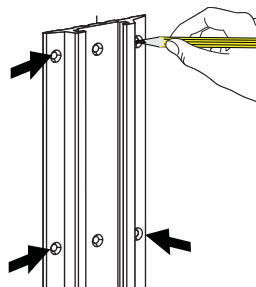


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Epaisseur minimum de 16 mm.
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Mit einer Materialdicke von mindestens 16 mm.
Vereist een minimale materiaaldikte van 1.6 cm.
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需要最低材料厚度为 5/8" (16 mm)。

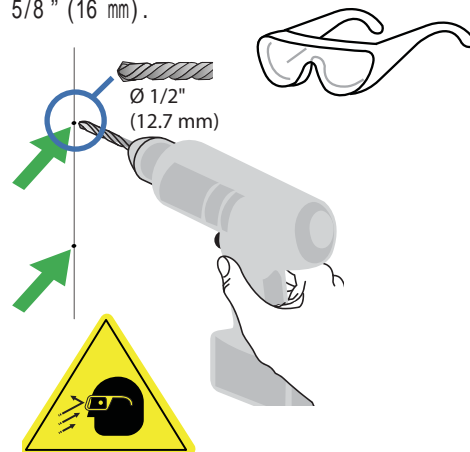
a



b

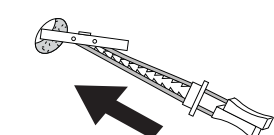


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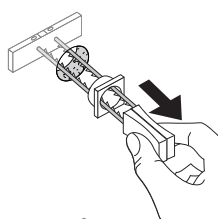


d 14x

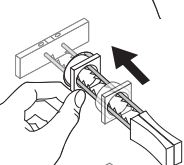
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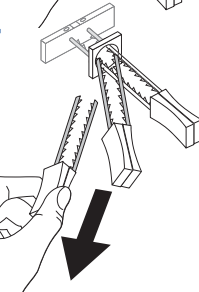
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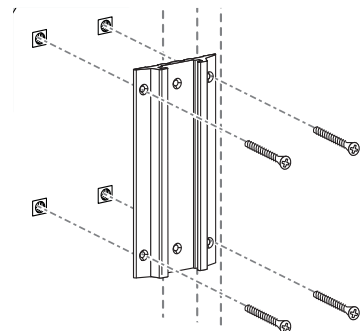
3



4

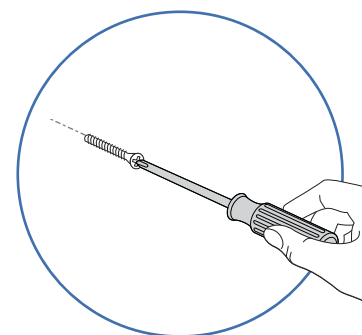


e



14x

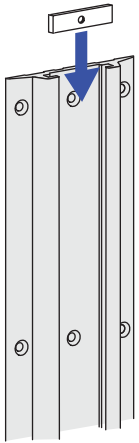
1/4-20 x 2"



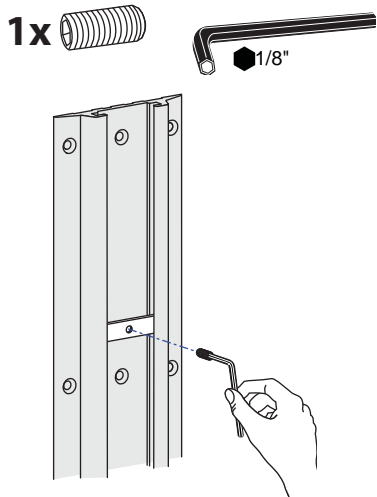
f

3 9

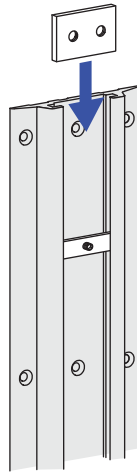
3 a



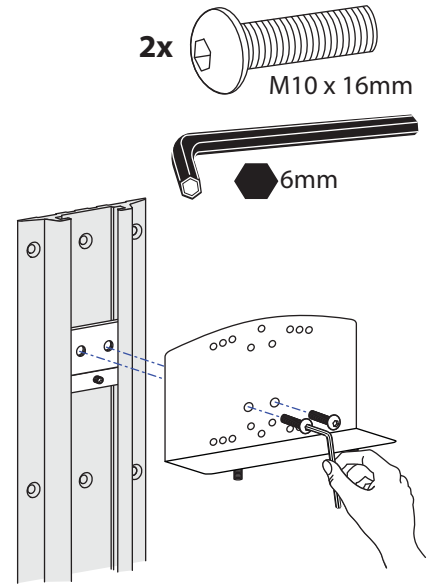
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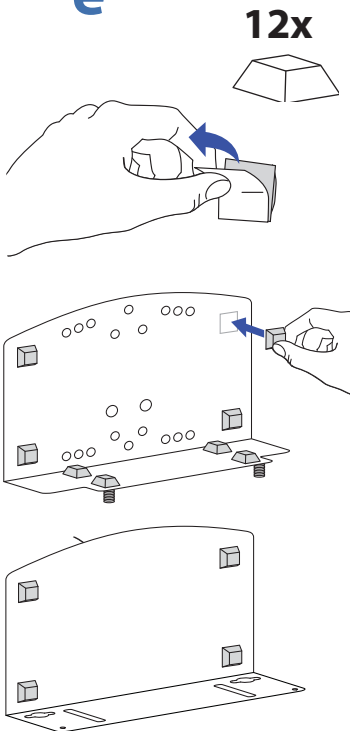
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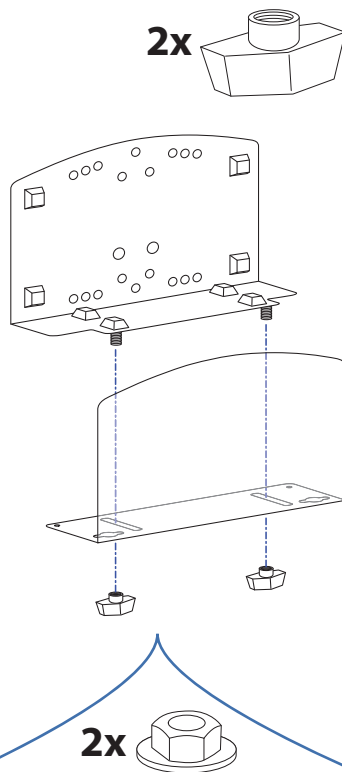
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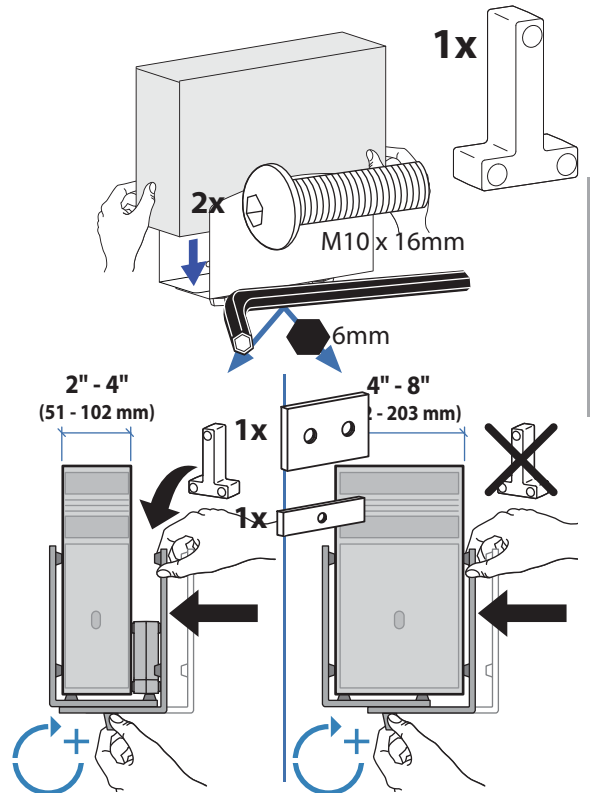
e



f

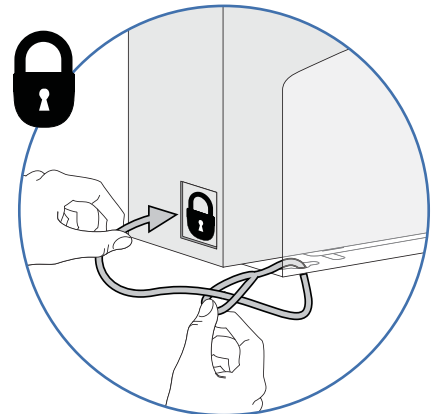
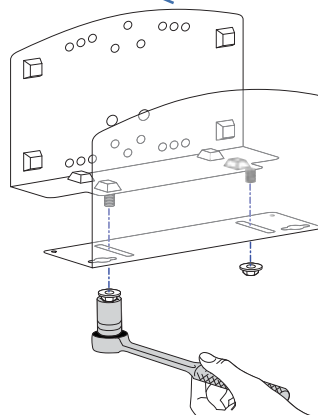


g



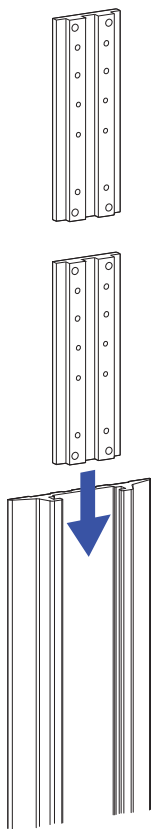
ENGLISH

Security Feature
Función de seguridad
Fonction de sécurité
Sicherheitsmerkmal
Beveiligingsfunctie
Dispositivo antifurto
セキュリティ機能
安全特性

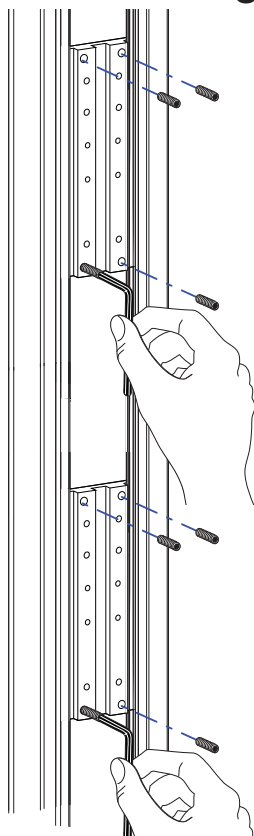


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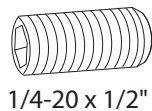
4 a



b

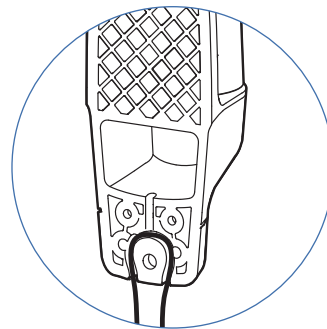
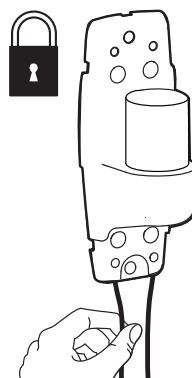


8x

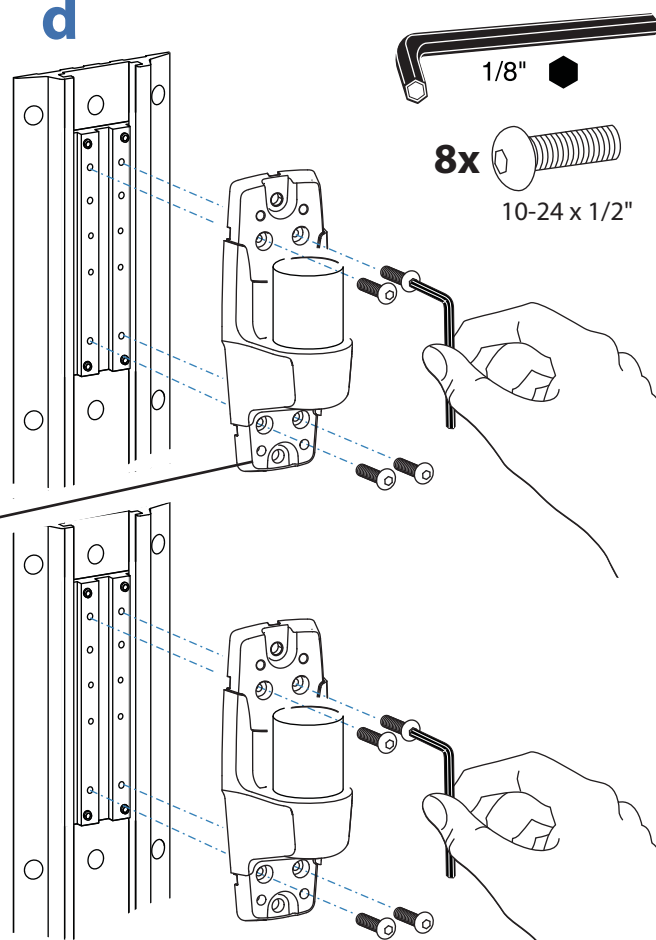


c

Optional locking feature
(customer supplied lock)

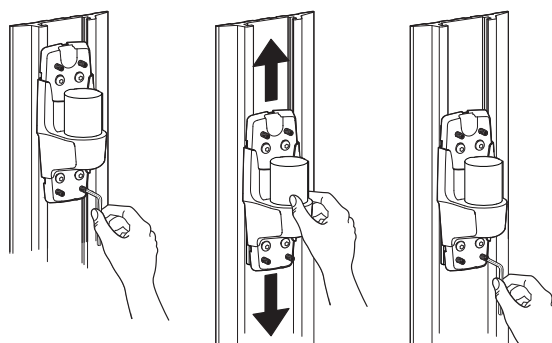


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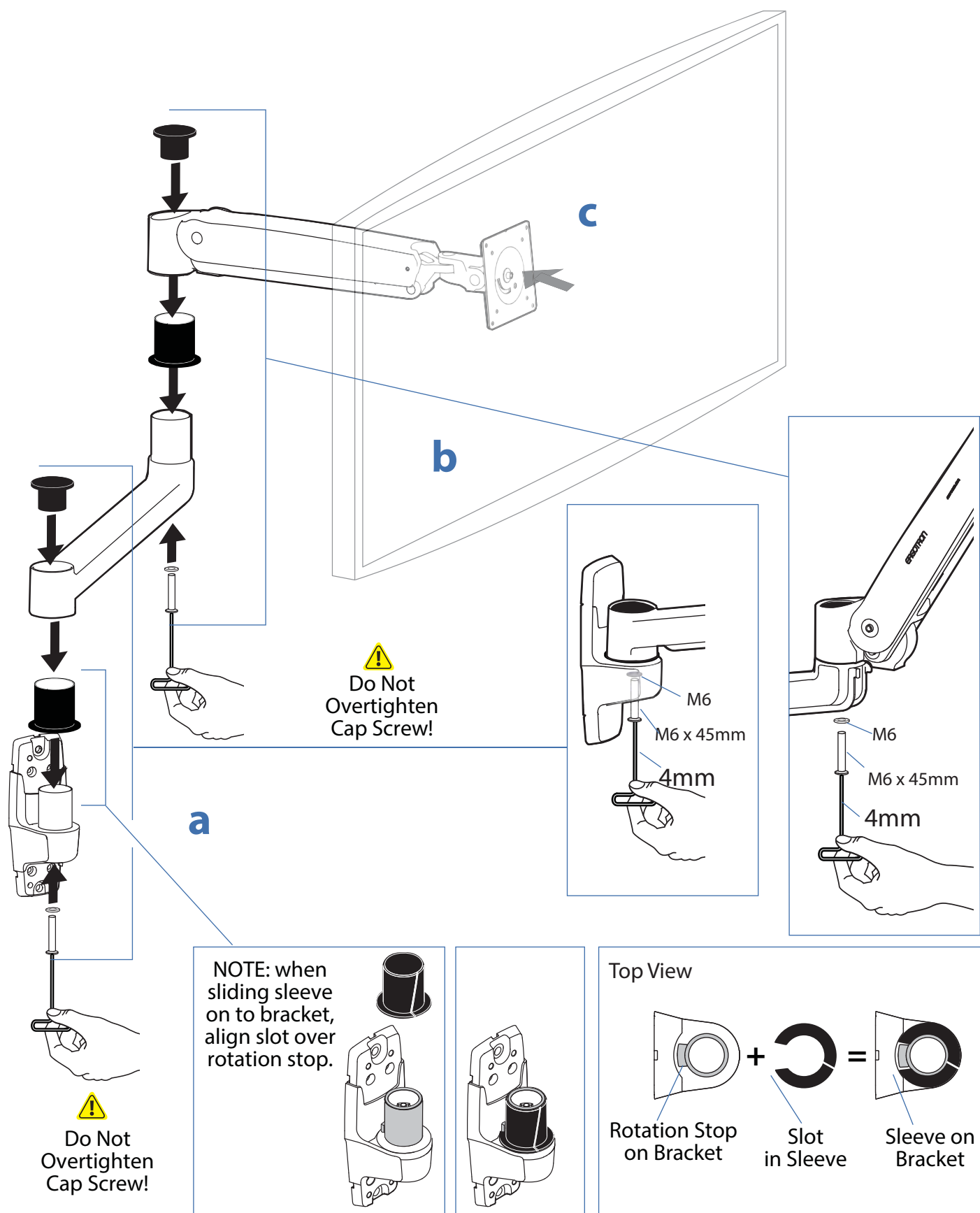


NOTE: Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.

NOTE: The mounting bracket can be relocated vertically on the wall track by loosening the the four wall plate screws.



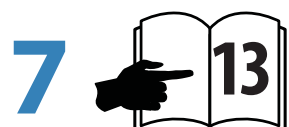
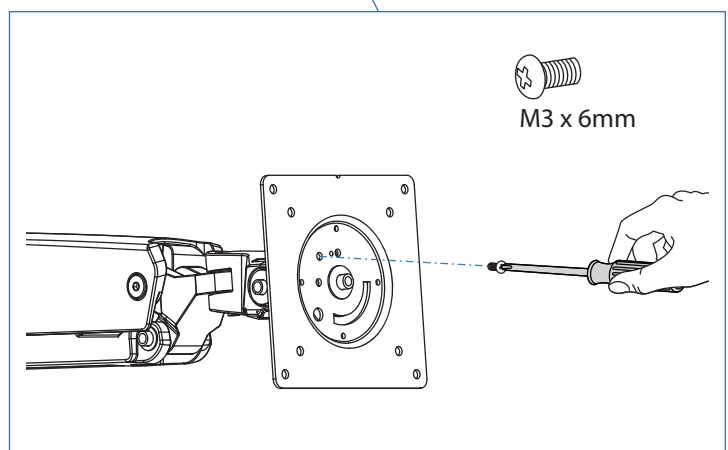
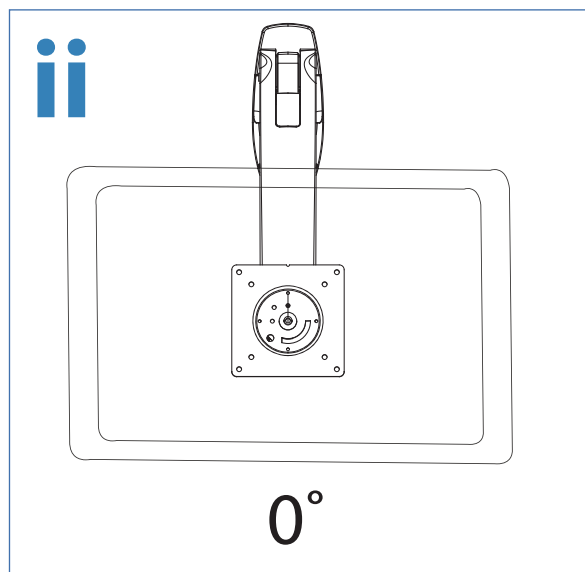
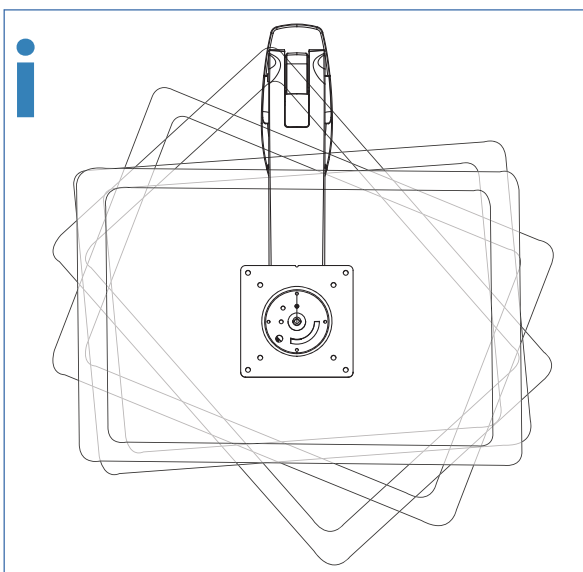
5 Mount extension and LCD arm to wall bracket.



5 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.

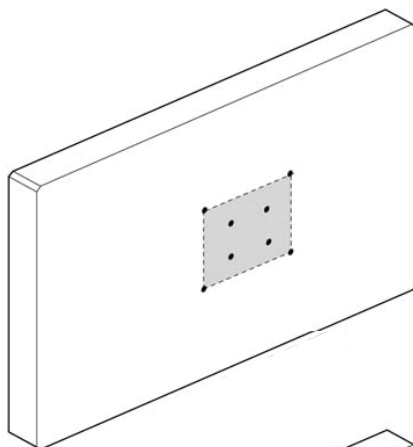


7 Check size of TV/Monitor hole pattern

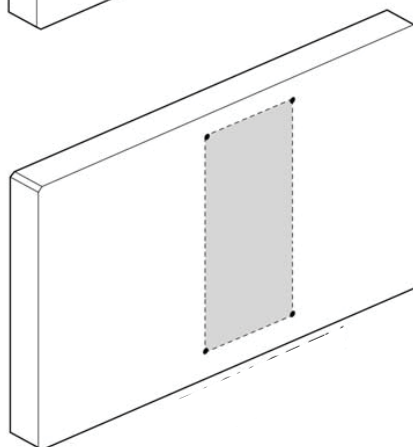
TV/Monitor Hole Pattern Sizes

VESA Adapter Configurations

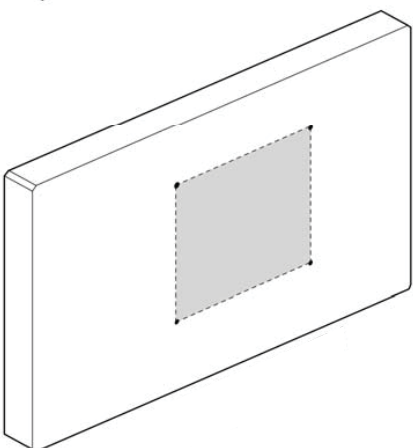
A 75x75mm
100x100mm



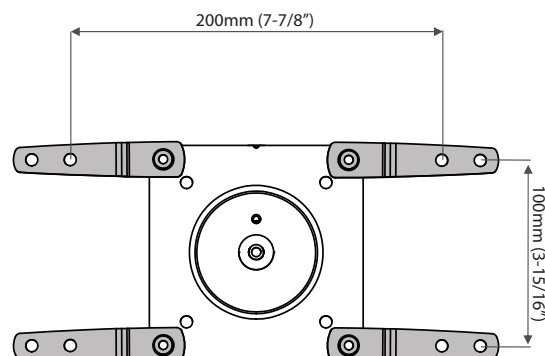
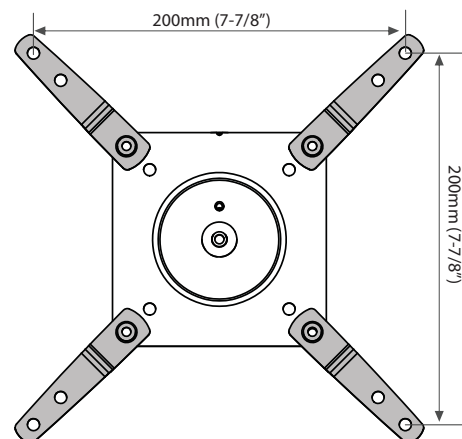
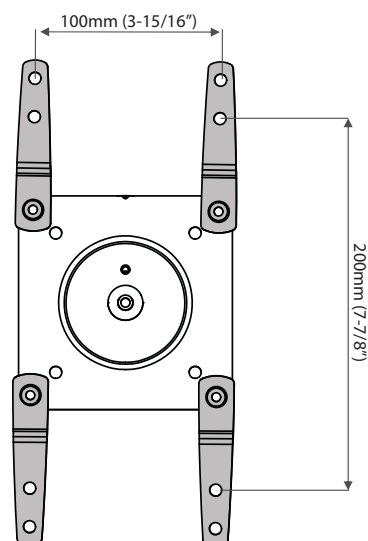
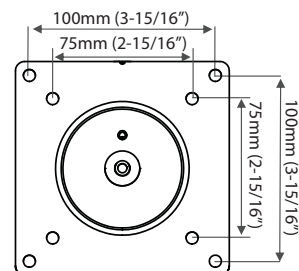
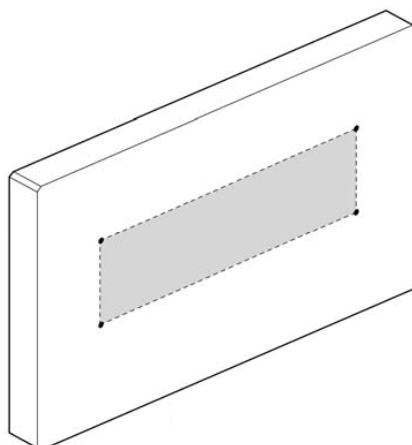
B 100x200mm



C 200x200mm



D 200x100mm

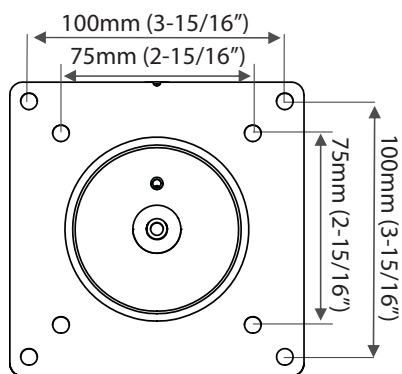
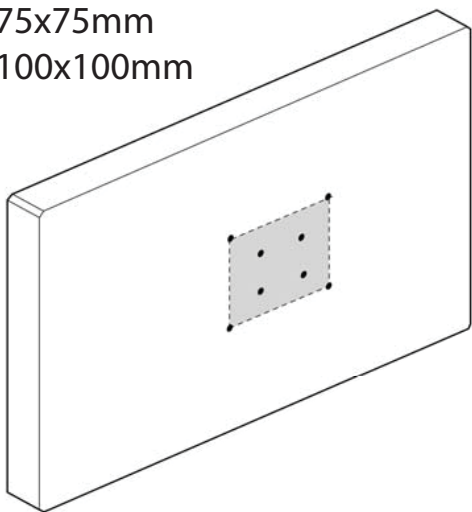


ENGLISH

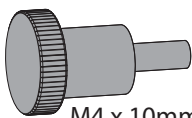
7 Mount Type A TV/Monitor to Arm

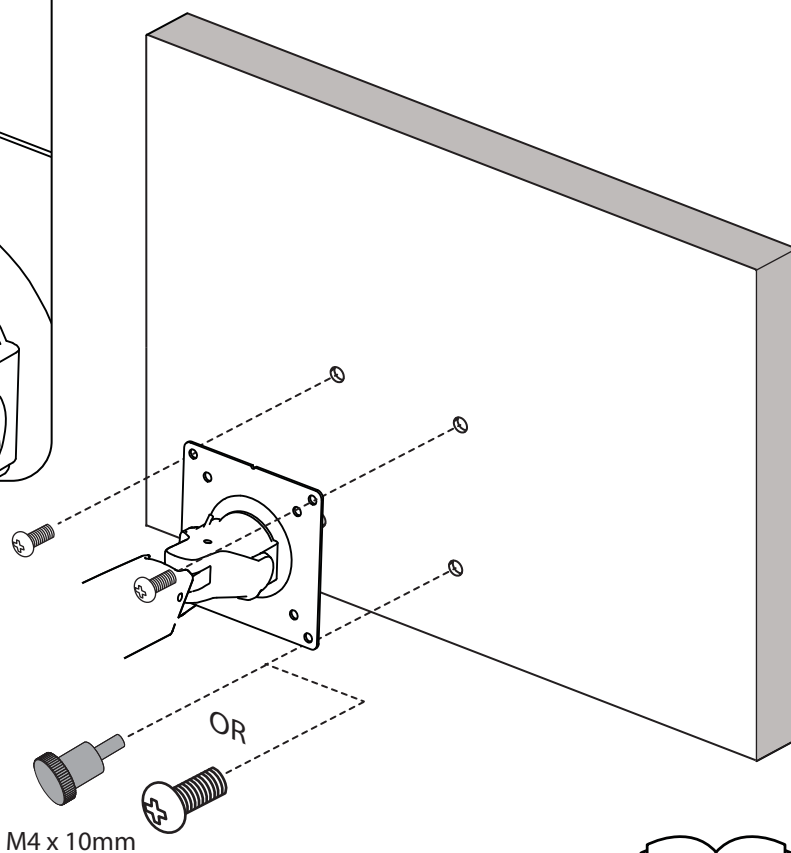
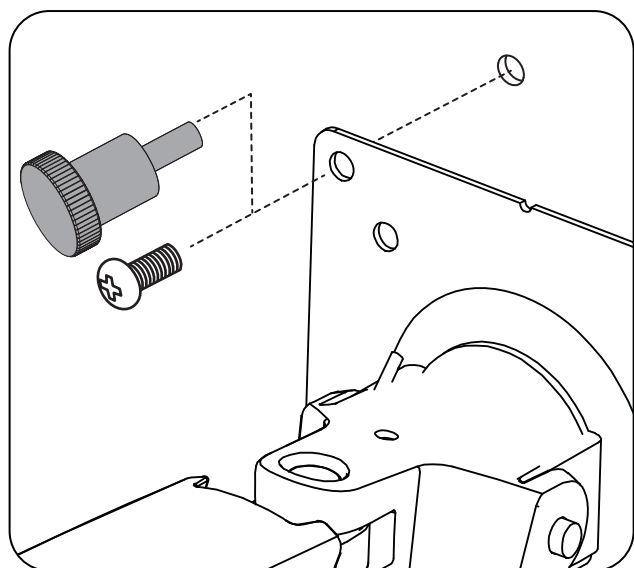
A


75x75mm
100x100mm



4x 
M4 x 10mm

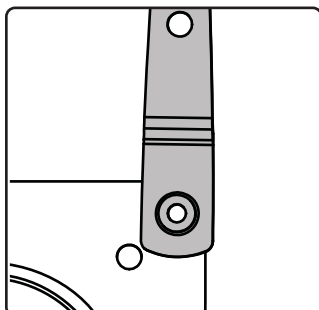

M4 x 10mm



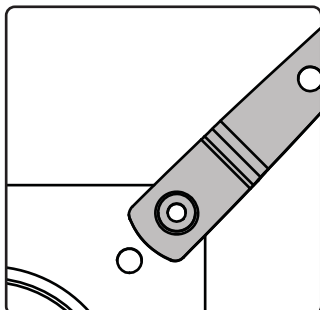
8  17

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

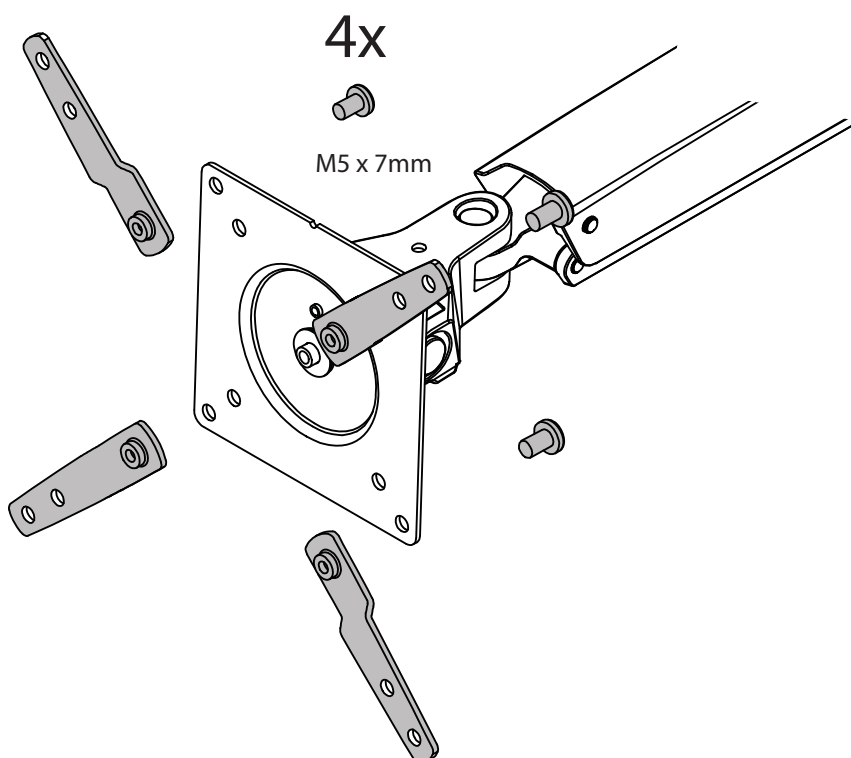
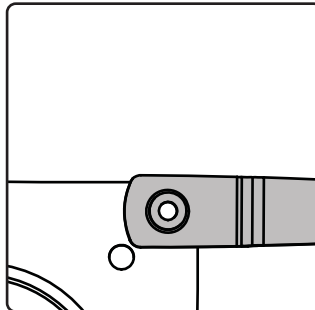
B



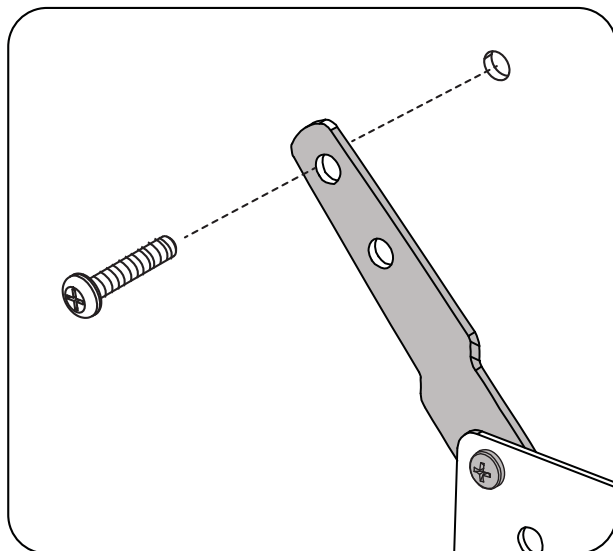
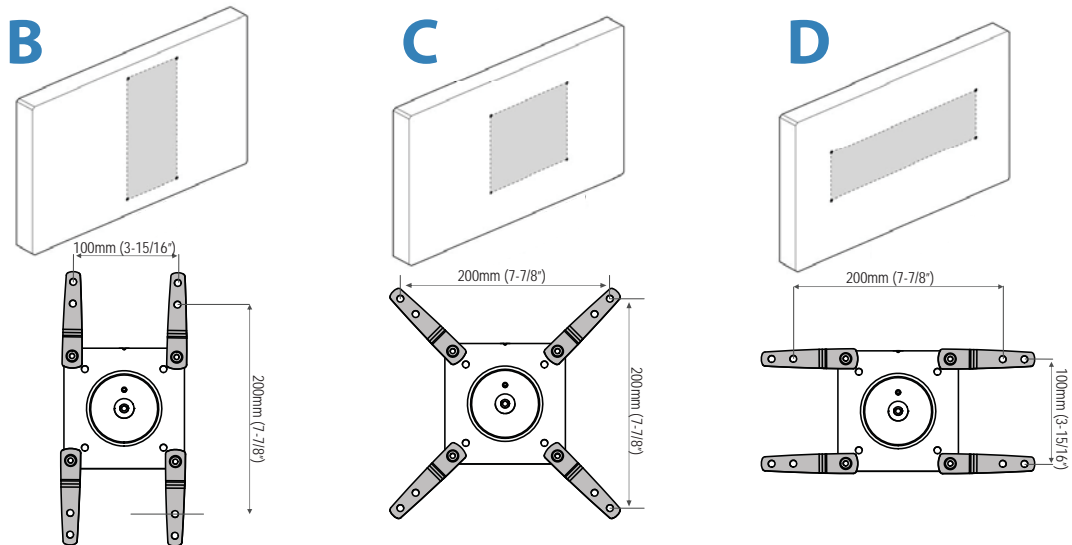
C



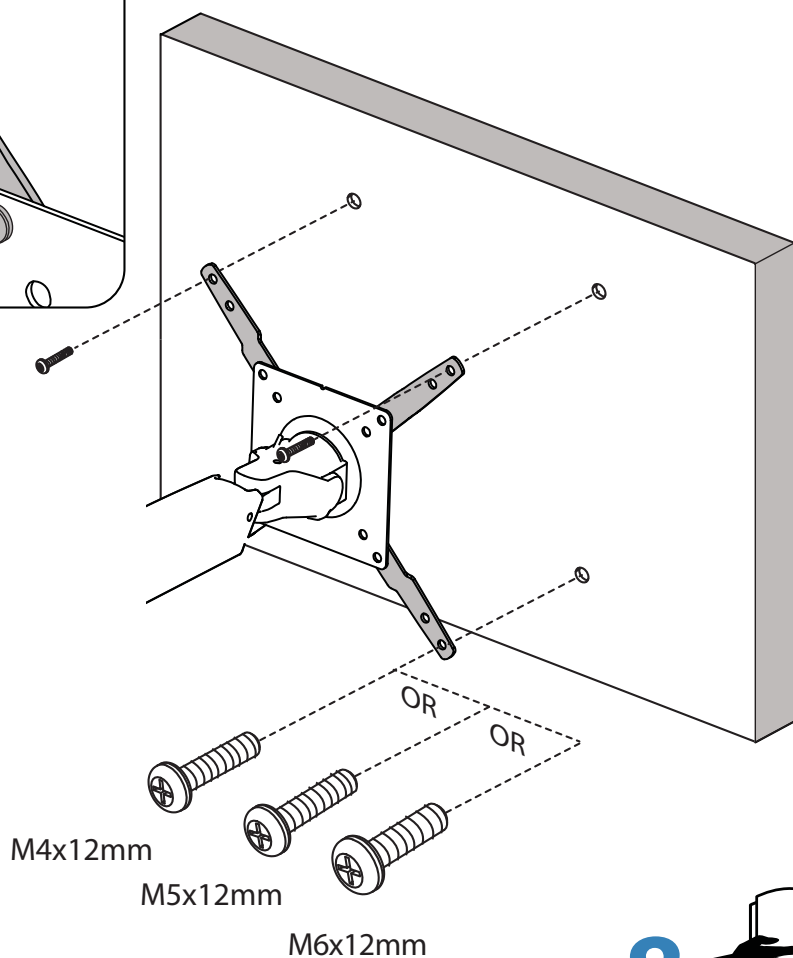
D



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



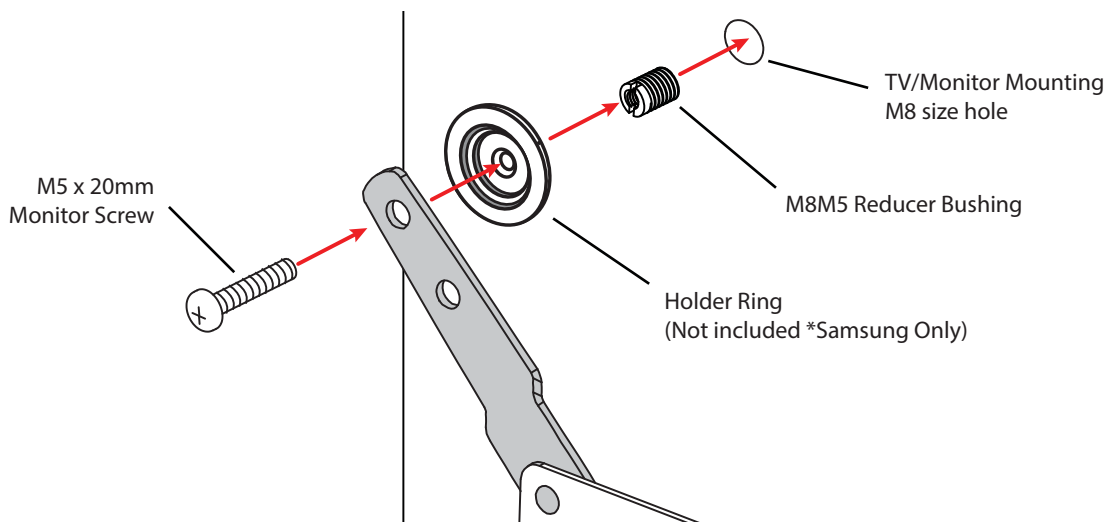
NOTE: To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.



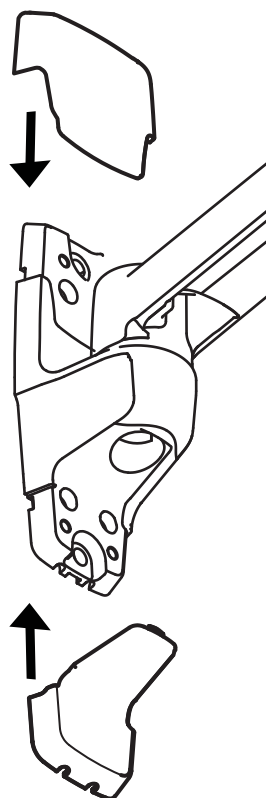
M8M5 KIT Instructions

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.



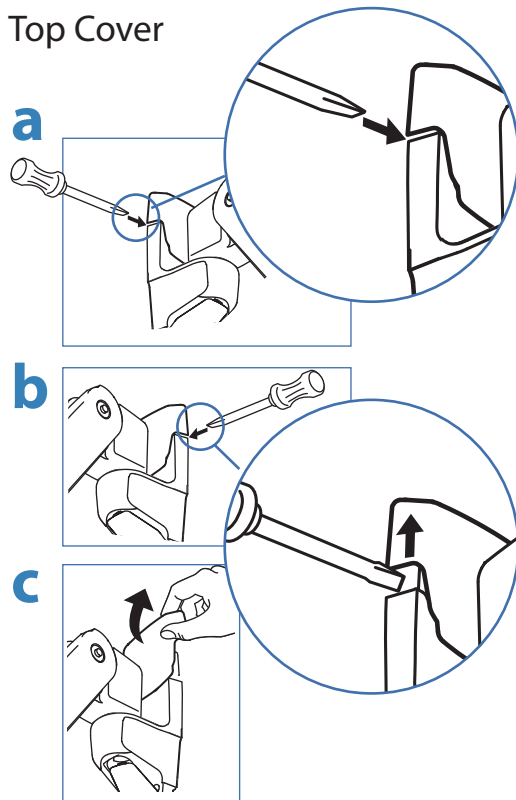
8 Attach top and bottom bracket covers



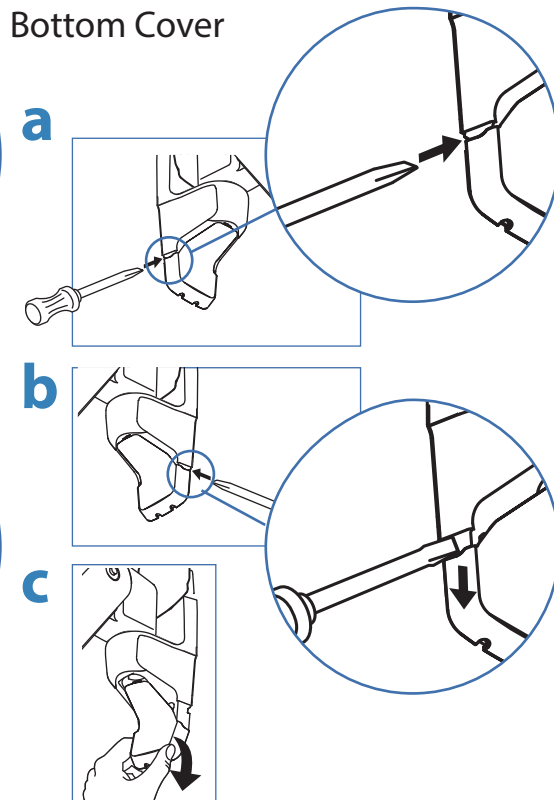
To remove covers:

- Wedge the blade of a flat screwdriver into the gap between the wall mount bracket and the cover. Rotate the blade upward to pry the cover away.
- Repeat on the opposite side of the wall mount bracket.
- Once the cover is free on both sides, lift it off.

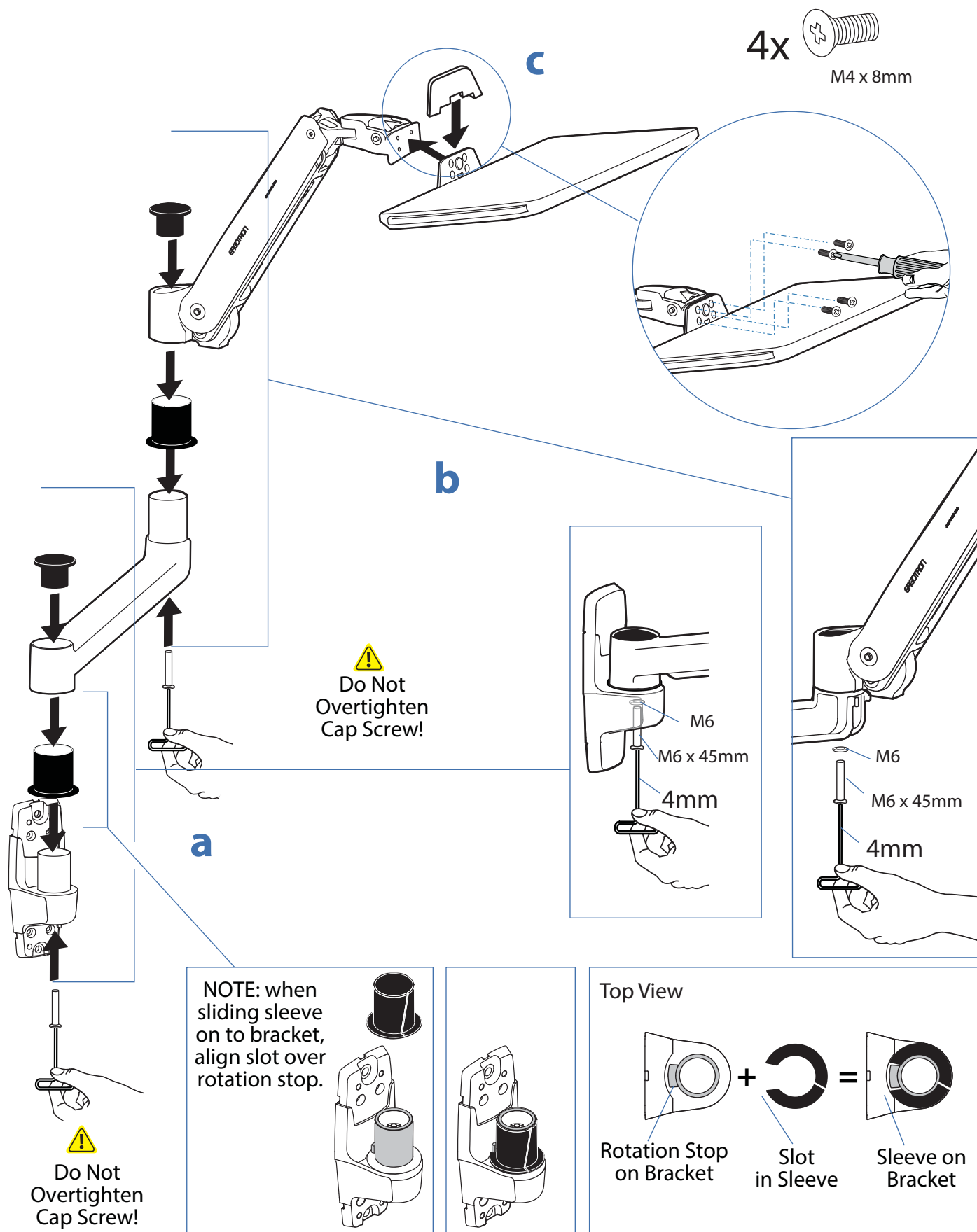
Top Cover



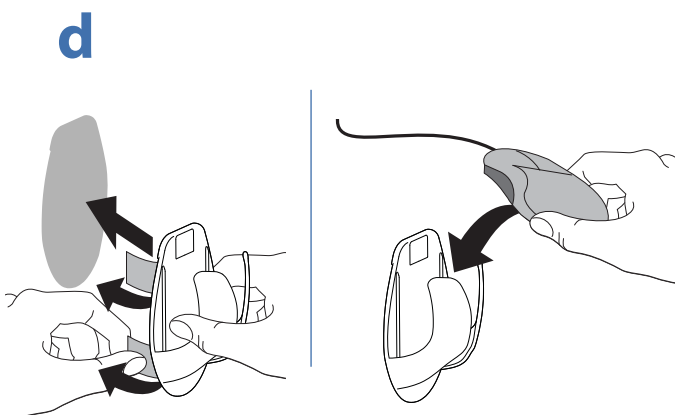
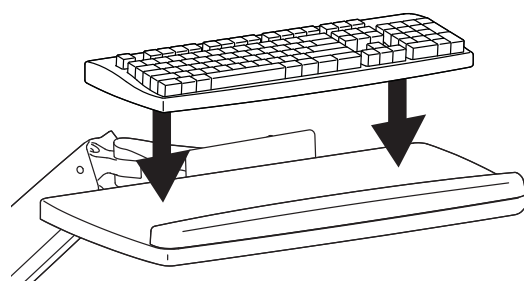
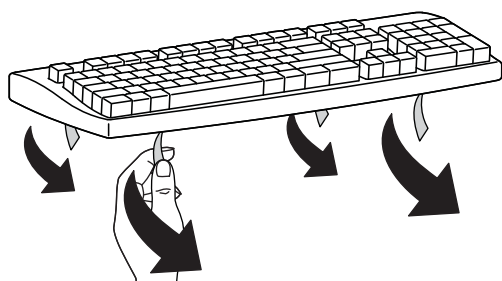
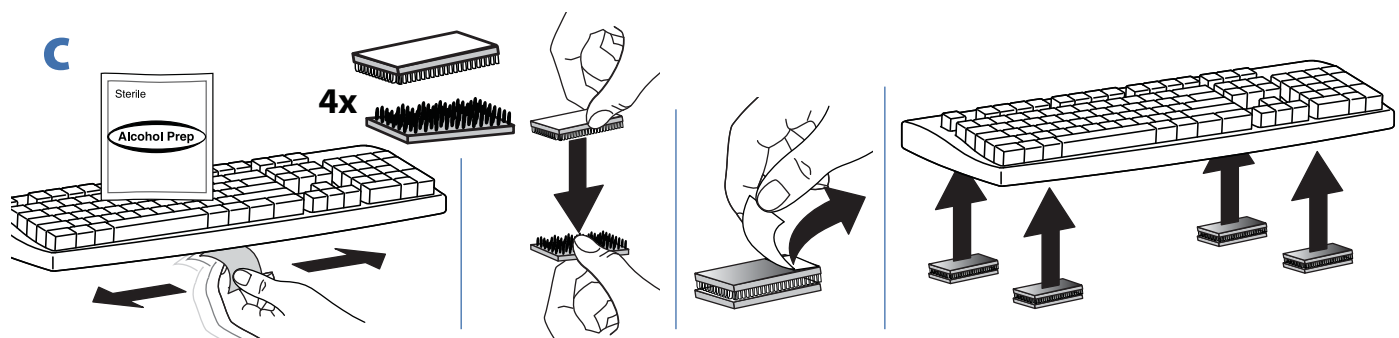
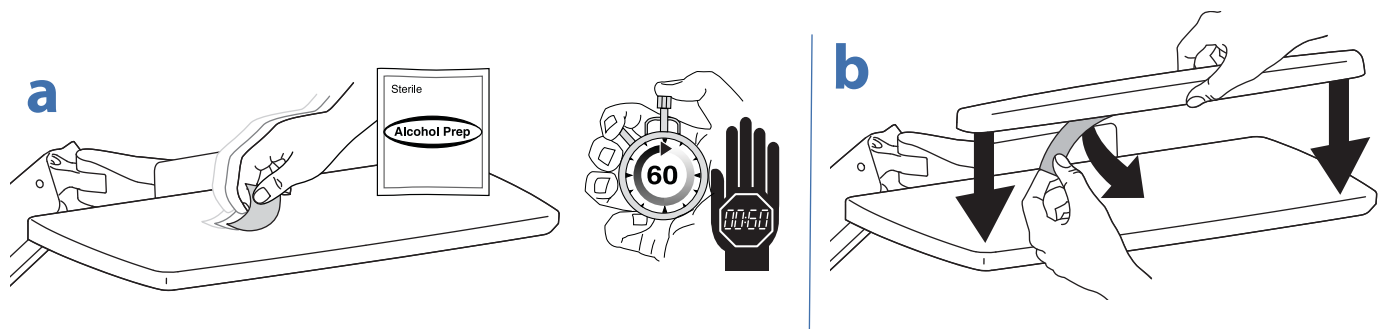
Bottom Cover



9 Mount extension and LCD arm to wall bracket.



10

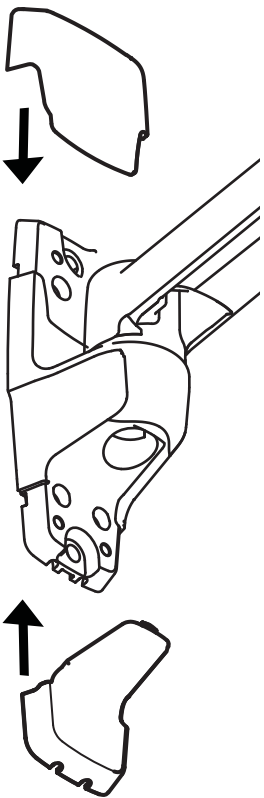


11

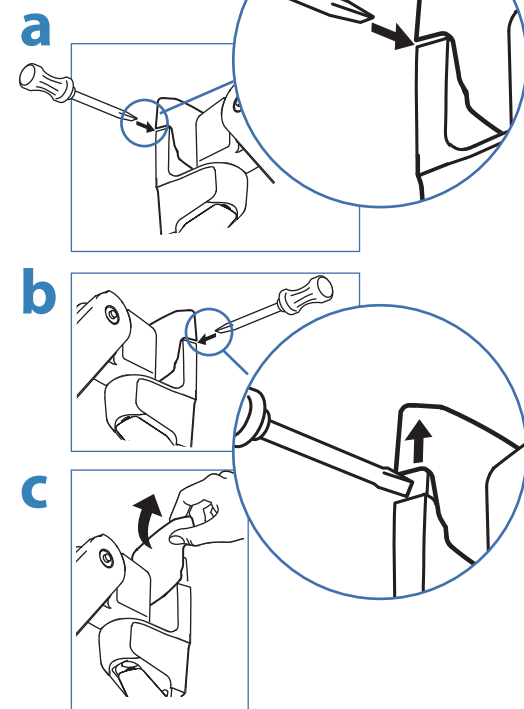
Attach top and bottom bracket covers

To remove covers:

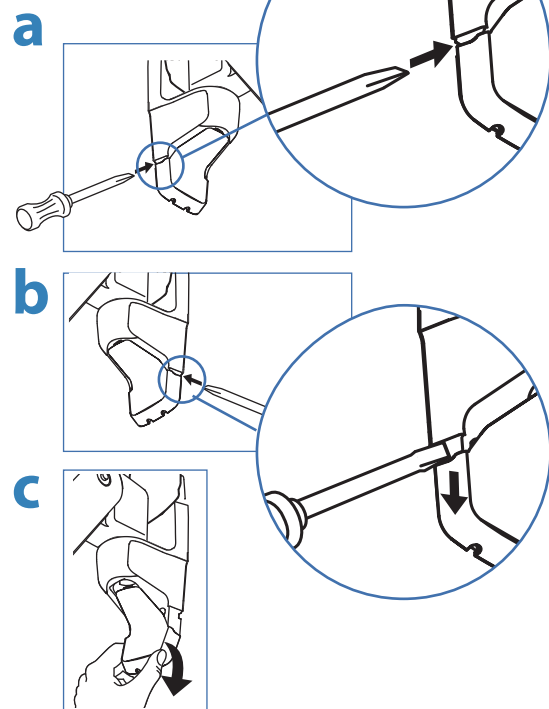
- Wedge the blade of a flat screwdriver into the gap between the wall mount bracket and the cover. Rotate the blade upward to pry the cover away.
- Repeat on the opposite side of the wall mount bracket.
- Once the cover is free on both sides, lift it off.



Top Cover

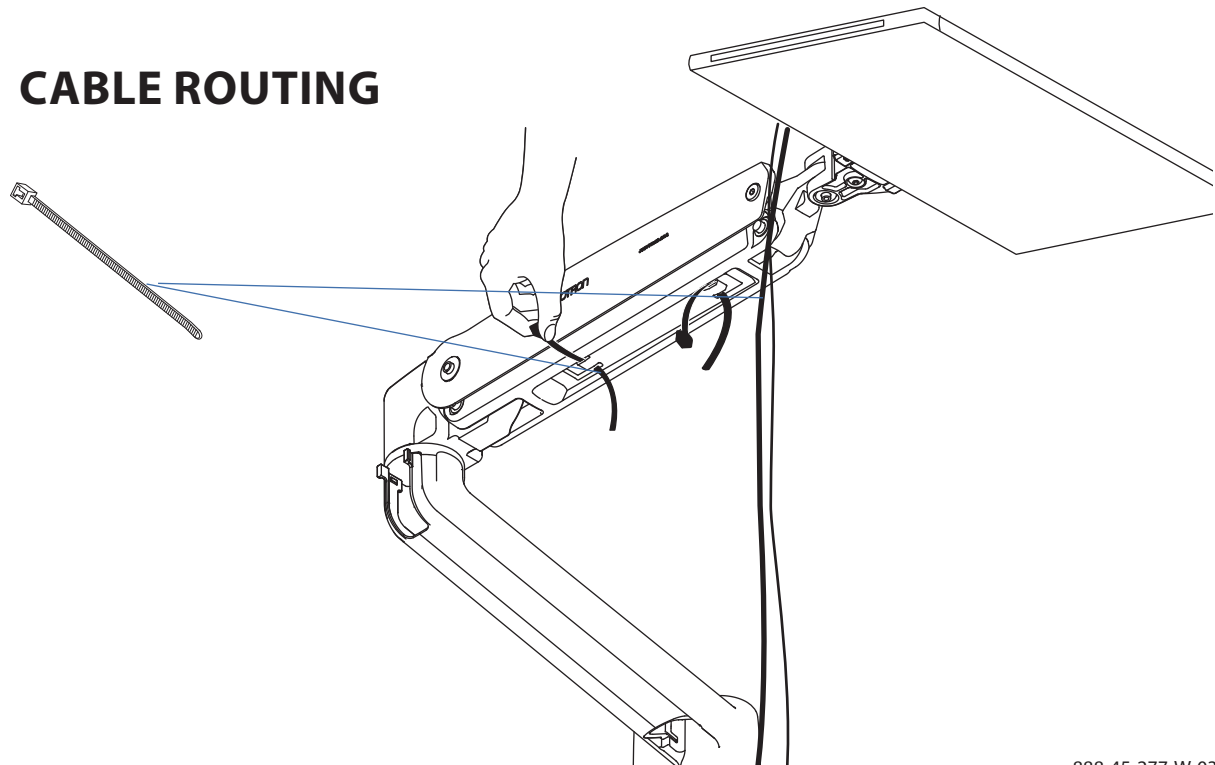


Bottom Cover



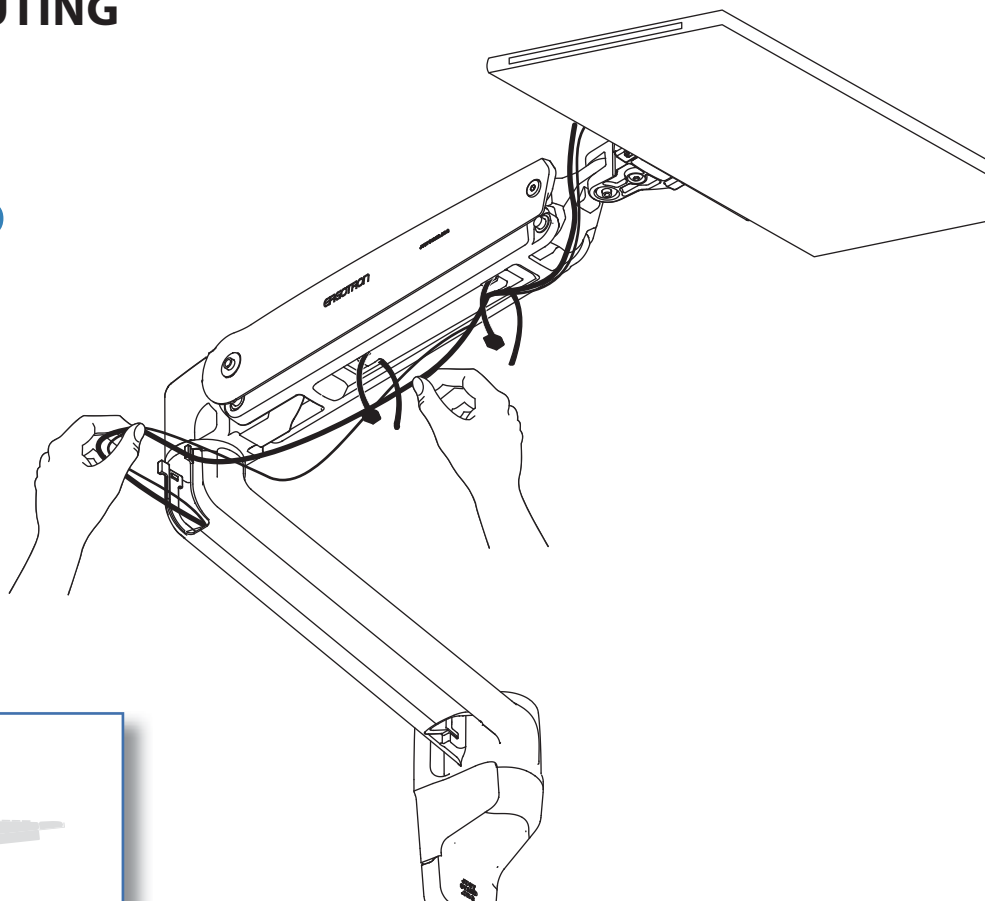
12 CABLE ROUTING

a

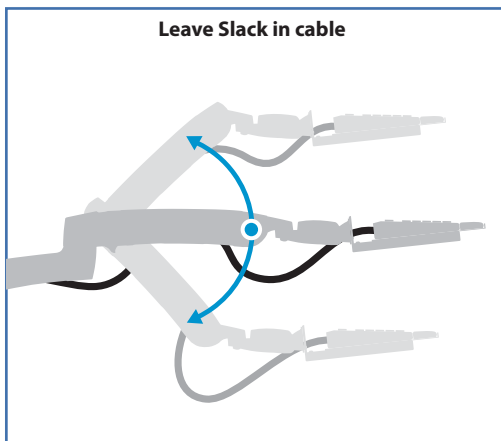


12 CABLE ROUTING

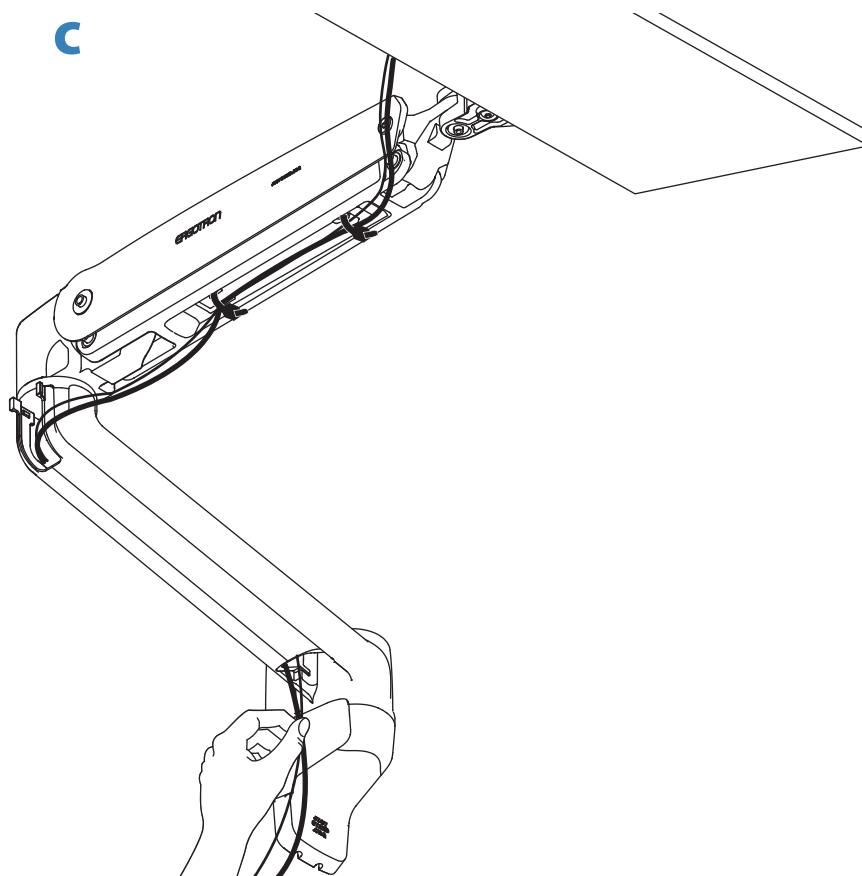
b



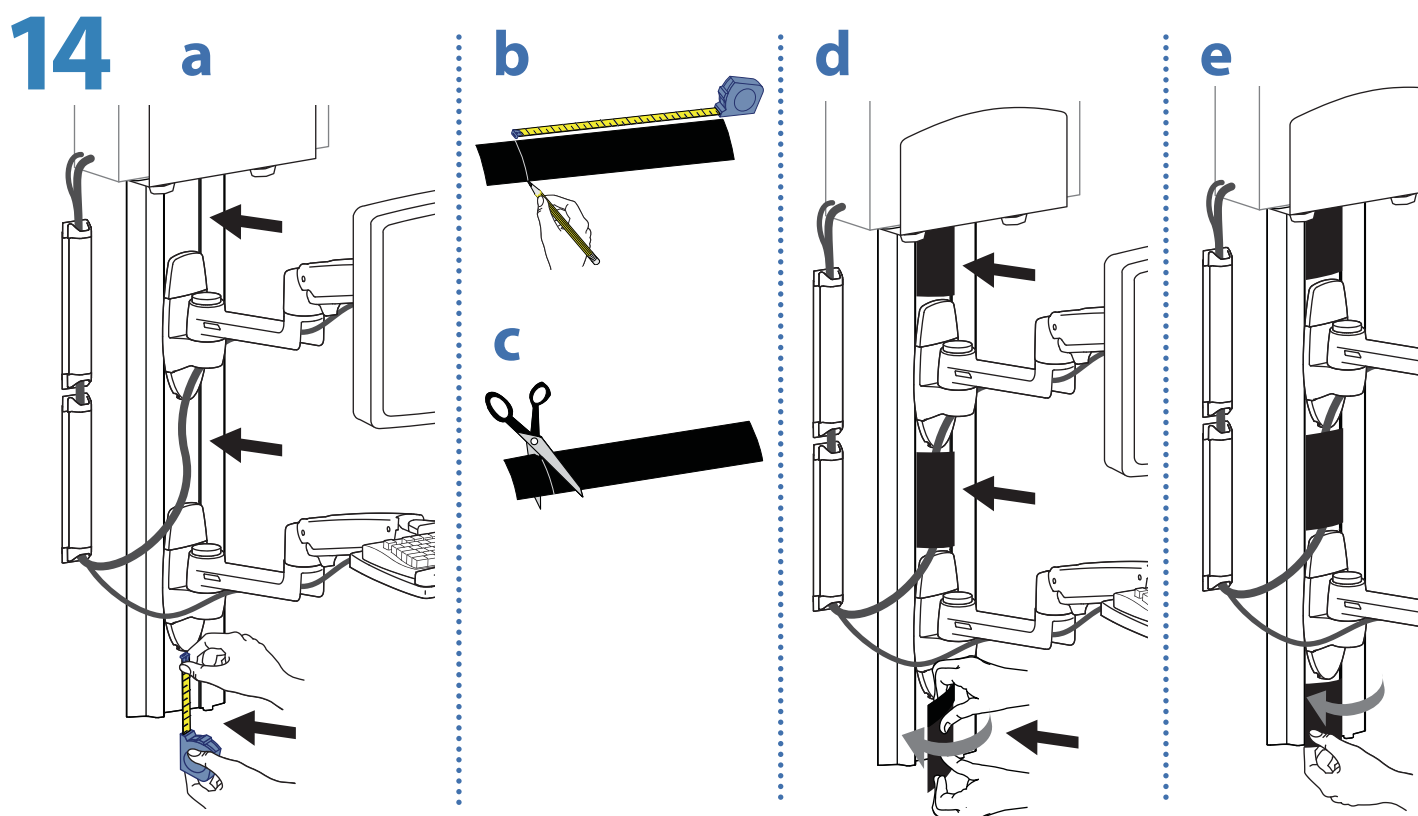
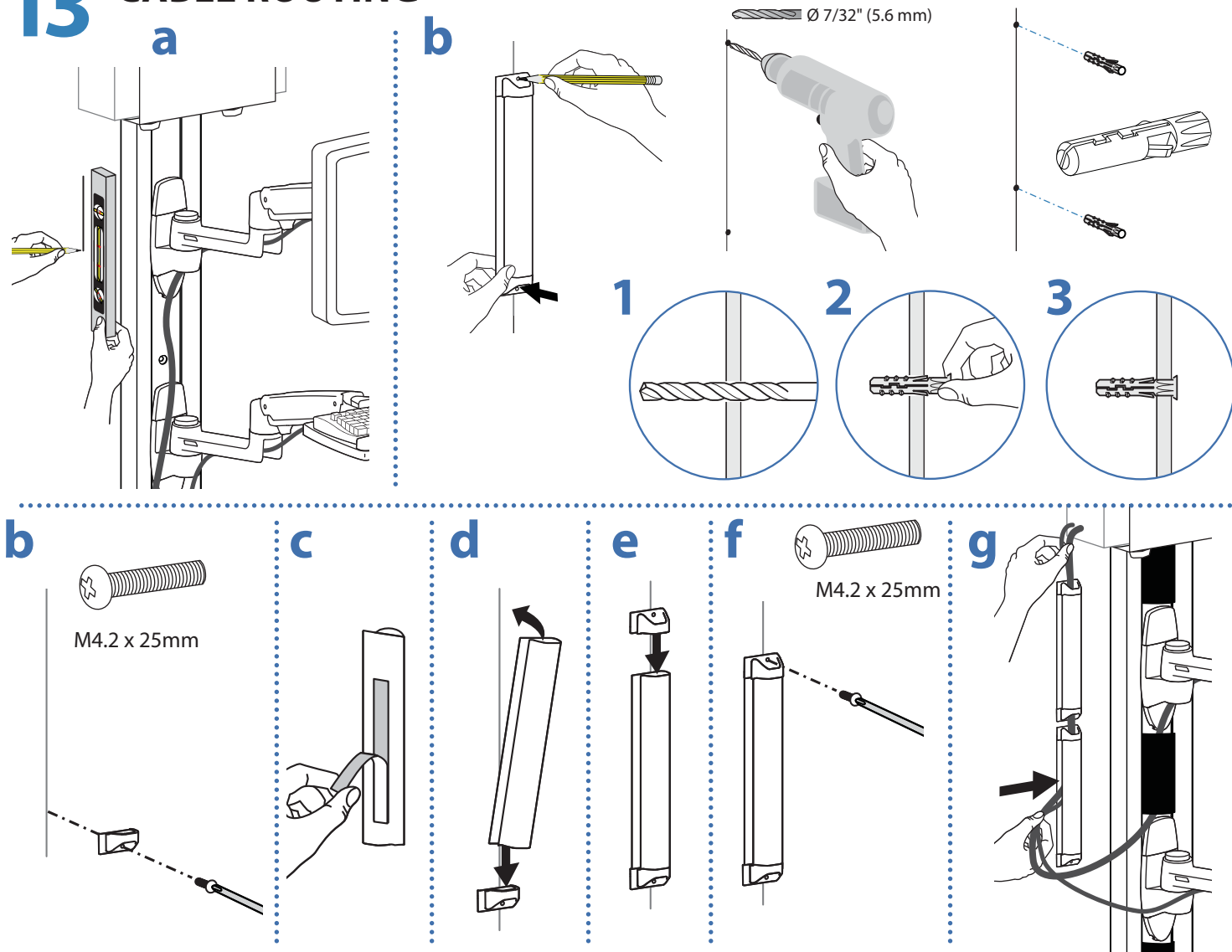
Leave Slack in cable



c



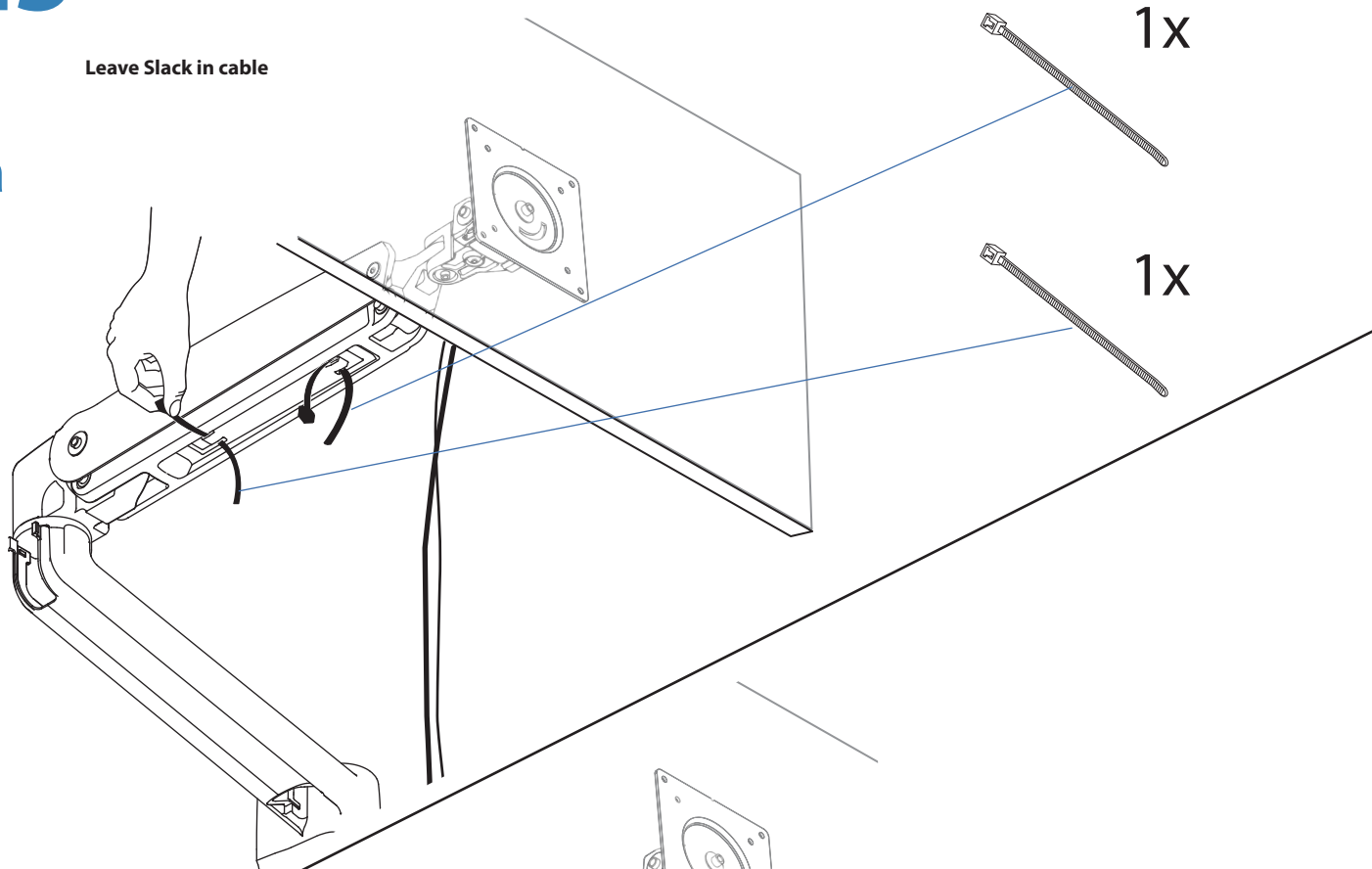
13 CABLE ROUTING



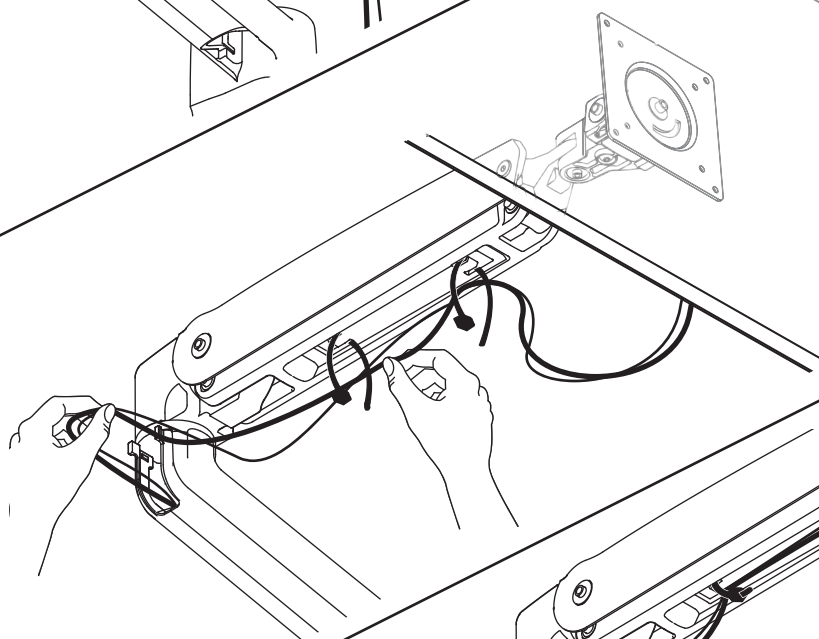
15 CABLE ROUTING

Leave Slack in cable

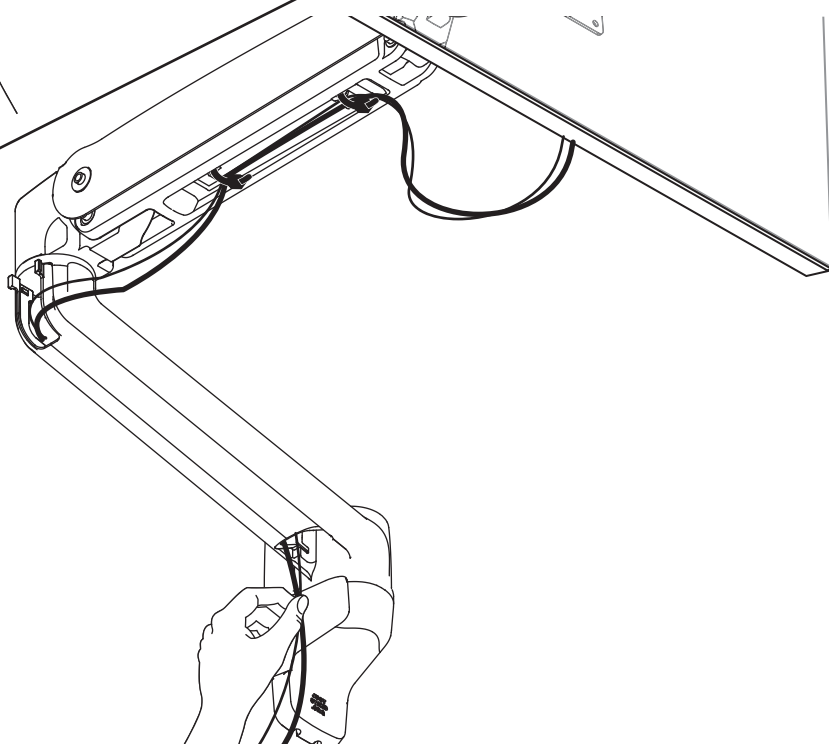
a



b



c



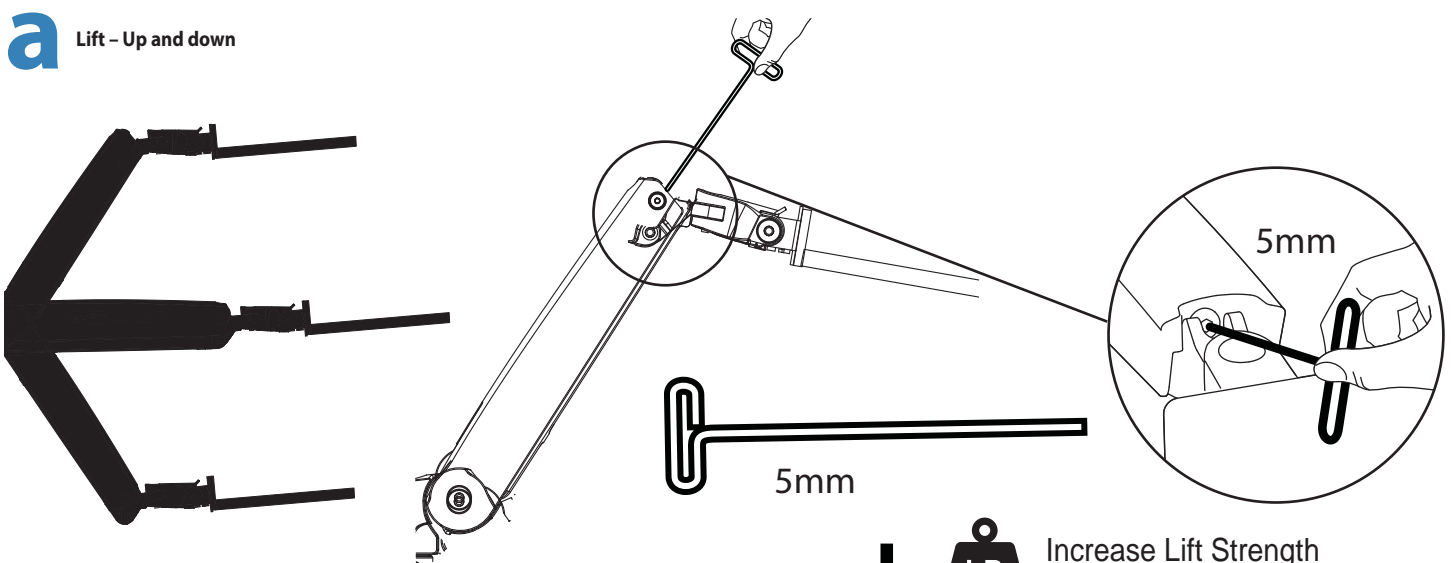
16



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

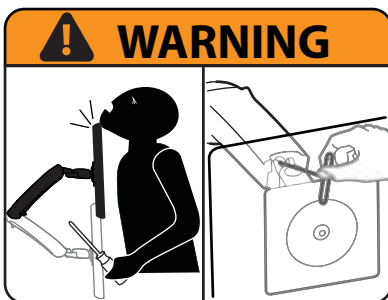


+ **LB kg** **Increase Lift Strength**
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

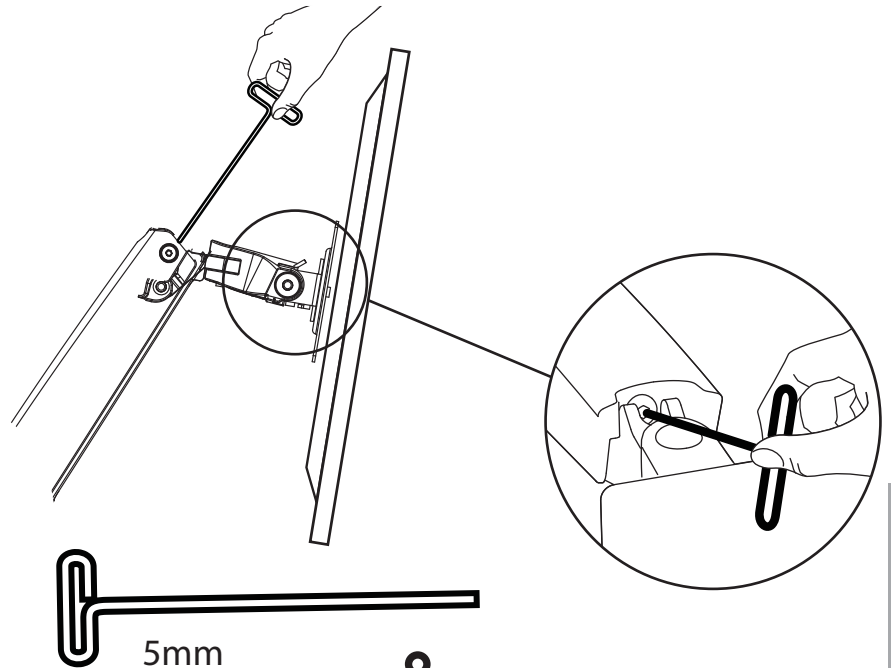
– **LB kg** **Decrease Lift Strength**
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



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



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!



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:



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



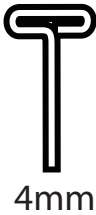
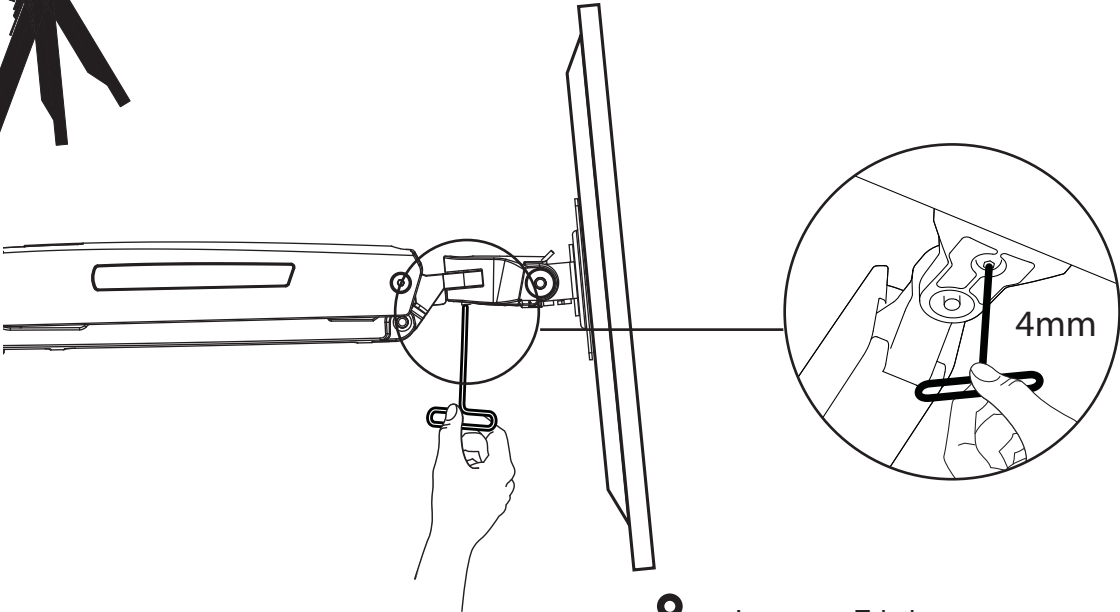
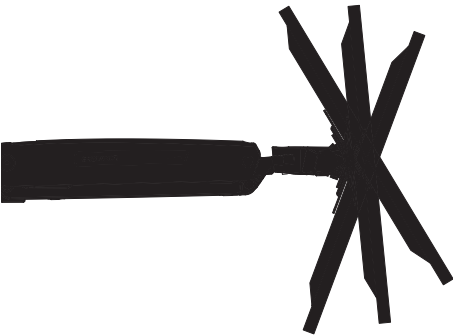
WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!



Tilt – Forward and Backward



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



4mm

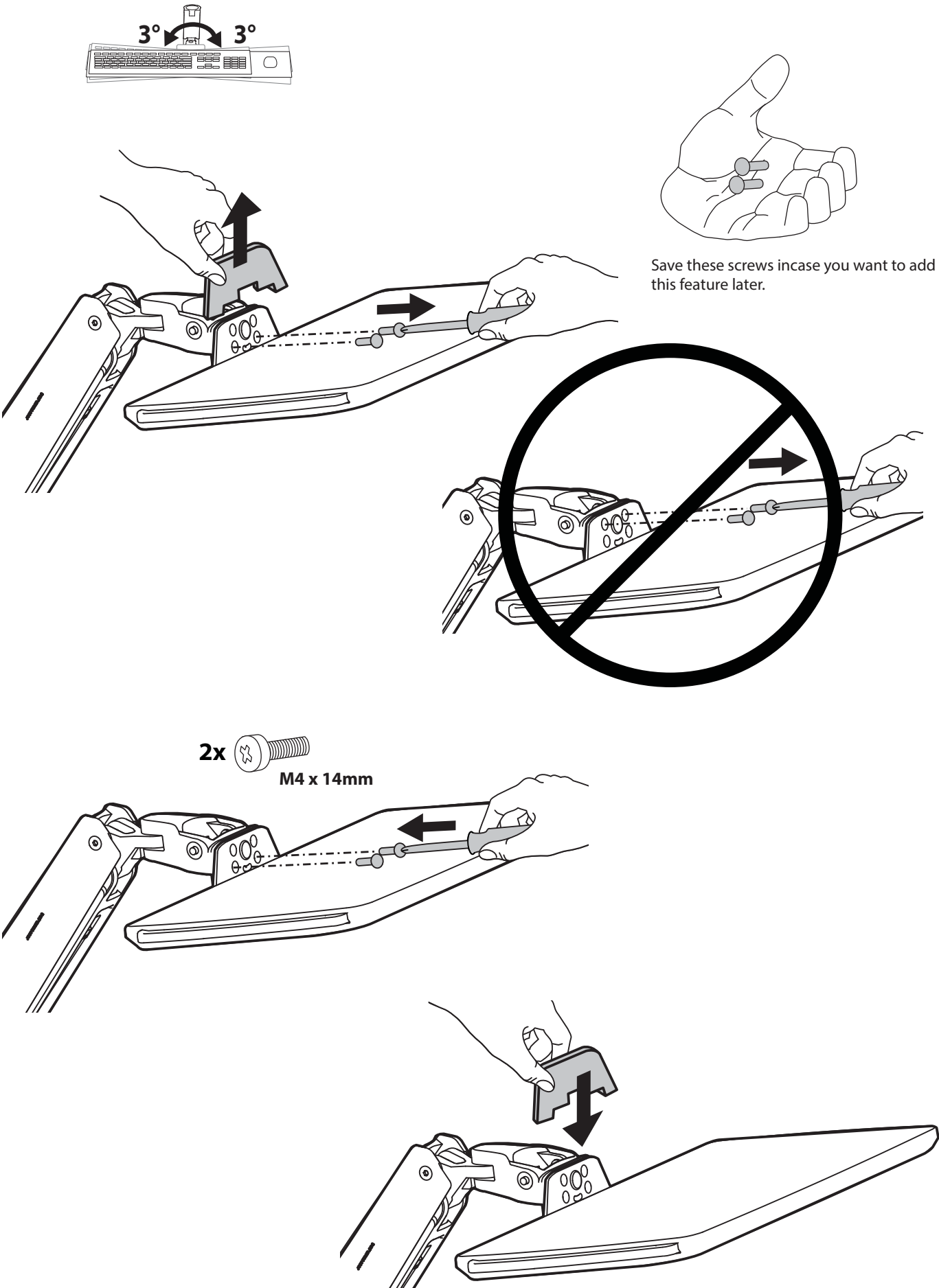


Increase Friction
If this product moves too easily, then you'll need to increase friction:

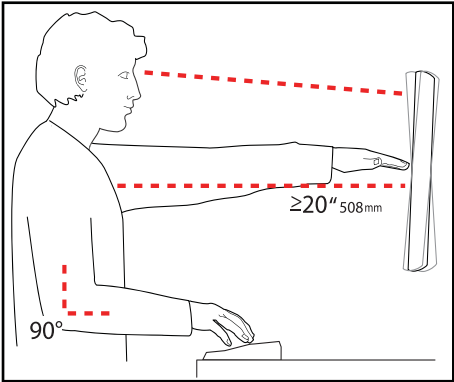


Decrease Friction
If this product is too difficult to move, then you'll need to decrease friction:

How to remove this tilting feature:



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.

For service and warranty visit www.ergotron.com

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



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