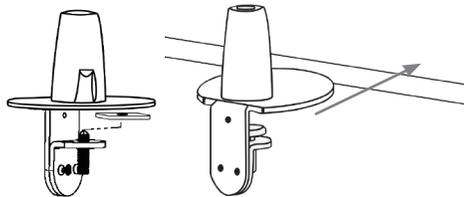
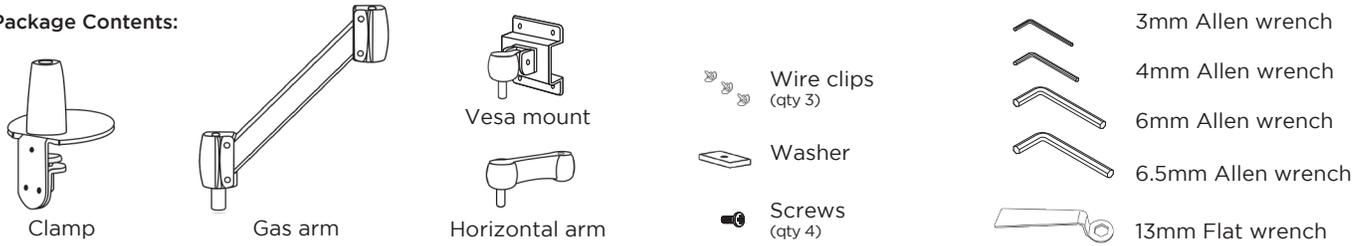


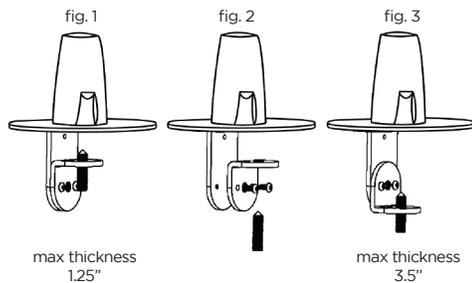
# UPLIFT DESK® Single Monitor Arm UPL020

**Package Contents:**



**Step 1**

Attach the Clamp to your desktop by placing the washer at the top of the Clamp's bolt, and sliding it onto your desktop. Using the 13mm Flat wrench, tighten the bolt until it is secure.

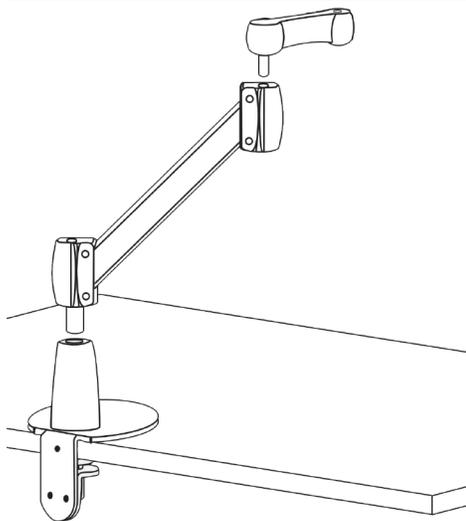


**Step 2 (optional)**

The Clamp comes assembled to fit onto desks 1.25" thick (see figure 1).

If your desktop is thicker than 1.25", remove the lower clamp and unscrew the bolt (see figure 2).

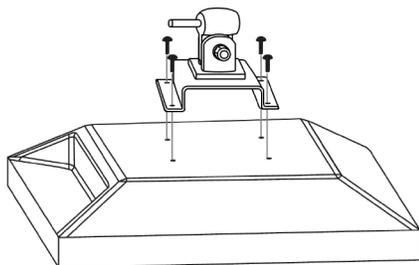
Turn the lower part of the clamp upside down, reattach the screws and reinsert the bolt. This will allow your clamp to fit onto desks up to 3.5" thick (see figure 3). Once the Clamp has been set up to fit your thicker desktop, perform the actions in Step 1 above.



**Step 3**

Insert the Gas arm into the Clamp.

Insert the Horizontal arm into the Gas arm.



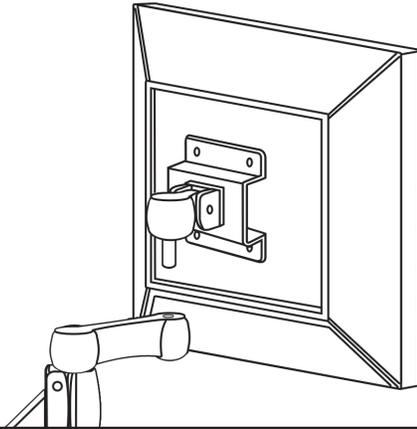
**Step 4**

Place monitor face down on a flat surface, making sure not to scratch your monitor screen.

Attach the Vesa mount to the back of the monitor using a Phillips screwdriver and the four (4) Screws provided. There are two screw lengths provided for your convenience. Use the longest Screw length that will fully tighten the monitor to the mount. The mount is designed to fit the industry standard VESA 75mm & 100mm hole patterns.

# UPLIFT DESK® Single Monitor Arm

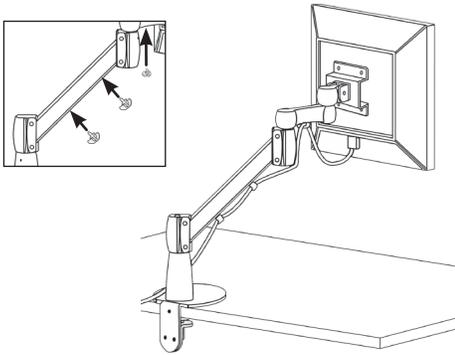
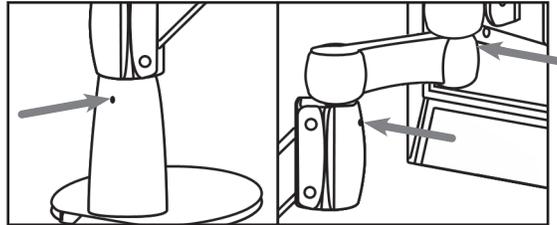
UPL020



## Step 5

Insert Vesa mount (with monitor attached) into the Horizontal arm.

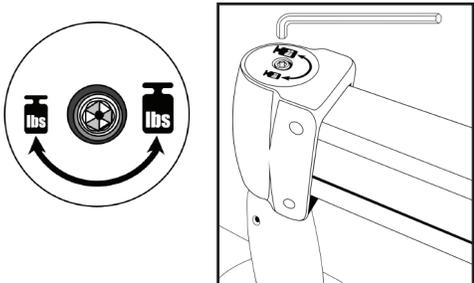
Once each arm is assembled, you will need to tighten the set screws located at each joint to prevent the arm from lifting apart or drifting. Use the 3mm Allen wrench provided. Make sure not to overtighten the set screws.



## Step 6

Insert the provided Wire clips into the underside of the Horizontal and Gas arm.

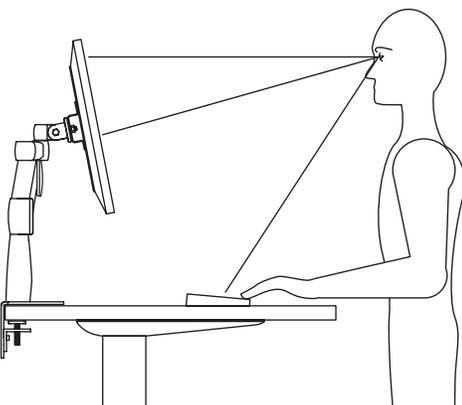
Run the cables through the clips. Make sure the cables are not pulled tight. There should be some slack in the cables to allow the arm to move freely without being restricted.



## Step 7

The Gas arm is factory set for a standard 17" monitor. If you find that after you place the monitor into the proper position that it either lifts or drops, then the tension of the Gas arm needs to be adjusted. To do this, adjust the set screw located at the lower section of the Gas arm.

You will need to turn the set screw with the supplied 4mm Allen wrench in the appropriate direction to increase or decrease the supporting weight. Adjust the tension of the Gas arm until the monitor holds its position when you let it go.



## Step 8

**Screen Distance:** Set to approximately 18"-28" from user. To reduce eye strain, place monitor about an arm's length from your eyes. If print is too hard to read, it is better to make the print larger on your screen than to move the screen closer.

**Monitor Height:** The top of the monitor should be level with your eyes.

**Monitor Tilt:** The monitor should be tilted slightly up so it's easier to see the screen when the top of the monitor is level with your eyes.

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