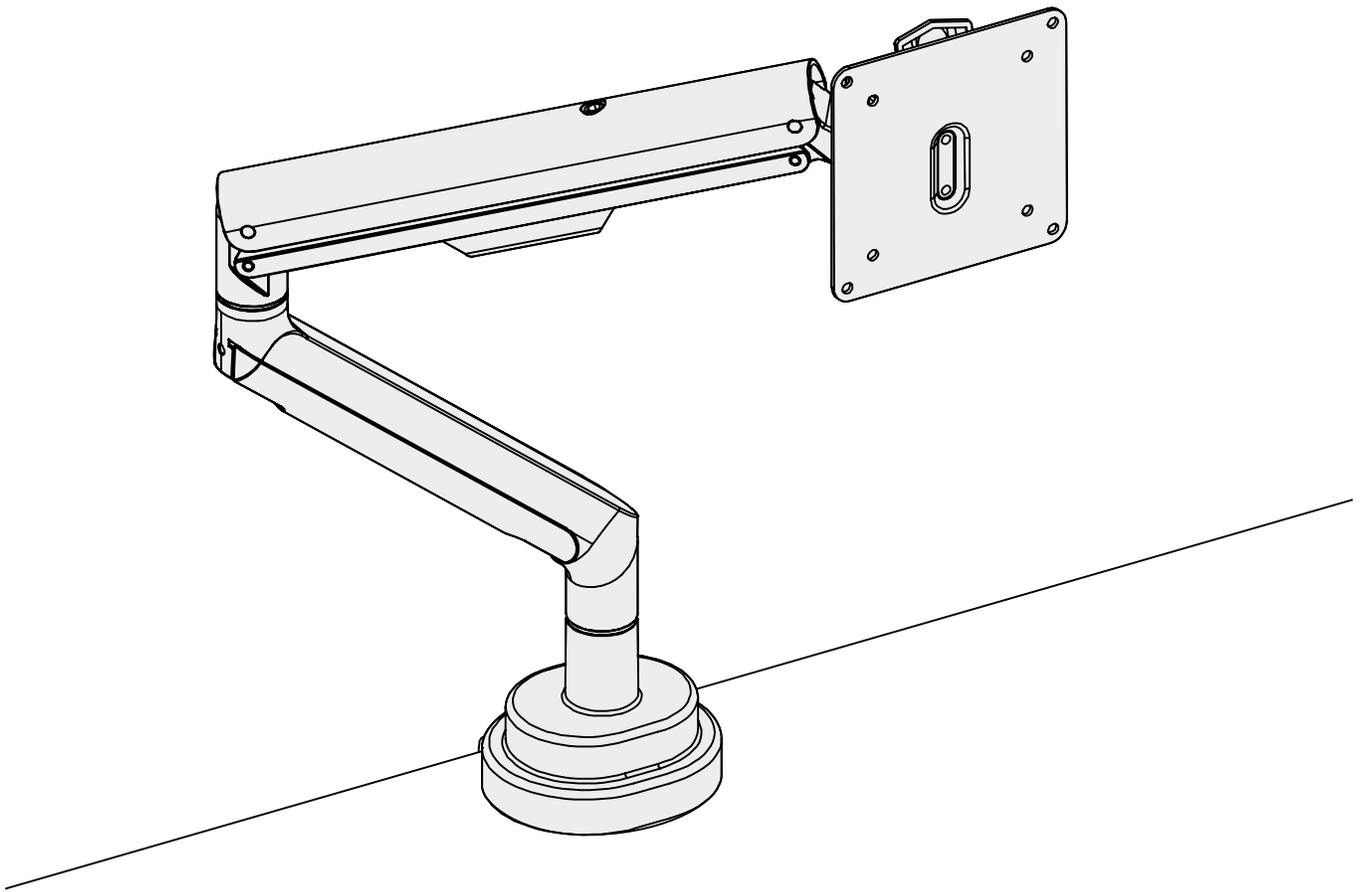


# Zilker Single Monitor Arm

MON001

UPLIFT DESK



For assembly assistance,  
visit [upliftdesk.com/contact](https://upliftdesk.com/contact),  
call 800-349-3839,  
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## Safety and Warnings



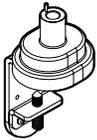
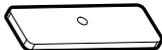
**CAUTION:** Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.



**Warning:** This product contains a spring mechanism that can cause injury. Be careful when removing monitors as the arm can spring up when the weight of the monitor is removed.

Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this product. Please provide these instructions to any new user or owner of the product.

## Package Contents

Base	Base Cushion	Bottom Plate	Extension Arm
			
Spring Arm	VESA Mount	Monitor Screw qty 4	Allen Wrenches (set of five: 1.5 mm, 2.5 mm, 4 mm, 5 mm, 6 mm)
			

### Parts for bolt-through assembly

<p>Long Bolts (two sizes included: 50 mm &amp; 70 mm)</p> 	<p>Base Plate</p> 
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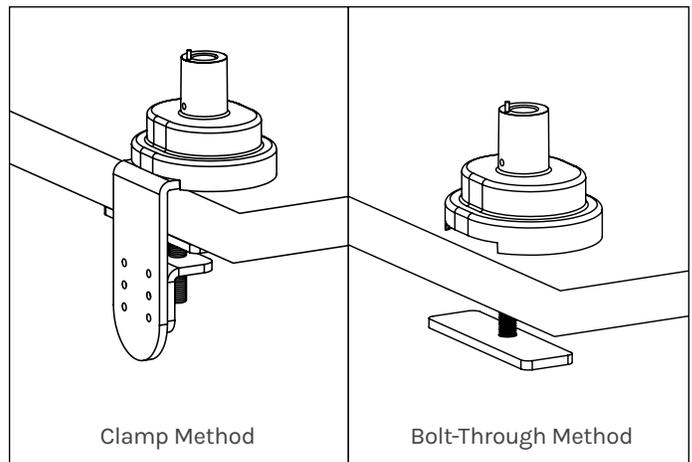
**WARNING:** This product contains a spring mechanism that can cause injury. Be careful when removing monitors as the arm can spring up when the weight of the monitor is removed.

## Step 1

Determine your mounting method. There are two ways to attach the Zilker Single Monitor Arm to your desktop:

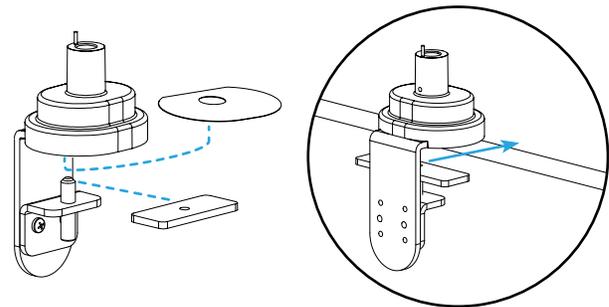
**Clamp Method:** If you would like to attach the monitor arm along the back edge of your desktop, follow the Clamp Method instructions (Steps 2.1) and ensure your desk is between 0.4" and 3.3" thick.

**Bolt-Through Method:** If you prefer to attach the monitor arm through your desktop, follow the Bolt-Through Method instructions (Steps 2.2) and ensure your desk is between 0.4" and 1.8" thick.



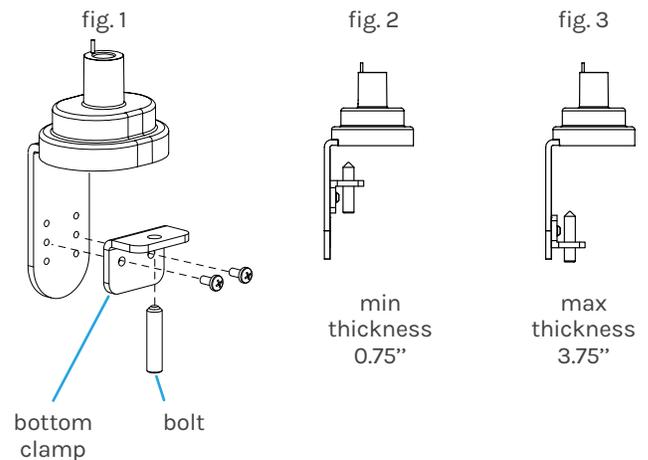
## Step 2.1 - Clamp Method

- A. 1. Peel the adhesive off the Base Cushion and attach it to the underside of the Base.
  2. Rest the Bottom Plate onto the Base's bolt.
  3. Fit the Base around the back of the desk and tighten the Bolt & Bottom Plate into place using the 6 mm Allen Wrench.
- B. When placing the Bottom Plate on the Base's bolt, make sure the edge farthest from the hole is facing the back of the Base and the edge closest to the hole aligns with the front edge of the Bottom clamp. If you're attaching this to a UPLIFT V2 4-Leg Desk, this is the only way it will fit properly.



**Note:** If the clamp does not fit on your desk edge, you can increase or decrease the space between the clamp and the Bolt, and repositioning them. Using the 4 mm Allen Wrench, unscrew the two screws holding the bottom of the clamp (see fig. 1).

- C. For thinner desks (0.75" minimum), reassemble the clamp as shown in fig. 2. For thicker desks (3.75" maximum), reassemble the clamp, as shown in fig. 3.



**Note:** If you're mounting this to an UPLIFT V2 4-Leg Desk, 2.5" will be the maximum thickness that will work with the clamp.

## Step 2.2 - Bolt-through Method

A. To mount your monitor arm through a hole in your desktop, first measure the hole. It must be between a minimum of 0.4" and a maximum of 3.15" in diameter.

B. Prepare the Base for the Bolt-through mount by first loosening the screw under the clamp with the 6 mm Allen Wrench.

**Note:** screw may be tight. Once removed, separate the clamp assembly from the Base.

C. 1. With the Base upside down, place the Base Plate in the pocket where the clamp assembly was.

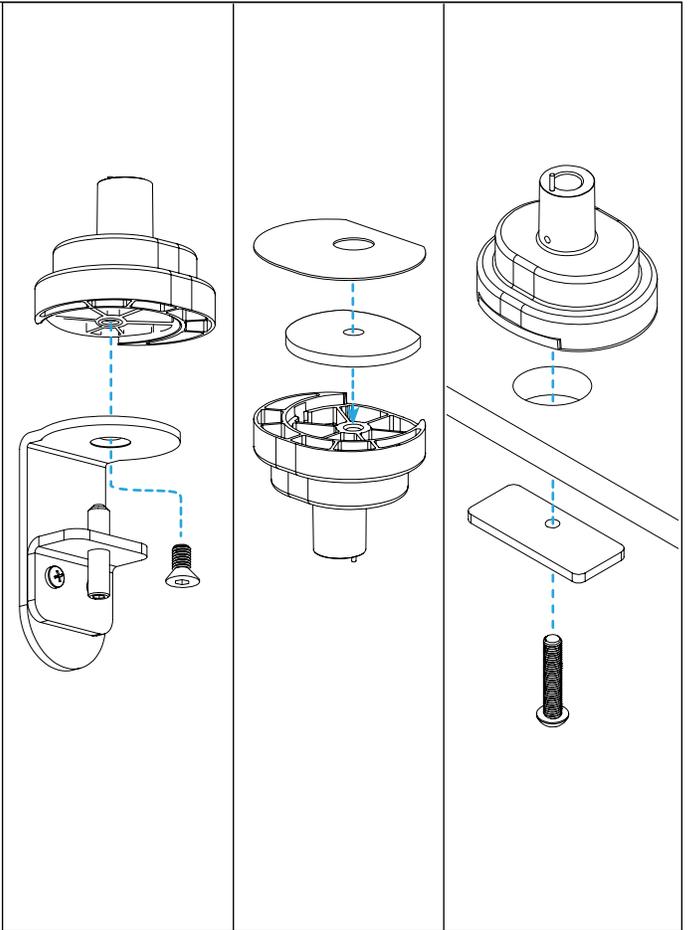
2. Peel the adhesive backing off of the Base Cushion and attach it over the Base and Base Plate as shown.

D. Place assembly completely over the hole, and facing the front of desk.

E. Select a Long Bolt: the 50 mm Bolt fits desks 0.6" to 1.38" thick, and the 70 mm Bolt fits desks 1.38" to 2.13" thick. Insert the Long Bolt through the Bottom Plate.

**Note:** The Bottom Plate must straddle the hole's diameter. As long as the hole isn't larger than 3.15" then the Bottom Plate will work.

F. Thread the bolt into the Base assembly by hand and tighten using the 6 mm Allen Wrench.

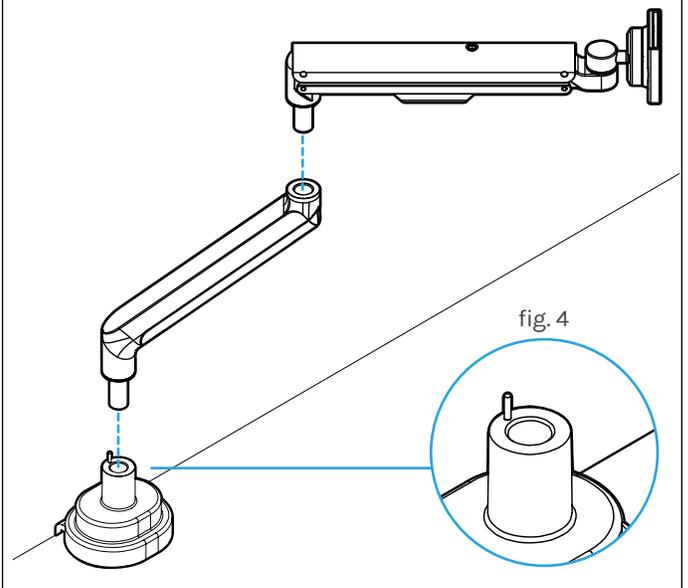


## Step 3

A. With the Base attached to the desk, it's time to assemble the remainder of the arm by next inserting the Extension Arm into the Base.

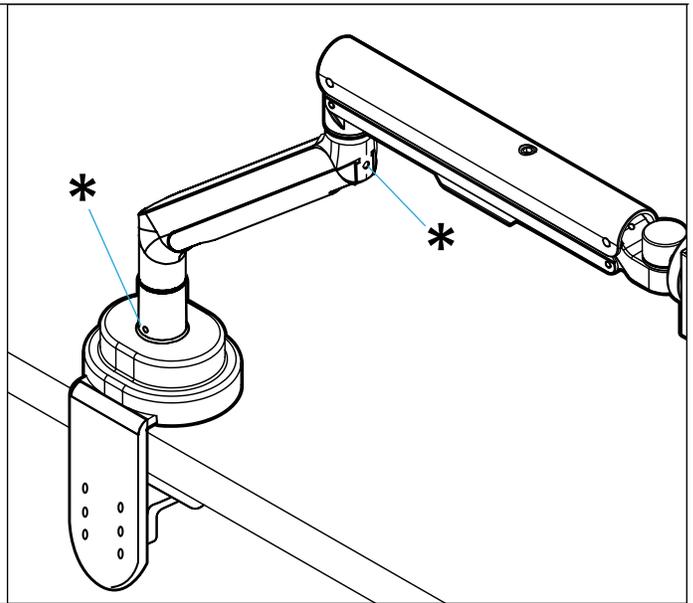
**Note:** The Base comes with a pre-installed stopping-pin on the post, (see fig. 4) which limits the rotation of the arm to 180 degrees. If you want a full 360 degree rotation, remove the pin with the 1.5mm Allen Wrench.

B. Once the Extension Arm is inserted, insert the Spring Arm into the Extension Arm.



## Step 4

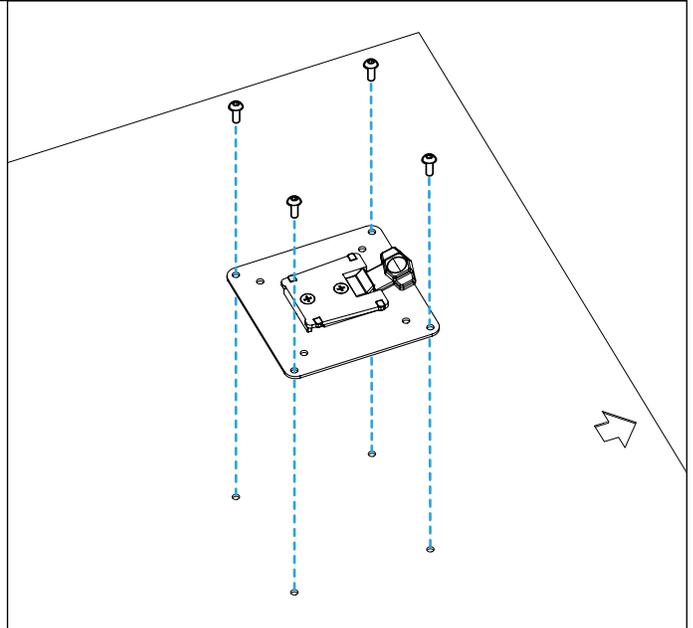
- A. After all components from Step 2 are in place, you may choose to tighten the set screws which will lock all the components together, and prevent them from separating or drifting.
- B. The set screws are located at each insertion point, and marked in this instruction book with a “\*”.
- At the back of the Base, on the post where the Extension Arm is inserted.
  - At the top of the Extension Arm where the Spring Arm is inserted.
- C. Use the 2.5 mm Allen Wrench provided. Make sure not to overtighten the set screws.



## Step 5

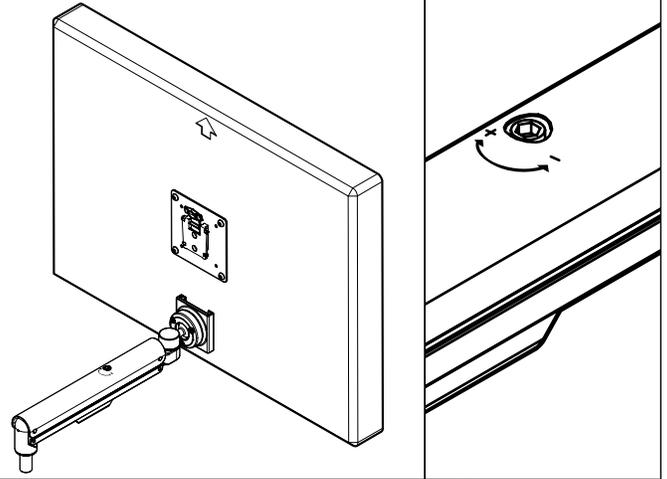
Place your monitor face down on a flat surface, making sure not to scratch the screen. Next, attach the VESA Mount to the back of your monitor using a Phillips-head screwdriver and four Monitor Screws. The mount is designed to fit the industry standard VESA 75 mm & 100 mm hole patterns. Make sure the VESA Mount is securely fastened to your monitor before moving on to the next step.

**Note:** make sure the tab on the VESA Mount is facing the top of your monitor.



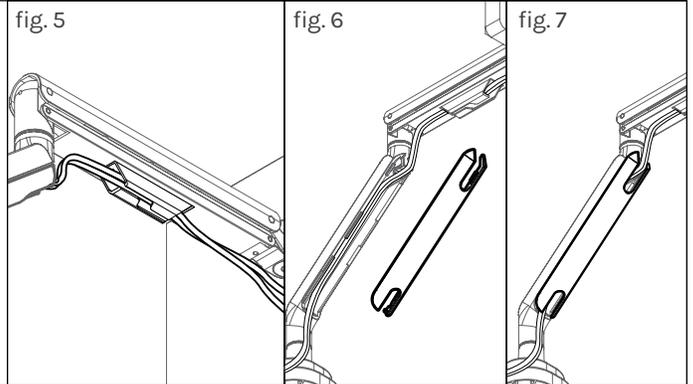
## Step 6

- Insert your monitor and VESA Mount assembly into the monitor joint at the end of the Spring Arm. Hold it firmly as you insert it until you feel it click into place.
- The Zilker Spring Arm tension is factory set for the lightest monitor weight. To adjust the tension if the monitor is too heavy for the minimum setting, hold the Spring Arm horizontally and, using 5 mm Allen Wrench, turn the set screw located at the top-center of the Spring Arm toward the “+”.
- Keep adjusting the tension until the monitor arm holds its position when you let it go.



## Step 7

- Under the Spring Arm, there is a clip through which your monitor's wires can run. (see fig. 5).
- Inside the Extension Arm is a channel accessible by a removable cover. Slide the cover up & out to place your wires, then replace the cover in the reverse motion, in & down. (see figs 6-7)

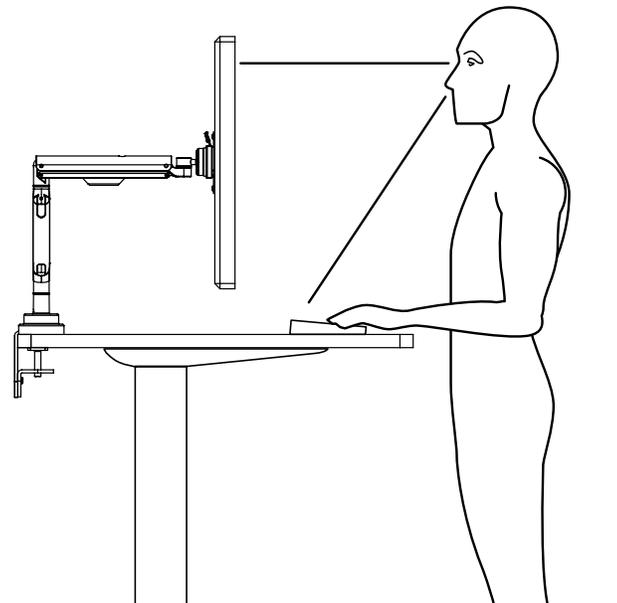
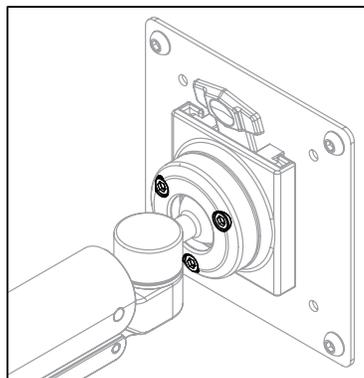


## Monitor Ergonomics

**Screen Distance:** Set screen about an arm's length (approximately 18" - 28") 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 to your eyes.

**Monitor Height:** The top of the monitor should be at or just below eye level.

**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. If the ball-joint holding the monitor does not move, loosen each screw using the 4mm Allen Wrench. This should only take a couple of turns, each. If you loosen too much, and the monitor does not stay in place, tighten slightly.





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