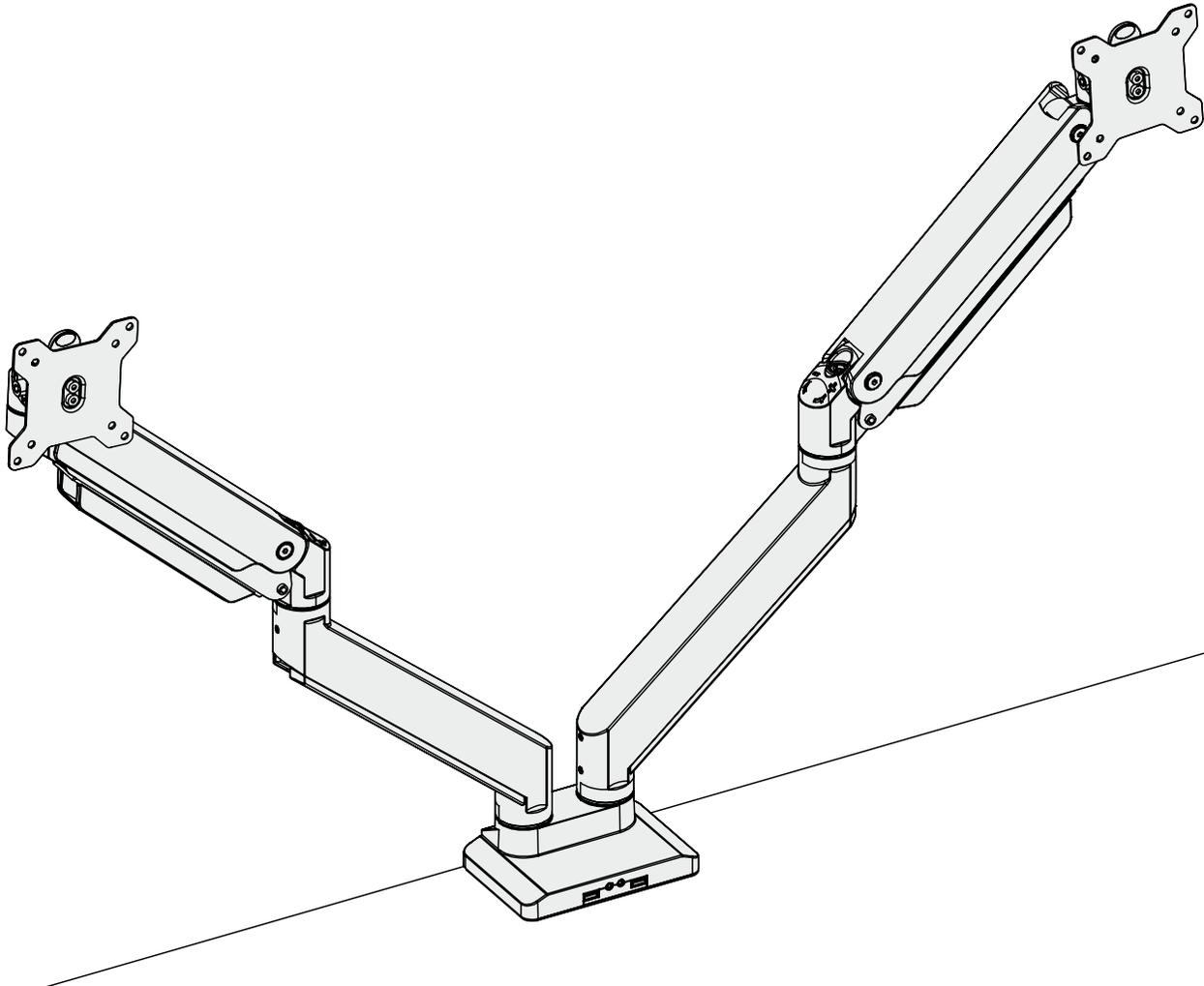


# Crestview Dual Monitor Arm

MON032

UPLIFT DESK



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



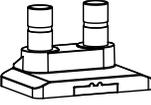
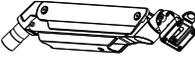
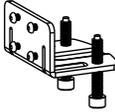
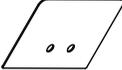
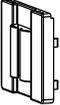
**CAUTION:** Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.



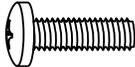
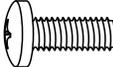
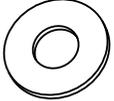
**Warning:** This product contains a spring mechanism that can cause injury. Be careful when removing monitors as the arm can spring up when the weight of the monitor is removed.

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

<p>Base</p> 	<p>Lower Arm qty 2</p> 	<p>Upper Arm qty 2</p> 	<p>Lower Clamp qty 2</p> 	<p>Upper Clamp</p> 
<p>Upper Base Plate</p> 	<p>Lower Base Plate</p> 	<p>Adhesive Pad</p> 	<p>VESA Plate qty 2</p> 	<p>Wire Cover</p> 

## Hardware Components

<p>Allen Wrenches Set of three: 3mm, 4mm, 6mm</p> 	<p>M6 x 12 Flathead Screw qty 4</p> 	<p>M4 x 12 Screw (M-A) qty 8</p> 	<p>M5 x 12 Screw (M-B) qty 8</p> 	<p>M5 Washer (M-C) qty 8</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.

**Note:** There are two ways to attach to your desktop: Clamp and Bolt-through mount. Determine if you need to attach it around the back side of your desk (follow Step 1.1) or through a hole from 0.4" to 3.15" in diameter (follow Step 1.2).

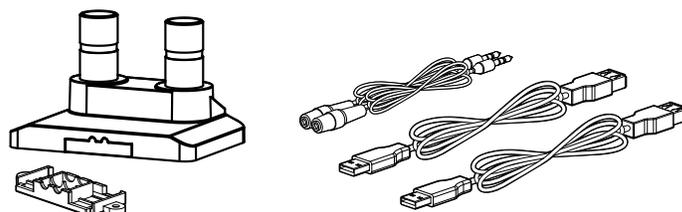
**Acceptable monitor weight range:** 2.2 to 33 lb (per monitor)

**Recommended monitor size:** up to 35"

**Desktop thickness compatibility:** Clamp Method: 0.4"-3.3" thick | Bolt-through Method: 0.4"-1.8" thick

### Step 1 - Clamp

If you purchased the Crestview Monitor Arm Wiring Kit, assemble that FIRST, before proceeding. Refer to the separate instructions contained in the Crestview Monitor Arm Wiring Kit (ACC076) package for complete details.

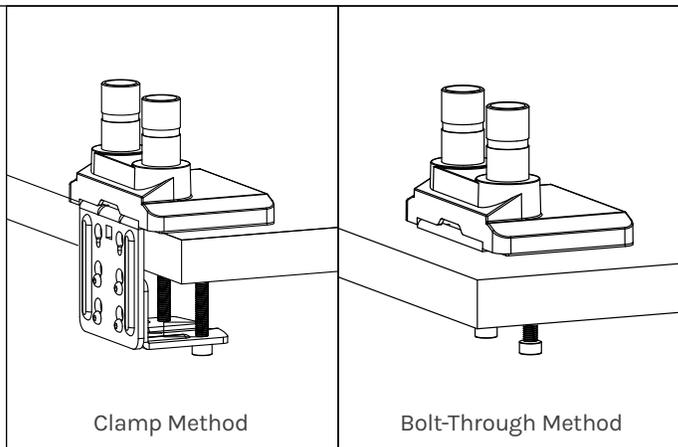


### Step 2

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

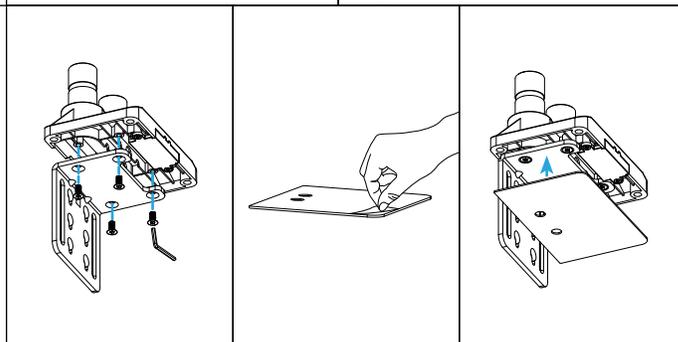
**Clamp Method:** If you would like attach the monitor arm along the back edge of your desktop, follow the Clamp Method instructions (Steps 3 - 5) and ensure your desk is between 0.4" and 3.3" thick.

**Bolt-Through Method:** If you prefer to attach the monitor arm through your desktop, skip steps 3 - 5 and follow the Bolt-Through Method Instructions (Steps 6 - 9) and ensure your desk is between 0.4" and 1.8" thick.



### Step 3 (Clamp Method)

- A. Align the Upper Clamp with the Base in the orientation shown. Attach using four M6 x 12 Flathead Screws and the 4mm Allen Wrench.
- B. Then peel the adhesive backing off of the Adhesive Pad and attach it to the bottom of the Base and Upper Clamp as shown. Align the pad with the front edge of the Base first, then work to the back.



## Step 4 (Clamp Method)

- Use the 4mm Allen Wrench to adjust the four pre-installed screws on the back of the Lower Clamp so that there are about 0.25" of thread between the plate and screw heads.
- Insert the four screws of the Lower Clamp through four of the key slot holes in the back of the Upper Clamp as shown. There are two sets of key slot holes to choose from for different desktop thicknesses.
  - For Desks 0.4" to 2.25" use the top four key slot holes (fig. 1)
  - For Desks 2" to 3.3" use the bottom four key slot holes (fig. 2)
- Slide the Lower Clamp assembly down so that the screws are at the bottom of the key slot holes then tighten screws with 4mm Allen Wrench.

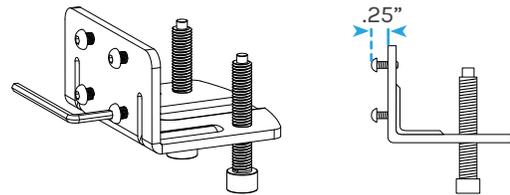
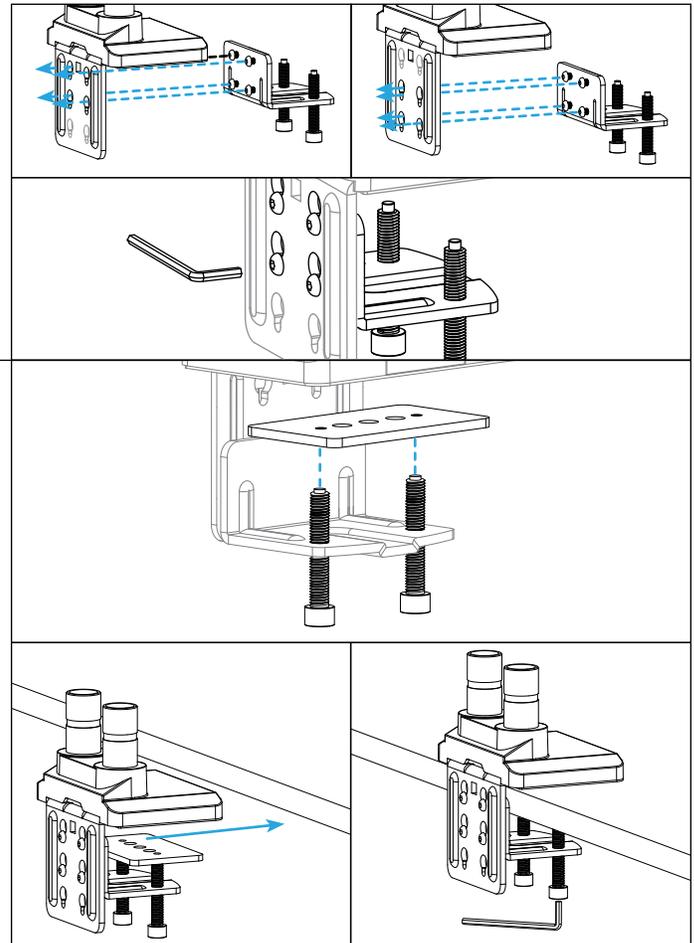


fig. 1

fig. 2



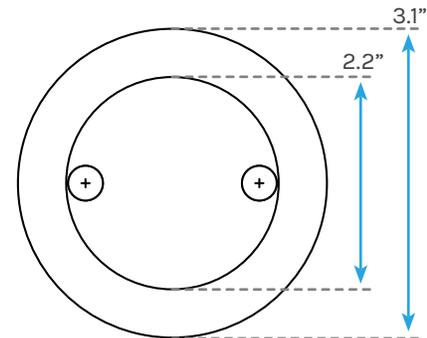
## Step 5 (Clamp Method)

- Using the 6mm Allen Wrench, adjust both bolts on the bottom of the Lower Clamp so that the opening is wide enough to accommodate the thickness of the desktop and Lower Base Plate.
- Place the outer holes of the Lower Base Plate onto the tips of the bolts as shown.
- Slide the assembly onto the back of the desktop, then tighten the bolts using the 6mm Allen Wrench. Alternate from one bolt to the other, to allow the Lower Base Plate to rise evenly before finally tightening to the desktop.
- If you chose the Clamp Method for mounting, please skip the Bolt-Through Method Steps 6 - 9 and proceed with Step 10.

## Step 6 (Bolt-Through Method)

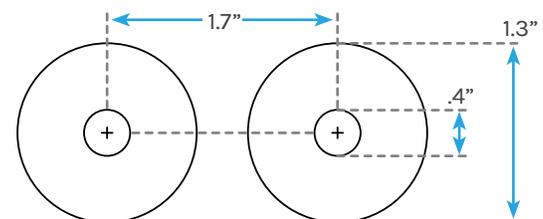
Ensure the desktop has the holes that can accommodate both bolts in the Bolt-Through Method. There are two orientations that will work:

**One hole:** Minimum 2.2" and maximum 3.1" in diameter. Both bolts will fit through holes within this range.



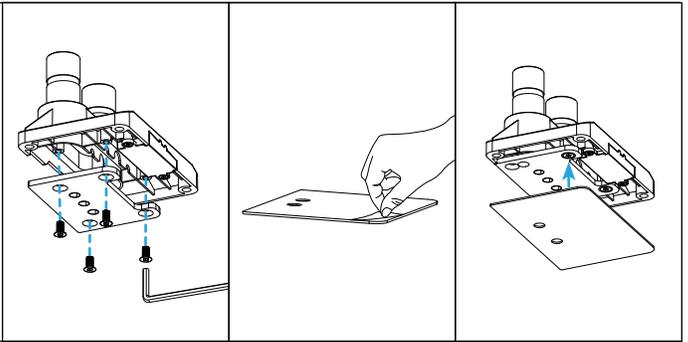
**Two holes:** Minimum 0.4" and maximum of 1.3" spaced 1.7" apart at centers. One bolt will fit through each hole.

Using a grommet hole that is already in your desktop is acceptable, or you can drill holes at these measurements anywhere on your desktop.



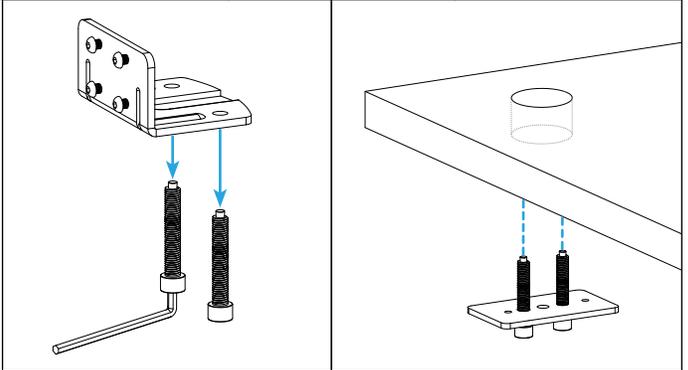
## Step 7 (Bolt-Through Method)

- A. Align the Upper Base Plate with the Base in the orientation shown and attach it using the four M6 x 12 Flathead Screws and the 4mm Allen Wrench.
- B. Peel the adhesive backing off of the Adhesive Pad and attach it to the bottom of the Base and Upper Base Plate as shown. Align the pad with the front edge of the Base first, then work to the back.



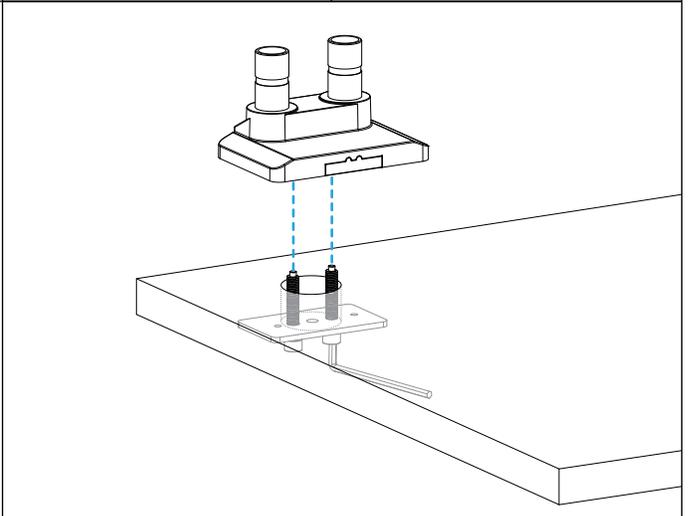
## Step 8 (Bolt-Through Method)

- A. Remove both bolts from the bottom of the Lower Clamp using the 6mm Allen Wrench. Slip them through the two holes on either side of the Lower Base Plate's center hole as shown.
- B. If assembling on an adjustable height desk, raise the desk so the desktop hole is easier to see. Then insert the bolts through the desktop hole from below, and hold them in place.



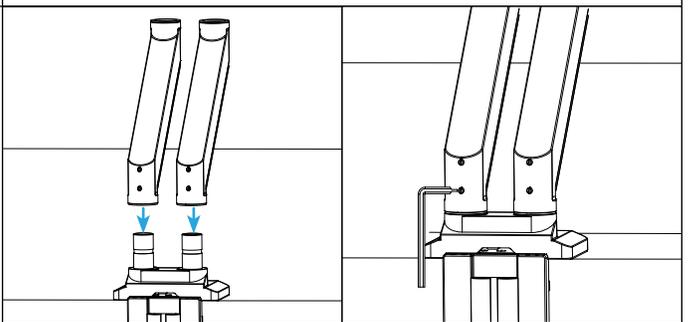
## Step 9 (Bolt-Through Method)

- A. While holding the Lower Base Plate and bolts in place from below, line up the holes of the Base assembly (from Step 7) with the top of the bolt.
- B. Make sure the front of the Base assembly is facing towards the front of your desk.
- C. Hold the Base assembly in place on top as you hand tighten each bolt, alternating from one bolt to the other, allowing the Lower Base Plate to rise evenly. Once each bolt is started, you can let go of the Lower Base Plate. Use the 6mm Allen Wrench to finish tightening the assembly to the desktop.
- D. Proceed with the Arm Assembly, Step 10.

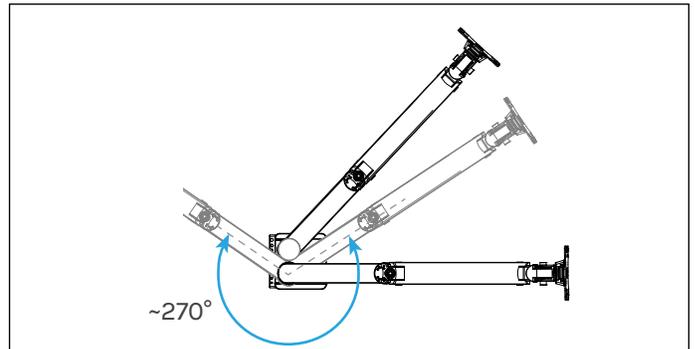


## Step 10

- A. Slide the Lower Arms onto the posts of the Base until they are fully seated and tighten each lower set screw with the flat-head end of the 3mm Allen Wrench (or a small flat head screwdriver). This will secure the Lower Arms to the Base and keep them from becoming separated during adjustment.

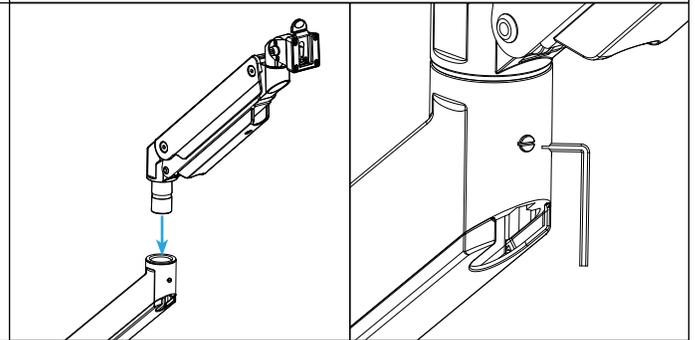


- B. With the lower set-screws tightened, each Lower Arms can swivel about 270° in total, depending on monitor size, monitor orientation, and the location of the other arm.



## Step 11

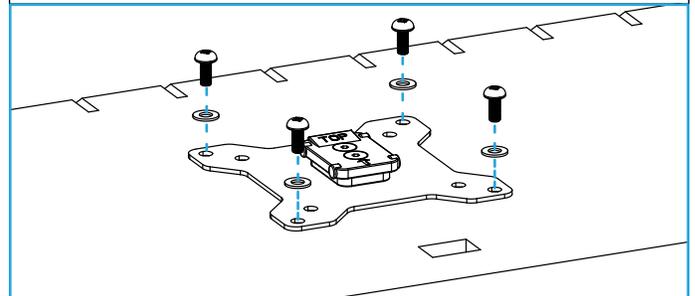
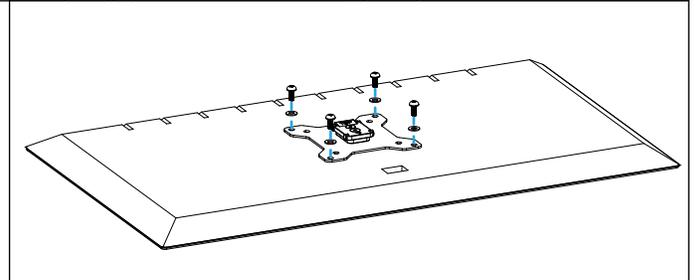
- A. Slide the Upper Arms into the holes on the Lower Arms until they are fully seated
- B. Tighten the set screws on each Lower Arm with the flat-head end of the provided 3mm Allen Wrench (or a small flat head screwdriver). This will prevent the Upper Arm from becoming separated from the Lower Arm during adjustment.



## Step 12

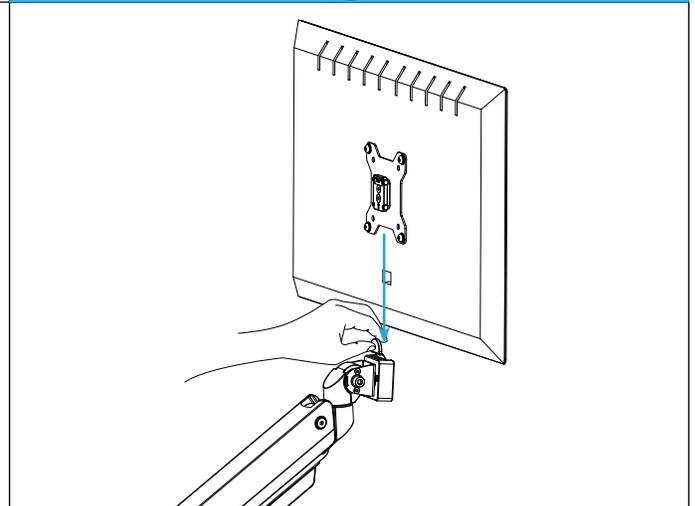
**Reminder:** Acceptable monitor weight range for the Crestview Dual Monitor Arm is 2.2 lb to 33 lb per arm.

- A. Lay your monitor face down on a clean surface or a towel to prevent damage to your screen.
- B. Test the M4x12 and M5x12 Screws in your monitor's screw holes to determine which is the right size for your monitor.
- C. Line up the holes of the VESA Plate with the holes on your monitor. Make sure the word "TOP" is facing the top of the monitor.
- D. Attach the VESA Plate to the monitor using the selected screws with the M5 Washers.
- E. Repeat with the second monitor.



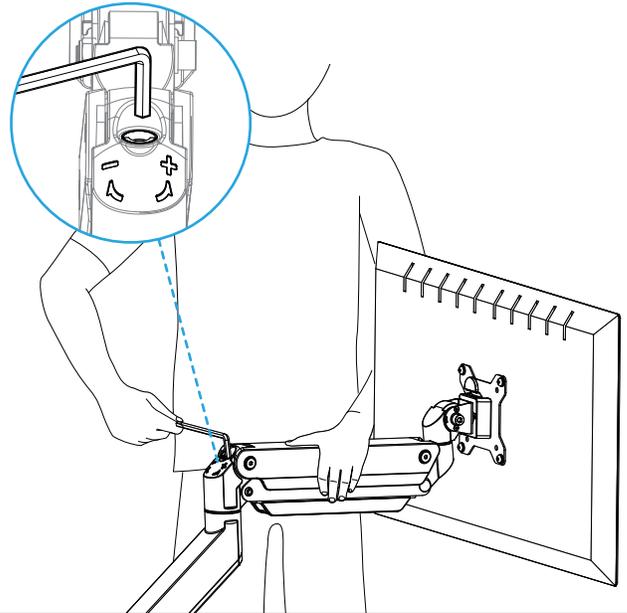
## Step 13

- A. Pull the tab on the Upper Arm back and slide the VESA Plate in (as shown in the illustration) until the tab on the Upper Arm clicks into place
- B. Pull up slightly on your monitor to make sure it is locked securely in place.
- C. Repeat with the second monitor.



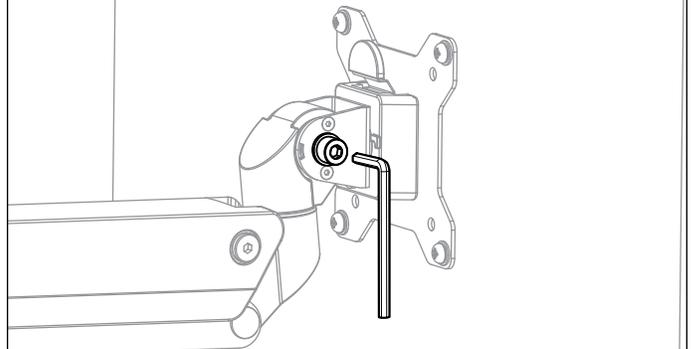
## Step 14

- A. Move the monitor to any position and release it. If the monitor does not drift up or down, the Arm is properly counterbalanced.
- B. If the Arm does not remain where you positioned it, you will need to adjust the tension of the gas spring to properly support the weight of your monitor.
  - If the monitor drifts down when you let it go, hold the Arm in a horizontal position as shown and use the 6mm Allen Wrench to turn the adjustment screw toward the “+” until the monitor remains in place when you let go.
  - If the monitor drifts upward when you let go, turn the adjustment screw towards the “-” until the monitor remains in place when you let go.
- C. Repeat with the second Arm.



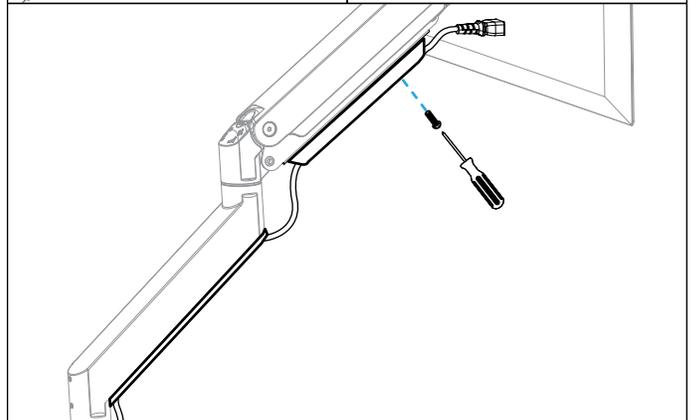
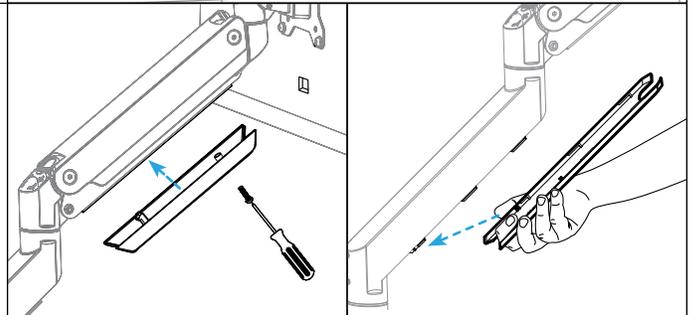
## Step 15

- A. To adjust the front and back tilt of each monitor, loosen the socket head screw on the side of the VESA Mount with the 6mm Allen Wrench.
- B. Once the monitor is at your preferred viewing angle, re-tighten the screw with the Allen Wrench to hold the monitor in place.
- C. Repeat with the second monitor.



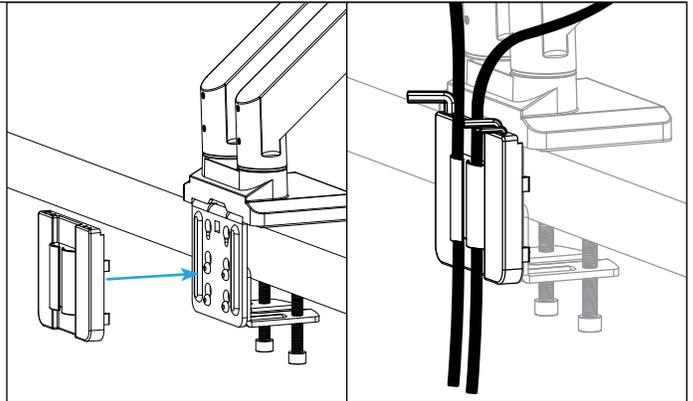
## Step 16

- A. To use the Dual Arm's wire management, first remove the built-in wire covers.
- B. The Upper Wire Cover is located on the bottom side of each Arm and is held in place by a screw at the top end and a clip at the bottom end. Remove the screw with a Phillips head screwdriver and slide the cover slightly toward the Worksurface to disengage the clip and remove the cover.
- C. The Lower Wire Cover is located on each Lower Arm and is removed by hooking a finger through the bottom opening in the cover, then holding it firm while pulling it forward to unlock.
- D. Run your cables under each Arm where the wire covers were located and then replace the covers. Your cables should run through each end of both the Upper and Lower Wire Covers.
- E. Reinstall the screws to secure each Upper Wire Cover.



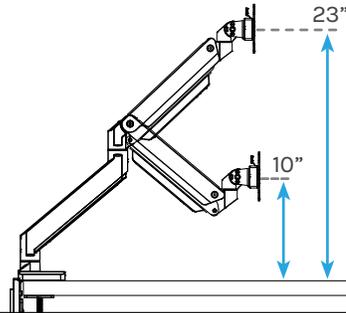
## Step 17

- A. If you have selected the Clamp Method, you can now snap the Wire Cover onto the back of the Upper Clamp as shown and insert your monitor cables through the two integrated clips.
- B. The Wire Cover adds 0.8" to the back of the Clamp assembly. If your desk is close to a wall or cubicle or has a privacy panel attached to the back of the desktop, there may not be enough space available to attach the Wire Cover.



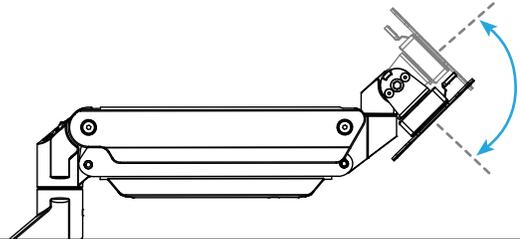
## Height Adjustment

The center of the VESA mount can go as high as 23" and as low as 10" from the desktop.



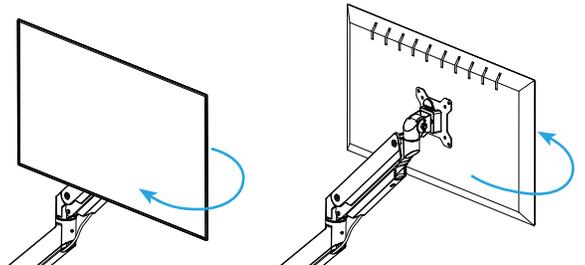
## Monitor Tilt

The Monitor can tilt at the VESA mount forward or backward within a range of 90° (+/-45°).



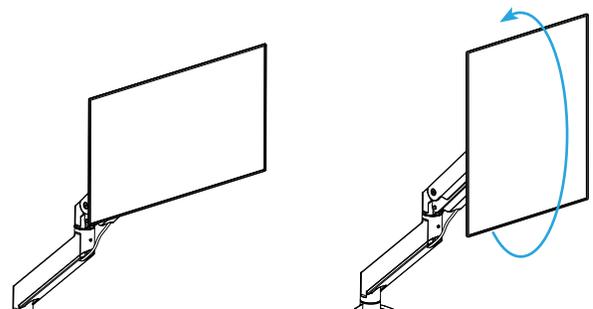
## Monitor Swivel

The Monitors can swivel 180° (+/-90°) at the hinge at the top of the upper arm.



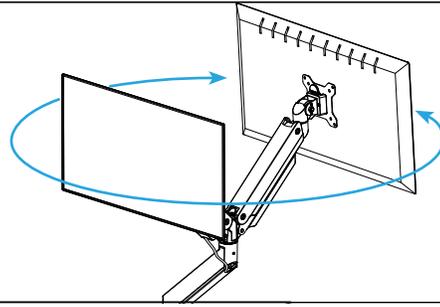
## Monitor Rotation

The Monitors can rotate at the VESA mount 180° (+/-90°) allowing landscape or portrait viewing.



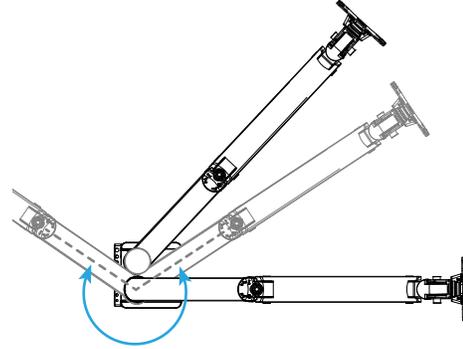
## Upper Arm Swivel

The Upper Arm can swivel a full 360°. However, we do not recommend swiveling the monitor past the back of the desk as this may cause instability.



## Lower Arm Swivel

Each Lower Arm rotates about 270° in total, depending on monitor size, monitor orientation, and the location of the other arm.







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