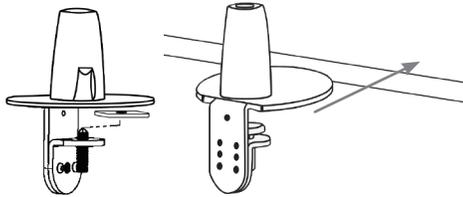
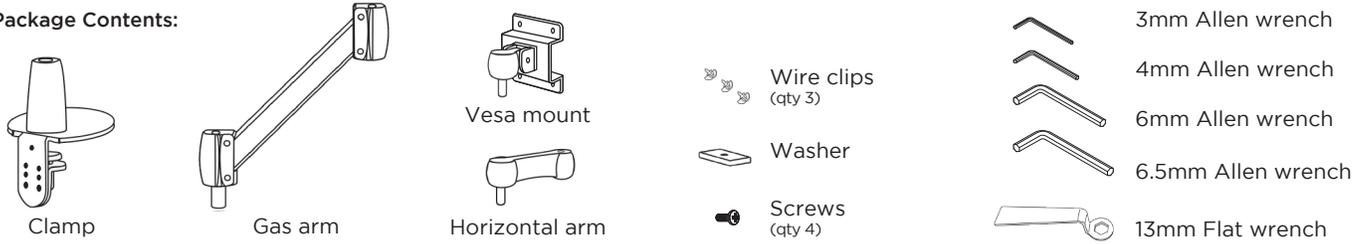


# UPLIFT DESK® Single Monitor Arm

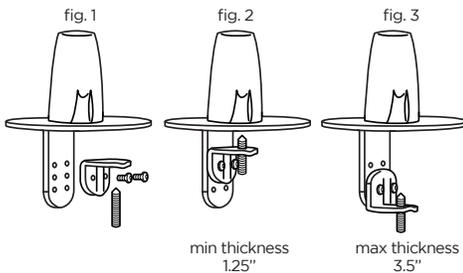
## UPL020

**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 6.5mm Allen wrench, tighten the bolt until it is secure.



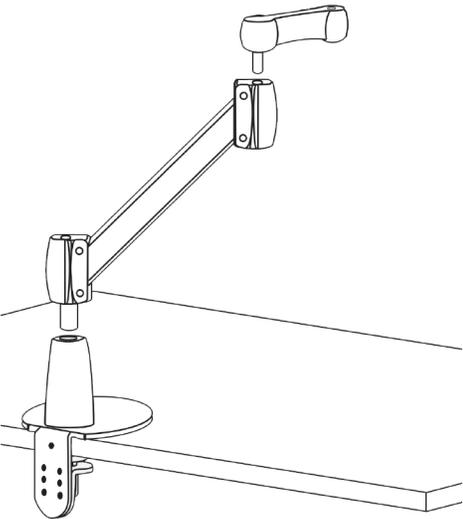
### Step 2 (optional)

If the Clamp does not fit on your desk, you can adjust the clamp.

Unscrew the two bolts and remove the lower clamp from the main Clamp assembly, and unscrew the bolt (see figure 1).

For the minimum size, reassemble the clamp as shown in Figure 2. This will fit desks 1.25" thick. For the maximum size, reassemble the clamp as shown in Figure 3. This will fit desks up to 3.5" thick.

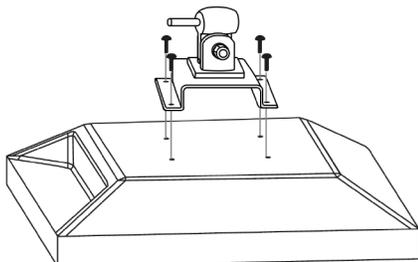
Once the Clamp has been set up to fit your thicker desktop, perform the actions in Step 1 above.



### Step 3

Insert the Gas arm into the Clamp.

Insert the Horizontal arm into the Gas arm.

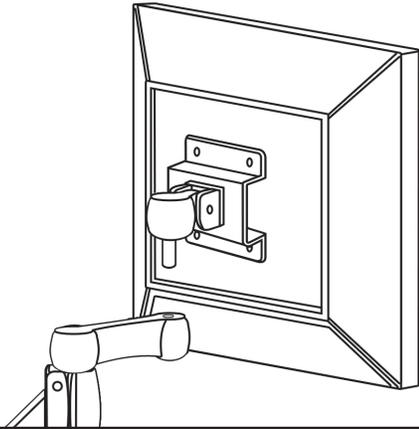


### Step 4

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. The mount is designed to fit the industry standard VESA 75mm & 100mm hole patterns.

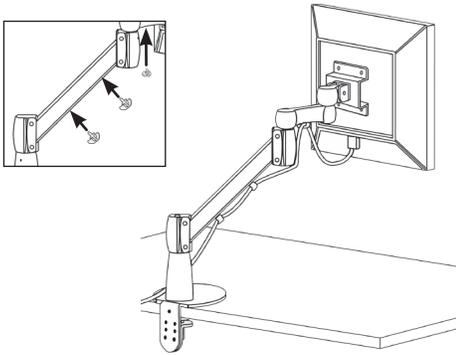
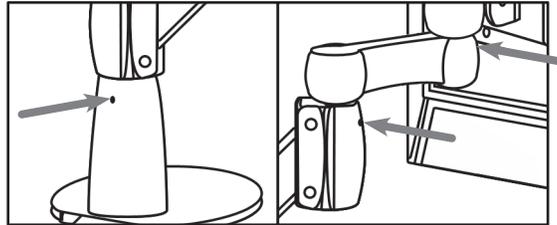
# UPLIFT DESK<sup>®</sup> Single Monitor Arm UPL020



## Step 5

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

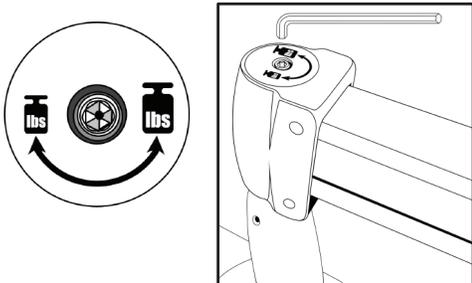
Once each arm is assembled, you will need to tighten the set screws located at each joint to prevent the arm from lifting apart or drifting. Use the 3mm Allen wrench provided. Make sure not to overtighten the set screws.



## Step 6

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

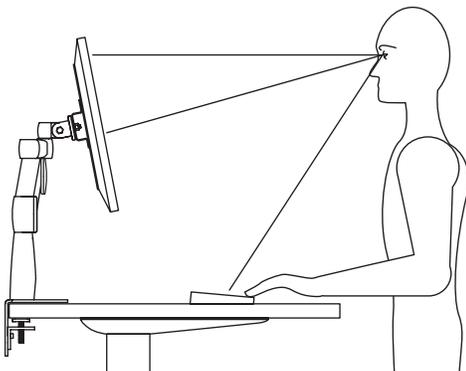
Run the cables through the clips. Make sure the cables are not pulled tight. There should be some slack in the cables to allow the arm to move freely without being restricted.



## 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. You can use the 13mm flat wrench included in this package, to adjust your Monitor's tilt.



Read all instructions before assembly. Failure to assemble properly may result in product damage or injury.