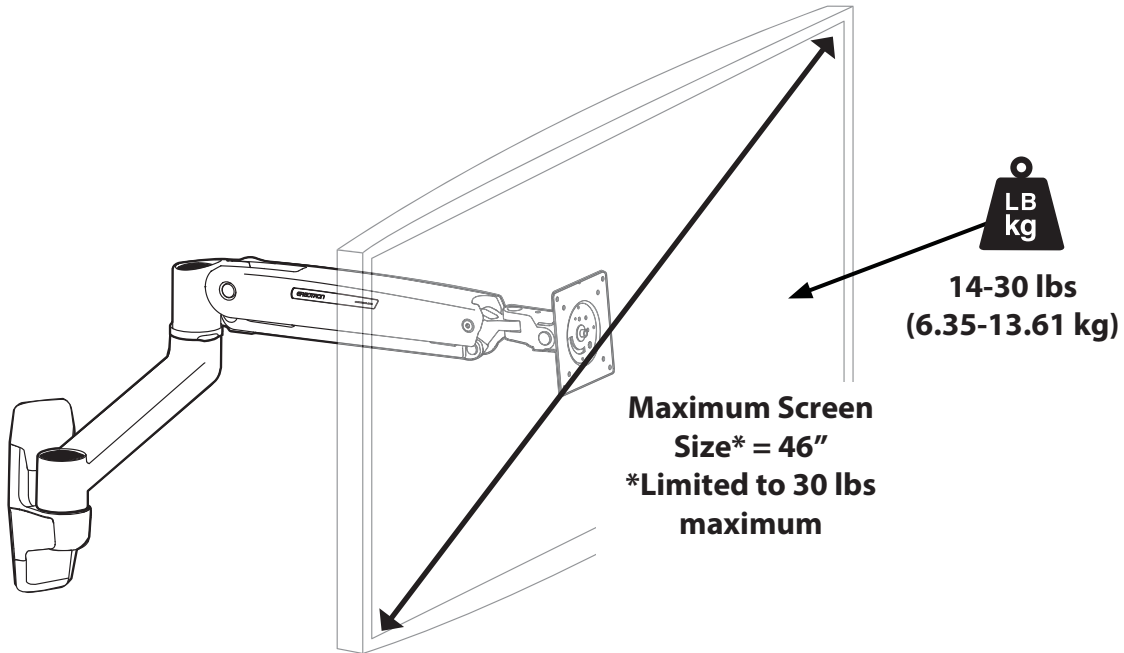
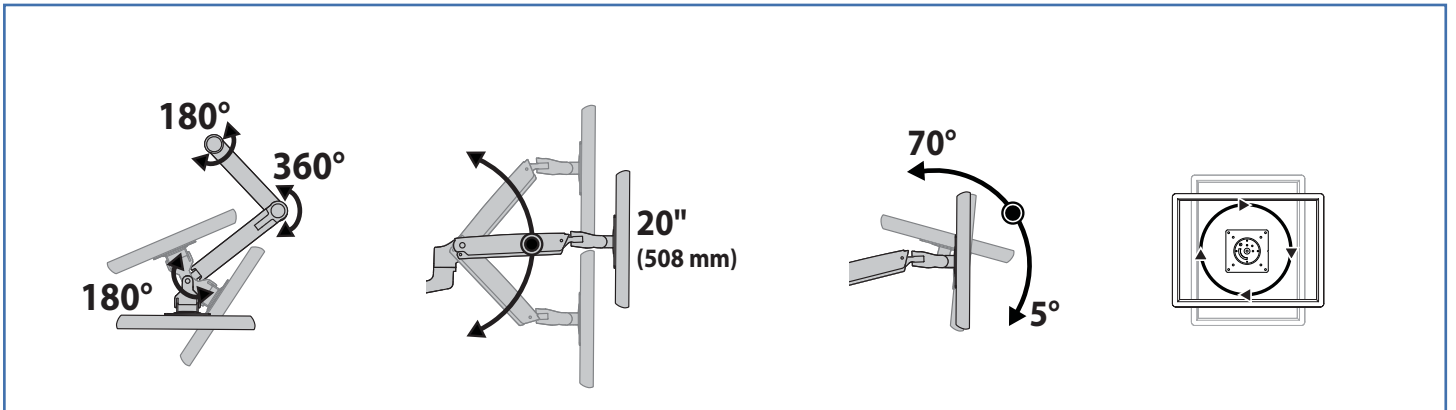


# LX HD Sit-Stand Wall Mount LCD Arm



ENGLISH



For the latest User Installation Guide please visit: [www.ergotron.com](http://www.ergotron.com)



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 Guía del usuario - Español  
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 Benutzerhandbuch - Nederlands  
 Guida per l'utente - Italiano  
 Användarhandbok - svenska  
 ユーザーガイド : 日本語  
 用户指南 : 汉语

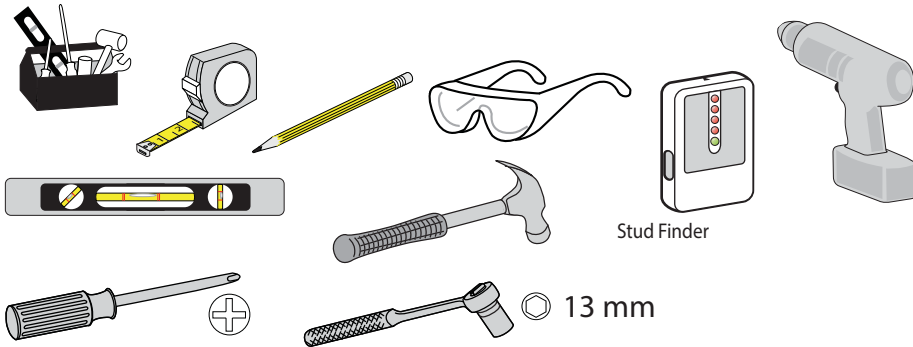


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Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of 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.

## Tools Needed



### Concrete Wall Mounting



Ø 3/8" (10mm)

### Wood Stud Mounting



Ø 3/16" (5mm)

Stud Finder

13 mm

# Components

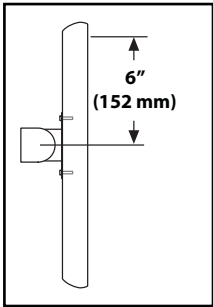


	A	B	C	D
1	<p>1x </p> <p>1x </p>	<p>1x </p>		<p>4x </p> <p>4x </p> <p>M5 x 7mm</p>
2	<p>1x </p> <p>1x </p>	<p>1x </p>		<p>4x </p> <p>10-24 x 1/2"</p>
3	<p>2x </p>	<p>4x </p> <p>M4 x 10mm</p>	<p>4x </p> <p>M4 x 10mm</p>	<p>2x </p> <p>M6</p>
4	<p>1x </p> <p>1/8"</p>	<p>1x </p> <p>M3 x 6mm</p>	<p>1x </p> <p>4mm</p> <p>1x </p> <p>5mm</p>	<p>2x </p> <p>M6</p> <p>2x </p> <p>M6 x 45mm</p>
5	<p>2x </p> <p>M8</p>	<p>2x </p> <p>M8 x 80mm</p>		<p>M8 M5 Kit</p> <p>4x </p> <p>M5x20mm</p>
6	<p>4x </p> <p>M4x12mm</p> <p>4x </p> <p>M5x12mm</p> <p>4x </p> <p>M6x12mm</p>		<p>2x </p>	<p>4x </p> <p>M8-M5 Reducer</p>

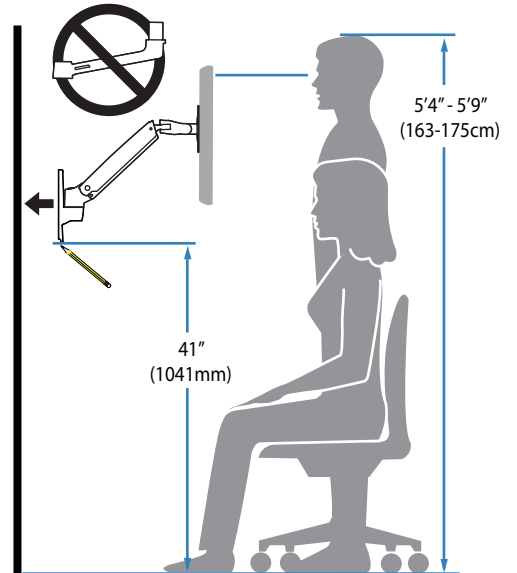
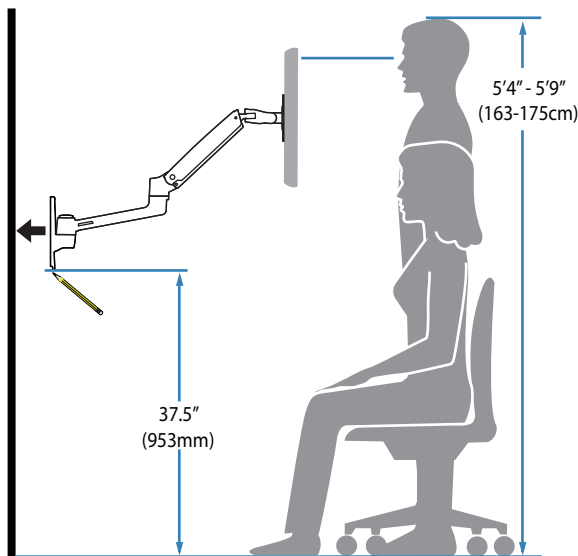
# 1 Mounting Height for Ergonomic Workstation

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).



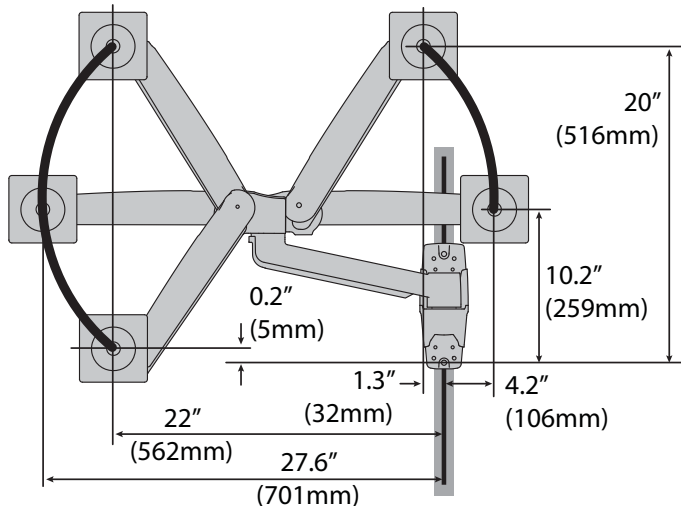
Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.



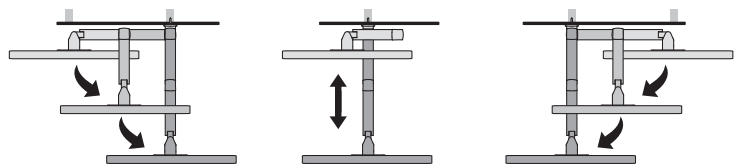
ENGLISH

## Determine mounting location:

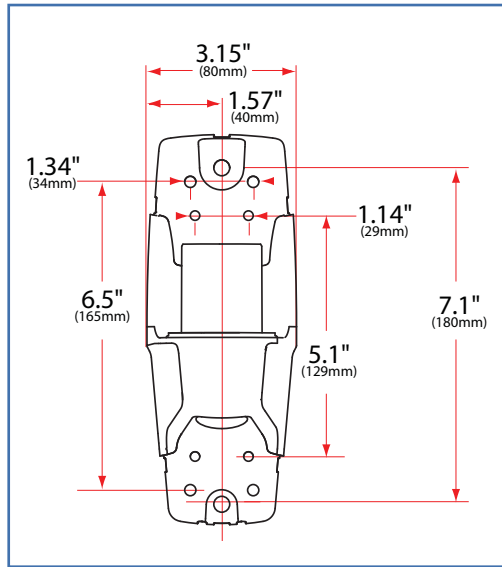
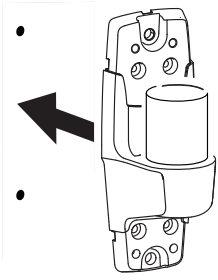
Front view with arm pushed back against the wall.



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



# 2

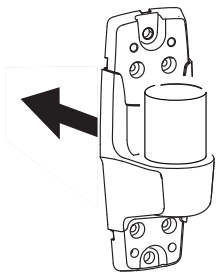


**WARNING:** Ensure that the wall structure is capable of supporting four times the total weight of mounted equipment. Mounting to wall surfaces that do not meet this criteria may result in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction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

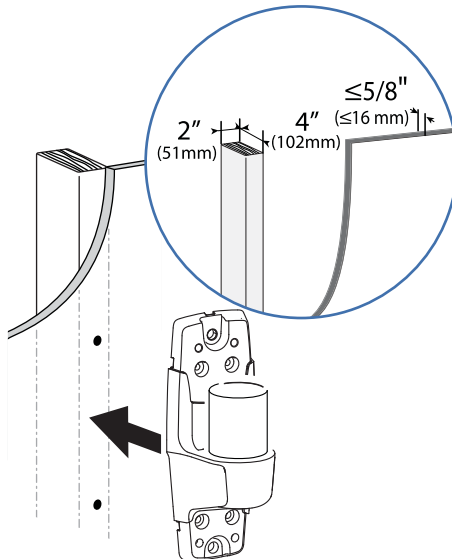


**CAUTION:** Make sure the wall mount bracket is level, flush and snug to the wall surface. **DO NOT OVERTIGHTEN THE BOLTS.**

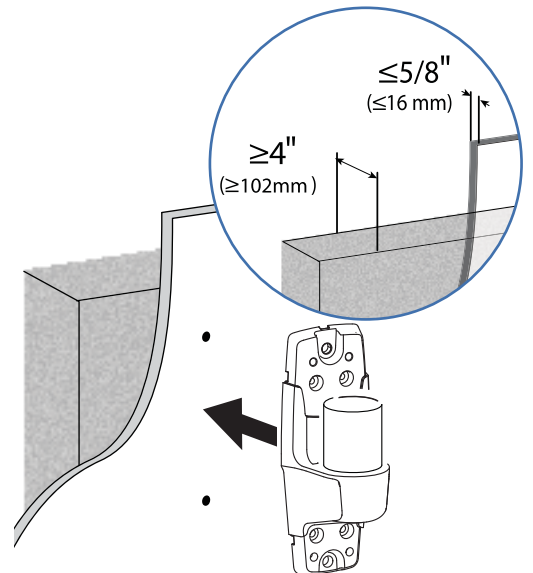
## Ergotron product



## Wood



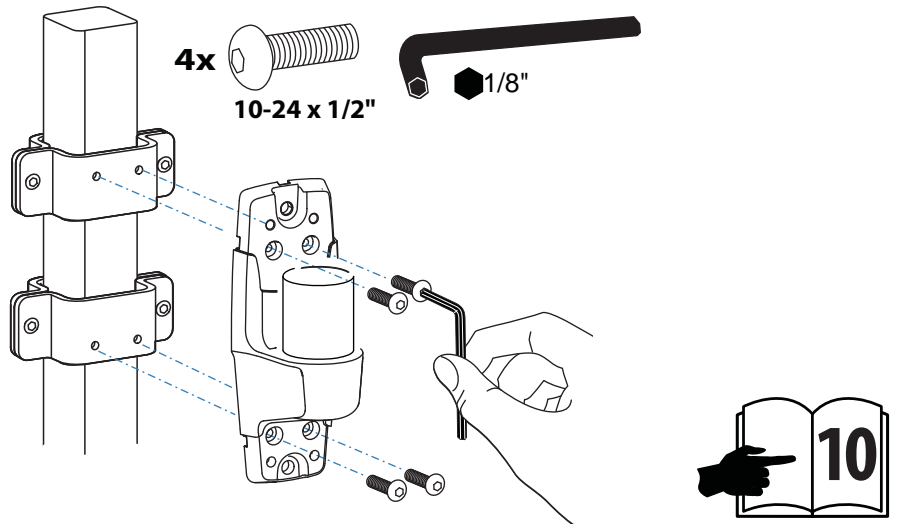
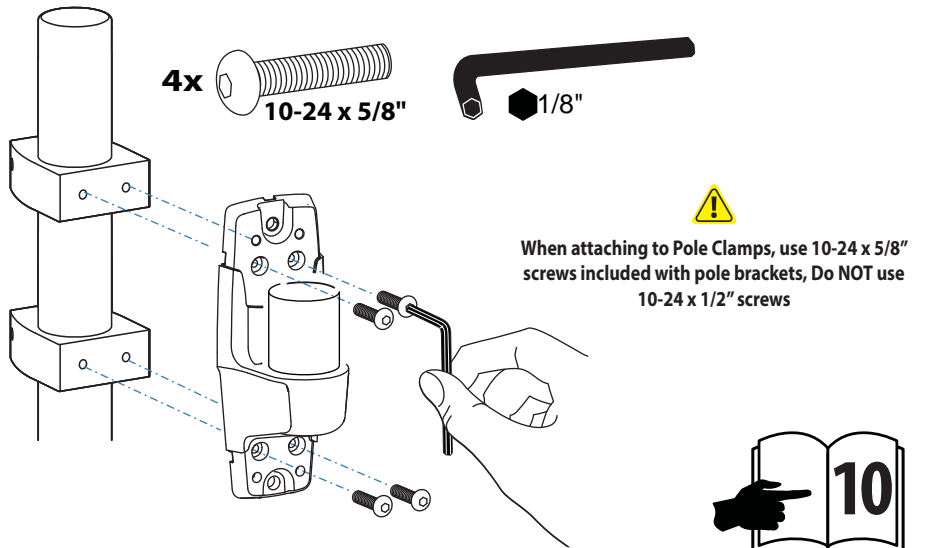
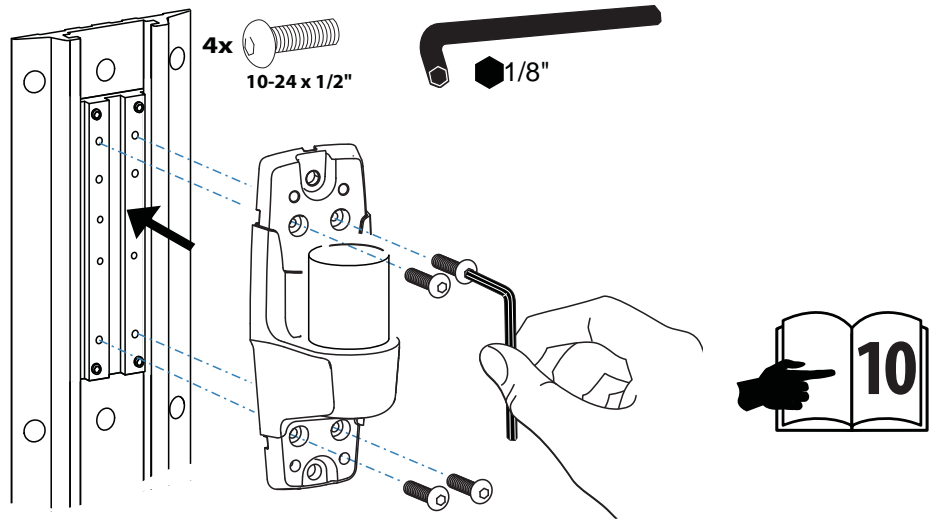
## Concrete



NOTE: Wall Track and Brackets sold separately.

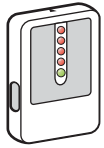
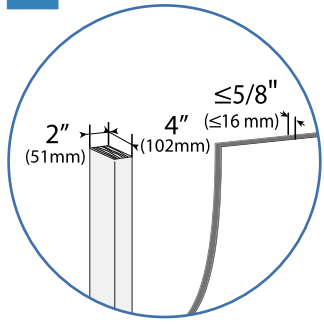


NOTE: Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.

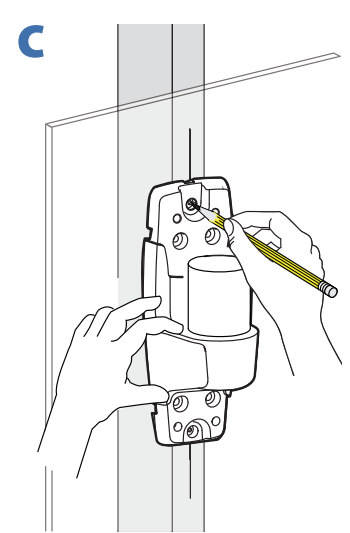
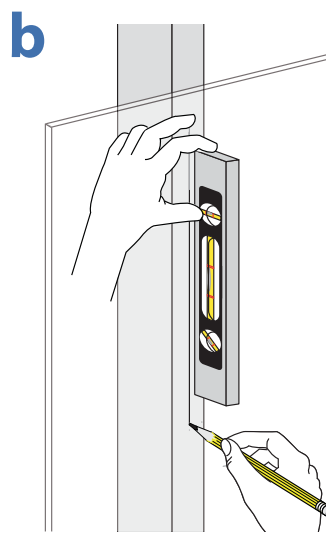
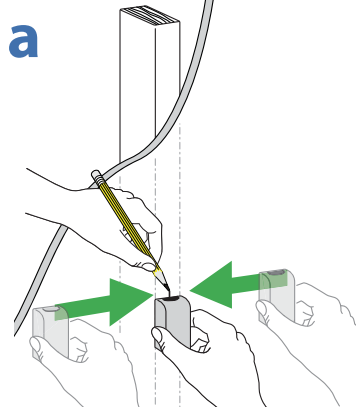


# Wood Stud Mounting

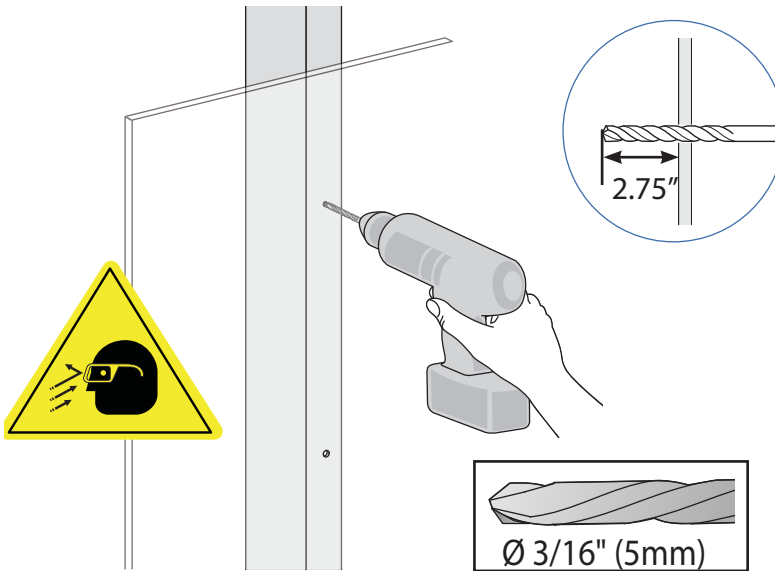
2



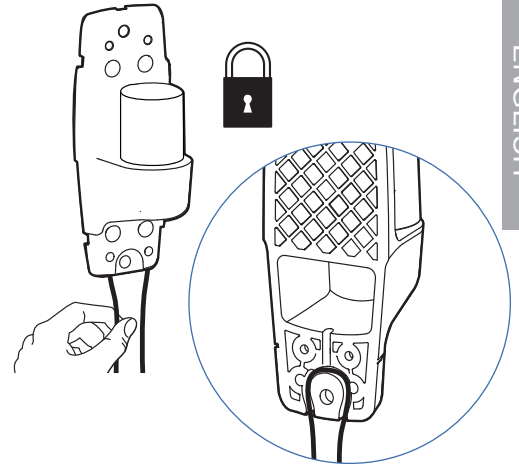
Stud Finder



d

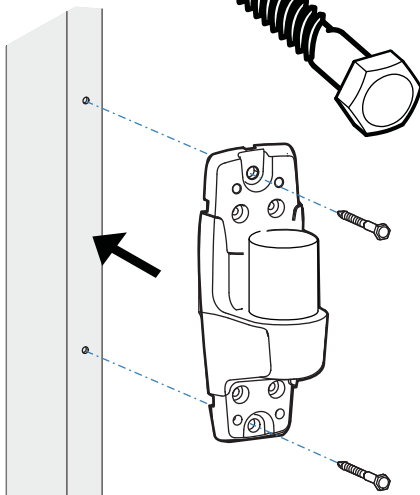
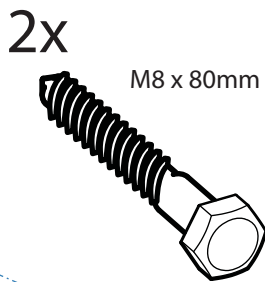


Optional locking feature  
(customer supplied lock)

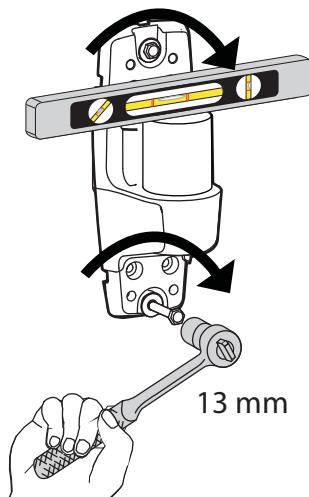


ENGLISH

3 b



c

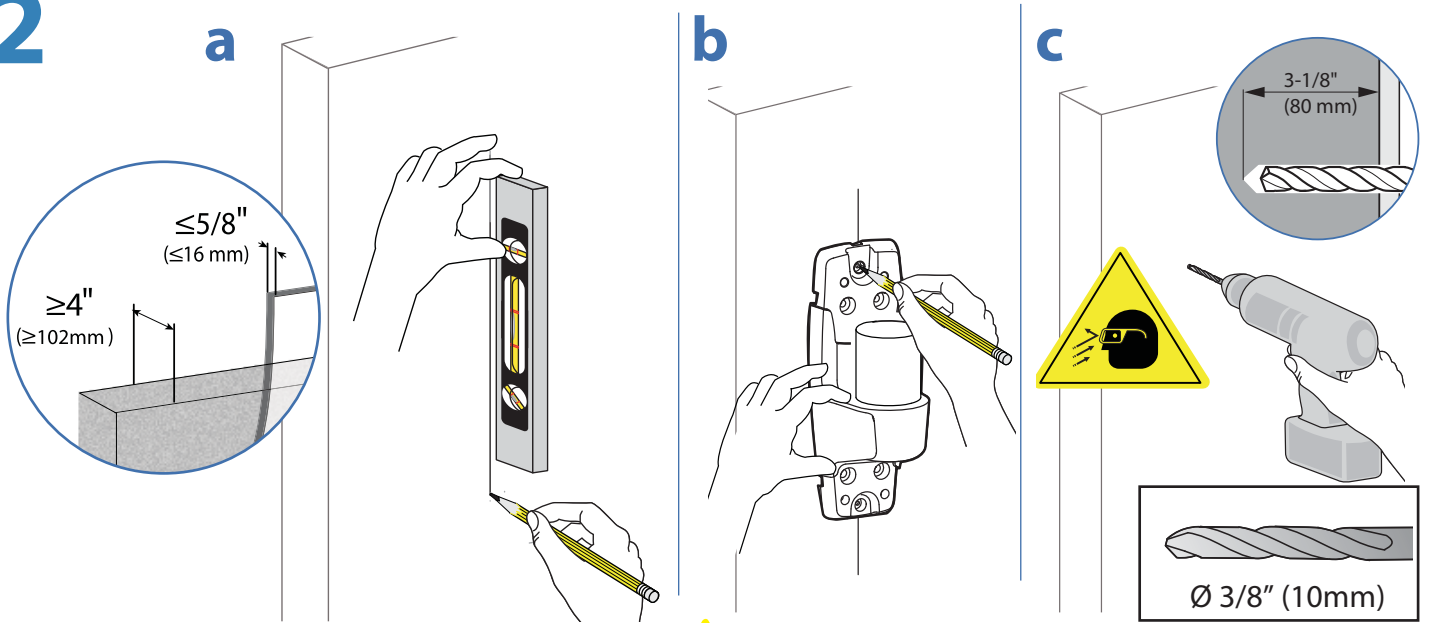


**CAUTION:** Make sure the wall mount bracket is level, flush and snug to the wall surface.

**DO NOT OVERTIGHTEN THE BOLTS.**



## 2



**WARNING:**

Mounting holes must be at least 3-1/8" (80mm) deep and must be located within solid concrete, not mortar or covering material. If you drill into an area of concrete that is not solid, reposition mounting holes until both anchors can be fully inserted into solid concrete!



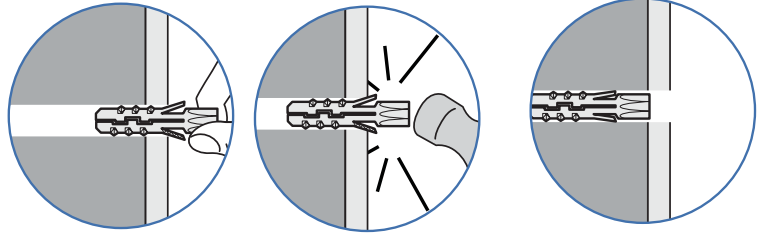
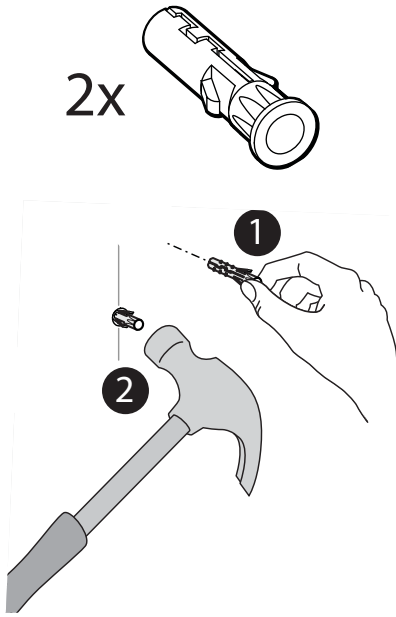
**WARNING:**

Anchors that are not fully set in solid concrete will not support the applied load resulting 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 situation.

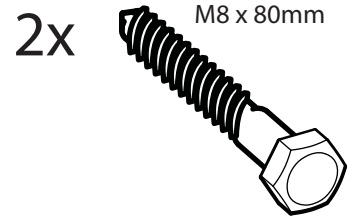


# 3

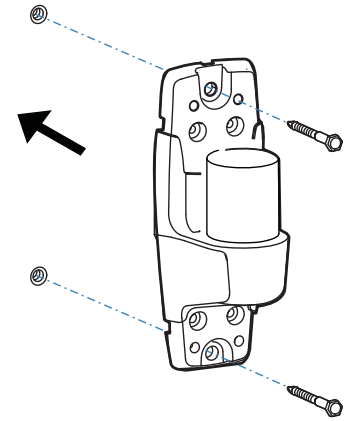
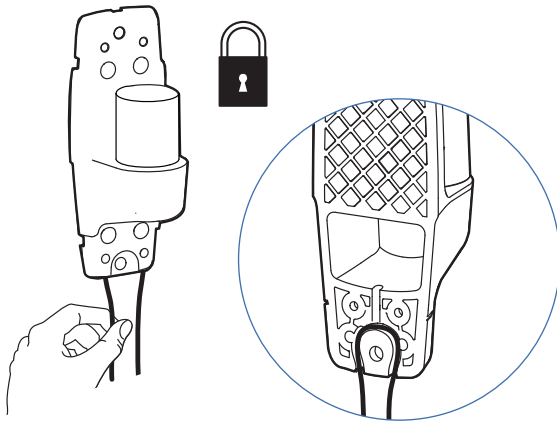
a



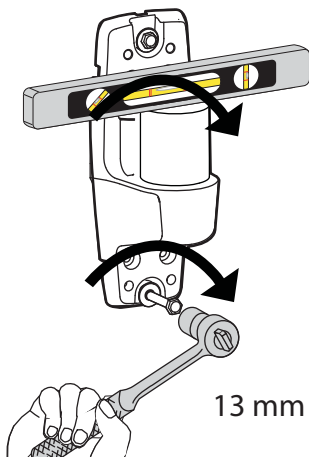
b



Optional locking feature  
(customer supplied lock)

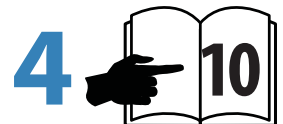


c



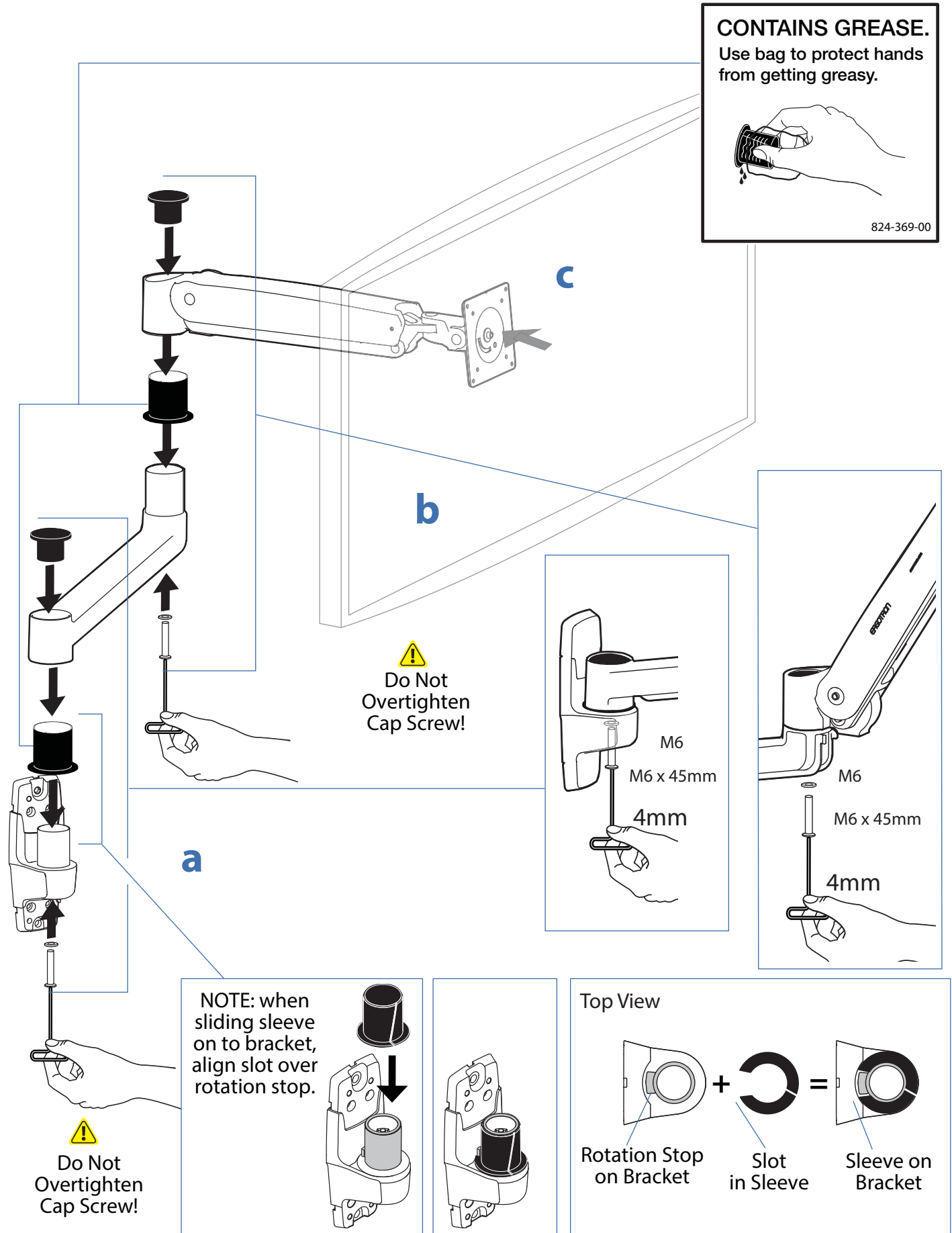
**CAUTION:** Make sure the wall mount bracket is level, flush and snug to the wall surface.

**DO NOT OVERTIGHTEN THE BOLTS.**



# 4 Mount extension and arm to wall bracket.

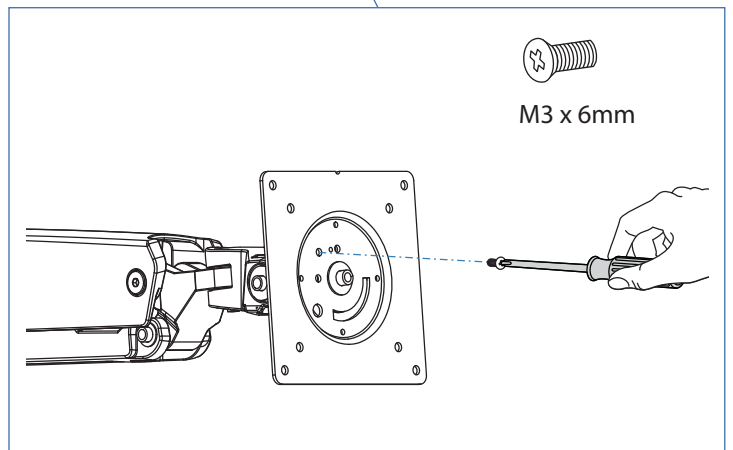
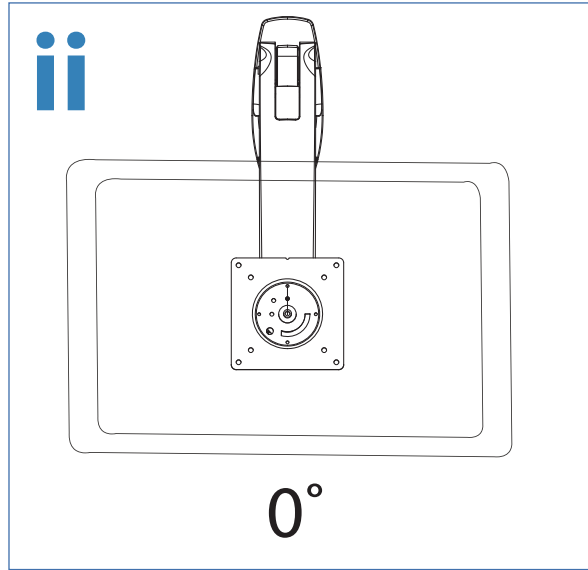
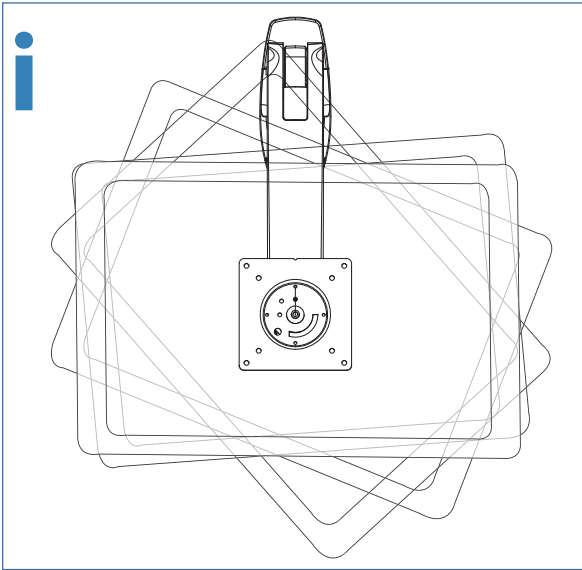
ENGLISH



# 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.

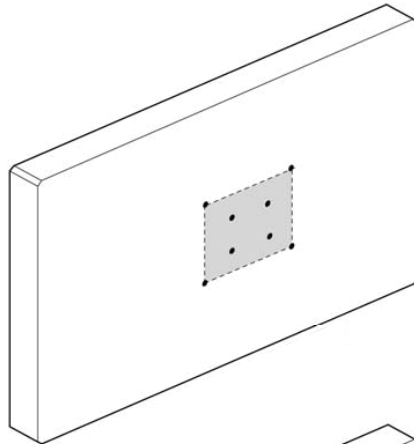


# 6 Check size of TV/Monitor hole pattern

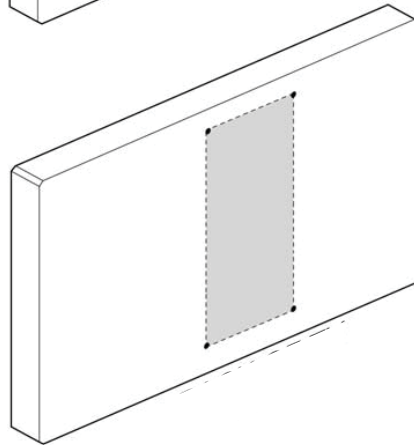
## TV/Monitor Hole Pattern Sizes

## VESA Adapter Configurations

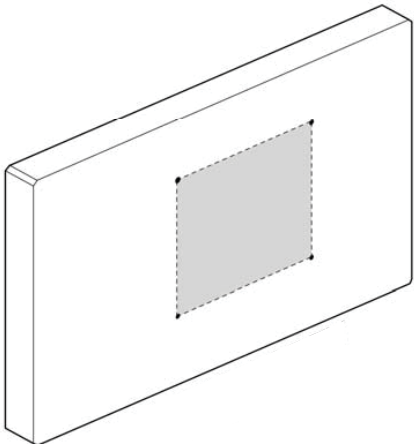
**A** 75x75mm  
100x100mm



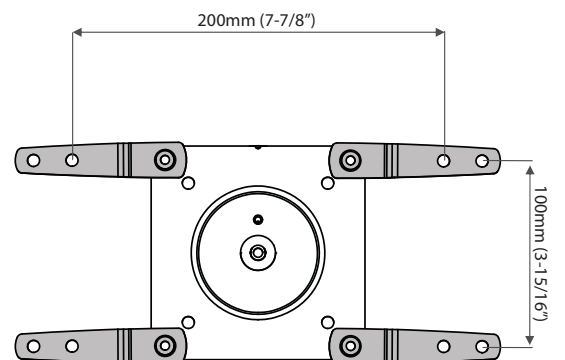
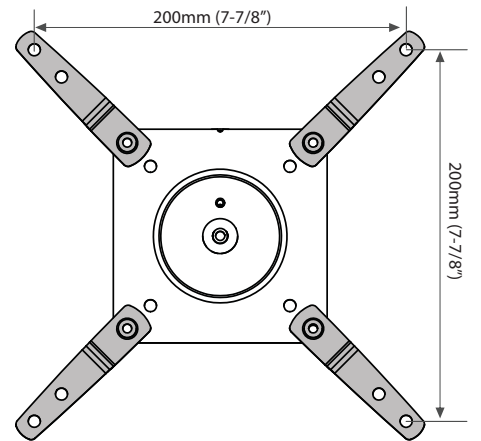
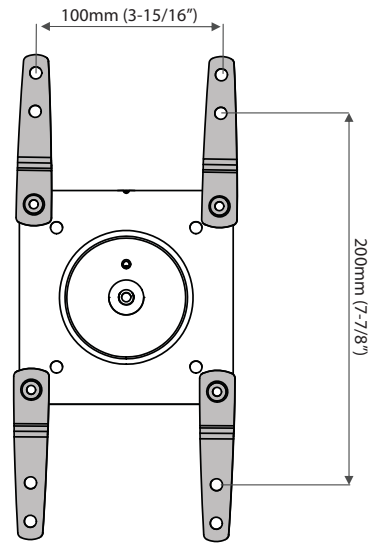
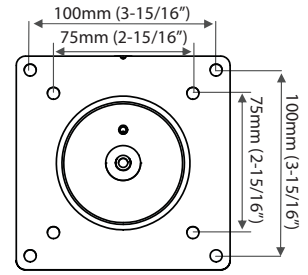
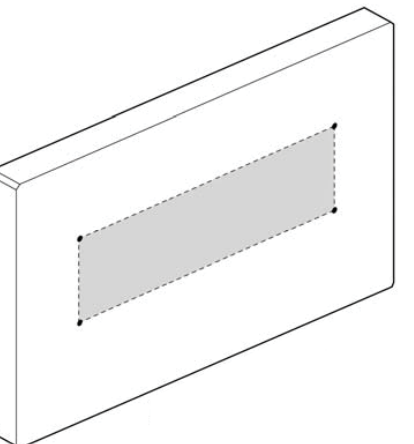
**B** 100x200mm



**C** 200x200mm



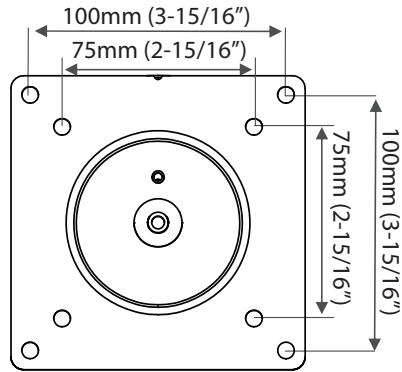
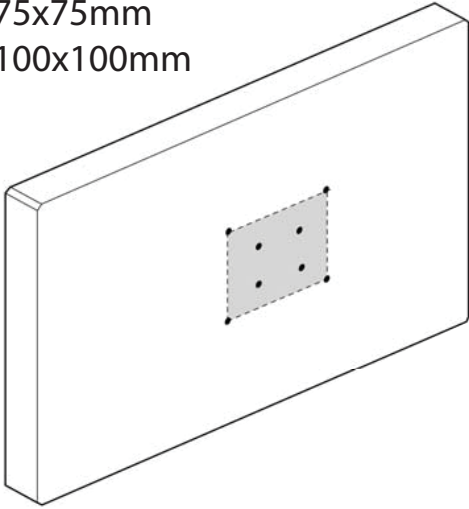
**D** 200x100mm




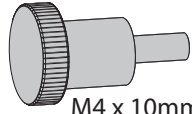
# 7 Mount Type A TV/Monitor to Arm

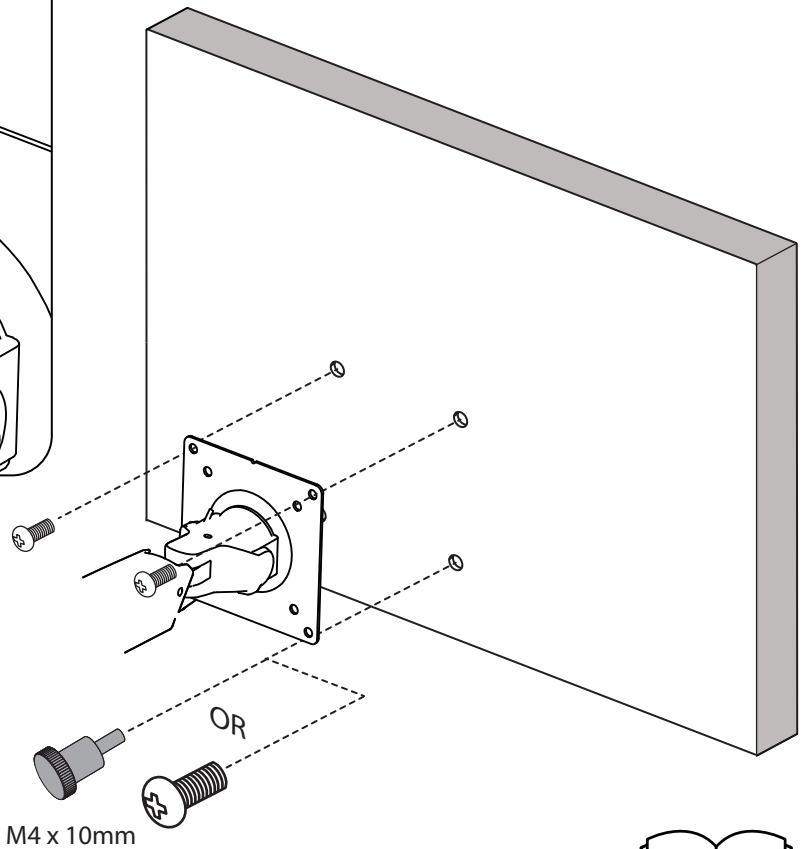
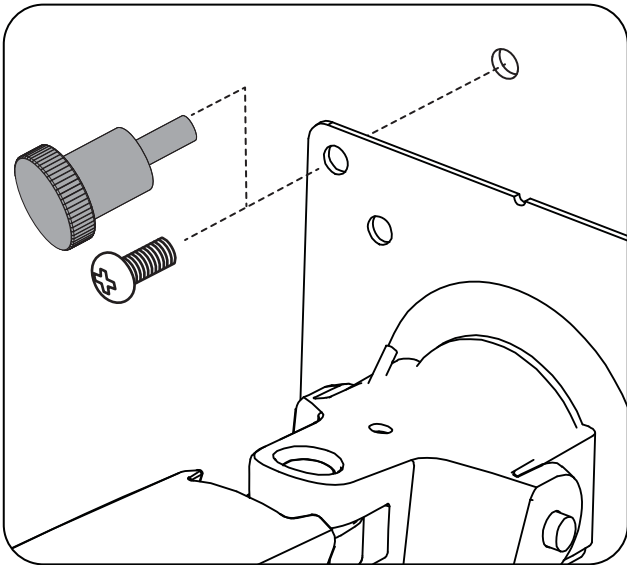
## A


75x75mm  
100x100mm



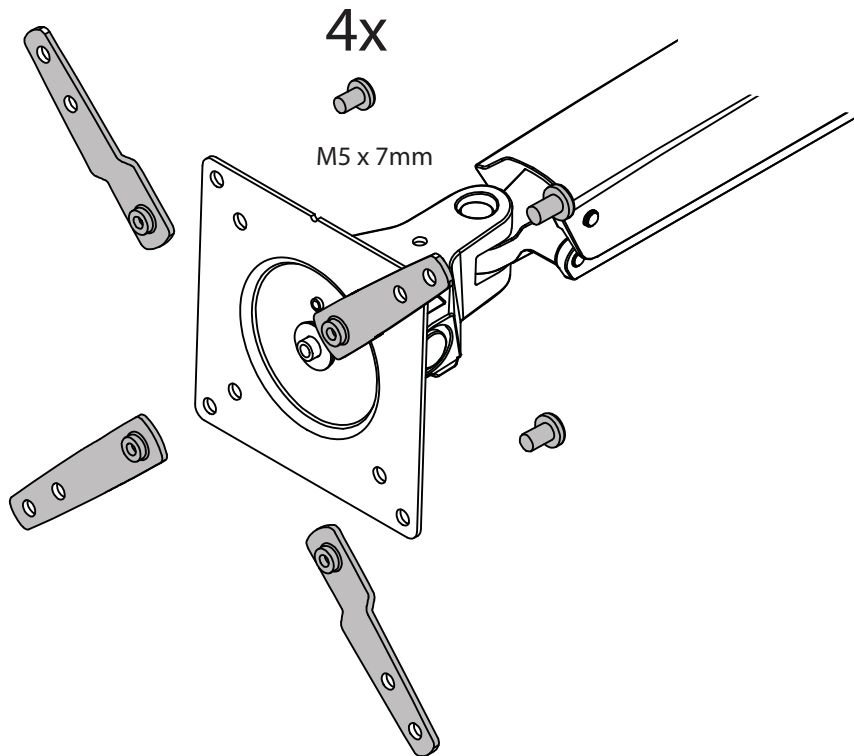
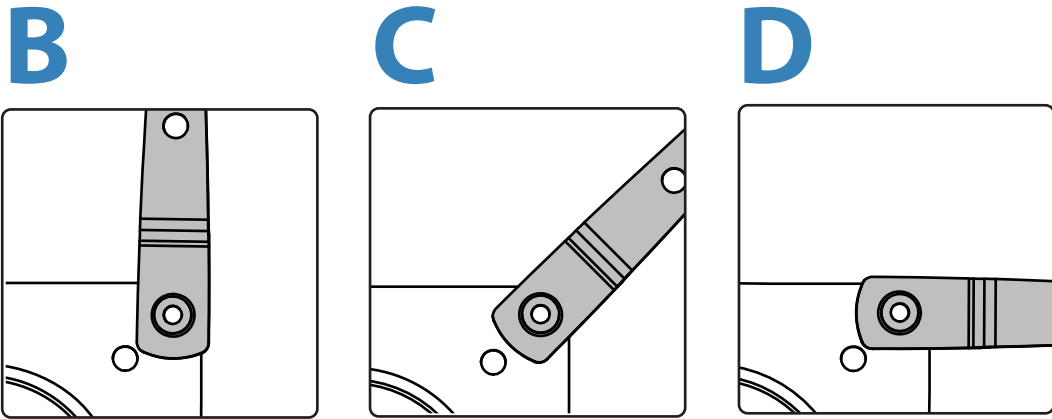
4x   
M4 x 10mm

  
M4 x 10mm

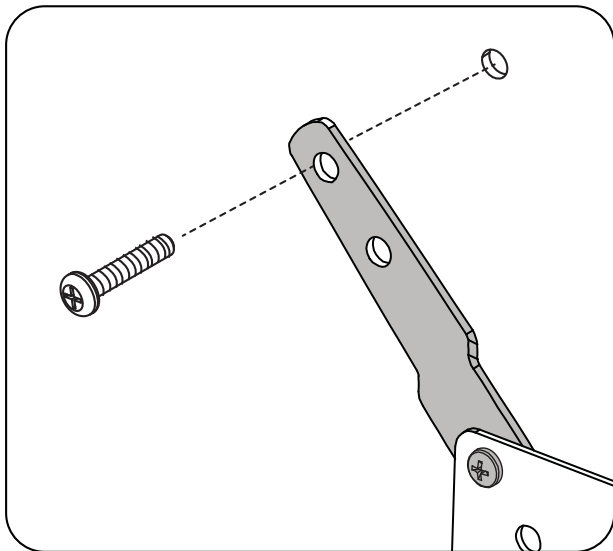
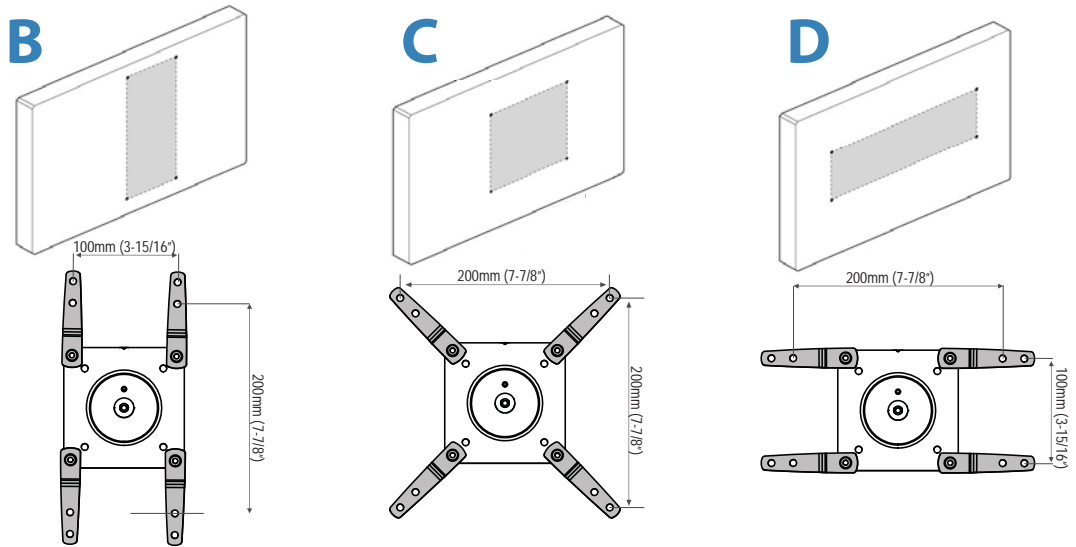


8  16

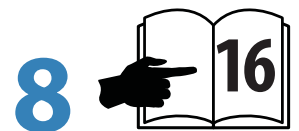
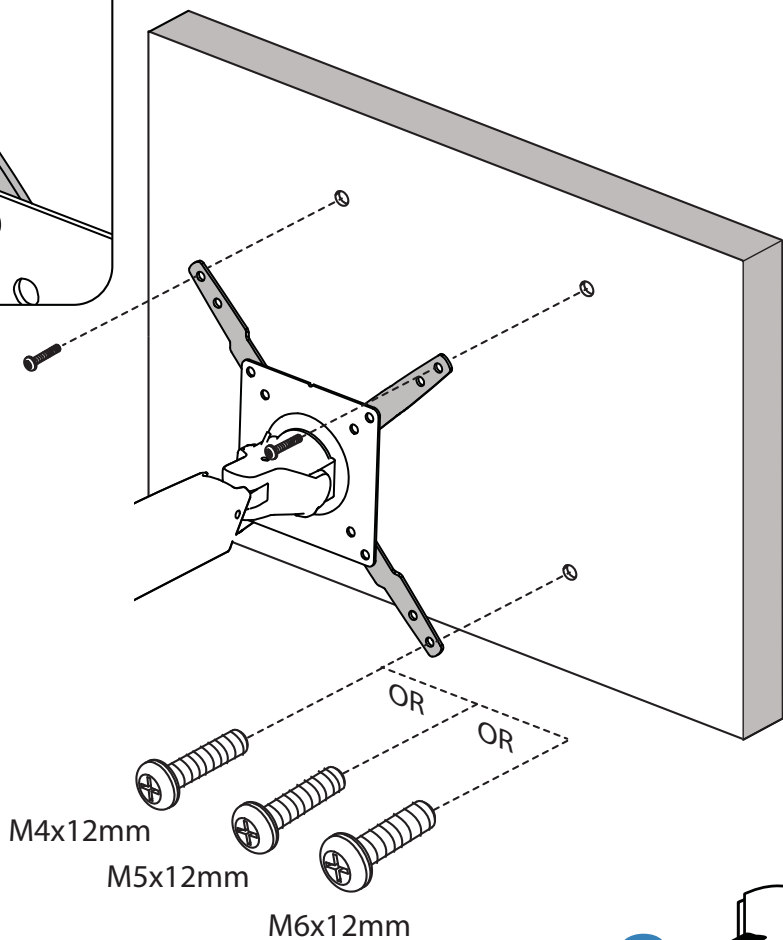
# 7 Mount VESA Adapters to Arm based on TV/Monitor hole pattern size (B, C, or D) .



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



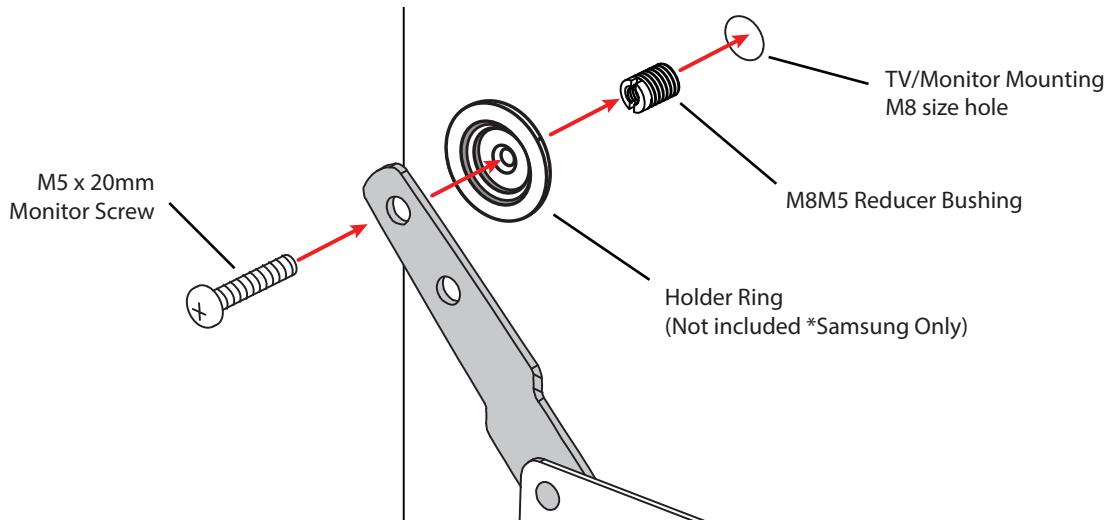
**NOTE:** To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.



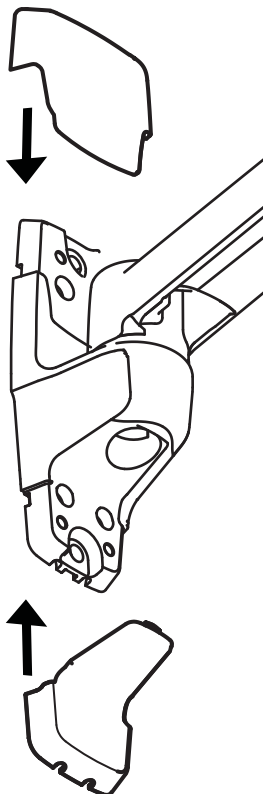
## M8M5 KIT Instructions

**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.



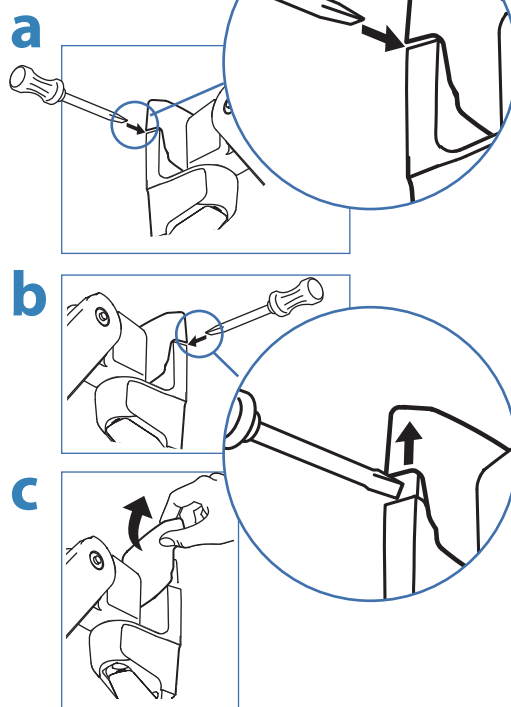
## 8 Attach top and bottom bracket covers



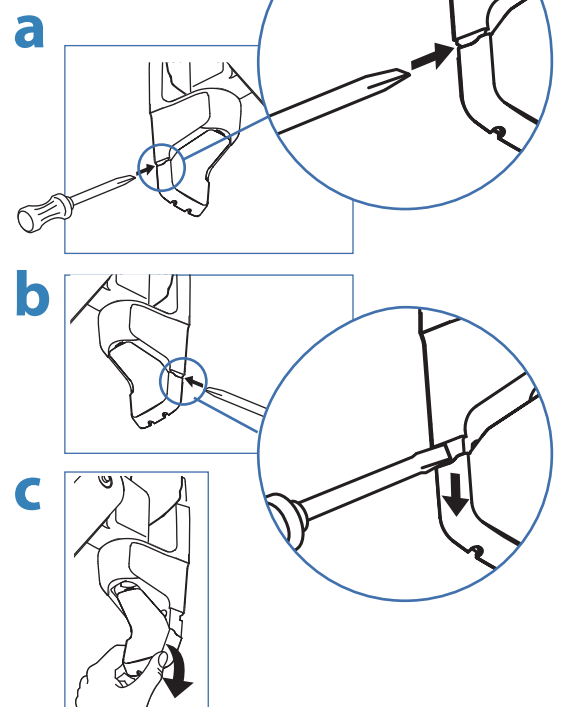
### To remove covers:

- 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



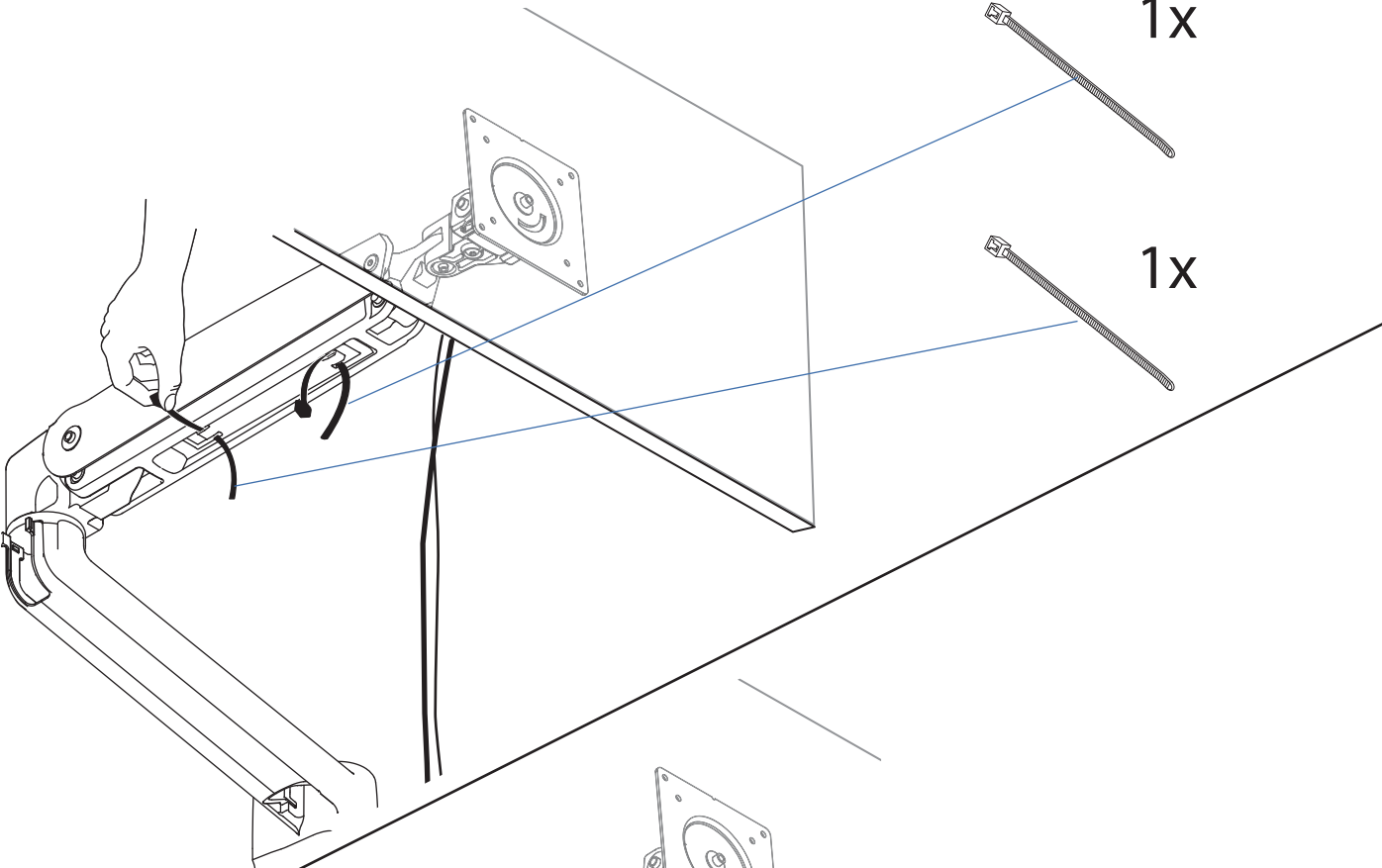
#### Bottom Cover



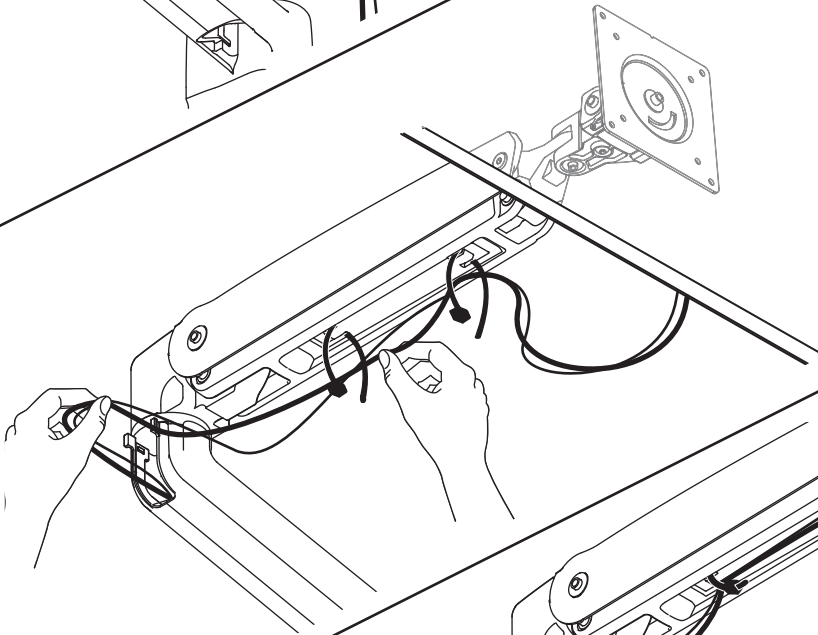


# 9 Organize and route cables

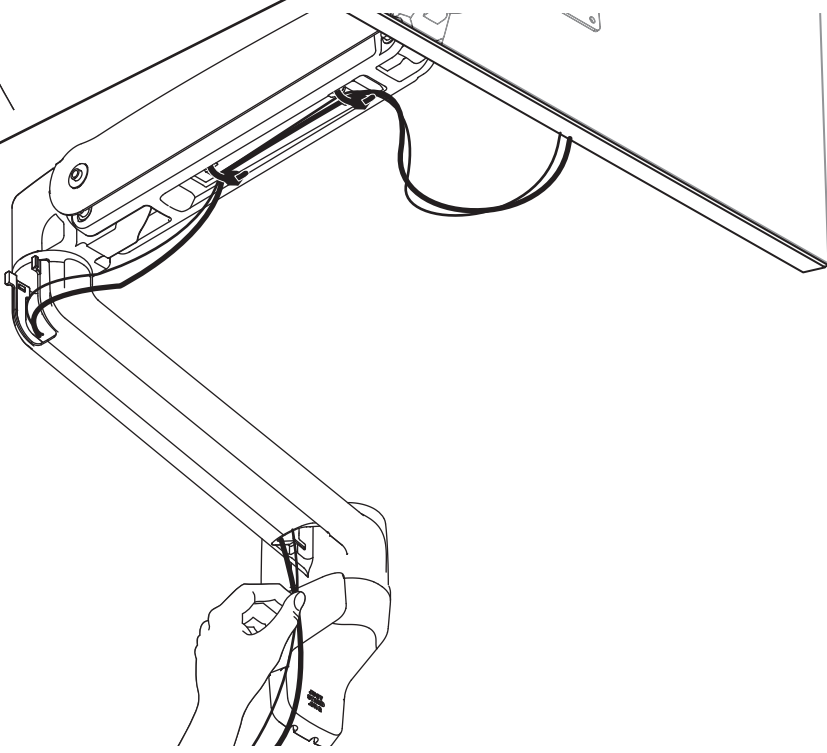
a



b



c



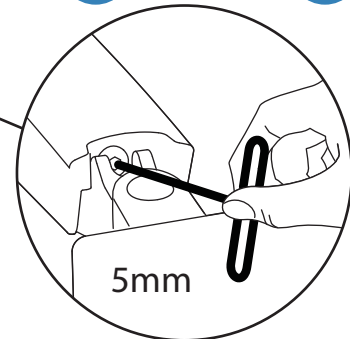
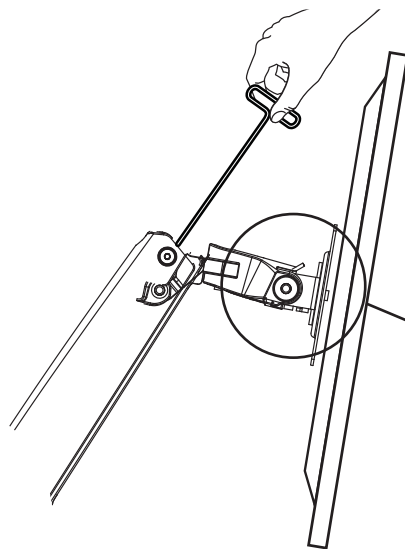
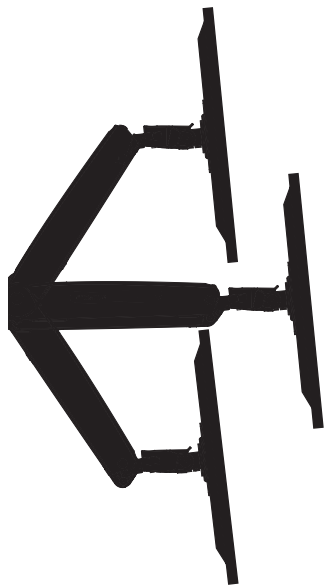


# Adjustment Step

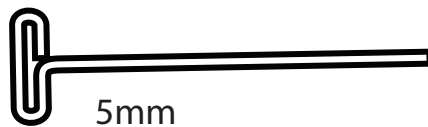
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too 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.

## 10 To adjust the arm lift:

ENGLISH



5mm



5mm



### 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:

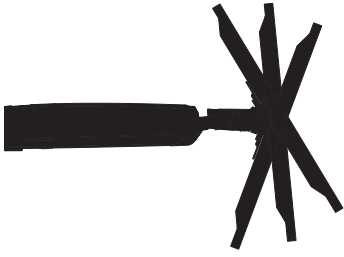


**CAUTION: DO NOT** overtighten fasteners. Overtightening may cause damage to your equipment.

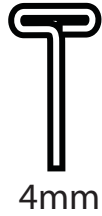


**WARNING! Stored Energy Hazard:** The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious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

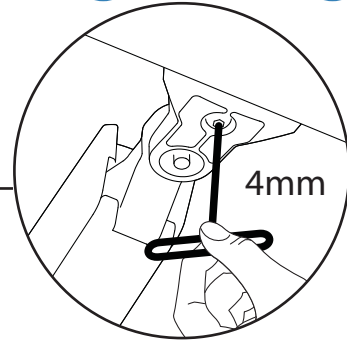
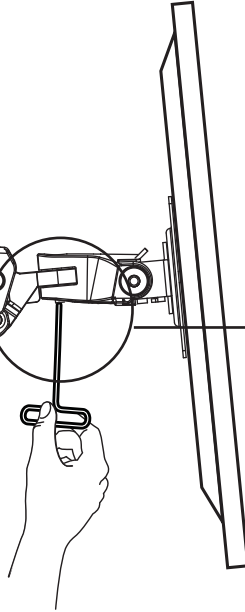
# 11 To adjust the TV/monitor tilt:



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



4mm



4mm



**Increase Friction**

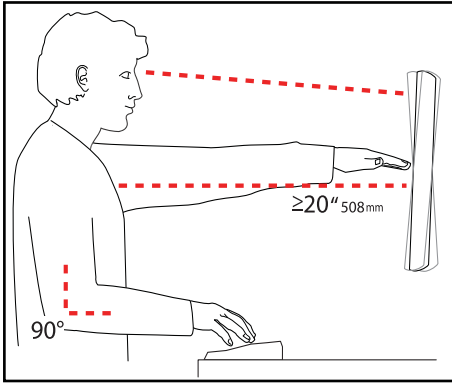
If this product moves too easily, then you'll need to increase friction:



**Decrease Friction**

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

## Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:  
[www.computingcomfort.org](http://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/warranty](http://www.ergotron.com/warranty)

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

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