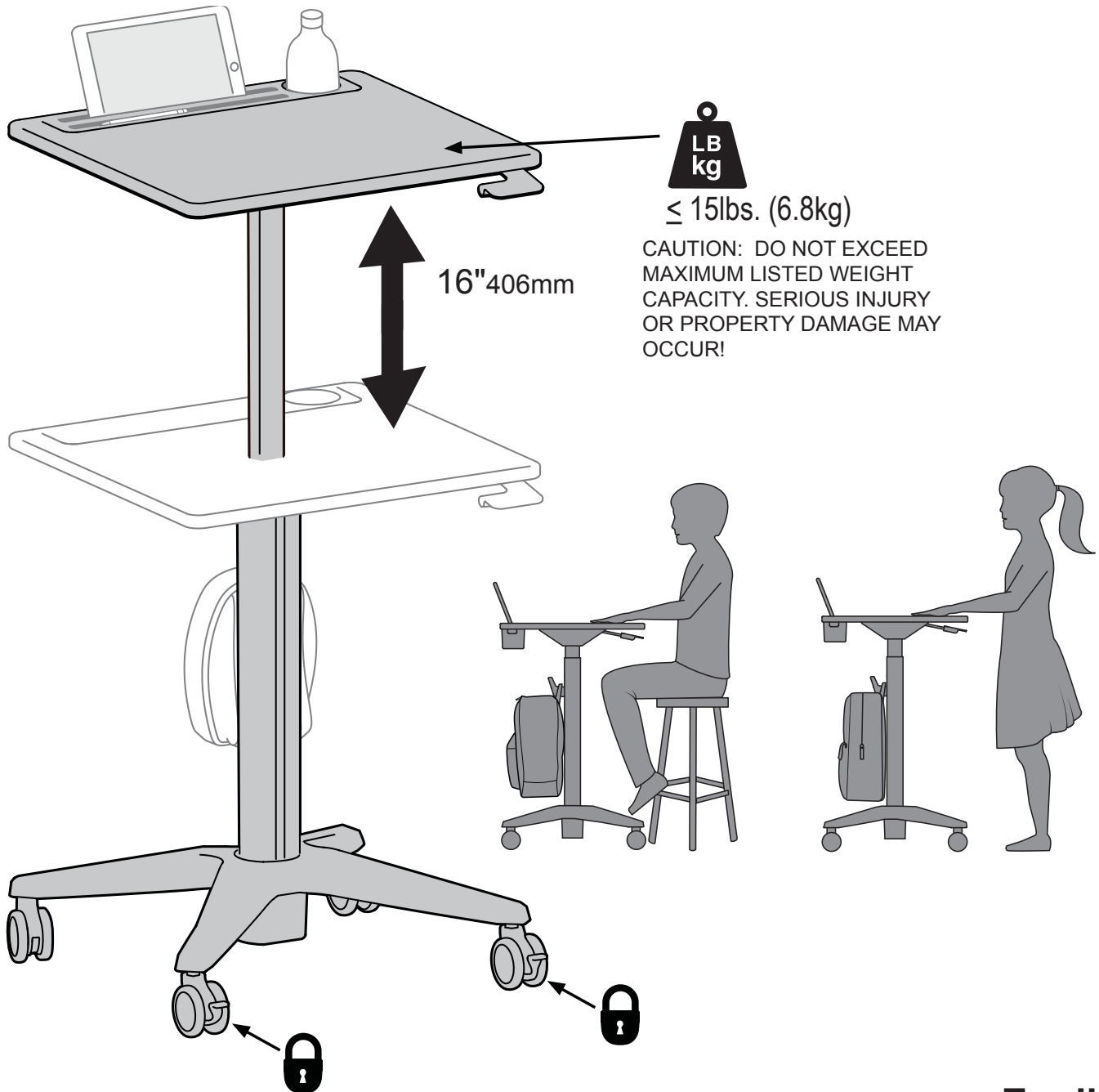


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## LearnFit™



English



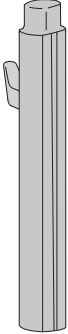
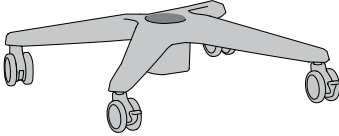
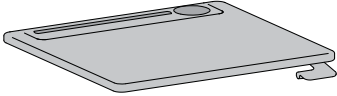
For the latest User Installation Guide please visit: [www.ergotron.com](http://www.ergotron.com)

English, Español, Français, Deutsch, Nederlands, Italiano, Svenska, 日本語, 汉语

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# Components



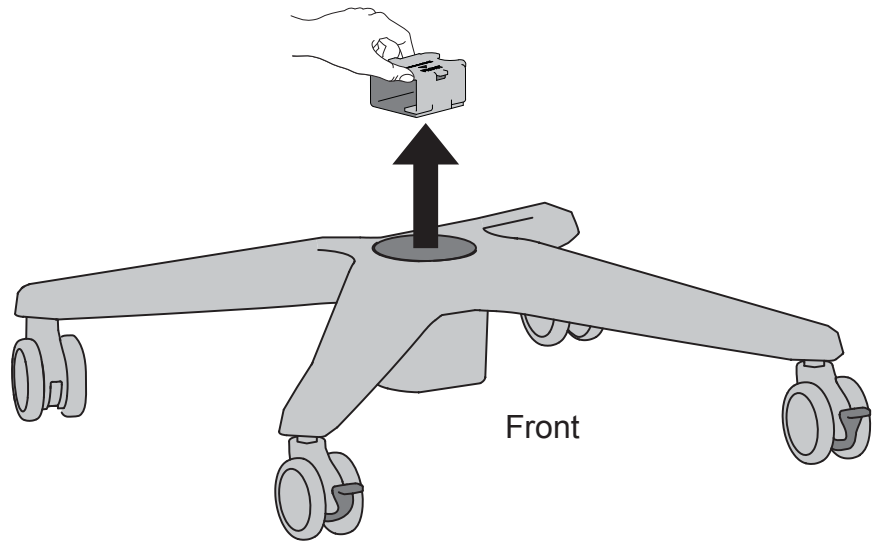
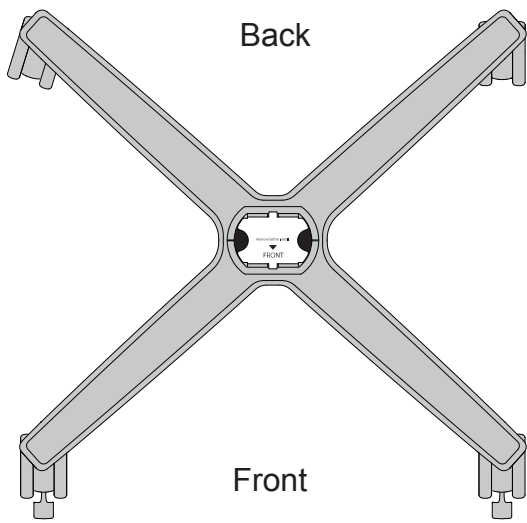
	A	B	C
1x		1x	1x
1			



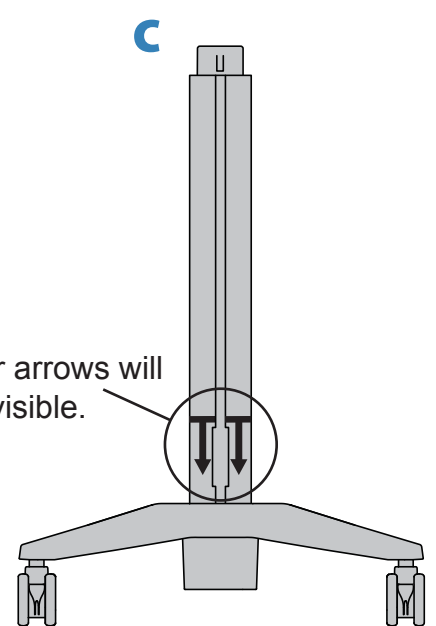
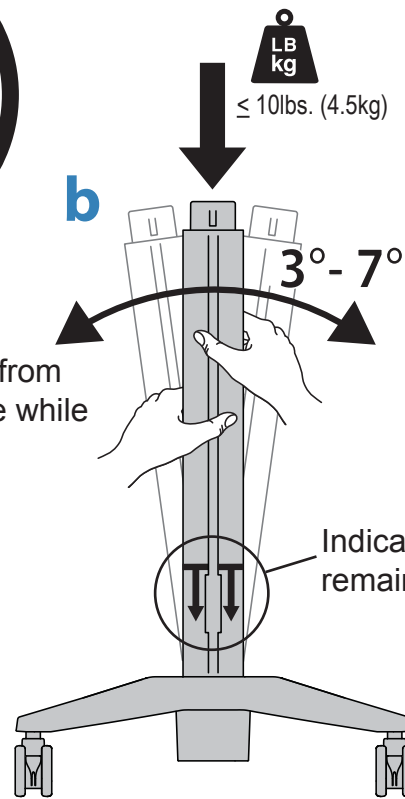
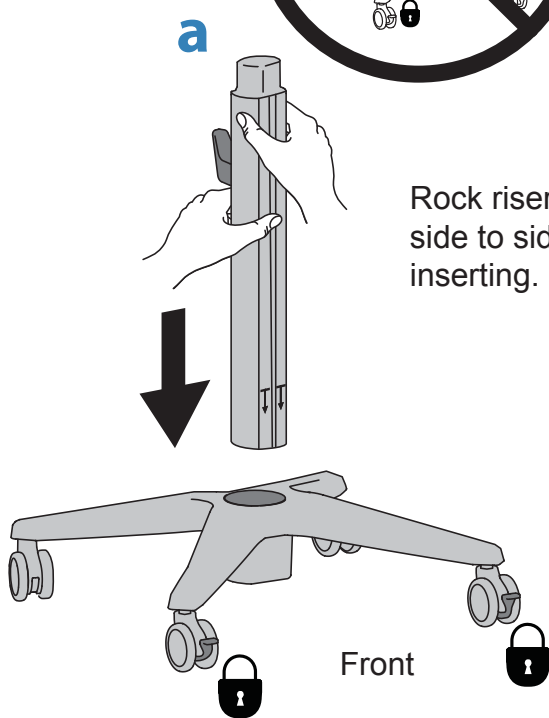
## Tools Needed



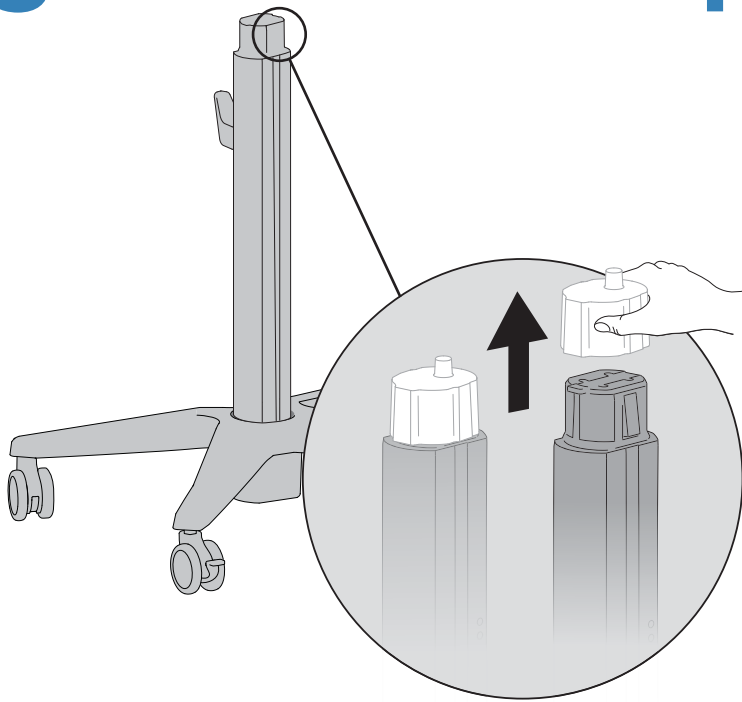
**1** Remove base orientation indicator from base.



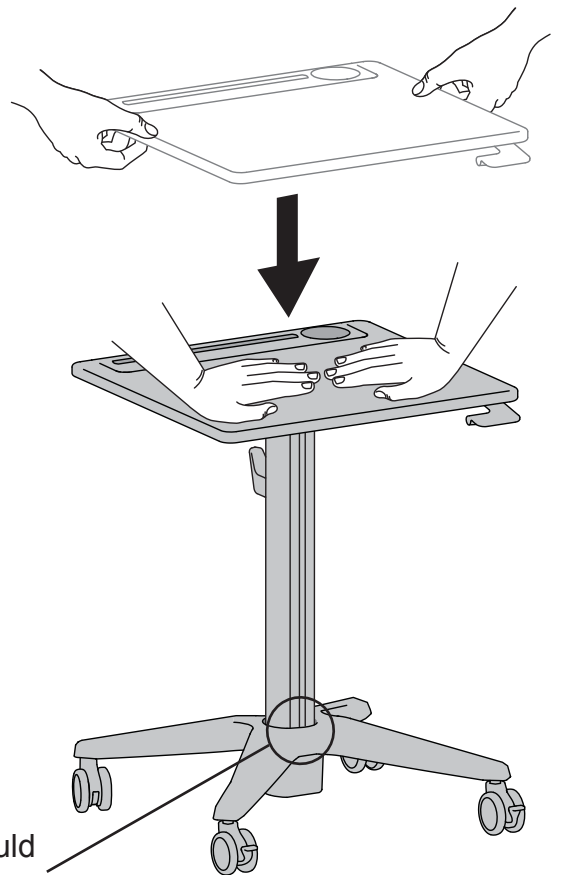
**2** Partially insert riser into base.



**3** Remove cap.

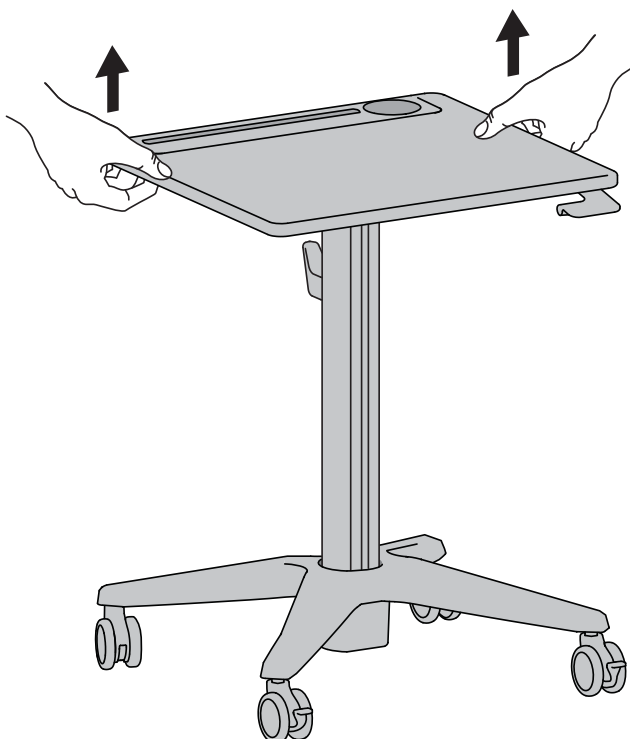


**4** Attach work surface and press down.

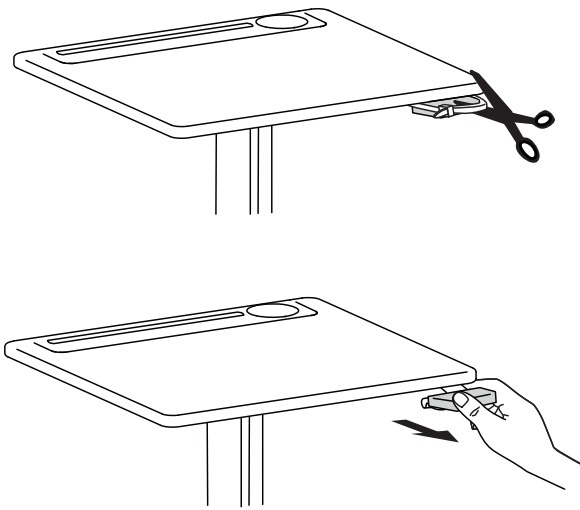


Indicator arrows should be completely hidden.

**5** Lift up on the work surface to make sure it is securely attached to the base.

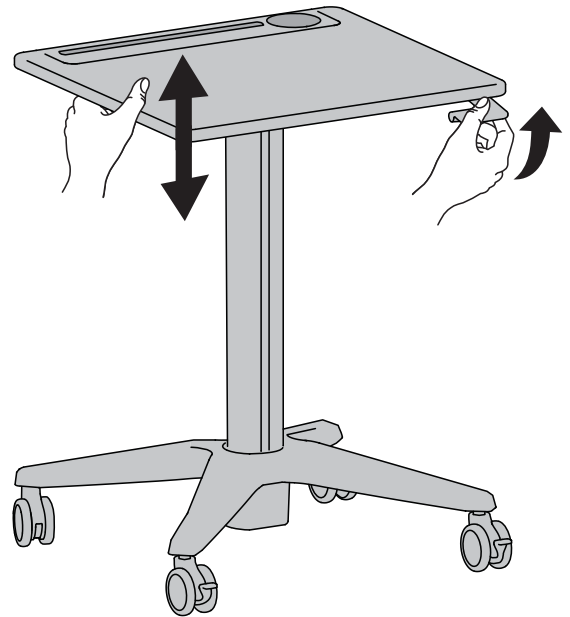


6



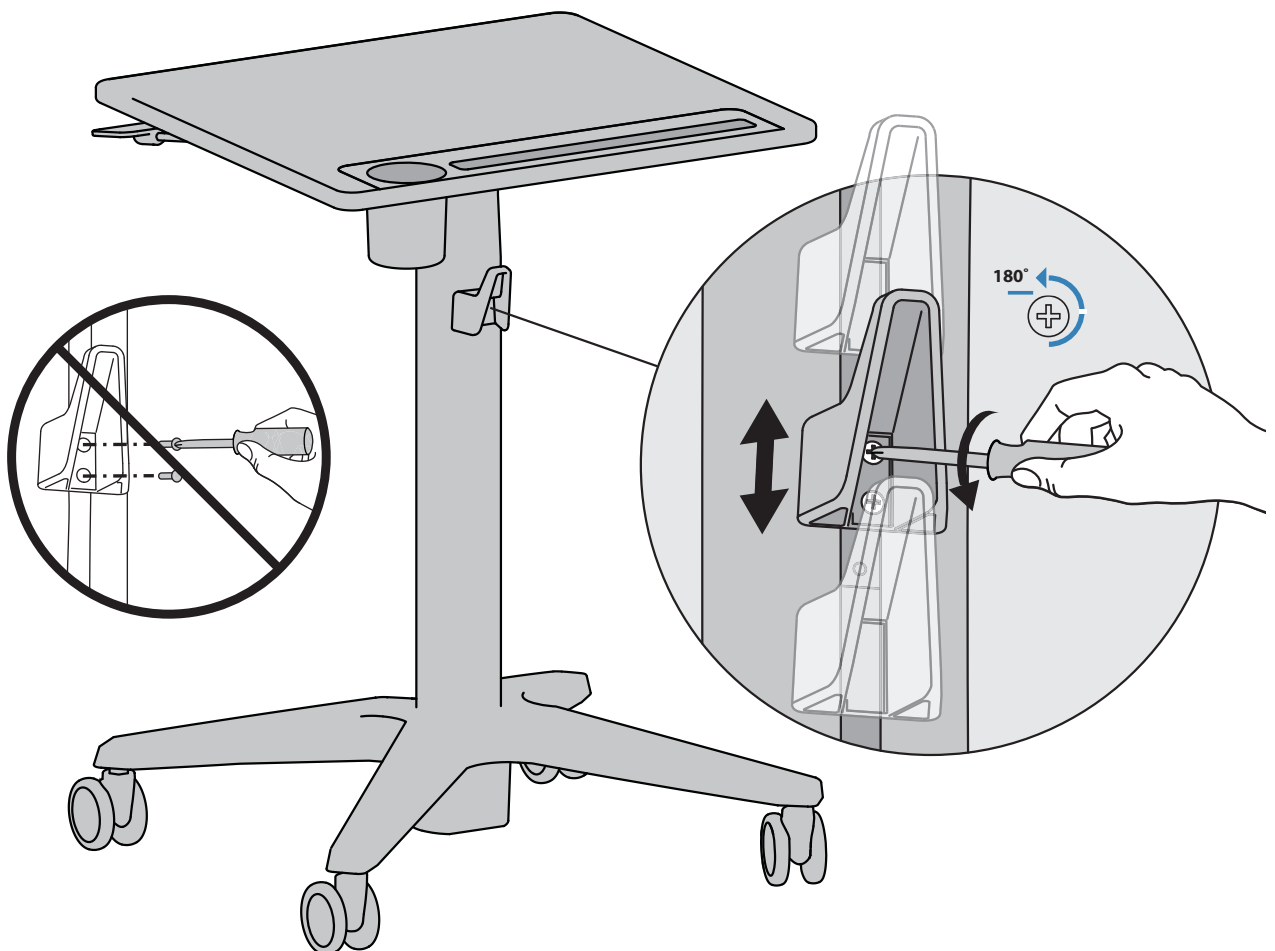
7

Lift brake release lever to raise and lower riser.



8

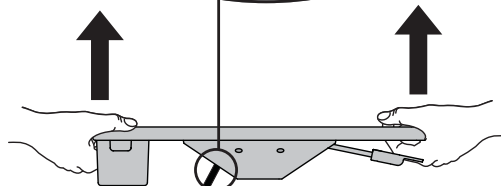
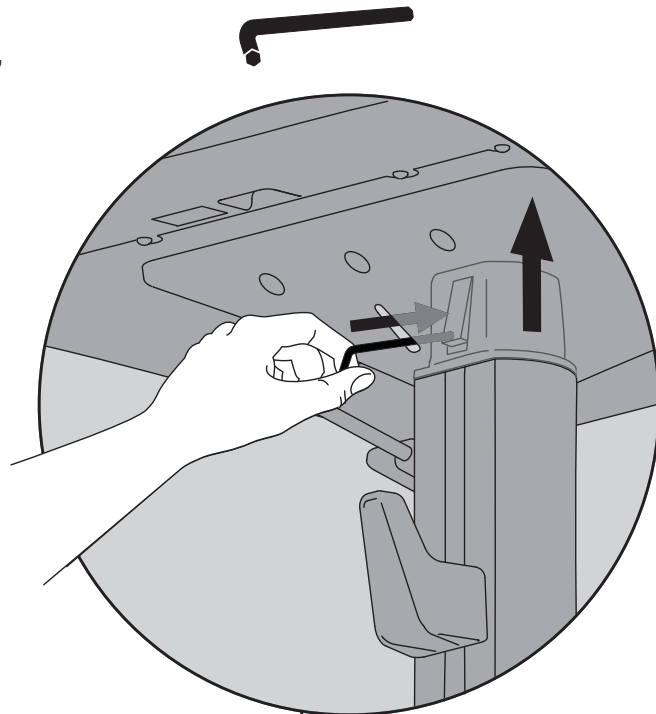
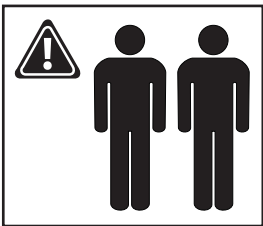
Loosen, but do not remove 2 screws to lift and lower hook to desired height.



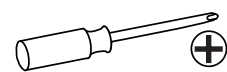
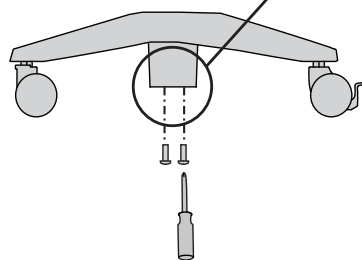
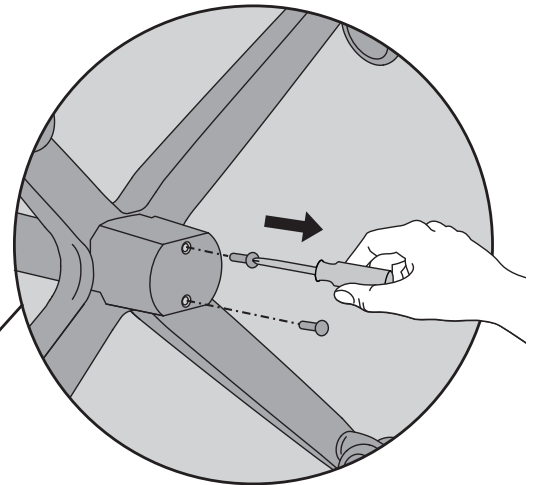
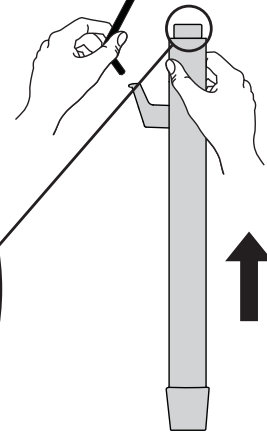
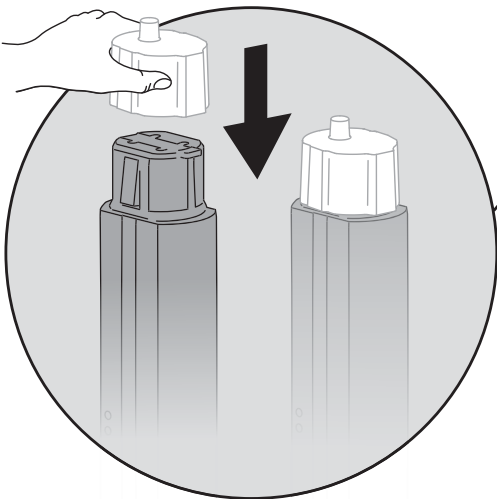
## How to Disassemble

To remove worksurface,  
push tab with a tool  
while removing.  
(Hex wrench suggested,  
max diameter 4mm)

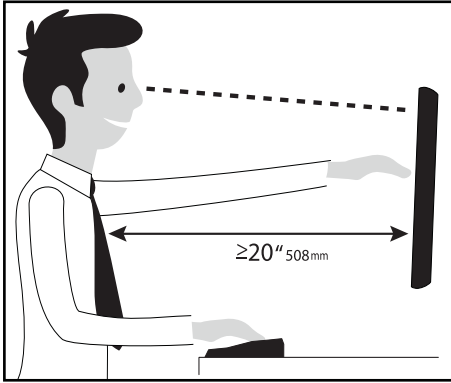
NOTE: Requires two  
people.



Attach cap.



## 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

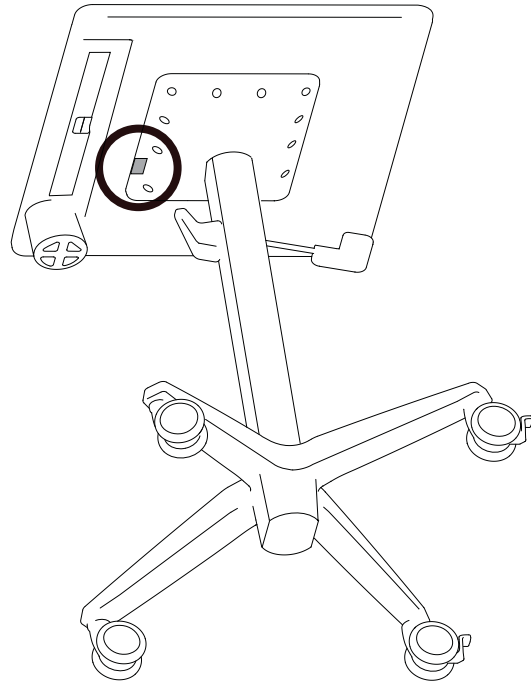
- Breathe - Breathe deeply through your nose.
- Blink - Blink often to avoid dry eyes.
- Break • 2 to 3 minutes every 20 minutes
- 15 to 20 minutes every 2 hours.

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For Service visit: [www.ergotron.com](http://www.ergotron.com)

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

NOTE: When contacting customer service, reference the serial number.



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