

Please Scan this QR code
to visit the product page.

SIT-STAND WORKSTATION WALL MOUNT



HAVE QUESTIONS?

Monday - Friday from 8:00am - 4:00pm PST



support@mount-it.com



(855) 925-5668



www.mount-it.com

Thank you for choosing Mount-It!!

- EN** Read the entire instruction manual before you start installation and assembly. If you have any questions regarding any of the instructions or warnings, please contact Mount-It! for assistance.
- CAUTION:** Use with products heavier than the rated weights indicated may result in instability causing possible injury.
- Mounts must be attached as specified in assembly instructions. Improper installation may result in damage or serious personal injury.
 - Safety gear and proper tools must be used. This product should only be installed by professionals.
 - Make sure that the supporting surface will safely support the combined weight of the equipment and all attached hardware and components.
 - Use the mounting screws provided and DO NOT OVER TIGHTEN mounting screws.
 - This product contains small items that could be a choking hazard if swallowed. Keep these items away from children.
 - This product is intended for indoor use only. Using this product outdoors could lead to product failure and personal injury.
- IMPORTANT:** Ensure that you have received all parts according to the component checklist prior to installation. If any parts are missing or faulty, telephone Mount-It! for a replacement.
- MAINTENANCE:** Check that the bracket is secure and safe to use at regular intervals (at least every three months).

- DE** Bitte vor Beginn der Montage und Zusammenbau das ganze Handbuch durchlesen. Bitte sich mit dem Händler vor Ort bei Fragen zur Anleitung oder Warnungen in Verbindung setzen.
- VORSICHT:** Bei Verwendung mit Produkten, die das zulässige Gewicht überschreiten, können Schäden oder möglicherweise Verletzungen die Folge sein.
- Halterungen sollen entsprechend den Montageanweisungen angebracht werden. Eine ungenaue Montage kann Schäden oder Verletzungen zur Folge haben.
 - Sicherheitsausrüstung und geeignete Werkzeuge verwenden. Die Montage des Produktes sollte nur von Fachleuten durchgeführt werden.
 - Die tragenden Oberflächen sollten das gesamte Gewicht von Geräten und allen zusätzlichen Bauteilen sicher aushalten können.
 - Nur die mitgelieferten Einbauschrauben verwenden und die Schrauben NICHT ZU FEST ANZIEHEN.
 - Dieses Produkt enthält Kleinteile, die Erstickungsgefahr beim Verschlucken hervorrufen können. Diese Teile von Kindern fernhalten.
 - Dieses Produkt nur in Innenräumen verwenden. Verwendung des Produktes im Außenbereich kann zu Verletzungen und Schäden führen.
- WICHTIG:** Vor der Montage bitte alle erhaltenen Bauteile mit der Bauteilleiste abgleichen. Bei beschädigten oder fehlenden Teilen den Händler vor Ort nach Ersatzteilen fragen.
- WARTUNG:** Die Halterungsklammer regelmäßig auf Sicherheit und Stabilität prüfen (am besten alle drei Monate).

- FR** Lisez entièrement le guide d'utilisateur avant de commencer l'installation et le montage. Si vous avez des questions concernant les instructions ou les avertissements, veuillez contacter votre distributeur local pour une assistance.
- ATTENTION:** L'utilisation de produits plus lourds que les poids nominaux indiqués peut entraîner une instabilité causant des blessures potentielles.
- Les supports doivent être joints comme spécifié dans les instructions de montage. Une mauvaise installation peut entraîner des dommages ou de graves blessures aux personnes.
 - Un équipement de sécurité et les outils appropriés doivent être utilisés. Ce produit devrait être installé uniquement par des professionnels.
 - Assurez-vous que la surface de soutien supporte en sécurité le poids combiné de l'équipement et de tous les matériaux et composants associés.
 - Utilisez les vis de montage fournies et NE SERREZ PAS TROP les vis de montage.
 - Ce produit contient de petites pièces qui peuvent causer un étouffement si elles sont avalées. Éloignez ces pièces des enfants.
 - Ce produit est prévu uniquement pour une utilisation à l'intérieur. L'utilisation de ce produit à l'extérieur peut entraîner un défilage du produit ou des blessures aux personnes.
- IMPORTANT:** Avant l'installation, assurez-vous que vous avez reçu toutes les pièces selon la liste de vérification des composants. Si une pièce est manquante ou endommagée, téléphonez à votre distributeur local pour qu'il la remplace.
- MAINTENANCE:** A intervalles réguliers (au moins tous les trois mois) vérifiez que le support est d'utilisation sûre et fiable.


- RU** Перед началом установки и сборки прочитайте руководство по установке. Если у Вас возникли какие-либо вопросы относительно инструкции или предупреждений, свяжитесь с Вашим местным распространителем для получения помощи.
- Внимание:** Использование продуктов, вес которых превышает указанный расчетный вес, может привести к нестабильности и возможным повреждениям.
- Опоры должны быть установлены, как это показано в монтажных инструкциях. Неправильная установка может привести к получению серьезных травм.
 - Необходимо использовать предохранительное устройство и специальные инструменты. Продукт должен устанавливаться только профессионалами.
 - Убедитесь, что несущая поверхность выдержит вес оборудования и всего установленного оборудования и комплектующих.
 - Необходимо использовать идущие в комплекте установочные шурупы и НЕ ПЕРЕТЯГИВАТЬ установочные шурупы.
 - Данный продукт содержит мелкие детали, которые представляют опасность удушья при проглатывании. Такие детали необходимо хранить в недоступном для детей месте.
 - Данный продукт предназначен только для эксплуатации в помещениях. Использование данного продукта на улице может привести к поломке продукта и получению травм.
- ВАЖНО:** Перед установкой убедитесь, что Вы получили все детали в соответствии со списком комплектующих. Если не хватает каких-либо деталей или они повреждены, свяжитесь с Вашим местным распространителем по вопросу замены.
- ТЕХНИЧЕСКОЕ ОБСЛУЖИВАНИЕ:** Необходимо регулярно проверять (как минимум, раз в три месяца), чтобы кронштейн был зафиксирован, и его использование было безопасным.


- ES** Lea todo el manual de instrucciones antes de comenzar la instalación y ensamblaje de la unidad. Si tiene alguna inquietud con respecto a las instrucciones o advertencias, comuníquese con su distribuidor local.
- PRECAUCIÓN:** Utilizar con productos de mayor peso al indicado en los límites de peso podría ocasionar inestabilidad y posibles heridas personales.
- Los soportes deben acoplarse tal como se indica en las instrucciones de ensamble. Una incorrecta instalación podría ocasionar daños y serias heridas personales.
 - Utilice las herramientas y equipo de seguridad adecuados. Este producto solo debe ser instalado por profesionales.
 - Asegúrese de que la superficie de fijación sostenga de manera segura el peso total del equipo y todos sus componentes y hardware.
 - Utilice los tornillos de ensamble suministrados y NO aplique demasiada tensión a los tornillos.
 - Este producto contiene piezas pequeñas que representan un riesgo de asfixia. Mantenga estas piezas fuera del alcance de los niños.
 - Este producto está diseñado para uso en interiores solamente. Utilizar este producto en exteriores podría ocasionar fallas y heridas personales.
- IMPORTANT:** Asegúrese de que haya recibido todas las piezas según la lista de verificación de componentes para la instalación. Si falta alguna de las partes, o está dañada, comuníquese con su distribuidor.
- MANUTENIMIENTO:** Compruebe periódicamente que el soporte esté asegurado y listo para usar (al menos cada tres meses).

- PT** Leia todo o manual de instruções antes de iniciar a instalação e montagem. Se você tiver alguma dúvida sobre quaisquer uma das instruções ou avisos, por favor, entre em contato com o seu distribuidor local para assistência.
- ATENÇÃO:** O uso com produtos mais pesados do que os pesos indicados pode resultar em instabilidade, causando possíveis danos.
- Os suportes devem ser anexados como especificado nas instruções de montagem. A instalação incorreta pode causar danos ou sérias lesões pessoais.
 - Equipamentos de segurança e ferramentas adequadas devem ser utilizadas. Este produto só deve ser instalado por profissionais.
 - Certifique-se que a superfície de suporte suportará com segurança o peso combinado do equipamento e todas as ferragens e componentes anexados.
 - Use os parafusos de montagem fornecidos e NÃO APERTE EXCESSIVAMENTE os mesmos.
 - Este produto contém pequenas peças que podem causar asfixia se ingeridas. Mantenha esses itens longe do alcance de crianças.
 - Este produto destina-se somente para uso interno. Usá-lo em ambiente externo pode causar falhas no produto e lesões pessoais.
- IMPORTANT:** Assegure-se que você recebeu todas as peças, de acordo com a lista de componentes, antes da instalação. Se alguma peça estiver faltando ou é defeituosa, contate o seu distribuidor local para substituição.
- MANUTENÇÃO:** Certifique-se que o suporte seja seguro e protegido para o uso em intervalos regulares (pelo menos a cada três meses).

COMPATIBLE VESA SIZES
75x75 100x100

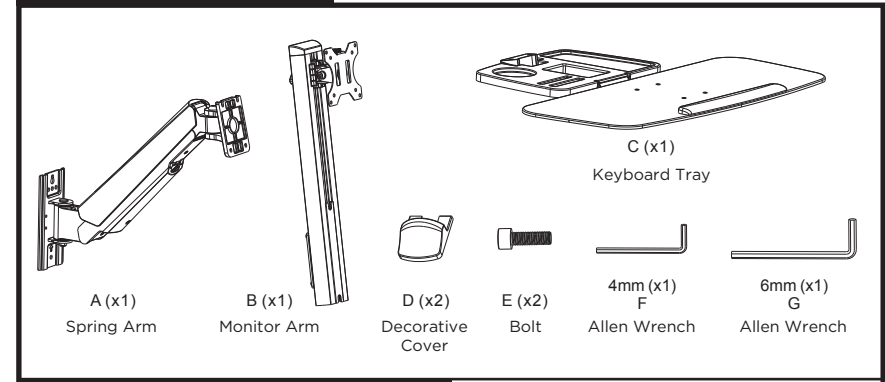
COMPATIBLE WITH Screens UP TO



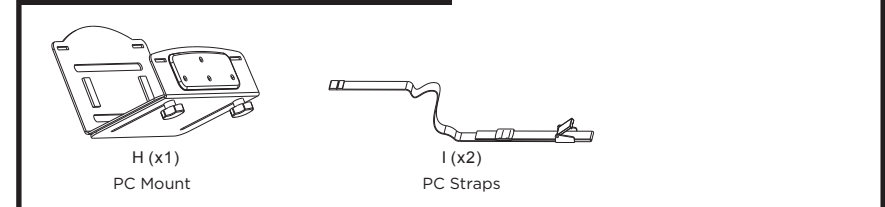


2-8kg
(4.4-17.6lbs)
RATED

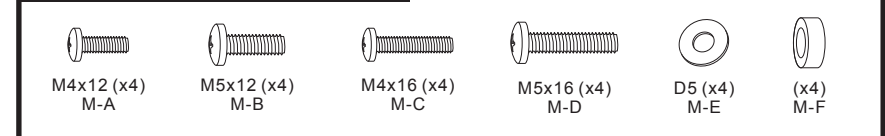
PACKAGE CONTENTS



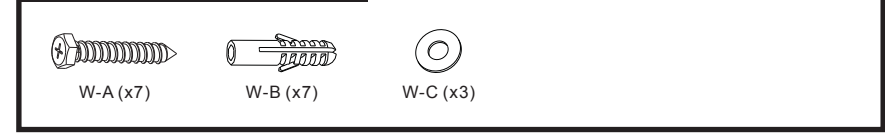
PACKAGE CONTENTS FOR PC MOUNT



MONITOR MOUNTING HARDWARE



WALL MOUNTING HARDWARE



Check carefully to make sure there are no missing or defective parts. Some hardware provided may not be used. Use the correct wall mounting and monitor mounting hardware suitable for your installation.

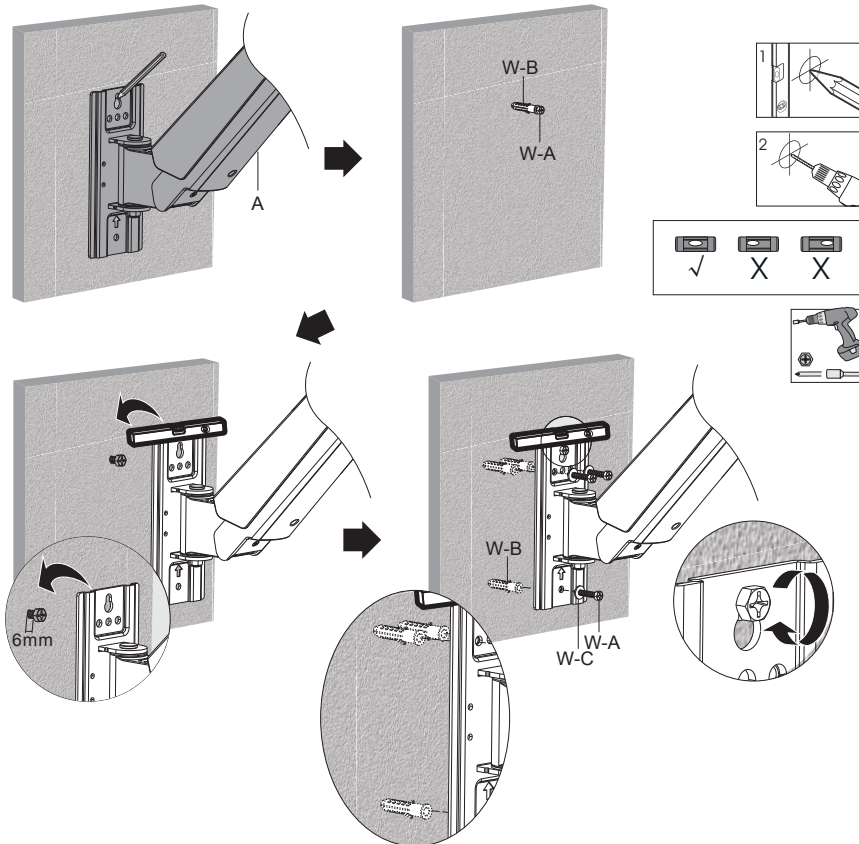
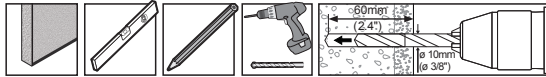
CHOKING HAZARD. Package includes small parts. Not for children under 3 years. Adult supervision is required.

Missing Parts? Call us at (855) 925-5668 and we will ship replacement parts free of charge.

Step 1a

Concrete/brick Installation Option

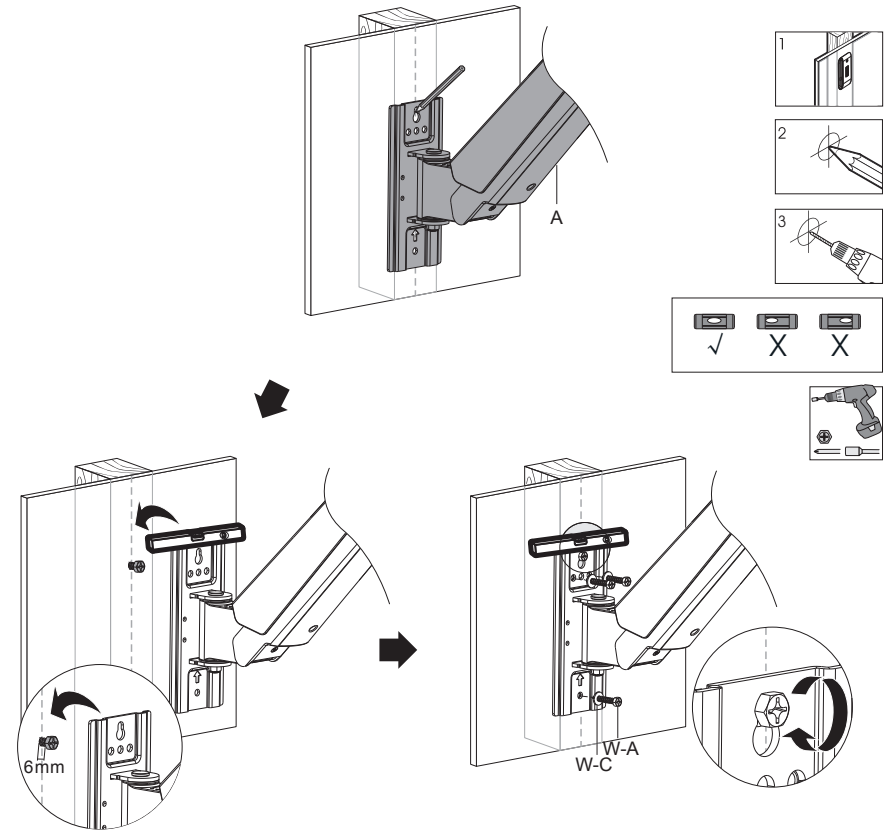
- Hold Spring Arm A to the wall in the desired mounting location as shown and mark the center of the top hole with a pencil.
- Drill a hole in the marked location using a 3/8" drill bit (10mm) to a depth of 2.4" (60mm). Clear dust or debris from the hole and insert the Concrete Anchor W-B fully until flush with the wall. Install Lag Screw W-A into the concrete anchor and tighten until a 2.4" (6mm) gap remains between the screw head and the wall.
- Using a level to ensure an even installation, hang the Spring Arm A on the bolt and press the bracket flat against the wall. Mark locations for the other 3 holes (the two outer holes in the middle, and one on the bottom), drill using the same drill bit to the same depth and insert a concrete anchor into each until flush with the wall.
- Using a level to ensure an even installation, hang the Spring Arm A on the bolt and tighten the bolt down until secure.



Step 1b

Wall Stud Installation Option

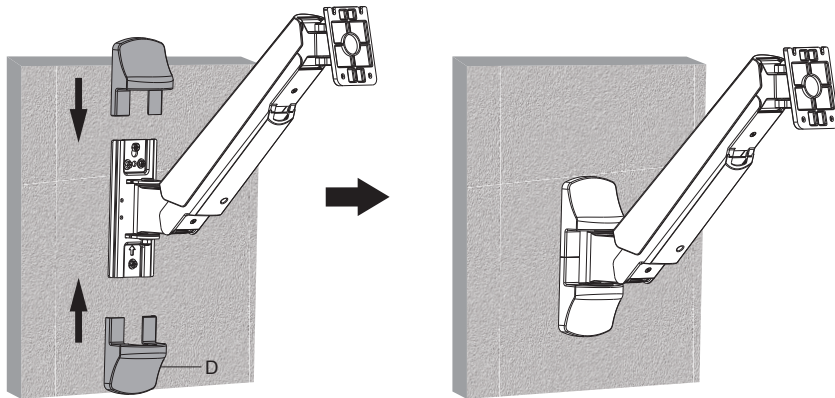
- Use a stud finder to locate the center of the stud and hold Spring Arm A to the wall in the desired mounting location as shown and mark the center of the top hole with a pencil.
- Drill a hole in the marked location using a 3/13" drill bit (4.5mm) to a depth of 2.2" (55mm). Install 1 Lag Screw W-A and tighten only until a 6mm gap remains between the screw head and the wall.
- Using a level to ensure an even installation, hang the Spring Arm A on the bolt and press the bracket flat against the wall. Mark locations for the other 3 holes (the two outer holes in the middle, and one on the bottom), drill using the same drill bit to the same depth and install the 3 remaining lag screws and tighten all 4 lag screws until secure.



Step 2

Attaching the Decorative Covers

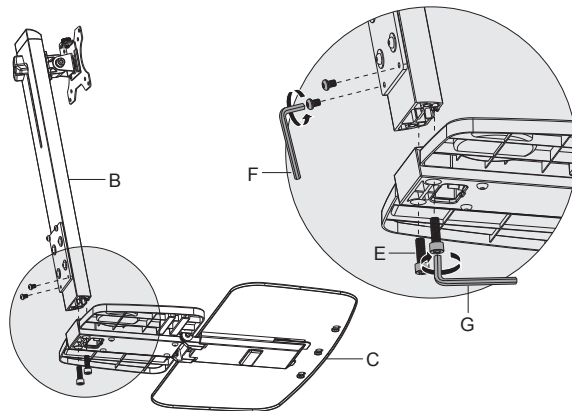
- Attach Decorative Covers D so that they fully cover the lag screw heads.



Step 3

Connecting the Keyboard Tray and Monitor Arm

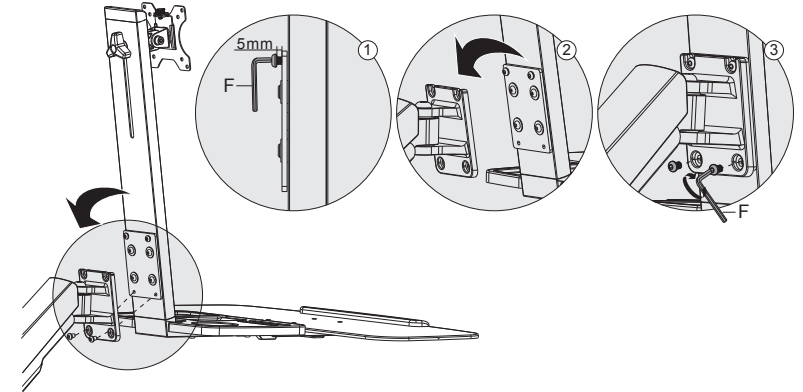
- To connect Monitor Arm B and Keyboard Tray C, first remove the lower 2 of the 4 bolts pictured above from the rectangular plate on the back of the monitor arm, using Allen Wrench F (hold onto those 2 screws, they will be used in the next step). Next secure the monitor arm and keyboard tray together using Bolts E and tighten securely with Allen Wrench G.



Step 4

Attaching Monitor Arm to the Spring Arm

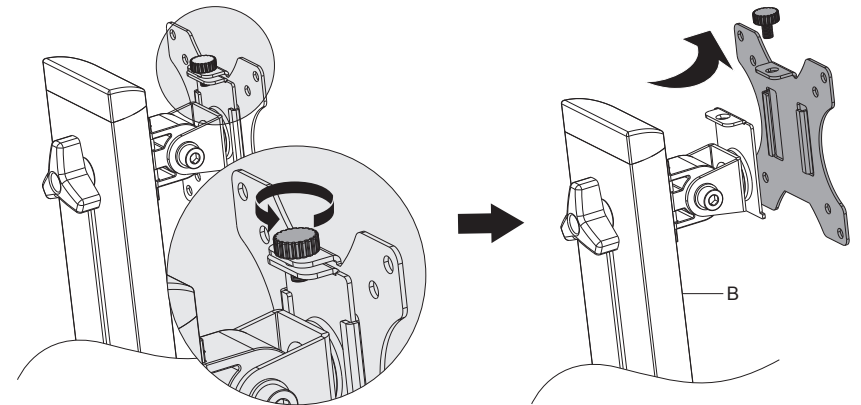
- Using Allen Wrench F loosen the top 2 bolts on the back of Monitor Arm B until there is a gap of approximately .2" (5mm). Hang the monitor arm onto the end of Spring Arm A as shown and replace the two bolts that were removed in the previous step. Tighten all 4 bolts until secure using Allen Wrench F.



Step 5

Removing the VESA Plate

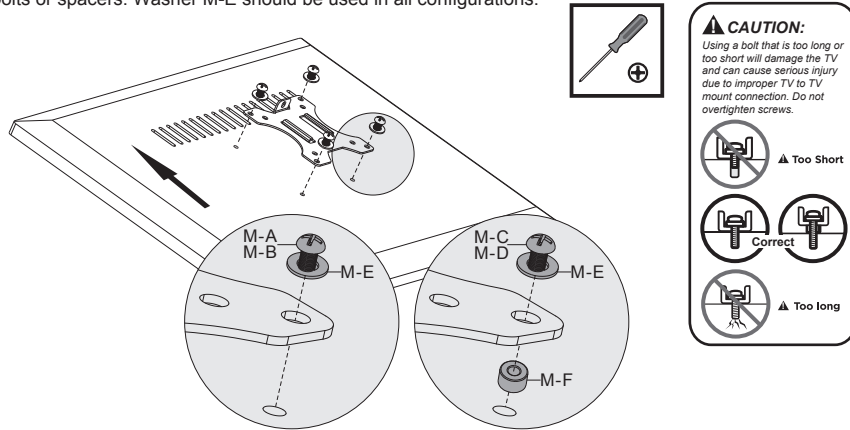
- Remove the VESA plate from the end of the Monitor Arm B by removing the thumb screw from the top of the plate as shown.



Step 6

Attaching the VESA Brackets to the Monitor

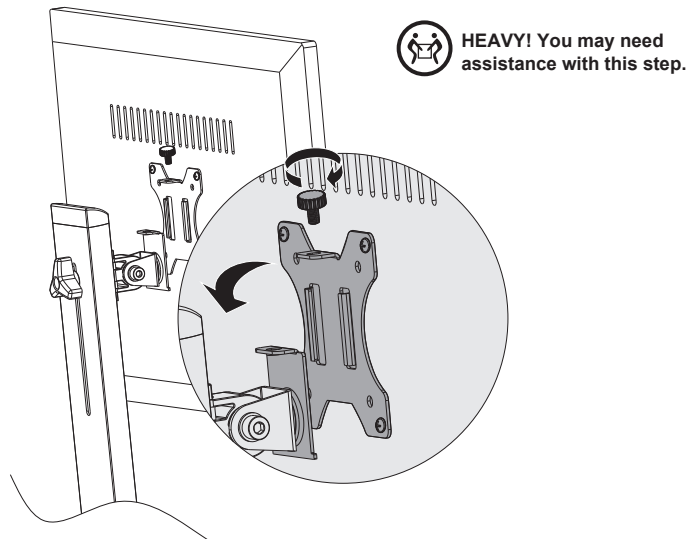
• Select the appropriate size mounting bolt (M-A, M-B, M-C, or M-D) for your display's mounting holes and verify the length of the VESA bolt is not too long. If you are unsure of the correct bolt size for your display refer to your monitor user manual or contact the monitor manufacturer for sizing information. If necessary, use the included spacers (M-F) between the mount and the monitor as shown above to adjust the length of the mounting bolt. Install the VESA plate to the monitor using the required combination of bolts or spacers. Washer M-E should be used in all configurations. Washer M-E should be used in all configurations.



Step 7

Re-Attaching the VESA Plate

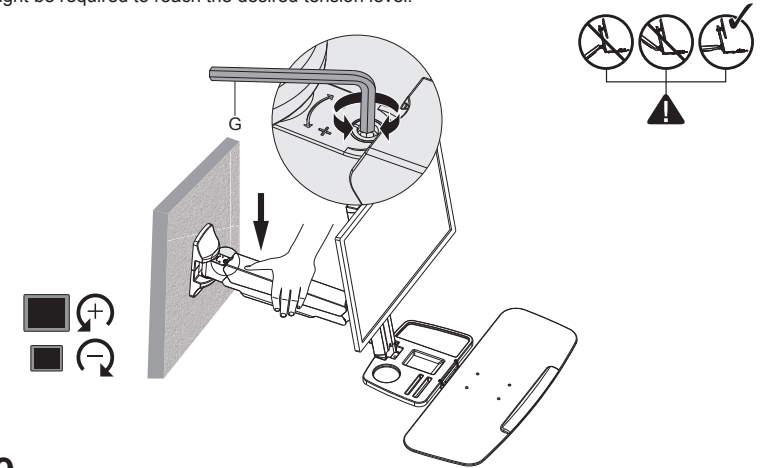
• To attach your monitor, slide the VESA plate back on to the bracket it was removed from on the end of Monitor Arm B, then re-insert the thumb screw and tighten it down until it is secure.



Step 8

Adjusting Gas Spring Arm Tension

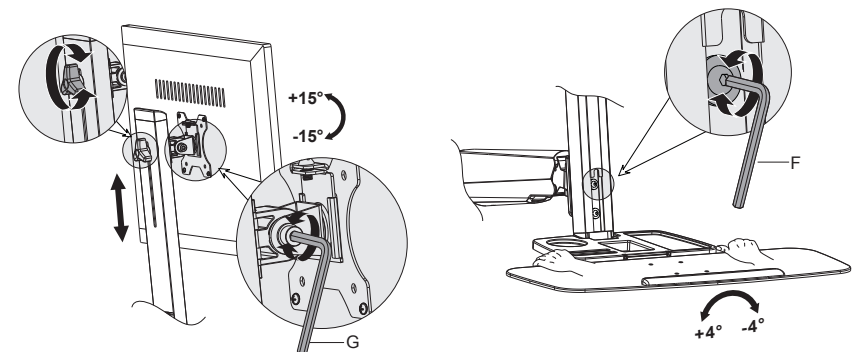
• Gas Spring tension may need to be adjusted to suit the weight of the monitor. To weight balance the gas spring arm, first push the arm down to the lowered position. Then use Allen Wrench G to adjust the nut as pictured below, turning counterclockwise toward the + sign for heavier monitors (increasing tension) and clockwise toward the - sign for lighter monitors (lowering tension). Adjust until the arm does not raise back to the highest position or likewise sink to the lowest position when released. Multiple full rotations might be required to reach the desired tension level.



Step 9

Adjusting the Height and Tilt of the Monitor and Levelling the Keyboard Tray

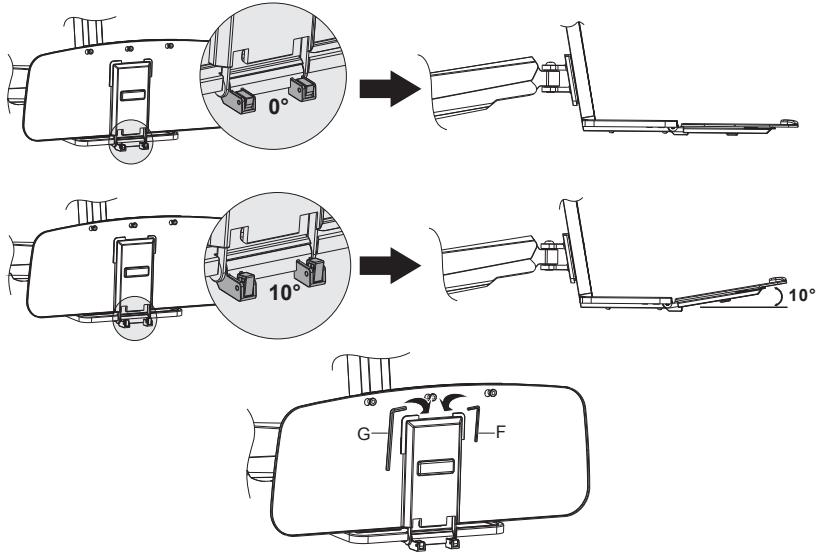
• Adjust the height of your monitor by loosening the hand knob on the rear of the Monitor Arm A, raising or lowering the screen to the desired height and then tighten the hand knob again.
• Adjust the tilt of your monitor by using Allen Wrench G to loosen the bolt located on the first joint behind the monitor, tilt the screen up or down to the desired angle, and then tighten the same bolt again.
• To level the keyboard tray use Allen Wrench F to loosen the bolt shown, level the keyboard tray to the desired angle and then tighten the bolt once again. (Note: the correct bolt is the upper of the 2 bolts located just above the keyboard tray.)



Step 10

Adjusting the Angle of the Keyboard Tray

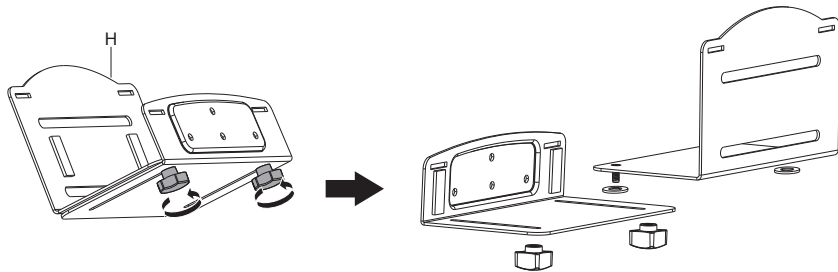
- The keyboard tray has two settings for the tilt angle of the keyboard tray and can be adjusted by raising the keyboard tray and raising or lowering the tab pictured. With the tabs down the angle of the keyboard tray will be 0°, and with the tabs raised the angle of the keyboard tray will be 10°.
- You can store the two Allen Wrenches in the pictured location beneath the keyboard tray so that they are easily accessible when adjustments need to be made.



Step 11

Separating the PC Mount

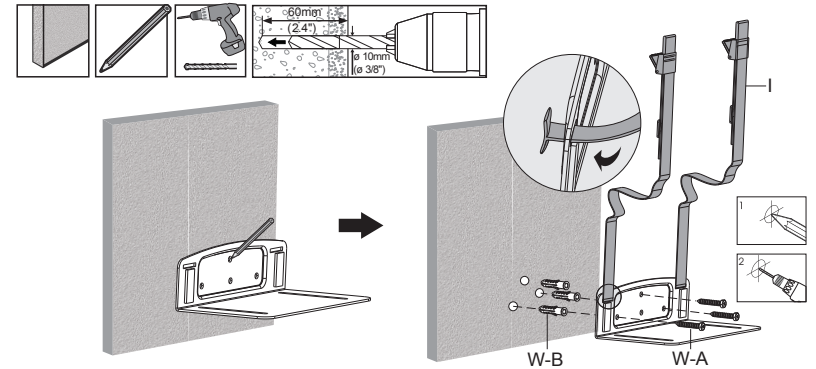
- To install the PC Mount begin by completely removing the hand knobs underside of PC Mount H and separate the two halves of the mount, you will re-attach these later. Note: Be careful not to drop the two washers when separating the two halves of the mount, they will need to be placed back in their original location when re-attaching.)



Step 12a

Concrete/brick Installation Option

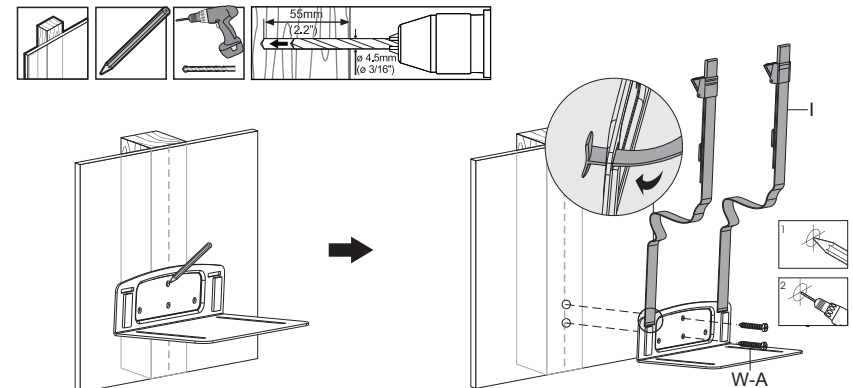
- Hold the shorter side of the PC Mount to the wall in the location it will be mounted and mark the location for the 3 holes on the wall with a pencil.
- Drill holes in the marked locations using a 3/8" drill bit (10mm) to a depth of 2.4" (60mm). Clear dust or debris from the holes and insert the Concrete Anchors W-B fully until they are flush with the wall.
- Insert the T-shaped ends of the two PC Straps I through the horizontal slots on the upper left and right of the PC Mount. See the image below for reference, for easier adjustments ensure that the latch side of the straps faces the wall when held straight up against the wall from the PC mount. The straps should be inserted through the slots so that when they are pulled back the T-shaped end of the strap prevents it from coming back through the slot.
- Install the 3 lag screws through the bolt holes into the concrete anchors. Tighten until secure.



Step 12b

Wall Stud Installation Option

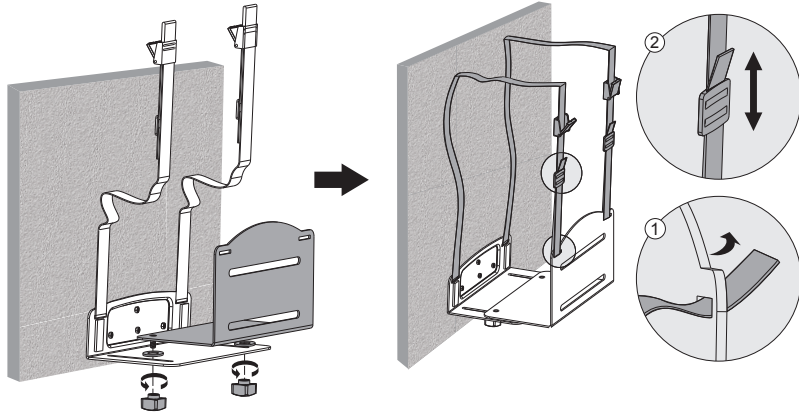
- Use a stud finder to locate the center of the stud, then hold the shorter side of the PC Mount to the wall in the location it will be mounted and mark the location for the 2 center holes on the wall with a pencil.
- Drill holes in the marked locations using a 3/16" drill bit (4.5mm) to a depth of 2.2" (55mm).
- Insert the T-shaped ends of the two PC Straps I through the horizontal slots on the upper left and right of the PC Mount. See the image above for reference, for easier adjustments ensure that the latch side of the straps faces the wall when held straight up against the wall from the PC mount. The straps should be inserted through the slots so that when they are pulled back the T-shaped end of the strap prevents it from coming back through the slot.
- Install the 2 lag screws through the bolt holes into the pilot holes. Tighten until secure.



Step 13

Adjusting the Width of the PC Mount

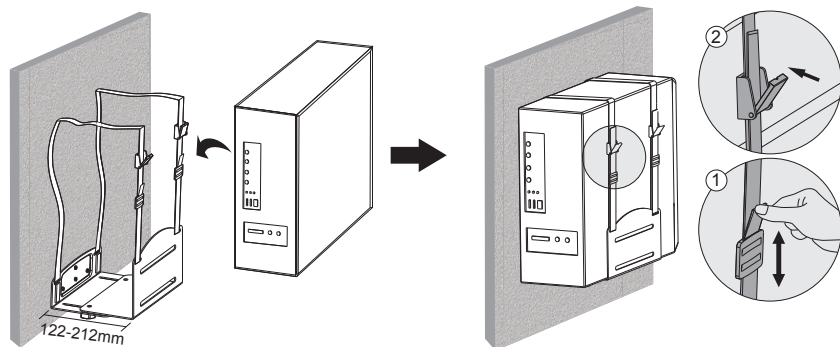
- Re-attach the two halves of the PC Mount, ensure the washers are still present on the threaded bolt between the two halves before continuing.
- Pass the end of the PC Straps through the two short horizontal slots on the newly attached half of the PC Mount. Thread the straps through the slide buckle on the strap and leaving the straps loose enough to insert the PC. You do not need to pass the strap through the next buckle until the next step.



Step 14

Attaching the PC Mount to the PC

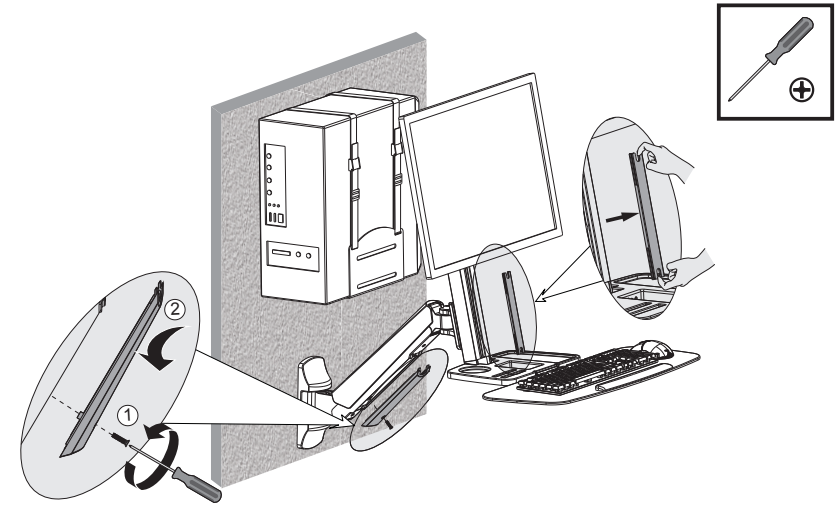
- Insert the PC into the PC Mount and adjust the width of the PC mount to fit your device. To do so loosen the hand knobs in the underside of the mount and push or pull the halves to fit snugly against the sides of your PC.
- Tighten the straps by pulling all the slack through the first slide buckle (shown in magnified bubble 1), then insert the ends of the strap through the cam buckle (shown in magnified bubble 2) then push the flap of the buckle down to latch the straps in place.



Step 15

Cable Management

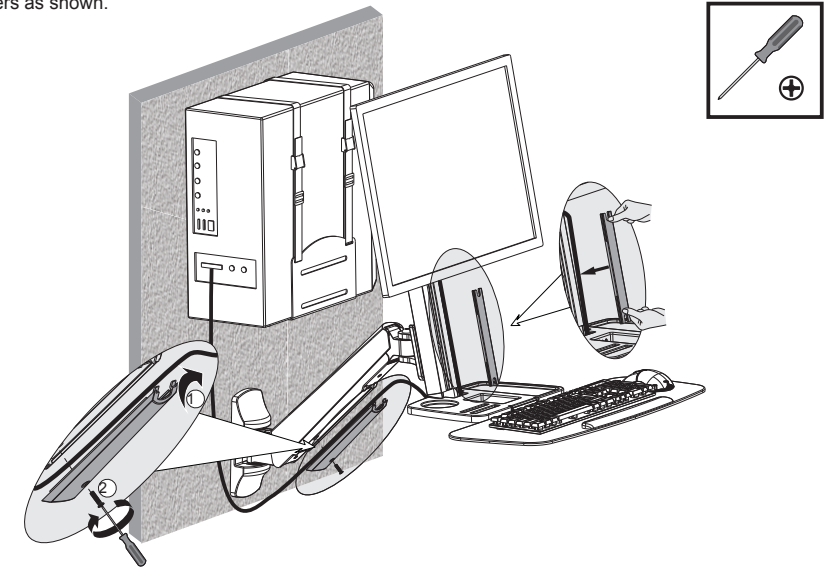
- There are two locations for cable management, to access the section on the spring arm, first remove the bolt pictured with a screwdriver, then the cover can be removed. To access the section on the vertical monitor arm, grip the top and bottom as shown and pull it away from the mount.



Step 16

Cable Management

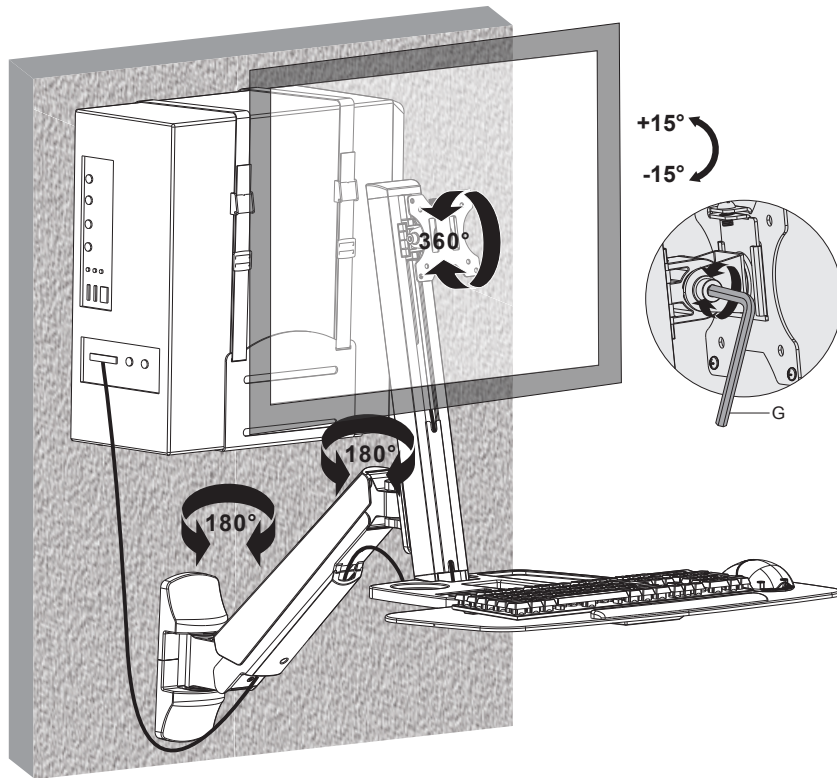
- Run the cables through the channels that have been uncovered and reattach the cable management covers as shown.



Step 17

Positioning the Monitor

- Make any additional adjustments to the height and tilt for your desired configuration. The Monitor can be rotated 360° to be viewed in portrait or landscape orientation as needed.



Visit us at www.mount-it.com for product registration and warranty information.

Our US based customer service team is standing by to answer any questions you have about your Mount-It! product.

Available by phone **Monday - Friday from 8:00am to 4:00pm** PST.

Chat live with an agent on our website!



support@mount-it.com



(855) 925-5668



www.mount-it.com