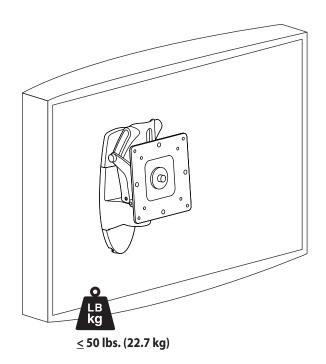
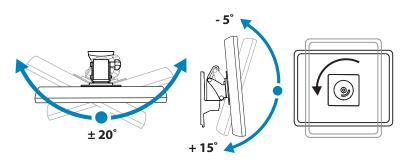
# ergotron®

# LX HD Wall Mount Pivot



# Features & Specifications



**English** 

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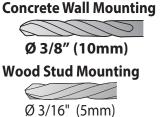
# Components

			T		
	Α	В	С	D	E
1	1x	1x	1x	2x	<b>4x</b> M5 x 20mm
2		(FEDIFO)		2x  M8 x 80mm	4x M8M5 Converter
3			0 0	<b>4x</b> (3) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	1 x 2.5mm
4	1x	M4 x	c 8mm	<b>4x</b> 10-24 x 5/8"	1x
5	4x 0	4x (3) M5 x 7mm		<b>4x</b> M5 x 12mm	<b>4x</b> M6 x 12mm

### **Tools Needed**



Stud Finder







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.

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### **WALL PLATE MOUNTING INSTRUCTIONS**

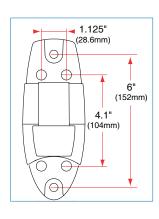


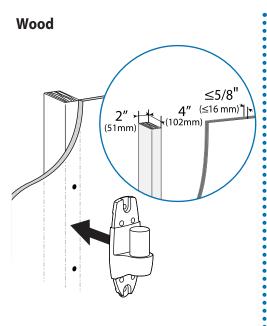
#### WARNING:

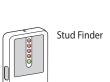
Ensure that the wall structure is capable of supporting four times the total weight of mounted equipment. Mounting to wall surfaces that do not meet this criteria may result in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional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



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.

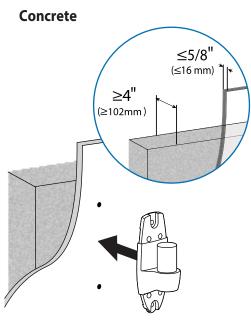


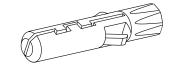








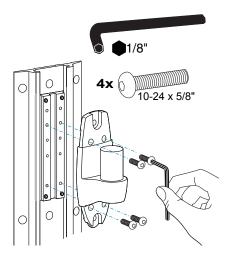


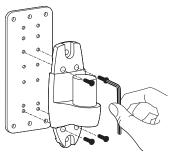




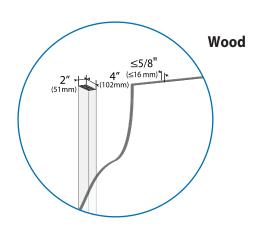


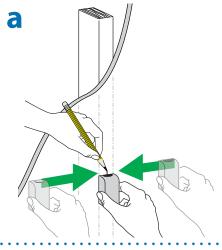
#### **Ergotron product**

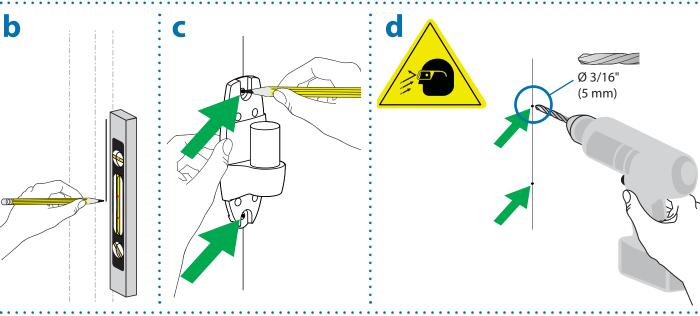


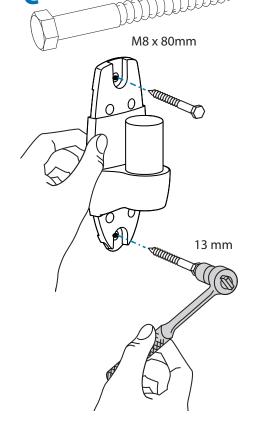


NOTE: Wall Track and Brackets sold separately.





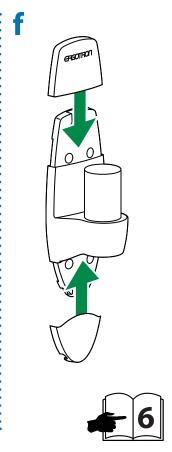


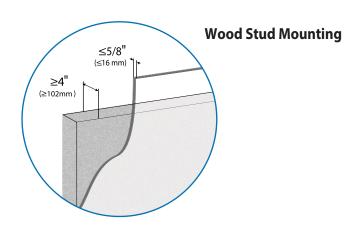


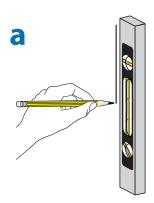
**2**x

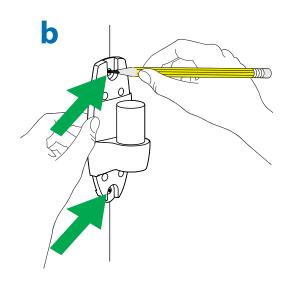


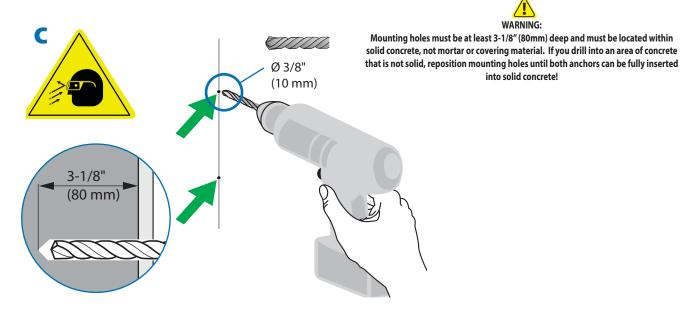
CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. DO NOT OVERTIGHTEN THE BOLTS.







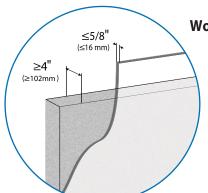




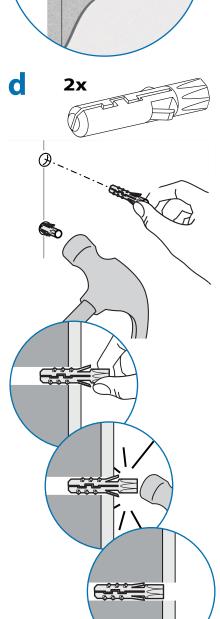


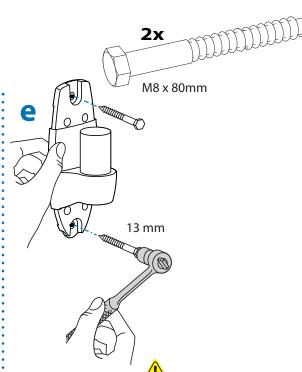
into solid concrete!

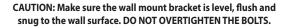
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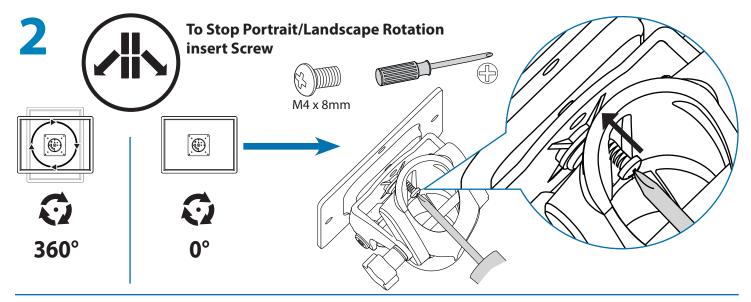


#### WARNING:

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.



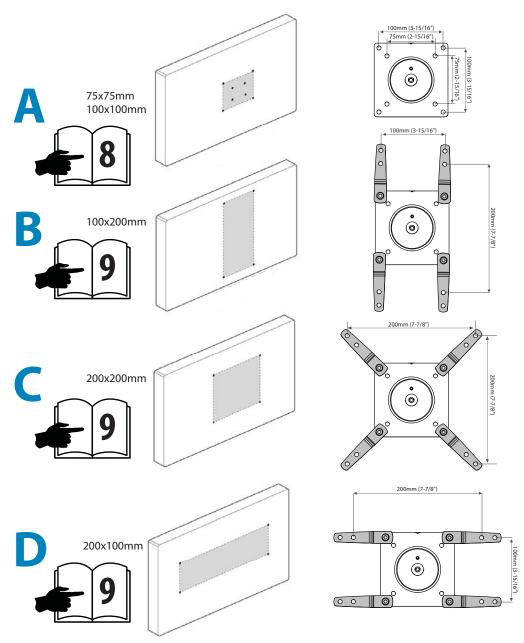




Check size of TV/Monitor hole pattern

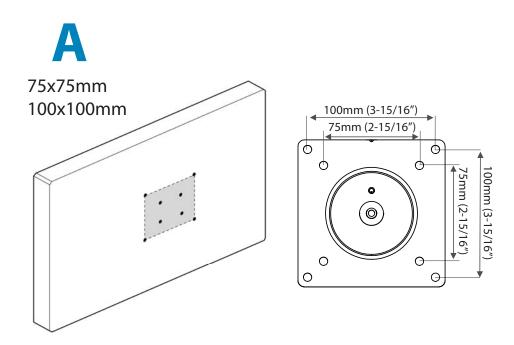
**TV/Monitor Hole Pattern Sizes** 

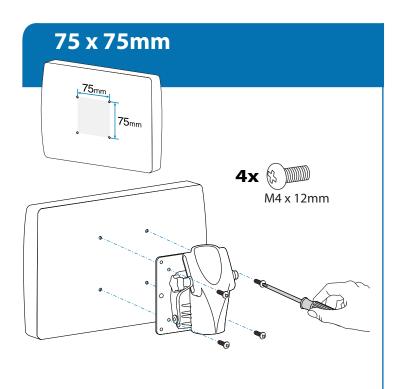
VESA Adapter Configurations

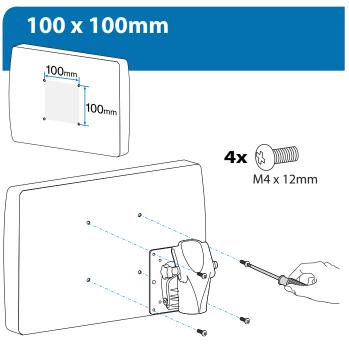


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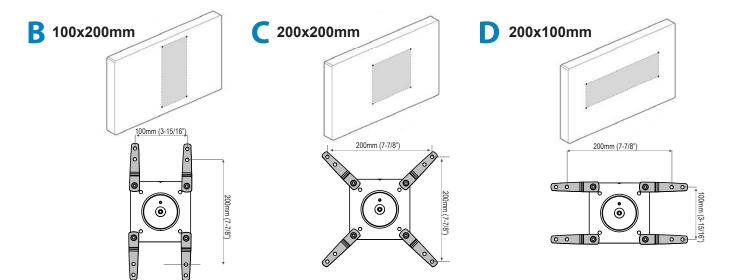
# **3** Mount Type A TV/Monitor to Arm



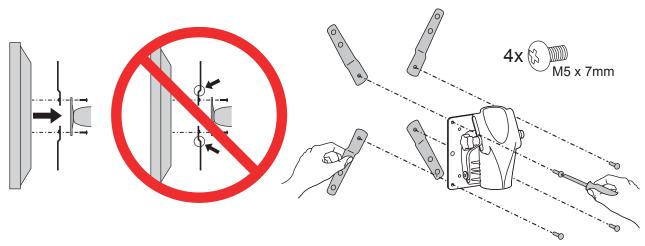








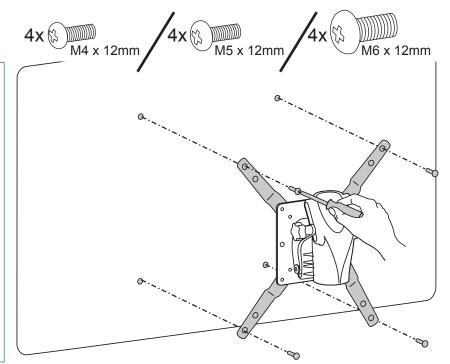
Mount VESA Adapters to Arm based on TV/Monitor hole pattern size (B, C, or D).



# **3**<sub>b</sub> 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.





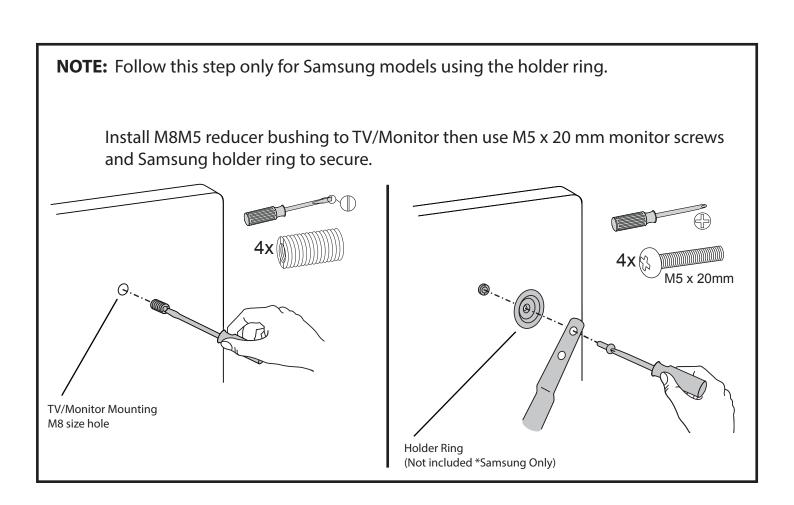
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#### **M8M5 KIT Instructions**

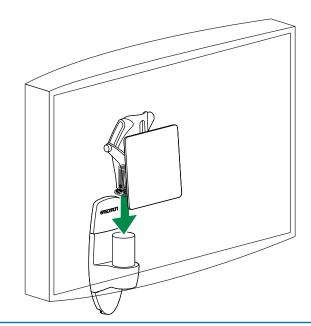
NOTE: Follow this step only if your TV/monitor has M8 holes which need to be reduced to M5.

Install M8M5 reducer bushing to TV/Monitor and use M5 x 20 mm monitor screws to secure.

TV/Monitor Mounting M8 size hole



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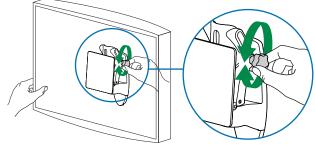


# Adjustment Step

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.



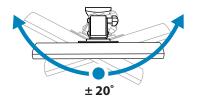




Loosen knob, tilt Display to desired position then retighten knob.

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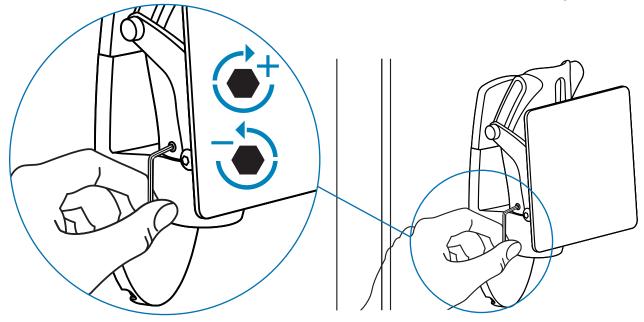


If this product moves too easily, then you'll need to increase friction:

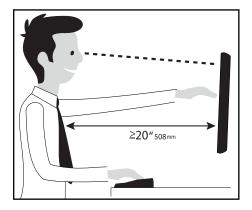


#### Decrease Friction

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



#### Set Your Workstation to Work For YOU!



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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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