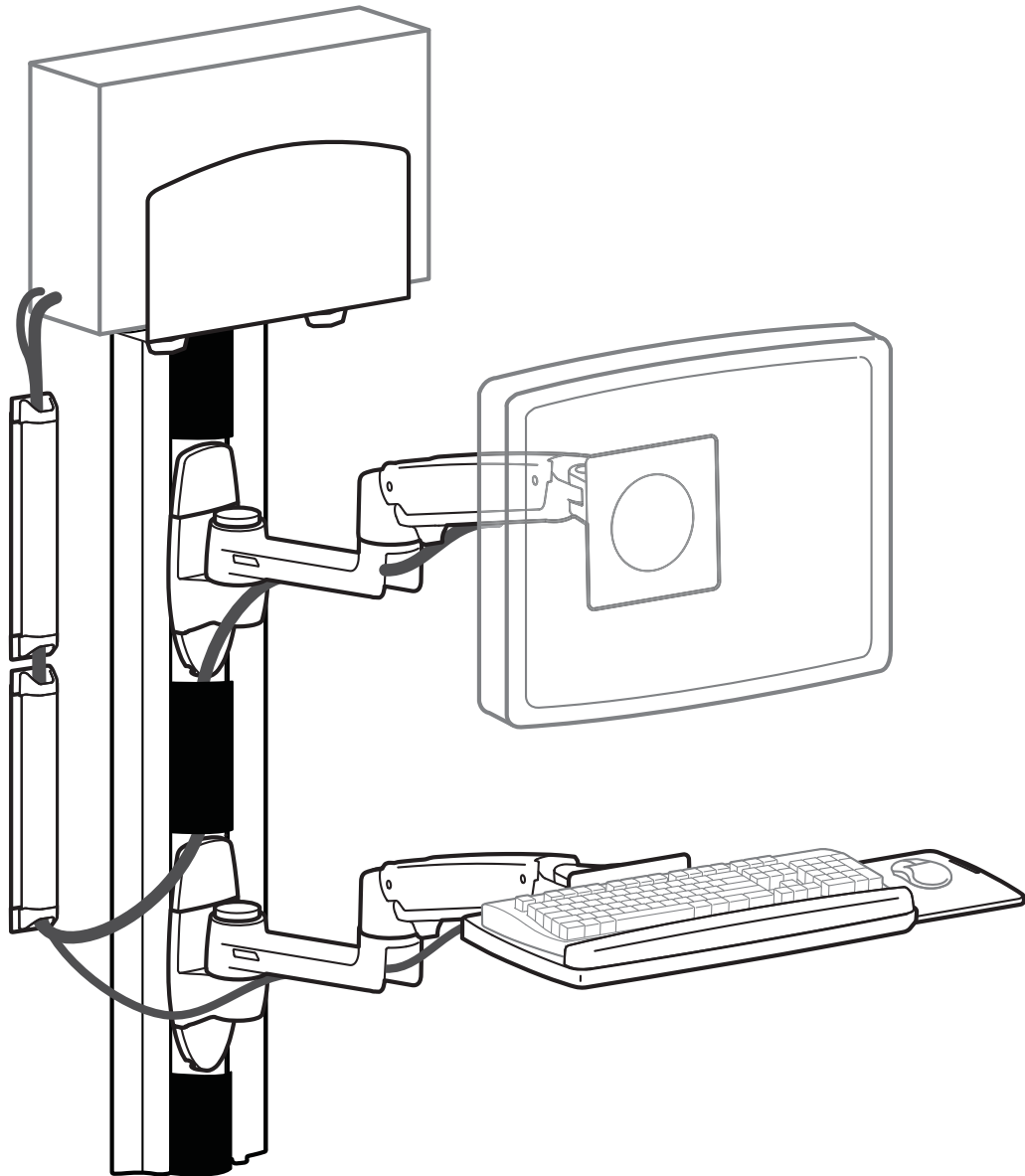


**ERGOTRON®****LX Wall Mount System**

ENGLISH

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 Gebruikersgids - Deutsch  
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 Användarhandbok - svenska  
 ユーザーガイド：日本語  
 用户指南：汉语

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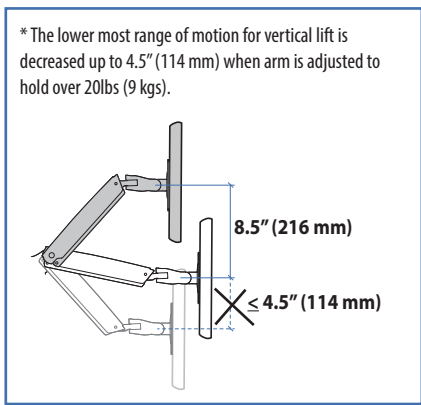
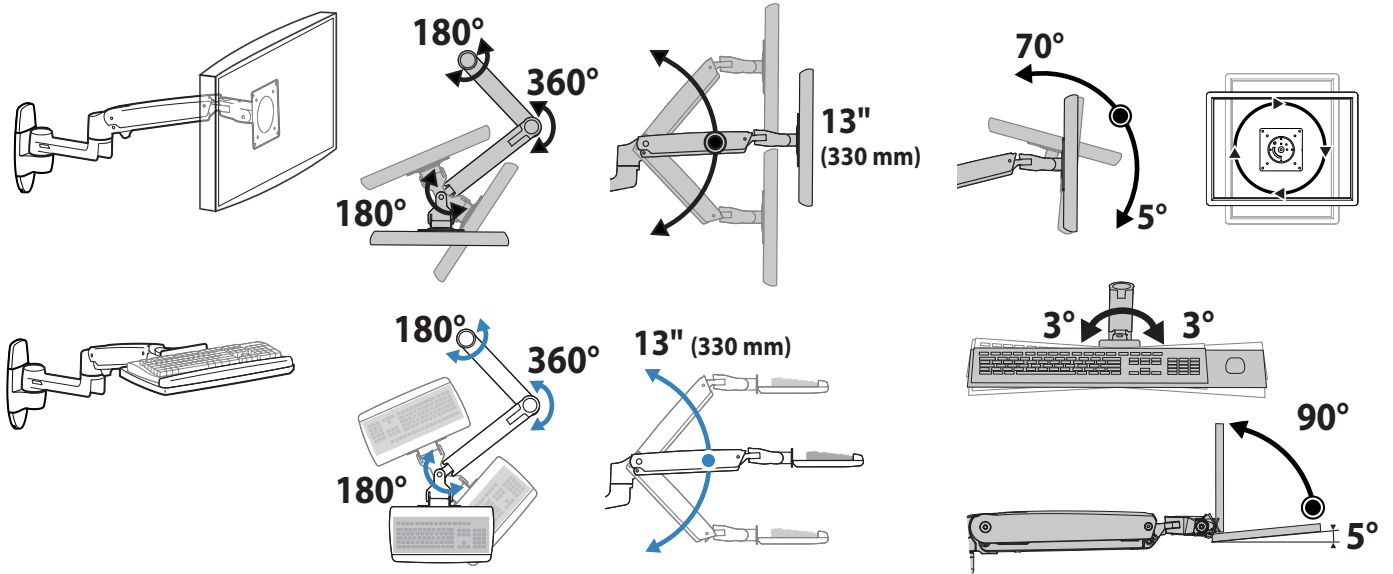
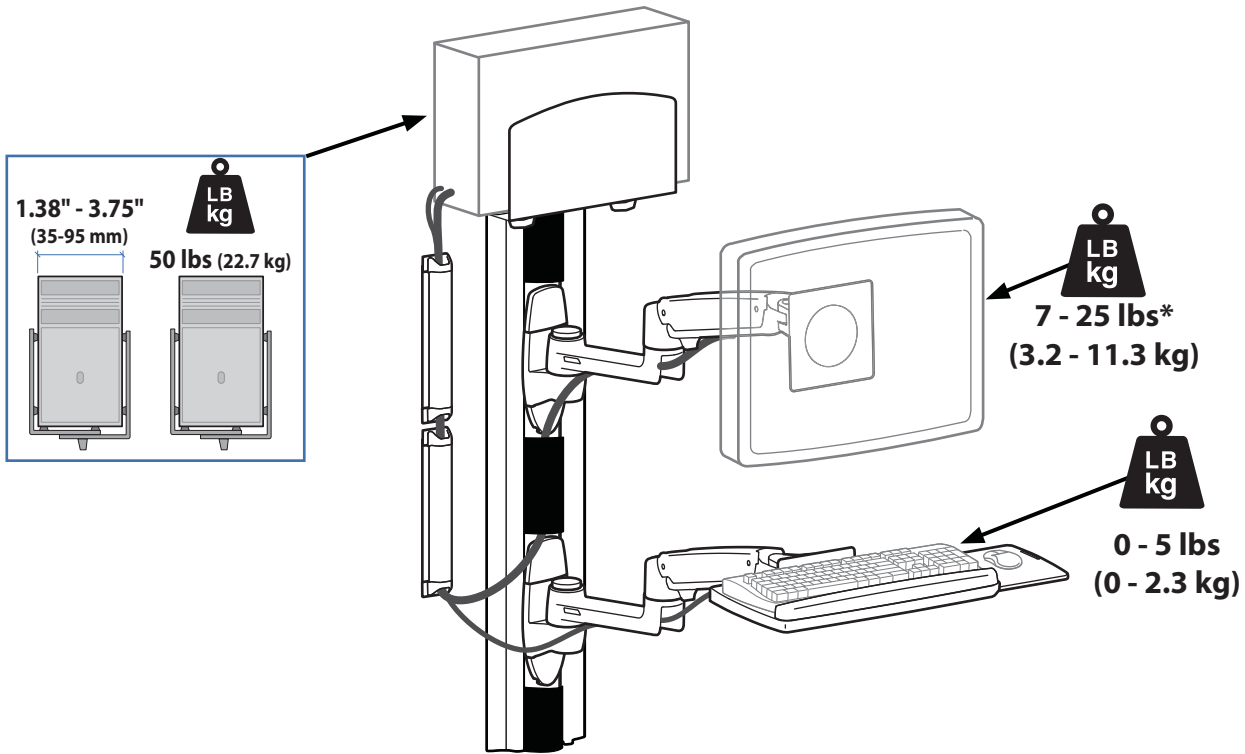


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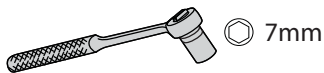
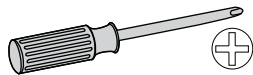
China 400-120-3051



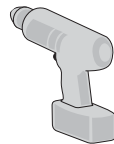
# Components

	A	B	C	D
1	2x	1x	1x	14x
2	2x	2x	2x	14x  1/4-20 x 2"
3	2x	1x	1x	7x
4	3x	4x  M4 x 8mm	9x  1/4-20 x 1/2"	7x
5	1x	2x	8x  10-24 x 1/2"	1x
6	1x	2x	2x  M10 x 16mm	1x  2.5mm
7	1x	4x	4x  M4 x 10mm	1x  1/8"
8	2x	4x	4x  M4 x 10mm	1x  6mm
9	1x	4x  M4.2 x 25mm	2x	1x  4mm
10	1x	1x	1x	2x  M3 x 6mm
			1x	4x  M4 x 14mm

# Tools Needed



Ø 1/2" (12.7 mm)  
Hollow Wall  
Pared  
Mur  
Wand  
Muur  
Parete  
壁  
牆壁

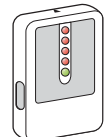


Solide Holzbalkenträger  
Massief Houten Pilaren  
Due montanti in legno massiccio

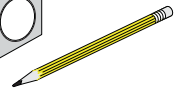
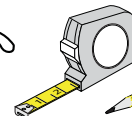
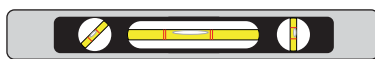
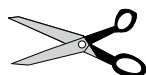


Ø 3/16" (5 mm)

Wood Studs ≥ 25 gauge steel  
Madera Pernos de acero de calibre ≥ 25  
Bois Goujons ≥ calibre 25 en acier  
Bolzen ≥ Blechlehre Nr. 25  
Verbindingsbouten ≥ 25 gauge staal  
Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)  
Reglar ≥ 25-gauge stål  
木 25ゲージのスチールよりも強力なスタッド  
木質 板墙筋为不小于 25 标号的钢材



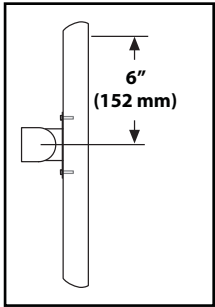
Stud Finder



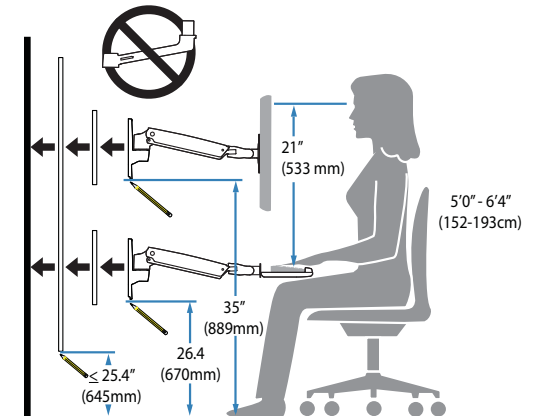
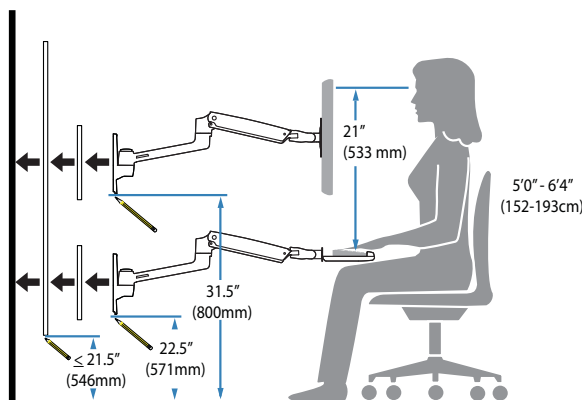
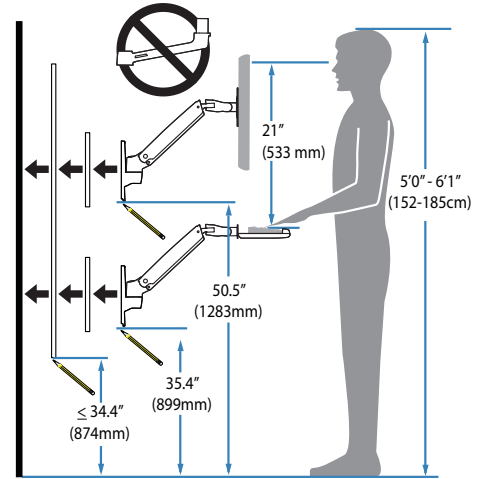
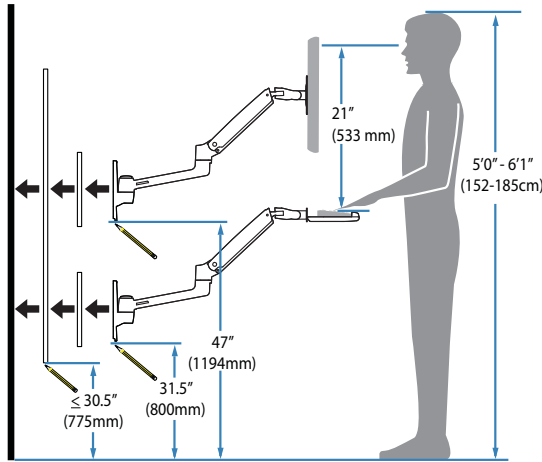
# 1 Mounting Height for Ergonomic Workstation

This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5'0"-6'1" (152-185cm) when set up for standing and user heights of 5'0"-6'4" (152-193cm) when set up for sitting.

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).

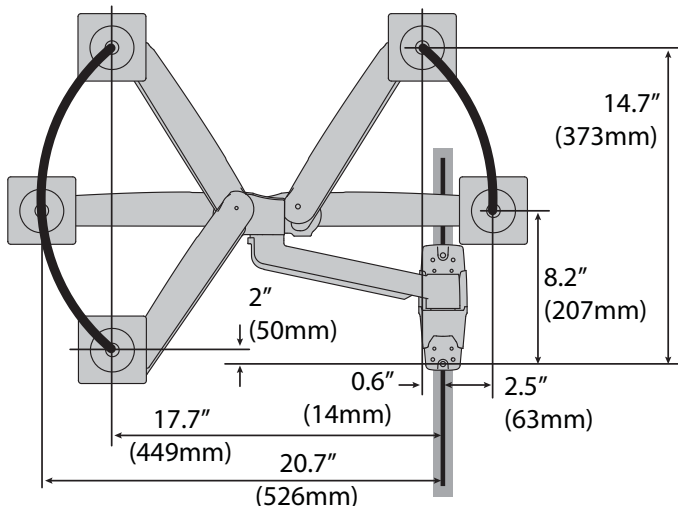


Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.

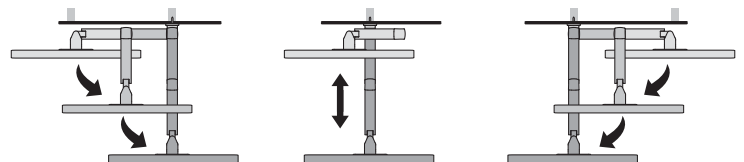


## Determine mounting location:

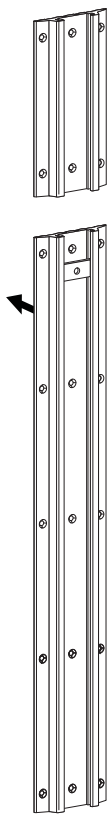
Front view with arm pushed back against the wall.



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.**

**Wood**  
**Madera**  
**Bois**  
**Solide Holzbalkenträger**  
**Massief Houten Pilaren**  
**Due montanti in legno massiccio**  
 木  
 木质  
 나무

**Studs ≥ 25 gauge steel**  
**Pernos de acero de calibre ≥ 25**  
**Goujons ≥ calibre 25 en acier**  
**Bolzen ≥ Blechlehre Nr. 25**  
**Verbindingsbouten ≥ 25 gauge staal**  
**Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)**  
**Reglar ≥ 25-gauge stål**  
 25ゲージのスチールよりも強力なスタッド  
 板墙筋为不小于 25 标号的钢材

**2"**  
 (51mm)

**4"**  
 (102mm)

**6**

## Hollow Wall

**Pared**  
**Mur**  
**Wand**  
**Muur**  
**Parete**  
 壁  
 墙壁

**≥ 5/8"**

**Sheetrock**  
**Sheetrock**  
**Plaque de plâtre**  
**Rigipsplatte**  
**Sheetrock**  
**Cartongesso**  
**Gipsskiva**  
 シートロック  
 石膏板

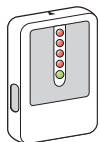
**7**



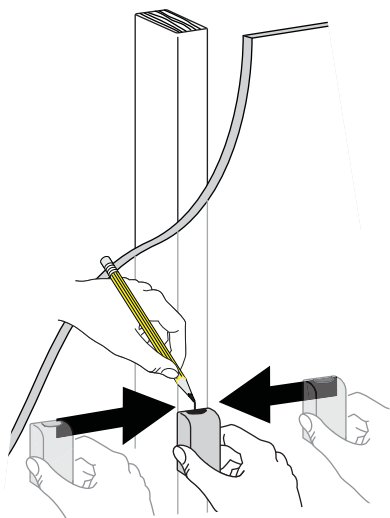
Requires minimum material thickness of 5/8" (16 mm).  
 Requiere un grosor mínimo de 16 mm.  
 Epaisseur minimum de 16 mm.  
 Requer uma espessura mínima de 5/8" (16 mm).  
 Mit einer Materialdicke von mindestens 16 mm.  
 Vereist een minimale materiaaldikte van 1.6 cm.  
 Richiede uno spessore del materiale non inferiore a 16 mm.  
 厚さが最低 5/8" (16 mm) の資材が必要。  
 需要最低材料厚度为 5/8" (16 mm).

Wood	Studs ≥ 25 gauge steel
Madera	Pernos de acero de calibre ≥ 25
Bois	Goujons ≥ calibre 25 en acier
Solide Holzbalkenträger	Bolzen ≥ Blechlehre Nr. 25
Massief Houten Pilaren	Verbindingsbouten ≥ 25 gauge staal
Due montanti in legno massiccio	Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)
木	Reglar ≥ 25-gauge stål
木质	25ゲージのスチールよりも強力なスタッド
나무	板墙筋为不小于 25 标号的钢材

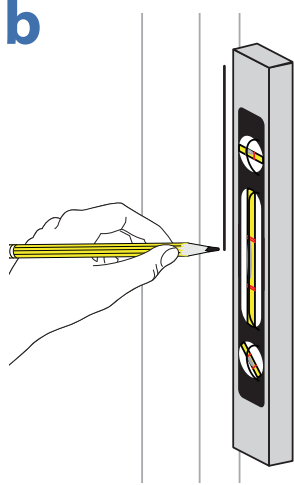
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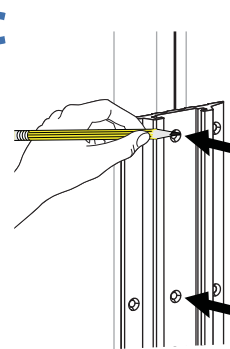
Stud Finder



b



c

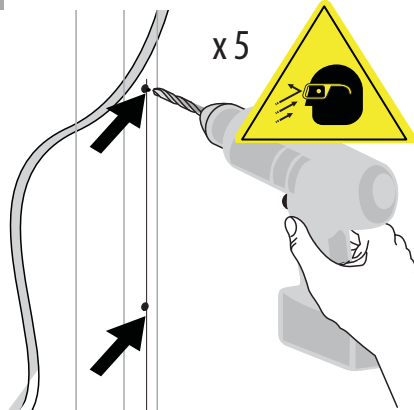


d

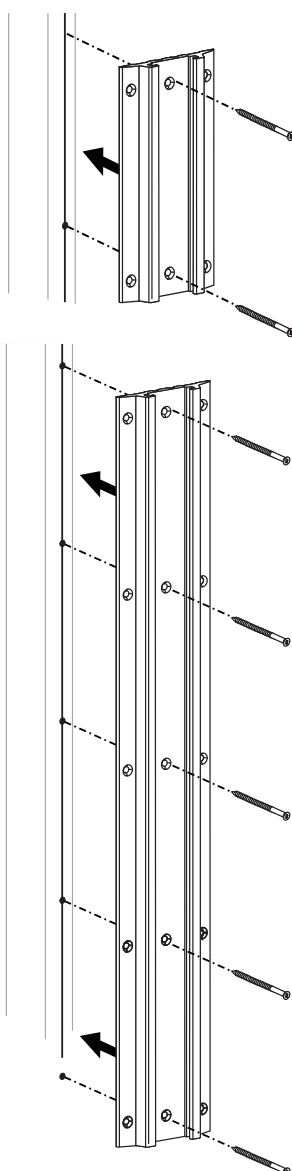
Ø 3/16" (5 mm)



x5



e

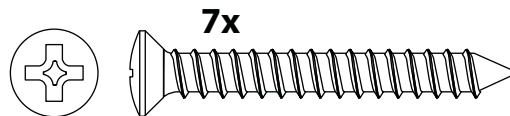


f

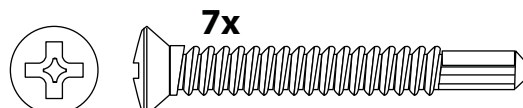
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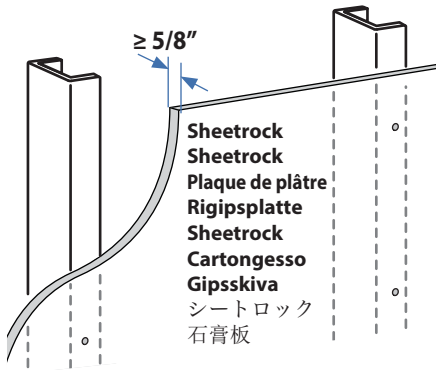
### Wood Stud Mounting



Studs ≥ 25 gauge steel  
 Pernos de acero de calibre ≥ 25  
 Goujons ≥ calibre 25 en acier  
 Bolzen ≥ Blechlehre Nr. 25  
 Verbindingsbouten ≥ 25 gauge staal  
 Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)  
 Reglar ≥ 25-gauge stål  
 25ゲージのスチールよりも強力なスタッド  
 板墙筋为不小于 25 标号的钢材



Hollow Wall  
 Pared  
 Mur  
 Wand  
 Muur  
 Parete  
 壁  
 墙壁

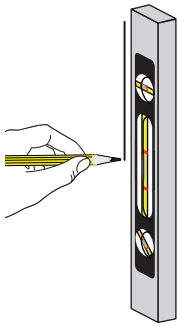


Sheetrock  
 Sheetrock  
 Plaque de plâtre  
 Rigipsplatte  
 Sheetrock  
 Cartongesso  
 Gipskiva  
 シートロック  
 石膏板

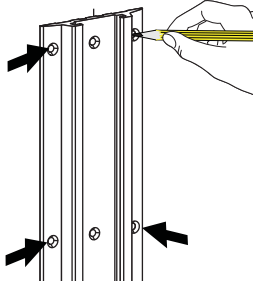


Requires minimum material thickness of 5/8" (16 mm).  
 Requiere un grosor mínimo de 16 mm.  
 Epaisseur minimum de 16 mm.  
 Requer uma espessura mínima de 5/8" (16 mm).  
 Mit einer Materialdicke von mindestens 16 mm.  
 Vereist een minimale materiaaldikte van 1.6 cm.  
 Richiede uno spessore del materiale non inferiore a 16 mm.  
 厚さが最低 5/8" (16 mm) の資材が必要。  
 需要最低材料厚度为 5/8" (16 mm).

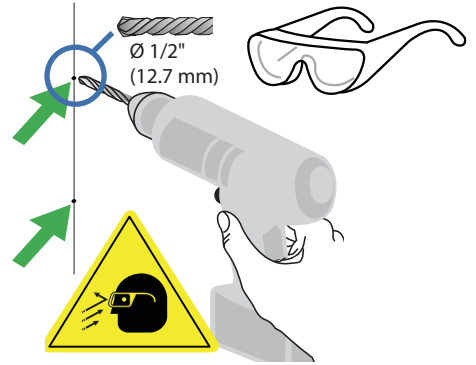
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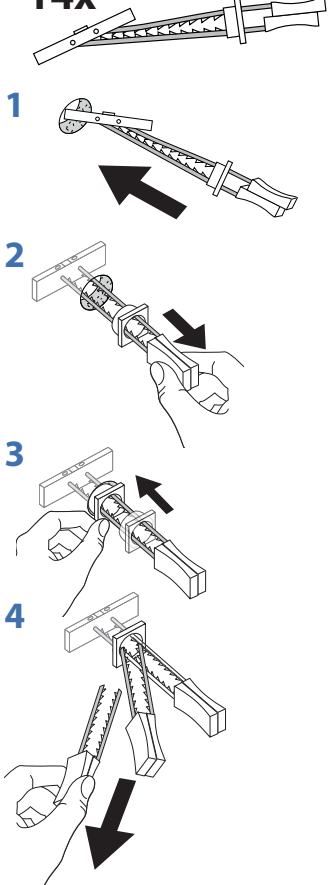
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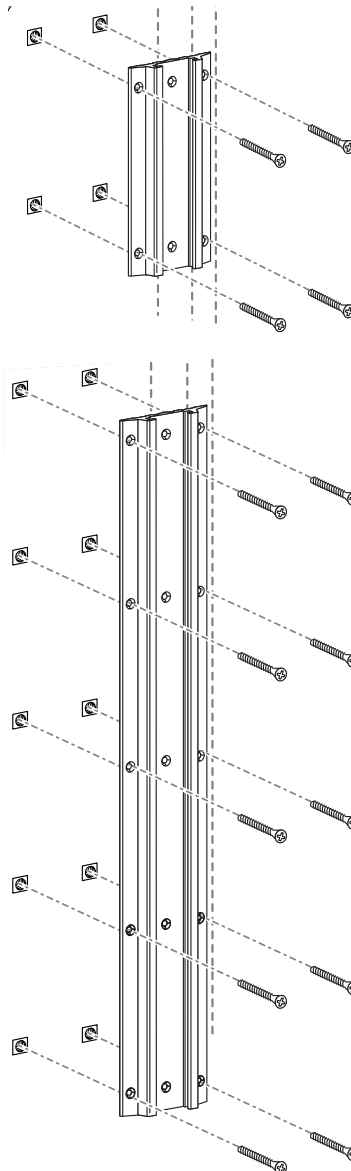
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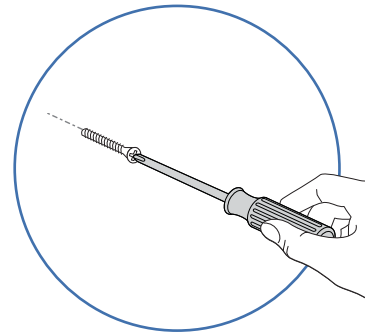
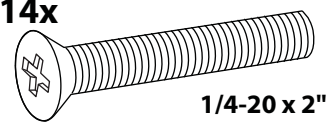
d 14x



e



14x



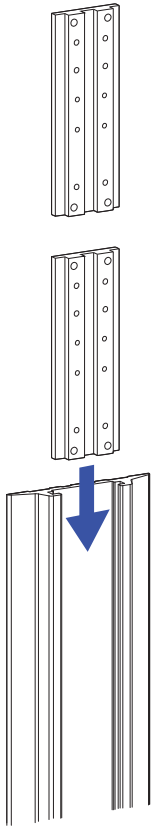
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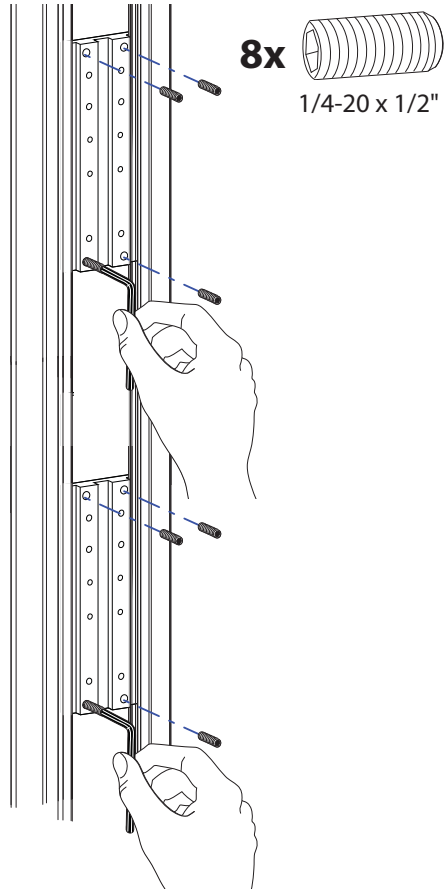
ENGLISH

# 3

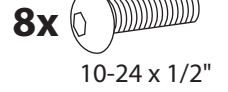
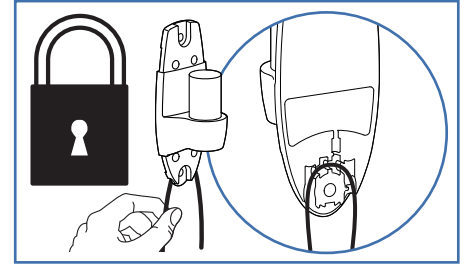
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b



c

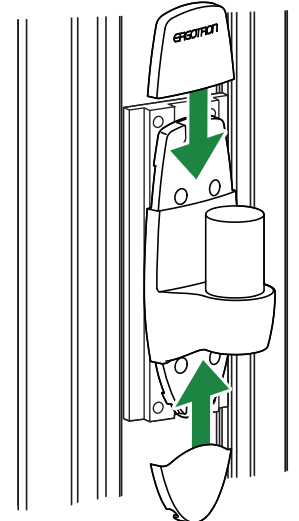
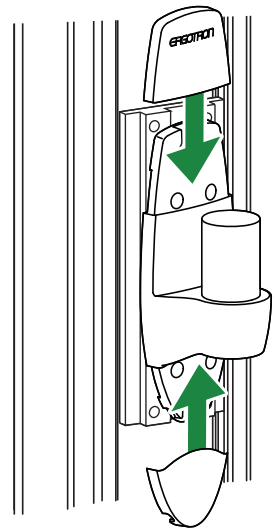


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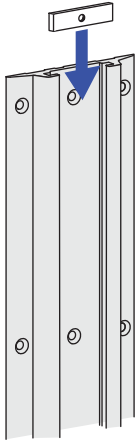
**NOTE:** Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.

d

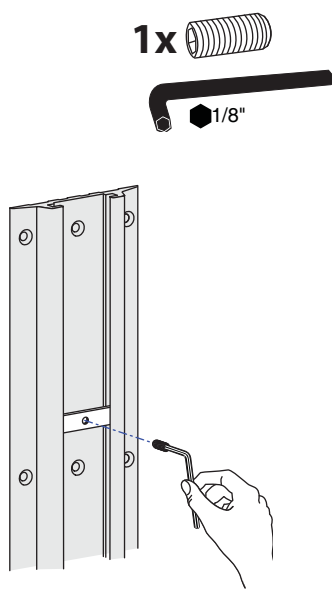




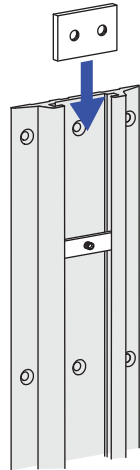
4 a



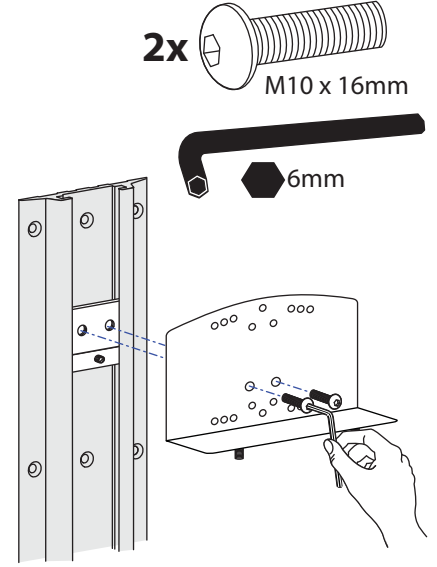
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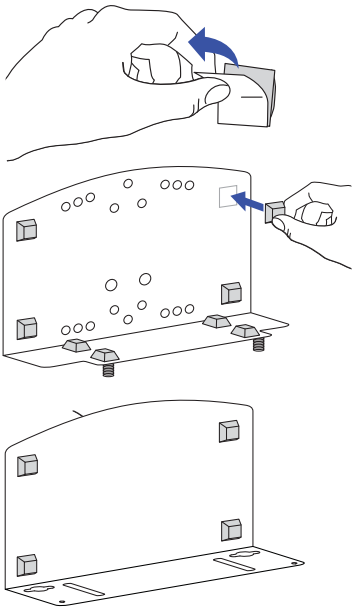


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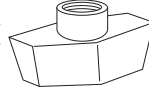


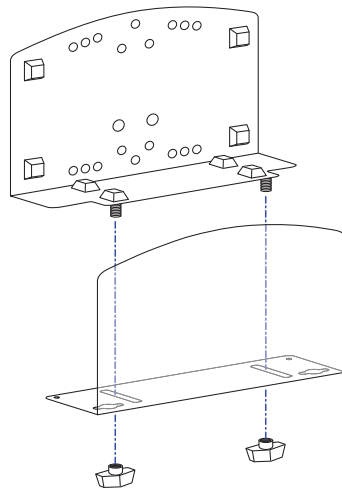
e

12x 

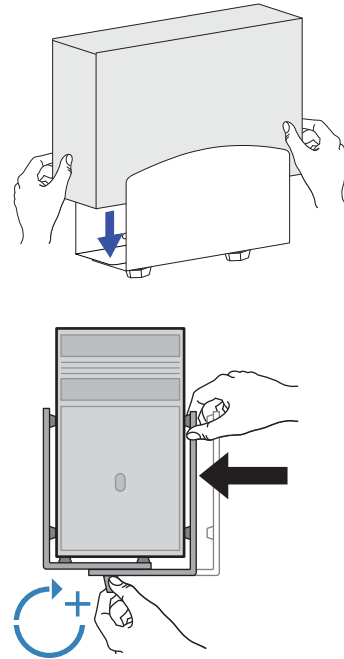


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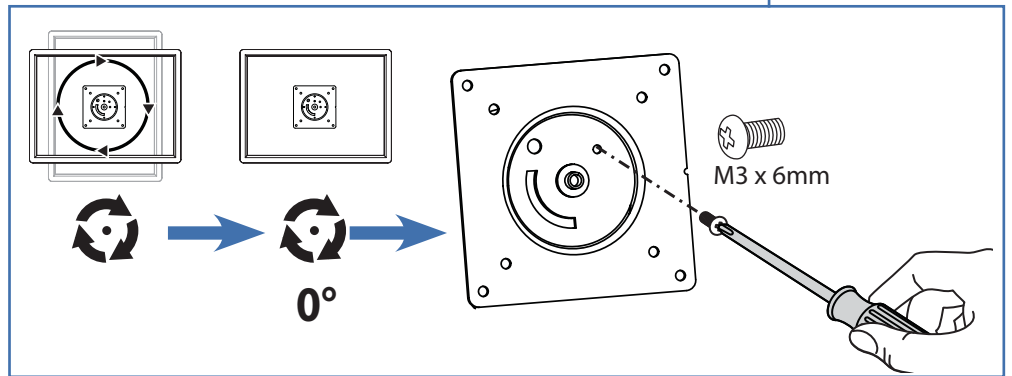
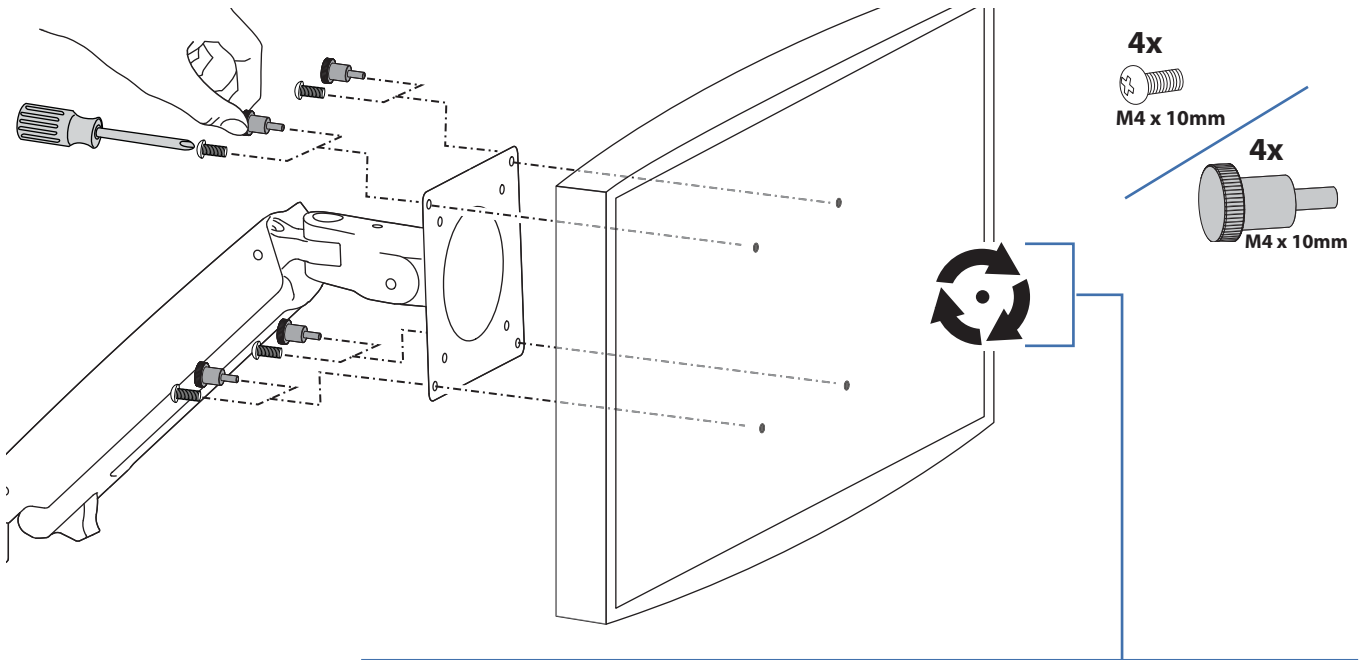
2x 



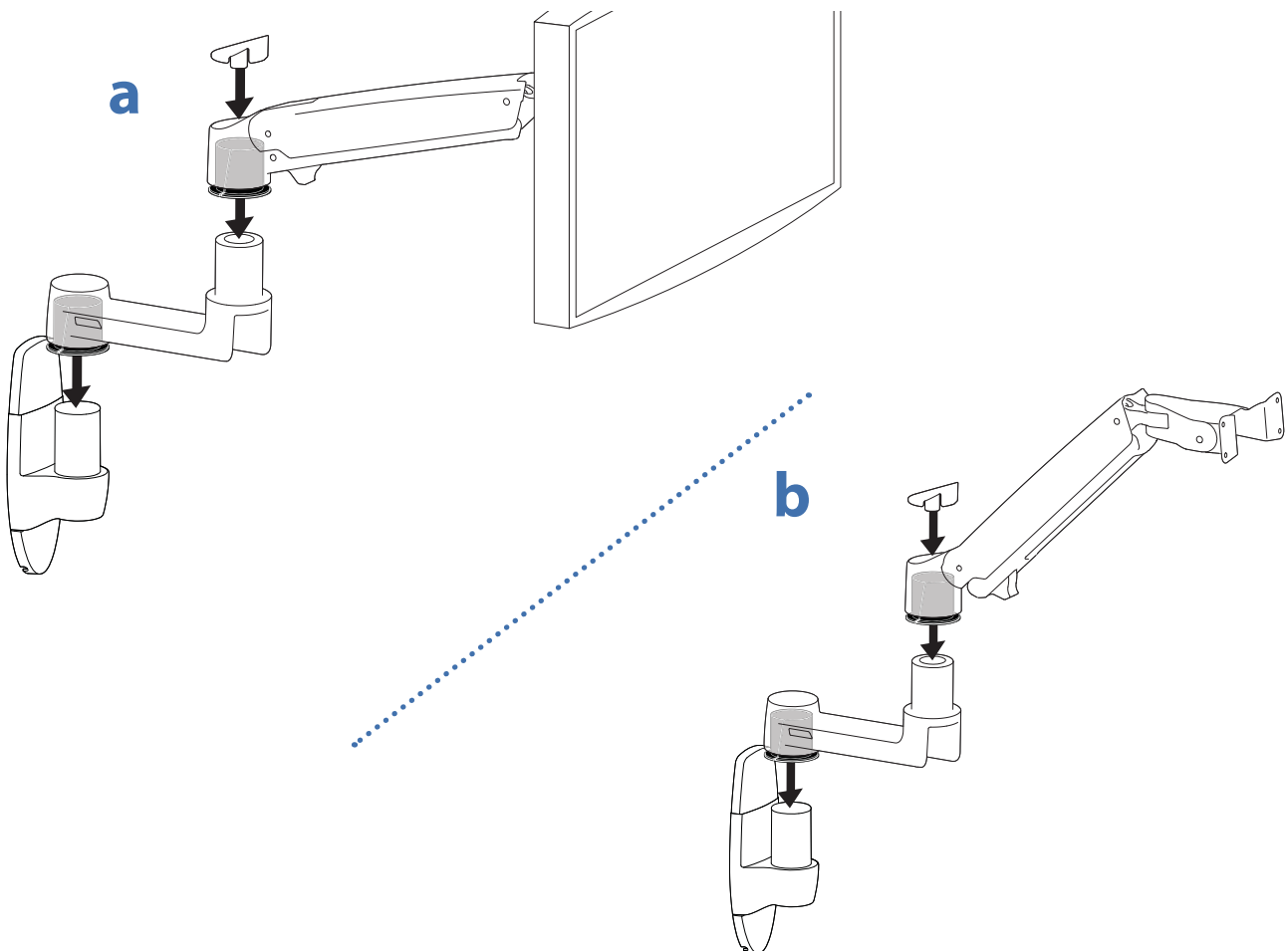
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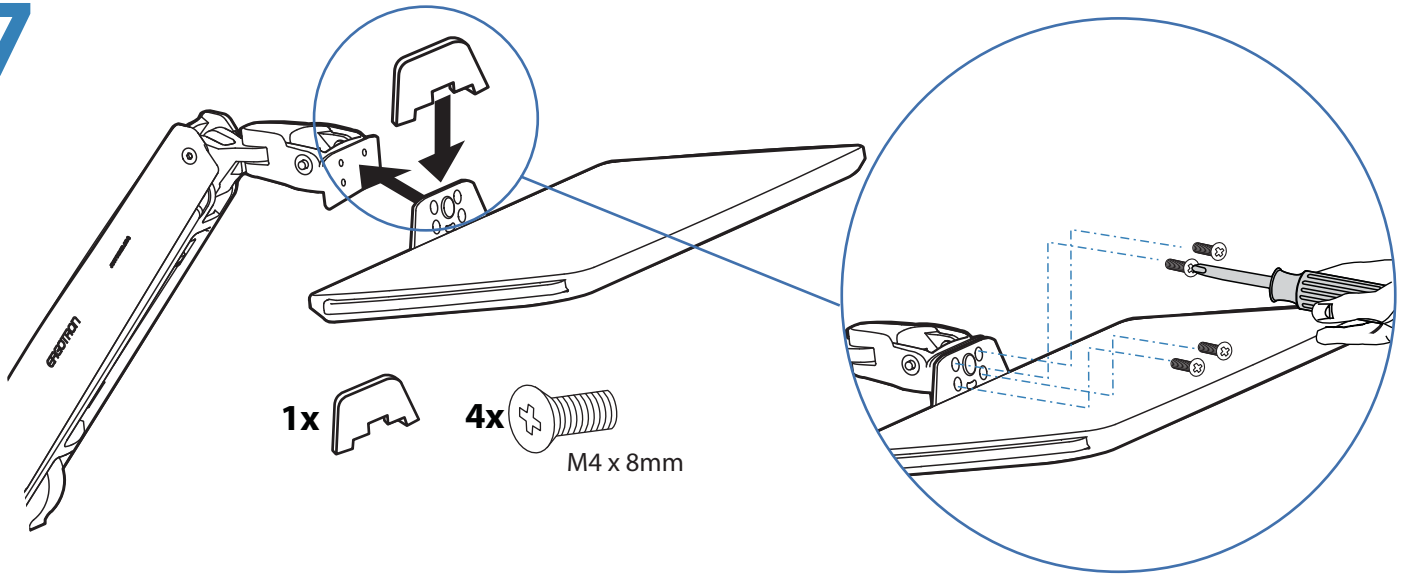
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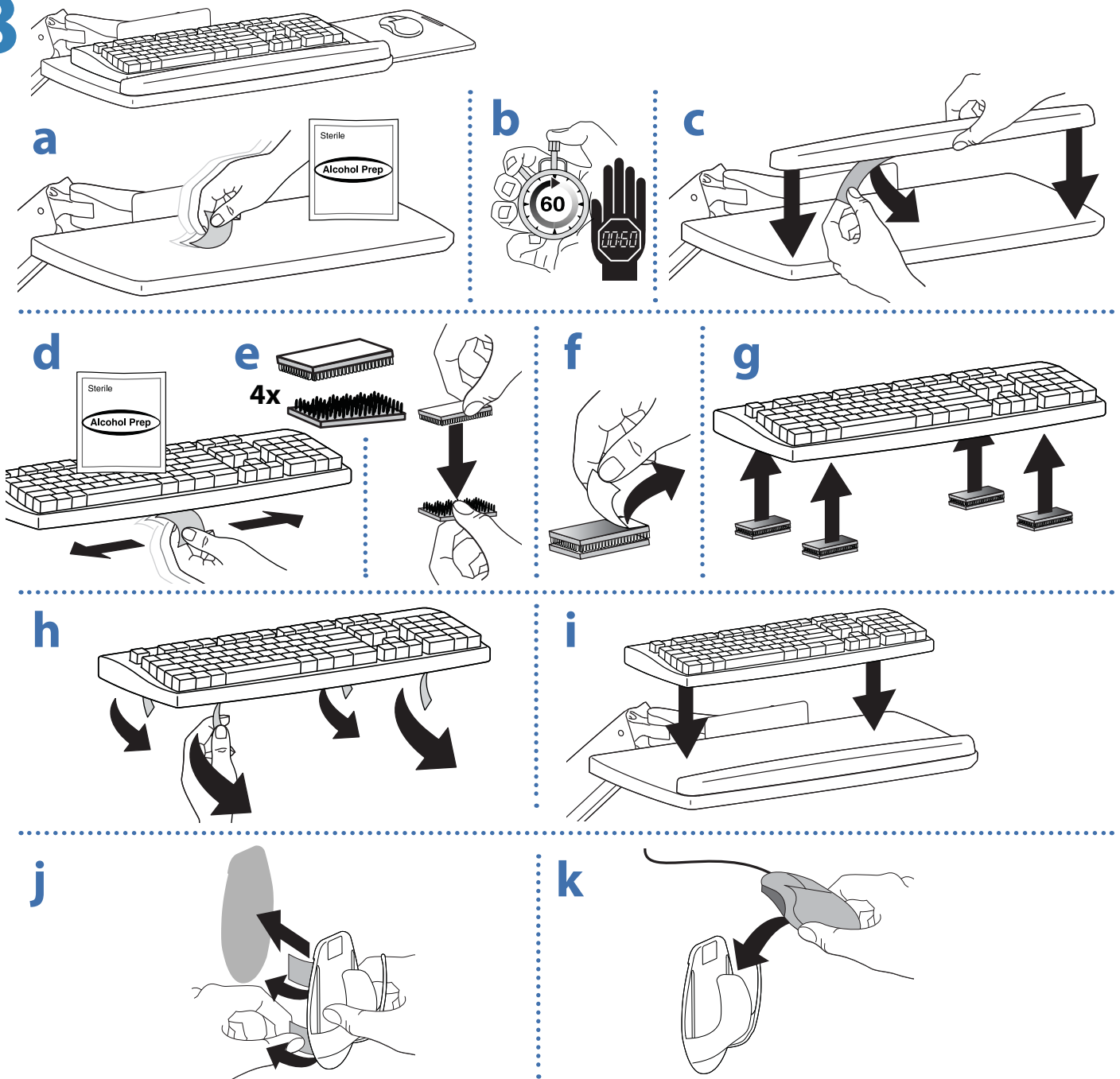
6



# 7



# 8



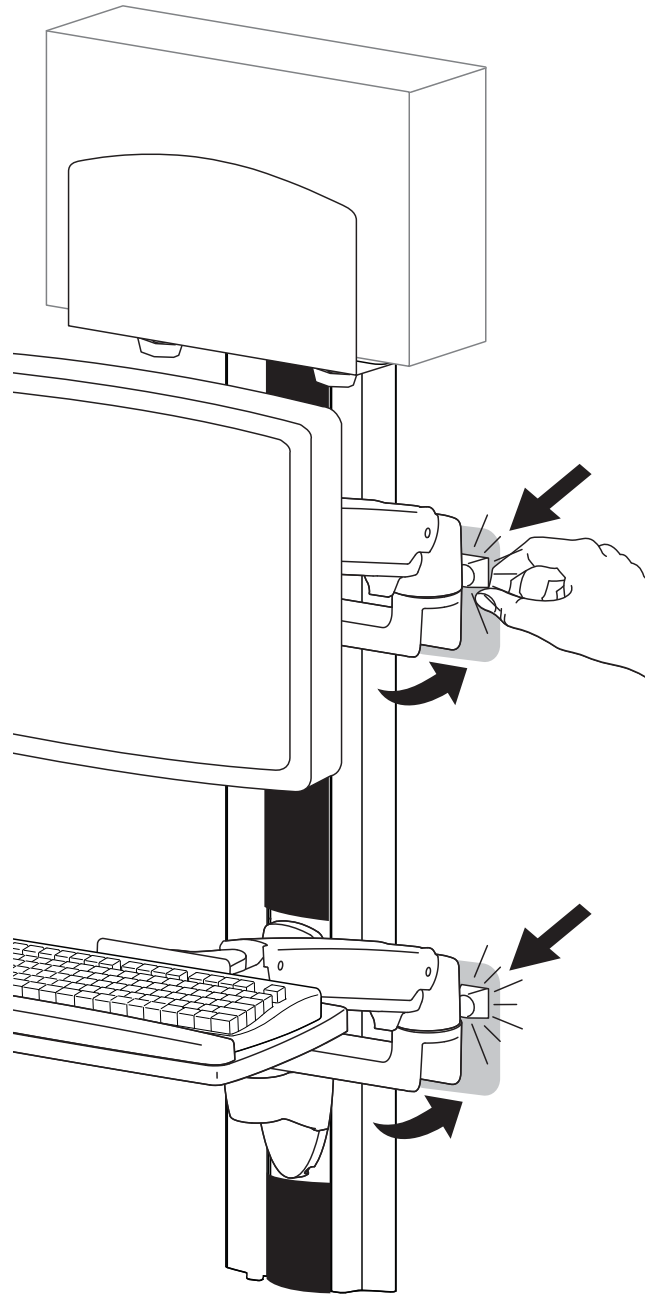
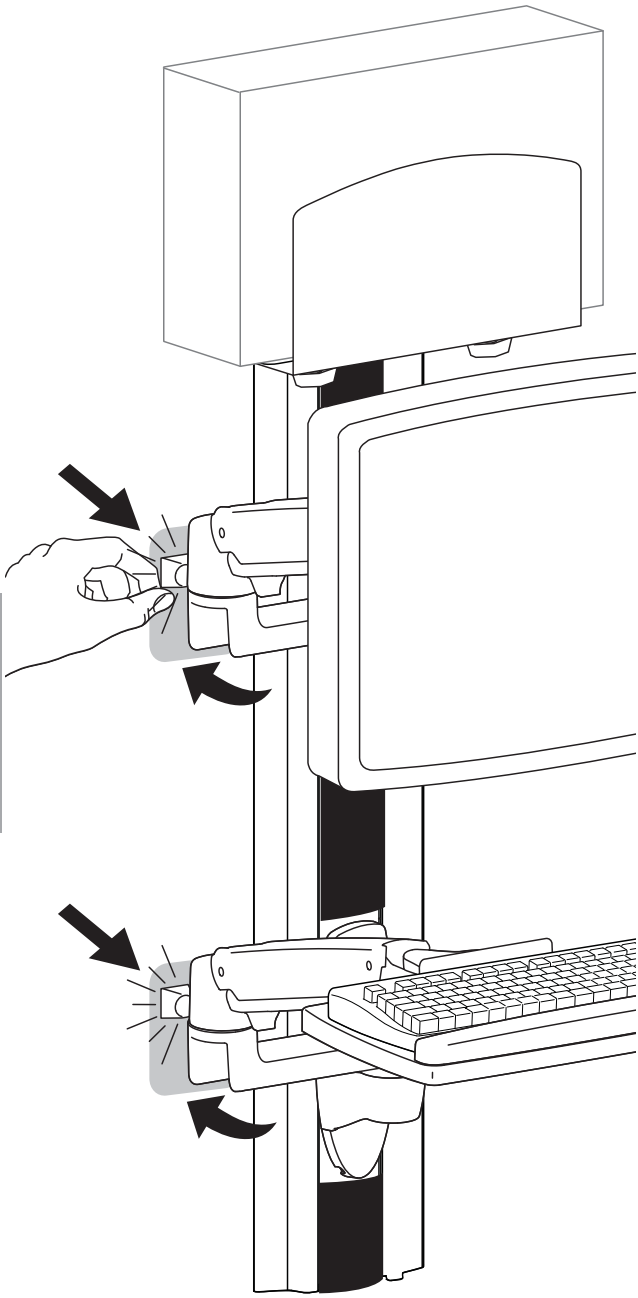
ENGLISH

9

4x



ENGLISH



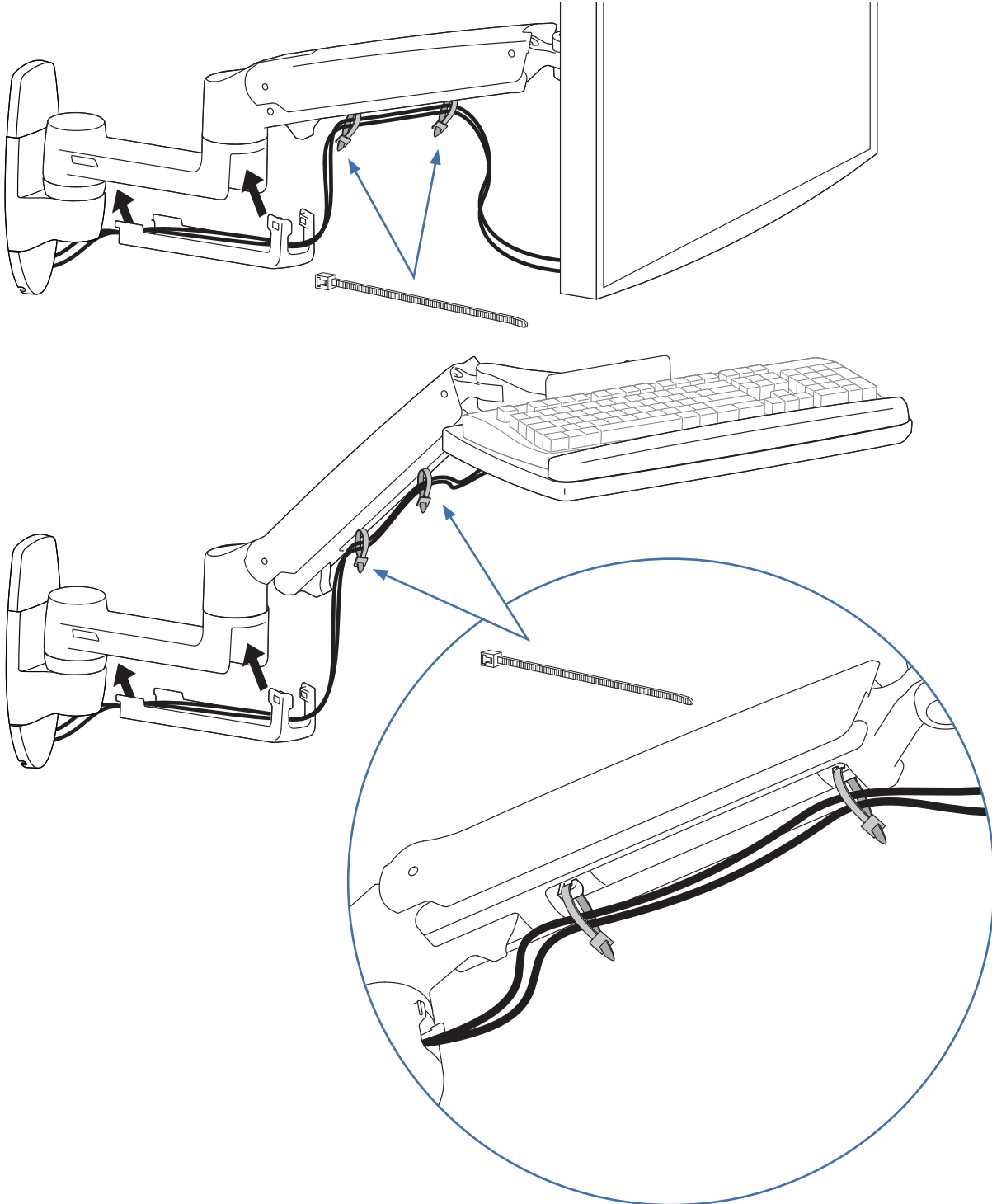
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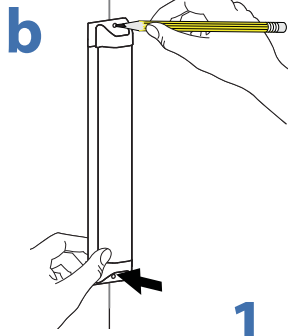
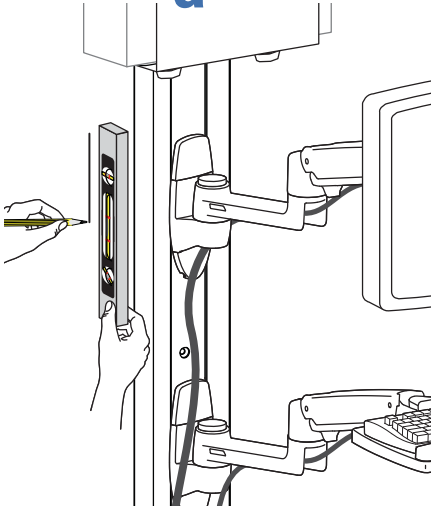
**NOTE:** Leave enough slack in cable to allow full range of motion.



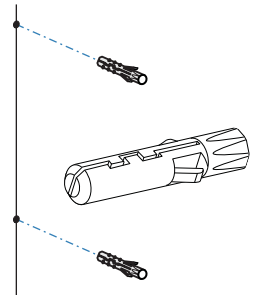
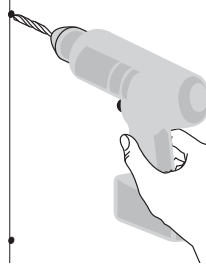
**Caution:** To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



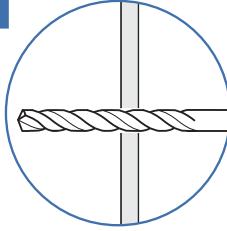
# 11 a



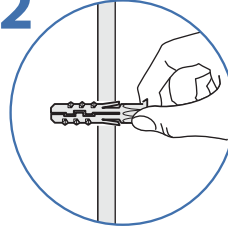
Ø 7/32" (5.6 mm)



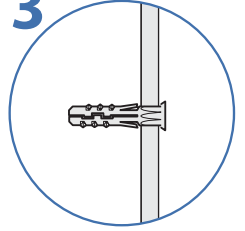
1



2

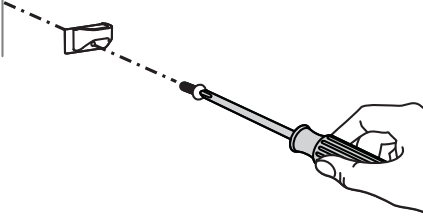


3



b

M4.2 x 25mm



c

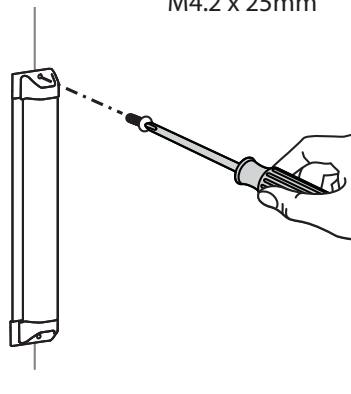


d

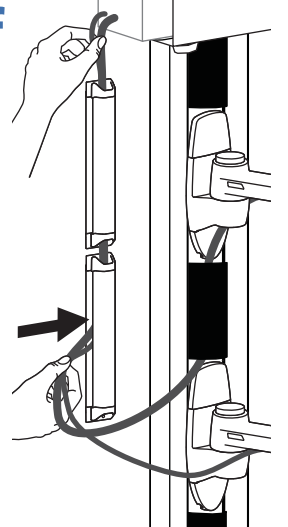


e

M4.2 x 25mm

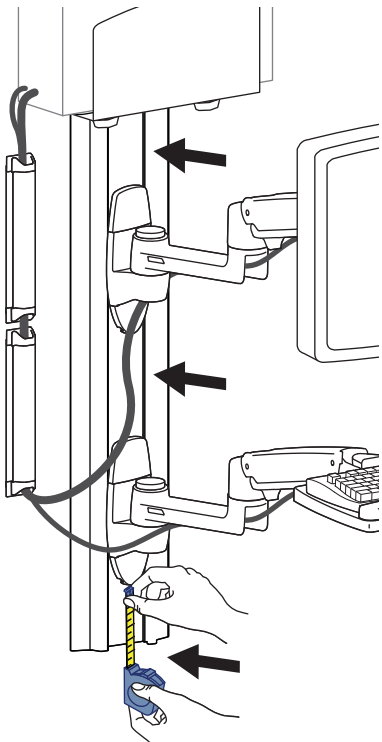


f

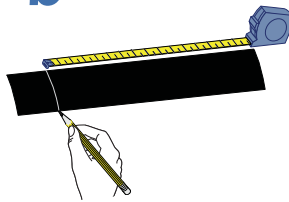


ENGLISH

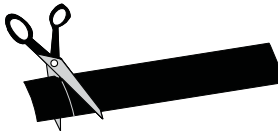
# 12 a



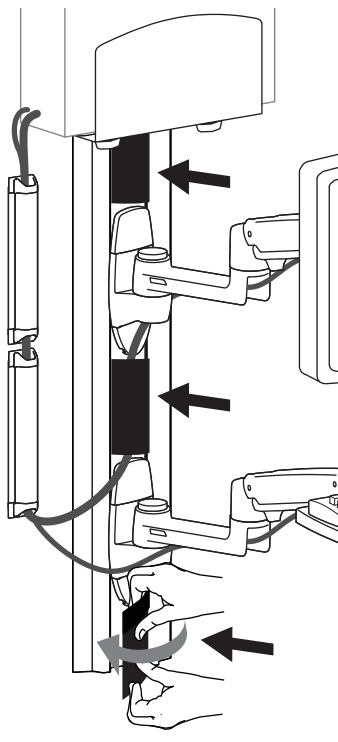
b



c



d



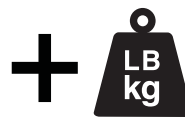
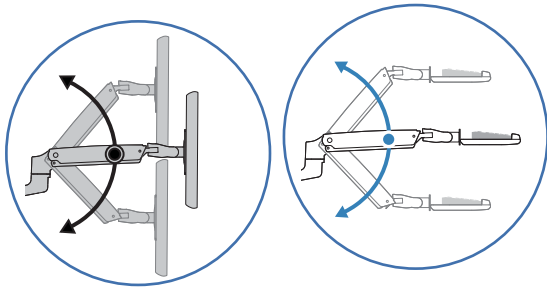
e



# 13 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.

## a Lift - Up and down



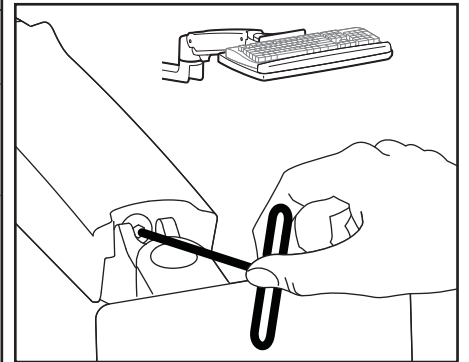
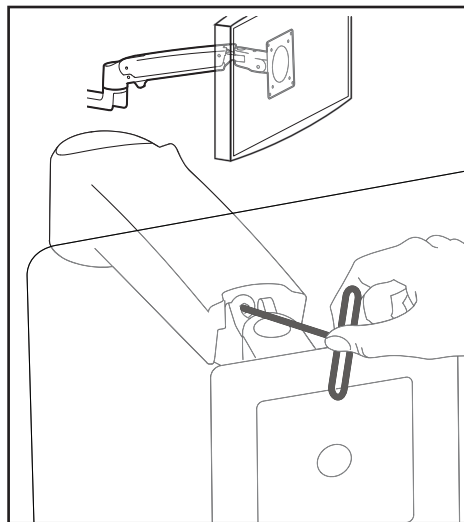
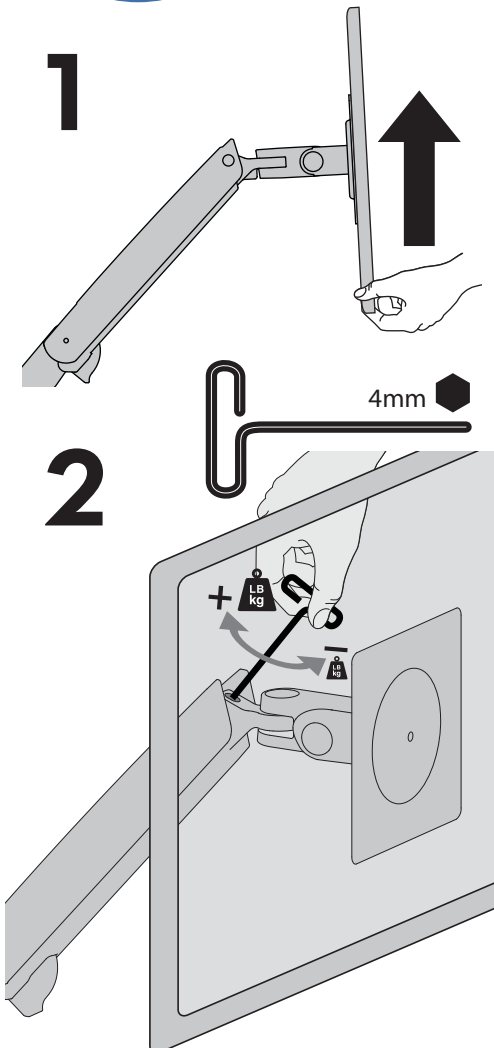
### Increase Lift Strength

If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

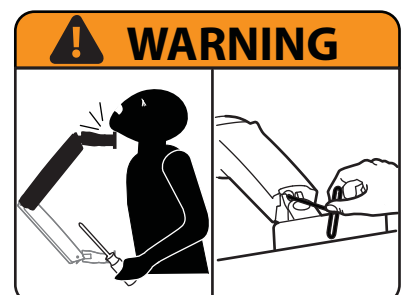


### Decrease Lift Strength

If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

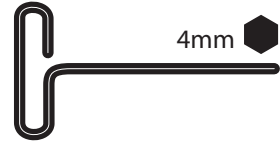
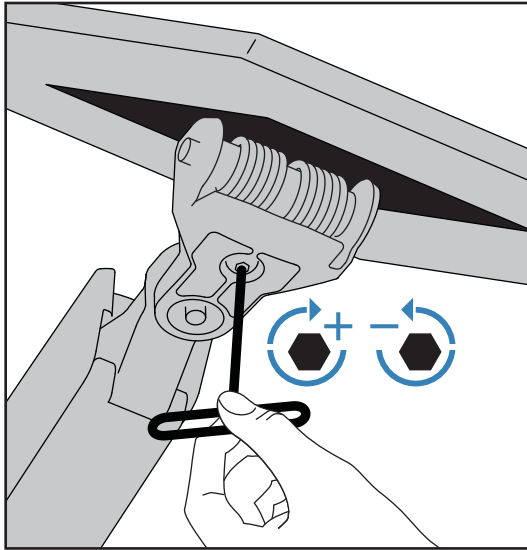
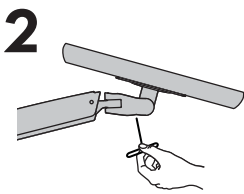
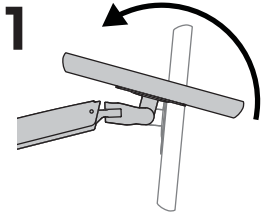
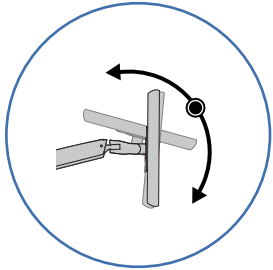


**CAUTION: DO NOT** overtighten fasteners. Overtightening may cause damage to your equipment.



**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!

**b** Tilt – Forward and Backward



**+** **LB kg** Increase Friction  
If this product moves too easily, then you'll need to increase friction:

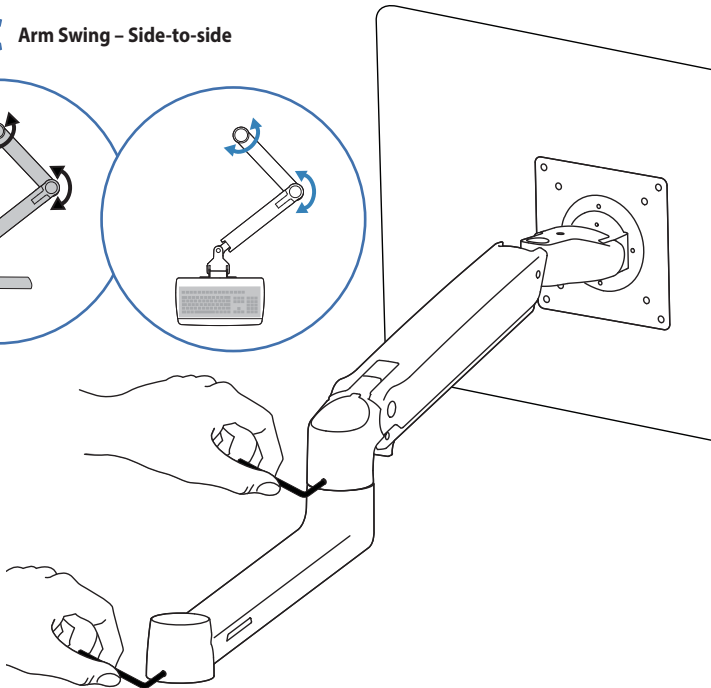
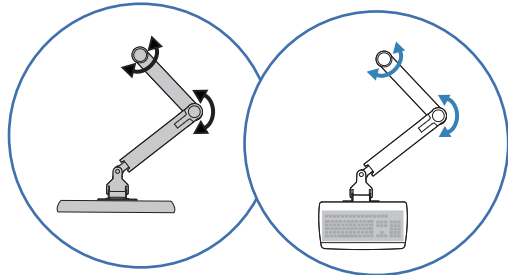
**-** **LB kg** Decrease Friction  
If this product is too difficult to move, then you'll need to decrease friction:



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

ENGLISH

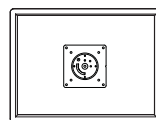
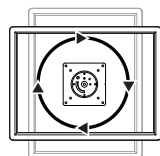
**c** Arm Swing – Side-to-side



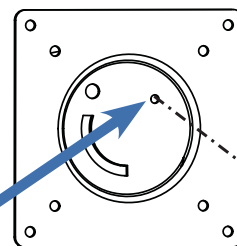
**+** **LB kg** Increase Friction  
If this product moves too easily, then you'll need to increase friction:

**-** **LB kg** Decrease Friction  
If this product is too difficult to move, then you'll need to decrease friction:

**d** Rotate – Portrait/Landscape



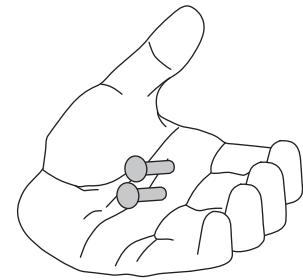
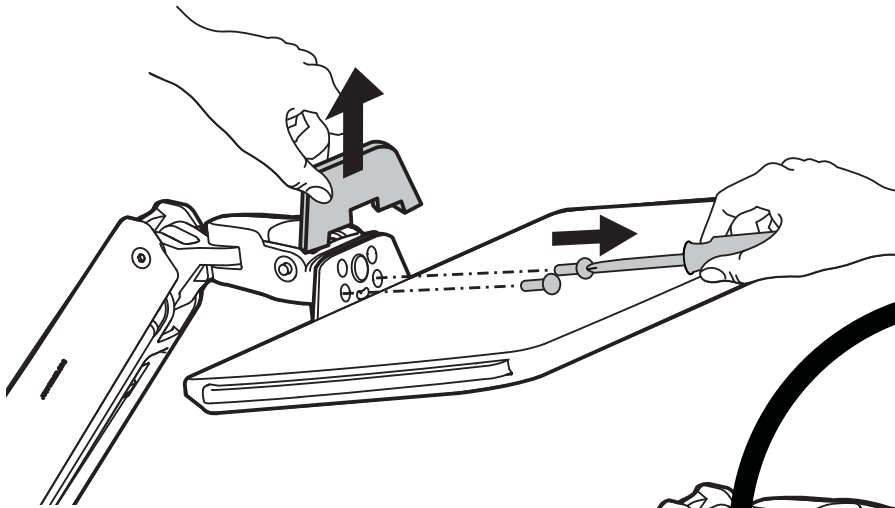
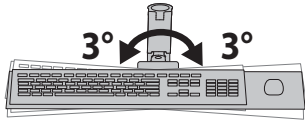
0°



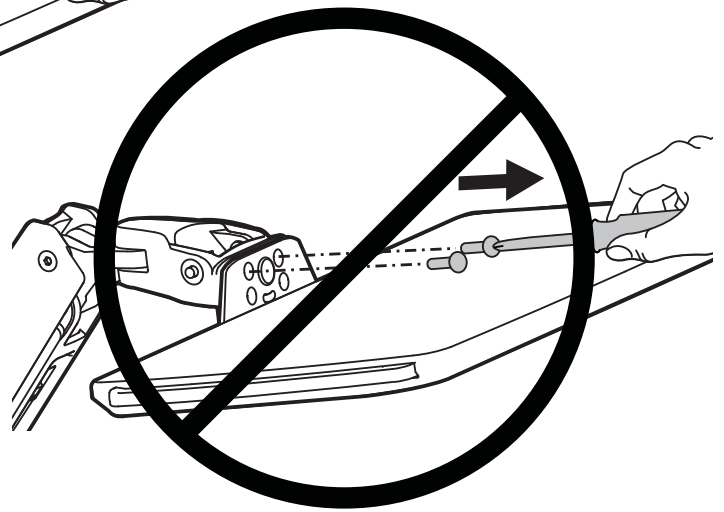
M3 x 6mm

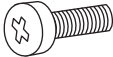


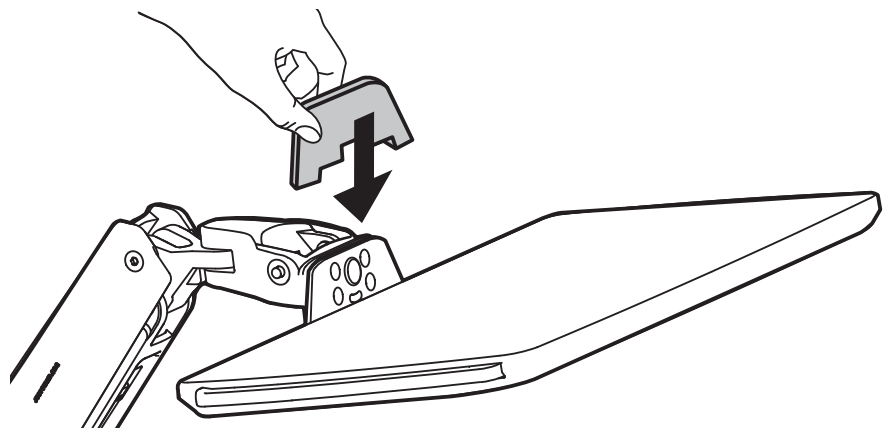
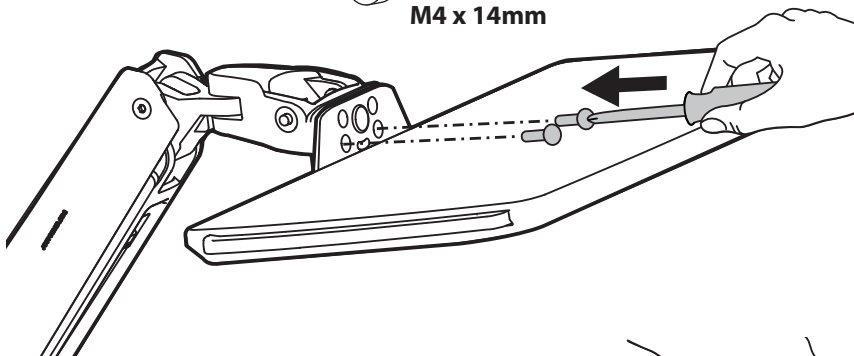
# How to remove this tilting feature:



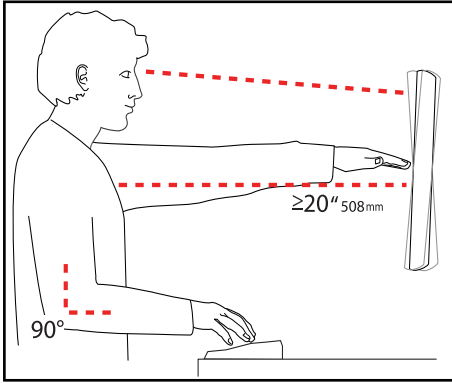
Save these screws incase you want to add this feature later.



2x  M4 x 14mm



**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.

ENGLISH

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