

Monitor Arm Adjustment Instructions

Once your Monitor Arms are installed and your monitors are attached, it's time to adjust the tension, tilt, and swing of your Monitor Arms for maximum comfort. Here's a step-by-step guide for each adjustment.

Adjusting Arm Tension

(Dual-Monitor Arm, Single Monitor Arm, Monitor Arm + Laptop Stand)

If your monitor is too heavy (arm won't stay up) or too light (arm won't stay down), you need to adjust the spring arm tension to hold them at the right height.



- 1** Raise the spring arm as straight up as possible so that you can access the opening at the top end of the arm.



- 2** Insert the long M6 Allen Wrench that came with your Monitor Arm into the opening to adjust the tension bolt.



If your monitors are popping up too high, you want to loosen the tension by turning the wrench counter-clockwise toward the “-” symbol.

If your monitors are dropping down too low, you want to tighten the tension by turning clockwise toward the “+” symbol.



- 3** You want the tension at the point where it will hold your monitor at the height you prefer, allowing for minor adjustments if needed.



Adjusting the Monitor Swing

(All Models)

To angle your monitors to the left or right, you'll need to adjust the swing to allow you to put them into the position you like best and keep them there.

1 Find the small hex bolt on the monitor mounting bracket.

2 Using the small M3 Allen Wrench that came with your Monitor Arm, turn the wrench counter-clockwise to loosen the swing tension.



3 When the tension is loose enough to allow you to move the monitors, swing them left or right to position them where you want them.



4 Turn the Allen Wrench clockwise to tighten the swing tension and keep the monitors in place.



Adjusting the Arm Swing

(Dual-Monitor Arm 180 Degree)

The arms of the Dual-Monitor Arm 180 Degree only adjust laterally using a tool included with your product.

- 1** Find the small hex bolt on the swivel arm bracket.
- 2** Use the small M3 Allen Wrench and turn counter-clockwise to loosen the swing tension in the arms.
- 3** Move the arms backward or forward into the preferred position.



- 4** Use the Allen Wrench and turn in a clockwise direction to tighten the tension and keep the arms in place.

Repeat the above steps with the other arm if it also needs adjustments.



Adjusting the Tilt and Rotation

(All Models)

Tilting your monitor screen forward or back or rotating it to change the orientation may require an extra tool.

- 1** Using the M3 Allen Wrench, turn the hex bolt shown here counter-clockwise. Be sure to only loosen it enough to allow you to manually reposition the monitor.



- 2** Arrange the screen into the desired position by tilting or rotating it.

To tilt, grasp both the top and bottom edge of your monitor and push forward or backward. You may need to push firmly on the monitor to get it to tilt.

To rotate, grasp the monitor on opposite sides and rotate the screen clockwise/counter-clockwise for the orientation you prefer.



- 3** Using the M3 Allen Wrench, turn clockwise to re-tighten the hex bolt from Step 1 to keep your monitors in position.

(Note: you will need to hold the backing bolt still as you tighten the hex bolt, so you may need pliers or any tool that will help you grasp the backing bolt.)



Getting Your Monitors Even

(Dual-Monitor Arm, Single Monitor Arm, Monitor Arm + Laptop Stand)

To get your monitors straight and even with each other, you'll need to manually adjust the arms.

- 1** Stand behind the desk and grasp the lower section of the lower arm and pull it back toward you. Then pull the lower section of the upper arm back toward you as well.



- 2** Now you have room to swing the upper sections of the arms forward into a position that brings the monitors closer together.



- 3** See the instructions above for further adjustment of the swing, tilt, or tension.