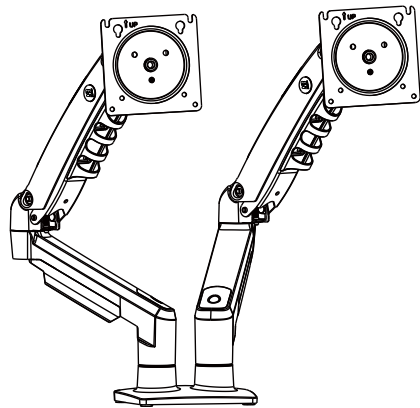




Ergonomic desktop display mount
installation instructions
人体工学桌面型显示器支架安装说明



F160
Fits Most Monitors Size:17"~32"
Load Capacity:4.4~19.8 lbs (2~9 kg)
VESA:75×75,100×100mm



Do not begin the installation until you have read and understood entire instructions and safety information. Severe personal injury and property damage can result from improper installation or assembly.

- If you do not understand the instructions or have any concerns or questions, please contact a qualified local installer.
- Do not install or assemble if the product or hardware is damaged or missing, if you require replacement parts, please contact you local distributor for assistance.
- This product fits most 17"-32" Monitor. Max load can not exceed 9kg/19.8lbs.
- For safe installation, the desk you are mounting it to must be sturdy and stable enough supporting minimum 3 times the weight of the total load (the mount, the monitor/Laptop and all accessories weight).
- Do not use this product for other than the original designed.
- This product contain moving parts and small parts, please use with caution.
- When installing monitor or laptop, please do not damage electrical wiring or power source.Installation and routing of monitor cables on the monitor bracket must be secured against twisting and squeezing.
- The manufacturer disclaims any liability for the modifications, improper installation, installation over the specified weight range or inappropriate use . The manufacturer will not be liable for any damages arising out of the use of, or inability to use, the product.
- This product is designed for indoor used only, use of this product outdoor could lead to product failure and severe personal injury.
- This product contains a high pressure gas spring, fire and percussion prohibited. Also it is strictly prohibited to dismantle without professionals. Please return to the manufacturer or hand over to professional agencies if the product is scrapped. In order to ensure the performance of gas spring, full direction adjustment of the product arm is recommended several times per month.

We reserve the right to modify or alter instructions. No modification or alteration without formal notice.

请确保在开始组装产品前已完整阅读完说明书及安全须知,错误的安装可能会导致人身伤害和财产损失。

- 如您无法理解说明书或存在任何疑虑或问题,请寻求当地具备安装资质的安装商组装。
- 如产品或螺丝包配件有损坏或缺失,请勿组装,请联系当地经销商寻求帮助。
- 此产品适合多数17"-32"显示器,最大承重:9公斤/19.8磅。
- 为确保安全安装,用于安装产品的桌面要求坚固稳定承受同等于总荷载的3倍重量(支架、显示器、笔记本及所有配件)。
- 请勿将本产品用于原始设计以外的用途。
- 此产品包含可移动部件及小部件,请安全使用。
- 安装显示器或笔记本电脑时,请勿损坏电线或电源,显示器支架上显示器电缆的安装和布线必须牢固,防止扭曲和挤压。
- 制造商在此申明对于自行修改产品、错误安装、超出承重范围或使用不当造成产品损坏将不承担任何法律责任,同时因使用或无法使用该产品而造成的任何损害不承担任何责任。
- 此产品设计为室内使用,在室外使用本产品可能会导致产品故障和人身伤害。
- 本产品内含高压气弹簧,因此在安装、使用过程中严禁火烤和敲击,没有专业人士的情况下严禁私自拆解,若产品报废请回原厂或交于专业机构处理,为保证气弹簧的性能,建议您对本产品的手臂每月进行多次的全行程调节。

我们保留修改或更改指示的权利。未经正式通知不得进行任何修改或更改。

Symbols/符号 执行标准:Q/320583AJHJ 001-2025(企业标准)

	Tightening Direction loosening Direction		Warning
	+ Tightening Direction - loosening Direction		By Hand
	Phillips Screwdriver		Hex Wrench

Installation Manual

安装手册

F160

Clamp Installation(桌边安装)

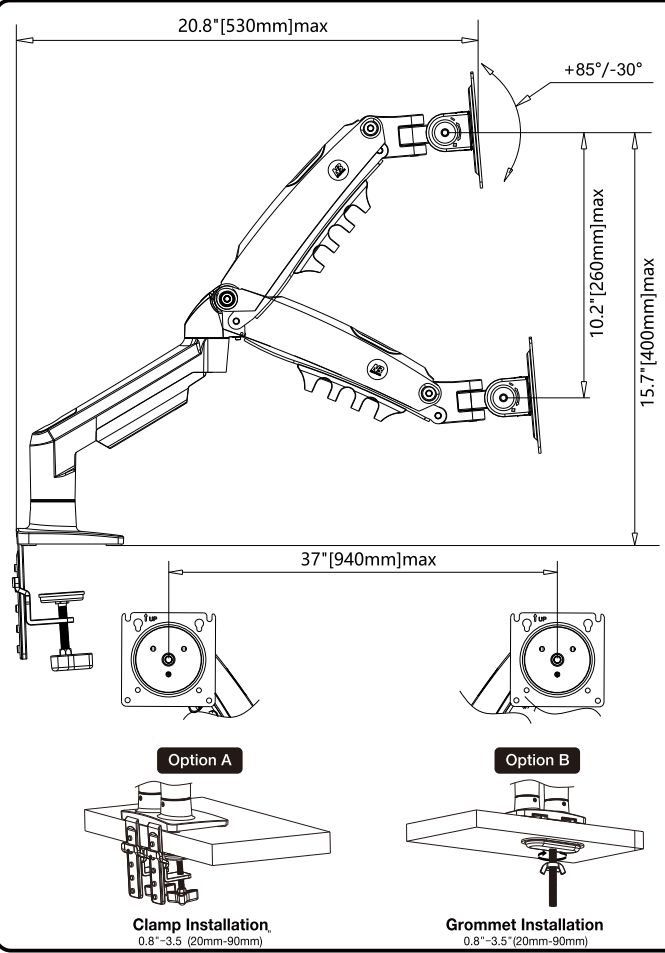
Grommet Installation(桌孔安装)

Part list/清单

1		2x	3		1x
2		2x	4		2x
			5		2x
A		8x M4x12	B		8x M4x30
C		2x M8x16	D		Butterfly nut
					Carriage Bolts
E		3mm	F		5mm
			G		Locking plate
			H		8x H13
					8x H5

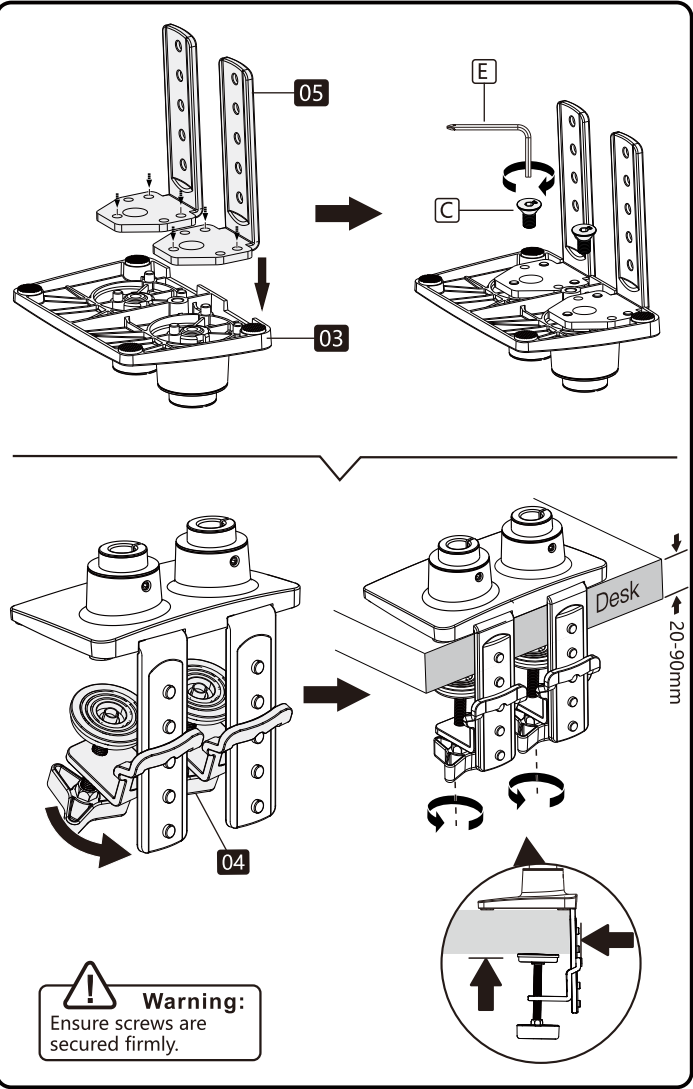
Adjustable Parameters

参数图



A1.Clamp Installation (Option A)

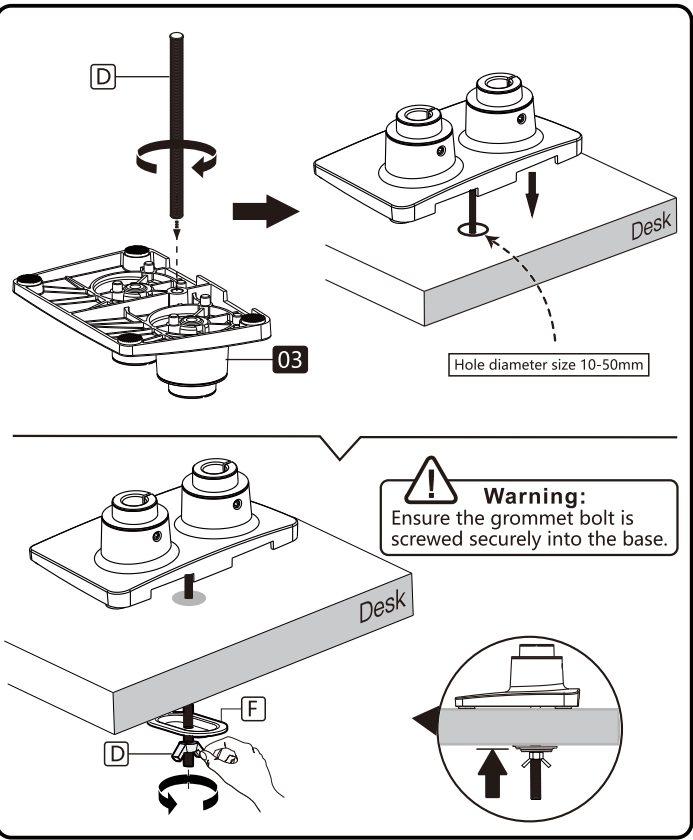
桌边安装(选项A)



Warning:
Ensure screws are secured firmly.

A2.Grommet Installation (Option B)

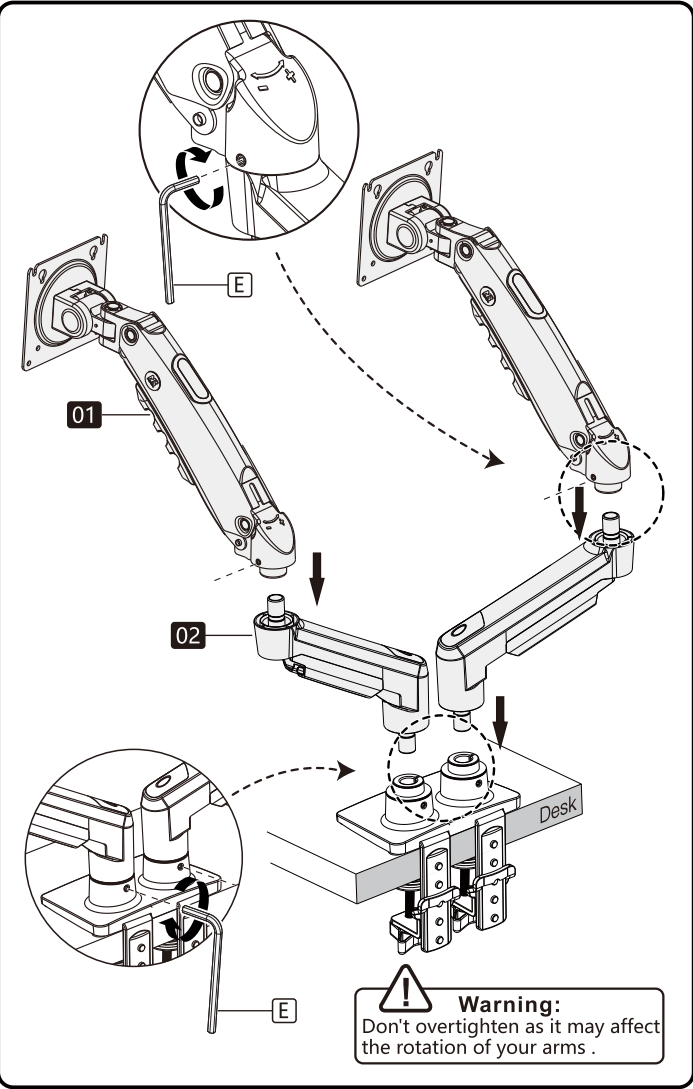
桌孔安装(选项B)



Warning:
Ensure the grommet bolt is screwed securely into the base.

B.Attach the Arm Assembly to the Base

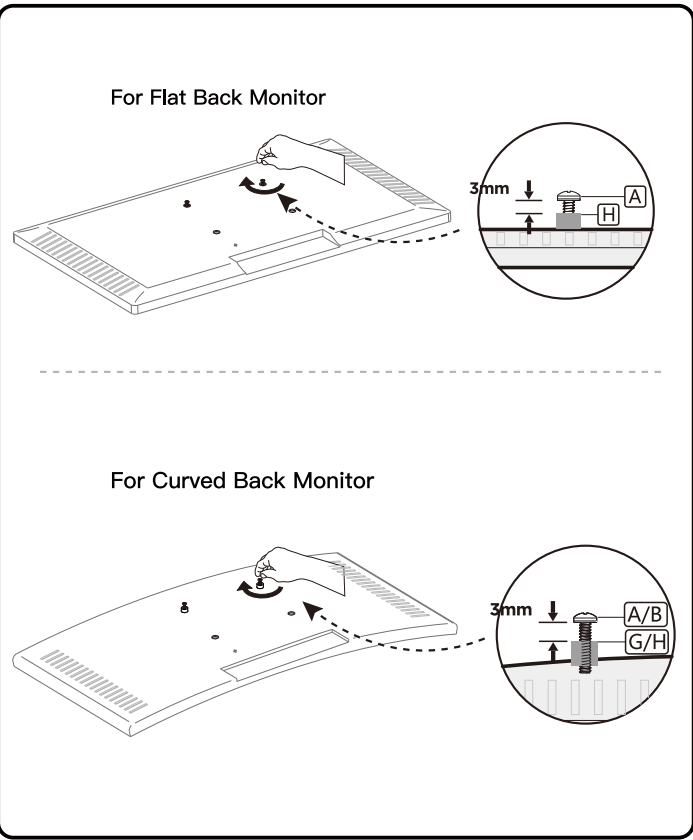
将手臂组件安装到底座上

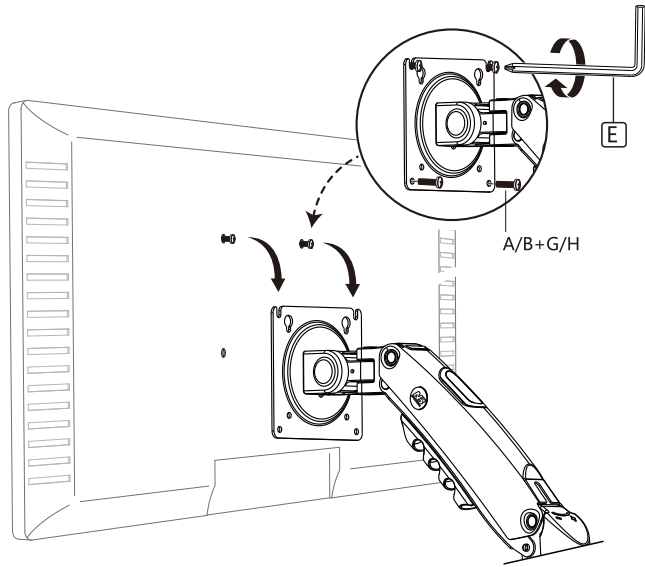


Warning:
Don't overtighten as it may affect the rotation of your arms .

C.Display Installation

显示器安装



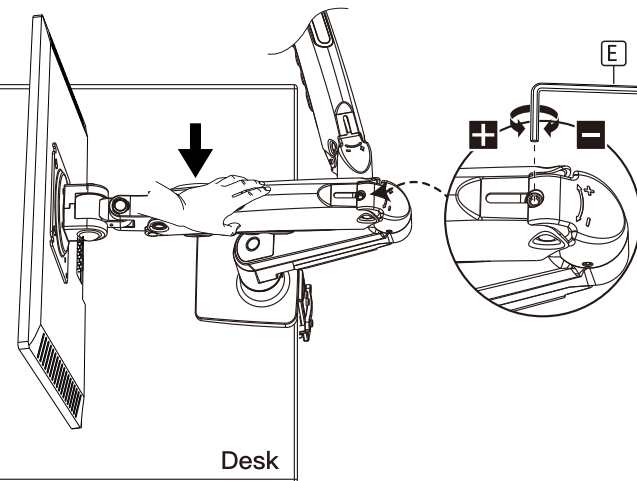


Warning:
After hanging the monitor on the mount, release the monitor slowly so it doesn't sink down too quickly.



D.Adjust Gas Spring Tension 气弹簧力值调节

Warning:
To avoid damage to monitor or mount, always keep the arm in a horizontal position while making adjustments. You may need assistance with this step.



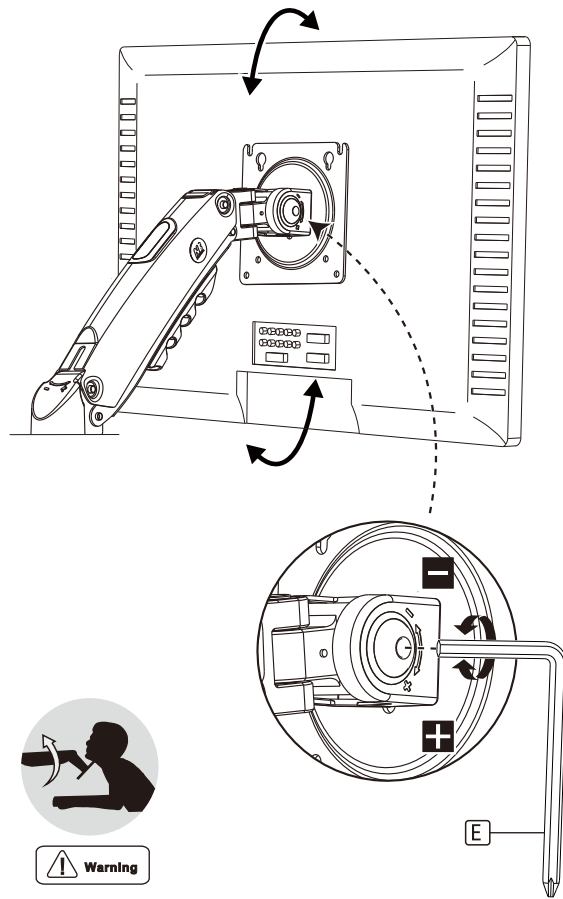
Note: Ensure display weight is within load range

1. If display can be hovered at any height after display installed. No adjustment needed.
2. If display lifts up automatically after installation , adjust as follows: Wind the set screw to "-" direction to reduce torque by using E ,5mm Allen key , until display can be hovered at any desired position.
3. If display goes down automatically after installation , adjust as follows: Wind the set screw to "+" direction to increase torque by using E,5mm Allen key , until display can be hovered at any desired position.

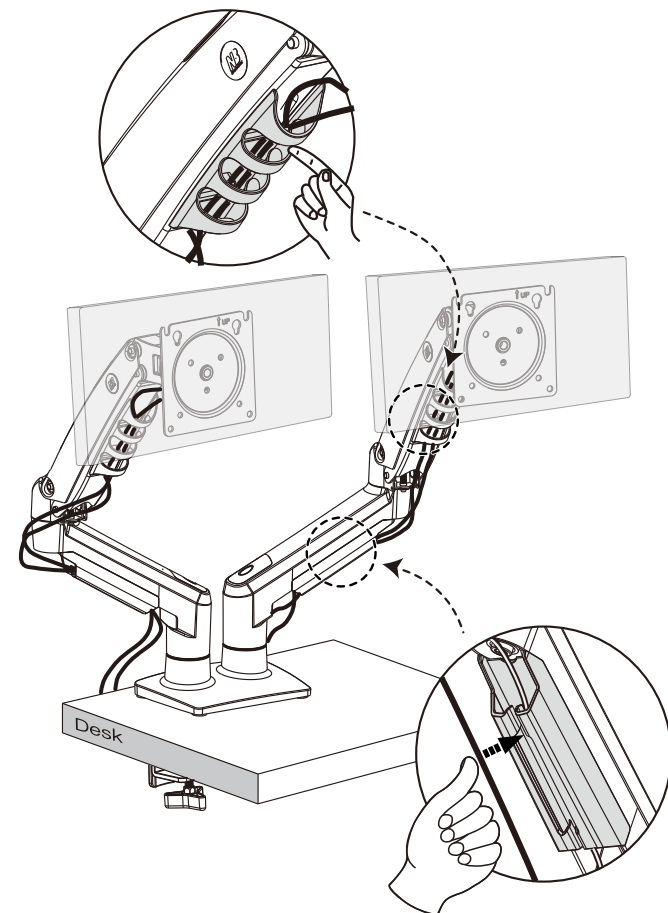
注意:确保显示重量在负载范围内

- 情况1:当支架挂上显示器后,显示器可在任意高度悬停,即无需调节。
情况2:当支架挂上显示器后,显示器自动弹起时。请使用我司配送的螺丝包中的5mm扳手E向"-"方向反复调试。
情况3:当支架挂上显示器后,显示器自动落下时。请使用我司配送的螺丝包中的5mm扳手E向"+"方向反复调试。

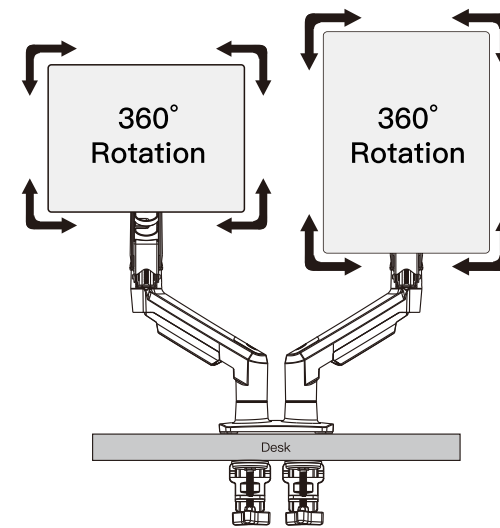
E.Adjust the Tilt Angle of the Monitor 显示器倾仰角度调节



F.Power and Display Cable Installation 电缆线安装



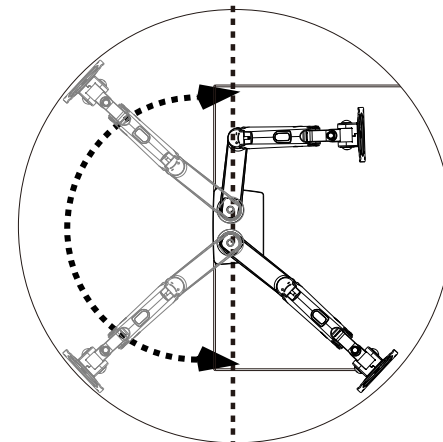
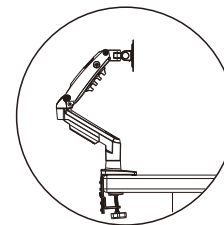
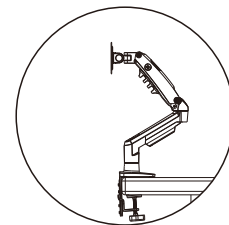
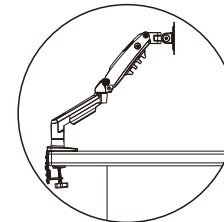
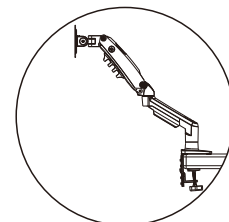
G.Adjust the Rotation of the Monitor 显示器的水平旋转角度调节



H.Adjust the Swivel Position of the Monitor 显示器的旋转位置调整

Improper usage directions

Proper usage directions



TENSION ADJUSTMENT AFTER MOUNT INSTALLED



Do not adjust tension without monitor attached.

- 1.Read your display packaging or manual to find out display net weight.
- 2.Ensure display net weight between 4.4-19.8 lbs(2-9 kg)
- 3.Ensure display has been put onto mount.

Adjustment sign



-

Clockwise
to Reduce tension
(Carry less weight)

+

Anti- clockwise
to Increase tension
(Carry more weight)

Warning !



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