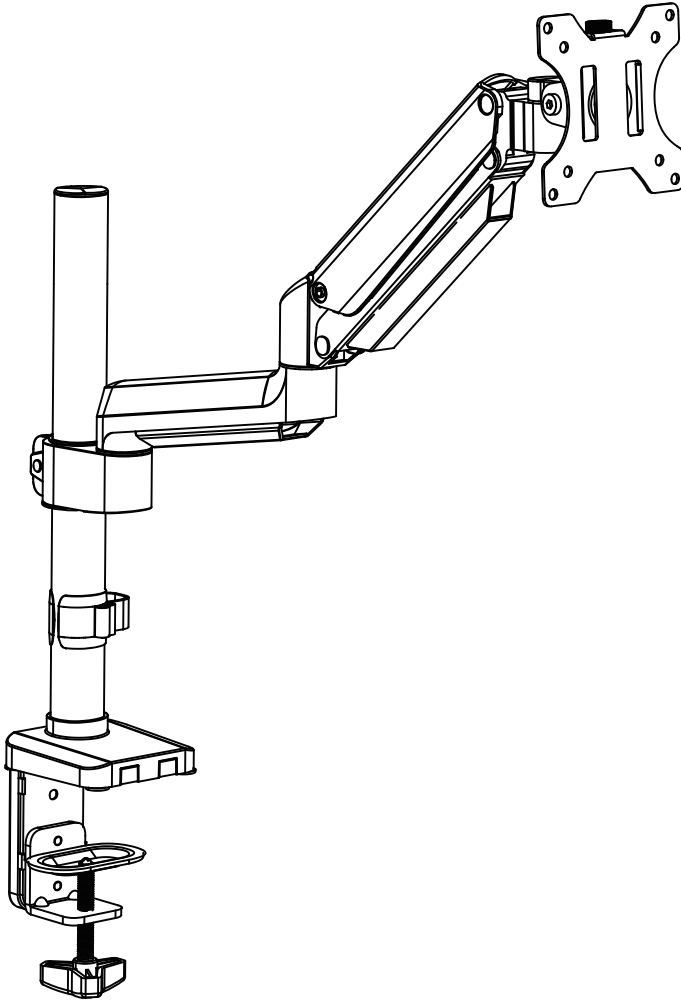




Single Monitor Arm



PPMA1S-E



75x75
100x100



IMPORTANT SAFETY INFORMATION

Please carefully read all instructions before attempting installation.

CAUTION: Avoid potential personal injuries and property damage!

- Do not use this product for any purpose that is not explicitly specified in this manual. Do not exceed weight capacity. We are not liable for damage or injury caused by improper mounting, incorrect assembly or inappropriate use.
- 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 abandoned.
- The desk must be capable of supporting three times the weight of the total load (the mount, the monitor and all accessories weight). Don't use the product on particle board.

Weight Restrictions



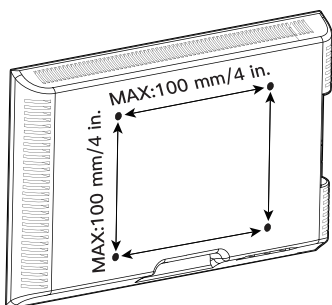
If your monitor weighs more, this mount is NOT compatible.



WARNING

DO NOT exceed the maximum weight indicated. This mounting system is intended for use only within the maximum weights indicated. Use with products heavier than the maximum weights indicated may result in failure of the mount and its accessories, causing possible damage and or injury.

Check the VESA Pattern of Your Monitor before You Begin the Installation

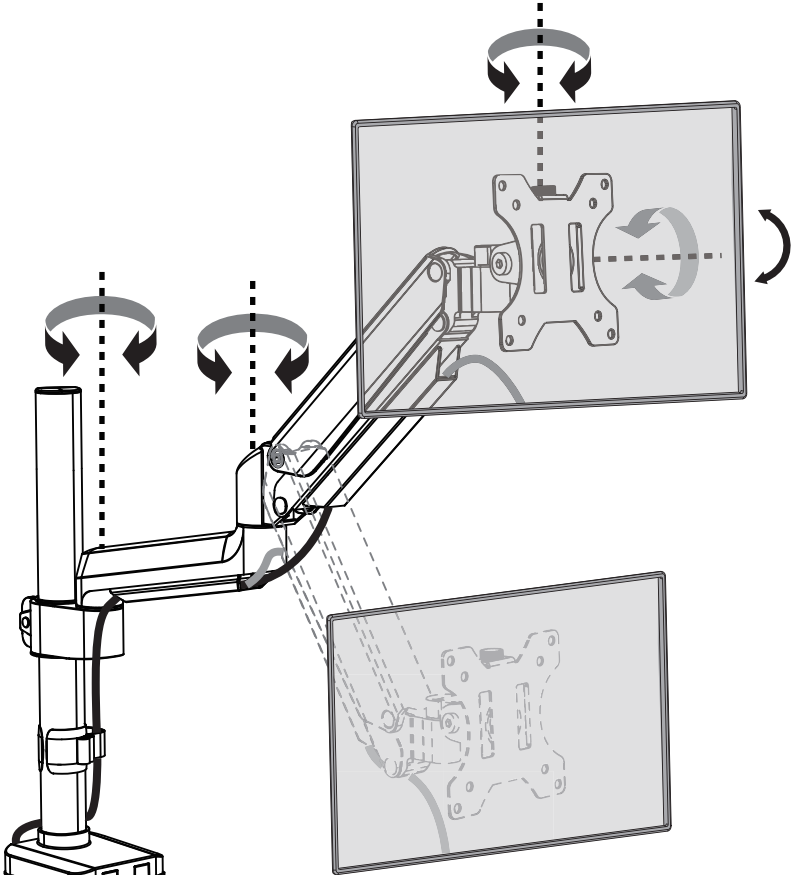


75 mm \approx 3 in.
100 mm \approx 4 in.

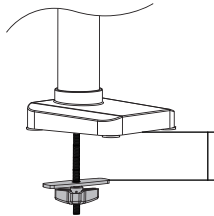
Minimum VESA pattern:
75mm/3 in.(W)x75mm/3 in.(H)

If your monitor VESA is greater than 100x100 mm/4x4 in. or less than VESA 75x75mm/3x3in., this mount is NOT compatible.

Product Features



C-Clamp Mounting



Grommet Mounting

TENSION ADJUSTMENT SHOULD BE DONE ONLY AFTER MOUNT INSTALLATION



Do not adjust tension without monitor.

1. Ensure monitor has been attached to the mount.
2. Read your monitor box or manual to find out monitor net weight.
3. Ensure the net weight of monitor (including accessories) is within 17.6 lbs (8 kg).



Clockwise to reduce
tension(carry less weight)

Counter-clockwise to increase
tension(carry more weight)

Warning!



Tools Needed (Not Included)



Phillips Screwdriver



Drill



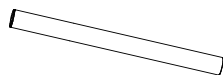
Wood Drill
10–20mm (0.4 in.–0.8 in.)

Supplied Parts and Hardware

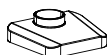
⚠Warning: This product contains small items that could be a choking hazard if swallowed.
Before starting assembly, verify all parts are included and undamaged. Do not use damaged or defective parts.

- **Please note:** Not all hardware included in this package will be used.

Supplied Parts and Hardware for Step 1



Pole Assembly
01 (x1)



Base
02 (x1)



C-Clamp
Brace
03 (x1)



C-Clamp
04 (x1)



Foot Pad
05 (x4)



Knob
06 (x1)



Cable Cover
07 (x1)



Bottom Plate
08 (x1)



Grommet Bolt
09 (x1)



Locking Plate
10 (x1)



Cable Clip
11 (x1)



Bolt
M6x10mm
A (x2)



Bolt
M6x12mm
B (x3)

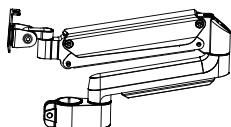


Bolt
M6x20mm
C (x3)

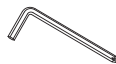


5/32 in.(4mm)
Small Allen Key
D (x1)

Supplied Parts and Hardware for Step 2



Arm Assembly
12 (x1)



15/64 in.(6mm)
Large Allen Key
E (x1)

Supplied Parts and Hardware for Step 3



Bolt
M4x12mm
M–A (x4)



Bolt
M4x30mm
M–B (x4)



D4 Washer
M–C (x4)



13mm Spacer
M–D (x4)



Faceplate
13 (x1)



Bolt
F (x1)

Supplied Hardware for Step 4



15/64 in.(6mm)
Large Allen Key
E (x1)

Supplied Hardware for Step 5



13/64 in.(5mm)
Medium Allen Key
G (x1)

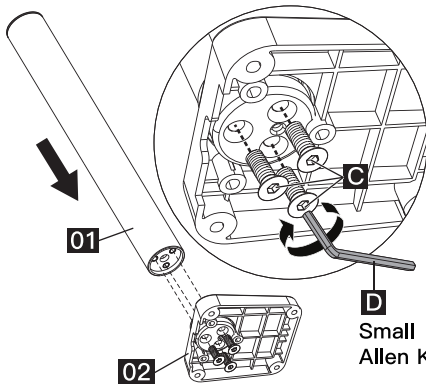
Supplied Part for Step 7




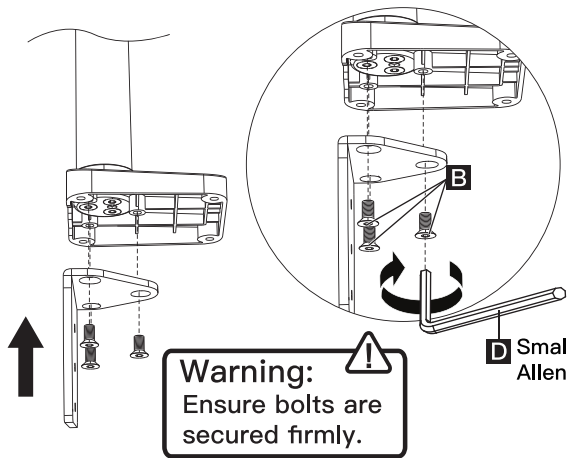
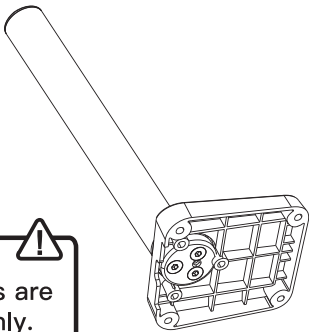
Cable Cover
14 (x1)


1. Install the Base

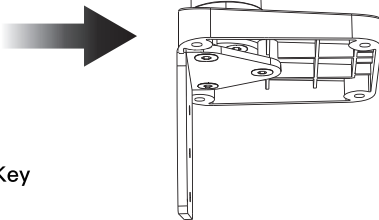
A. For Clamp Mounting

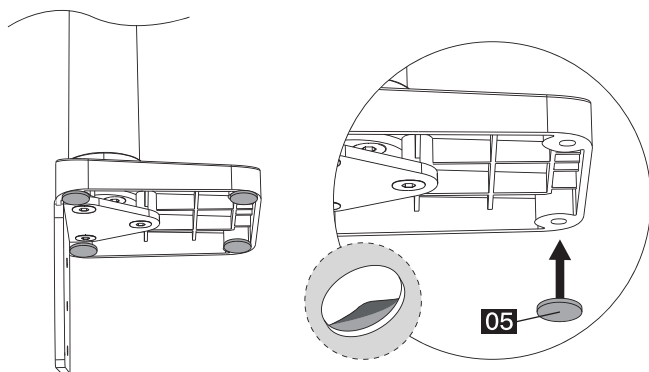


Warning:  Ensure bolts are secured firmly.



Warning:  Ensure bolts are secured firmly.

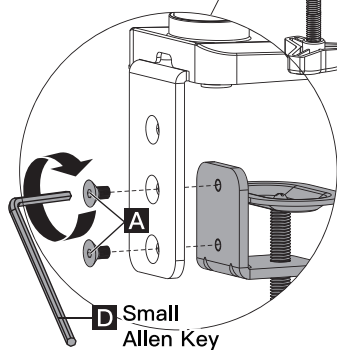




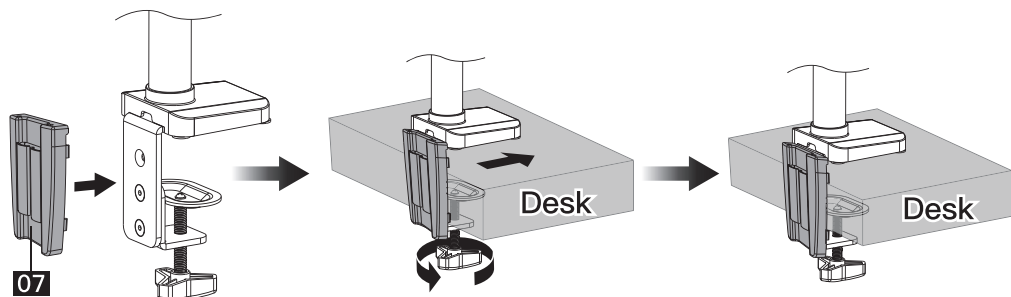
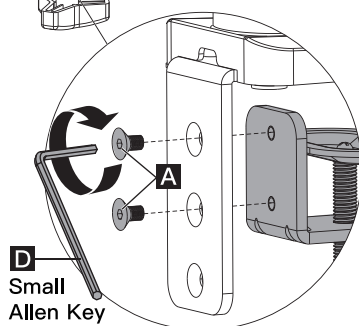
OR

1.97in.-3.35in.
(50-85mm)

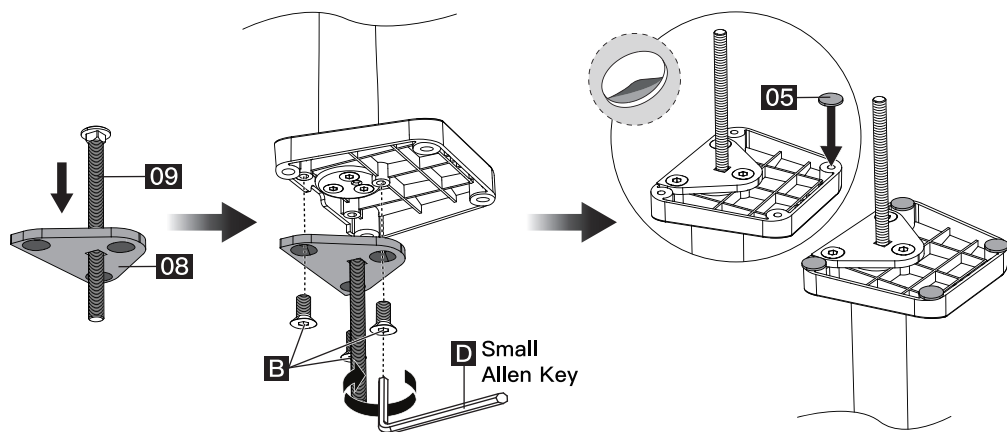
0.4in.-2.16in.
(10-55mm)



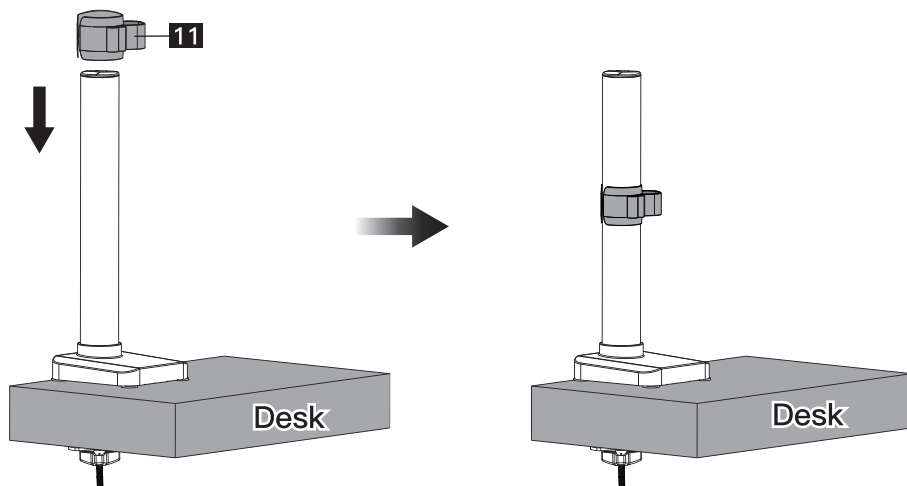
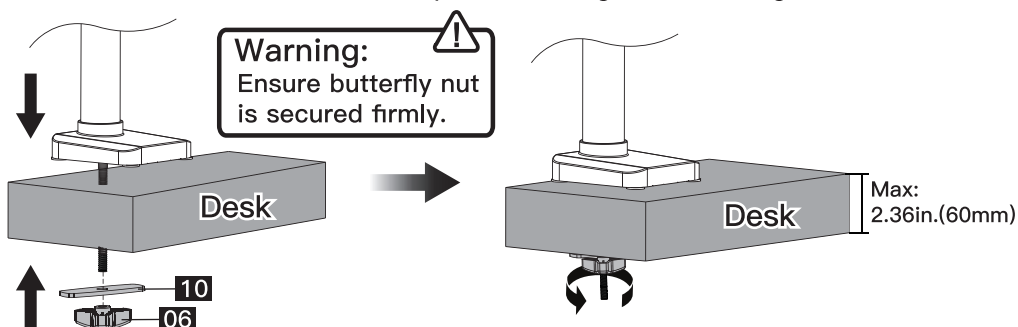
Warning: ⚠
Ensure bolts are
secured firmly.



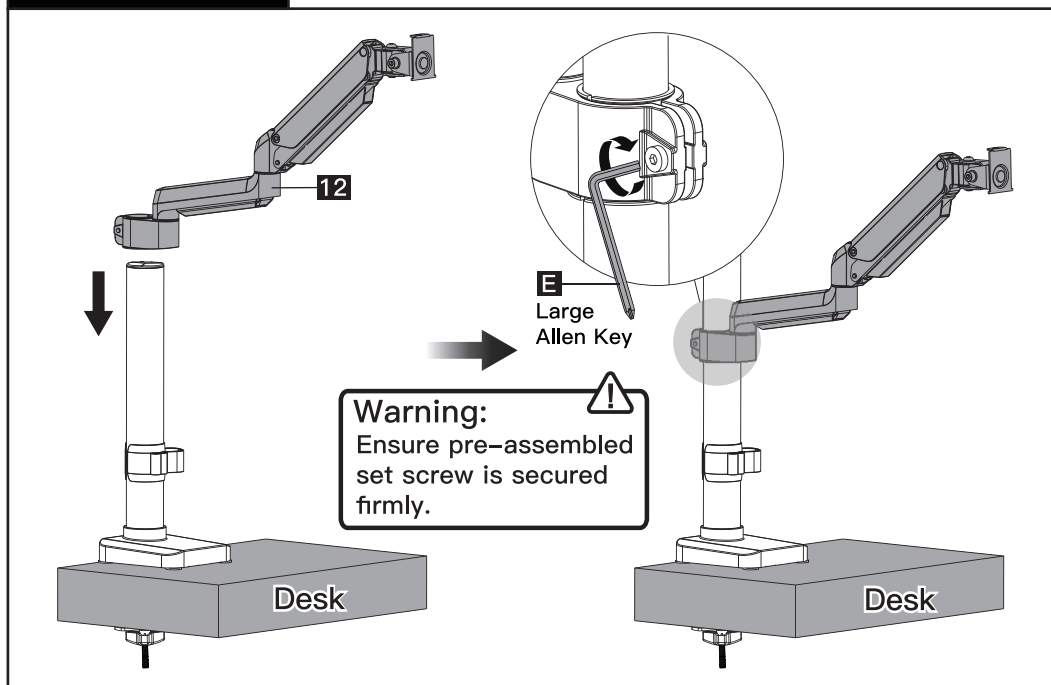
B. For Grommet Mounting



If there is no grommet hole on your desk, position the base [02] on the mounting surface and mark the hole. Drill a hole using the drill bit in a diameter of 0.4–0.8in.(10–20mm) at the marked position through the mounting surface.

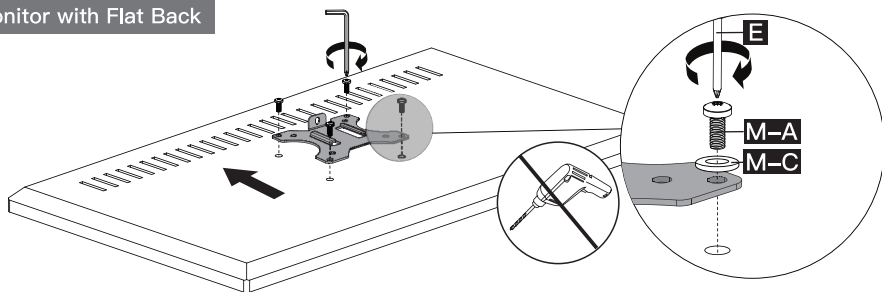


2. Install the Arm

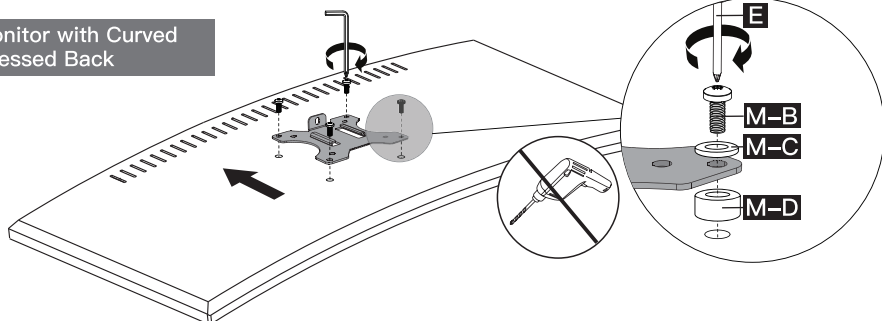


3. Attach Monitor to the Arm

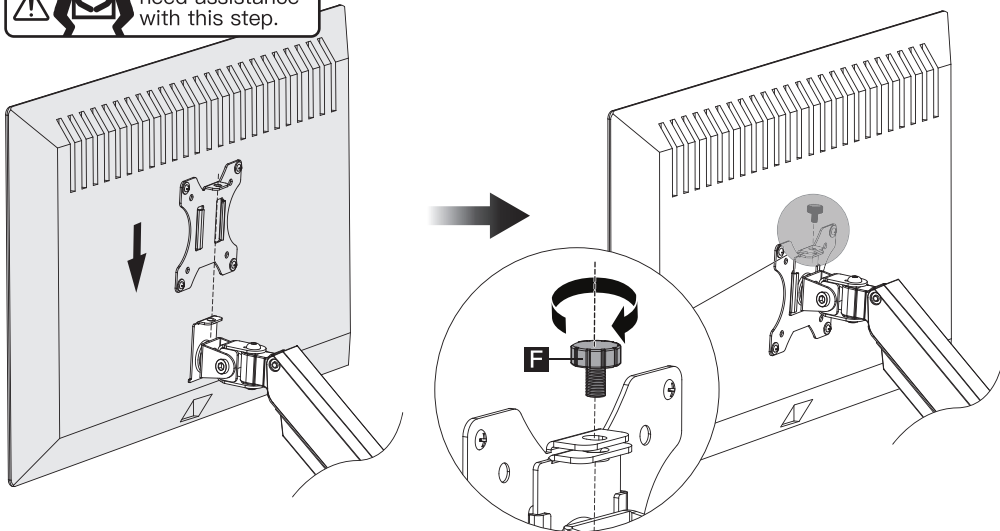
For Monitor with Flat Back



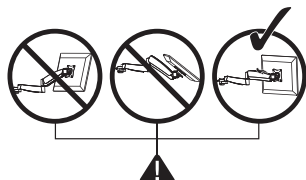
For Monitor with Curved
or Recessed Back



HEAVY! You may need assistance with this step.



4. Adjust Gas Spring Tension

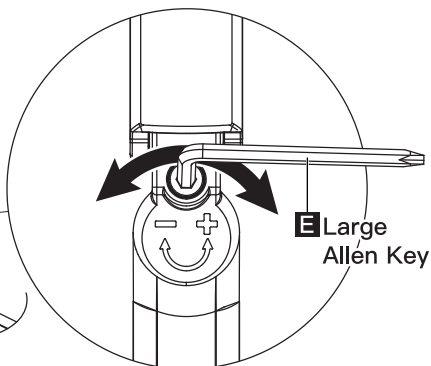
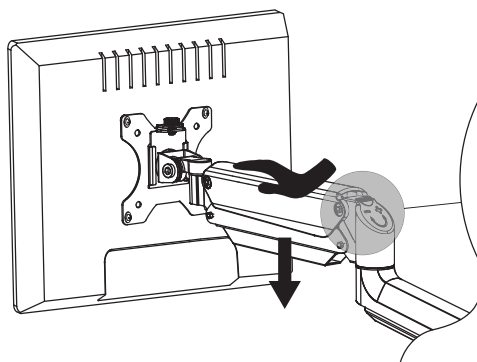
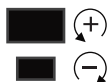


Be sure to keep the arm in horizontal position during adjustment. Or else, it would be difficult to adjust the mount or damage the mount.

1. If the monitor can stay at the desired height by itself, no adjustment needed.

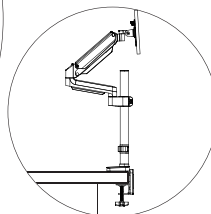
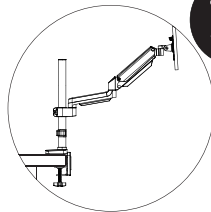
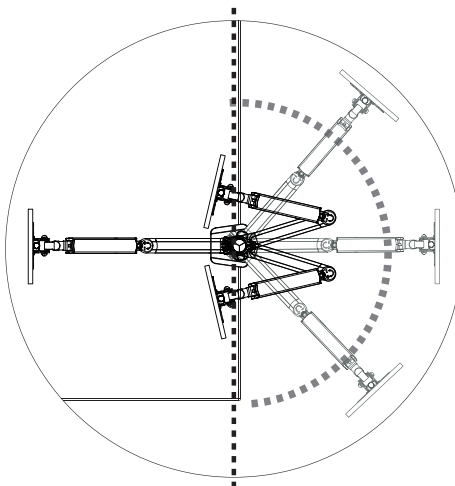
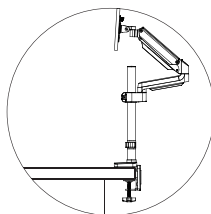
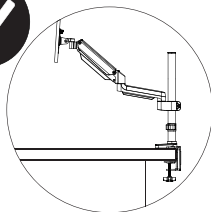
2. If the monitor rises up, press the arm to keep it in horizontal position and then use the Large Allen Key (E) to turn the bolt clockwise(“-” direction) to reduce tension of the arm only until the monitor can stay at the desired height by itself.

3. If the monitor falls down, lift the arm to keep it in horizontal position and then use the Large Allen Key (E) to turn the bolt counter-clockwise(“+” direction) to increase tension of the arm only until the monitor can stay at the desired height by itself.

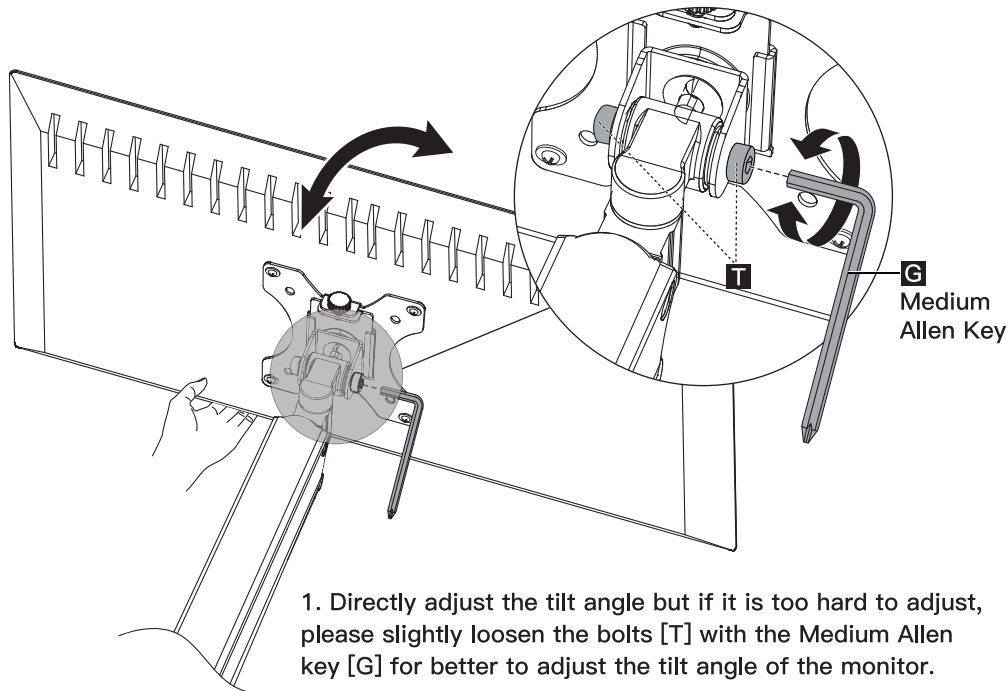


Proper usage directions

Non-proper usage directions

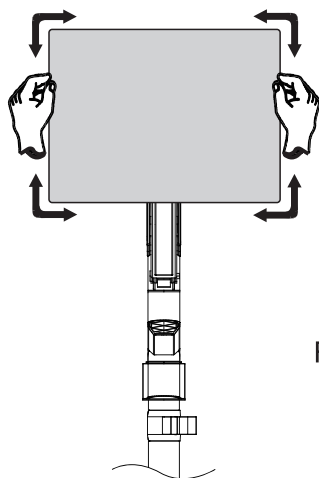


5. Tilt Adjustment



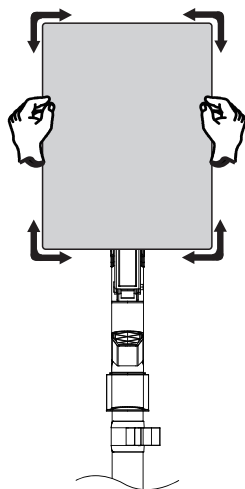
1. Directly adjust the tilt angle but if it is too hard to adjust, please slightly loosen the bolts [T] with the Medium Allen key [G] for better to adjust the tilt angle of the monitor.
2. Tighten the bolts [T] to fix the angle of the monitor with the Medium Allen key [G].

6. Rotation Adjustment

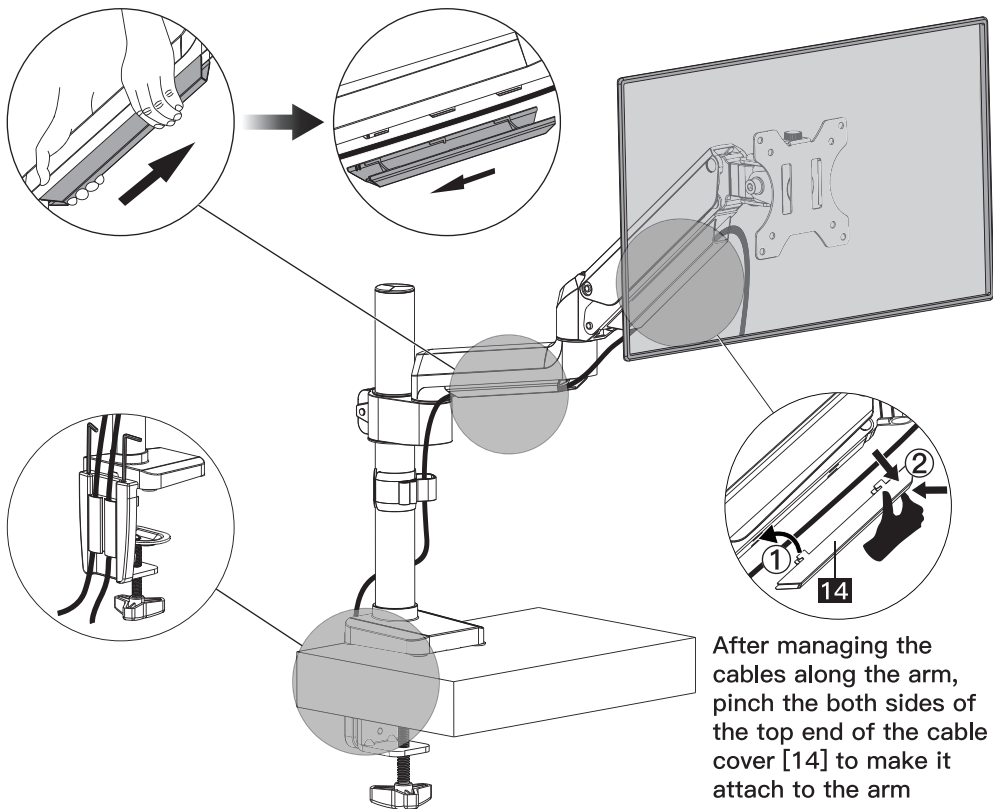


**360°
Rotation**

For horizontal and vertical
mounting options



7. Route Cables along the Arm



After managing the
cables along the arm,
pinch the both sides of
the top end of the cable
cover [14] to make it
attach to the arm



ProMounts USA,
17882 Hamilton Ave,
Torrance, CA 90502 Tel: (310) 645-6400

Made in China