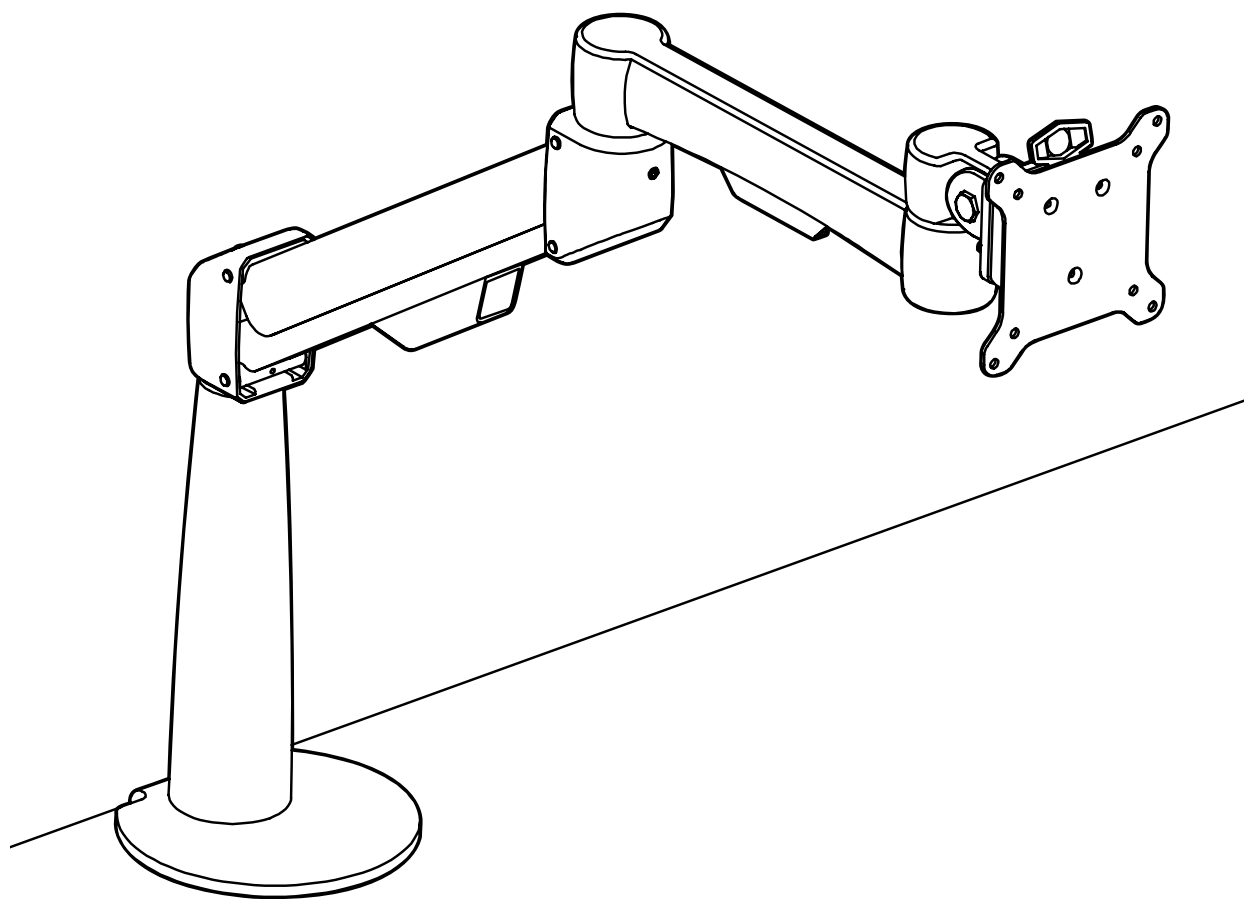


Range-X Single Monitor Arm

MON061

UPLIFT DESK

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For assembly assistance, visit upliftdesk.com/contact, or call 800-349-3839, or email support@upliftdesk.com

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Safety and Warnings



CAUTION: Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.



WARNING: Desk, table, and other mounting surface build quality varies. Ensure the mounting surface is sufficient to support this monitor arm and a monitor.



WARNING: This product contains a spring mechanism that can cause injury. Be careful to raise arm to the highest position before removing monitors; the arm can spring up rapidly when the weight of the monitor is removed.



WARNING: Use with monitors that weigh over 17.6 lbs can be unstable and possibly cause injury.



WARNING: Intended for indoor use only.



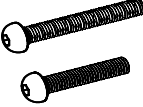
WARNING: Prevent wires from pinching and binding by properly routing cables. Leave enough wire slack to allow a full range of motion of the arm.

Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this product. Please provide these instructions to any new user or owner.

Package Contents

Clamp Base	Bottom Plate	Extension Arm	Gas Arm	Monitor Joint
				
Vesa Mount	Monitor Screw qty 4	13mm Flat Wrench	Allen Wrenches (set of four: 2mm, 3mm, 4mm, and 6mm)	
				

Parts for Bolt-through Assembly

Bolt-through Plate	Long Bolt (two sizes included: 50mm & 70mm)
	

The Range-X Monitor Arm support monitors that weigh 4 lb to 17.6 lb.

WARNING: This product contains a spring mechanism that can cause injury. Be careful when removing monitors as the arm can spring up when the weight of the monitor is removed.

Step 1 - Determine Your Mounting Method

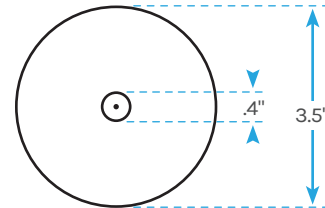
There are two ways to attach the Range-X Single Monitor Arm to your desktop or table:

Clamp Method (compatible with 0.75" to 3.75" thick desktops):

To attach the monitor arm along the back edge of your desktop, follow the Clamp Method instructions (Step 2.A). Clamping the arm on the edge of a desk or table is the simplest method, but the Clamp can also fit into grommet holes 3" diameter or larger.

Bolt-Through Method (compatible with 0.6" to 2.1" thick desktops):

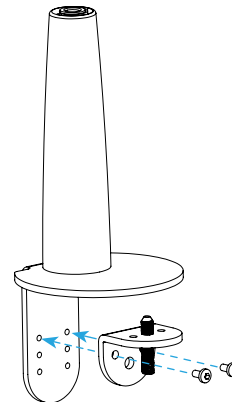
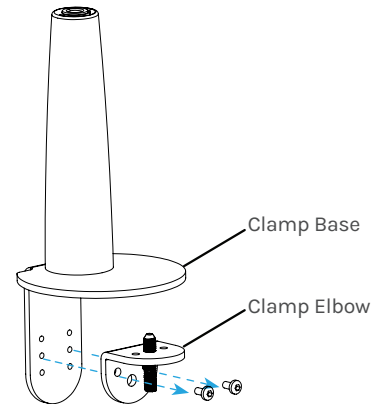
To attach the monitor arm through your desktop, skip Step 2.A and follow the Bolt-Through Method instructions (Step 2.B). The bolt-through mount can fit into grommets up to 3.5" in diameter or into a custom-drilled hole between 0.4" and 3.5" in diameter located anywhere on the desktop.



Step 2.A - Clamp Method

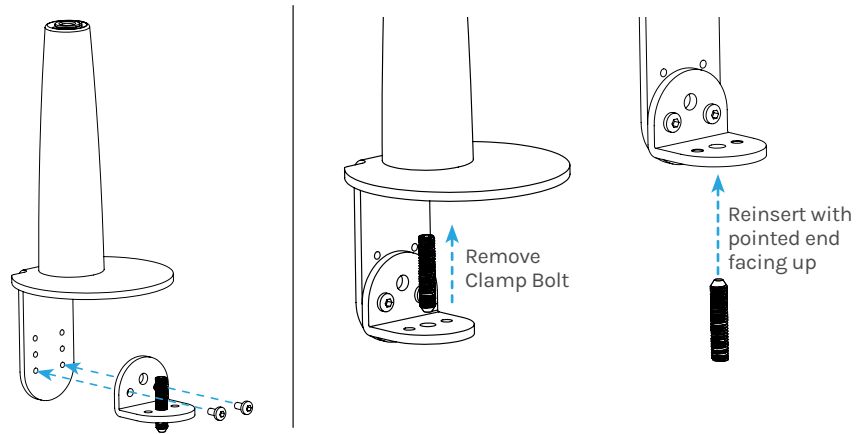
Clamp Elbow Fit

1. Check if the Clamp Base assembly with Bottom Plate fits around the edge of your desk. If it does, skip to Clamp Method Step 5 (2.A.5).
2. Adjust the space between the Clamp Base and Clamp Elbow by removing and repositioning the Clamp Elbow. Remove the Clamp Elbow by removing the two screws using the 4mm Allen Wrench as shown.
3. For thinner desktops (0.75" minimum), reattach the Clamp Elbow to the top two holes of the Clamp Base as shown.



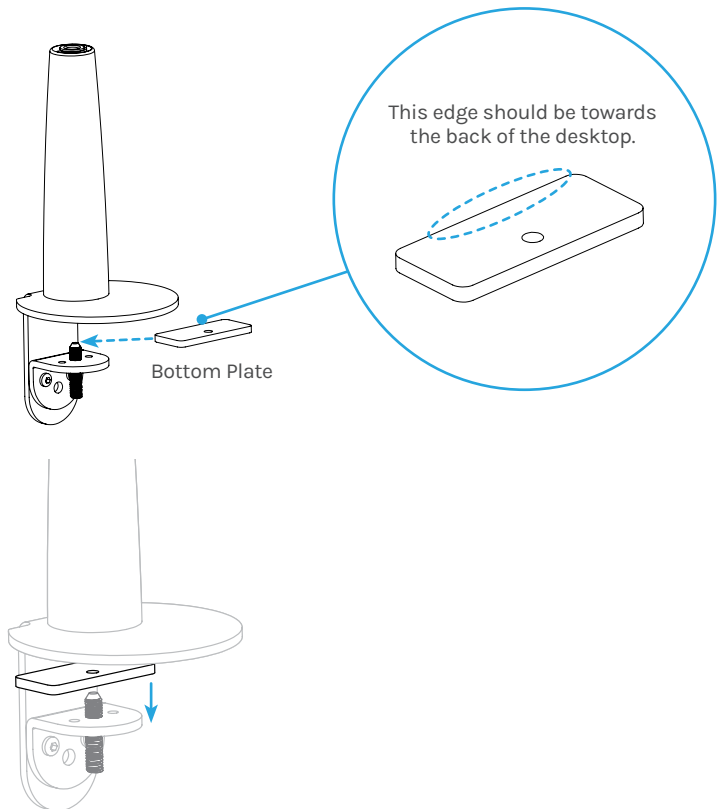
4. For thicker desktops (3.75" maximum), invert the orientation of the Clamp Elbow and reattach it to the lower two holes of the Clamp Base as shown.

You will also need to remove the Clamp Bolt, flip it around, and reinsert it as shown so that the pointed end is facing up.



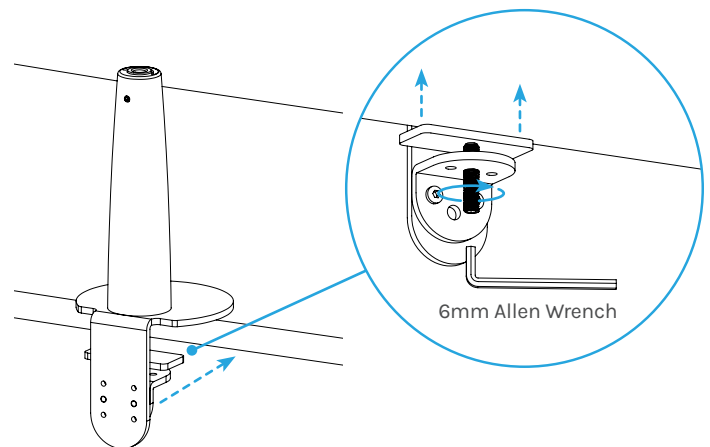
Bottom Plate

5. Rest the Bottom Plate on top of the Clamp Bolt. The hole in the Bottom Plate is offset. Ensure that the edge of the Bottom Plate furthest from the hole is facing the back of the desktop. If attaching this arm to a 4-Leg UPLIFT V2 or V2-Commercial Desk, this is the only way to achieve proper fit.



Attach Base

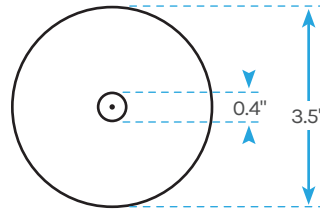
6. Set the Clamp Base Assembly onto the back edge of the desk.
7. Using the 6mm Allen Wrench, tighten the Clamp Bolt until the Bottom Plate clamps firmly against the bottom of the desktop.
8. Skip Step 2.B - Bolt-Through Method and proceed with Step 3 - Arm Assembly.



Step 2.B - Bolt-Through Method

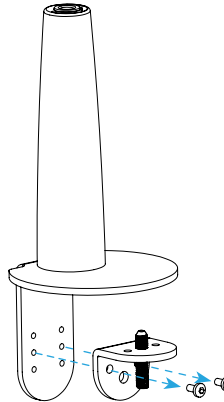
Bolt-Through Hole Fit

1. The desktop must have a hole between 0.4" and 3.5" in diameter to use this option. Using a grommet hole already in your desktop is acceptable, or drill a hole anywhere on the desktop, taking care to avoid frame hardware underneath.

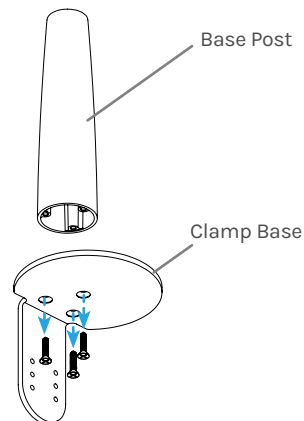


Remove Clamp Elbow & Clamp Base

2. You will not need the Clamp Elbow for the Bolt-Through method. Using the 4mm Allen Wrench, remove the two screws holding the Clamp Elbow to the Clamp Base.

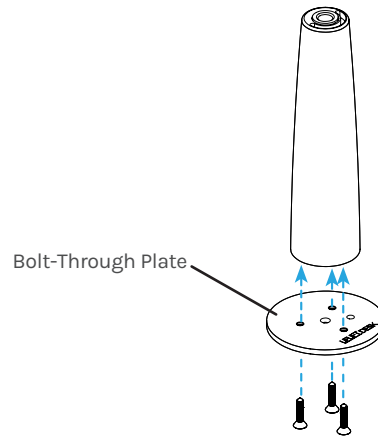


3. You will not need the Clamp Base for the Bolt-Through method. Using a Phillips Head Screwdriver, remove the three screws holding the Clamp Base to the Base Post.



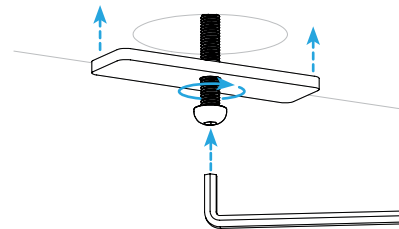
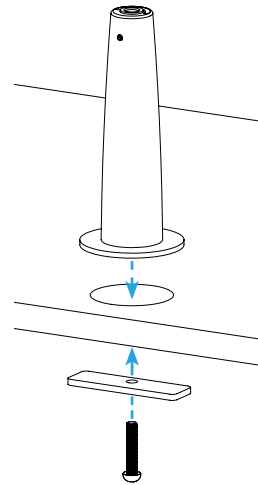
Attach Bolt-Through Plate

4. Align the three large holes in the Base Post with the holes in the Bolt-Through Plate with the rubber pad facing away from the Base Post to protect the desktop. The logo on the Bolt-Through Plate should be oriented on the same side as the curved slot for the stopping pin at the top of the Base Post and opposite the set screw in the back of the Base Post. The smallest hole is only used during the manufacturing process and not used for assembly.
5. Use the three screws previously removed from the Clamp Plate to attach the Bolt-Through Plate to the Base Post.



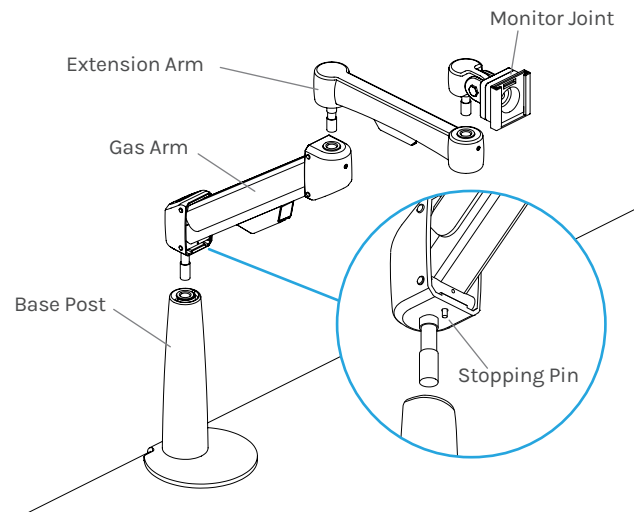
Attach Base

6. Place the Base assembly over the hole in your desktop.
 7. For the next step, determine the correct Long Bolt to use. For desktops between 0.6" to 1.38" thick, use the shorter (50mm) Long Bolt. For desktops between 1.38" to 2.13" thick, use the longer (70mm) Long Bolt.
 8. From the underside of your desktop, insert the Long Bolt through the Bottom Plate and into the threaded hole in the Bolt-Through Plate and hand tighten.
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9. Ensure the Bottom Plate makes contact with the bottom of the desktop on both sides of the hole, and use the 6mm Allen Wrench to tighten the bolt until the Bottom Plate clamps firmly against the bottom of the desktop.



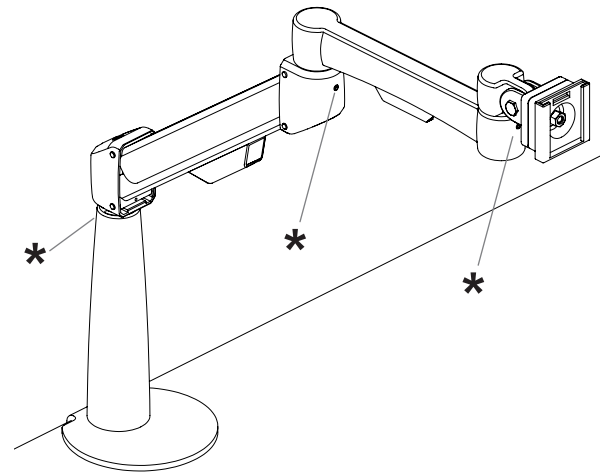
Step 3 - Arm Assembly

- A. The Gas Arm has a stopping pin pre-installed in the bottom. This pin limits the arm's rotation to 180° so that it won't swing past the back edge of your desktop. If you want the arm to rotate 360°, remove this pin using the 2mm Allen Wrench. Save the stopping pin in case you decide to add it back later.
- B. Insert the post at the bottom of the Gas Arm into the hole at the top of the Base Post.
- C. Insert the post at the end of the Extension Arm into the hole at the top of the Gas Arm.
- D. Insert the post at the bottom of the Monitor Joint into the hole at the top of the Extension Arm.
- E. Ensure the posts are inserted all the way and there are no visible gaps between each segment.



Step 4 - Arm Assembly Set Screws

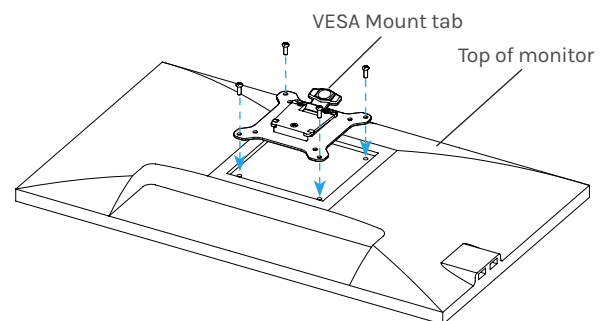
To keep the arm sections from moving while finishing the assembly process, tighten each of the set screws indicated with a “✱” with the 3mm Allen Wrench. You can loosen them again later if needed to make your final monitor adjustments.



Step 5 - Fasten VESA Mount

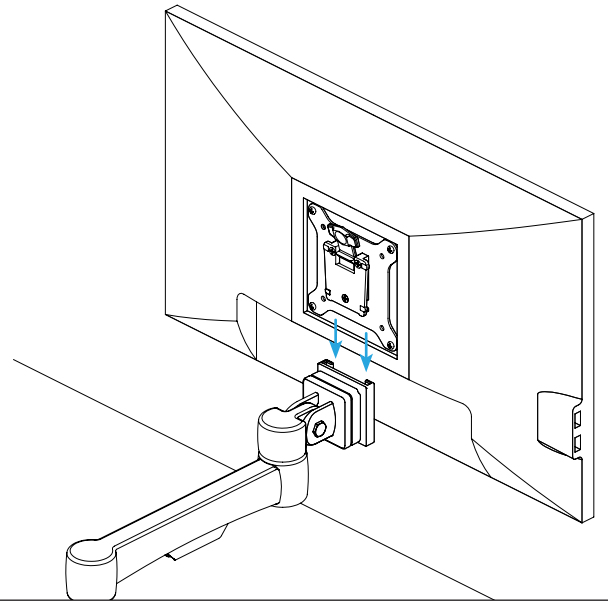
The VESA Mount is designed to fit the industry standard VESA 75mm & 100mm hole patterns.

- A. To avoid scratching the screen, place the monitor face down on a soft, flat surface such as a carpet or blanket.
- B. Ensure the tab on the VESA Mount is pointing towards the top edge of the monitor and align the holes in the VESA Mount with the holes in the back of the monitor as shown.
- C. Loosely insert a Monitor Screw through each of the four holes in the VESA Mount.
- D. Once all four screws are started, tighten them using a Phillips head screwdriver.
- E. Ensure the VESA Mount is securely fastened to the monitor.



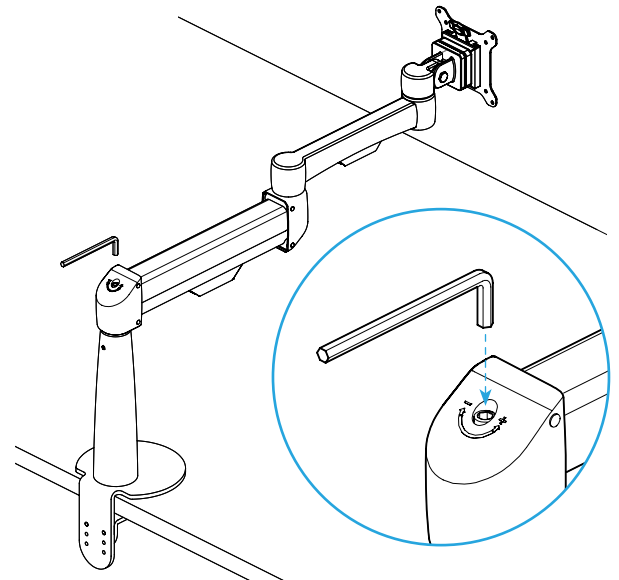
Step 6 - Mount Monitor

- A. Slide the VESA Mount into the slot of the Monitor Joint.
- B. With one hand supporting the underside of the Monitor Joint and the other hand on top of the monitor, press down firmly on the top of the monitor until the tab on the VESA Mount clicks into place in the Monitor Joint.
- C. To ensure it is locked in place and does not come loose, pull up gently on the monitor.



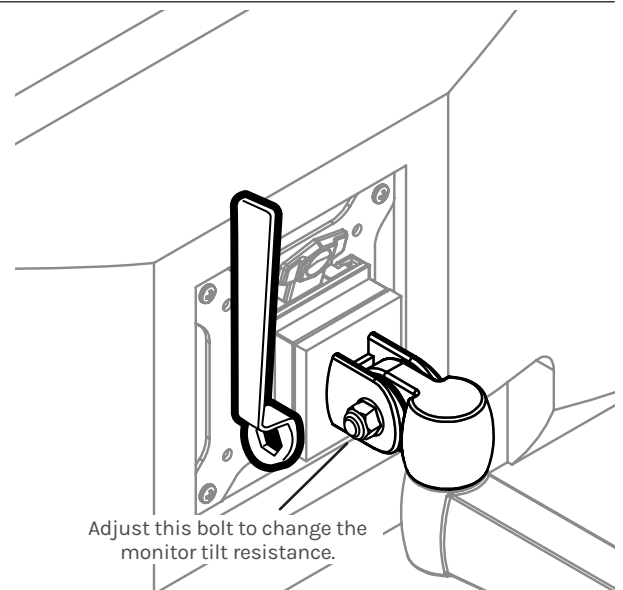
Step 7 - Adjust Arm Tension

- A. Grasp the monitor on both sides and move it up or down to the preferred position when in use. After letting go, if the monitor stays where you positioned it, you can skip to Step 8. If the monitor rises or drops, adjust the tension of the Gas Arm.
- B. Hold the Gas Arm horizontal with one hand and use the 6mm Allen Wrench to turn the tension adjustment located on the Gas Arm directly above the Base Post. If the monitor drops when it's let go, turn the screw toward the "+" symbol. If the monitor drifts up when it's let go, turn the screw toward the "-" symbol.
- C. Continue adjusting the tension screw until the monitor arm holds its position when you let go.



Step 8 - Adjust Monitor Joint Tension (optional)

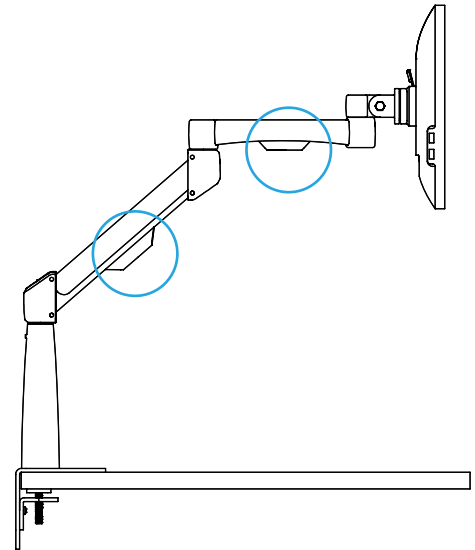
If it is difficult to adjust the monitor tilt angle, loosen the hex bolt on the Monitor Joint slightly with the included 13mm Flat Wrench. Adjust the tilt of the monitor and retighten the hex bolt.



Step 9 - Wire Management

- A. The Range-X Single Monitor Arm comes with pre-installed cable management channels located on the bottom side of each arm segment.
- B. Feed the power and display cables through each of the cable management channels to keep them secure and out of the way.
- C. Leave some slack in the cables to allow the arm to move freely within the arm's full range of motion without being restricted.

CAUTION: Prevent wires from pinching and binding by properly routing cables.



Adjustment Information

Height Adjustment: The center of the VESA Mount can go as high as 21" and as low as 8.75" from the desktop.

Monitor Tilt: The monitor can tilt at the VESA Mount forward or backward within a range of 160° (+90°/-70°).

Monitor Swivel: The monitor can swivel 180° (+/-90°) at the Monitor Joint if the set screw is not tightened.

Monitor Rotation: The monitor can rotate at the VESA Mount 360° allowing landscape or portrait viewing.

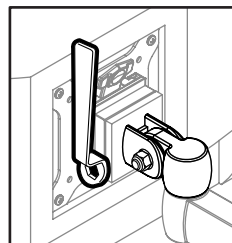
Upper Arm Swivel: The Extension Arm can swivel 360° if the set screw is not tightened.

Lower Arm Swivel: The Gas Arm can swivel a full 360°. It can also be set to allow only a range of 180° (See Step 3 in the Arm Assembly section for adjustment details). We do not recommend swiveling the monitor past the back of the desk as this may cause instability.

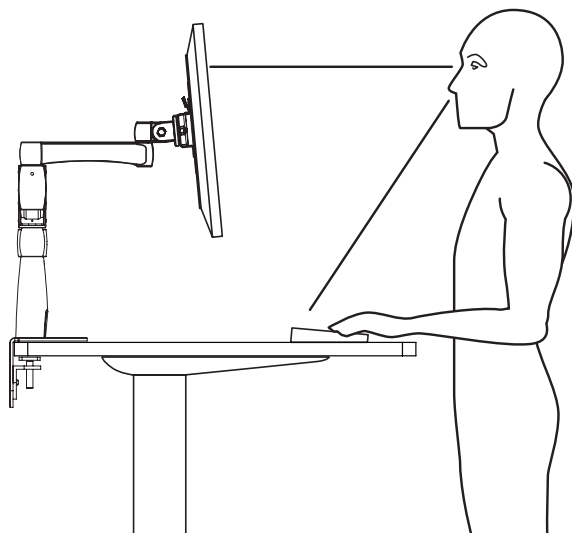
Monitor Ergonomics

Screen Distance: Set your screen about an arm's length (approximately 18" - 28") from your eyes. If print is too hard to read, it is better to make the print larger on your screen than it is to move the screen closer to your eyes.

Monitor Height: The top of the monitor should be at or just below eye level.



Monitor Tilt: The monitor should be tilted slightly up so it's easier to see the screen when the top of the monitor is level with your eyes. If it is difficult to adjust the monitor tilt angle, loosen the hex bolt on the Monitor Joint slightly with the included 13mm Flat Wrench. Adjust the tilt of the monitor and retighten the hex bolt.



This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for writing or drawing. The margins are consistent on all sides.

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upliftdesk.com

support@upliftdesk.com

800-349-3839

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