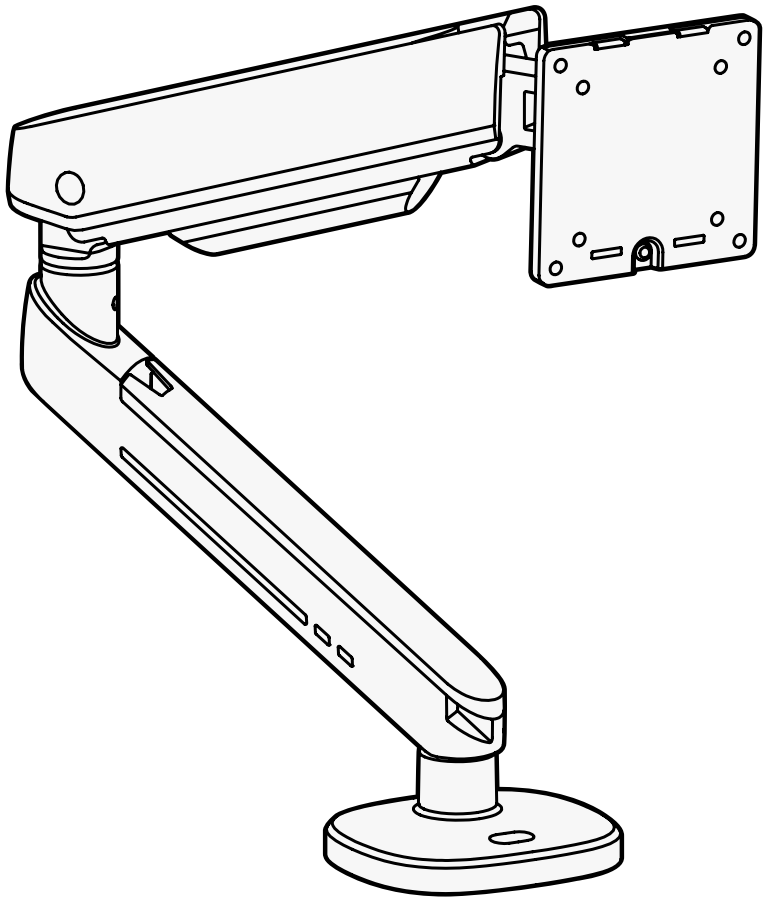
Domain RGB Single Monitor Arm

MON071

UPLIFT DESK
Work better. Live healthier.



Scan QR code for product webpage

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

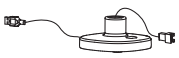
©2024 UPLIFT Desk®. All Rights Reserved

Package Contents

Arm



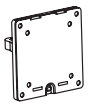
Base



Clamp



VESA Mount



Wire Cover



Bolt-Through Knob



Upper Bolt-Through Plate



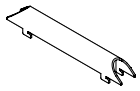
Mounting Bolt



Lower Bolt-Through Plate



Upper Cable Cover



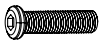
Hardware Components

M6 x 12 Screw
qty 4



Adhesive Pad
qty 2

VESA Bolt



VESA Washer
qty 2



VESA Nut



M4 x 12 Screw
qty 4



M5 x 12 Screw
qty 4



VESA Monitor Washer
qty 4



4mm Allen Wrench
(with flat head end)

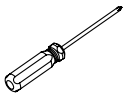


5mm Allen Wrench



You'll also need

Phillips Head Screwdriver



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: Use with monitors that weigh over 19.8 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.

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.

WARNING: The arms shipped with a cable tie to hold the upper and lower arm parts closed. To avoid injury, hold the arm parts together before cutting the cable tie so the arm parts do not spring apart.

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 of the product.

Domain RGB Single Monitor Arm support monitors that weigh 4.4 lb to 19.8 lb.

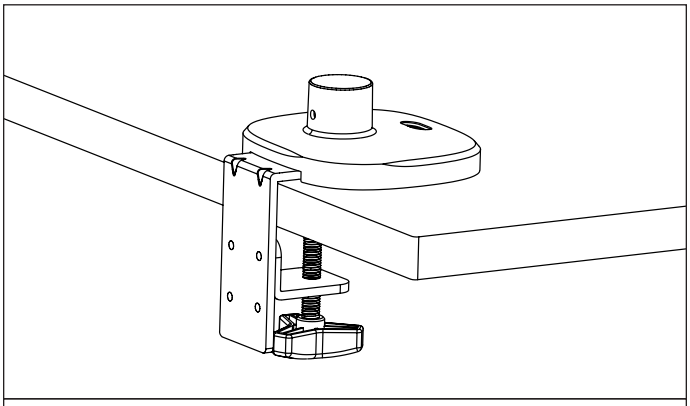
WARNING: This product contains a spring mechanism that can cause injury. Be careful when removing monitors as the arm can spring up when the weight of the monitor is removed.

Step 1 - Determine Your Mounting Method

There are two ways to attach the Domain RGB Single Monitor Arm to a desktop or table:

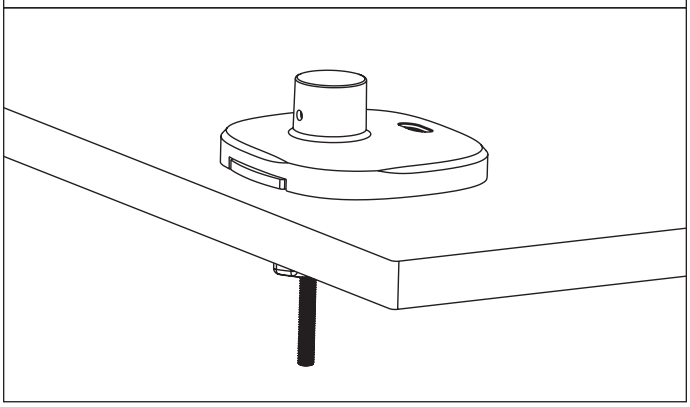
Clamp Method (compatible with 0.4" to 3.2" thick desktops):

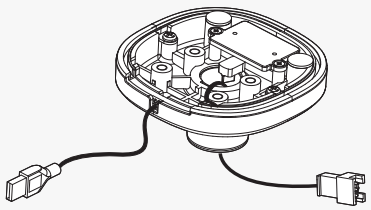
To attach the monitor arm along the back edge of a desktop, follow the Clamp Method instructions (Step 2.A). Clamping the arm on the edge of a desk or table is the simplest method, but the Clamp can also fit into a grommet hole 3" diameter or larger.



Bolt-Through Method (compatible with 0.4" to 3" 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 a grommet hole that's smaller than 3.1" diameter or into a custom-drilled hole between 0.4" and 3.1" in diameter located anywhere on the desktop.

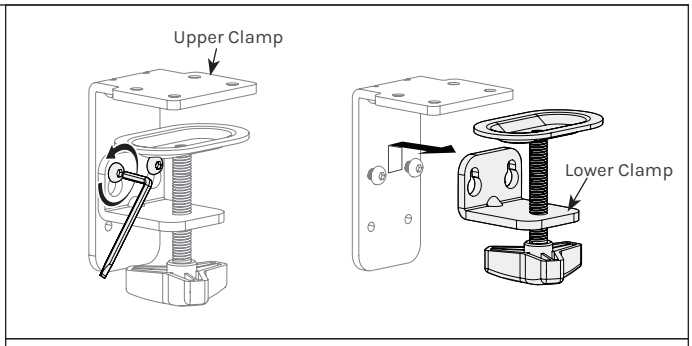




Note: Manage the USB cables as shown prior to proceeding with either the Clamp or Bolt-Through mounting method.

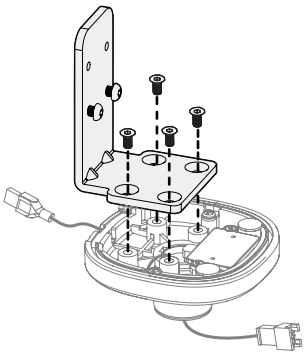
Step 2.A - Clamp Method

1. Use the 4mm Allen Wrench to loosen the Lower Clamp screws.
2. Remove the Lower Clamp from the Upper Clamp.

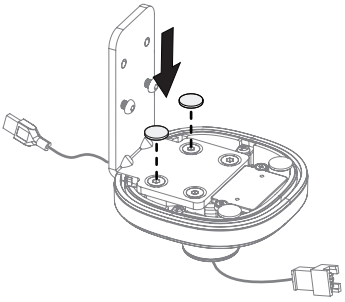


3. Use the 4mm Allen Wrench to attach the Upper Clamp to the Base in the orientation shown with the four M6 x 12 Screws.

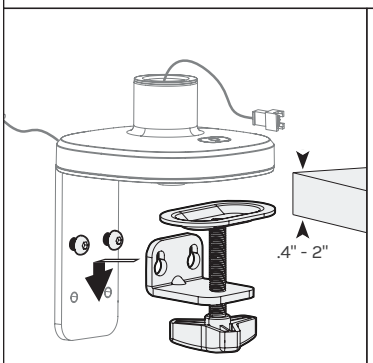
   Note: Ensure that none of the wires are pinched between the Upper Clamp and Base before tightening completely.

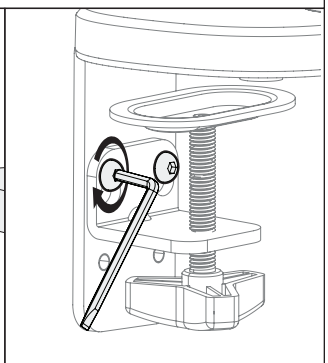


4. Remove the paper backing and apply the Adhesive Pads over the two Screws toward the back of the base as shown.

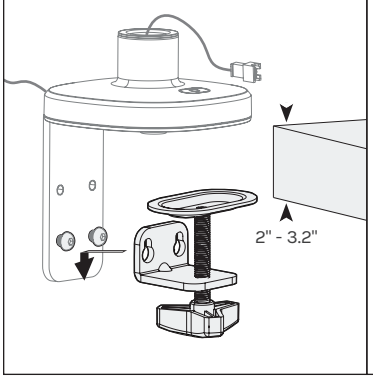


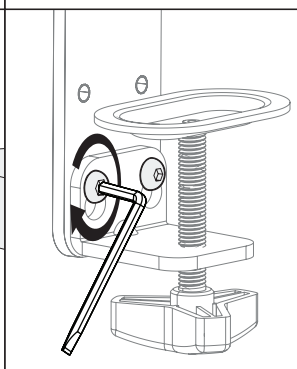
5. Reattach the Lower Clamp to the Upper Clamp.
   - For desktops 0.4" to 2" thick, reattach the Lower Clamp to the Upper Clamp using the Screws that were removed in Step 2.A.1.





   - For desktops 2" to 3.2" thick, remove the Upper Clamp Screws and thread them into the lower position. Reattach the Lower Clamp as shown and tighten the Screws.

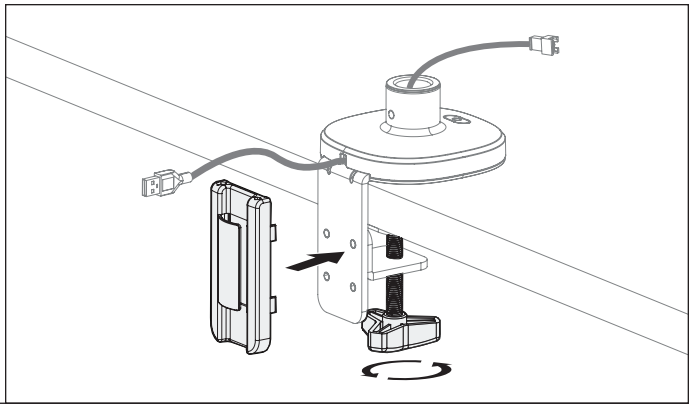




6. Set the Clamp and Base assembly onto the back edge of the desktop and tighten the Clamp.

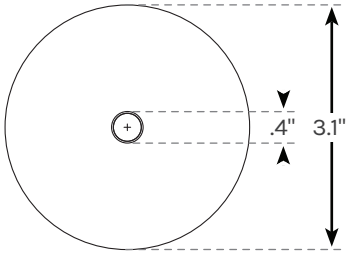
   Note: Leave a gap of about ⅛" between the Clamp and back edge of the desktop for the Wire Cover attachment.

7. Attach the Wire Cover to the back of the Clamp.
8. Skip Step 2.B - Bolt-Through Method and proceed with Step 3 - Arm Assembly.



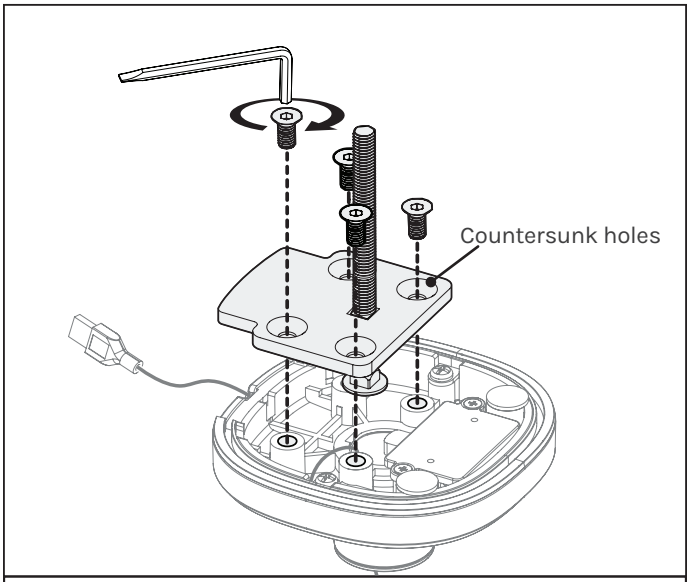
Step 2.B - Bolt-Through Method

1. The desktop must have a hole between 0.4" and 3.1" in diameter for the Bolt-Through option. Use an existing grommet hole or drill a hole anywhere on the desktop, taking care to avoid accessories and frame hardware beneath the desk.

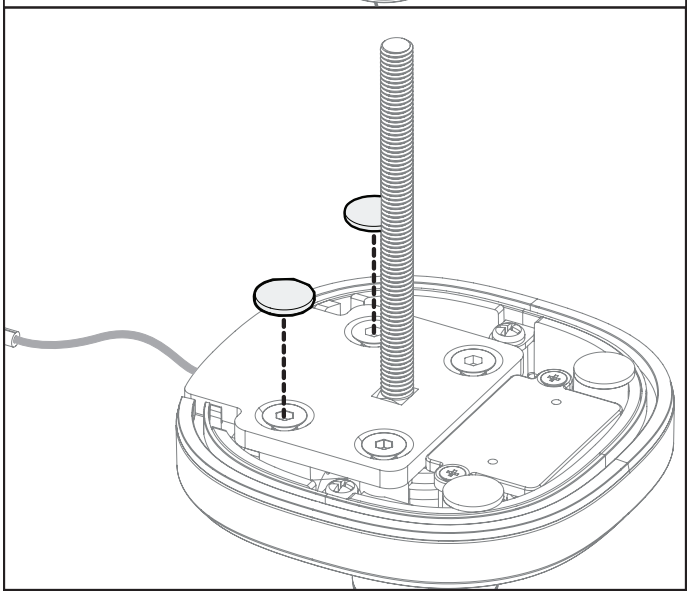


2. Insert the Mounting Bolt through the square hole in the Upper Bolt-Through Plate. The bolt head should be on the opposite side of the four countersunk holes as shown.
3. Attach the Upper Bolt-Through Plate to the Base with the four M6 x 12 Screws using the 4mm Allen Wrench.

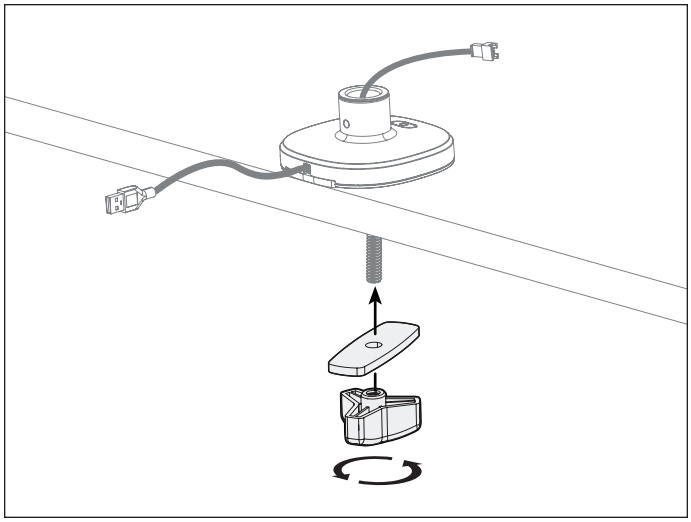
   Note: Ensure that none of the wires are pinched between the Upper Bolt-Through Plate and Base before tightening completely.



4. Remove the paper backing and apply the Adhesive Pads over the two Screws towards the back of the base as shown.



5. Place the base assembly on top of the desktop while inserting the Mounting Bolt through the hole.
6. Slide the Lower Bolt-Through Plate onto the Mounting Bolt.
7. Thread the Bolt-Through Knob onto the Mounting Bolt and tighten to secure the Base to the desktop.

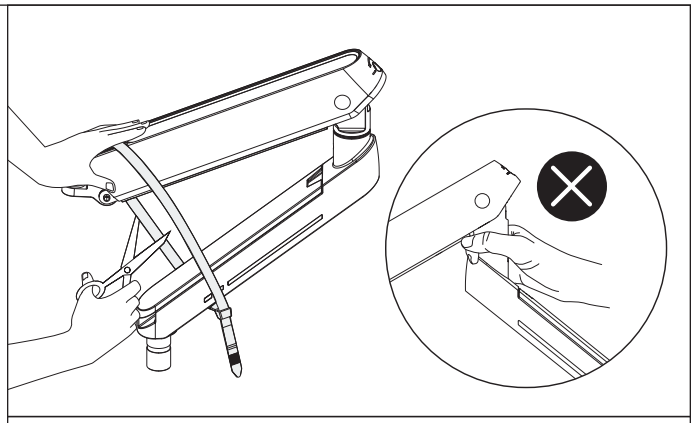


WARNING: The arm is shipped with a cable tie holding the upper and lower sections of the arm together. Exercise caution when cutting the cable tie and follow the steps below to avoid injury.

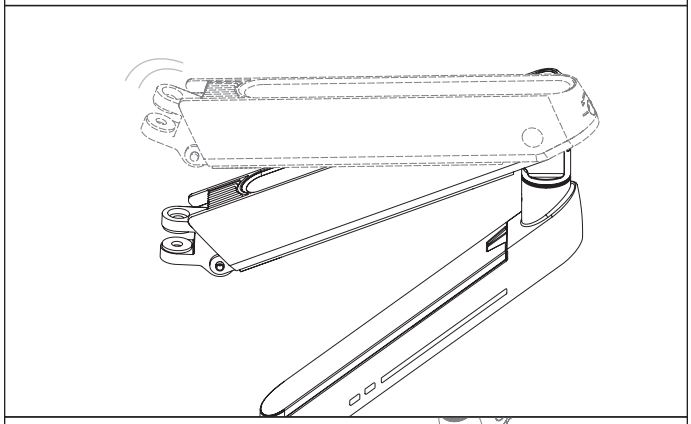
Step 3 - Arm Assembly

A. Firmly hold the Arm together to create slack in the cable tie. Cut the cable tie from around the arm.

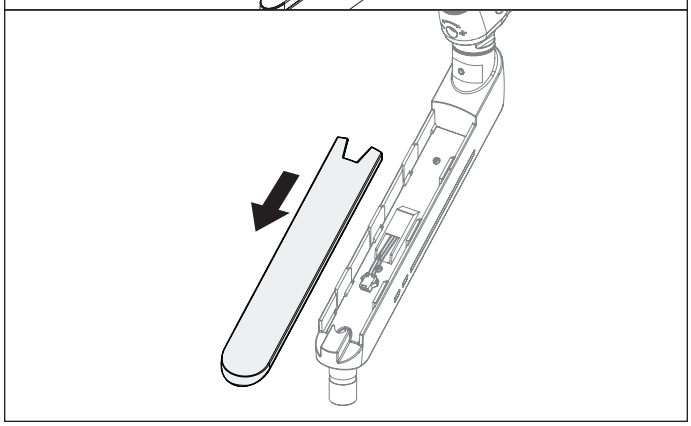
Caution: Keep hands and fingers away from the joint where the Arm sections come together to avoid a pinching injury.



B. Slowly release the pressure on the Arm to let it reach its full extension.

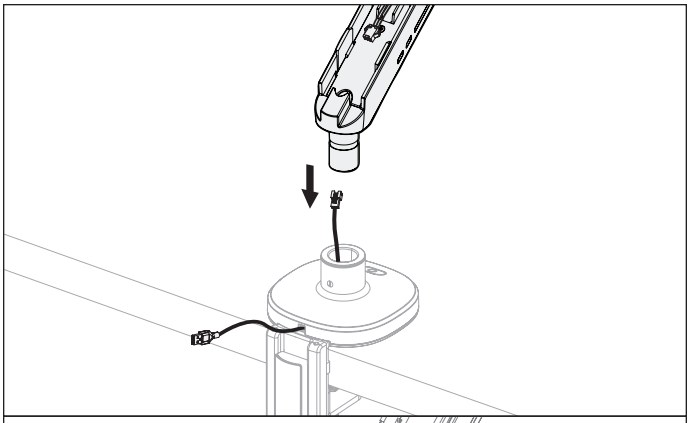


C. Remove the cover from the lower arm section by sliding it down. Leave the cover off of the Arm until monitor cables have been routed through it in Step 9.



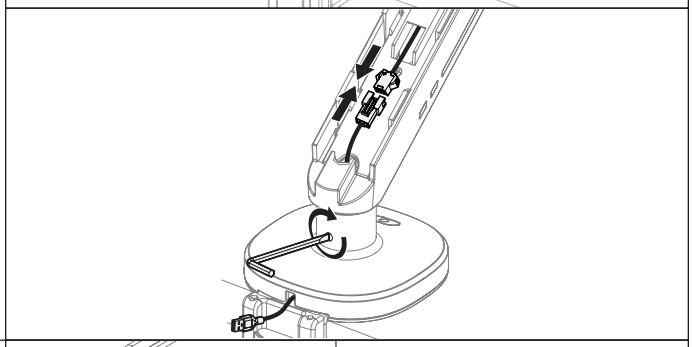
D. Pass the connecting cable from the Base up through the Arm post into the lower arm section.

E. Insert the Arm into the post of the Base until it is fully seated.



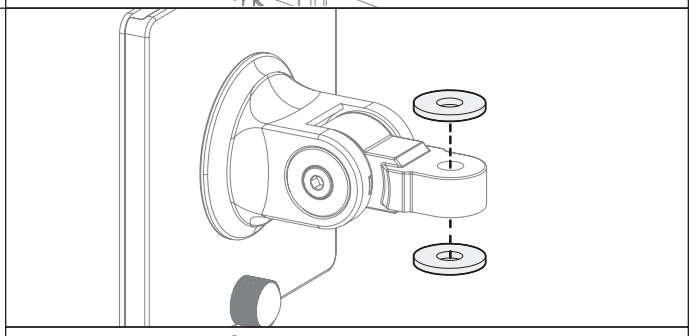
F. Connect the Arm and Base cables. You will hear a click when the cables are properly connected.

G. Tighten the set screw with the flat head end of the 4mm Allen Wrench. The set screw can be loosened later for final monitor arm adjustment.

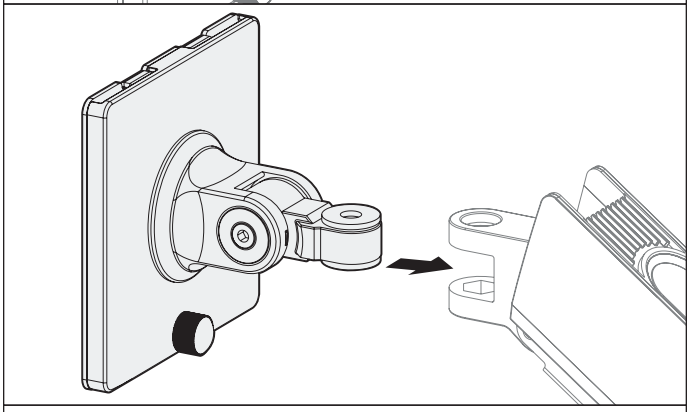


Step 4 - Install VESA Mount

A. Position the two VESA Washers on the top and bottom of the VESA Mount knuckle as shown.

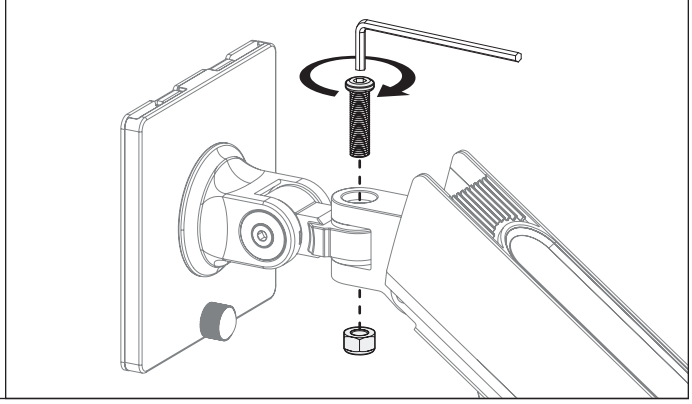


B. Slide the VESA Mount knuckle and VESA Washers into the top end of the Arm as shown.



C. Insert the VESA Bolt through the top of the Arm and VESA Mount.

D. Press the VESA Nut into the cavity in the bottom of the Arm and tighten the VESA Bolt using the 5mm Allen Wrench to secure the VESA assembly to the Arm.

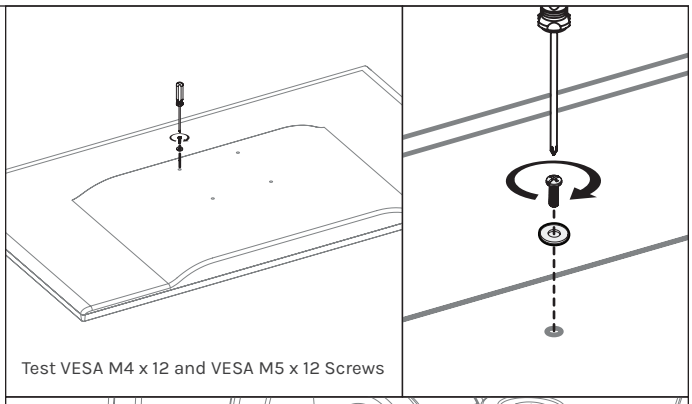


Step 5 - Attach VESA Mount

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

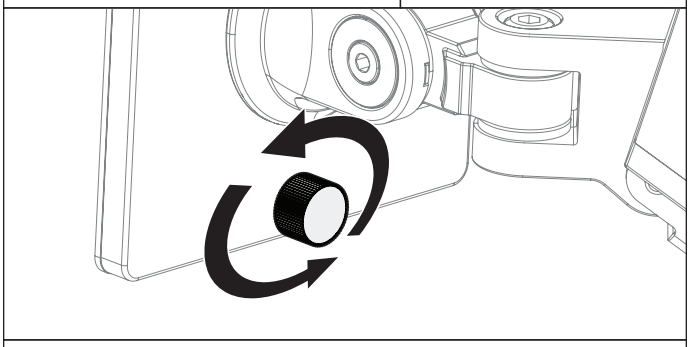
A. To avoid scratching the screen, place the monitor face down on a clean, soft, flat surface such as a carpet or blanket.

B. Test the VESA M4 x 12 and VESA M5 x 12 Screws in the monitor's VESA mounting holes to determine which is the right size for your monitor.

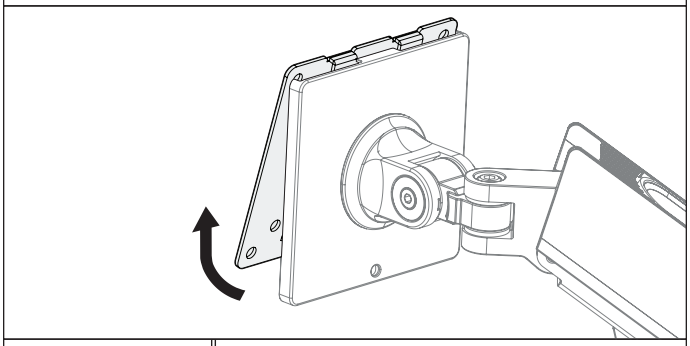


Test VESA M4 x 12 and VESA M5 x 12 Screws

C. Loosen and remove the knurled screw behind the VESA Mount assembly.



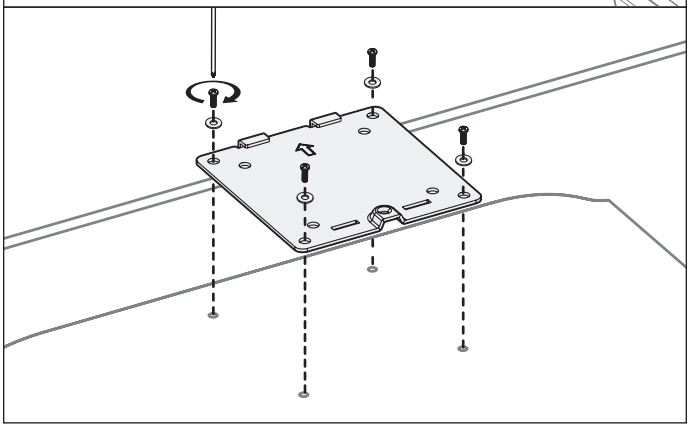
D. Remove the VESA plate as indicated by the arrow.

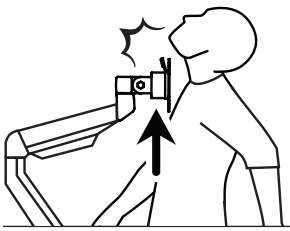


E. Ensure the arrow on the VESA plate is facing the top of the monitor and align the holes with the holes in the back of the monitor as shown.

F. Insert a VESA Screw with VESA Washer through each of the holes in the VESA plate and loosely thread into the monitor.

G. Once all screws are started, tighten them using a Phillips head screwdriver. Be careful not to over tighten the screws.





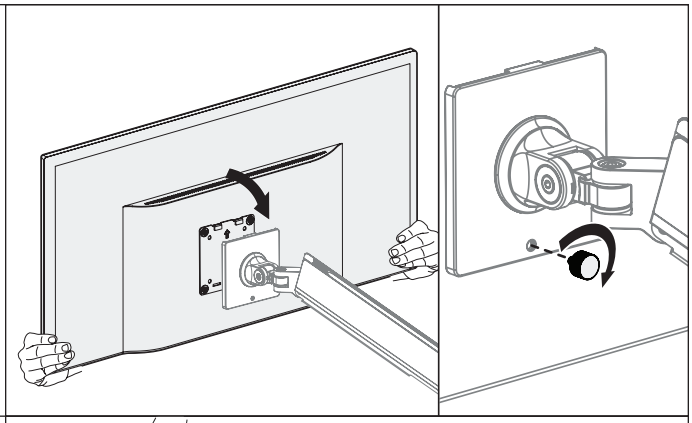
WARNING: This product contains a spring mechanism that can cause injury. Be careful to raise arm to the highest position before removing monitors; the arm can spring up rapidly when the weight of the monitor is removed.

Step 6 - Install the Monitor

A. Holding the monitor on each side, hook the top of the VESA plate to the top of the VESA Mount.

B. Slowly lower the bottom of the monitor until the VESA plate is flush with the VESA Mount.

C. Using the knurled screw removed in Step 5, secure the monitor to the VESA Mount.



Step 7 - Arm Tension Adjustment

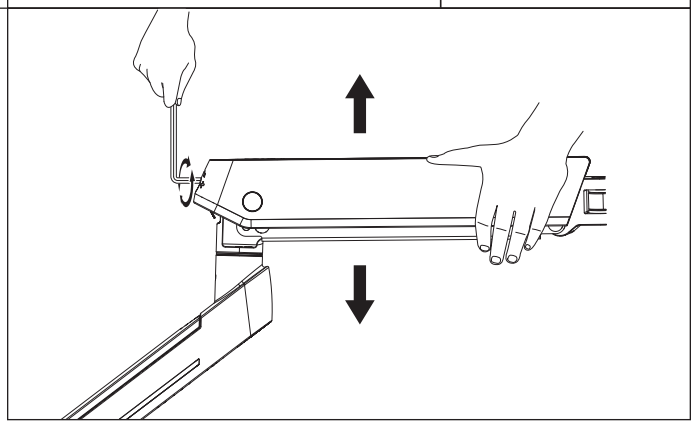
Ergonomic tip: When properly adjusted for use, the top edge of the monitor should be at eye level and the monitor should be about an arm's length away from you.

A. Grasp the monitor on both sides and move it up or down to the preferred position and let go. After letting go, if the monitor stays where you positioned it, skip to Step 8. If the monitor rises or drops, follow the steps below to adjust the tension of the Arm.

B. Holding the Arm horizontal with one hand, use the 5mm Allen Wrench to turn the tension adjustment screw located at the back of the upper Arm section. If the monitor dropped when it was let go, turn the screw toward the “+” symbol. If the monitor drifted up when it was let go, turn the screw toward the “-” symbol.

C. Continue turning the tension adjustment screw until the monitor arm holds its position when you let go.

DO NOT over tighten the tension screw to avoid damage.



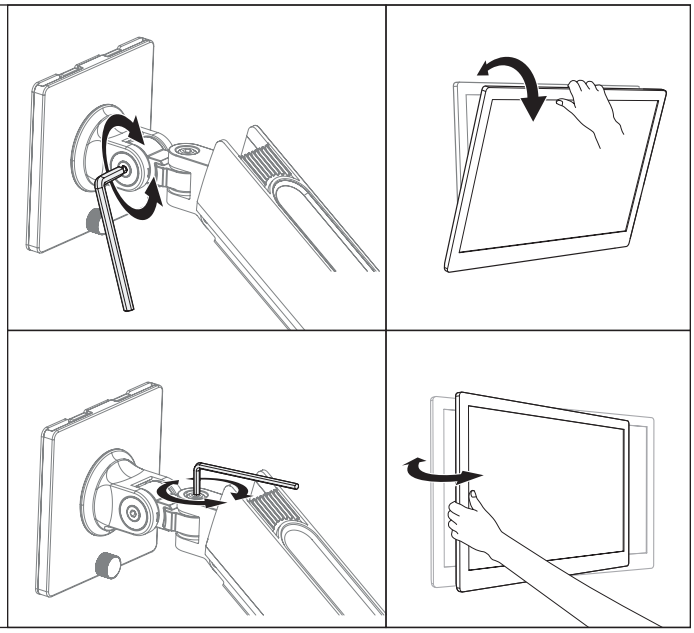
Step 8 - Monitor Angle Adjustment

A. To adjust the front and back tilt of your monitor, loosen the screw on the side of the VESA Mount with the 5mm Allen Wrench.

B. Adjust the monitor to your preferred viewing angle and re-tighten the screw.

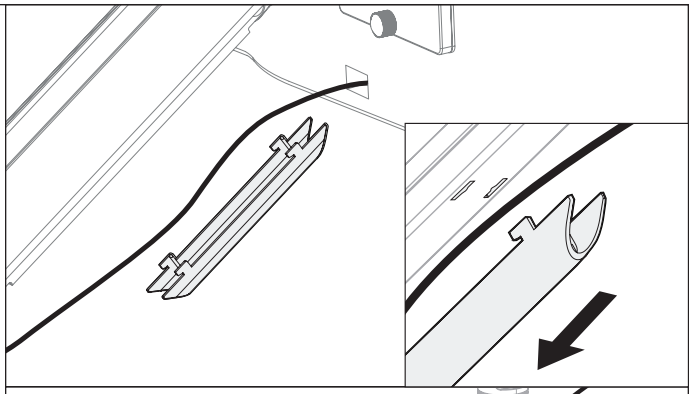
C. To adjust the swivel angle of the monitor, loosen the VESA Bolt on the top of the arm with the 5mm Allen Wrench.

D. Adjust the monitor to your preferred viewing angle and re-tighten the VESA Bolt to hold the monitor in place.

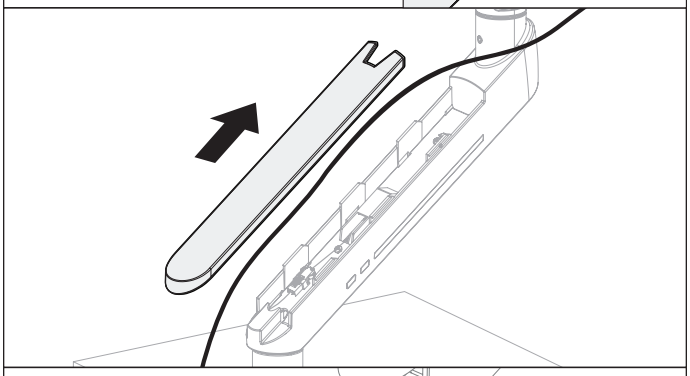


Step 9 - Wire Management

A. Route the monitor cables through the Upper Cable Cover and place it into position on the Arm.

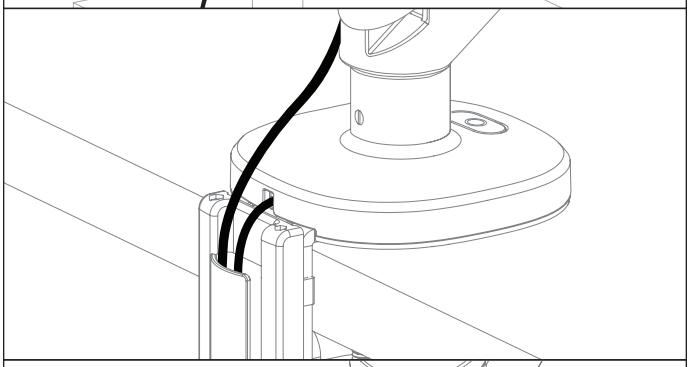


B. Route the monitor cables through the channel in the lower arm section then replace the lower cable management cover that was removed in Step 3.

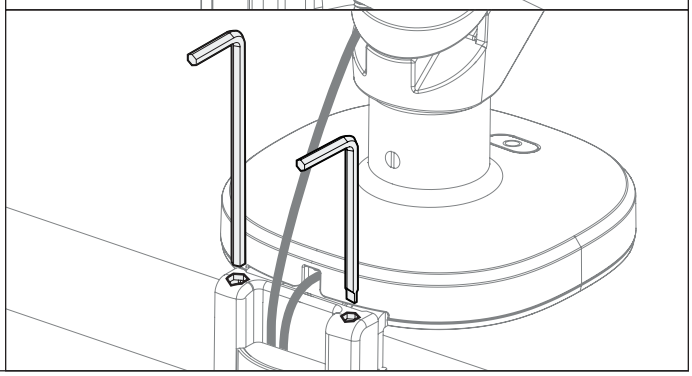


C. If the Clamp Method is used to mount the monitor arm, route the monitor cables and LED USB cable through the channel of the Wire Cover.

Leave extra slack in the cables to prevent pinching and allow the arms to move freely within the full range of motion without binding.



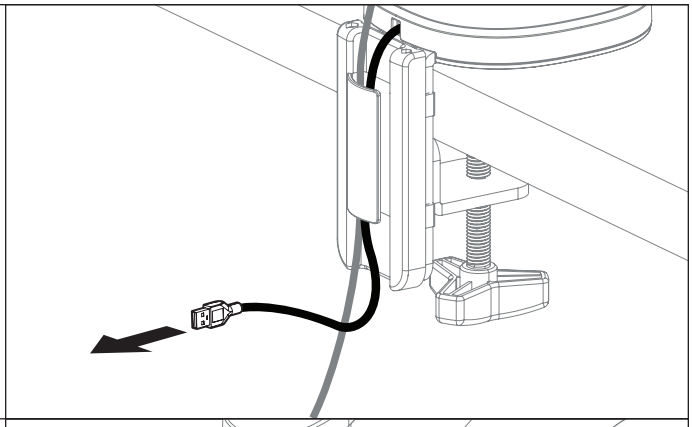
D. Insert the Allen Wrenches in the holes at the top of the Wire Cover for storage.



Step 10 - Connect Cables

A. Connect the monitor cables following the instructions from the monitor manufacturer.

B. Connect the monitor arm's LED USB cable to a USB-A port.



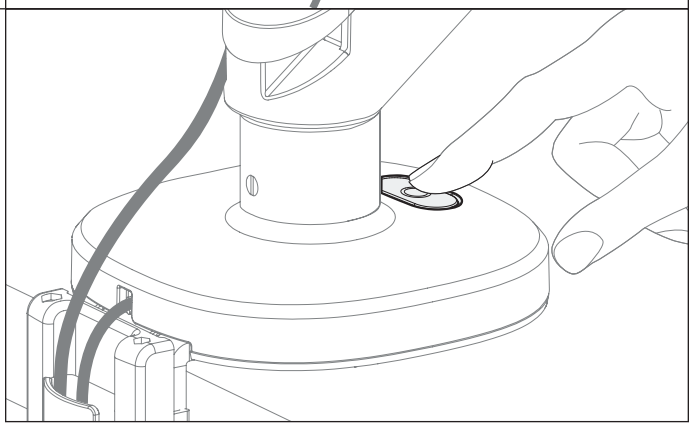
Step 11 - LED Light Settings

A. Place your finger on the capacitive touch button on the Base for about 3 seconds to turn the LEDs on (or off).

B. Quickly tap the button to cycle through the 20 LED patterns.

C. Quickly double tap the button to activate the random LED pattern mode. Quickly tap once to exit the random LED pattern mode.

D. The last LED pattern selected will be saved and displayed the next time the LEDs are turned on.



Adjustment Information

Height Adjustment: The center of the VESA Mount can go as high as 18.5" and as low as 8.5" from the desktop.

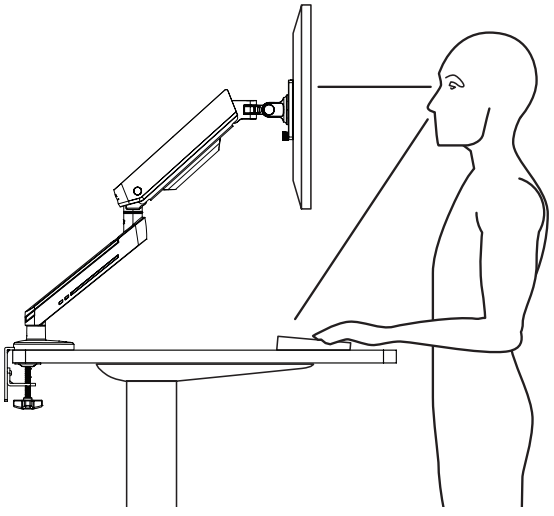
Monitor Tilt: The monitor can tilt at the VESA Mount forward or backward within a range of 160° (±80).

Monitor Swivel: The monitor can swivel 180° (+/-90°) at the Monitor Joint.

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

Upper Arm Swivel: Each upper arm can swivel 360°.

Lower Arm Swivel: The Gas Arms can swivel a full 270°.



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: Refer to Step 8 for instructions on adjusting the monitor tilt.

UPLIFT DESK

Work better. Live healthier.

upliftdesk.com
support@upliftdesk.com
800-349-3839
512-614-3152

Save This Manual: Study this manual carefully. If this product is sold, please provide this manual to the buyer, installers, or support personnel operating the product.

Copyright Notice: This manual is a component of this UPLIFT Desk product. This manual is a part of the scope of delivery, even if the item is resold. This manual is also available on the UPLIFT Desk website: upliftdesk.com. This manual is subject to United States copyright law.

AI-MON071-1.0