## Ergotron 45-486-224

# Ergotron MXV Monitor Arm Instruction Manual

Model: 45-486-224

## Introduction

This manual provides detailed instructions for the installation, operation, and maintenance of your Ergotron MXV Monitor Arm. The MXV Monitor Arm is designed to enhance your workspace by providing flexible and ergonomic monitor positioning. Its slim, V-shaped design supports monitors up to 34 inches and weighing between 3.2 kg and 9.1 kg, featuring VESA 100x100mm and 75x75mm compatibility. Please read this manual thoroughly before installation and use to ensure proper setup and safe operation.

## Product Features

- **Slim and Stylish Design:** The MXV arm features a sleek, V-shaped profile that complements any home or office environment.
- **Space-Saving:** Frees up valuable desk space by elevating your monitor. The arm can be folded compactly when not in use.
- **Wide Compatibility:** Supports monitors up to 34 inches and weighing from 3.2 kg to 9.1 kg. Compatible with VESA 100x100mm and 75x75mm mounting patterns.
- **Constant Force Technology:** Ergotron's patented Constant Force technology allows for effortless, fluid adjustments of monitor position with just a light touch. This technology ensures long-term stability and prevents the common degradation seen in gas spring mechanisms.
- **Pre-assembled for Easy Setup:** The arm arrives largely pre-assembled, simplifying the installation process to just attaching the monitor and mounting to the desk.
- **Integrated Rotation Stopper:** Includes a 180-degree rotation stopper to prevent the arm from hitting walls or other obstacles.
- **Durable Construction:** Made from high-quality aluminum for long-lasting durability.
- **Extensive Testing:** Height adjustment function tested for over 10,000 cycles, ensuring years of smooth and reliable operation.

## Setup and Installation

The Ergotron MXV Monitor Arm offers two primary mounting options: a desk clamp and an optional grommet mount. The desk clamp is included with your purchase.

### Included Components

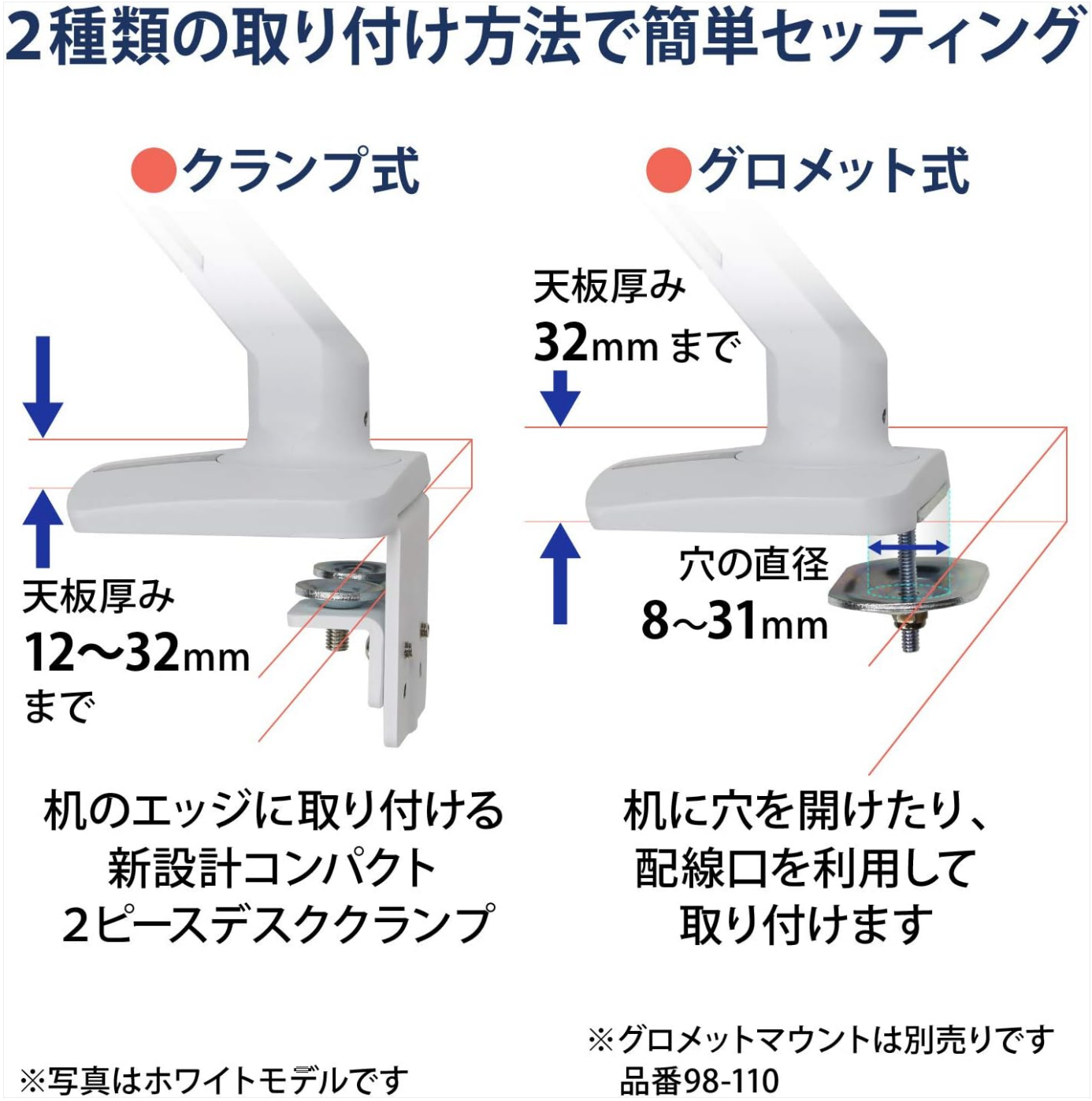


**Image:** All components included with the Ergotron MXV Monitor Arm, showing the main arm assembly, desk clamp, and hardware kit.

Before beginning installation, ensure all components are present as shown in the image above. The arm comes largely pre-assembled.

**Mounting Options**

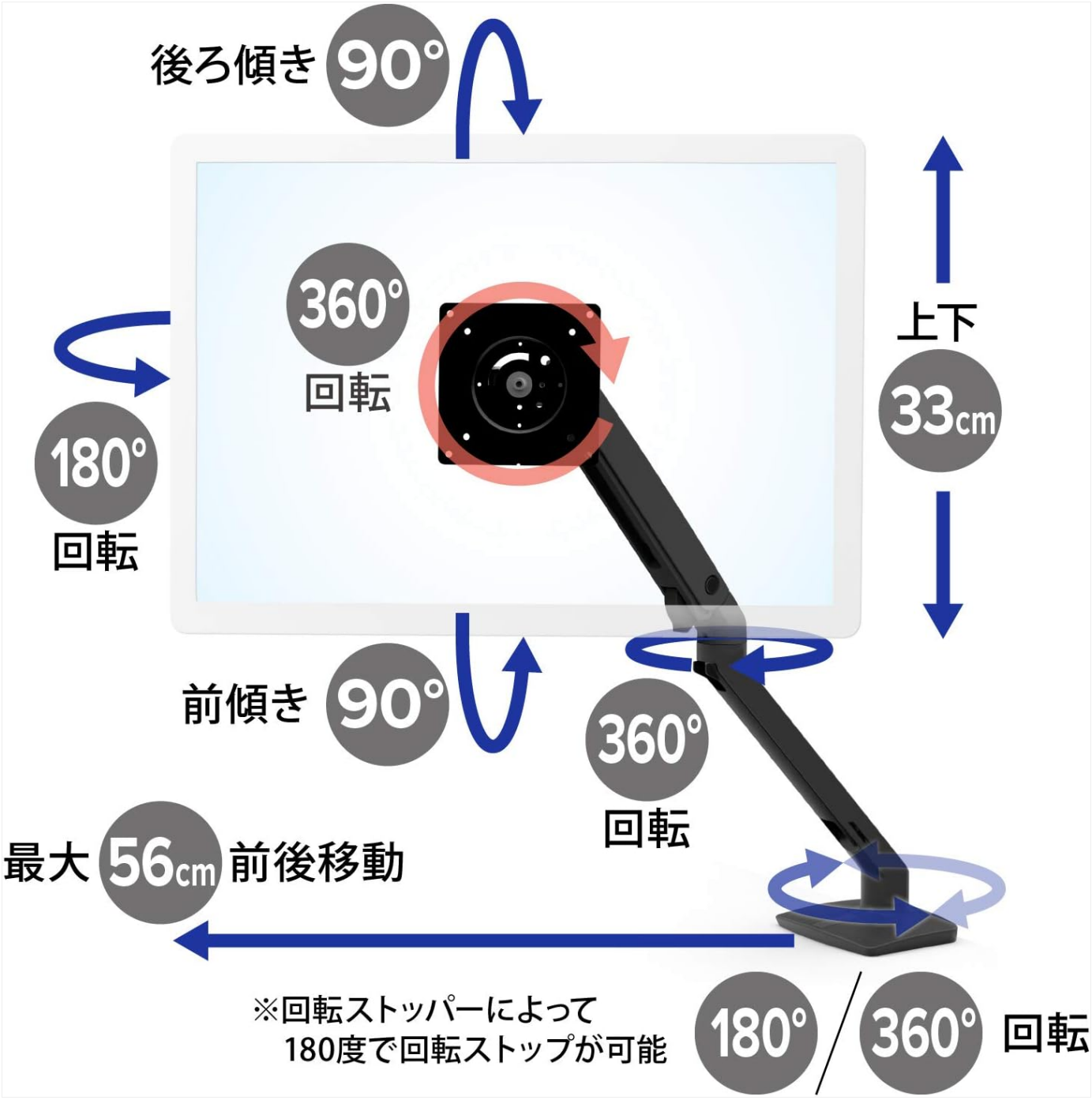


**Image:** Illustration of the two mounting methods: Desk Clamp and Grommet Mount. The desk clamp is for desk edges 12-32mm thick. The grommet mount (sold separately) is for desk holes 8-31mm in diameter and surfaces up to 32mm thick.

**1. Desk Clamp Installation (Included)**

1. Ensure your desk thickness is between 12mm and 32mm.
2. Attach the desk clamp to the edge of your desk.
3. Tighten the clamp screws securely to ensure stability.

**2. Grommet Mount Installation (Optional, Sold Separately)**

If using the grommet mount (Ergotron part 98-110), ensure your desk has a hole with a diameter between 8mm and 31mm, and the desk thickness is up to 32mm.

1. Insert the grommet mount through the desk hole.
2. Secure the mount from underneath the desk using the provided hardware.

### Attaching the Monitor

The MXV arm supports VESA 75x75mm and 100x100mm mounting patterns. Ensure your monitor is compatible.

1. Carefully align the VESA plate on the arm with the mounting holes on the back of your monitor.
2. Secure the monitor to the VESA plate using the appropriate screws.
3. **Important:** Do not attempt to adjust the arm's tension or movement until the monitor is fully attached. Adjustments made before the monitor is mounted will not be accurate and may cause the arm to spring up or down unexpectedly.

## Operating Instructions

Once the monitor is securely attached and the arm is mounted to your desk, you can adjust its position to achieve optimal ergonomic viewing.

### Adjusting Monitor Position

**Image:** This diagram shows the extensive adjustability of the MXV arm, including vertical travel of 33cm, horizontal reach of 56cm, 360-degree rotation at the base and monitor plate, and 90-degree tilt capability. A 180-degree rotation stopper is also indicated.

- **Height Adjustment:** Gently push or pull the monitor up or down. The Constant Force technology allows for smooth vertical movement over a range of 33 cm.
- **Tilt:** Tilt the monitor screen up or down by up to 90 degrees to reduce glare and optimize viewing angle.
- **Pan:** Swivel the monitor left or right. The arm allows for 360-degree rotation at the base and at the monitor attachment point. A 180-degree rotation stopper is integrated to prevent over-rotation.
- **Rotation:** Rotate the monitor from landscape to portrait mode (360 degrees) for different viewing needs.
- **Forward/Backward Movement:** Extend or retract the arm to position the monitor closer or further away, with a maximum forward/backward movement of 56 cm.

Adjustments should feel effortless. If the monitor sags or is difficult to move, refer to the troubleshooting section for tension adjustment.

### Cable Management

The MXV arm includes integrated cable management features to keep your workspace tidy. Route monitor cables along the underside of the arm and through the designated clips or channels to maintain a clean aesthetic and prevent tangles.

## Maintenance

The Ergotron MXV Monitor Arm is designed for durability and requires minimal maintenance.

- **Cleaning:** Wipe the arm surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents that may damage the finish.
- **Periodic Inspection:** Periodically check all mounting screws and connections to ensure they remain tight and secure.
- **Lubrication:** The Constant Force mechanism is maintenance-free and does not require lubrication.

## Troubleshooting

| Problem | Possible Cause | Solution |
|---|---|---|
| Monitor sags or does not stay in position. | Arm tension is too low for the monitor's weight. | Adjust the tension screw on the arm. Refer to the installation guide for specific instructions on tension adjustment. Ensure the monitor is mounted before adjusting tension. |
| Monitor is difficult to move up or down. | Arm tension is too high for the monitor's weight. | Loosen the tension screw slightly. Refer to the installation guide for specific instructions. |
| Arm feels unstable or wobbles. | Desk clamp or grommet mount is not securely tightened. | Re-tighten the desk clamp or grommet mount screws. Ensure the desk surface is stable. |
| Monitor cannot be tilted or rotated. | Joints may be too tight or obstructed. | Check for any obstructions. If joints are too tight, refer to the installation guide for adjustment instructions. |

If you encounter issues not listed here, please contact Ergotron customer support.

## Specifications

| Feature | Detail |
|---|---|
| Model Number | 45-486-224 |

| Feature | Detail |
|---|---|
| Color | Matte Black |
| Material | Aluminum |
| Mounting Type | Tabletop Mount (Desk Clamp included) |
| Movement Type | Tiltable, Pan, Rotate, Height Adjustable |
| Compatible Devices | Monitors, Laptops (with optional tray) |
| Maximum Monitor Size | 34 inches |
| Weight Capacity | 3.2 kg to 9.1 kg (7 to 20 lbs) |
| VESA Compatibility | 75x75mm, 100x100mm |
| Height Adjustment Range | 33 cm (13 inches) |
| Forward/Backward Movement | Up to 56 cm (22 inches) |
| Tilt Angle | 90 degrees (up/down) |
| Rotation | 360 degrees (at base and monitor plate) with 180-degree stopper |
| Desk Clamp Thickness | 12-32mm |
| Grommet Mount (Optional) | For holes 8-31mm diameter, desk thickness up to 32mm (Part 98-110) |
| Product Weight | 2.5 kg |
| Origin | China |
| GTIN/UPC | 00698833073850 |

## Warranty and Support

Your Ergotron MXV Monitor Arm comes with a **10-year manufacturer's warranty**, ensuring long-term reliability and peace of mind.
For any questions, technical assistance, or warranty claims, please contact Ergotron customer support:

- **Email:** japansupport@ergotron.com (Japanese language support)
- Please have your model number (45-486-224) and purchase information ready when contacting support.

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## Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

**Name**

Anonymous

**Email**

you@example.com

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**Question**

Example: How do I reset this device or fix this error?

**Details**

Model number, symptoms, what you tried, or the section of the manual you are using.

**Submit question**