MOUNTUP MU0025

MOUNTUP Monitor Mount Instruction Manual

Model: MU0025 | Brand: MOUNTUP

1. INTRODUCTION

Thank you for choosing the MOUNTUP Single Computer Monitor Stand. This full motion gas spring desk monitor arm is designed to enhance your workspace ergonomics by providing flexible positioning for your monitor. It is compatible with most flat and curved computer monitors from 17 to 32 inches, supporting a maximum weight of 17.6 lbs. This manual will guide you through the installation, operation, and maintenance of your new monitor mount.

2. SAFETY INFORMATION

Please read and understand all instructions before installation and use. Failure to do so may result in personal injury or property damage. If you have any questions, please contact MOUNTUP customer support.

- Do not exceed the maximum weight capacity of 17.6 lbs (8 kg).
- Ensure the desk surface is stable and strong enough to support the combined weight of the mount and monitor.
- Always keep the arm in a horizontal position during gas spring tension adjustment to prevent injury or damage.
- Use all provided hardware and follow the installation steps precisely.
- Keep children and pets away during installation.

3. PACKING LIST

Verify that all components are present and undamaged before beginning installation.

Figure 3.1: Key features and compatibility of the MOUNTUP monitor mount.

The package should include:

- Monitor Arm Assembly (Upper and Lower Arms)
- Desk Pole
- C-Clamp Base
- Grommet Base Components
- VESA Plate
- All necessary screws, washers, and Allen keys
- Instruction Manual

4. SETUP AND INSTALLATION

Choose between C-Clamp or Grommet mounting based on your desk type and preference.

EASY ADJUSTMENT
Adjust to Proper Tension Depend on Monitor Weight

+ Turn counter-clockwise ("+" direction) increase tension for **heavier** monitor

− Turn clockwise ("−" direction) reduce tension for **lighter** monitor

▲ 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.

Figure 4.1: The monitor mount offers both C-Clamp and Grommet mounting options.

4.1 C-Clamp Installation

1. Attach the C-clamp base to the desk pole using the provided screws and Allen key.
2. Position the assembled clamp and pole on the edge of your desk.
3. Tighten the C-clamp screw until the mount is securely fastened to the desk. Ensure it is stable and does not wobble.

4.2 Grommet Installation

1. Disassemble the C-clamp by removing the screw and plate.
2. Insert the desk pole through the grommet hole in your desk.
3. Secure the pole from underneath the desk using the grommet base plate and tightening knob.

4.3 Attaching VESA Plate to Monitor

1. Carefully place your monitor face down on a soft, clean surface.
2. Align the VESA plate with the mounting holes on the back of your monitor (75x75mm or 100x100mm).
3. Secure the VESA plate to the monitor using the appropriate screws. Do not overtighten.

4.4 Attaching Monitor to Arm

1. Slide the VESA plate with the attached monitor onto the monitor arm's mounting head.
2. Ensure the monitor is fully seated and then tighten the security bolt to prevent accidental detachment.

4.5 Cable Management

Route your monitor cables through the integrated cable management clips on the arm and pole to maintain a tidy workspace.

Figure 4.2: Effective cable management keeps your desk organized.

4.6 Installation Video Guide

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Video 4.1: A detailed installation guide for the MOUNTUP Single Monitor Mount (MU0025).

5. OPERATING AND ADJUSTMENTS

The MOUNTUP monitor arm offers full motion capabilities for optimal viewing comfort.

FULL RANGE MOTION

Free to **Sit** or **Stand**

Swivel ±90°

Swivel ±180°

Swivel ±135°

Tilt +90°/-45°

Swivel ±90°

Rotation 360°

Figure 5.1: The monitor arm provides extensive adjustability for ergonomic positioning.

5.1 Gas Spring Tension Adjustment

Adjust the gas spring tension to match your monitor's weight for smooth and stable positioning. Keep the arm in a horizontal position during adjustment.

Figure 5.2: Adjusting the gas spring tension for optimal monitor support.

- If the arm shoots up: Turn the adjustment screw clockwise ("-" direction) to reduce tension for a lighter monitor.
- If the arm falls down: Turn the adjustment screw counter-clockwise ("+" direction) to increase tension for a heavier monitor.

5.2 Tilt Adjustment

The monitor can tilt +90° (up) and -45° (down) to reduce glare and optimize viewing angles.

- Loosen the tilting bolt on the VESA plate.
- Position the screen to your desired angle.
- Retighten the tilting bolt to fix the angle.

5.3 Swivel and Rotation

The arm allows for extensive swivel and 360° rotation for landscape or portrait orientation.

Figure 5.3: Achieve perfect viewing angles with 360-degree rotation.

- Lower Arm Swivel: ±135°
- Upper Arm Swivel: ±180°
- Screen Swivel: ±90°
- Screen Rotation: 360°

5.4 Adjustment Video Guide

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Video 5.1: Guide to Gas Spring Tension & Tilting Adjustment for MOUNTUP Monitor Mount (MU0025).

Your browser does not support the video tag.

Video 5.2: Demonstration of the MOUNTUP Single Monitor Desk Mount (MU0025) functions.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your monitor mount.

- **Cleaning:** Wipe the mount with a soft, damp cloth. Avoid abrasive cleaners or solvents that may damage the finish.
- **Inspection:** Periodically check all screws and connections to ensure they are tight and secure. Retighten if necessary.
- **Gas Spring:** If the gas spring tension feels off, refer to Section 5.1 for adjustment instructions.

7. TROUBLESHOOTING

If you encounter any issues, refer to the following common problems and solutions:

- **Monitor arm falls down or shoots up:** This indicates incorrect gas spring tension. Refer to Section 5.1 for proper adjustment based on your monitor's weight.
- **Monitor tilts forward or backward unexpectedly:** The tilting bolt may be loose. Refer to Section 5.2 to loosen, adjust, and retighten the tilting bolt.
- **Mount feels unstable or wobbly:** Ensure the C-clamp or grommet base is securely tightened to the desk. Check all connection points on the arm and VESA plate.
- **Difficulty moving the arm:** The tension might be too high for a lighter monitor, or the joints might need lubrication (though typically not required for gas spring arms). Ensure no cables are snagged.

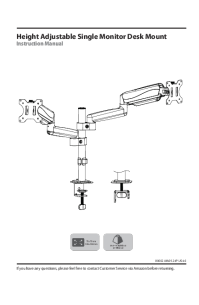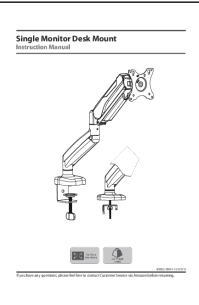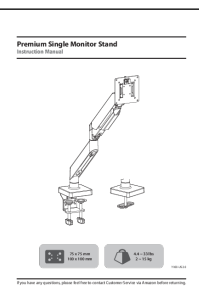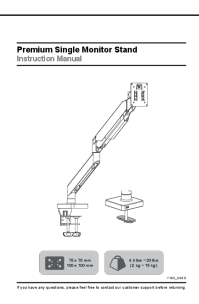If problems persist, please contact customer support.

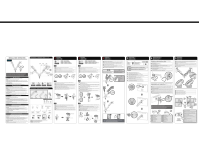## 8. SPECIFICATIONS

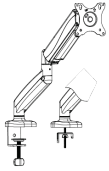| Feature	Specification
Model Number	MU0025
Compatible Screen Size	17 to 32 Inches
Weight Capacity	4.4 - 17.6 lbs (2 - 8 kg)
VESA Compatibility	75x75mm, 100x100mm
Mounting Type	C-Clamp / Grommet Base
C-Clamp Desk Thickness	0.39" - 3.15" (10-80mm)
Grommet Desk Thickness	0.39" - 3.15" (10-80mm)
Grommet Hole Diameter	0.39" - 2.36" (10-60mm)
Material	Steel, Aluminum, Plastic
Color	Black
Max Height (from desk)	22.64" (57.5cm)
Max Extension	19.8" (50.3cm)
Tilt Range	+90° / -45°
Screen Swivel	±90°
Screen Rotation	360°

9. Warranty and Support

All MOUNTUP monitor mounts are backed by 3-year support. Our friendly customer support team is available to answer any questions within 12 hours. For assistance, please visit the official MOUNTUP website or contact us directly through your purchase platform.

Related Documents - MU0025

	Height Adjustable Single Monitor Desk Mount Instruction Manual Instruction manual for the MOUNTUP Height Adjustable Single Monitor Desk Mount. Provides detailed assembly steps, package contents, safety warnings, and adjustment guidelines for this gas spring monitor arm, supporting VESA compatible monitors.
	MOUNTUP Single Monitor Desk Mount Instruction Manual Comprehensive instruction manual for the MOUNTUP Single Monitor Desk Mount, detailing assembly, installation, adjustments, and maintenance for VESA-compatible monitors.
	Premium Single Monitor Stand Instruction Manual - MOUNTUP Y100-US2.0 Detailed instruction manual for the MOUNTUP Premium Single Monitor Stand (Model Y100-US2.0), covering safety, package contents, assembly steps, adjustments, and dimensions. Supports VESA 75x75mm and 100x100mm, with a weight capacity of 4.4-33 lbs.
	MOUNTUP Premium Single Monitor Stand Installation Guide Comprehensive instruction manual for the MOUNTUP Premium Single Monitor Stand. Covers clamp and grommet base installation, arm assembly, monitor attachment, gas spring tension adjustment, cable management, and final positioning. Includes safety warnings and maintenance tips.
	MOUNTUP Dual Monitor Stand Installation Guide (MU0005) Comprehensive installation instructions for the MOUNTUP MU0005 dual monitor stand, featuring gas spring adjustment, VESA compatibility, and dual mounting options (clamp/grommet).

Single Monitor Desk Mount
Instruction Manual   YZ2216-US3

If you have any questions, please feel free to contact Customer Service via Amazon before returning.

[MOUNTUP Single Monitor Desk Mount Instruction Manual YZ2216-US3.0](#)
Comprehensive instruction manual for the MOUNTUP YZ2216-US3.0 Single Monitor Desk Mount, detailing assembly, installation, and adjustment procedures for gas spring monitor arms. Includes product dimensions, package contents, and step-by-step guides.