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› ELIVED Single Monitor Arm Instruction Manual (Model EV004)

ELIVED EV004

ELIVED Single Monitor Arm Instruction Manual (Model EV004)

Brand: ELIVED | Model: EV004

INTRODUCTION



Figure 1: ELIVED Single Monitor Arm (Model EV004).

This manual provides detailed instructions for the installation, operation, and maintenance of your ELIVED Single Monitor Arm, Model EV004. Please read this manual thoroughly before installation and use to ensure proper function and safety. The ELIVED EV004 monitor arm is designed for most flat and curved screens from 13 to 32 inches, supporting monitors up to 9 kg (19.8 lbs) with VESA mounting patterns of 75x75mm or 100x100mm.

SAFETY INFORMATION

- **Weight Capacity:** Do not exceed the maximum weight capacity of 9 kg (19.8 lbs). Overloading can cause instability, leading to potential injury or equipment damage.
- **VESA Compatibility:** Ensure your monitor has a VESA mounting pattern of 75x75mm or 100x100mm.
- **Desk Thickness:** For C-clamp mounting, the desk thickness must be between 10mm and 70mm. For grommet mounting, the desk thickness must be between 10mm and 70mm, and the hole diameter between 10mm and

60mm.

- **Gas Spring Tension:** Adjust the gas spring tension carefully according to your monitor's weight. Incorrect tension can cause the monitor to drop or spring up unexpectedly. Always hold the arm horizontally during adjustment.
- **Assembly:** Follow all assembly steps precisely. If any parts are missing or damaged, contact customer support immediately.
- **Children:** Keep small parts away from children to prevent choking hazards.

PACKAGE CONTENTS

Verify that all components are present before beginning installation.

- Monitor Arm Assembly
- C-Clamp Mounting Kit
- Grommet Mounting Kit
- VESA Plate
- Hardware Pack (screws, washers, Allen keys)
- Instruction Manual

SETUP AND INSTALLATION

1. Choose Your Mounting Option

The monitor arm offers two installation methods: C-clamp or Grommet mount. Select the method suitable for your desk.

WERKZEUGLOSE HÖHENVERSTELLUNG



Figure 2: C-Clamp and Grommet Mounting Options. C-clamp for desk edges, grommet for desks with existing holes.

1. C-Clamp Mounting:

- Attach the C-clamp base to the monitor arm pole.
- Secure the C-clamp to the edge of your desk. Ensure the desk thickness is between 10mm and 70mm. Tighten the clamp firmly.

2. Grommet Mounting:

- If your desk has a pre-drilled hole (diameter 10mm to 60mm), use the grommet base.
- Assemble the grommet base components and pass the bolt through the desk hole.
- Secure the base from underneath the desk, ensuring the desk thickness is between 10mm and 70mm.



EINFACHE MONTAGE



Figure 3: Simplified Installation Steps. 1. Secure the stand to the desktop. 2. Attach the VESA plate to your monitor. 3. Slide the monitor onto the arm. 4. Adjust gas spring tension.

2. Attach VESA Plate to Monitor

Attach the VESA plate to the back of your monitor using the provided screws. Ensure the screws are tightened securely but do not overtighten.



Figure 4: Detachable VESA Plate. The VESA plate easily attaches to the monitor and then slides onto the arm.

3. Mount Monitor to Arm

Carefully slide the monitor (with the attached VESA plate) onto the monitor arm's VESA head. Ensure it clicks into place or is secured with any locking mechanism.

4. Adjust Gas Spring Tension

The gas spring tension needs to be adjusted to match your monitor's weight. This ensures the monitor stays in position and can be moved smoothly.



Figure 5: Gas Spring Tension Adjustment. Use an Allen key to adjust the tension screw. Turn clockwise for lighter monitors (decrease tension), counter-clockwise for heavier monitors (increase tension).

- If the monitor drops after mounting, the tension is too low. Turn the adjustment screw **counter-clockwise ("+")** to increase tension.
- If the monitor springs up or is difficult to push down, the tension is too high. Turn the adjustment screw **clockwise ("-")** to decrease tension.
- Always hold the arm in a horizontal position during adjustment to prevent sudden movement.



Figure 6: Gas Spring Tension Guide. Refer to this diagram for approximate turns based on monitor weight.

OPERATING THE MONITOR ARM

The ELIVED EV004 monitor arm offers extensive adjustability for an ergonomic viewing experience.

GET AN OPTIMAL VIEWING ANGLE

Erhalten Sie einen optimalen Betrachtungswinkel

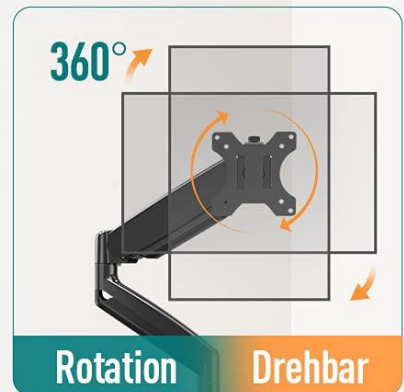
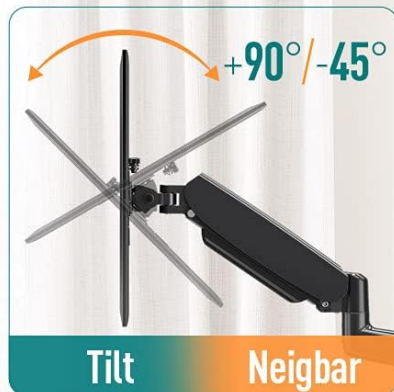


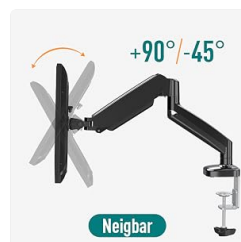
Figure 7: Ergonomic Setup. Achieve an optimal viewing position with the adjustable monitor arm.

Adjustments



Figure 8: Optimal Viewing Angle. The arm allows for tilt, swivel, and rotation adjustments.

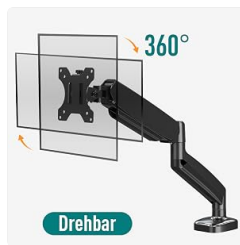
- **Height Adjustment:** The gas spring allows for smooth vertical movement of the monitor. Gently push or pull the monitor to your desired height (up to 440mm adjustment range).
- **Arm Extension:** The arm can extend up to 490mm, allowing you to position your monitor closer or further away from you.
- **Tilt:** Adjust the monitor's vertical angle from $+70^{\circ}$ to -45° to reduce glare and find your preferred viewing angle.
- **Swivel:** Rotate the monitor horizontally up to 180° ($\pm 90^{\circ}$) at the arm joint to share your screen or adjust your viewing direction.
- **Rotation:** Rotate the monitor 360° at the VESA plate to switch between landscape and portrait orientations.



Tilt ($+70^{\circ}/-45^{\circ}$)



Swivel (180°)



Rotation (360°)

Cable Management

The monitor arm includes integrated cable clips to help organize and conceal monitor cables, maintaining a clean and tidy workspace.



Figure 9: Cable Management. Route cables through the arm clips for a tidy setup.

MAINTENANCE

- **Cleaning:** Wipe the monitor arm with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- **Periodic Checks:** Regularly check all screws and connections to ensure they remain tight and secure. Re-tighten if necessary.
- **Gas Spring:** The gas spring is designed for long-term use and generally requires no maintenance. If adjustments become difficult, re-check the tension setting.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor drops or sags	Gas spring tension is too low.	Increase gas spring tension by turning the adjustment screw counter-clockwise ("+") . Refer to "Adjust Gas Spring Tension" section.
Monitor springs up or is hard to push down	Gas spring tension is too high.	Decrease gas spring tension by turning the adjustment screw clockwise ("-") . Refer to "Adjust Gas Spring Tension" section.
Monitor is unstable or wobbles	Mounting clamp/grommet is not tight; VESA screws are loose.	Ensure the desk clamp/grommet is securely tightened. Check and tighten all VESA mounting screws.
Monitor cannot be tilted	Tilt mechanism is too tight.	Loosen the tilt adjustment screw slightly (usually located near the VESA plate).

If you encounter any issues not covered here, please contact ELIVED customer support.

SPECIFICATIONS

Feature	Detail
Model Number	EV004
Brand	ELIVED
Screen Size Compatibility	13 - 32 inches
Weight Capacity	Up to 9 kg (19.8 lbs)
VESA Compatibility	75x75mm, 100x100mm
Tilt Angle	+70° / -45°
Swivel Angle	180° (±90°)
Rotation	360°
Height Adjustment Range	440 mm
Arm Extension Length	490 mm
Mounting Options	C-Clamp, Grommet
C-Clamp Desk Thickness	10 - 70 mm
Grommet Desk Thickness	10 - 70 mm
Grommet Hole Diameter	10 - 60 mm
Material	Metal

WARRANTY AND SUPPORT

Warranty: This ELIVED monitor arm comes with a **10-year warranty** from the date of purchase, covering manufacturing defects and material flaws under normal use.

Customer Support: For any product or installation issues, please contact ELIVED customer support. Our team is available to assist you with troubleshooting and provide further guidance.
Please retain your proof of purchase for warranty claims.

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

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you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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