

## ELIVED EV005

# ELIVED Dual Monitor Arm with Gas Spring (Model EV005) - Instruction Manual

Comprehensive guide for installation, operation, and maintenance.

## 1. INTRODUCTION

This manual provides detailed instructions for the installation, operation, and maintenance of your ELIVED Dual Monitor Arm with Gas Spring, Model EV005. Please read this manual thoroughly before installation and retain it for future reference. This product is designed to enhance your workspace ergonomics by providing flexible positioning for two monitors.

## 2. SAFETY INFORMATION

- Ensure the mounting surface (desk) can safely support the combined weight of the monitor arm and both monitors.
- Do not exceed the maximum weight capacity of 8 kg (17.6 lbs) per arm.
- Verify that your monitors are compatible with VESA 75x75mm or 100x100mm mounting patterns.
- Always follow the assembly steps in the correct order. Incorrect assembly may result in damage or injury.
- Do not overtighten screws. Overtightening can damage the product or your desk.
- Keep children and pets away from the product during installation and adjustment.
- If any parts are missing or damaged, do not attempt to install. Contact customer support immediately.

## 3. PACKAGE CONTENTS

Please verify that all components are present before beginning installation:

- Dual Monitor Arm Assembly (with gas springs)
- Desk Clamp Base
- Grommet Mount Base
- VESA Mounting Plates (x2)

- Hardware Kit (screws, washers, spacers for VESA mounting)
- Tools (Allen keys for assembly and tension adjustment)
- Cable Management Clips

## 4. SPECIFICATIONS

|                           |                                       |
|---------------------------|---------------------------------------|
| Brand                     | ELIVED                                |
| Model Number              | EV005                                 |
| Color                     | Black                                 |
| Material                  | Steel                                 |
| Screen Size Compatibility | 13 to 32 inches                       |
| Weight Capacity           | Up to 8 kg (17.6 lbs) per arm         |
| VESA Compatibility        | 75x75mm, 100x100mm                    |
| Mounting Type             | Desk Clamp (C-clamp) or Grommet Mount |
| Desk Clamp Thickness      | 10-80mm                               |
| Grommet Mount Thickness   | 0-80mm (Hole diameter: 10-78mm)       |
| Tilt Range                | +90° / -45°                           |
| Swivel Range              | 180° (arm), 270° (joint), 360° (base) |
| Rotation                  | 360°                                  |
| Height Adjustment         | 175-429mm                             |
| Arm Extension             | 406.5-482.5mm                         |

## 5. SETUP AND INSTALLATION

Follow these steps carefully to install your ELIVED Dual Monitor Arm.

### 5.1 Choose Your Mounting Option

The monitor arm offers two installation methods: C-clamp or Grommet Mount.

## 2 KOMPATIBELER TISCH

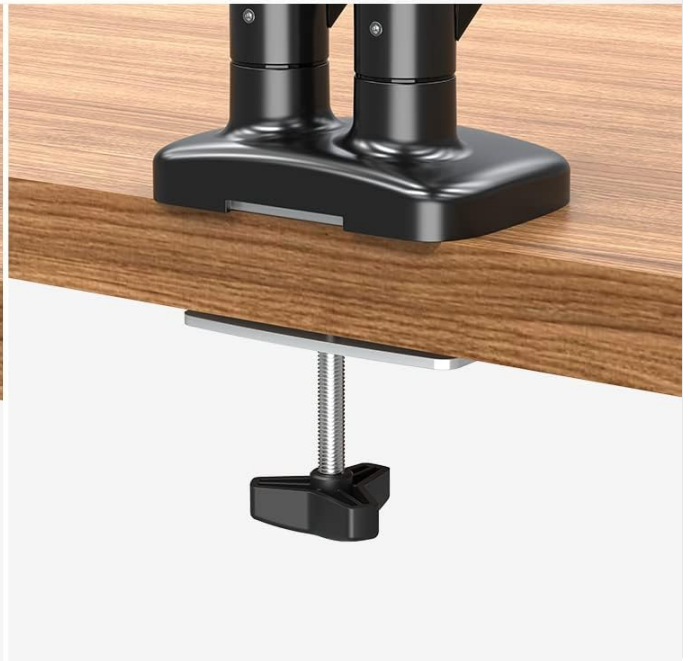
### C-Klemme Montage

Tischdicke  
10-80mm



### Tüllenhalterung

Tischdicke  
10-80mm



This image illustrates the two available desk mounting options: the C-clamp for desk edges and the grommet mount for desks with existing holes. Both options are suitable for desk thicknesses between 10-80mm.



A closer view of the C-clamp and grommet mount components, showing how they attach to the desk. The C-clamp secures to the edge, while the grommet mount uses a bolt through a desk hole.

### **C-Clamp Installation:**

1. Attach the C-clamp base to the edge of your desk.
2. Tighten the clamp screw until the base is securely fastened to the desk. Ensure it is stable and does not wobble.

### **Grommet Mount Installation:**

1. If your desk has a grommet hole (10-78mm diameter), insert the grommet base through the hole.
2. Secure the base from underneath the desk using the provided plate and nut. Tighten until firm.

## **5.2 Attach Monitor Arms to Base**

Slide the monitor arm assembly onto the chosen desk base. Ensure it is fully seated and secure.

## **5.3 Attach VESA Plates to Monitors**

1. Carefully place your monitor face down on a soft, clean surface.
2. Attach a VESA mounting plate to the back of each monitor using the appropriate screws and washers from the hardware kit. Ensure the screws are tightened securely but do not overtighten.



This image demonstrates the process of attaching the VESA mounting plate to the back of a monitor. The plate slides onto the arm for easy installation.

## **5.4 Mount Monitors to Arms**

1. Carefully lift each monitor and slide the VESA plate attached to the monitor onto the VESA head of the monitor arm.
2. Ensure the monitor is securely locked into place.

## **5.5 Gas Spring Tension Adjustment**

The gas springs require adjustment to match the weight of your monitors. This ensures the arms hold their position correctly.

# GAS SPRING TENSION ADJUSTMENT

## GASFEDEREINSTELLUNGSTECHNOLOGIE

➕ turn **Clockwise** for lighter monitors  
im Uhrzeigersinn drehen

➖ turn **Counter-Clockwise** for heavier monitors  
gegen den Uhrzeigersinn drehen



As for how many circles the screw should be turned, refer to below diagram

| Monitor Weight (KG) | 2   | 3 | 4 | 5 | 6  | 7  | 8  |
|---------------------|-----|---|---|---|----|----|----|
| Circles (at least)  | min | 1 | 4 | 8 | 11 | 14 | 17 |

This diagram illustrates how to adjust the gas spring tension. Turn clockwise for lighter monitors to decrease tension, and counter-clockwise for heavier monitors to increase tension. A table provides a guide for the number of turns based on monitor weight.



## EINFACHE MONTAGE



1 Den Ständer am Desktop befestigen



2 Der VESA-Platte am Monitor anbringen



3 Den Monitor auf den Kopf des Arms schieben



4 Der Spannung einstellen

A visual guide showing the four main steps for simple assembly: 1) Secure the stand to the desktop, 2) Attach the VESA plate to the monitor, 3) Slide the monitor onto the arm, and 4) Adjust the tension.

1. Using the provided Allen key, locate the tension adjustment screw on the arm.

2. **For lighter monitors:** Turn the screw **clockwise** to decrease tension.
3. **For heavier monitors:** Turn the screw **counter-clockwise** to increase tension.
4. Adjust gradually until the monitor stays in position when moved and holds its height without drifting up or down.  
Refer to the diagram for approximate turns based on monitor weight.

## 6. OPERATING AND ADJUSTMENTS

Once installed, your ELIVED monitor arm allows for various adjustments to achieve an optimal viewing angle and ergonomic posture.



This image illustrates the range of motion for the monitor arm, including swivel ( $\pm 90^\circ$ ,  $270^\circ$ ,  $360^\circ$ ), tilt ( $-45^\circ/+90^\circ$ ), and  $360^\circ$  rotation.

# HÖHENVERSTELLUNG & ARMVERLÄNGERUNG



This image demonstrates the height adjustment range (175-429mm) and arm extension capabilities (406.5-482.5mm) of the monitor arm.

- **Height Adjustment:** Gently push or pull the monitor up or down to your desired height. The gas spring will assist in holding the position.
- **Tilt:** Tilt your monitor screen up or down to reduce glare and optimize viewing angle. The tilt range is +90° to -45°.
- **Swivel:** Pivot the monitor arm left or right. The arm can swivel 180°, the joint 270°, and the base 360°.
- **Rotation:** Rotate your monitor 360° to switch between landscape and portrait orientations.
- **Arm Extension:** Extend or retract the arm to adjust the distance of your monitor from your eyes.

## 6.1 Cable Management

Utilize the integrated cable management system to keep your workspace tidy and protect cables.

# SMART CABLE MANAGEMENT

## Kabelmanagement



This image highlights the smart cable management feature, showing how cables can be routed through the arm to maintain a clean and organized desk.

Route your display and power cables along the underside of the arms and secure them with the provided clips or channels. This prevents clutter and potential damage to cables.

## 7. MAINTENANCE

- **Cleaning:** Wipe the monitor arm with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Periodic Checks:** Periodically check all screws and connections to ensure they remain tight and secure. Re-tighten if necessary.
- **Gas Spring Adjustment:** If your monitor's weight changes or if the arm starts to drift, re-adjust the gas spring tension as described in Section 5.5.

## 8. TROUBLESHOOTING

| Problem                                        | Possible Cause                                                         | Solution                                                                                              |
|------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Monitor arm sags or does not hold position.    | Gas spring tension is too low for the monitor's weight.                | Increase gas spring tension by turning the adjustment screw counter-clockwise (refer to Section 5.5). |
| Monitor arm is too stiff to move or push down. | Gas spring tension is too high for the monitor's weight.               | Decrease gas spring tension by turning the adjustment screw clockwise (refer to Section 5.5).         |
| Monitor wobbles on the arm.                    | VESA plate screws are loose or desk clamp/grommet mount is not secure. | Check and tighten all VESA plate screws and ensure the desk mount is firmly secured.                  |
| Cables are messy.                              | Cable management not utilized.                                         | Route cables through the integrated cable management channels and clips on the arm.                   |

## 9. WARRANTY AND CUSTOMER SUPPORT

ELIVED is committed to providing quality products and excellent customer service. If you encounter any issues or have questions regarding your ELIVED Dual Monitor Arm (Model EV005), please do not hesitate to contact our professional customer service team.

Contact us if you:

- Are unsure about compatibility with your monitor.
- Experience problems during installation.
- Require additional hardware (screws, spacers, washers, etc.).
- Need further assistance or have warranty inquiries.

Please refer to your purchase documentation or the ELIVED official website for specific warranty details and contact information.

### 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

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**