MOUNTUP MU0034

MOUNTUP MU0034 Single Monitor Desk Mount Instruction Manual

Brand: MOUNTUP | **Model:** MU0034

1. INTRODUCTION

This manual provides detailed instructions for the installation, operation, and maintenance of your MOUNTUP MU0034 Single Monitor Desk Mount. Please read this manual thoroughly before installation to ensure correct setup and safe operation. This monitor mount is designed to enhance your workspace ergonomics by providing adjustable positioning for a single monitor.

2. SAFETY INFORMATION

- Ensure all components are present and undamaged before installation. Do not use if any parts are missing or faulty.

- This product is intended for monitors weighing up to 17.6 lbs (8 kg) and screen sizes from 17 to 32 inches. Do not exceed the maximum weight capacity.

- Compatible VESA patterns are 75x75mm and 100x100mm. Verify your monitor's VESA pattern before proceeding.

- Ensure the desk surface is stable and strong enough to support the combined weight of the mount and monitor.

- Tighten all screws firmly, but do not overtighten to avoid stripping threads or damaging components.

- Keep children and pets away during installation.

- If you have any doubts about the installation process, consult a qualified professional.

3. PACKAGE CONTENTS

Please verify that all parts are included in your package:

- Monitor Arm Assembly

- Desk Clamp Base

- Grommet Base Components
- VESA Plate
- Hardware Kit (screws, washers, Allen keys)
- Instruction Manual

4. SPECIFICATIONS

Feature	Specification
Model Number	MU0034
Material	Polished Aluminum
Screen Size Compatibility	17" to 32" (flat or curved)
Weight Capacity	Up to 17.6 lbs (8 kg)
VESA Compatibility	75x75mm, 100x100mm
Height Adjustment	Up to 11" (16.3" total height adjustment range)
Tilt Range	+45° to -45°
Swivel Range	360° (arm), 180° (monitor plate)
Rotation	360° (landscape to portrait)
Max Desk Thickness (C-clamp)	3.35"
Grommet Hole Diameter	0.39" - 3.1"

5. SETUP AND INSTALLATION

The MOUNTUP MU0034 offers two installation options: C-clamp mounting and Grommet mounting. Choose the method suitable for your desk.

5.1. C-Clamp Mounting

This method is for desks without existing grommet holes, or if you prefer clamping to the edge of your desk. Ensure your desk thickness is no more than 3.35 inches.

1. **Attach the C-clamp:** Assemble the C-clamp components to the base of the monitor arm. Position the base on the edge of your desk and tighten the clamp screw until it is secure.

2. **Attach VESA Plate to Monitor:** Secure the VESA plate to the back of your monitor using the appropriate screws from the hardware kit. Ensure the screws are tightened securely.

3. **Slide Monitor onto 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 the provided locking mechanism.

4. **Adjust Tension:** Refer to Section 6.1 for adjusting the gas spring tension to match your monitor's weight.

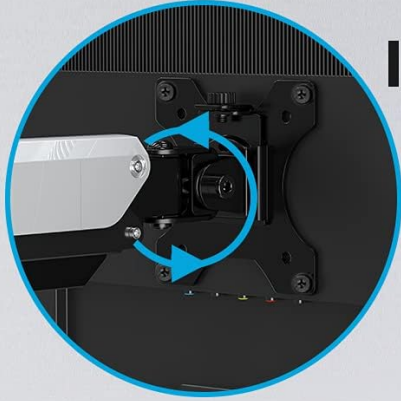**INDEPENDENT 360° ROTATION**
from landscape to portrait

Figure 1: Illustration of C-clamp and Grommet mounting options. The C-clamp is shown securing the mount to the desk edge, while the grommet mount uses a desk hole.

Figure 2: The removable VESA plate being attached to the back of a monitor, then sliding onto the monitor arm for easier installation.

5.2. Grommet Mounting

This method utilizes an existing hole in your desk. Ensure your desk thickness is no more than 3.35 inches and the grommet hole diameter is between 0.39 and 3.1 inches.

1. **Assemble Grommet Base:** Insert the grommet base components through the desk hole and secure them from underneath the desk using the provided plate and nut.

2. **Attach VESA Plate to Monitor:** Secure the VESA plate to the back of your monitor using the appropriate screws from the hardware kit. Ensure the screws are tightened securely.

3. **Slide Monitor onto 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 the provided locking mechanism.

4. **Adjust Tension:** Refer to Section 6.1 for adjusting the gas spring tension to match your monitor's weight.

6. OPERATING AND ADJUSTMENTS

The MOUNTUP MU0034 monitor arm offers various adjustments for optimal viewing comfort.

6.1. Gas Spring Tension Adjustment

The gas spring tension needs to be adjusted to match the weight of your monitor. This ensures the monitor stays in position once adjusted.

- If the monitor drifts down, turn the adjustment screw (usually located on the arm joint) clockwise ("+") to increase tension.
- If the monitor floats up, turn the adjustment screw counter-clockwise ("-") to decrease tension.
- Adjust gradually until the monitor remains stable at any height.

Figure 3: Instructions for adjusting the gas spring tension using an Allen key. Turning clockwise increases tension, counter-clockwise decreases it.

6.2. Height Adjustment

Once the gas spring tension is correctly set, you can easily raise or lower your monitor to your desired ergonomic height. The arm allows for up to 11 inches of vertical adjustment.

Figure 4: Diagram illustrating the maximum height adjustment of 11 inches and maximum extension of 17.5 inches.

6.3. Tilt, Swivel, and Rotation

The monitor arm provides full motion capabilities:

- **Tilt:** Adjust the monitor screen +45° to -45° to reduce glare or find a comfortable viewing angle.
- **Swivel:** The arm can swivel 360° at the base and 360° at the middle joint. The monitor plate itself can swivel 180°. This allows for easy screen sharing or repositioning.
- **Rotation:** Rotate the monitor 360° to switch between landscape and portrait orientations.
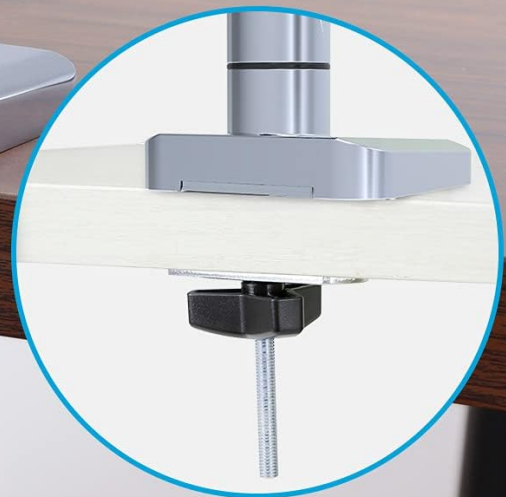
Figure 5: Visual representation of the monitor arm's full motion capabilities, including 360° swivel, 180° swivel at the monitor plate, and +45° to -45° tilt.

INSTALLATION FLEXIBILITY

C-clamp Mount

Max Desk
Thickness **3.35"**

Width Of
The Clamp **3.6"**

Grommet Mount

Max Desk
Thickness **3.35"**

Diameter Of
The Hole **0.39"–3.1"**

Figure 6: An image demonstrating the monitor's ability to rotate 360 degrees, allowing for both landscape and portrait viewing modes.

7. CABLE MANAGEMENT

The MOUNTUP MU0034 features integrated cable management to keep your workspace tidy.

1. Route your monitor cables (power, video, etc.) along the underside of the arm.

2. Use the provided cable clips or covers to secure the cables within the arm channels.

3. Ensure cables have enough slack to allow for full range of motion without tension.

REMOVEABLE VESA PLATE
makes the installation easier
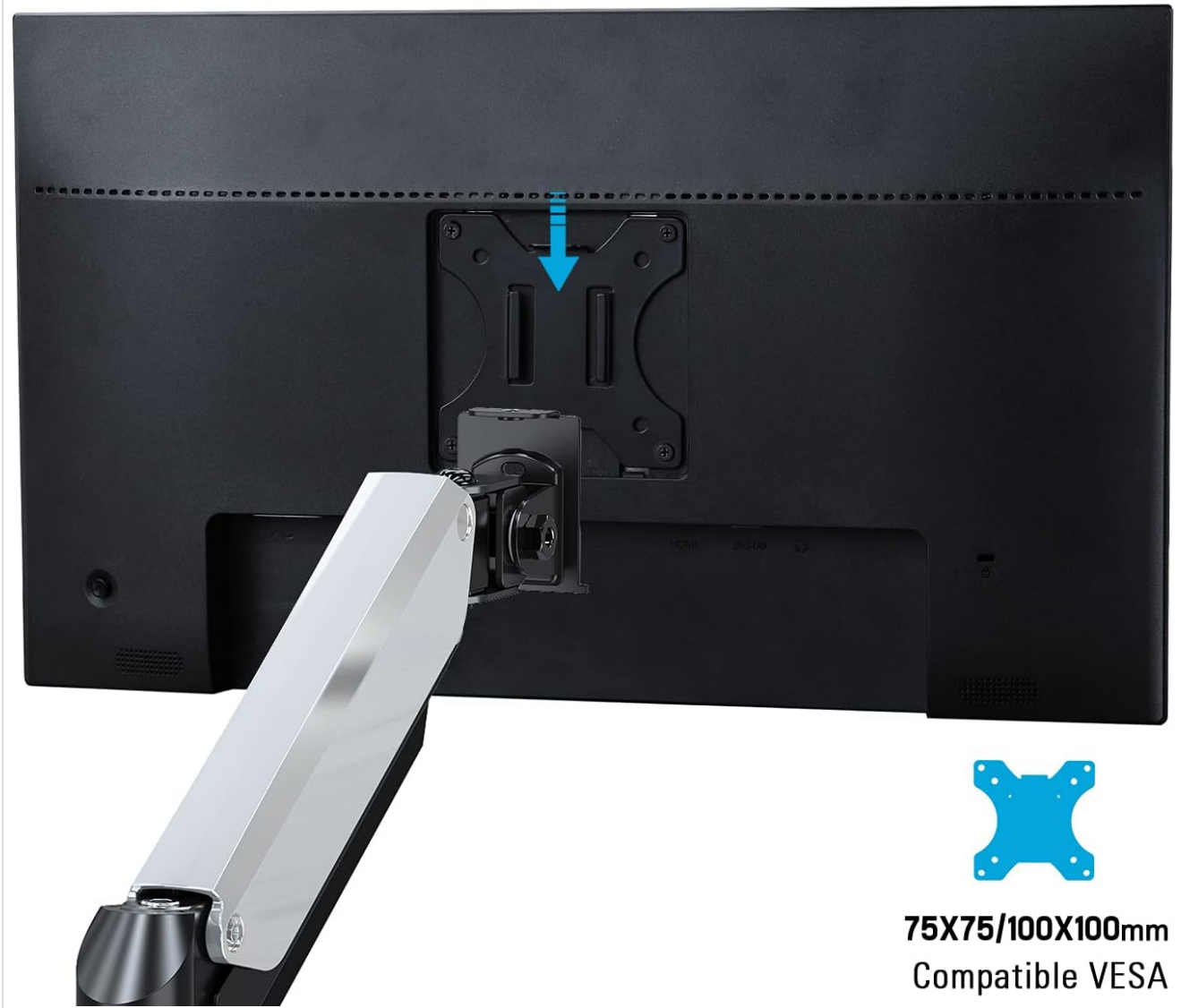

75X75/100X100mm
Compatible VESA

Figure 7: Illustration of how cables are routed and organized through the integrated channels on the monitor arm, keeping the desk clear.

8. Maintenance

- Regularly check all screws and connections to ensure they remain tight.

- Clean the mount with a soft, damp cloth. Avoid abrasive cleaners or solvents.

- Do not lubricate the gas spring mechanism.

9. Troubleshooting

Problem	Possible Cause	Solution

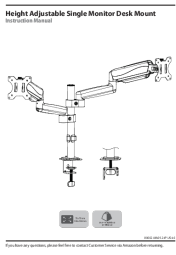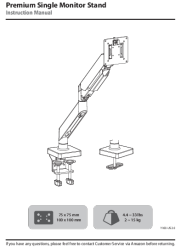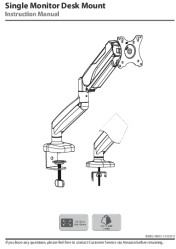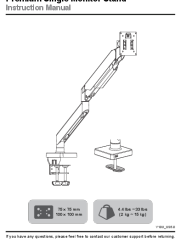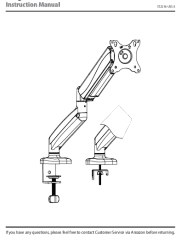| Monitor sags or won't stay up	Gas spring tension is too low for monitor weight.	Increase gas spring tension by turning the adjustment screw clockwise ("+").
Monitor floats up or is hard to push down	Gas spring tension is too high for monitor weight.	Decrease gas spring tension by turning the adjustment screw counter-clockwise ("-").
Monitor is wobbly	Mount not securely fastened to desk or VESA plate not tight.	Check and tighten all clamp/grommet screws and VESA plate screws.
Difficulty rotating/tilting monitor	Joints are too tight.	Loosen the corresponding joint screws slightly (do not remove).
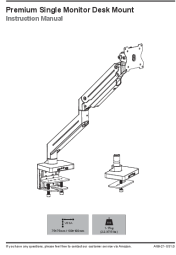
10. WARRANTY AND SUPPORT

The MOUNTUP MU0034 Single Monitor Desk Mount is backed by a 3-year support period. For technical assistance, missing parts, or warranty claims, please contact MOUNTUP customer support through their official channels or the retailer where the product was purchased.

Please retain your proof of purchase for warranty purposes.

Related Documents - MU0034

Premium Single Monitor Desk Mount Instruction Manual	[MOUNTUP Premium Single Monitor Desk Mount Installation Manual](#) Comprehensive installation and adjustment guide for the MOUNTUP Premium Single Monitor Desk Mount (Model AG9-21-US1.0). Features VESA compatibility (75x75mm, 100x100mm) and supports monitors from 1kg to 17kg (2.2-37.5 lbs). Includes clamp and grommet mounting options, gas spring tension adjustment, and cable management.
Height Adjustable Single Monitor Desk Mount Instruction Manual	[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.

	[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 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.
	[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 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.