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Ergosolid H100

Ergosolid H100 Gas Spring Desk Mount for 22-35 Inch LCD Screens

User Manual

1. PRODUCT OVERVIEW

The Ergosolid H100 is a professional gas spring desk mount designed to enhance your workspace ergonomics. It supports single LCD, TFT, or LED screens ranging from 22 to 35 inches, with a weight capacity of 2 to 12 kg. This mount features a 360-degree pivot function, tilt, and rotation capabilities, allowing for smooth and precise adjustments to achieve your ideal viewing angle. It is compatible with VESA mounting patterns of 75x75mm and 100x100mm. The integrated cable management system helps maintain a tidy and organized desk.



Image 1.1: Ergosolid H100 Gas Spring Desk Mount with a monitor.

2. WHAT'S IN THE BOX

Please ensure all components are present before beginning installation:

- Monitor holder (main arm assembly)
- Set of screws (for VESA mounting and desk attachment)
- Installation instructions
- Allen keys for adjustments

3. SETUP AND INSTALLATION

The Ergosolid H100 offers two primary installation methods: desk clamp and grommet mount. Choose the method best suited for your desk.

3.1. VESA Compatibility Check

Before installation, verify your monitor's VESA compatibility and weight. This mount supports VESA patterns of 75x75mm and 100x100mm, and monitors weighing between 2 kg and 12 kg.

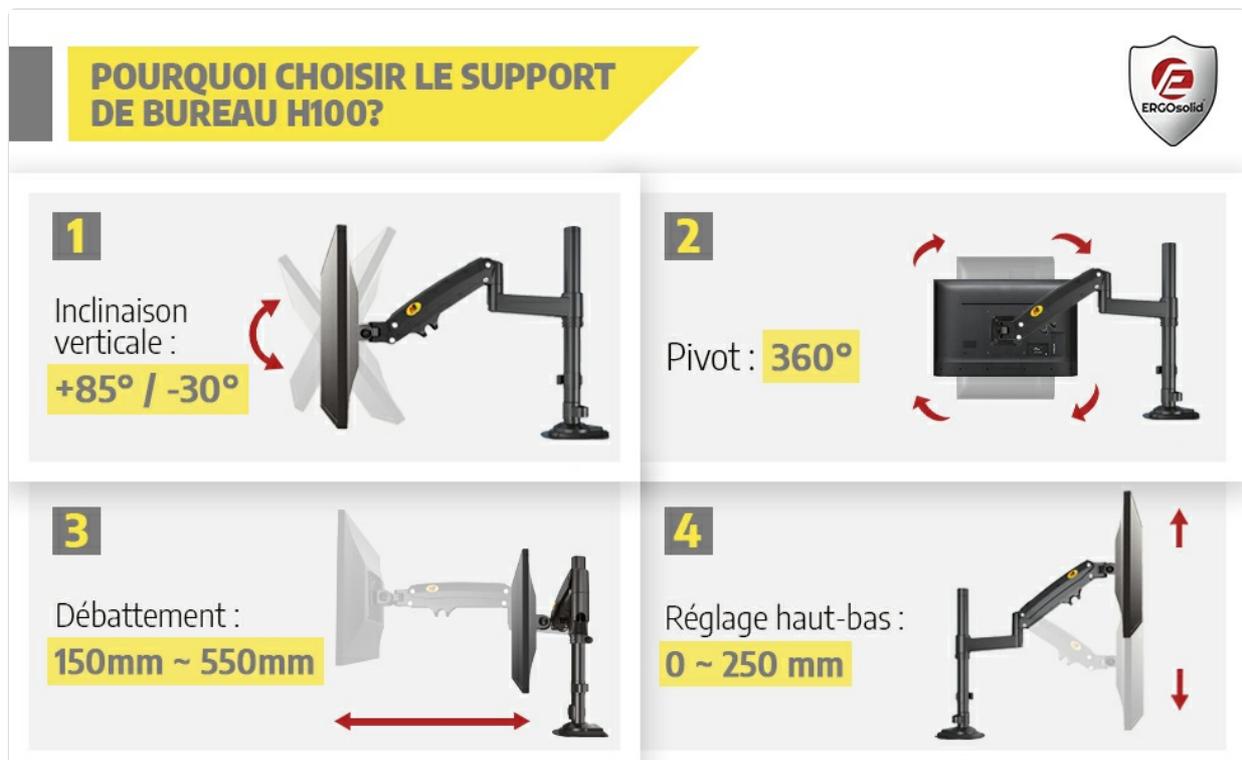


Image 3.1: VESA mounting pattern compatibility.

3.2. Desk Clamp Installation

1. Attach the desk clamp base to the main pole using the provided screws.
2. Position the clamp on the edge of your desk (desk thickness 25-80 mm).
3. Tighten the clamp screw until the mount is securely fastened to the desk.

3.3. Grommet Mount Installation

1. If your desk has a grommet hole, or if you plan to drill one, attach the grommet base to the main pole.
2. Insert the pole through the grommet hole.
3. Secure the mount from underneath the desk using the provided plate and screw.

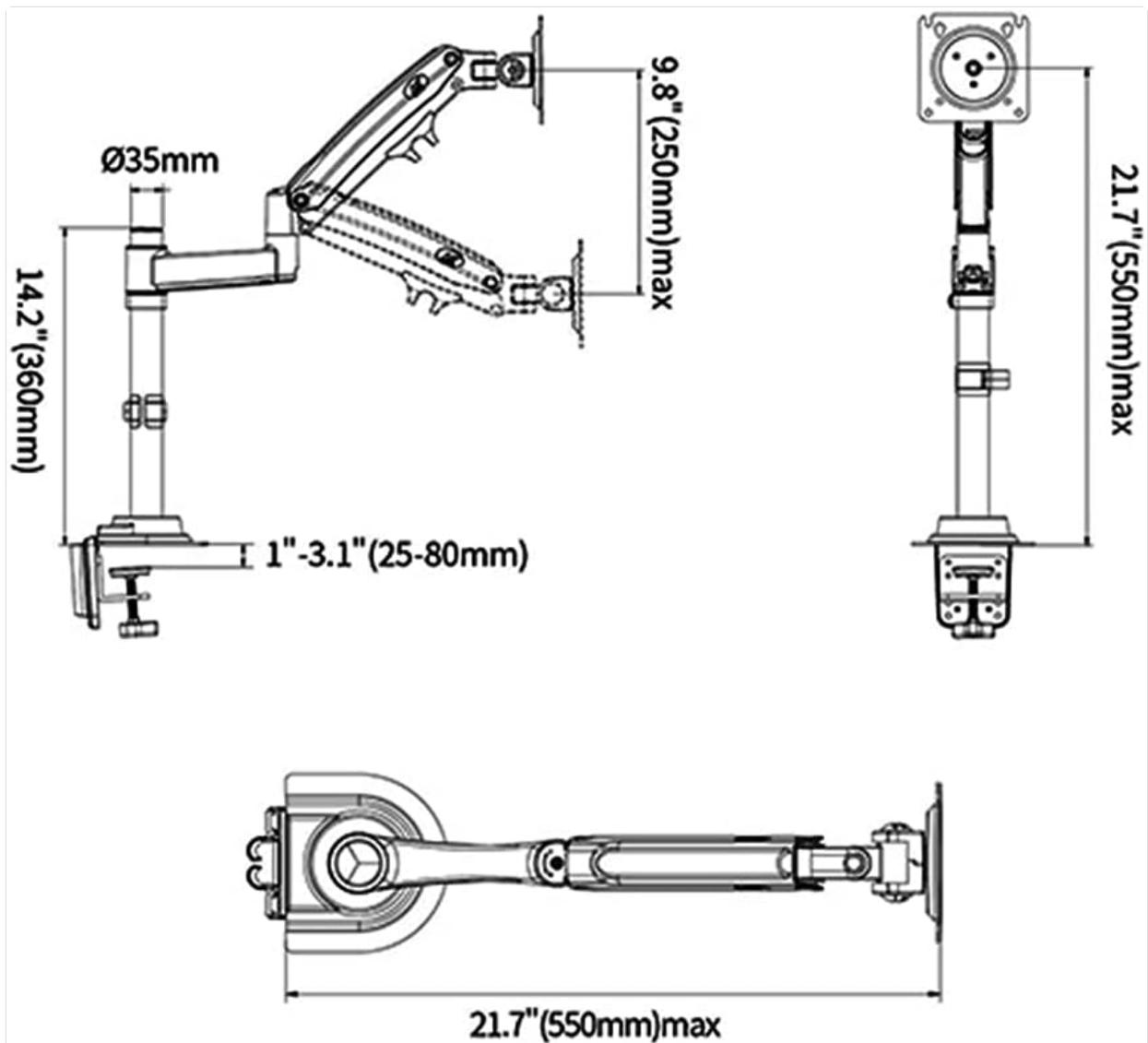


Image 3.2: Desk clamp and grommet mounting options.

3.4. Attaching the Monitor

1. Carefully attach your monitor to the VESA plate on the arm using the appropriate screws.
2. Ensure the screws are tightened securely but do not overtighten.

For a visual guide on installation and features, please refer to the official product video:

Video 3.1: Ergosolid H100 Product Overview and Installation Guide. This video demonstrates the assembly process and various adjustment capabilities of the monitor arm.

4. OPERATING INSTRUCTIONS

The Ergosolid H100 monitor arm provides extensive flexibility for positioning your screen.

4.1. Adjusting the Gas Spring Tension

The gas spring tension needs to be adjusted to match your monitor's weight. Use the provided Allen key to turn the adjustment screw on the arm. Turn clockwise to increase tension for heavier monitors, and counter-clockwise to decrease tension for lighter monitors. Adjust until the monitor stays at any desired height without drifting up or down.

4.2. Monitor Positioning

- **Height Adjustment:** Gently push or pull the monitor up or down to the desired height.

- **Tilt:** Tilt the monitor screen +85 degrees upwards or -30 degrees downwards to reduce glare and optimize viewing angles.
- **Swivel:** Swivel the monitor arm left or right up to 360 degrees around the pole. The VESA plate also allows 180-degree swivel.
- **Rotation (Pivot):** Rotate the monitor 360 degrees to switch between landscape and portrait orientations.
- **Extension/Retraction:** Extend or retract the arm to bring the monitor closer or push it further away from you, with a maximum extension of 550 mm.



Image 4.1: Adjustment ranges for the Ergosolid H100 monitor arm.

4.3. Cable Management

Route your monitor and power cables through the integrated cable clips on the underside of the arm to keep your workspace neat and organized.

5. MAINTENANCE

To ensure the longevity and optimal performance of your Ergosolid H100 desk mount, follow these simple maintenance guidelines:

- **Regular Cleaning:** Wipe the mount with a soft, damp cloth to remove dust and dirt. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all screws and bolts to ensure they remain tight. Re-tighten if necessary, but do not overtighten.
- **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 4.1.

6. TROUBLESHOOTING

- **Monitor drifts up or down:** The gas spring tension is not correctly adjusted for your monitor's weight. Refer to Section 4.1 to adjust the tension.
- **Monitor is wobbly:** Ensure all mounting screws (both to the desk and to the monitor) are securely tightened. Check that the desk clamp or grommet mount is firmly attached to the desk.
- **Difficulty moving the arm:** Check if any adjustment points are overly tightened. Loosen slightly if necessary. If the gas spring is too tight or too loose, adjust it according to Section 4.1.
- **Cables are not tidy:** Ensure all cables are routed through the designated cable management clips on the arm.

7. SPECIFICATIONS

Brand	Ergosolid
Model Number	H100
Color	Black
Compatible Devices	Monitor
Screen Size Compatibility	22 - 35 inches
Weight Capacity	2 - 12 kg
VESA Compatibility	75x75 mm, 100x100 mm
Mounting Type	Desk Clamp (25-80 mm thickness), Grommet Mount
Movement Type	Pivot, Swivel, Tilt, Rotation
Maximum Tilt Angle	+85 / -30 degrees
Rotation	360 degrees
Material	Metal or solid plastic joint

8. WARRANTY AND SUPPORT

The Ergosolid H100 desk mount comes with a **2-year manufacturer's warranty**. For any support inquiries, technical assistance, or warranty claims, please contact Ergosolid customer service through their official channels or the retailer where the product was purchased. Please retain your proof of purchase for warranty validation.