

FLEXISPOT F8LB

FLEXISPOT Gas Spring Monitor Arm F8LB User Manual

Model: F8LB (Black, Single Monitor)

1. INTRODUCTION

This manual provides comprehensive instructions for the installation, operation, and maintenance of your FLEXISPOT Gas Spring Monitor Arm F8LB. Designed for single monitors ranging from 17 to 36 inches, this arm enhances your workspace ergonomics and frees up valuable desk space. Please read this manual thoroughly before installation and use to ensure safe and optimal performance.

2. SAFETY INFORMATION

- Ensure the monitor arm is securely attached to a stable desk surface capable of supporting the combined weight of the arm and your monitor.
- Do not exceed the maximum weight capacity of 9 kg (19.8 lbs).
- Keep children and pets away from the monitor arm during installation and adjustment.
- Be cautious of pinch points when adjusting the arm.
- If any parts are missing or damaged, do not attempt to install the product. Contact customer support immediately.

3. PACKAGE CONTENTS

Please verify that all components are present before beginning installation:

- Monitor Arm Assembly
- VESA Plate
- Desk Clamp Base
- Grommet Mount Base (optional installation method)
- Hardware Kit (screws, washers, spacers)
- Allen Keys for assembly and tension adjustment

- Cable Management Clips

4. SPECIFICATIONS

Feature	Specification
Model	F8LB
Color	Black
VESA Compatibility	75x75mm, 100x100mm
Screen Size Compatibility	17" - 36"
Load Capacity	2 - 9 kg (4.4 - 19.8 lbs)
Tilt Range	-90° to +15°
Swivel Range	180°
Rotation Range	360°
Mounting Type	Desk Clamp or Grommet Mount
Desk Thickness (Clamp)	20-60mm
Desk Thickness (Grommet)	25-100mm
UPC	810054072508



Image: Illustration of the monitor arm's extensive angle adjustment capabilities, including 360-degree rotation and a tilt range from -90 to +15 degrees.

5. SETUP

5.1 Choose Mounting Method

The monitor arm supports two installation methods: desk clamp or grommet mount. Select the method suitable for your desk.



Image: Visual guide illustrating the two available installation options: a C-clamp for securing the arm to the edge of a desk, and a grommet mount for installation through a desk hole.

5.2 Attach Base to Desk

1. **For Clamp Mount:** Attach the C-clamp to the edge of your desk and tighten the knob until it is secure. Ensure the desk thickness is between 20-60mm.
2. **For Grommet Mount:** If your desk has a grommet hole (8.5-70mm diameter), use the grommet base and secure it through the hole. Ensure the desk thickness is between 25-100mm.

5.3 Attach VESA Plate to Monitor

The arm head is removable for easier monitor installation.

1. Remove the VESA plate from the monitor arm.
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 provided screws and washers.



Image: The VESA plate is shown detached from the monitor arm, highlighting the convenience of attaching it directly to the monitor before re-attaching the monitor to the arm.

5.4 Mount Monitor to Arm

1. Slide the monitor (with the attached VESA plate) onto the arm head.
2. Ensure the monitor is securely locked in place.



Image: A black monitor arm is shown securely clamped to a desk, supporting a black monitor from its rear VESA mount.

5.5 Adjust Gas Spring Tension

The gas spring tension needs to be adjusted to match the weight of your monitor. Use the provided Allen key to turn the adjustment screw on the arm. Turn clockwise to decrease tension (for lighter monitors) or counter-clockwise to increase tension (for heavier monitors) until the monitor stays at the desired height.

5.6 Cable Management

Route your monitor cables through the integrated cable management channels on the arm to maintain a tidy

workspace.



Image: A monitor arm is installed on a wooden desk in an office environment, showcasing a clean setup with a keyboard and mouse, and cables neatly managed.

6. OPERATING INSTRUCTIONS

The FLEXISPOT Gas Spring Monitor Arm allows for flexible adjustment to achieve an ergonomic viewing experience.

6.1 Height Adjustment

Gently push or pull the monitor up or down to your desired height. The gas spring mechanism will hold it in place once released. This helps alleviate neck, eye, and back strain by allowing you to maintain a comfortable posture.

6.2 Tilt Adjustment

Tilt your monitor up or down to reduce glare and find the optimal viewing angle. The arm supports a tilt range of -90° to $+15^{\circ}$.

6.3 Swivel and Rotation

Swivel the monitor left or right up to 180° to share your screen with colleagues or adjust your viewing position. You can also rotate the monitor 360° from landscape to portrait orientation.



Image: The monitor arm is depicted at its maximum extension, demonstrating its wide range of motion and flexibility in positioning the monitor.

6.4 Optimizing Desk Space and Ergonomics

By elevating your monitor, the arm frees up significant desk space. Its design also promotes better posture, reducing discomfort during long work sessions.



Image: A visual comparison illustrating how a monitor arm (right) creates more usable desk space compared to a traditional

monitor stand (left).

角度調整

上下左右可動範囲も広く、
見やすい角度で作業に集中でき

ローテーション
360° 回転



上下-90° -15°
角度調節



Image: An illustration demonstrating the improvement in ergonomic posture when using a monitor arm (right) compared to a standard monitor setup (left), reducing strain on the neck and back.

デスクスペースを活用します

普通のモニター台

モニターアーム



⊗ デスクがいっぱいで作業し辛い

✓ モニターを上げてスペース拡大

⊗ モニターが固定で調整できない

✓ 360°画面回転で快適

Image: A monitor arm is shown integrated with a standing desk, enabling users to maintain an ergonomic viewing height whether sitting or standing.

7. MAINTENANCE

- Regularly check all screws and connections to ensure they are tight and secure.
- Clean the monitor arm with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Do not lubricate the gas spring mechanism.

8. TROUBLESHOOTING

- **Monitor sags or does not stay at desired height:** The gas spring tension is too low for your monitor's weight. Increase tension by turning the adjustment screw counter-clockwise with the provided Allen key.
- **Monitor is difficult to move or too stiff:** The gas spring tension is too high. Decrease tension by turning the adjustment screw clockwise.
- **Monitor wobbles:** Ensure all mounting screws (VESA plate to monitor, arm to base, base to desk) are securely tightened. Check if the desk surface is stable.
- **Cables are messy:** Utilize the integrated cable management clips and channels on the arm to organize cables.

9. WARRANTY AND SUPPORT


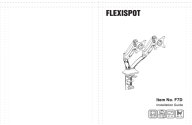
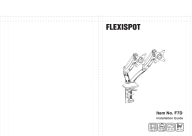
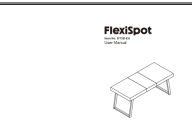

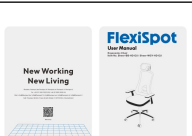
Your FLEXISPOT Gas Spring Monitor Arm F8LB comes with a **1-year warranty** from the date of purchase. If you encounter any issues, have questions, or require assistance, please do not hesitate to contact our customer support team:

Email: contact@flexispot.jp

Please provide your purchase details and a description of the issue when contacting support to ensure a prompt resolution.

© 2024 FLEXISPOT. All rights reserved.

Related Documents - F8LB

	<p>Flexispot F8LD Dual Monitor Mount Installation Guide and Limited Warranty</p> <p>Detailed installation guide and limited warranty information for the Flexispot F8LD dual monitor mount, covering setup, parts, and product coverage.</p>
	<p>FlexiSpot F7D Dual Monitor Arm Installation Guide Ergonomic Desk Setup</p> <p>This guide provides step-by-step instructions for installing the FlexiSpot F7D dual monitor arm, including clamp and grommet mounting options, VESA compatibility, and cable management.</p>
	<p>Flexispot F7D Dual Monitor Mount Installation Guide</p> <p>Comprehensive installation guide for the Flexispot F7D dual monitor mount. Learn how to securely attach your monitors using clamp or grommet methods, manage cables, and adjust for optimal viewing. Includes parts list, tools needed, and warranty information.</p>
	<p>FlexiSpot DT3B-EU User Manual and Warranty Information</p> <p>Comprehensive user manual for the FlexiSpot DT3B-EU height adjustable desk frame, including detailed assembly instructions, parts list, and warranty coverage information.</p>
	<p>FlexiSpot Waffle Recliner User Manual</p> <p>Comprehensive user manual for the FlexiSpot Waffle Recliner, detailing assembly, operation, safety warnings, and troubleshooting. Learn how to set up and use your new recliner.</p>
	<p>FlexiSpot Sheer Ergonomic Chair User Manual - Assembly and Functions</p> <p>Comprehensive user manual for the FlexiSpot Sheer Ergonomic Chair (Models Sheer-BB-HD-EU, Sheer-WGY-HD-EU), covering parts list, assembly instructions, function introduction, and safety guidelines.</p>