



Manuals.plus /

› Dowinx /

› Dowinx 4D Armrest Instruction Manual - Model ARMSTRONG

## Dowinx ARMSTRONG

# Dowinx 4D Armrest Instruction Manual

Model: ARMSTRONG | Brand: Dowinx

## INTRODUCTION TO DOWINX 4D ARMRESTS

The Dowinx 4D Armrest is designed to provide enhanced adjustability and support for your gaming or office chair. This manual will guide you through the installation, operation, and maintenance of your new armrests, ensuring optimal comfort and ergonomic positioning.

### Understanding 4D Functionality

The 'D' in 4D refers to the dimensions of adjustment. Unlike fixed (1D) armrests, or 2D/3D versions, a 4D armrest offers comprehensive customization:

- **Height Adjustment:** Move the armrest up or down to match your desk height and arm position.
- **Front/Back Adjustment:** Slide the armrest pad forward or backward to support your forearms effectively.
- **Left/Right Adjustment:** Shift the armrest pad inward or outward to accommodate different body types and tasks.
- **Rotation:** Pivot the armrest pad to an angle that best suits your keyboard or mouse usage.

This multi-directional adjustability helps maintain a correct posture, reducing strain on your wrists, arms, and shoulders during extended periods of use, whether for gaming or telework.

## SETUP AND INSTALLATION

Installing your Dowinx 4D Armrests is a straightforward process. Please follow these steps carefully:

1. **Preparation:** Ensure your chair is stable and on a flat surface. If replacing existing armrests, carefully remove the screws securing them to the chair's seat base.
2. **Alignment:** Position the new Dowinx 4D Armrest base over the screw holes on your chair's seat base. The armrests are designed for easy replacement.
3. **Securing:** Insert the provided screws (or your chair's original screws, if compatible) into the holes and tighten them securely using a hex wrench. Do not overtighten.
4. **Check Compatibility:** While designed for Dowinx 68 and 89 series chairs, these armrests may be compatible with other brands like GTRACING (GT002, GT001), AKRACING, BAUHUTTE, DXRACER, RAZER, SWOLOL, E-WIN, and ZIMOUS. Always measure the screw hole distance on your chair's cushion bottom to confirm compatibility (typically 38mm-76mm width, 21mm-37mm depth).



**Image:** This diagram illustrates the dimensions of the Dowinx 4D Armrest and provides a guide for measuring screw hole distances to ensure compatibility with various chair models. It shows the armrest pad dimensions (100mm x 265mm), height range (315-380mm), and base plate dimensions (220mm length, 173mm arm support, 57mm width, with screw hole distances of 21mm, 9mm, 20mm, 38mm). A detailed inset shows screw hole spacing for chair cushions, ranging from 38mm to 76mm in width and 21mm to 37mm in depth.

**Note on Accessories:** For environmental protection, hex wrenches and screws may not always be included. If you require these, please contact Dowinx customer service.

## OPERATING INSTRUCTIONS

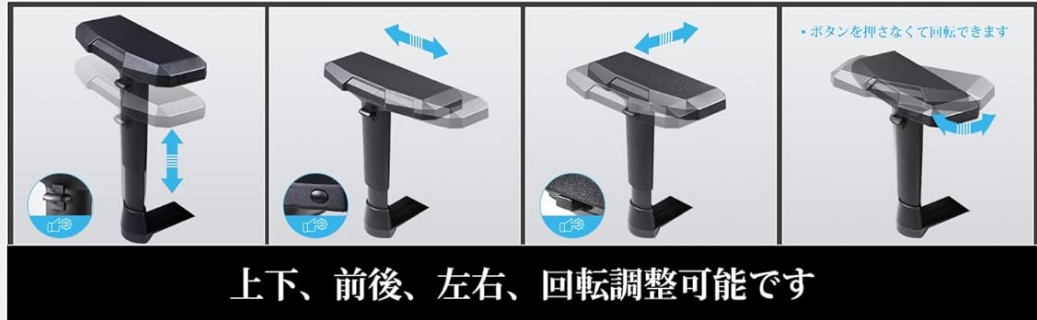
The Dowinx 4D Armrests offer intuitive adjustments to customize your seating experience. Each adjustment mechanism is designed for ease of use:

- **Height Adjustment:** Locate the lever or button on the side of the armrest support. Press or lift it while simultaneously moving the armrest up or down to your desired height. Release the lever/button to lock it in place.
- **Front/Back Adjustment:** Gently slide the top armrest pad forward or backward. It will click into various positions.

- **Left/Right Adjustment:** Gently slide the top armrest pad left or right. It will click into various positions.
- **Rotation:** Rotate the top armrest pad clockwise or counter-clockwise to achieve the desired angle. No button press is typically required for rotation.

## 【4D アームレスト】

位置を完全にカスタマイズできるアームレストは



**Image:** This image visually demonstrates the four-dimensional adjustments of the armrest. It shows the armrest pad moving up/down (height), front/back, left/right, and rotating, highlighting the flexibility to customize its position without needing to press a button for rotation.



**Image:** A user is shown seated in a gaming chair, utilizing the 4D armrest to support their arm and wrist while operating a keyboard and mouse. The image emphasizes how the adjustable armrest helps reduce the burden on the wrist, arm, and shoulder by promoting a correct posture.

## MAINTENANCE

Proper maintenance will extend the lifespan and functionality of your Dowinx 4D Armrests:

- **Cleaning:** Wipe the armrest pads and supports with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals that could damage the material.
- **Check Fasteners:** Periodically check all screws and fasteners to ensure they are tight. Retighten if necessary to prevent wobbling or instability.
- **Lubrication:** If any adjustment mechanism feels stiff, a small amount of silicone-based lubricant can be applied to the moving parts, avoiding contact with the armrest pad surface.

## TROUBLESHOOTING

If you encounter any issues with your Dowinx 4D Armrests, refer to the following common solutions:

Problem	Possible Cause	Solution
Armrest feels wobbly or loose.	Mounting screws are loose.	Tighten all mounting screws securely with a hex wrench.
Armrest adjustments are stiff.	Lack of lubrication or debris in the mechanism.	Clean the adjustment mechanisms and apply a small amount of silicone lubricant if needed.
Armrest makes squeaking noises.	Friction between moving parts.	Apply a small amount of silicone lubricant to the pivot points and sliding surfaces.
Armrest does not align with chair screw holes.	Incompatibility with chair model or slight manufacturing variance.	Double-check the screw hole measurements on your chair against the armrest specifications. Minor adjustments to the chair's screw holes may be required in some cases (e.g., widening a hole slightly), but proceed with caution. If significant modification is needed, the armrest may not be compatible.

If the problem persists after attempting these solutions, please contact Dowinx customer support for further assistance.

## SPECIFICATIONS

Feature	Detail
Brand	Dowinx
Model Name	ARMSTRONG
Color	Black
Number of Items	1 (pair)
Size	Small
Included Accessories	Screws, Hex Wrench (availability may vary)
Package Dimensions	40 x 27 x 24.6 cm
Item Weight	3.68 kg
Adjustability	4D (Height, Front/Back, Left/Right, Rotation)
ASIN	B09RQ2B65P

## WARRANTY AND SUPPORT

Your Dowinx 4D Armrests are backed by a **one-year quality guarantee** from the date of purchase. This warranty covers manufacturing defects and ensures the product meets our quality standards.

For any questions, concerns, or warranty claims, please do not hesitate to contact Dowinx customer support. Our team is ready to assist you with any inquiries regarding your product.

You can typically find contact information on the Dowinx official website or through your purchase platform.

