

MOUNT PRO MP-SM01

MOUNT PRO Single Monitor Desk Mount Instruction Manual

Model: MP-SM01

Brand: MOUNT PRO

1. INTRODUCTION

This manual provides detailed instructions for the safe and efficient installation, operation, and maintenance of your MOUNT PRO Single Monitor Desk Mount. Please read this manual thoroughly before installation and keep it for future reference. This articulating gas spring monitor arm is designed to enhance your workspace ergonomics and free up desk space.

2. SAFETY INFORMATION

WARNING: Failure to read and follow all instructions may result in personal injury or damage to the product. If you do not understand these instructions or have doubts about the safety of the installation, please contact customer service.

- Ensure the mounting surface can safely support the combined weight of the mount and the monitor.
- Do not exceed the maximum weight capacity of 17.6 lbs (8 kg).
- This product is intended for indoor use only.
- Use only the provided hardware. Do not use damaged parts.
- Tighten all screws firmly but do not overtighten. Overtightening can damage components.
- Keep small parts away from children.
- Periodically check that the mount is secure and safe to use.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged before proceeding with installation. Refer to the image below for a visual guide of the package contents.



Figure 1: All components included in the MOUNT PRO Single Monitor Desk Mount package.

The package typically includes:

- Gas Spring Monitor Arm (Upper and Lower sections)
- Desk Clamp Assembly
- Grommet Base Components
- VESA Plate
- Hardware Kit (various screws, washers, Allen keys)
- Instruction Manual

4. SETUP AND INSTALLATION

This monitor mount offers two installation options: C-Clamp and Grommet Base. Choose the method best suited for your desk.

4.1. C-Clamp Installation

1. **Assemble Clamp:** Attach the C-clamp to the base using the provided bolts and tighten them securely with the appropriate Allen key.
2. **Secure to Desktop:** Place the assembled clamp onto the edge of your desktop. Tighten the clamp knob until the mount is firmly secured to the desk.



Figure 2: Steps for C-Clamp installation, showing assembly and securing to the desk.

4.2. Grommet Base Installation

1. **Prepare Base:** Detach the clip plate from the C-clamp assembly. Install the long bolt into the base.
2. **Mount to Desktop:** Run the long bolt with the base through the clip plate and the grommet hole on your desktop. Tighten the wingnut from underneath the desk until the base is firmly secured.



Figure 3: Steps for Grommet Base installation, showing assembly and securing through a desk hole.

4.3. Arm Installation

1. **Attach Arm Sections:** Install the lower arm onto the base, then attach the upper arm to the lower arm.
2. **Secure Arm:** Secure the arm by tightening the inside screw on the base using the provided Allen key.

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Add **flexibility** to your workspace with a monitor mount.



13"-32"



75 x 75
100 x 100



Easy Assembly



17.6 lbs



Figure 4: Installation of the monitor arm sections onto the desk mount base.

4.4. Attach VESA Plate to Monitor

This mount is compatible with VESA patterns 75x75mm and 100x100mm. If your monitor has 200x100mm or 200x200mm VESA patterns, use the included VESA Extension Bracket Adapter.

1. **Align VESA Plate:** Align the VESA plate with the mounting holes on the back of your monitor.
2. **Secure Plate:** Use the appropriate screws (M4x12mm or M4x25mm, depending on your monitor) and washers to attach the VESA plate firmly to the monitor.

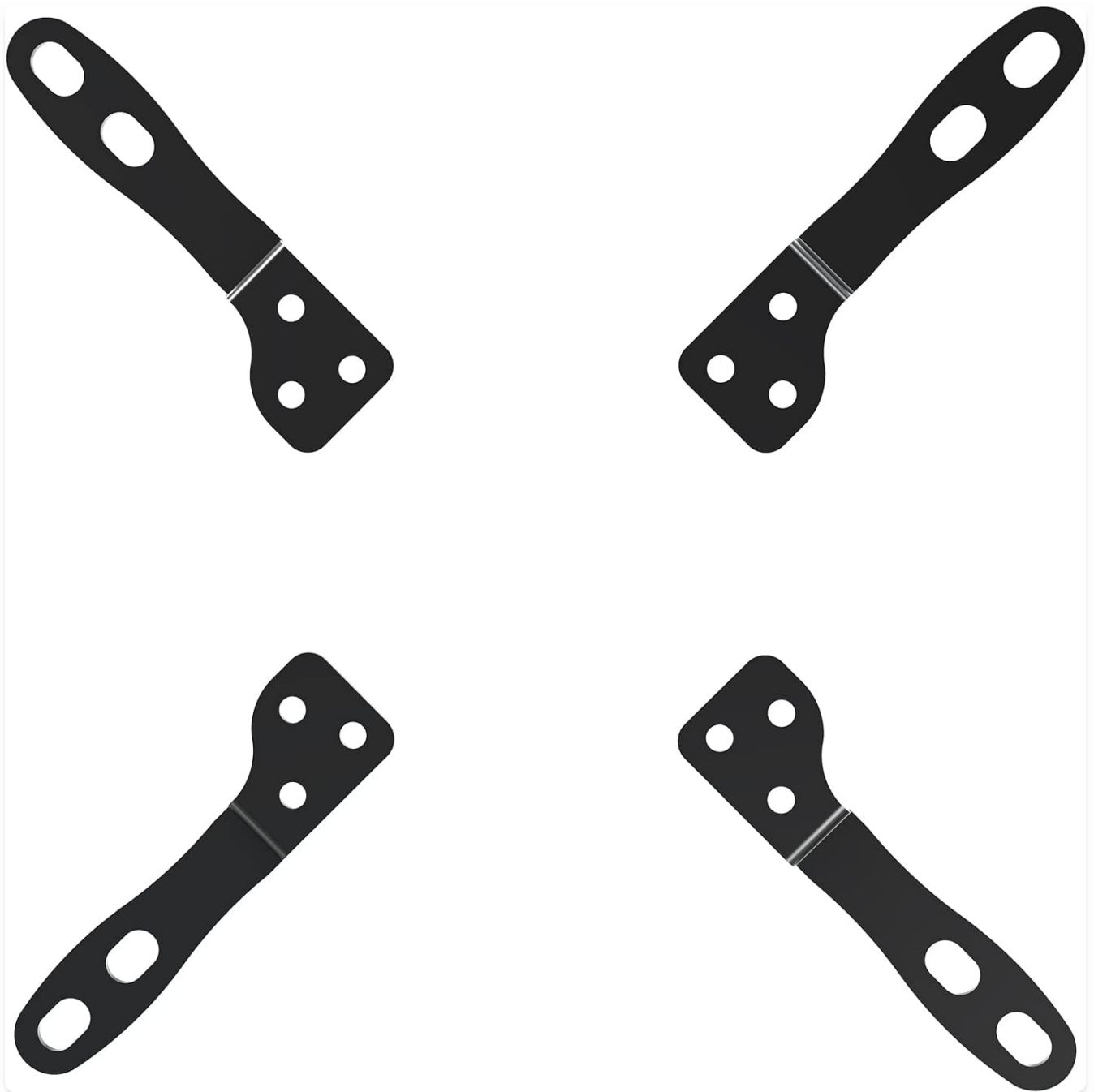


Figure 5: Attaching the VESA plate to the back of the monitor.

4.5. Mount Monitor onto Arm

1. **Slide Monitor:** Carefully slide the monitor (with the attached VESA plate) onto the end of the gas spring arm.
2. **Install Security Bolt:** Insert and tighten the security bolt to prevent the monitor from accidentally lifting off the arm.

Innovative

Gas Spring

Over

10,000

exercise texts



Figure 6: Sliding the monitor onto the arm and securing it.

4.6. Cable Management

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

1. **Open Covers:** Gently open the cable covers on the underside of the arm sections.
2. **Route Cables:** Place your power, video, and other cables inside the channels.
3. **Close Covers:** Snap the covers back into place to secure the cables.
4. **Store Allen Keys:** The arm also features a convenient storage slot for the Allen keys.

One-touch Adjustment

Places screen in the best view to tackle each to-do.

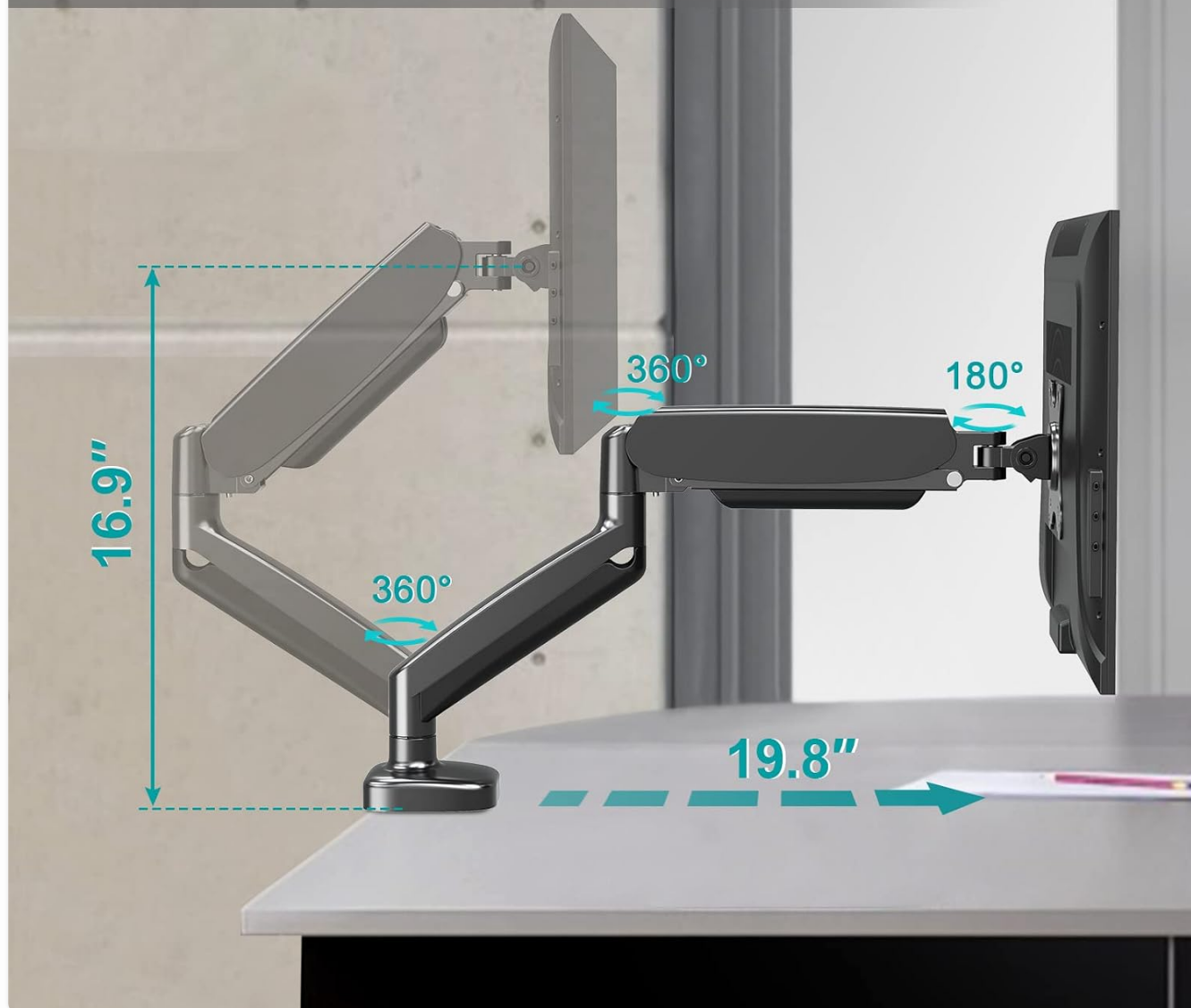


Figure 7: Utilizing the integrated cable management system on the arm.

Installation Video Guide

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Video 1: A step-by-step guide on how to install the MOUNT PRO Single Monitor Arm, demonstrating both C-clamp and grommet base options, arm assembly, VESA plate attachment, monitor mounting, and cable management.

5. OPERATING AND ADJUSTMENTS

The gas spring arm allows for smooth and effortless adjustments to achieve optimal viewing angles and ergonomic comfort.

5.1. Gas Spring Tension Adjustment

Adjust the gas spring tension to match your monitor's weight. This ensures the monitor stays in place at any height.

- If the monitor sags or is difficult to raise, increase the tension by turning the adjustment screw (usually located on the arm joint) clockwise with the provided Allen key.
- If the monitor floats up too easily or is difficult to push down, decrease the tension by turning the adjustment screw counter-clockwise.

5.2. Tilt Adjustment

The monitor can be tilted $+90^{\circ}$ to -90° to reduce glare and find your preferred viewing angle.



Figure 8: Demonstrating the tilt adjustment range of the monitor arm.

5.3. Rotation Adjustment

Rotate your monitor 360° for landscape or portrait viewing modes.

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13"-32"



75 x 75
100 x 100



Easy Assembly



17.6 lbs

Figure 9: Demonstrating the 360° rotation adjustment of the monitor arm.

5.4. Swivel Adjustment

Swivel the monitor +90° to -90° at the arm joint to share your screen or adjust your viewing angle.

Easy Adjustment Rotation **360°**



Figure 10: Demonstrating the swivel adjustment range of the monitor arm.

5.5. Height Adjustment

The gas spring allows for easy vertical adjustment of the monitor. The arm provides a maximum height of 17.3 inches (44 cm) and a minimum height of 5.1 inches (13 cm) from the desktop.



Figure 11: Illustrating the height adjustment range of the monitor arm.

Adjustment Video Guide

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Video 2: This video demonstrates the various adjustment capabilities of the single monitor arm, including tilt, rotation, swivel, and height adjustments, highlighting its flexibility for ergonomic positioning.

6. MAINTENANCE

- **Cleaning:** Clean the mount regularly with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- **Fastener Check:** Periodically check all screws and connections to ensure they remain tight and secure. Retighten if necessary.
- **Gas Spring:** The gas spring is designed for long-term use and generally requires no maintenance. If you experience issues with tension, refer to the operating section for adjustment.

7. TROUBLESHOOTING

- **Monitor Sags/Doesn't Stay Up:** The gas spring tension may be too low for your monitor's weight. Increase the tension by turning the adjustment screw clockwise.
- **Monitor Floats Up/Difficult to Push Down:** The gas spring tension may be too high. Decrease the tension by turning the adjustment screw counter-clockwise.
- **Difficulty Tilting/Swiveling:** The pivot points may be too tight. Loosen the corresponding screws slightly until the desired movement is achieved. Do not loosen excessively.
- **Mount is Unstable:** Ensure the desk clamp or grommet base is securely tightened to the desktop. Check that all arm connections are firm.

8. SPECIFICATIONS

Feature	Description
Model	MP-SM01
Screen Size Compatibility	13 to 35 inches
Weight Capacity	Up to 17.6 lbs (8 kg)
VESA Compatibility	75x75mm, 100x100mm (Includes adapter for 200x100mm, 200x200mm)
Mounting Options	C-Clamp, Grommet Base
Movement Type	Articulating Gas Spring
Tilt Range	+90° to -90°
Swivel Range	+90° to -90°
Rotation	360°
Max Extension	19.8 inches (50.3 cm)
Max Height	16.9 inches (42.9 cm)
Material	Steel or Aluminum
Color	Black

9. WARRANTY AND SUPPORT

MOUNT PRO is committed to providing high-quality products. For warranty information, technical support, or any questions regarding your monitor mount, please contact our customer service team. Details can typically be found on our official website or the product packaging.

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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