

## suptek MD01ABP

# suptek MD01ABP Single Monitor Mount Instruction Manual

Adjustable Gas Spring Arm for 13-32 inch Screens

## 1. PRODUCT OVERVIEW

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The suptek MD01ABP Single Monitor Mount is an adjustable gas spring desk mount designed to enhance your ergonomic workspace. It supports most screens from 13 to 32 inches, weighing between 4.4 and 19.8 lbs (2-9 kg), and is compatible with VESA mounting patterns of 75x75mm or 100x100mm.

This monitor arm provides extensive adjustability, including 360° rotation,  $\pm 80^\circ$  tilt (up and down), and  $\pm 90^\circ$  swivel (left and right), allowing you to position your screen for optimal viewing comfort and to reduce neck and shoulder fatigue.



Load Capacity  
2-9kg



Screen Size  
13"-32"



VESA Pattern  
75X75/100X100mm

Image 1: suptek MD01ABP Monitor Mount showcasing load capacity (2-9kg), screen size compatibility (13"-32"), and VESA patterns (75x75/100x100mm).

## 2. SAFETY INFORMATION

- **Read all instructions carefully:** Before installation and use, read the entire instruction manual to ensure proper assembly and operation.
- **Weight Capacity:** Do not exceed the maximum load capacity of 19.8 lbs (9 kg). Overloading can result in serious injury or product damage.
- **Monitor Size:** Ensure your monitor is within the recommended size range of 13-32 inches.
- **VESA Compatibility:** Verify your monitor has VESA mounting holes of 75x75mm or 100x100mm. If not, a VESA adapter (not included) may be required.
- **Desk Thickness:** The C-clamp and grommet base options fit desks up to 100mm thickness. Ensure your desk is sturdy enough to support the combined weight of the mount and monitor.
- **Gas Spring Warning:** The gas spring is under high pressure. Do not attempt to disassemble the gas spring arm. Adjust tension only after the monitor is installed.
- **Secure Installation:** Ensure all bolts and screws are securely tightened. Do not overtighten.

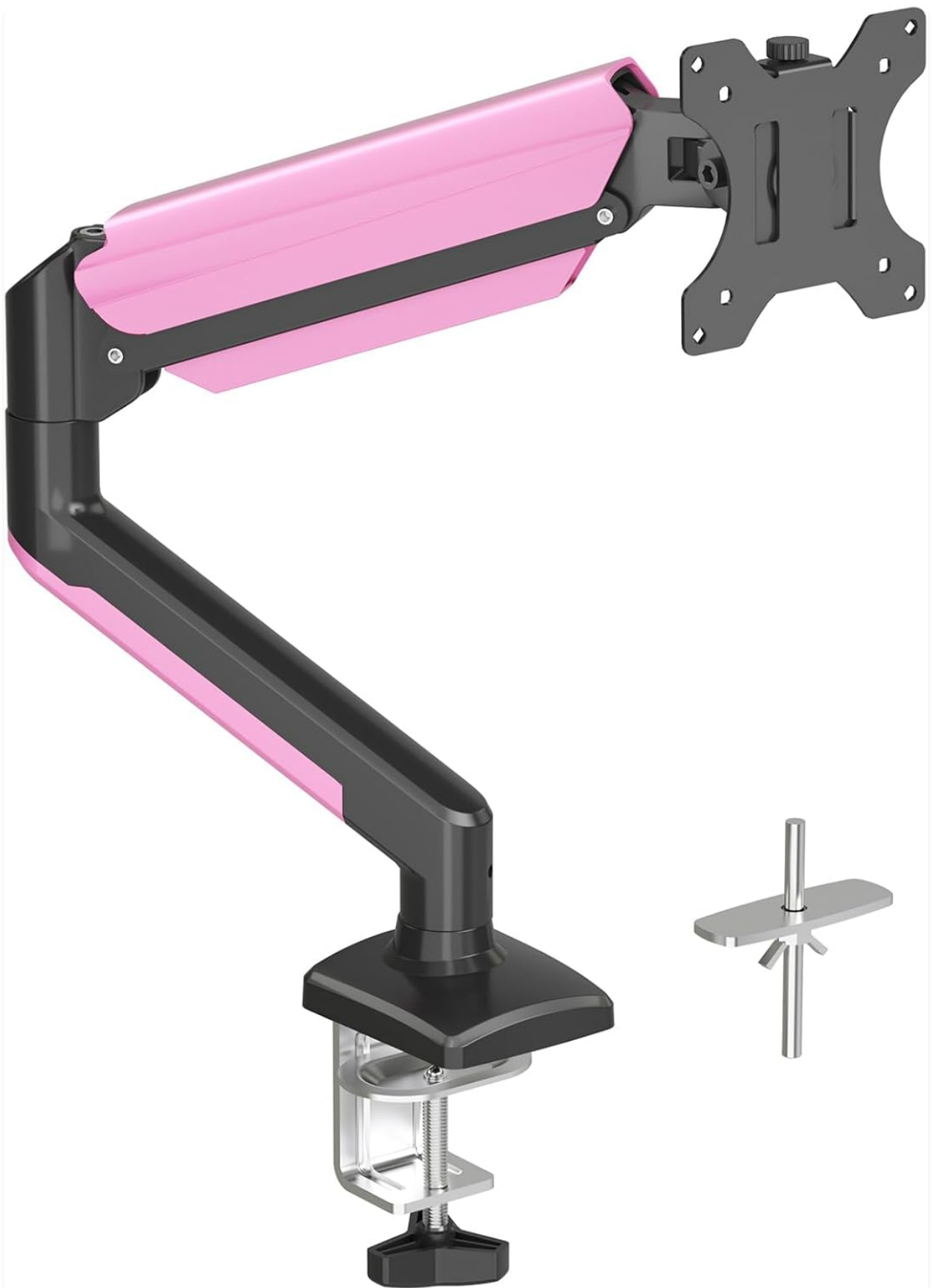
- **Children:** Keep children away from the product during installation. Small parts may be a choking hazard.

### 3. PACKAGE CONTENTS

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Verify that all components are present and undamaged before assembly. If any parts are missing or damaged, contact customer service.

- Monitor Arm Assembly
- C-Clamp Base
- Grommet Base (optional)
- VESA Plate
- Hardware Kit (various screws, washers, Allen wrenches)
- Instruction Manual



*Image 2: All components of the suptek MD01ABP Single Monitor Mount, including the arm, clamp, and VESA plate.*

## 4. SETUP AND INSTALLATION

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The suptek MD01ABP monitor mount offers two installation options: C-clamp and grommet mount. Choose the method best suited for your desk.

## 4.1 Choose Installation Method

### Two installation options



#### C-Clamp

Desk Thickness:10-70mm



#### Grommet mount

Desk Thickness:10-70mm  
Hole Diameter:10-60mm

*Image 3: Illustration of the C-Clamp and Grommet Mount installation options, showing desk thickness compatibility.*

## 4.2 C-Clamp Installation

1. Attach the C-clamp to the edge of your desk. Ensure the desk thickness is between 10-70mm.
2. Tighten the C-clamp screw until the base is securely fastened to the desk.

## 4.3 Grommet Mount Installation (Optional)

1. If your desk has a grommet hole, ensure its diameter is between 10-60mm.
2. Disassemble the C-clamp and use the grommet base components to secure the mount through the desk hole.
3. Tighten the grommet screw from underneath the desk until the base is stable.

## 4.4 Attaching the Monitor

1. Attach the VESA plate to the back of your monitor using the appropriate screws and washers from the hardware kit. Ensure the VESA pattern (75x75mm or 100x100mm) matches your monitor.
2. Slide the assembled monitor (with VESA plate) onto the monitor arm's head. Ensure it clicks securely into

place.

3. Tighten the security screw on the VESA plate to prevent accidental detachment.

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*Video 1: Detailed installation guide for the suptek Single Monitor Arm Desk Mount.*

## 5. OPERATING AND ADJUSTMENTS

The gas spring arm allows for smooth and effortless adjustments to your monitor's position.

### 5.1 Full Range of Motion

- **Height Adjustment:** Push the gas arm up or down with one hand to stop at any desired height.
- **Rotation:** Rotate your monitor 360° for landscape or portrait viewing.
- **Tilt:** Tilt the screen  $\pm 80^\circ$  up or down to reduce glare and optimize viewing angles.
- **Swivel:** Swivel the monitor  $\pm 90^\circ$  left or right to share your screen or adjust your position.



*Image 4: The monitor arm demonstrating its full range of motion, including 360° rotation,  $\pm 180^\circ$  swivel, and  $\pm 180^\circ$  tilt.*



## 5.2 Gas Spring Tension Adjustment

The gas spring tension needs to be adjusted according to your monitor's weight to ensure it holds its position correctly.

- If the monitor arm falls down, turn the inside screw counter-clockwise (towards the "+" direction) to increase gas spring tension until the arm stays as intended.
- If the monitor arm rises up or cannot be pressed down, turn the inside screw clockwise (towards the "-" direction) to decrease gas spring tension until the arm stays as intended.
- **Note:** Be sure to keep the arm in a horizontal position during adjustment.



Image 5: Close-up view of the gas spring adjustment mechanism on the suptek monitor arm, indicating '+' for increasing tension and '-' for decreasing tension.

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Video 2: Short demonstration of the suptek Single Gas Spring Monitor Arm Desk Mount in action.

## 6. CABLE MANAGEMENT

The monitor arm features integrated cable management to keep your workspace tidy and organized. Route

your monitor cables through the designated channels on the arm to prevent clutter and tangles.



Image 6: The monitor arm demonstrating its integrated cable management system, keeping wires neat and free from entanglement.

## 7. MAINTENANCE

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- **Cleaning:** Wipe the monitor arm with a soft, damp cloth. Avoid using abrasive cleaners or solvents.
- **Periodic Checks:** Regularly check all screws and connections to ensure they remain tight and secure. Retighten if necessary.
- **Gas Spring:** Do not attempt to lubricate or service the internal gas spring mechanism.

## 8. TROUBLESHOOTING

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- **Monitor not holding position:** Adjust the gas spring tension as described in Section 5.2. Ensure your monitor's weight is within the specified range (4.4-19.8 lbs).
- **Arm too stiff/loose:** Adjust the gas spring tension using the provided Allen wrench.



- **Monitor wobbles:** Check all mounting screws and connections for tightness. Ensure the desk mount is securely fastened to the desk.

## 9. SPECIFICATIONS

Feature	Specification
Brand	suptek
Model	MD01ABP
Screen Size Compatibility	13 - 32 inches
Load Capacity	4.4 - 19.8 lbs (2 - 9 kg)
VESA Compatibility	75x75mm, 100x100mm
Tilt Angle	±80°
Swivel Angle	±90°
Rotation	360°
Mounting Type	Tabletop Mount (C-clamp & Grommet)
Desk Thickness (C-clamp)	10-70mm
Desk Thickness (Grommet)	10-70mm
Grommet Hole Diameter	10-60mm
Material	Alloy Steel

## 10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or contact suptek customer service directly. Keep your purchase receipt for warranty claims.