

MOUNTUP Freelift Pro

MOUNTUP Freelift Pro Dual Monitor Mount Instruction Manual

Model: B0DMF88HQD | Brand: MOUNTUP

1. INTRODUCTION

This manual provides detailed instructions for the installation, operation, and maintenance of your MOUNTUP Freelift Pro Dual Monitor Mount. Please read this guide thoroughly before installation to ensure correct setup and safe usage. This monitor mount is designed to enhance your workspace ergonomics and free up desk space by securely holding two monitors.

2. SAFETY INFORMATION

- Ensure all components are present and undamaged before assembly. Do not use if any parts are missing or defective.
- Follow all assembly steps carefully. Incorrect installation may result in product damage or personal injury.
- Do not exceed the maximum weight capacity of 22 lbs (10 kg) per arm.
- Ensure the desk surface is stable and strong enough to support the combined weight of the mount and monitors.
- Do not install on tempered glass table tops.
- Keep children and pets away during installation.

3. PACKAGE CONTENTS

Verify that all parts listed below are included in your package:

- Main Pole and Base
- Dual Gas Spring Arms
- VESA Plates (x2)
- C-Clamp Assembly
- Grommet Base Assembly
- Hardware Kit (screws, washers, spacers)
- Allen Keys (various sizes)
- Cable Management Clips

Refer to the 'Package List' section in the installation video for a visual guide to all included components.

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Video: Freelift Pro Dual Monitor Arm Installation - This video demonstrates the unboxing and initial setup steps, including a visual overview of all parts.

4. SETUP

4.1 Choose Mounting Type

The MOUNTUP Freelift Pro offers two installation options: C-Clamp or Grommet Mount. Select the method best suited for your desk.

- **C-Clamp Mount:** For desk thickness within 0.39"-2.76".
- **Grommet Mount:** For desk thickness within 0.39"-2.76" and hole diameter within 0.39"-2.36".



Image: Two Installation Options - Illustrates the C-clamp and grommet mounting methods with desk thickness and hole diameter specifications.

4.2 Base Installation (C-Clamp or Grommet)

Follow the instructions in the video for your chosen mounting type:

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Video: Freelift Pro Dual Monitor Arm Installation - This video demonstrates both C-clamp and grommet base installation steps from 0:03 to 0:34.

4.3 Arm Installation

Attach the gas spring arms to the installed base as shown in the video.

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Video: Freelift Pro Dual Monitor Arm Installation - This video demonstrates arm installation from 0:35 to 0:45.

4.4 Attach VESA Plate to Monitor

Secure the VESA plate to the back of your monitor using the provided screws. Ensure the plate is firmly attached.

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Video: Freelift Pro Dual Monitor Arm Installation - This video demonstrates attaching the VESA plate to the monitor from 0:46 to 0:51.

4.5 Slide Monitor onto Arm

Carefully slide the monitor (with attached VESA plate) onto the arm's mounting head until it clicks into place. Secure it with the locking knob.



Image: Quick Release VESA Plate - Shows the quick-release VESA plate mechanism for easy monitor attachment and removal.

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Video: Freelift Pro Dual Monitor Arm Installation - This video demonstrates sliding the monitor onto the arm from 0:52 to 0:56.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Monitor Position

The Freelift Pro Dual Monitor Mount offers full motion adjustment for optimal viewing comfort:

- **Tilt:** +85° to -45°
- **Swivel:** 180° (at VESA plate), 360° (at arm joint), 270° (at base joint)
- **Rotation:** 360° (portrait to landscape)
- **Height Adjustment:** Max height up to 17.3 inches (from desk surface)
- **Extension:** Each arm extends up to 21 inches

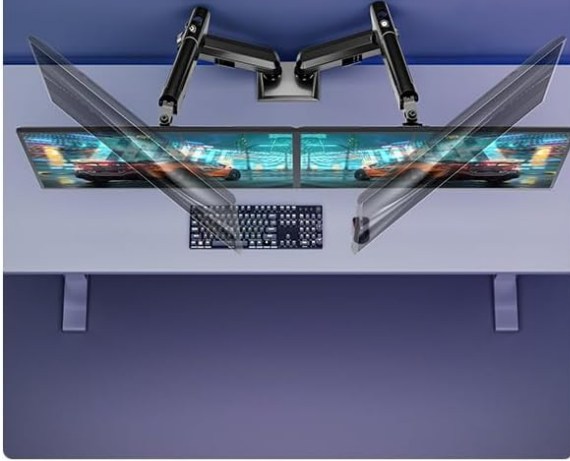
Freely Position Your Screen



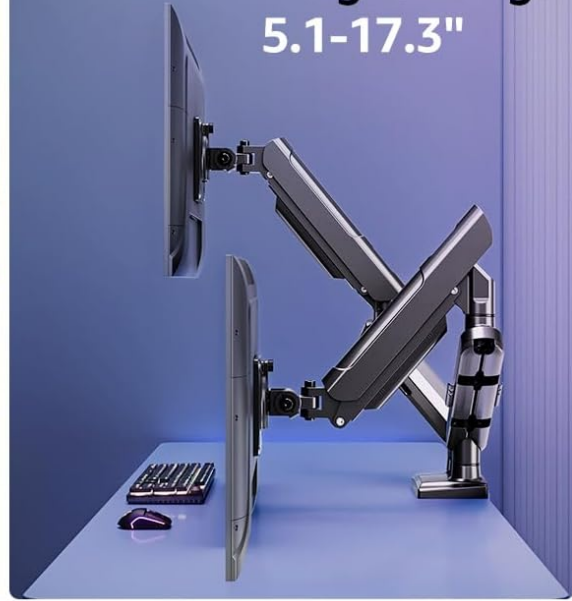
Image: Freely Position Your Screen - Highlights the maximum height and extension capabilities of the monitor arms.

Optimize Your View

Swivel
180°



Height Range
5.1-17.3"



Tilt
+85°to -45°



Rotation
360°



Image: Optimize Your View - Demonstrates the swivel, height, tilt, and rotation ranges for flexible monitor positioning.

Full Motion Adjustment



Image: Full Motion Adjustment - Details the extensive swivel capabilities at different points of the monitor arm.

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Video: Freelift Pro Dual Monitor Arm Function - Demonstrates the full range of motion, including tilt, swivel, and rotation.

5.2 Gas Spring Tension Adjustment

The gas spring tension may need adjustment depending on your monitor's weight. Use the provided Allen key to adjust the tension screw located on the arm.

- **To reduce tension (for lighter monitors or if arms are too stiff):** Turn the screw clockwise (towards '-').
- **To increase tension (for heavier monitors or if arms are falling down):** Turn the screw counter-clockwise (towards '+').

Each turn needs to be a full 360 degrees. Hold the arm in a horizontal position during adjustment.

Full Motion Adjustment



Image: Gas Spring Adjust - Provides a visual guide for adjusting gas spring tension and tilt.

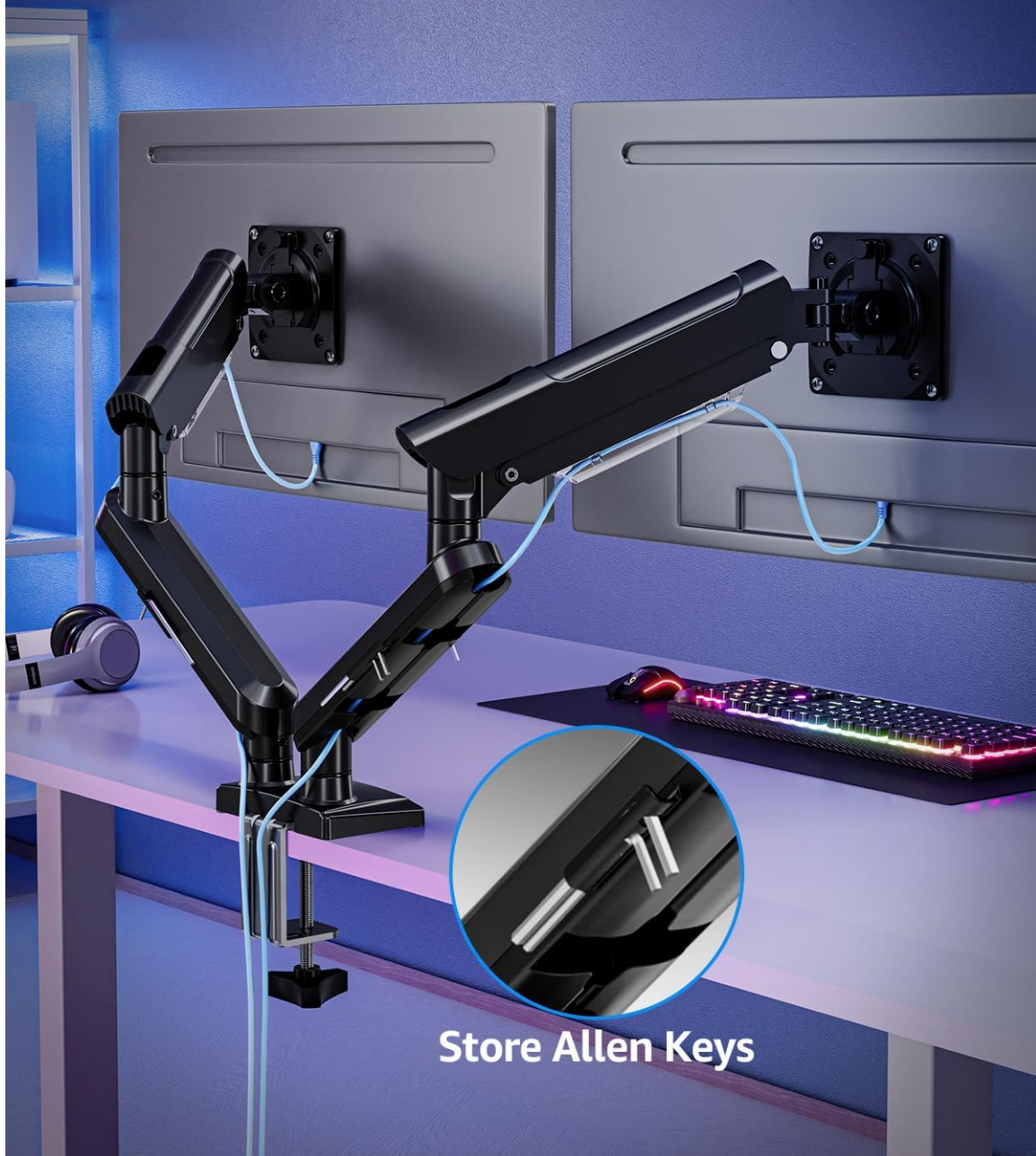
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Video: Freelift Pro Dual Monitor Arm Installation - This video demonstrates resetting spring tension from 1:06 to 1:11.

6. CABLE MANAGEMENT

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

Organize Wires and Tools



Store Allen Keys

Image: Organize Wires and Tools - Shows how to manage cables and store Allen keys within the arm for convenience.

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Video: Freelift Pro Dual Monitor Arm Installation - This video demonstrates cable management from 0:57 to 1:02.

7. MAINTENANCE

- Regularly check all screws and connections to ensure they are tight and secure.
- Clean the monitor mount with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Periodically re-adjust gas spring tension if monitors feel too loose or too stiff over time.

8. TROUBLESHOOTING

If you encounter any issues with your monitor mount, refer to the common problems and solutions below:

8.1 Arms Falling Down / Can't Rise Up

This indicates that the gas spring tension is too low for your monitor's weight. Increase the tension by turning the adjustment screw counter-clockwise ('+') with the provided Allen key. Ensure each turn is a full 360 degrees.

8.2 Arms Rising Up / Can't Fall Down

This indicates that the gas spring tension is too high for your monitor's weight. Decrease the tension by turning the adjustment screw clockwise ('-') with the provided Allen key. Ensure each turn is a full 360 degrees.

8.3 Monitors Face Down / Can't Be Adjusted Tilt

The tilting bolt may be too tight. Loosen the tilting bolt (towards '-') with an Allen key, adjust the monitor to your desired angle, then retighten the bolt (towards '+') to fix the angle.

8.4 Swivels Left and Right is Loose / Monitor Can't Swivel

Adjust the tightness of the swivel screw using an Allen key. Tighten or loosen as needed to achieve the desired swivel resistance.

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Video: Freelift Pro Dual Monitor arm trouble shooting - This video provides visual guidance for adjusting tension, tilt, and swivel to resolve common issues.

9. SPECIFICATIONS

Feature	Specification
Compatible Monitor Size	22" - 32" (flat or curved LCD)
Weight Capacity (per arm)	4.4 - 22 lbs (2 - 10 kg)
VESA Compatibility	75x75mm, 100x100mm
Tilt Range	+85° to -45°
Swivel Range	180° (at VESA plate), 360° (at arm joint), 270° (at base joint)
Rotation	360°
Max Height (from desk)	17.3 inches
Max Extension (per arm)	21 inches
Mounting Options	C-Clamp, Grommet
C-Clamp Desk Thickness	0.39" - 2.76"

Grommet Desk Thickness	0.39" - 2.76"
Grommet Hole Diameter	0.39" - 2.36"
Material	Alloy Steel



Image: Perfect For Your Screen - Overview of product compatibility including load capacity, screen size, and VESA patterns.

10. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the product packaging or contact MOUNTUP customer service directly. Keep your purchase receipt for warranty claims.