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MOUNT PRO Freelift Pro

MOUNT PRO Dual Monitor Mount User Manual

Model: Freelift Pro

Brand: MOUNT PRO

1. INTRODUCTION

The MOUNT PRO Dual Monitor Mount is an ergonomic solution designed to optimize your workspace. It supports two LCD/LED screens ranging from 13 to 32 inches, with a maximum load capacity of 22 lbs per arm. This mount is compatible with VESA patterns of 75x75mm and 100x100mm, offering universal compatibility with most major monitor brands. Its gas spring system allows for effortless height adjustment, while extensive tilt, swivel, and rotation capabilities ensure optimal viewing angles and screen sharing.

This manual provides comprehensive instructions for assembly, operation, maintenance, and troubleshooting to ensure you get the most out of your MOUNT PRO Dual Monitor Mount.

2. PACKAGE CONTENTS

Please verify that all components are present before beginning installation.

Video: [How to install this dual monitor arm \(shows package contents and installation steps\)](#)

- Dual Monitor Arms (2)
- Base Plate (1)
- C-Clamp Assembly (1)
- Grommet Base Assembly (1)
- VESA Plates (2)
- Hardware Kit (screws, washers, Allen keys)
- Instruction Manual (this document)

3. SETUP AND INSTALLATION

The MOUNT PRO Dual Monitor Mount offers two installation options: C-Clamp and Grommet Base. Choose the method best suited for your desk.

3.1. Choosing Your Mounting Option



Image: Illustration showing both clamp and grommet mounting options.

Both methods are suitable for desks between 0.39 and 2.76 inches thick. For grommet mounting, a hole diameter of 0.39 to 2.36 inches is required.

3.2. Installation Steps

Video: Detailed guide on how to install the dual monitor arm.

1. **Assemble the Base:** Depending on your chosen method, assemble either the C-Clamp or Grommet Base. Follow the specific instructions provided in the included paper manual for detailed steps on attaching the base components.
2. **Attach Base to Desk:** Securely fasten the assembled base to your desk. Ensure it is tight and stable.
3. **Install Monitor Arms:** Slide the monitor arms onto the vertical pole of the base. Ensure they are fully seated. Tighten the screws at the base of each arm using the provided Allen key to secure them.
4. **Attach VESA Plates to Monitors:** For each monitor, attach a VESA plate to the back of the monitor using the appropriate screws from the hardware kit. Ensure the VESA pattern (75x75mm or 100x100mm) matches your monitor.
5. **Mount Monitors to Arms:** Carefully slide the monitors (with VESA plates attached) onto the VESA head of each arm. The quick-release VESA plate design allows for easy attachment. Ensure the monitor clicks into place securely.

Quick Removable VESA Plate



Image: Close-up of the quick removable VESA plate mechanism.

4. OPERATING INSTRUCTIONS

The MOUNT PRO Dual Monitor Mount offers extensive adjustability for optimal viewing comfort and productivity.

4.1. Adjusting Your View

Customize Your View

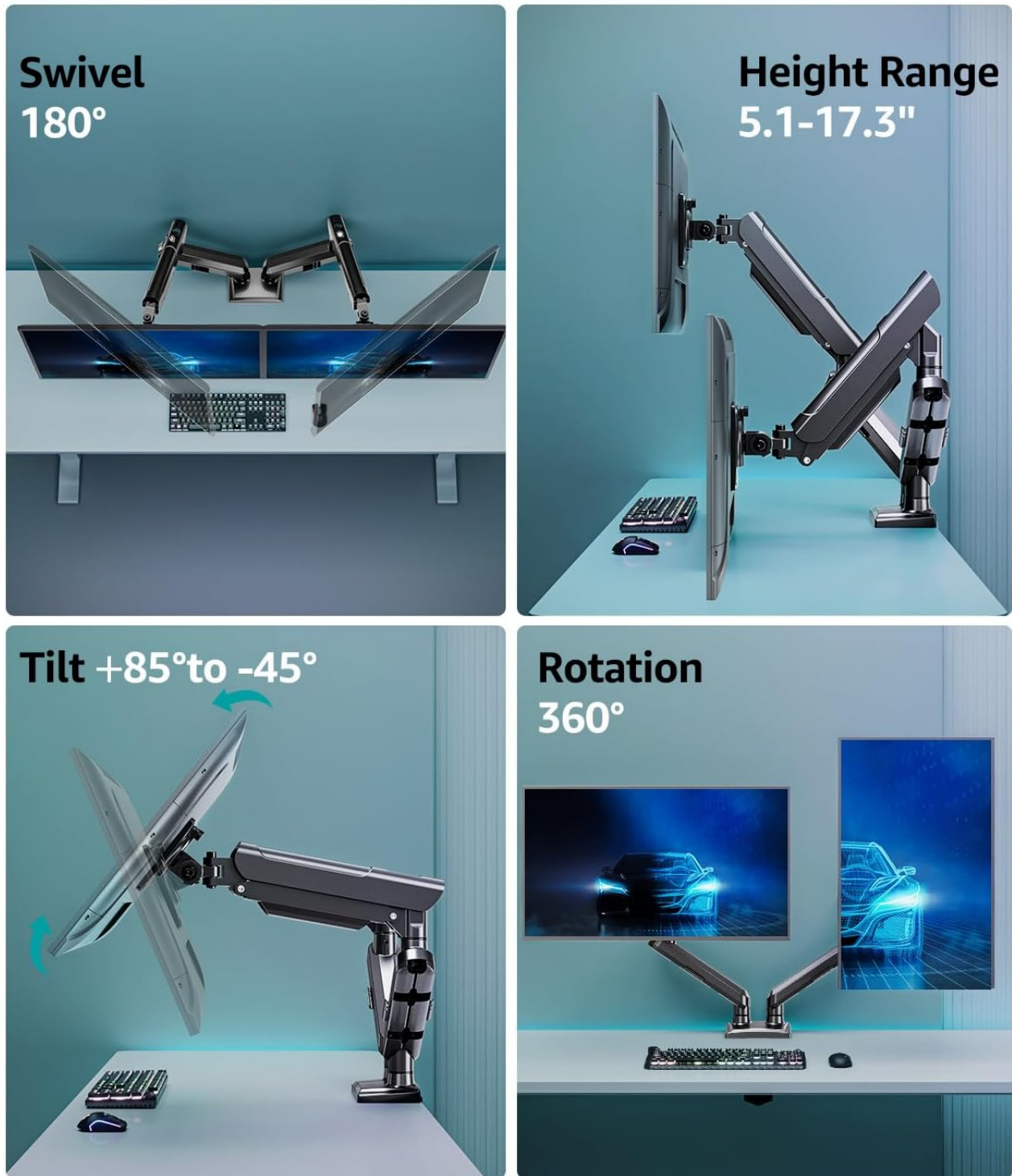


Image: Visual guide to the mount's swivel, height, tilt, and rotation capabilities.

- **Height Adjustment:** The gas spring arms allow for smooth vertical movement. Gently push or pull your monitor to the desired height. The maximum height above the desk surface is 17.3 inches.
- **Extension:** Extend the monitor arms out up to 19.7 inches to bring your screens closer or push them back to create more desk space.
- **Tilt:** Adjust the monitor screen from +85° to -45° to find your ideal viewing angle and reduce glare.
- **Swivel:** Swivel the monitor +/-90° for effortless screen sharing with colleagues or clients.
- **Rotation:** Rotate your monitor 360° to switch between landscape and portrait orientations instantly, ideal for coding, data analysis, or graphic design.

Video: Demonstration of the dual monitor stand's various functions and adjustments.

5. FINE-TUNING ADJUSTMENTS

For optimal performance, you may need to adjust the gas spring tension and tilt/swivel tightness based on your monitor's weight and your preference.

Video: [Guide on adjusting tension, tilt, and swivel for the monitor mount.](#)

5.1. Gas Spring Tension Adjustment

If the arm falls down or rises up unexpectedly, the gas spring tension needs adjustment. Keep the arm in a horizontal position during adjustment.

- **To Increase Tension (for heavier monitors or if arm falls):** Turn the bolt counter-clockwise (+) using the provided Allen key.
- **To Decrease Tension (for lighter monitors or if arm rises):** Turn the bolt clockwise (-) using the provided Allen key.

The number of turns depends on the display's weight; it may take up to 17 turns for significant changes.

5.2. Tilt Angle Adjustment

If the monitor faces down or doesn't hold its tilt angle:

- Loosen the tilting bolt (turn towards "-" direction) using the Allen key.
- Adjust the monitor to your desired tilt angle.
- Retighten the tilting bolt (turn towards "+" direction).

5.3. Swivel Adjustment

If the monitor swivels too loosely or is too stiff:

- Tighten or loosen the screw with the Allen key to adjust the tightness of the swivel mechanism.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your MOUNT PRO Dual Monitor Mount.

- **Cleaning:** Wipe down the mount with a soft, damp cloth. Avoid abrasive cleaners or solvents that could damage the finish.
- **Check Connections:** Periodically check all screws and bolts to ensure they are securely tightened. Retighten if necessary.
- **Cable Management:** Utilize the integrated cable management system to keep your cords organized and out of sight. This prevents tangles and reduces wear on cables.

Perfect Desk Organizer

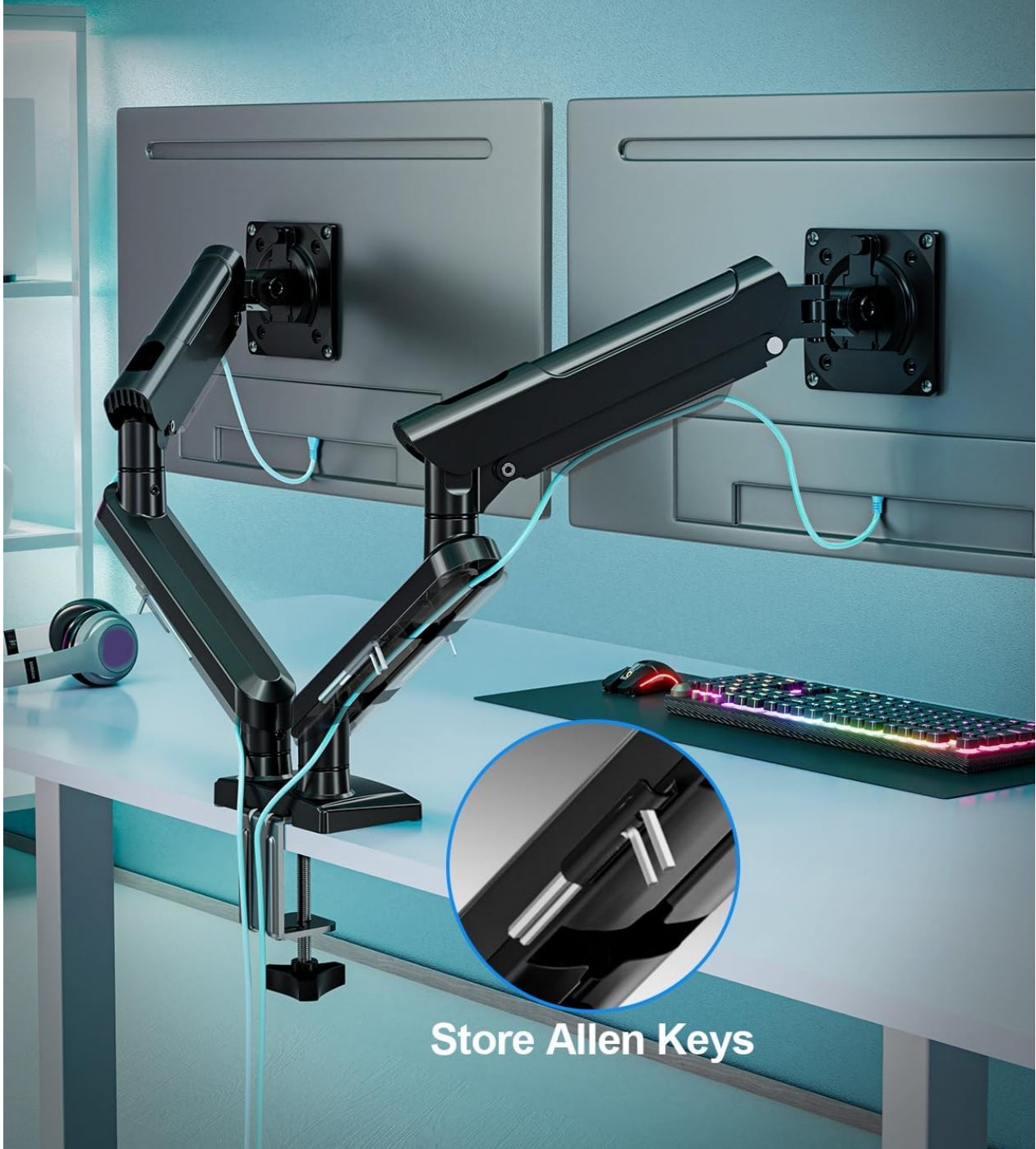


Image: Shows the integrated cable management and convenient storage for Allen keys within the arm.

7. TROUBLESHOOTING

If you encounter any issues with your monitor mount, refer to the common problems and solutions below. For more detailed visual guidance, please refer to the "Tension, Tilt and Swivel Adjustment Guide" video in Section 5.

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Monitor arm falls down	Gas spring tension is too low for monitor weight.	Increase gas spring tension by turning the adjustment bolt counter-clockwise (+).
Monitor arm rises up / cannot fall down	Gas spring tension is too high for monitor weight.	Decrease gas spring tension by turning the adjustment bolt clockwise (-).
Monitor faces down / does not hold tilt angle	Tilting bolt is too loose.	Loosen the tilting bolt, adjust monitor to desired angle, then retighten the bolt.
Monitor swivels too loosely or is too stiff	Swivel screw tightness needs adjustment.	Tighten or loosen the swivel screw with the Allen key to achieve desired tightness.

8. SPECIFICATIONS

Feature	Detail
Brand	MOUNT PRO
Model	Freelift Pro
Monitor Size Compatibility	13" - 32" (flat or curved screens)
Weight Capacity (per arm)	4.4 lbs - 22 lbs
VESA Compatibility	75x75mm, 100x100mm
Tilt Angle	+85° / -45°
Swivel Angle	+/-90°
Rotation	360°
Max Extension	19.7 inches
Max Height (above desk)	17.3 inches
Desk Thickness (Clamp/Grommet)	0.39" - 2.76"
Material	Aluminum

9. WARRANTY AND SUPPORT

MOUNT PRO products are manufactured with quality and durability in mind. For specific warranty information,

please refer to the documentation included with your purchase or contact MOUNT PRO customer support.

If you require further assistance or have questions not covered in this manual, please visit the official MOUNT PRO website or contact their customer service team. You can also refer to the official [Installation Manual \(PDF\)](#) for additional details.