

MOUNT PRO Freelift Pro Black Single (B0DMFCXZLJ)

MOUNT PRO Single Monitor Desk Mount

Model: Freelift Pro Black Single (B0DMFCXZLJ)

Brand: MOUNT PRO

1. INTRODUCTION

This manual provides detailed instructions for the installation, operation, and maintenance of your MOUNT PRO Single Monitor Desk Mount. This adjustable gas spring monitor arm is designed to enhance your workspace ergonomics and efficiency by providing flexible positioning for your monitor.

The mount is compatible with most flat or curved LCD/LED screens ranging from 13 to 32 inches, supporting a maximum load capacity of 22 lbs. It is suitable for VESA patterns of 75x75mm and 100x100mm.

2. SAFETY INFORMATION

- **Weight Capacity:** Do not exceed the maximum load capacity of 22 lbs (10 kg). Overloading can cause instability and potential injury.
- **VESA Compatibility:** Ensure your monitor has VESA mounting holes (75x75mm or 100x100mm).
- **Desk Thickness:** Verify your desk thickness is within the supported range of 0.39 to 2.76 inches (10-70mm) for both clamp and grommet mounting.
- **Stable Surface:** Install the mount on a stable and sturdy desk surface that can support the combined weight of the mount and your monitor.
- **Pinch Points:** Be aware of pinch points during assembly and adjustment. Keep hands clear of moving parts.
- **Gas Spring Adjustment:** When adjusting the gas spring tension, always hold the arm in a horizontal position to prevent sudden movement.
- **Children:** Keep small parts away from children.

3. PACKAGE CONTENTS

Please verify that all components are present before beginning installation:

- Monitor Arm Assembly
- VESA Plate

- C-Clamp Base
- Grommet Base
- Mounting Hardware (screws, washers, spacers)
- Allen Keys (for assembly and adjustment)



Image: Overview of the MOUNT PRO Single Monitor Desk Mount, showing the arm, C-clamp base, and grommet base.

4. SETUP AND INSTALLATION

4.1 Pre-installation Checklist

- **Monitor Compatibility:** Ensure your monitor is between 13-32 inches and weighs between 4.4-22 lbs.
- **VESA Pattern:** Confirm your monitor has VESA 75x75mm or 100x100mm mounting holes. If your monitor does not have VESA holes, a VESA adapter (sold separately) may be required.
- **Desk Compatibility:** Measure your desk thickness. It must be between 0.39 and 2.76 inches (10-70mm). For grommet mounting, the hole diameter should be 0.39-2.36 inches (10-60mm).

Ideal for Large Screens



Screen Size
13"-32"



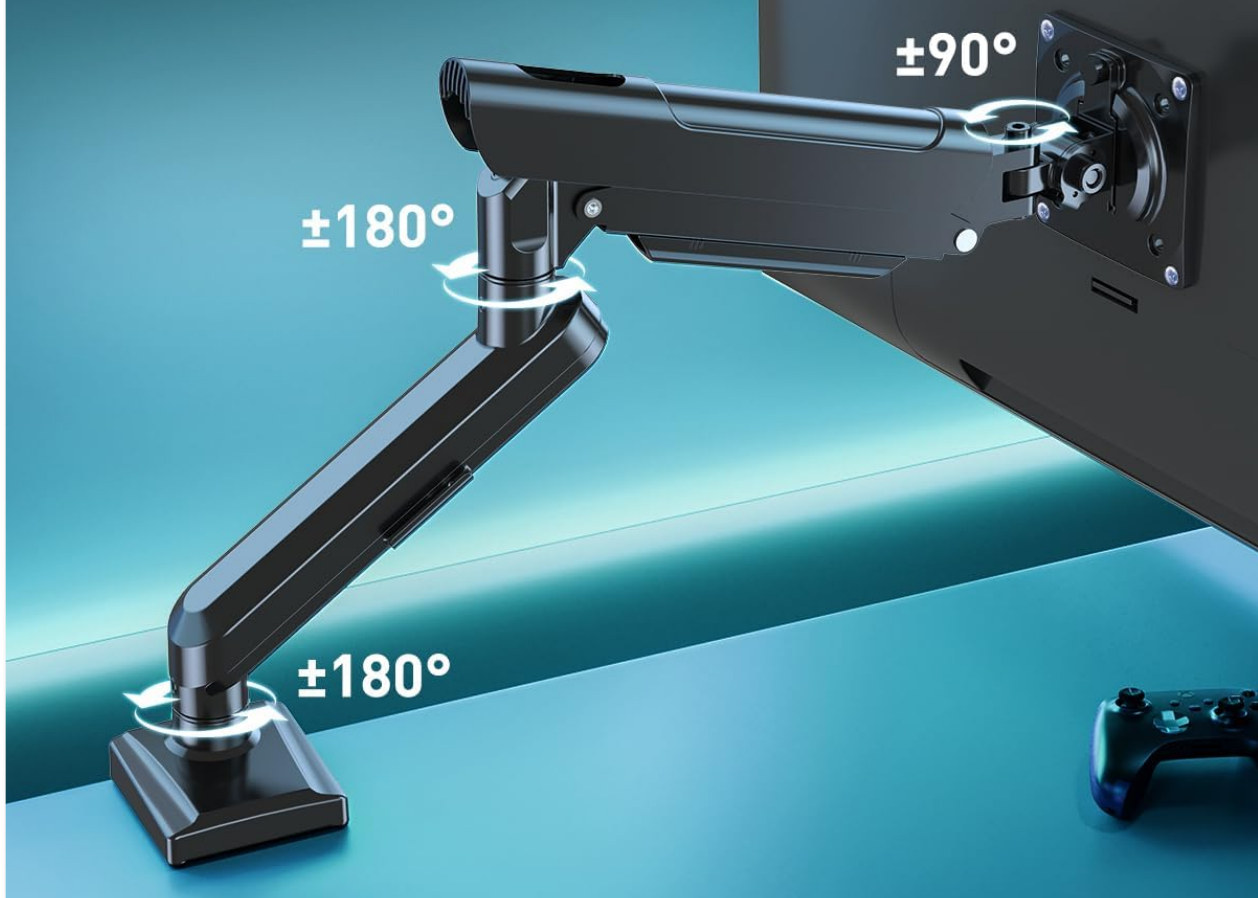
Load Capacity
4.4-22 lbs



VESA Patterns
**75×75mm/
100×100mm**

Image: Visual guide for monitor compatibility, showing supported screen sizes (13-32 inches), load capacity (4.4-22 lbs), and VESA patterns (75x75mm/100x100mm).

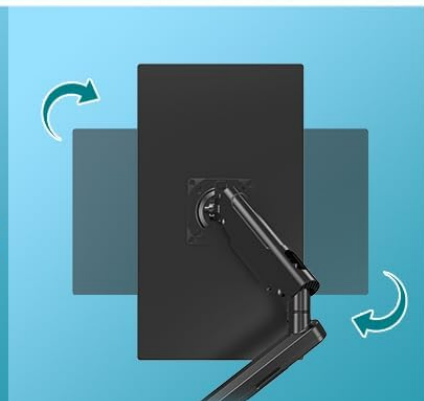
Customize Your View



Tilt +85° to - 45°



Swivel 180°



Rotation 360°

Image: Instructions on checking for VESA holes on a monitor and the option to use a VESA adapter for monitors without them.

4.2 Choose Your Mounting Option

The MOUNT PRO monitor arm offers two installation methods: C-Clamp and Grommet Base.

Two Ways to Mount

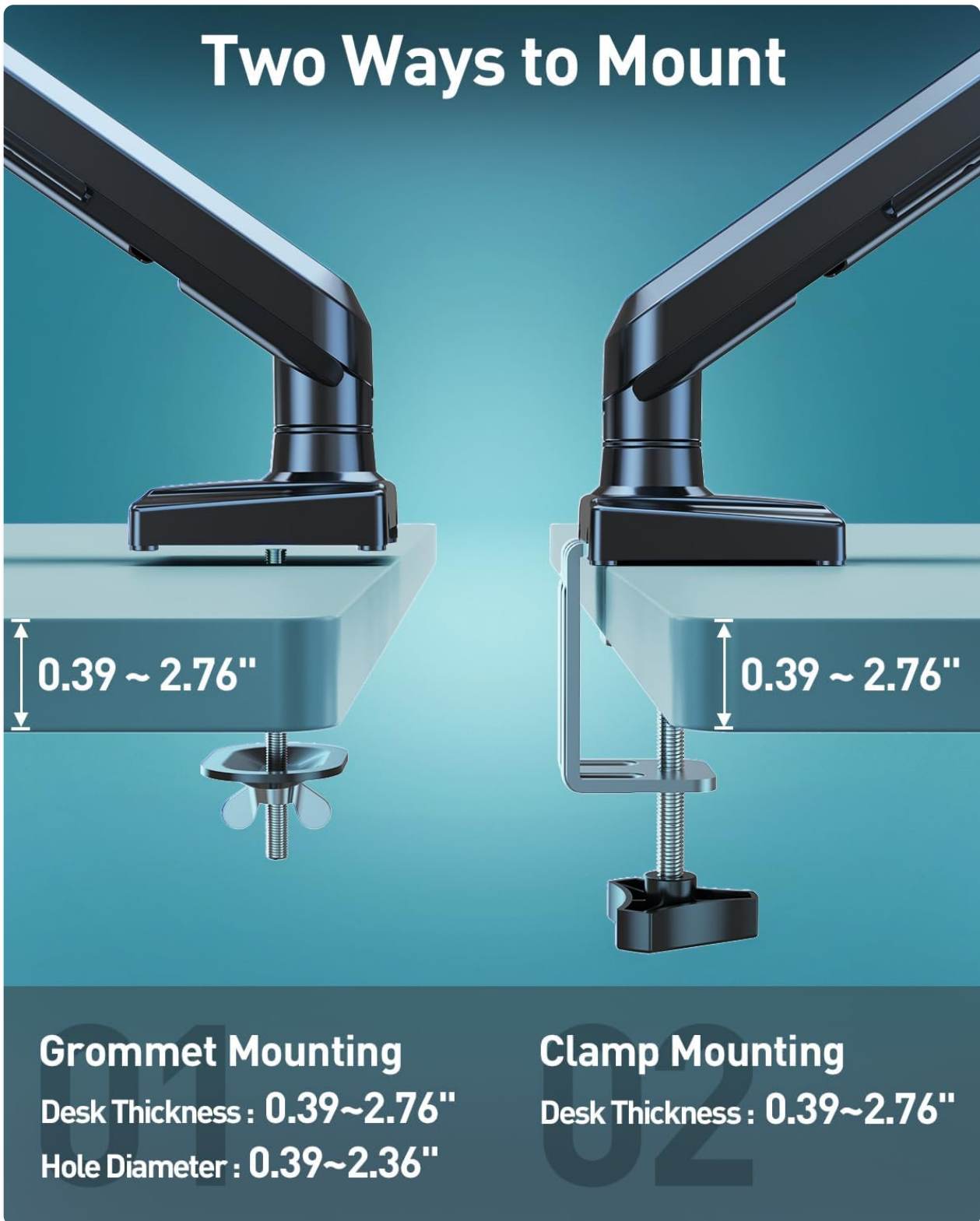


Image: Diagram illustrating the two mounting options: Grommet Mounting (left) and Clamp Mounting (right), with desk thickness requirements.

4.2.1 C-Clamp Installation

1. Attach the C-clamp base to the bottom of the monitor arm pole.
2. Place the C-clamp onto the edge of your desk.
3. Tighten the clamp screw until the mount is securely fastened to the desk. Ensure it is stable and does not wobble.

4.2.2 Grommet Base Installation

1. If your desk has a grommet hole, insert the grommet base through the hole.

2. Secure the grommet base from underneath the desk using the provided washer and nut.
3. Attach the monitor arm pole to the grommet base and tighten securely.

4.3 Attaching the Monitor

1. Attach the VESA plate to the back of your monitor using the appropriate screws and spacers from the hardware kit. Ensure the plate is oriented correctly.
2. Slide the VESA plate with the attached monitor onto the monitor arm's mounting head.
3. Secure the monitor by tightening the locking screw on the VESA plate mechanism.



Image: Close-up view demonstrating the quick removable VESA plate and how it slides into the monitor arm for secure attachment.

5. OPERATING AND ADJUSTMENTS

The MOUNT PRO monitor arm offers various adjustments for optimal viewing comfort and productivity.

5.1 Gas Spring Tension Adjustment

The gas spring allows for smooth height adjustments. The tension may need to be adjusted based on your monitor's weight.

- **To raise the monitor up (for lighter monitors):** Turn the adjustment screw clockwise (towards the "-" direction) to reduce tension.
- **To drop the monitor down (for heavier monitors):** Turn the adjustment screw counter-clockwise (towards the "+" direction) to increase tension.
- **Important:** Always hold the arm in a horizontal position when adjusting the gas spring tension to prevent sudden movement. The number of turns depends on the display's weight and may take up to 17 turns.

Tension Adjustment



Monitor raise up:

Turn clockwise "-" reach 360° each circles to reduce tension for lighter monitor.



Monitor drop down:

Turn counter-clockwise "+" reach 360° each circles to increase tension for heavier monitor.



Image: Diagram showing how to adjust the gas spring tension using an Allen key, with instructions for increasing or decreasing tension.

5.2 Tilt, Swivel, and Rotation

These adjustments allow you to customize your monitor's position for ergonomic viewing.

- **Tilt:** Adjust the monitor tilt from +85° to -45° to reduce glare and find your ideal viewing angle. Loosen the tilting bolt, adjust to desired angle, then retighten.
- **Swivel:** Swivel the monitor +/-90° for easy screen sharing or collaborative work.
- **Rotation:** Rotate the monitor 360° to switch between landscape and portrait orientation.

Easy Screen Positioning

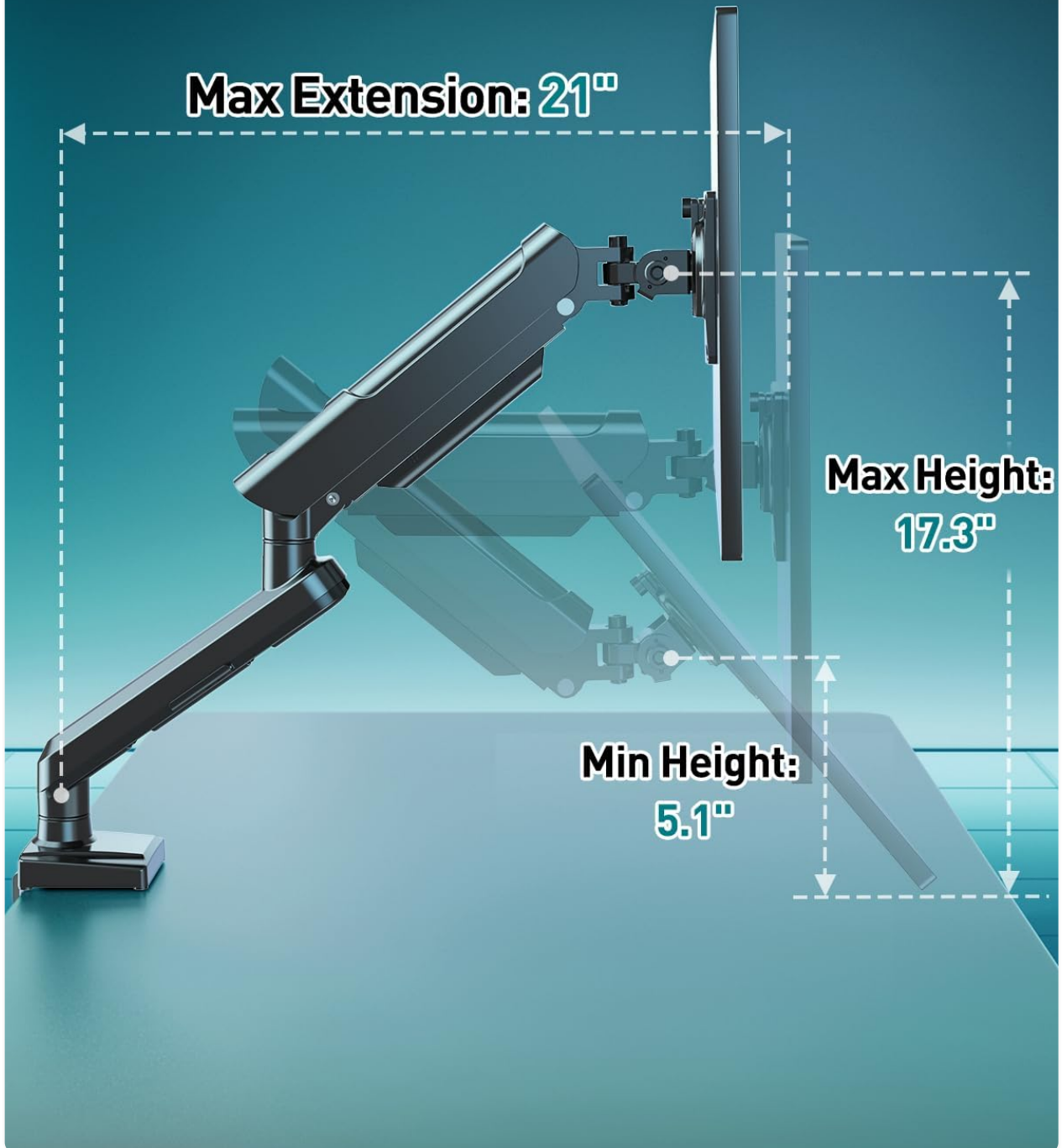


Image: Visual representation of the monitor arm's adjustable range, including tilt (+85° to -45°), swivel (180°), and rotation (360°).

5.3 Cable Management

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

- Route your monitor cables through the designated channels on the arm.
- The lower arm also conveniently stores Allen keys for future use.



Image: Depiction of the monitor arm's cable management system and the integrated storage for Allen keys.

6. MAINTENANCE

- **Cleaning:** Wipe the monitor arm with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- **Periodic Checks:** 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-lasting performance and typically requires no maintenance. If adjustments become difficult, refer to the tension adjustment section.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor sags or drops after adjustment.	Gas spring tension is too low for the monitor's weight.	Increase gas spring tension by turning the adjustment screw counter-clockwise (towards "+"). Refer to Section 5.1.
Monitor arm is too stiff to adjust.	Gas spring tension is too high.	Decrease gas spring tension by turning the adjustment screw clockwise (towards "-"). Refer to Section 5.1.
Monitor wobbles after installation.	Mount is not securely fastened to the desk or VESA plate is loose.	Ensure the C-clamp or grommet base is tightened securely. Check that the VESA plate locking screw is tight.
Monitor does not fit the VESA plate.	Incorrect VESA pattern or monitor size.	Verify your monitor's VESA pattern (75x75mm or 100x100mm) and size (13-32 inches). A VESA adapter may be needed for non-compatible monitors.

8. SPECIFICATIONS

Feature	Specification
Brand	MOUNT PRO
Model	Freelift Pro Black Single
Compatible Screen Size	13 - 32 inches
Load Capacity	4.4 - 22 lbs (2 - 10 kg)
VESA Compatibility	75x75mm, 100x100mm
Material	Aluminum
Color	Black
Mounting Type	Tabletop Mount (Clamp or Grommet)
Desk Thickness (Clamp/Grommet)	0.39 - 2.76 inches (10 - 70mm)
Grommet Hole Diameter	0.39 - 2.36 inches (10 - 60mm)
Tilt Angle	+85° to -45°
Swivel Angle	+/-90° (180° total)
Rotation	360°
Max Arm Extension	19.7 inches (50 cm)

Feature	Specification
Max Height Above Desk	17.3 inches (44 cm)
Item Weight	5.15 pounds (2.34 kg)

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official MOUNT PRO website or contact their customer service directly. You can also find additional installation details in the official PDF manual:

Download Official Installation Manual
(PDF)

For further assistance, please contact MOUNT PRO customer support through their official channels.