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› MOUNTUP Single Monitor Desk Mount (Model B0DNJ321JD) Instruction Manual

## MOUNTUP B0DNJ321JD

# MOUNTUP Single Monitor Desk Mount (Model B0DNJ321JD) Instruction Manual

For 22-32 inch Monitors, 4.4-19.8 lbs

## INTRODUCTION

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Thank you for choosing the MOUNTUP Single Monitor Desk Mount. This manual provides detailed instructions for the safe and efficient installation, operation, and maintenance of your monitor arm. This mount is designed to enhance your workspace ergonomics by providing flexible positioning for your monitor.

## Extended arm monitor stand

Fits longer, wider tables

Providing ergonomic comfort for different needs



Figure 1: Extended reach of the MOUNTUP Single Monitor Arm, offering up to 27.7 inches of extension and 17 inches of height from the desk surface.

## SPECIFICATIONS

The MOUNTUP Single Monitor Desk Mount is built with high-quality alloy steel to ensure durability and stability. Please review the following specifications to ensure compatibility with your monitor and desk setup.

# Perfect For Your Screen



Figure 2: Compatibility overview for monitor size, VESA patterns, and weight capacity.

## Product Specifications

Feature	Detail
Brand	MOUNTUP
Model	B0DNJ321JD
Mounting Type	Tabletop Mount (C-Clamp/Grommet)
Material	Alloy Steel
Color	Black
Compatible Devices	Monitor
Minimum Supported Screen Size	22 Inches
Maximum Supported Screen Size	32 Inches
Weight Capacity	4.4 - 19.8 lbs

Feature	Detail
VESA Patterns	75x75mm, 100x100mm
Movement Type	Tilt, Rotate, Swivel, Height Adjust, Full Motion
Maximum Tilt Angle	90 Degrees
Maximum Height Adjustment	28.5 Inches
Maximum Extension	27.7 Inches

## SETUP INSTRUCTIONS

Carefully follow these steps to install your MOUNTUP Single Monitor Desk Mount.

### 1. Choose Your Mounting Method

The monitor arm supports two installation methods: C-Clamp and Grommet Mount. Select the method suitable for your desk.



Figure 3: Two available installation methods: C-Clamp for desk thickness 0.39"-3.15" and Grommet Mount for desk thickness

0.39"-1.97" with hole diameter 0.39"-2.36".

### **C-Clamp Installation:**

1. Attach the C-clamp base to the edge of your desk. Ensure the desk thickness is between 0.39" and 3.15".
2. Tighten the clamp screws securely until the base is stable.

### **Grommet Mount Installation:**

1. Insert the grommet base through an existing desk hole. Ensure desk thickness is between 0.39" and 1.97" and hole diameter is between 0.39" and 2.36".
2. Secure the base from underneath the desk using the provided hardware.

## **2. Assemble the Arm and Attach Monitor**

1. Slide the main pole onto the installed base and secure it.
2. Attach the monitor arm to the main pole at your desired initial height.
3. Attach the VESA plate to the back of your monitor using the appropriate screws. This mount supports VESA patterns 75x75mm and 100x100mm.
4. Slide the monitor (with VESA plate attached) onto the arm's mounting head until it clicks into place.

## **OPERATING INSTRUCTIONS**

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The MOUNTUP Single Monitor Desk Mount offers extensive adjustability for optimal viewing comfort.

### **Monitor Adjustments:**

- **Height Adjustment:** The arm allows for up to 28.5 inches of vertical adjustment. Gently push or pull the monitor to raise or lower it.
- **Extension/Retraction:** Extend the arm up to 27.7 inches or retract it closer to the pole to find your ideal viewing distance.
- **Tilt:** Tilt your monitor +90°/-90° to reduce glare and optimize your viewing angle.
- **Swivel:** Swivel the monitor +90°/-90° to share your screen with others or adjust for different tasks.
- **Rotation:** Rotate your monitor +180°/-180° to switch between landscape and portrait orientations. Note that some force may be required for rotation, which is normal for secure positioning.

# Freely Position Your Screens



Figure 4: Full motion capabilities of the monitor arm for ergonomic positioning.



Figure 5: Visual representation of the monitor's adjustable angles.

### Gas Spring Tension Adjustment:

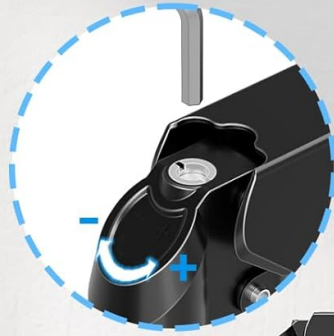
The gas spring mechanism allows for smooth and stable height adjustments. You may need to adjust the tension based on your monitor's weight.

1. Ensure the arm is in a horizontal position before adjustment.
2. Locate the tension adjustment screw on the arm (often marked with '+' and '-' symbols).
3. Use the provided Allen key to turn the screw:
  - Turn **clockwise** ('-') to **reduce tension** for lighter monitors (monitor raises up easily).
  - Turn **counter-clockwise** ('+') to **increase tension** for heavier monitors (monitor drops down easily).
4. Adjust gradually until the monitor stays at your desired height without drifting up or down.

# Tension Adjustment

## Gas Spring Adjust

Please hold the arm in a horizontal position



### 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.

Figure 6: Gas spring tension adjustment for optimal monitor stability.

## MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your MOUNTUP monitor arm.

- **Cleaning:** Wipe down the arm and base with a soft, damp cloth. Avoid abrasive cleaners that may damage the finish.
- **Tightness Check:** Periodically check all screws and connections to ensure they are secure. Re-tighten if necessary.
- **Gas Spring:** The gas spring is designed for long-term use, tested for over 20,000 lifts. If you notice a change in the arm's ability to hold position, refer to the "Gas Spring Tension Adjustment" section.

## Premium Gas Spring Arm



Figure 7: The durable gas spring arm is tested for over 20,000 lifts.

### **Cable Management:**

Utilize the integrated cable management system to keep your workspace tidy.

- Route monitor cables through the clips or channels along the arm to prevent clutter.
- Ensure cables have enough slack to allow for full range of motion without tension.

Save **40%**  
of Desktop Space

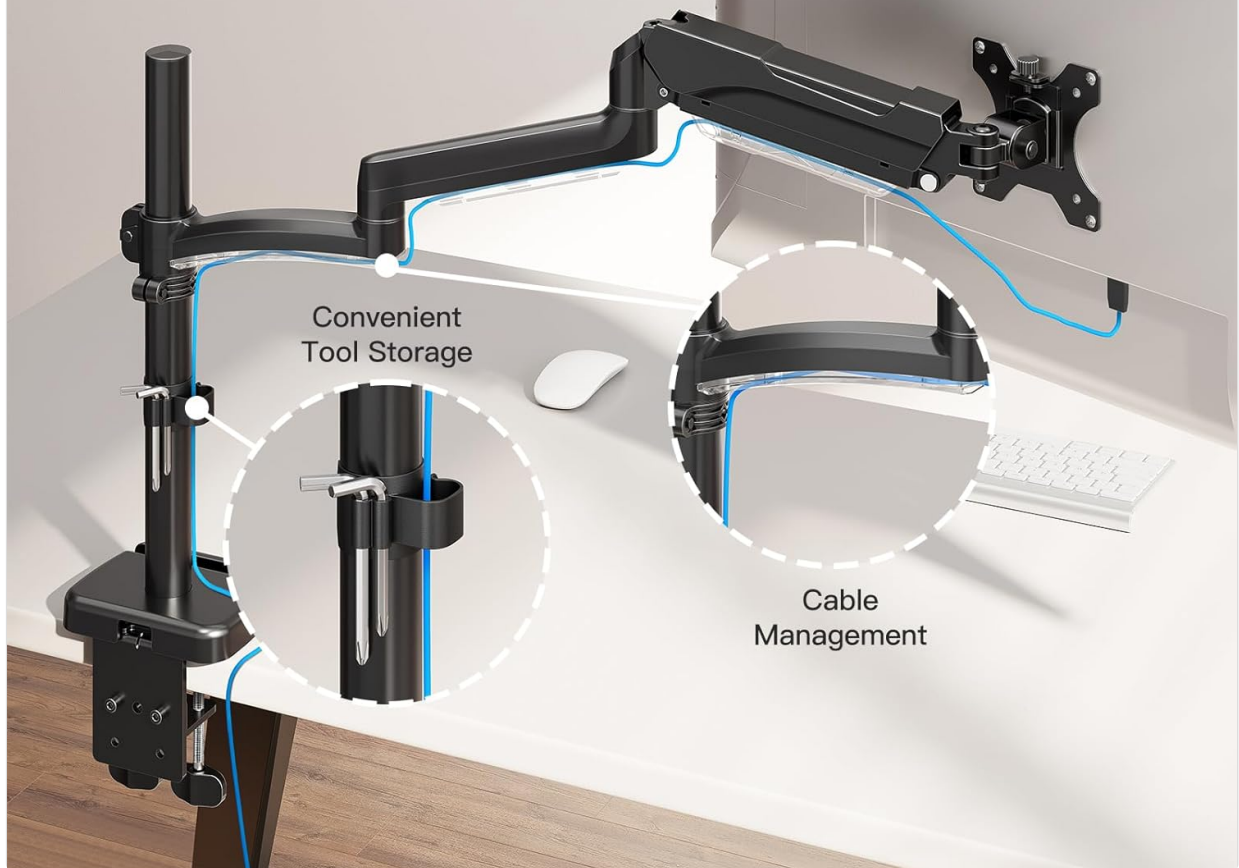


Figure 8: Integrated cable management and convenient tool storage help maintain a clean desk.

## TROUBLESHOOTING

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If you encounter any issues with your monitor arm, please refer to the following common solutions:

- **Monitor does not stay at desired height or drifts:** This indicates incorrect gas spring tension. Adjust the tension screw as described in the "Gas Spring Tension Adjustment" section under Operating Instructions. Increase tension for heavier monitors, decrease for lighter ones.
- **Arm feels stiff or difficult to move:** The joints may be too tight. Loosen the relevant screws at the arm joints slightly. For monitor rotation, applying a bit of force is normal, and a cracking sound might occur, which is part of the design for secure positioning.
- **Monitor wobbles:** Ensure all mounting screws (desk clamp/grommet and VESA plate) are securely tightened. Check that the monitor's weight is within the specified range (4.4-19.8 lbs).
- **Missing parts or damaged components:** Do not attempt to assemble or use the product. Contact MOUNTUP customer support immediately for assistance.

## WARRANTY INFORMATION

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The MOUNTUP Single Monitor Desk Mount (Model B0DNJ321JD) comes with a **3-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use. Please retain your proof of purchase for warranty claims.

## CUSTOMER SUPPORT

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For further assistance, technical support, or warranty inquiries, please contact MOUNTUP customer service through the retailer's platform or the official MOUNTUP website. Our support team is available to help you with any questions or concerns regarding your product.