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> ARES WING Heavy Duty Single Monitor Arm (Model GDT1009BK) Instruction Manual

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INTRODUCTION

This manual provides detailed instructions for the installation, operation, and maintenance of your ARES WING Heavy Duty Single Monitor Arm, Model GDT1009BK. This monitor arm is designed to support single monitors from 17 to 40 inches, including ultrawide and curved screens, with a weight capacity of up to 26.4 lbs. It offers flexible positioning and two installation methods: C-Clamp and Grommet mount.

SAFETY INFORMATION

- **Weight Capacity:** Do not exceed the maximum weight capacity of 26.4 lbs (12 kg). Overloading can cause instability and potential damage.
- **Monitor Size:** Ensure your monitor's size is within the supported range of 17-40 inches.
- **Desk Thickness:** Verify your desk thickness is compatible with the chosen mounting method (C-Clamp: 0.39"-3.3"; Grommet: 0.5"-1.8").
- **VESA Compatibility:** This arm supports VESA patterns 75x75mm and 100x100mm. Check your monitor's VESA pattern before installation.
- **Secure Installation:** Always ensure all screws and clamps are securely tightened before attaching the monitor.
- **Gas Spring Adjustment:** Adjust the gas spring tension only when the monitor is attached to prevent the arm from springing up unexpectedly.
- **Children and Pets:** Keep small parts away from children and pets to prevent choking hazards.

PACKAGE CONTENTS

Please verify that all components are present before beginning installation.

- Monitor Arm Assembly
- Desk Clamp Base
- Grommet Mount Components
- VESA Plate
- Hardware Kit (screws, washers, Allen keys)

SPECIFICATIONS

Feature	Specification
Brand	ARES WING
Model Number	GDT1009BK
Mounting Type	Tabletop Mount (C-Clamp & Grommet)
Material	Aluminum
Color	White
Compatible Devices	Monitor
Minimum Supported Screen Size	17 Inches
Maximum Supported Screen Size	40 Inches
Weight Capacity	Up to 26.4 lbs (12 kg)
VESA Compatibility	75x75mm, 100x100mm
Height Adjustment	17.63 inches
Extension Range	18.4 inches
Swivel	±180°
Rotation	360°
Tilt	-45°/+80°
C-Clamp Desk Thickness	0.39" - 3.3"
Grommet Desk Thickness	0.5" - 1.8"

STABLE SUPPORT

Securely adapts to monitors up to 40 inches



VESA Pattern

75x75mm
100x100mm



Screen Type

Flat Screen
Curved Screen

Image: The monitor arm securely holding a large ultrawide monitor, highlighting its compatibility with 17-40 inch screens and VESA 75x75mm/100x100mm patterns.

SETUP AND INSTALLATION

Follow these steps to install your ARES WING monitor arm. Two installation options are available: C-Clamp and Grommet Mount.

Step 1: Choose Your Mounting Option

The monitor arm offers two versatile installation options to suit various desk types. Ensure your desk meets the

thickness requirements for the chosen method.



Image: Two installation options are shown: C-clamp for desks between 0.39 and 3.3 inches thick, and Grommet mount for desks between 0.39 and 1.8 inches thick.

C-Clamp Installation

Use the C-Clamp for desks with an edge. Ensure the desk thickness is between 0.39" and 3.3" and the contact surface width is at least 1.97".

1. Attach the C-clamp base to the edge of your desk.
2. Tighten the knob until the base is secure.

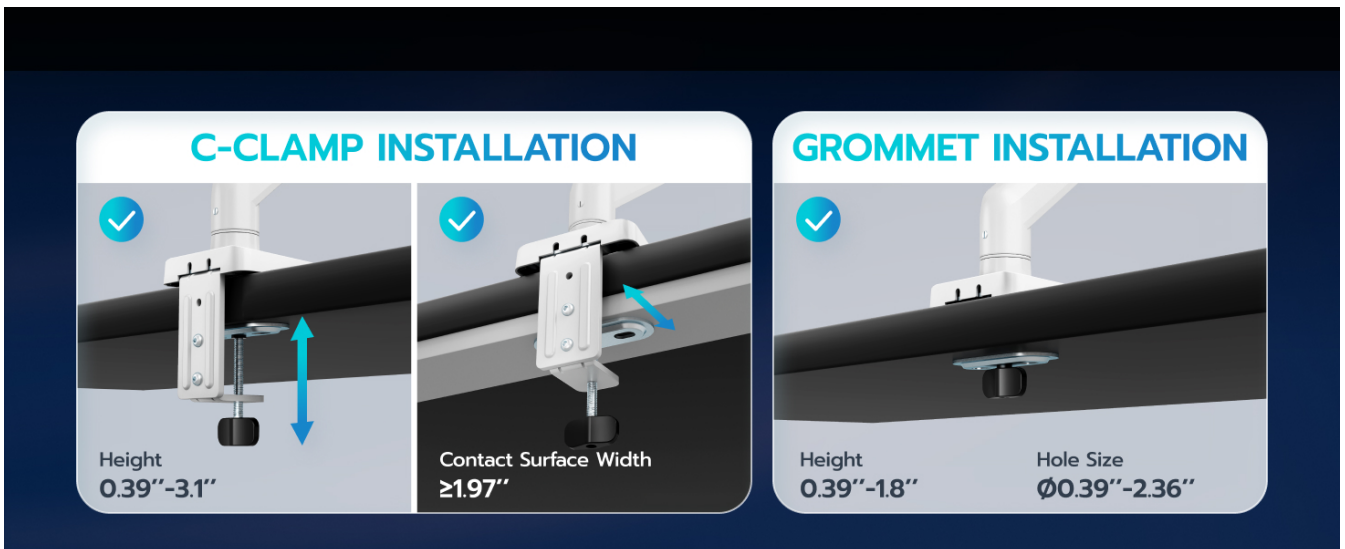


Image: Visual guide for C-Clamp installation, illustrating how to secure the clamp to the desk edge and ensure proper contact.

Grommet Installation

Use the Grommet mount for desks with an existing through-hole or if you plan to drill one. The desk thickness should be between 0.5" and 1.8", and the hole diameter between 0.39" and 2.36".

1. Insert the grommet base through the desk hole.
2. Secure the base from underneath the desk using the provided components.

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Video: This video demonstrates the grommet installation process for a monitor arm. It shows how to secure the base through a desk hole and tighten it from below.

Step 2: Assemble the Arm and Attach Monitor

After securing the base, proceed with assembling the arm and attaching your monitor.

1. **Mount the Base to the Desk:** (Already completed in Step 1).
2. **Assemble the Arms:** Connect the arm sections to the base.
3. **Attach the Screen to Arm:** Use the quick-release VESA plate for easy monitor attachment.



Image: A visual guide showing the three main steps for installing the monitor arm: mounting the base, assembling the arm, and attaching the monitor to the VESA plate.



Image: Close-up of the quick-install VESA head, demonstrating how the monitor plate slides into the arm and locks securely.

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Video: This video provides a comprehensive installation guide for the ARES WING Heavy Duty Single Monitor Arm, covering all steps from mounting the base to attaching the monitor.

Step 3: Adjust Gas Spring Tension

After mounting the monitor, adjust the gas spring tension to match your monitor's weight. This ensures the arm holds the monitor securely at any height and allows for smooth adjustments.

1. Use the provided Allen key to turn the adjustment screw on the arm.
2. Turn clockwise to increase tension for heavier monitors, and counter-clockwise to decrease tension for lighter monitors.
3. Adjust until the monitor stays in position when moved and can be adjusted with minimal effort.

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Video: This video demonstrates how to adjust the gas spring tension on the monitor arm to ensure proper balance and smooth movement for your monitor.

OPERATING INSTRUCTIONS

The ARES WING monitor arm offers a wide range of adjustments for optimal ergonomic positioning.

Ergonomic Adjustments

Customize your viewing experience with flexible height, tilt, swivel, and rotation options.

- **Height Adjustment:** The arm allows for 17.63 inches of vertical height adjustment. Gently push or pull the monitor to your desired height.
- **Extension Range:** Extend or retract the arm up to 18.4 inches to bring the monitor closer or further away.
- **Tilt:** Adjust the monitor's vertical angle from -45° to $+80^{\circ}$ to reduce glare and improve viewing comfort.
- **Swivel:** Pivot the monitor $\pm 180^{\circ}$ horizontally to share your screen or change viewing angles.
- **Rotation:** Rotate the monitor 360° to switch between landscape and portrait orientations.



Image: This diagram illustrates the full range of motion for the monitor arm, including 360-degree rotation, ± 180 -degree swivel, and a tilt range of $+80$ to -45 degrees.

ERGONOMIC DESIGN

Encourages posture change every two hours



VS



Image: An ergonomic setup showing a person comfortably using a monitor at eye-level, contrasted with an image of a person slouching due to a low monitor, highlighting the benefits of proper adjustment.



Image: A person rotating a monitor 360 degrees, demonstrating the arm's ability to switch between landscape and portrait orientations.

Integrated Cable Management

Keep your workspace tidy by routing cables through the integrated cable management channels on the arm.

1. Open the cable covers on the underside of the arm.
2. Route your monitor and power cables through the channels.
3. Close the covers to conceal the cables.



Image: The monitor arm with cables neatly organized and hidden within its integrated cable management system, contributing to a clean desk setup.

MAINTENANCE

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

- **Cleaning:** Wipe the arm and base with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- **Check Tightness:** Periodically check all screws and connections, especially the desk clamp/grommet and VESA plate screws, to ensure they remain tight.

- **Gas Spring:** If the monitor arm feels too loose or too stiff over time, re-adjust the gas spring tension as described in the "Setup and Installation" section.

TROUBLESHOOTING

If you encounter issues with your monitor arm, refer to the following common problems and solutions.

Problem: Monitor sags or does not stay at the desired height.

Solution: The gas spring tension is likely too low for your monitor's weight. Increase the gas spring tension by turning the adjustment screw clockwise with the provided Allen key. Ensure the monitor is attached before adjusting.

Problem: Monitor arm is difficult to move or adjust.

Solution: The gas spring tension might be too high. Decrease the gas spring tension by turning the adjustment screw counter-clockwise. Also, check if any pivot points are overly tightened and loosen them slightly if necessary.

Problem: Monitor wobbles or feels unstable.

Solution: Ensure the desk clamp or grommet mount is securely fastened to the desk. Check that the VESA plate screws attaching the monitor to the arm are tight. Verify your monitor's weight is within the arm's capacity.

Problem: Cables are not staying in the management channels.

Solution: Ensure the cable covers are properly closed and snapped into place. If cables are too thick or numerous, consider using external cable ties for additional support.

WARRANTY AND SUPPORT

ARES WING products are designed for durability and performance. For specific warranty details, please refer to the warranty card included with your product or contact ARES WING customer support.

If you require further assistance or have questions not covered in this manual, please visit the official ARES WING website or contact their customer service team.