**Manuals+** — User Manuals Simplified.



**RGOARMSP**
**Split Armrest**

# R-Go RGOARMSP Split Armrest Instruction Manual
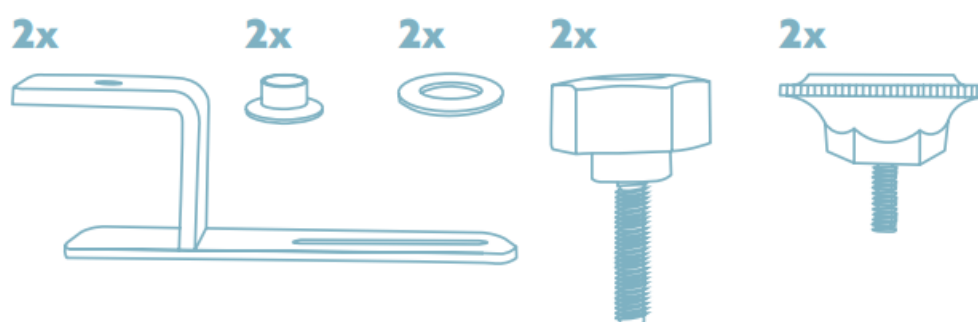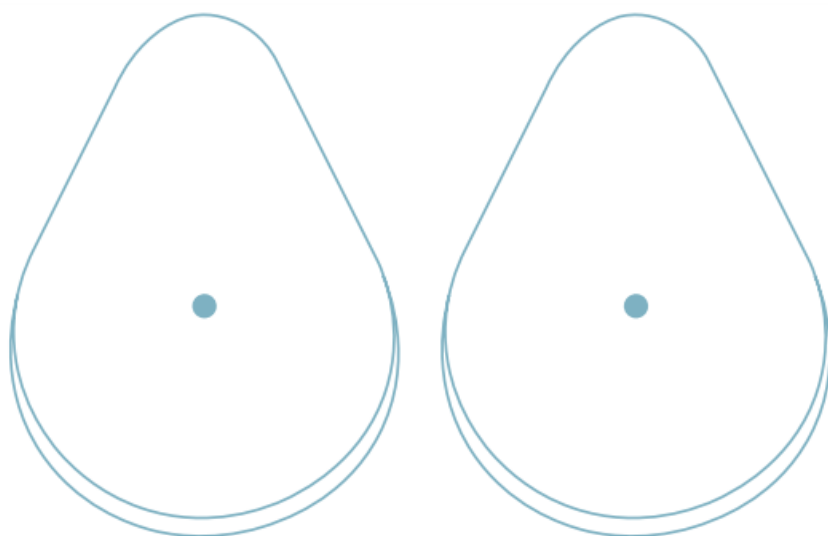
**Contents**

**R-Go RGOARMSP Split Armrest**

## Product Information

### Specifications

- Product Name: R-Go Split Armrest
- Model Number: RGOARMSP
- Languages: English, Deutsch, Nederlands, Polski

## Product Overview

The R-Go Split Armrest is an ergonomic split armrest designed to provide comfort and support during desk work.

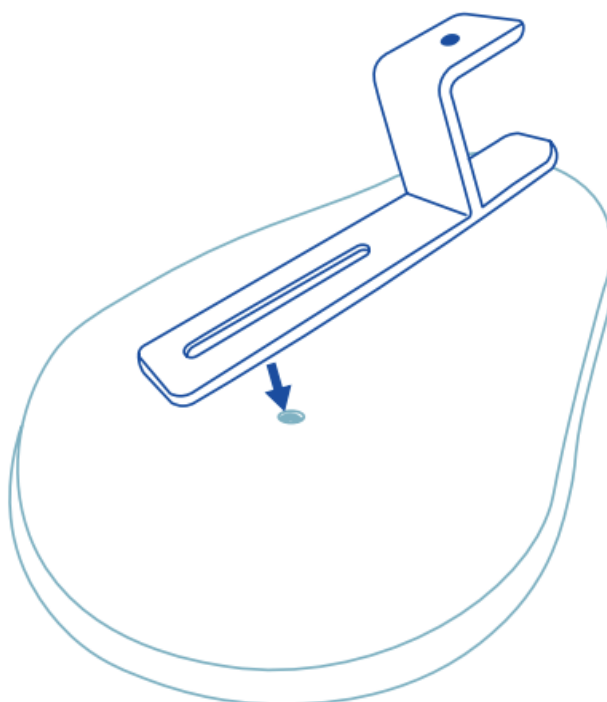**2x**     **2x**     **2x**     **2x**     **2x**

## Setup

- **Step A**

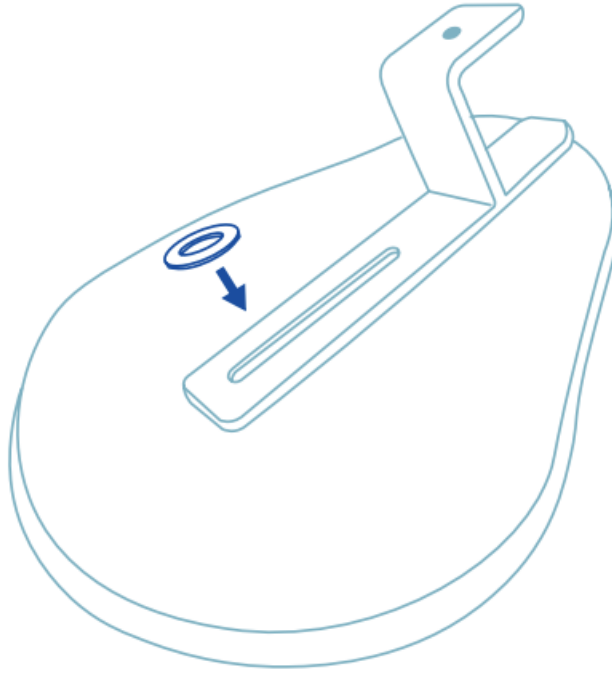  Follow the instructions provided to assemble the armrest components.

  

  Step A

- **Step B**

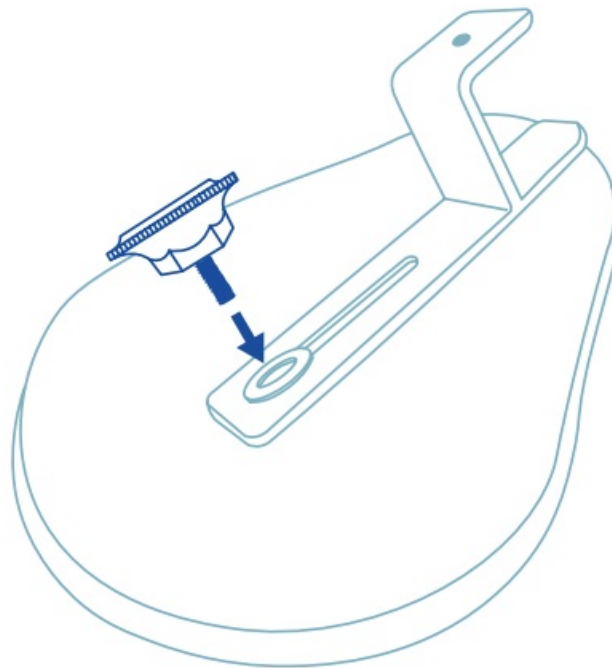  Continue assembling the armrest as per the manual.

- **Step C**

  Adjust the armrest height and position according to your preference.
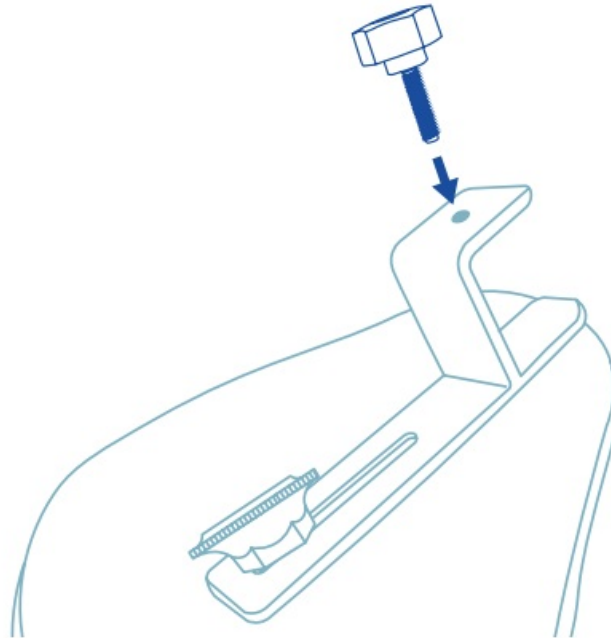
Step C

- **Step D**

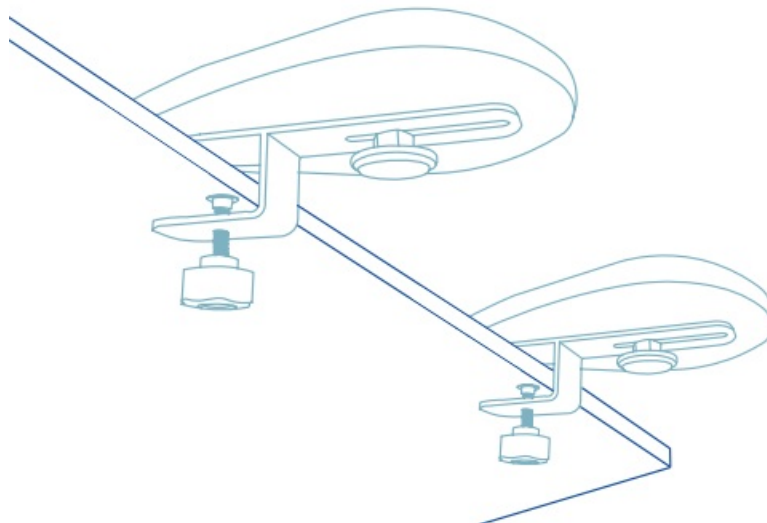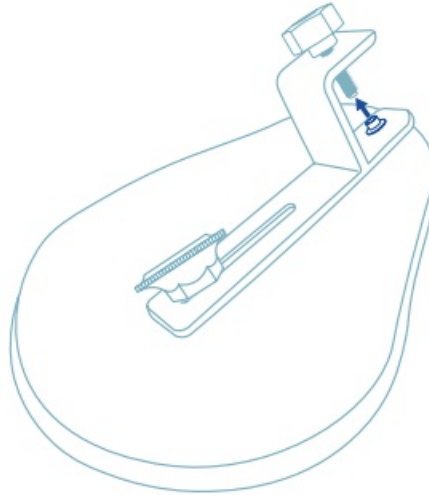  Secure the armrest in place to ensure stability during use.
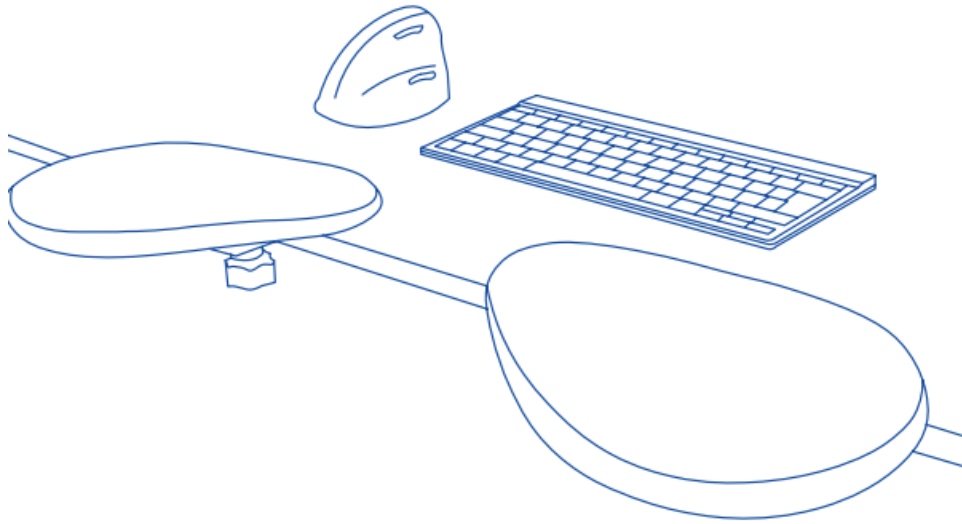
Step D

- **Step E**

  Double-check all connections and make any final adjustments for comfort.

Step E

- **Final Product**

  Once assembled and adjusted, the R-Go Split Armrest provides ergonomic support for your arms while working at a desk.

## Usage Instructions

1. Place the armrest on a compatible desk surface.
2. Adjust the height and position of the armrest to align with your sitting posture.
3. Rest your arms comfortably on the split armrest while working to reduce strain on your shoulders and wrists.
4. Ensure the armrest is securely attached to the desk for stability.
5. Regularly adjust the armrest position to prevent muscle fatigue during extended periods of desk work.

## FAQ

- **Q: Does the R-Go Split Armrest fit all types of desks?**

  A: The armrest fits desks that comply with European guidelines.

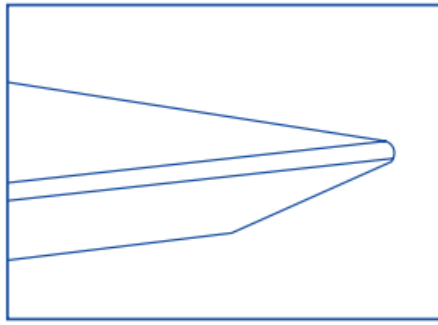  It may not fit desks with sloping edges, raised table tops, or protruding tabletops smaller than 50mm.
- **Q: How can I get more information about the product?**

  A: You can scan the QR code provided in the manual or visit the official website at  **https://r-go.tools/arm_web_en** for additional details.+
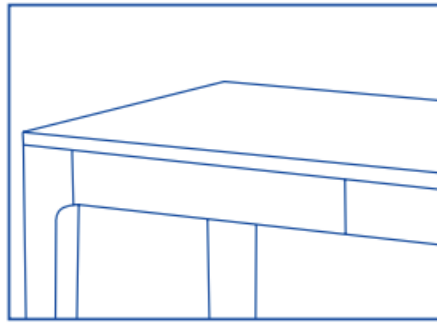
## Check if it fits!

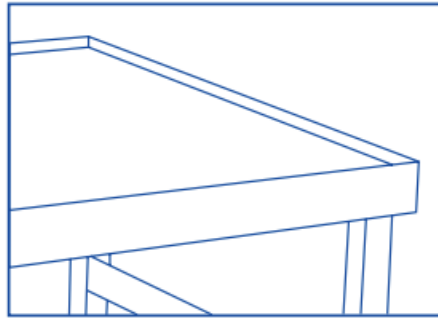**Fits all desks that comply with the European guidelines.**
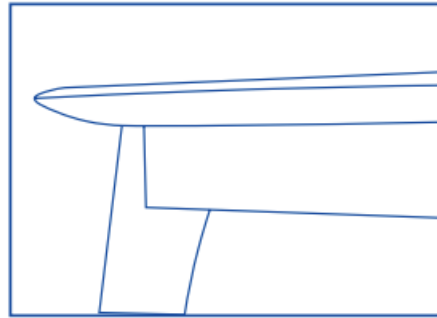Please note, the armrest does not fit the following type of tabletops:

The table top has a **sloping edge**.



The table has **drawers**.



The edge of the table top **is raised**.



Protruding table top is **smaller than 2.0 inch (50 mm)**.

## Documents / Resources



**R-Go RGOARMSP Split Armrest** [pdf] Instruction Manual
RGOARMSP Split Armrest, RGOARMSP, Split Armrest, Armrest

## References

- **User Manual**