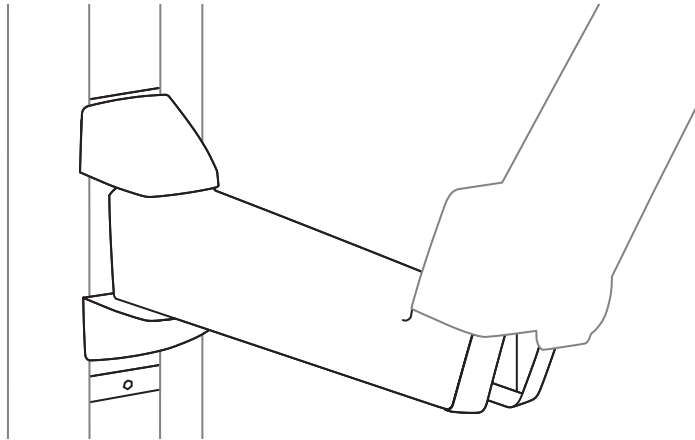
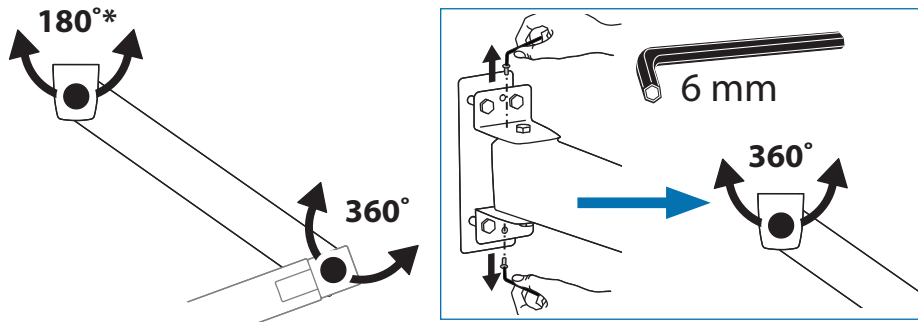


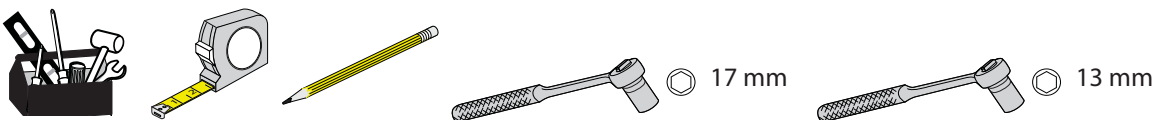
# StyleView Sit Stand Combo Arm Extender



\*Product shipped with rotation stop in place to prevent the Extender from hitting the wall.



	A	B	C	D
1	1x	1x  1x	1x  1x	1x
2	1x	1x	1x	1x
3		4x		1x



For the latest User Installation Guide please visit: [www.ergotron.com](http://www.ergotron.com)



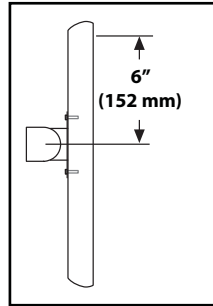
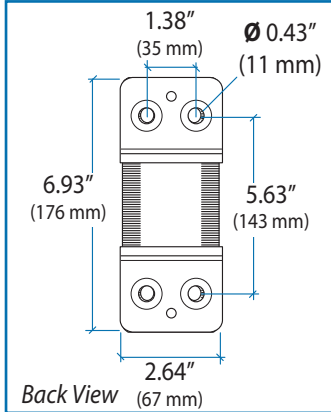
User's Guide - English  
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 Gebrauchersgids - Deutsch  
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# 1 Mounting Height for Ergonomic Workstation

This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5'3"-5'9" (160-175cm). If user heights are different than this, you should change mounting height to accommodate user heights. (Change mounting height one inch for every one inch difference in user heights).

## Combo Arm Extender

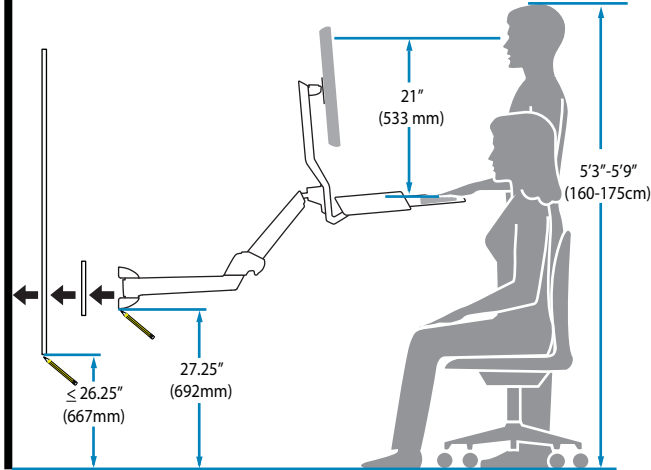


Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.



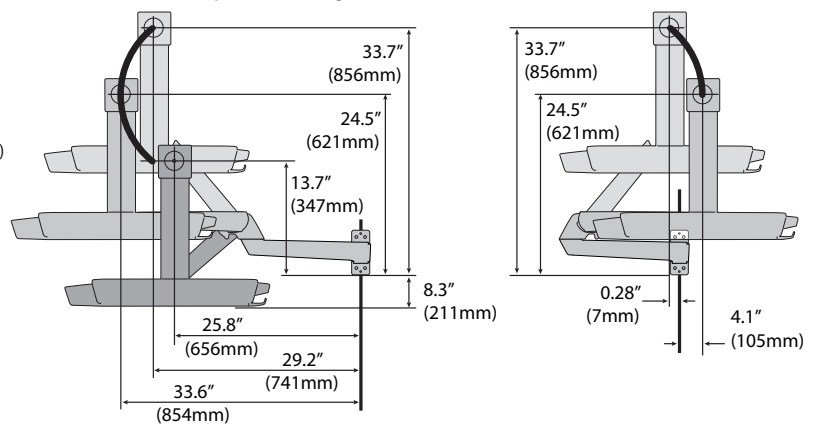
**NOTE:** Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.

## Combo Arm With Worksurface

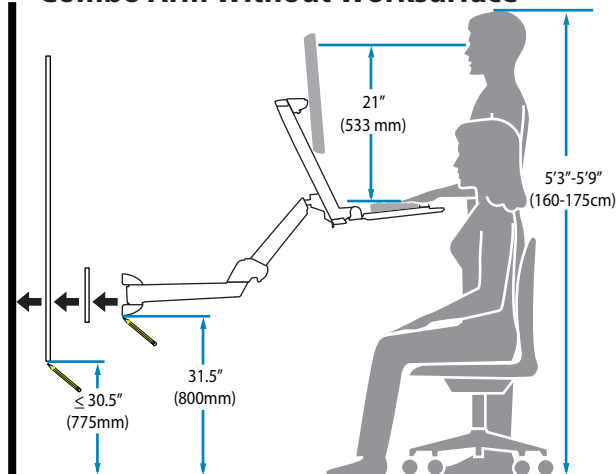


## Determine mounting location:

Front view with arm pushed back against the wall.

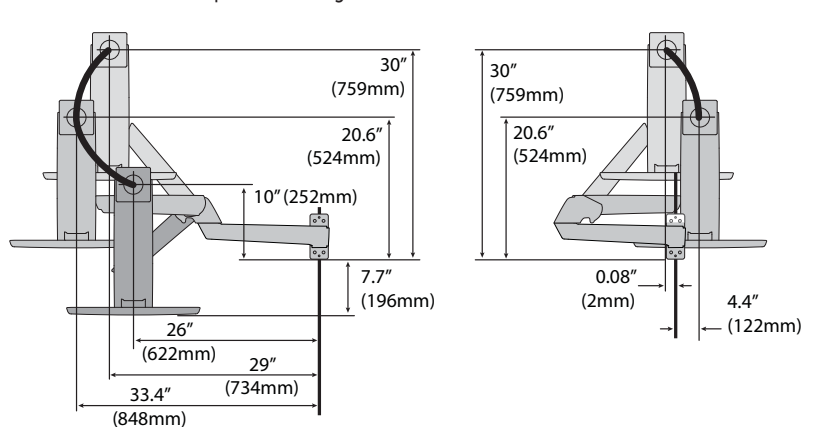


## Combo Arm Without Worksurface

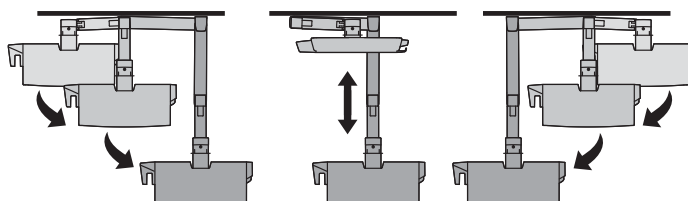


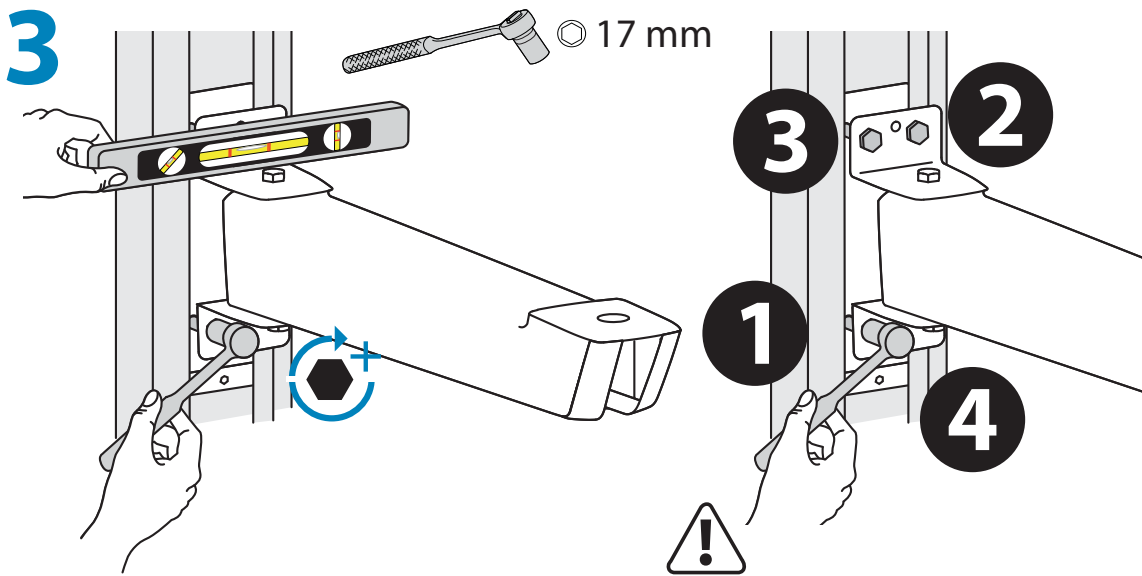
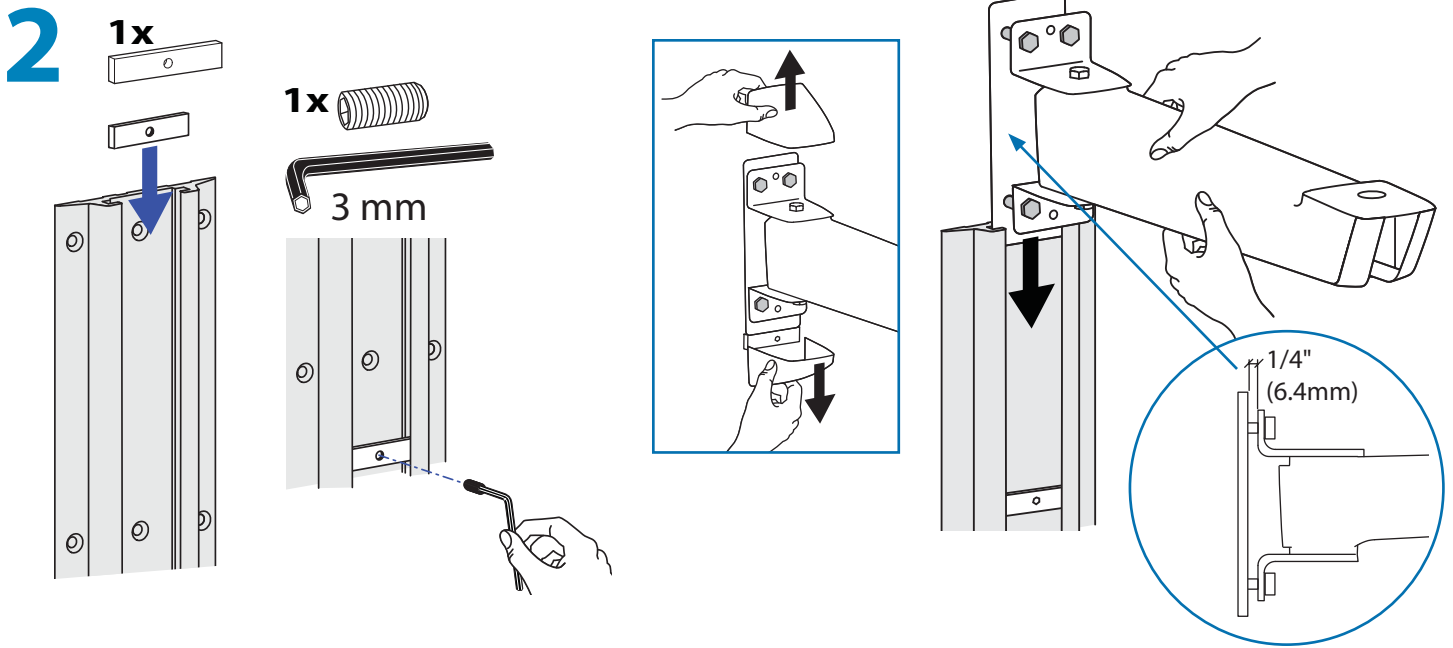
## Determine mounting location:

Front view with arm pushed back against the wall.

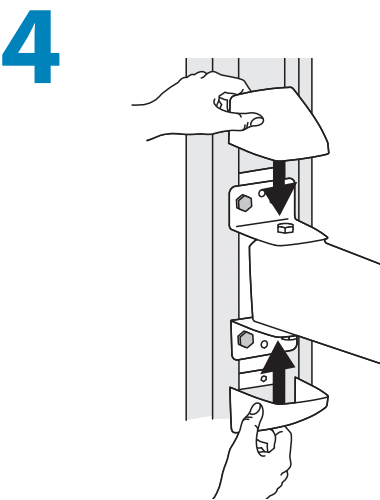


Top view showing range of motion when pulled out from the wall.

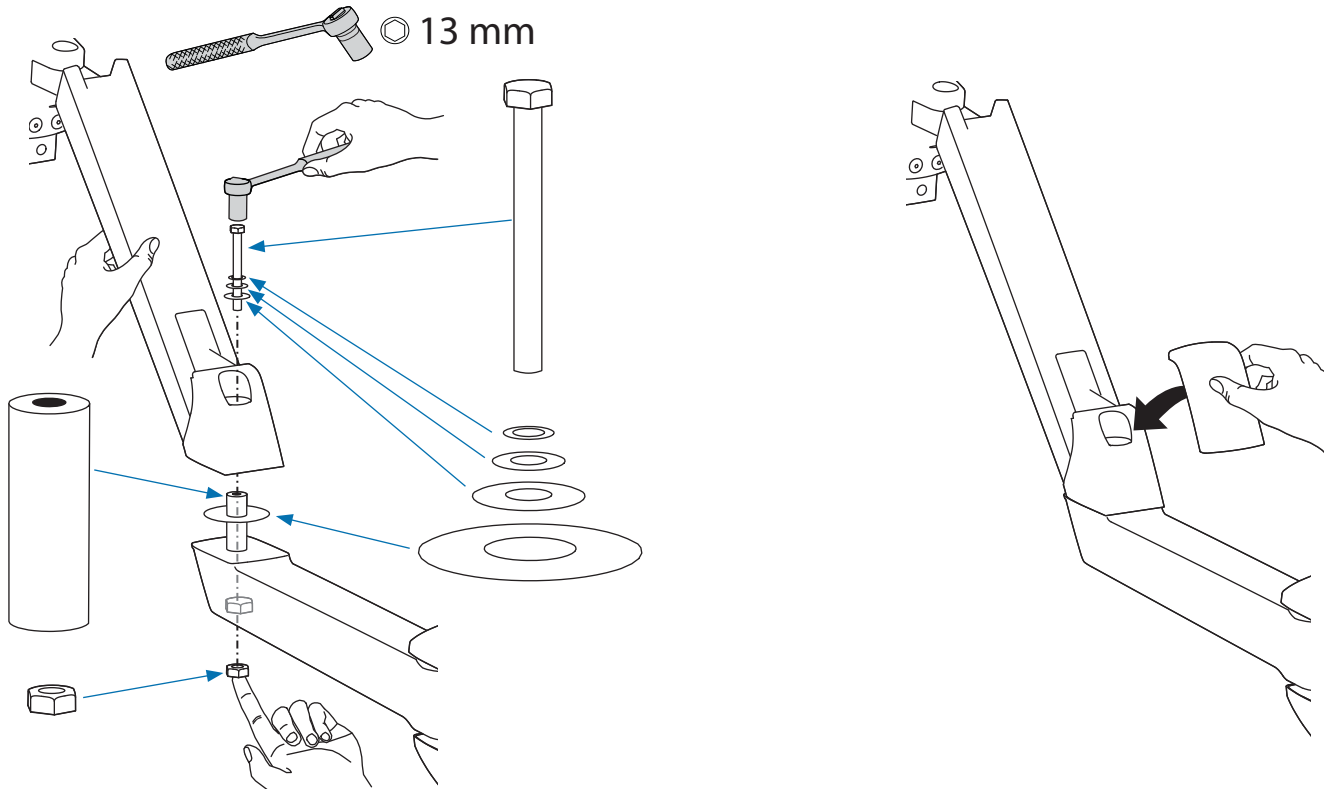




**IMPORTANT!** Torque bolts in the sequence shown above to a minimum of 50 lb-ft (6.91 kgf-m).

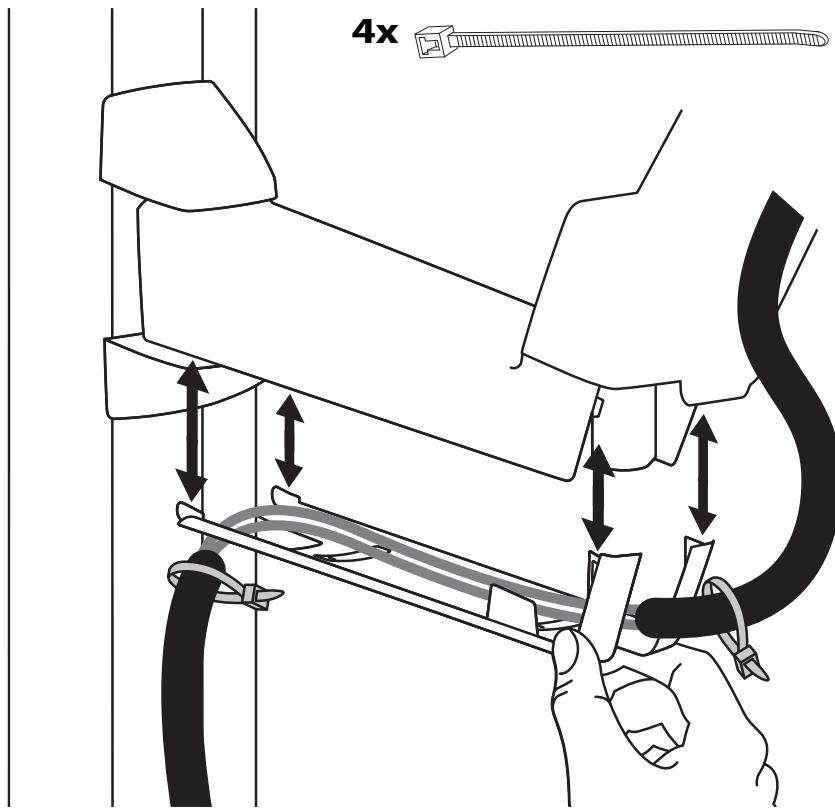


5

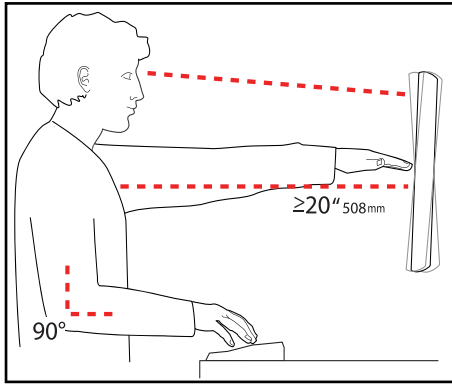


ENGLISH

6



## Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:  
[www.computingcomfort.org](http://www.computingcomfort.org)


- Height** Position top of screen slightly below eye level.  
Position keyboard at about elbow height with wrists flat.
- Distance** Position screen an arm's length from face—at least 20" (508mm).  
Position keyboard close enough to create a 90° angle in elbow.
- Angle** Tilt screen to eliminate glare.  
Tilt the keyboard back 10° so that your wrists remain flat.

### To Reduce Fatigue

- Breathe - Breathe deeply through your nose.
- Blink - Blink often to avoid dry eyes.
- Break • 2 to 3 minutes every 20 minutes
- 15 to 20 minutes every 2 hours.

For service and warranty visit [www.ergotron.com](http://www.ergotron.com)

For local customer care phone numbers visit: <http://contact.ergotron.com>



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#### Americas Sales and Corporate Headquarters

St. Paul, MN USA  
(800) 888-8458  
+1-651-681-7600  
[www.ergotron.com](http://www.ergotron.com)  
[sales@ergotron.com](mailto:sales@ergotron.com)

#### EMEA Sales

Amersfoort, The Netherlands  
+31 33 45 45 600  
[www.ergotron.com](http://www.ergotron.com)  
[info.eu@ergotron.com](mailto:info.eu@ergotron.com)

#### APAC Sales

Tokyo, Japan  
[www.ergotron.com](http://www.ergotron.com)  
[apaccustomerservice@ergotron.com](mailto:apaccustomerservice@ergotron.com)

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[www.ergotron.com](http://www.ergotron.com)  
[info.oem@ergotron.com](mailto:info.oem@ergotron.com)