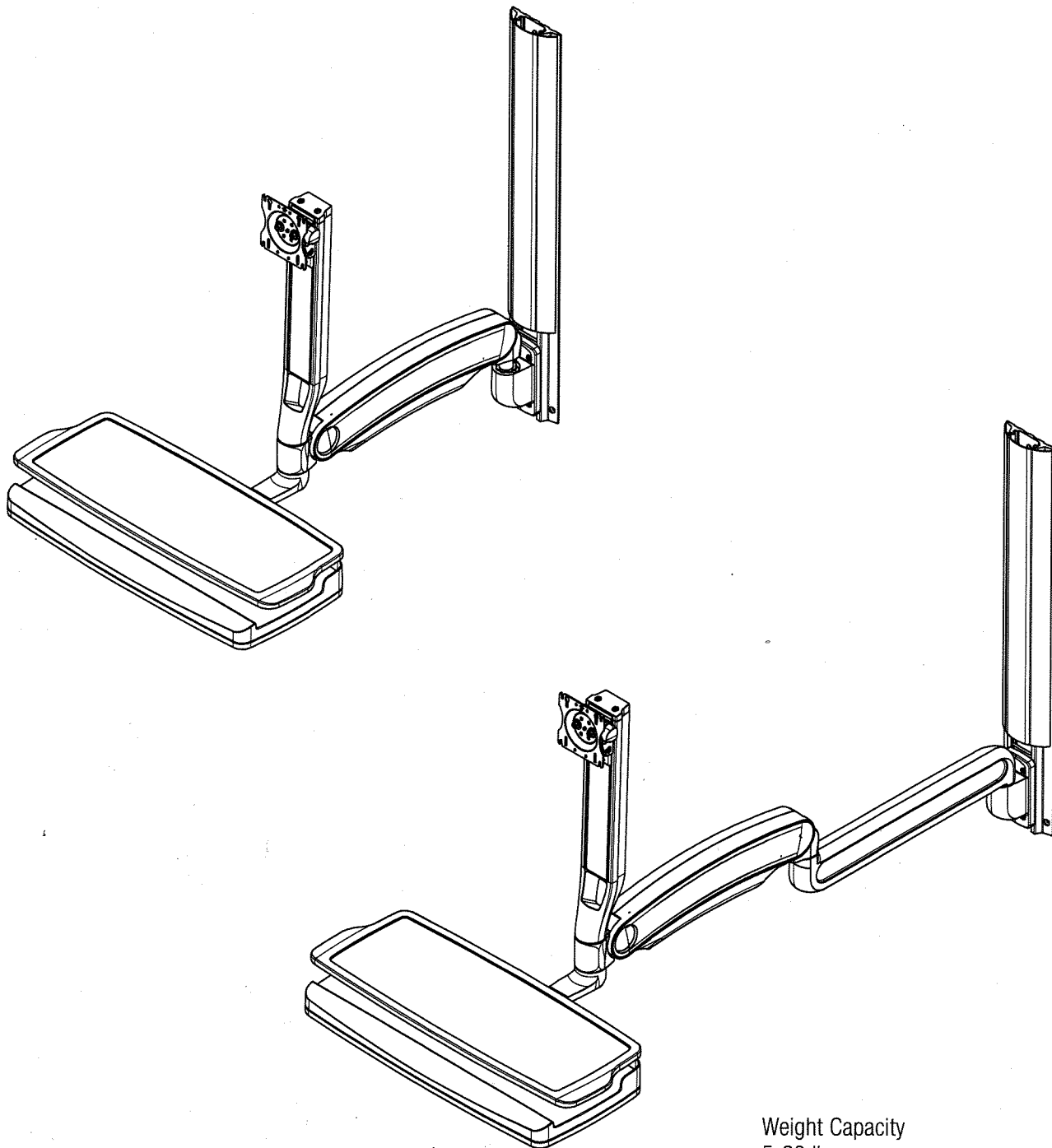


# INSTALLATION MANUAL **FOR Mbrace WORKSTATION**

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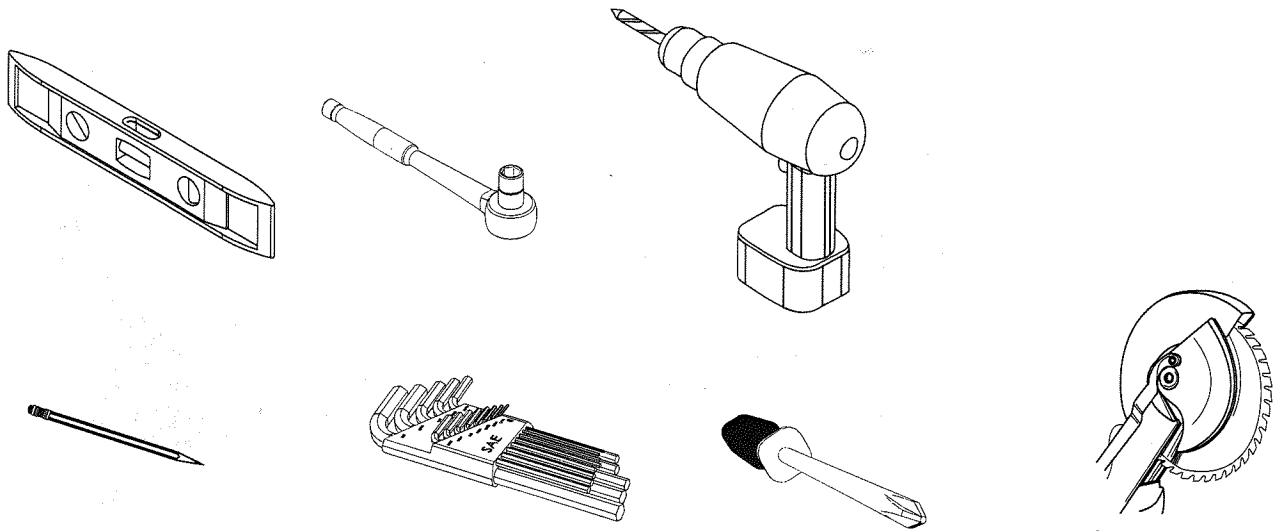
Weight Capacity  
5-20 lbs

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## TOOLS REQUIRED



Allen Wrenches: 1/4", 7/32", 3/16" and 1/8"  
Socket Wrench: 7/16"  
Drill Bit: 1/8" and 1/2"

Optional:  
Mitre Saw

## INSTALLATION WARNINGS:

- Read the entire instruction manual before beginning any installation or assembly.
- The installer must verify that the entire wall safely supports the combined weight of all the attached equipment and hardware.
- Improper installation of this product may cause extensive property damage or serious personal injury, either during or after installation.

## DISCLAIMER:

- The manufacturer and/or distributor will bear no responsibility for any damages of any kind arising from any improper installation of this product.
- Because wall construction varies widely and the ultimate method of mounting/installing is out of the manufacturers or distributors control, it is imperative that the installer consult with local engineering, architectural, or construction personnel to ensure the wall is constructed properly to code and will handle the applied load.
- Through improper installation or excessive applied load, the workstation can be pulled out of the wall by force, taking with it a large section of drywall. In no way will the manufacturer or distributor be held liable for any damage to the monitor, property or personal injury should an outside force either intentionally or unintentional be applied to the monitor or monitor mounting bracket causing it to pull off the wall.

## SAFETY WARNING:

- California installations may require specific anchorage and additional supports. Check with local authorities for codes in your area. Other seismic states will have similar regulations.
- Prior to drilling, verify the location of any electrical wiring within the wall. An electrical short can kill or create serious injury and fire hazard both during and after installation.

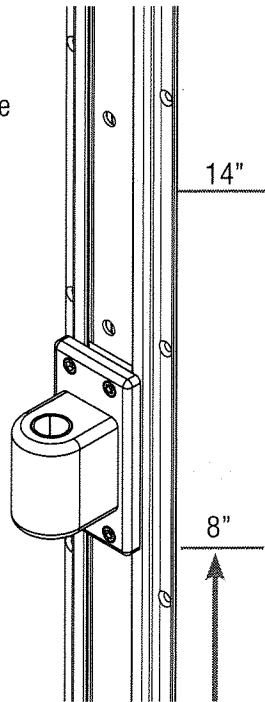
## ADJUSTMENT NOTIFICATION:

- Routine maintenance checks and adjustments are suggested to properly support the quality and optimal performance of this product. Refer to adjustment suggestions on last page of booklet, or contact your distributor for further detailed information.
- Over tightening of bolts during installation or adjustments may damage the product and affect the function and warranty.

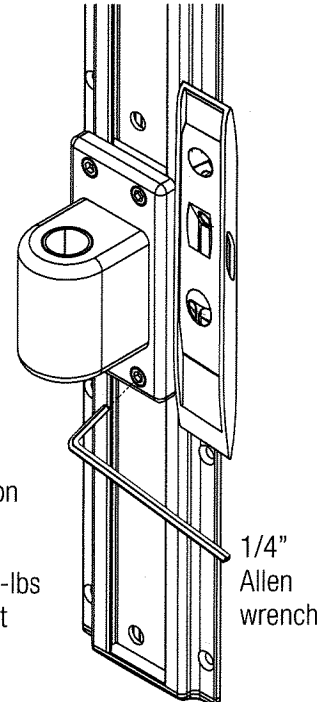
## MOUNTING HEIGHT

### POSITIONING WALL EAR

If installing directly to drywall (hollow wall applications) please note the bottom of the wall ear must be positioned between 8"-14" from the bottom of the track.

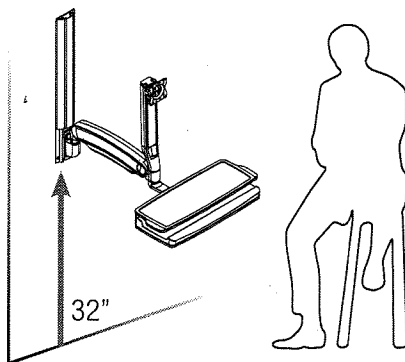


- Loosen, but do not remove 4 corner bolts
- Place in desired position
- Level the wall ear
- Tighten bolts to 200 in-lbs force to ensure the unit is securely fastened



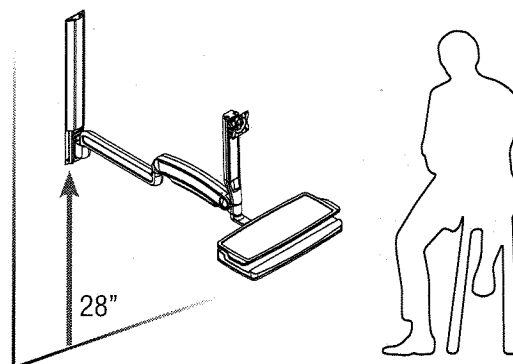
We recommend having the wall ear installed at the following heights which comfortably accommodates the majority of users in seated or standing positions.

### 32" FROM FLOOR TO BOTTOM OF WALL EAR



Configurations without an extension arm

### 28" FROM FLOOR TO BOTTOM OF WALL EAR



Configurations with an extension arm

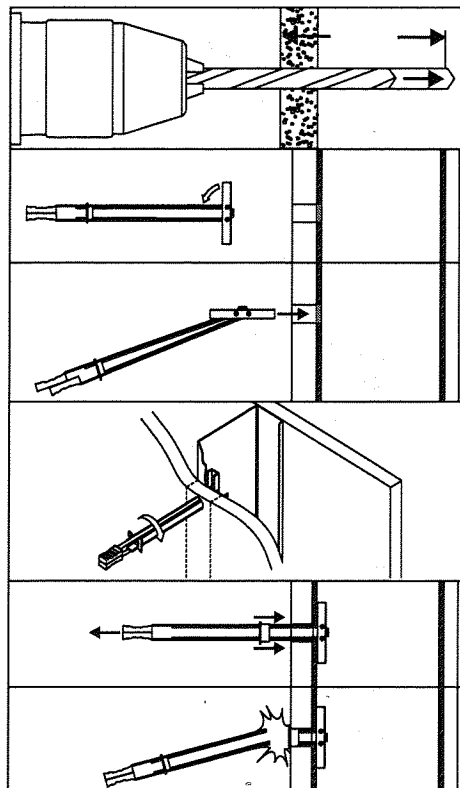
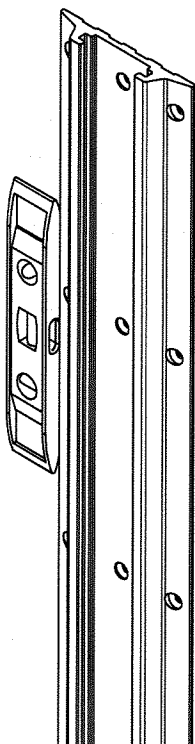
Some configurations will be supplied without any track; however a wall ear is still supplied. This version is a universal mounting solution and is intended to be installed into existing pre-installed compatible tracks.



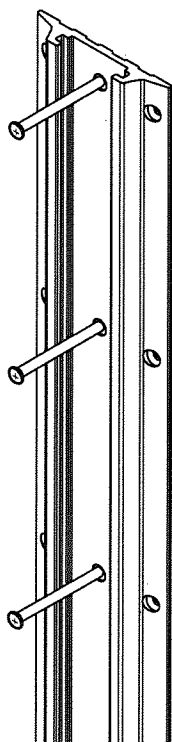
- Because wall construction varies widely and the ultimate method of mounting/installing is out of the manufacturers or distributors control, it is imperative that the installer consult with local engineering, architectural, or construction personnel to ensure the wall is constructed properly and to code to handle the applied load.
- The installer must verify that the entire wall will safely support the combined weight of all the attached equipment and hardware.
- The installer must verify that the existing wall track has been properly installed and maintained

## HOW TO INSTALL TOGGLERS

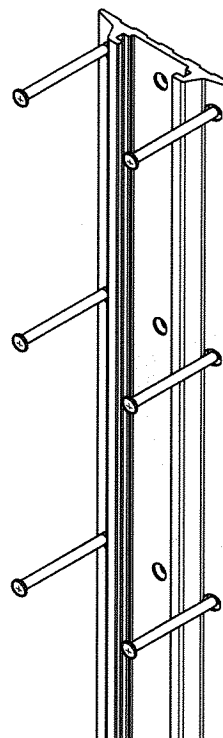
Use a level and ensure track is flush, flat and snug to the wall.  
Mark hole locations prior to drilling and install toggler bolts in appropriate locations.



Use bolts provided to secure track to the wall. Refer to the reference guide on pages 6 and 7.



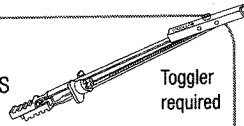
OR



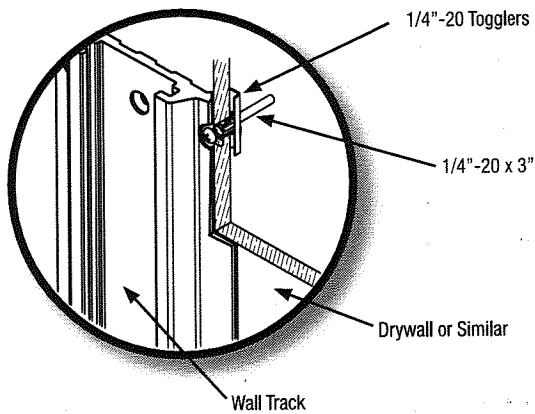
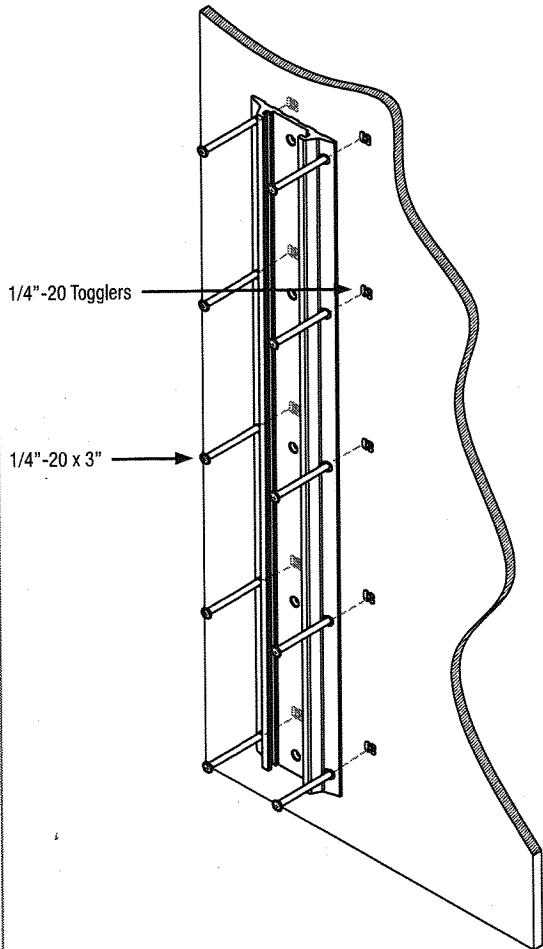
## MOUNTING SURFACE

### DIRECT TO DRYWALL

34" TRACK - 10 outer holes



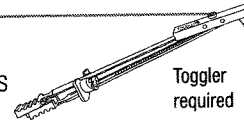
Toggler required



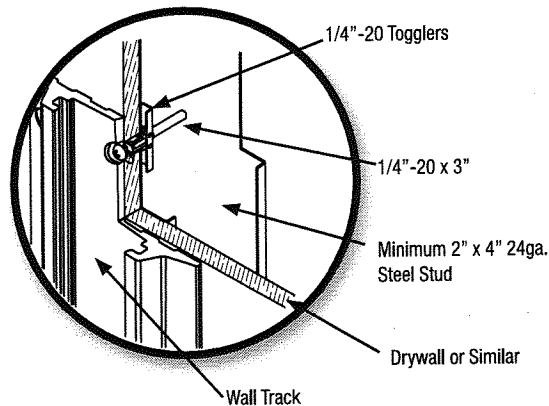
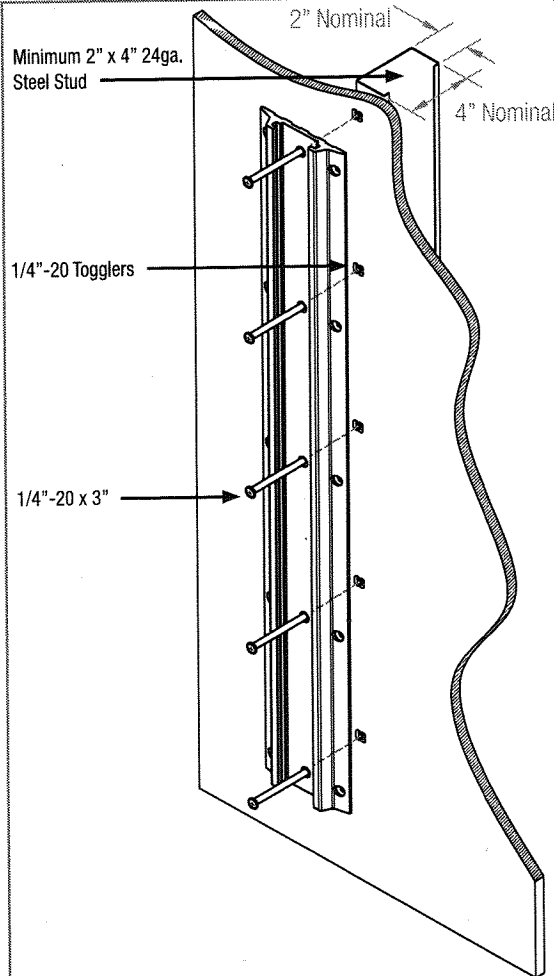
**CRITICAL:** The wall ear must be positioned between 8"-14" from the bottom of the track.

### STEEL STUD

34" TRACK - 5 inner holes



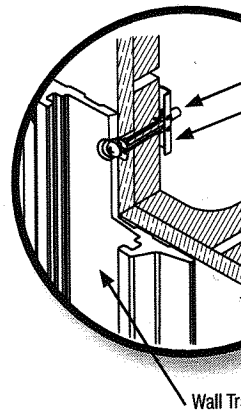
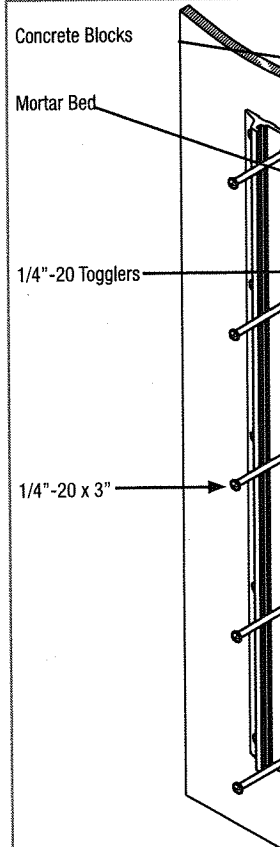
Toggler required



**NOTE:** Bolts are to be placed in the horizontal center of the 2"x 4" Steel Stud.

### CONCRETE WALL (block)

34" TRACK - 5 inner



**NOTE:** Bolts must pass through corner through mortar bed between blocks. When attaching to concrete blocks,

## WOOD STUD

34" TRACK - 5 inner holes



Toggler  
NOT  
required

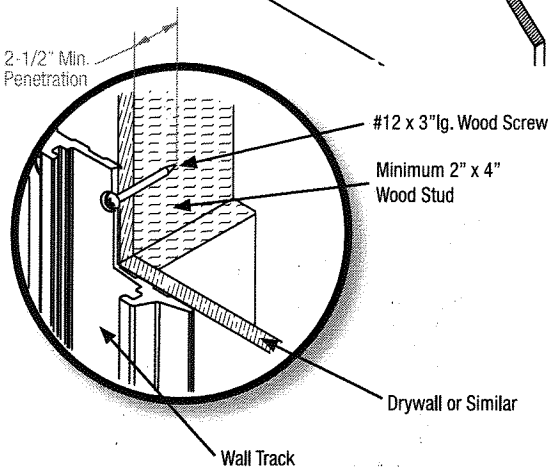
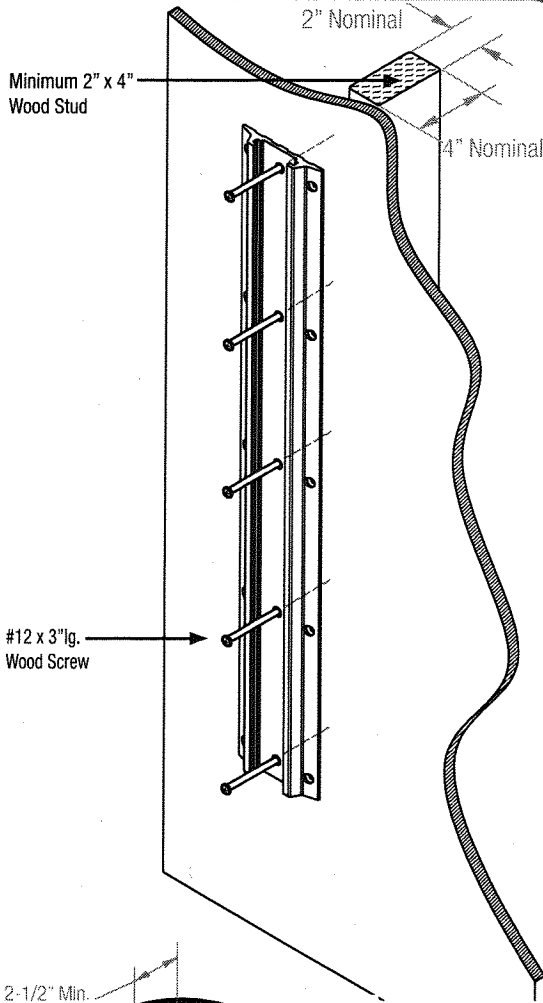
## CONCRETE WALL (solid)

34" TRACK - 5 inner holes

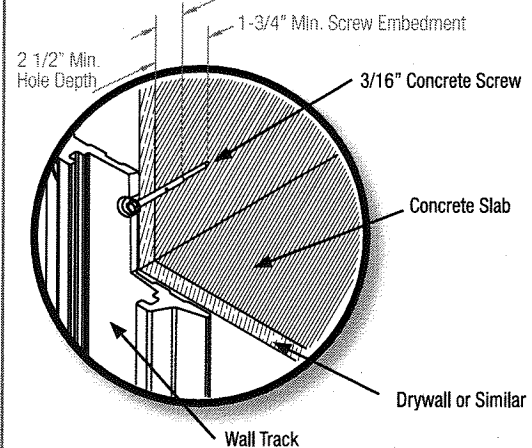
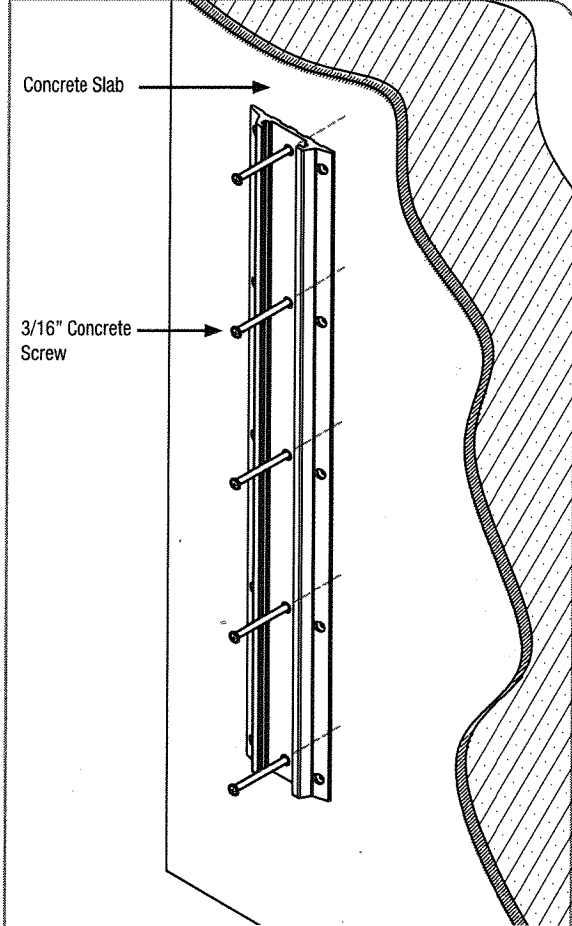
Concrete hardware not provided



Toggler  
NOT  
required

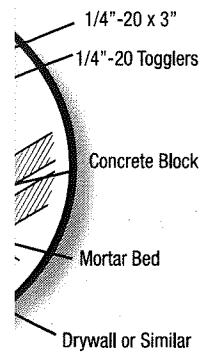
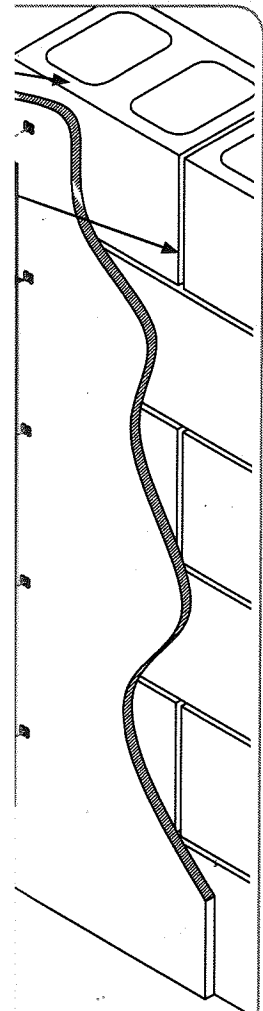
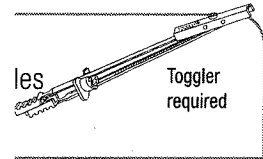


**NOTE:** Screws are to be placed in the horizontal center and must penetrate at least 2-1/2" into the wood stud.



3/16" x 2-1/4" lg. Min. Tapcon® Concrete screws (not provided) to pass through the wall track as per screw manufacturers instructions.

**NOTE:** Pre drilled holes to be created using Tapcon® drill bit for 3/16"x2-1/4"lg. concrete screws to a Min. hole depth of 2-1/2" into concrete slab.

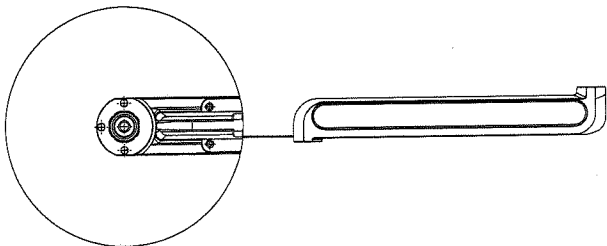


Check. Bolts must not pass through the web within the blocks. 1 bolt per cell allowed.

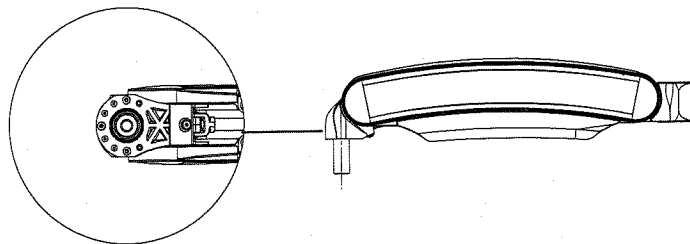
## PIVOT LIMITER

This item is to be positioned (if required) before installing the extension arm or main arm to the wall ear.

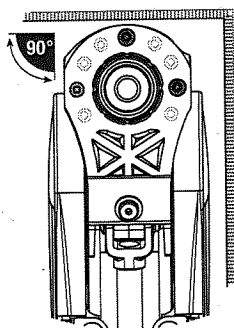
### LIMITER HOLES ON THE EXTENSION ARM



### LIMITER HOLES ON THE MAIN ARM

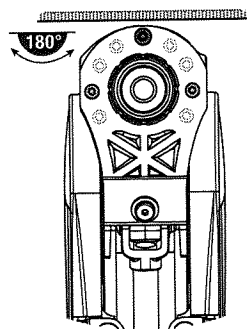


#### Limits 90° right rotation



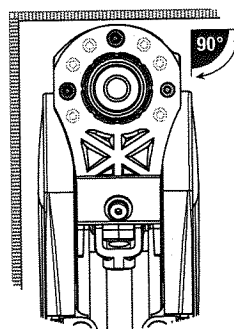
Position pins at 9:00 & 12:00 to limit rotation to the right

#### Allows 180° rotation



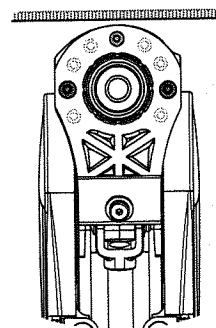
Position pin at 12:00 to prevent the arm from coming in direct contact with the wall on either side

#### Limits 90° left rotation



Position pins at 12:00 & 3:00 to limit rotation to the left

#### Limits total rotation



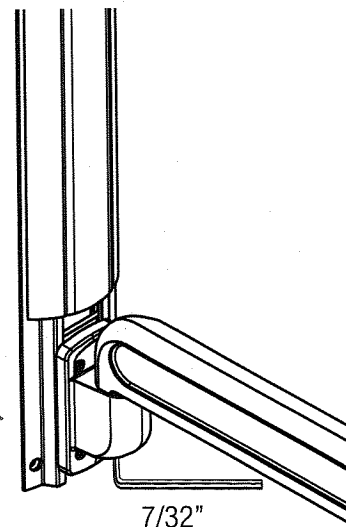
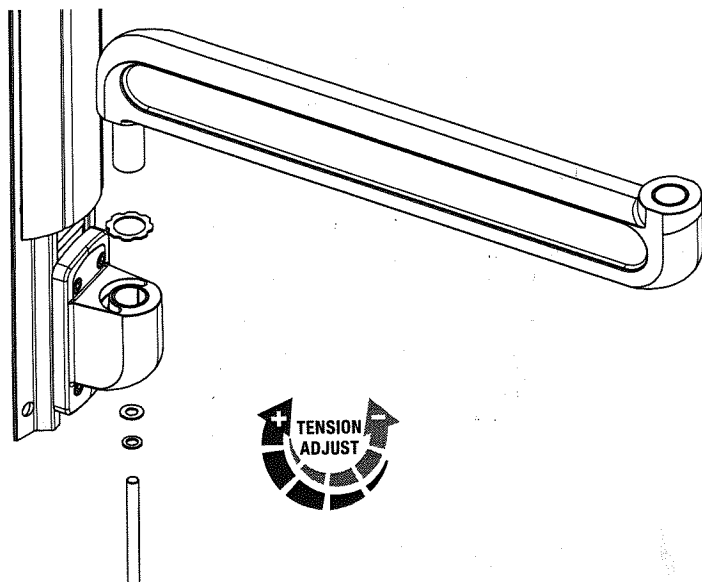
Position pins at 3:00 & 9:00 for a full rotation lock out

## OPTIONAL ITEMS

### OPTIONAL EXTENSION ARM

Installation direct to Wall Ear. This is an optional item and not included in all configurations.

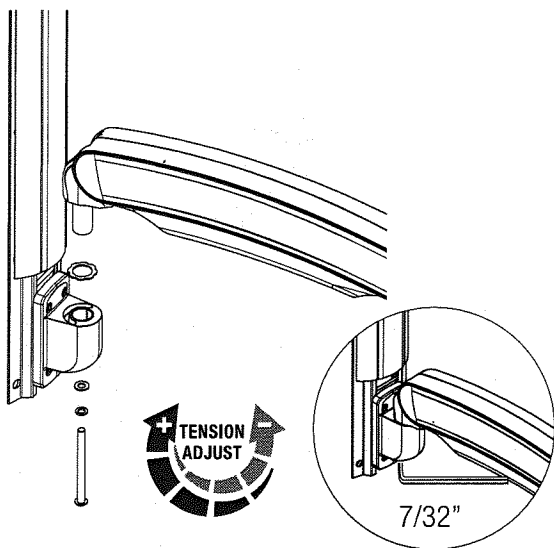
For further information please contact your distributor.





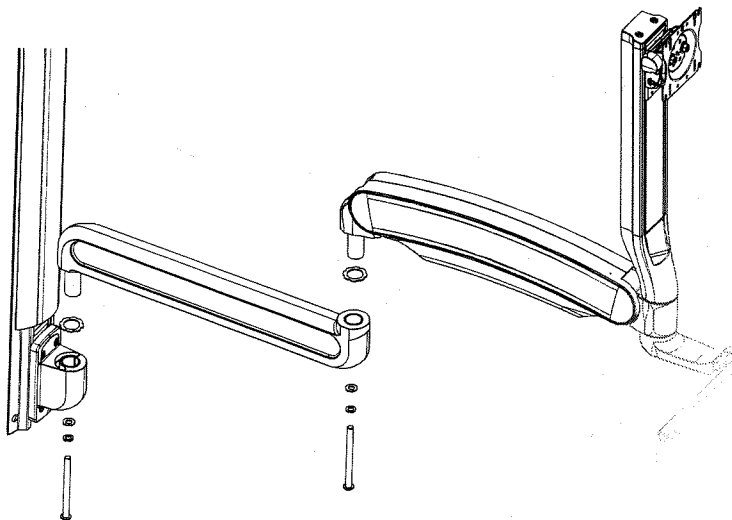
## MAIN ARM INSTALLATION

### MAIN ARM INSTALLATION DIRECT TO WALL EAR



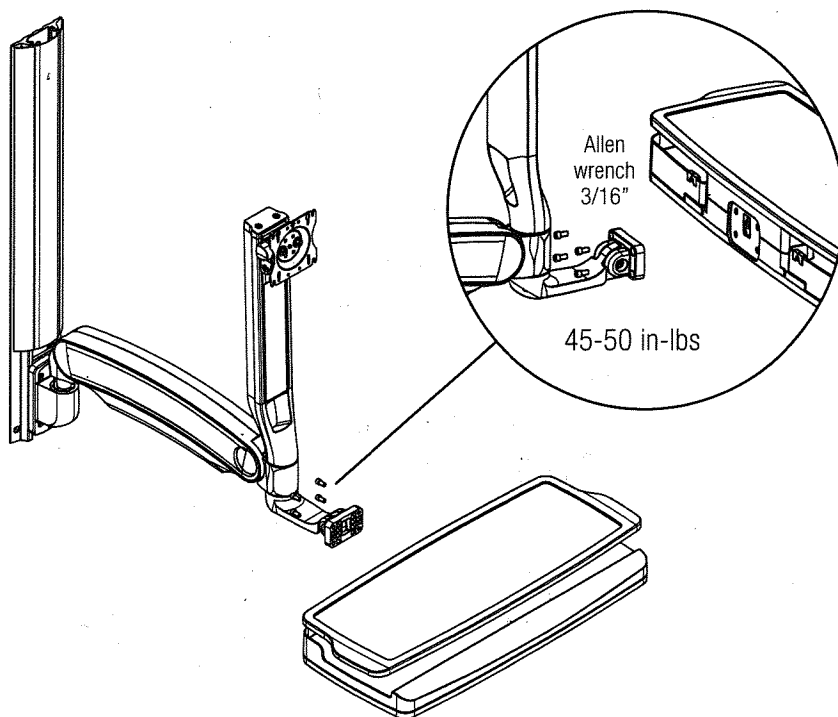
### INSTALLATION OF MAIN ARM TO THE EXTENSION ARM

Main arm to be installed once  
extension arm has been secured.

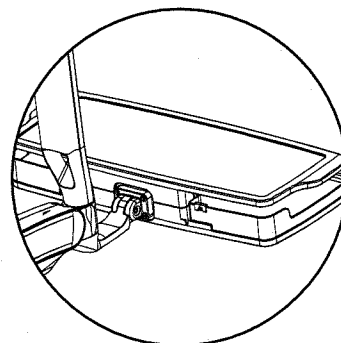


## WORKSTATION INSTALLATION

Use the 4 bolts provided to attach workstation to the arm.

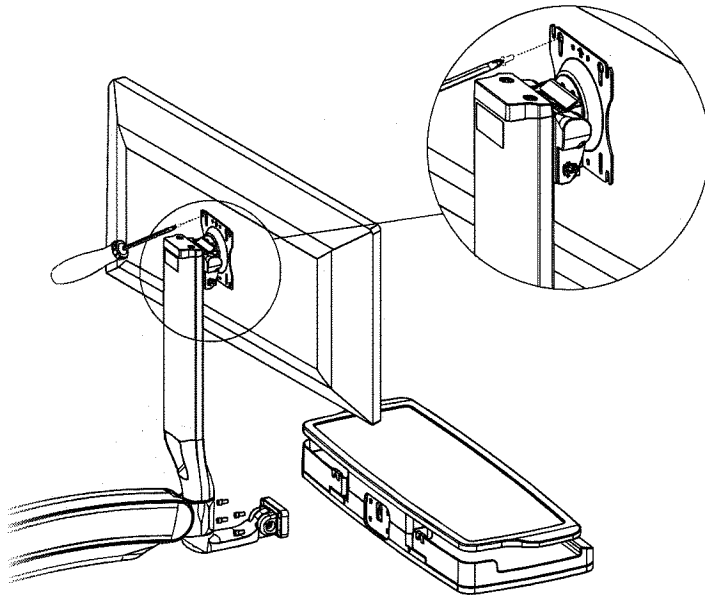


Do not overtighten  
bolts as this may cause  
damage to the product.



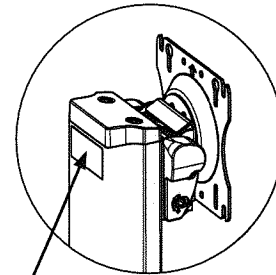
## MONITOR INSTALLATION

There are two different lengths of screws provided to attach the monitor to the VESA plate. Do not overtighten mounting screws.



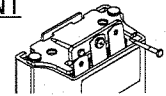
## TENSION ADJUSTMENT OF THE MONITOR

Counterbalance the monitor float by following instructions on the label on the back of the tower.

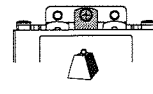


### TENSION ADJUSTMENT

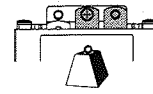
1. Remove top cap



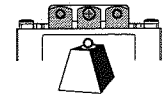
2. Remove/install pins as necessary



Light monitor



Medium monitor

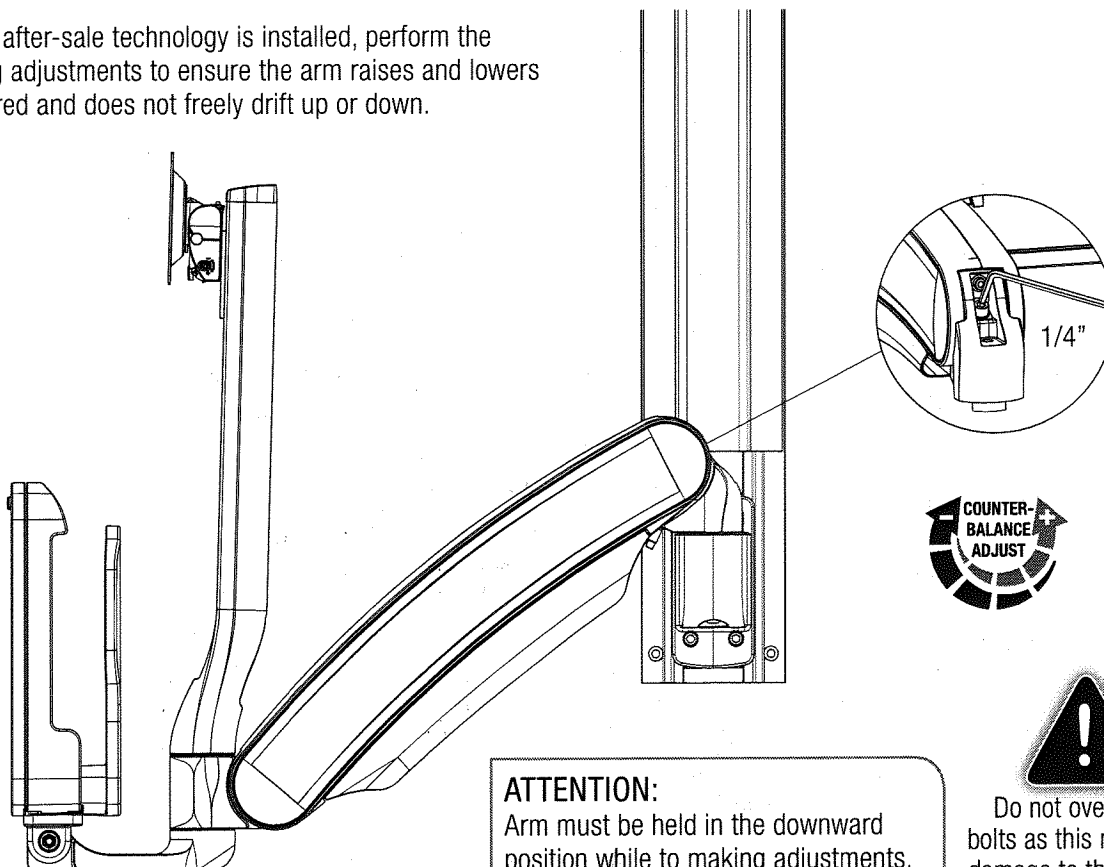


Heavy monitor

Re-install pins so they are not lost.

## COUNTERBALANCE THE ARM

Once all after-sale technology is installed, perform the following adjustments to ensure the arm raises and lowers as required and does not freely drift up or down.



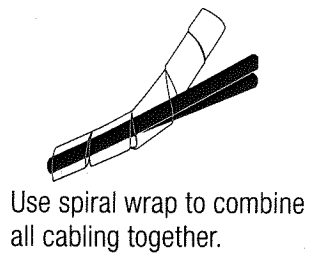
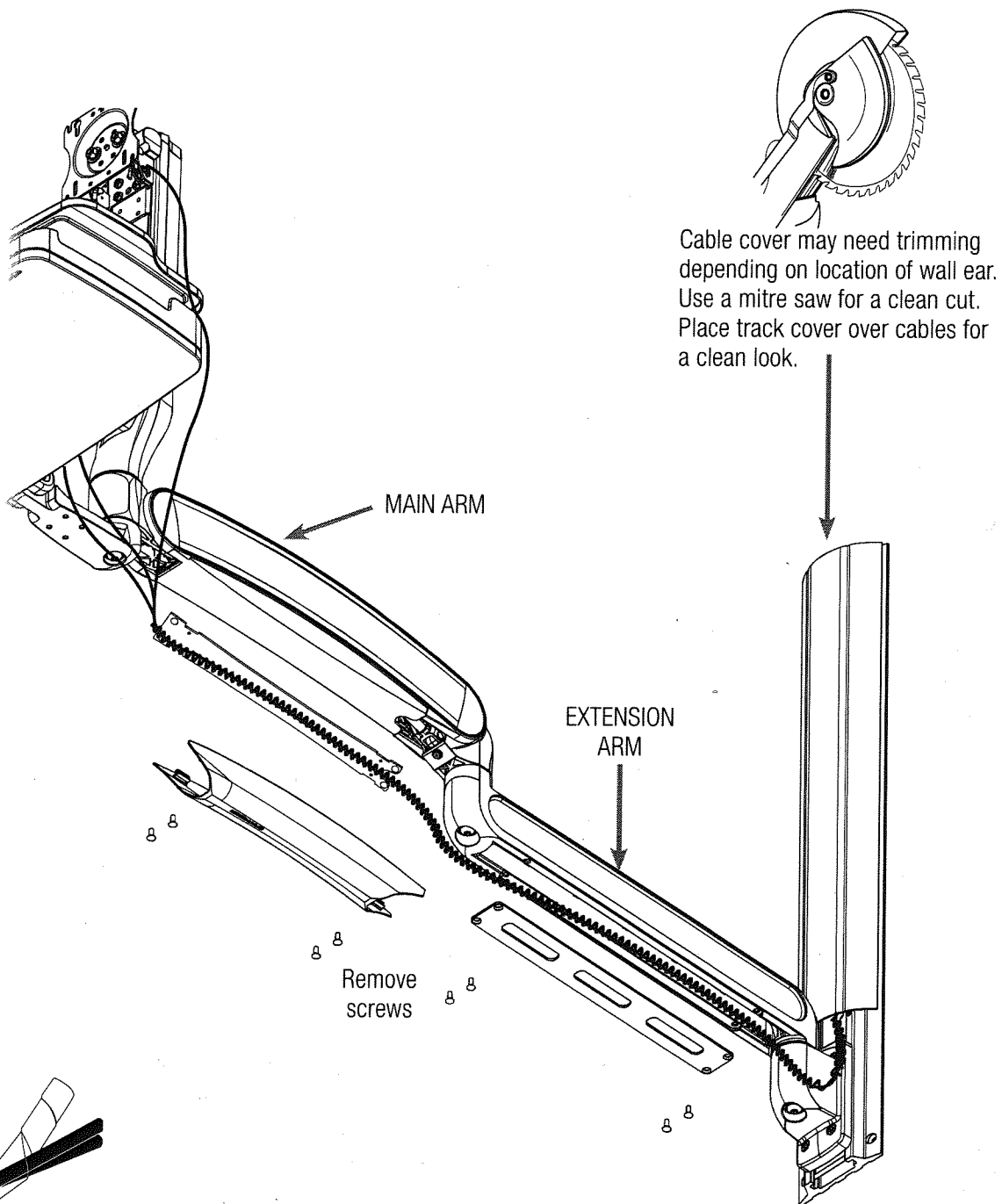
### ATTENTION:

Arm must be held in the downward position while making adjustments.



Do not overtighten bolts as this may cause damage to the product.

## CABLE MANAGEMENT

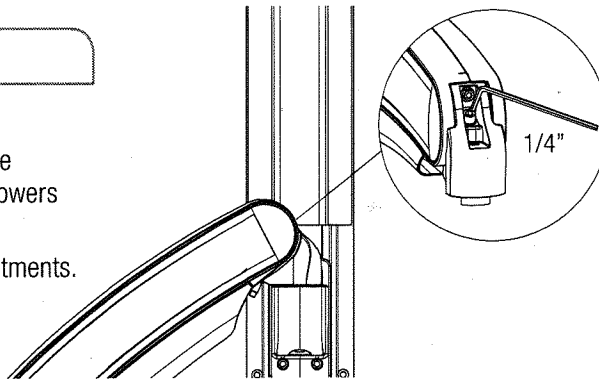


## ADJUSTMENT GUIDE

### ARM ADJUSTMENT - Counterbalance

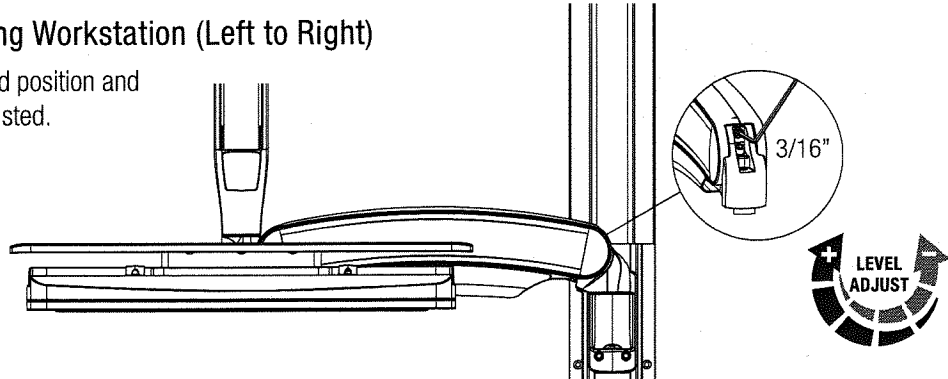
Once all after-sale technology is installed, perform the following adjustments to ensure the arm raises and lowers as required and does not freely drift up or down.

**ATTENTION:** Arm must be held down to perform adjustments.

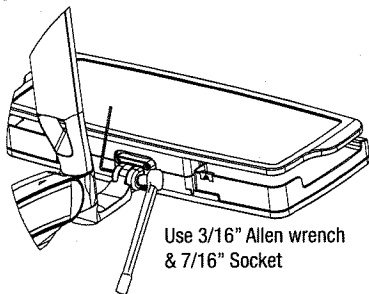


### ARM ADJUSTMENT - Leveling Workstation (Left to Right)

**ATTENTION:** Arm must be in the mid position and swiveled 90° to the track when adjusted.

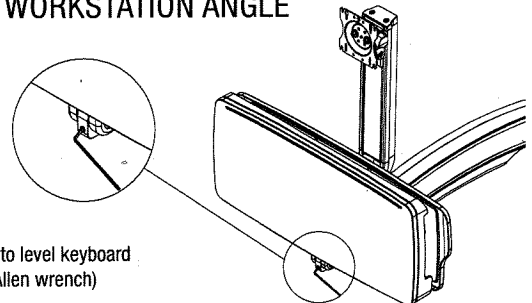


### TENSION ADJUSTMENT - Workstation Flip



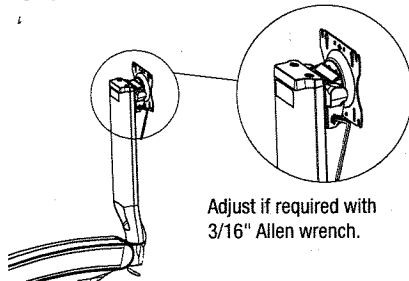
Use 3/16" Allen wrench & 7/16" Socket

### ADJUST WORKSTATION ANGLE



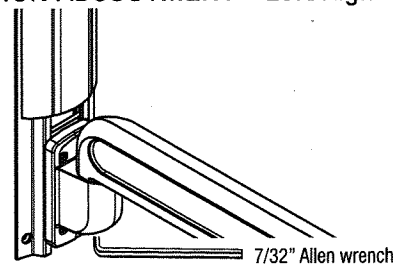
Turn set screw to level keyboard tray (use 1/8" Allen wrench)

### TENSION ADJUSTMENT - Monitor Tilt



Adjust if required with 3/16" Allen wrench.

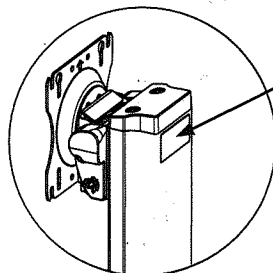
### TENSION ADJUSTMENT - Left/Right Movement



7/32" Allen wrench

### TENSION ADJUSTMENT - Monitor Counterbalance

Counterbalance the monitor float by following instructions on the label on the back of the tower.

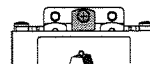


#### TENSION ADJUSTMENT

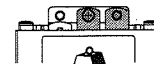
1. Remove top cap



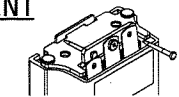
2. Remove/install pins as necessary



Light monitor



Medium monitor



Heavy monitor