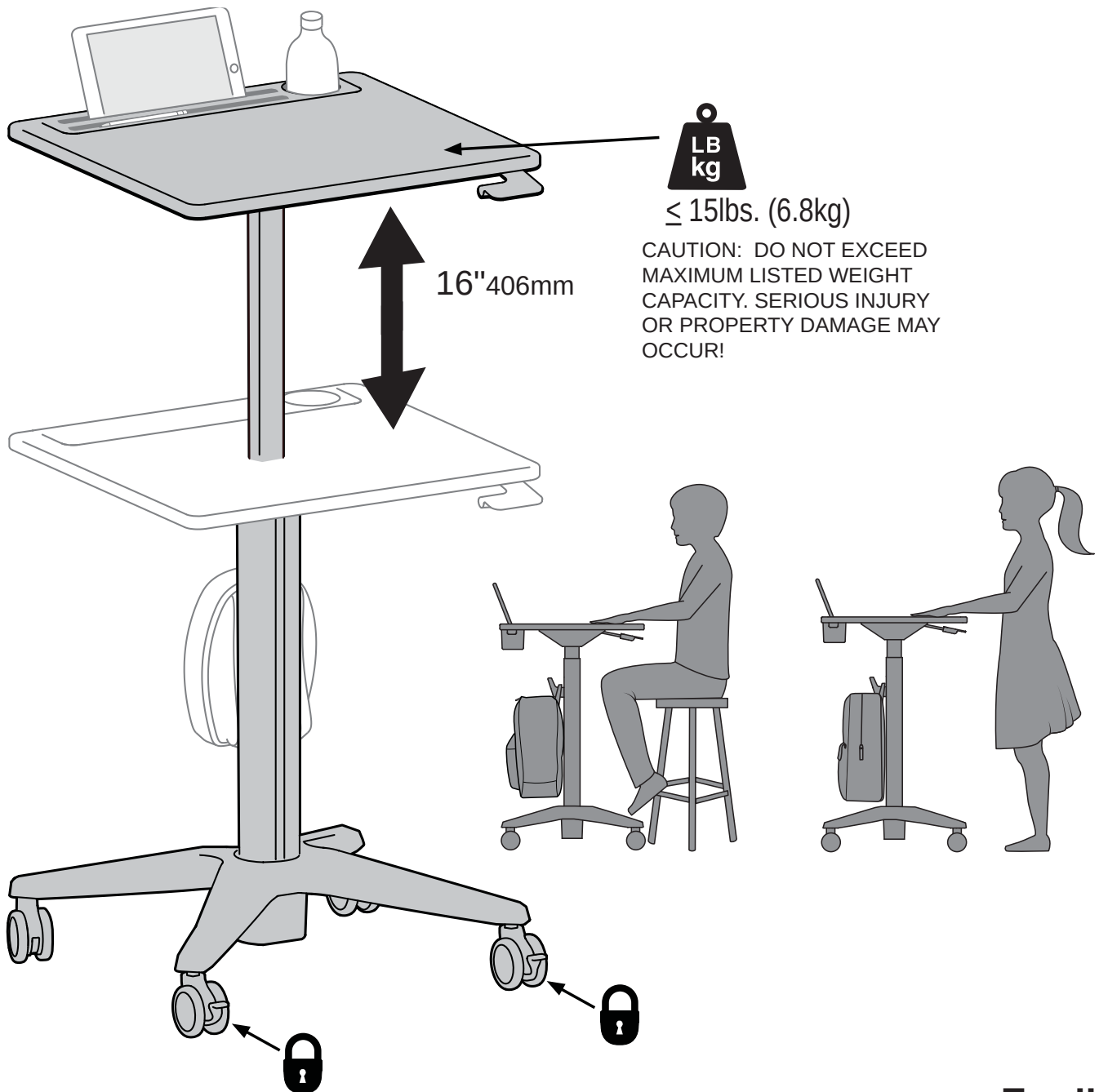


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LearnFit™



English



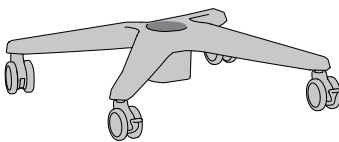
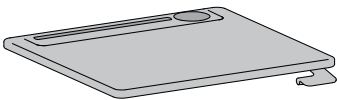
For the latest User Installation Guide please visit: www.ergotron.com

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Components



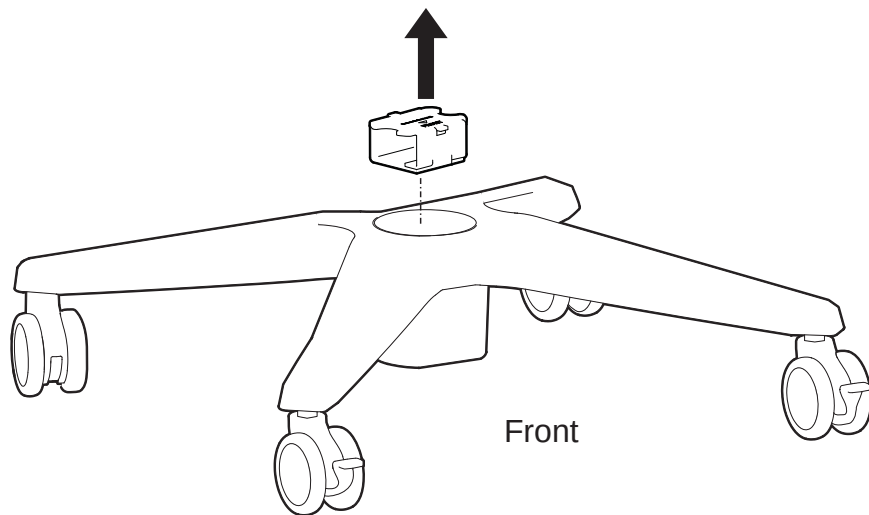
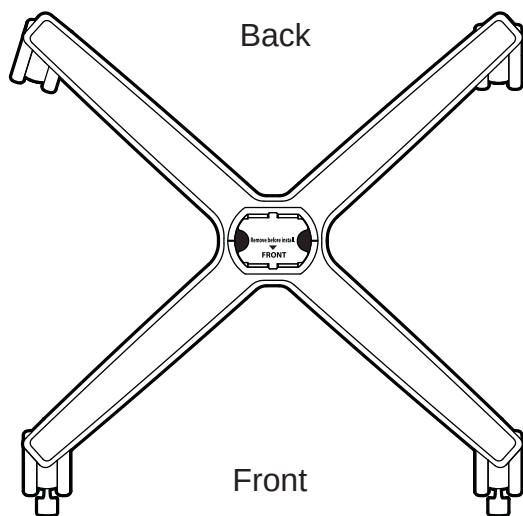
	A	B	C
1x		1x	1x
1			



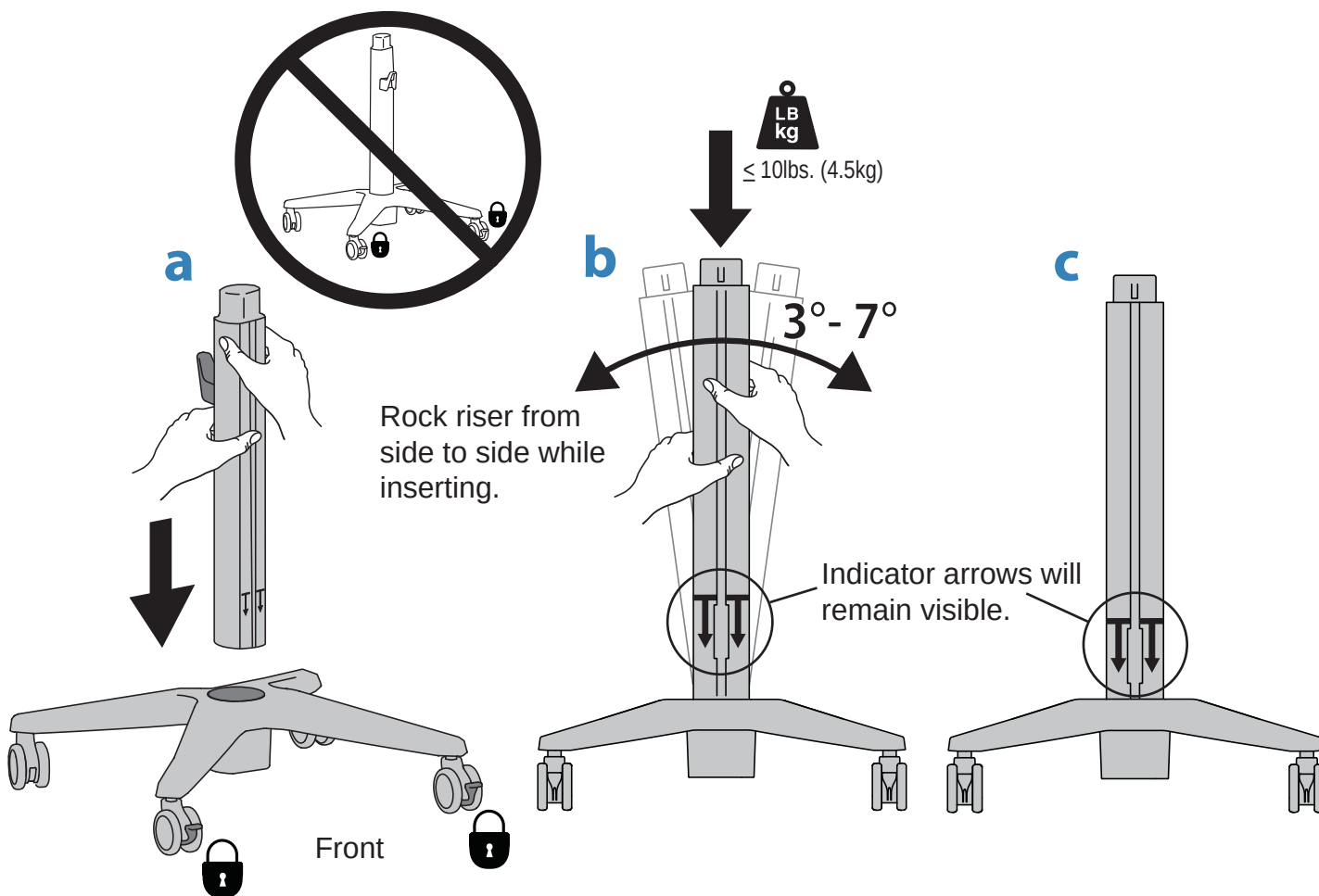
Tools Needed



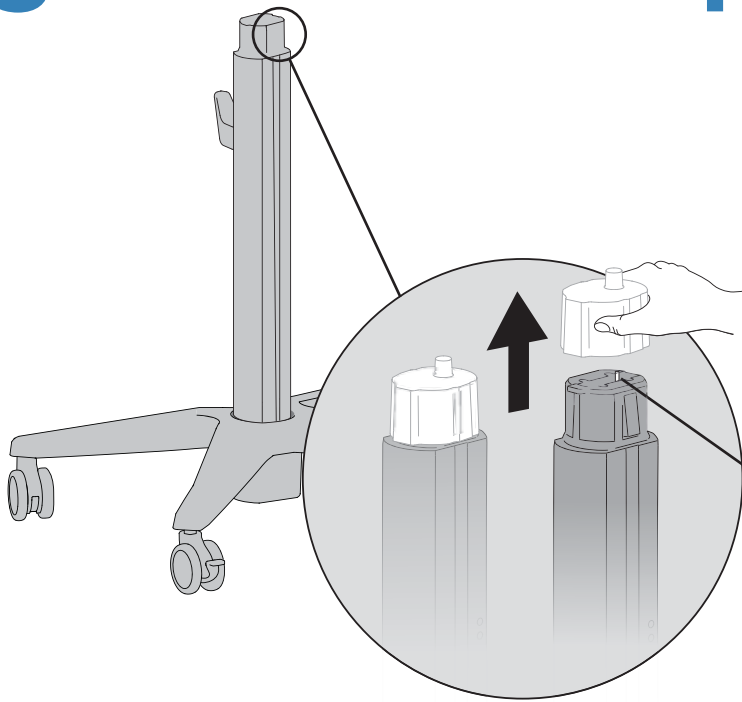
- 1** Remove base orientation indicator from base.



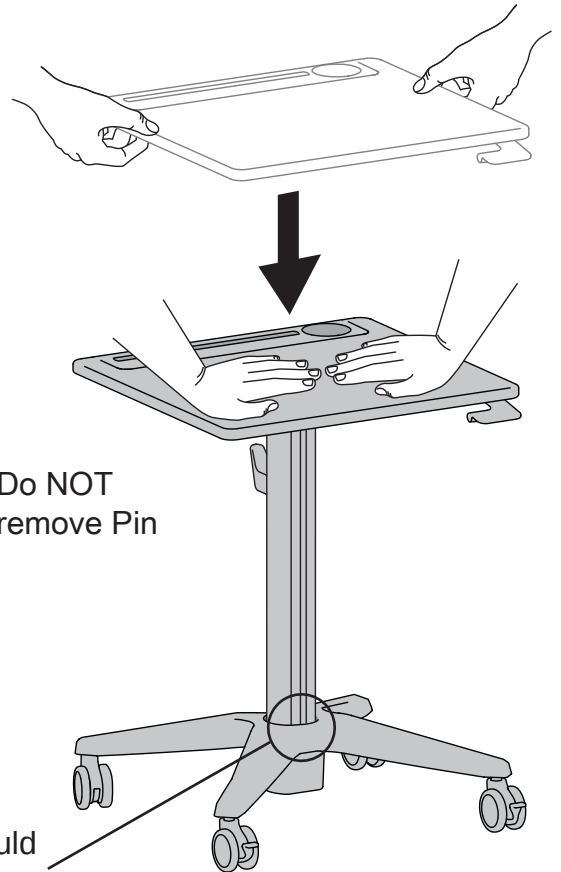
- 2** Partially insert riser into base.



3 Remove cap.

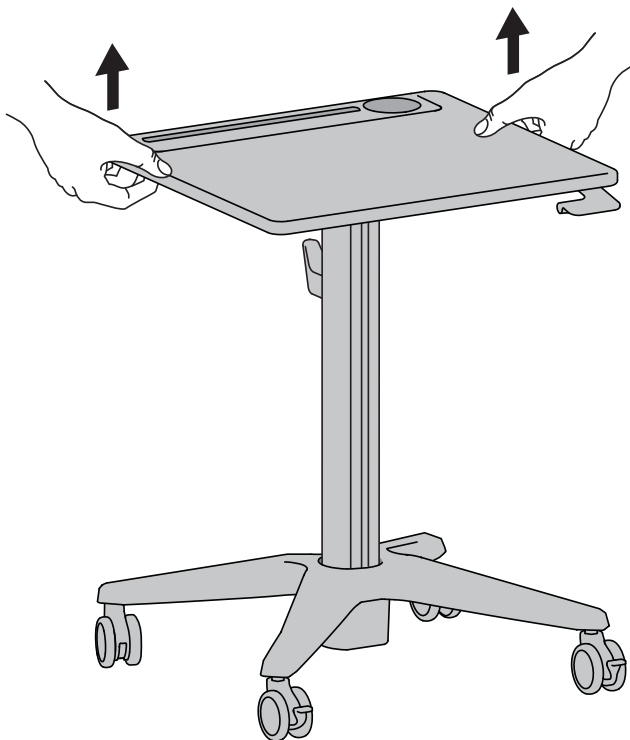


4 Attach work surface and press down.

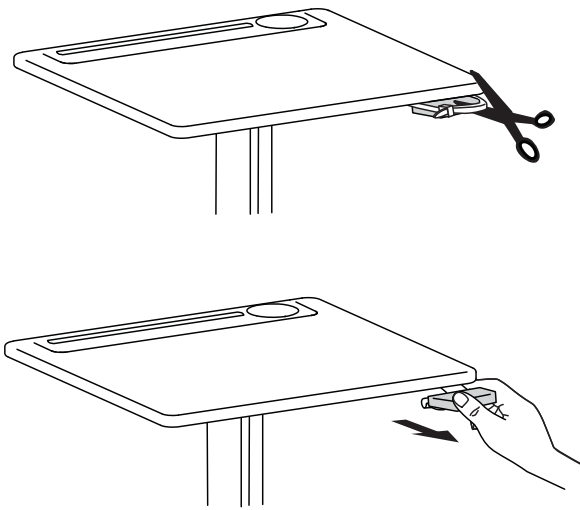


Indicator arrows should be completely hidden.

5 Lift up on the work surface to make sure it is securely attached to the base.

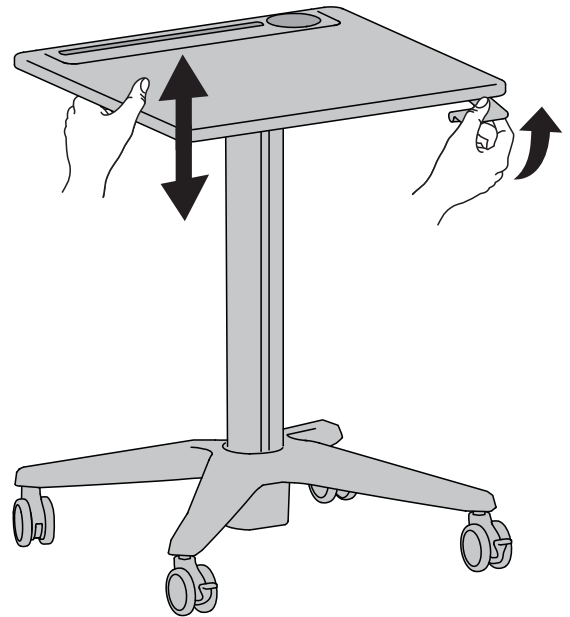


6



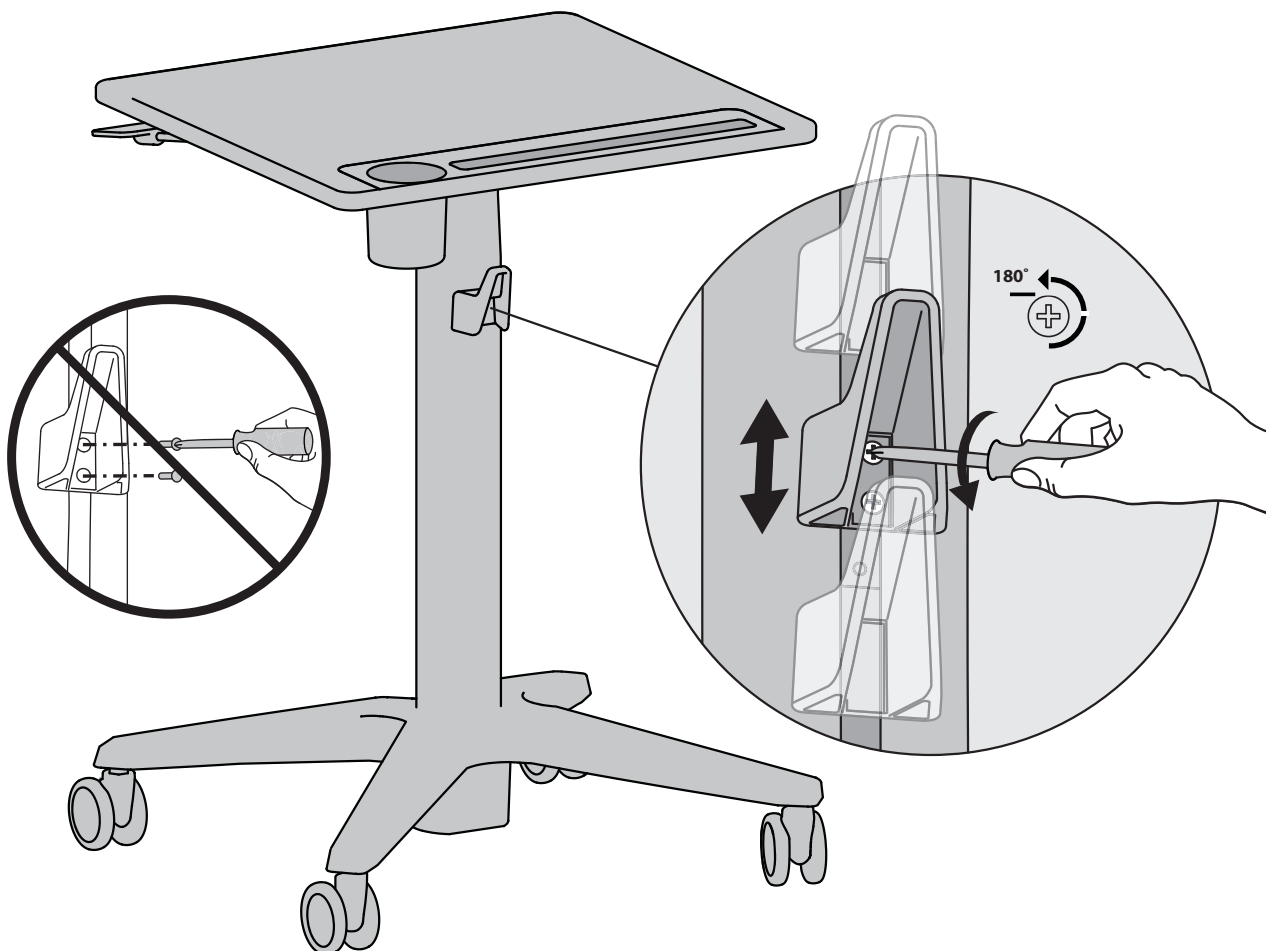
7

Lift brake release lever to raise and lower riser.



8

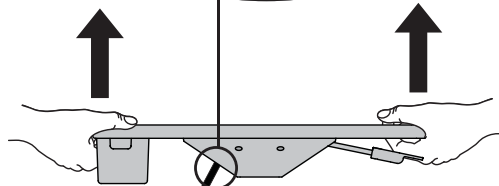
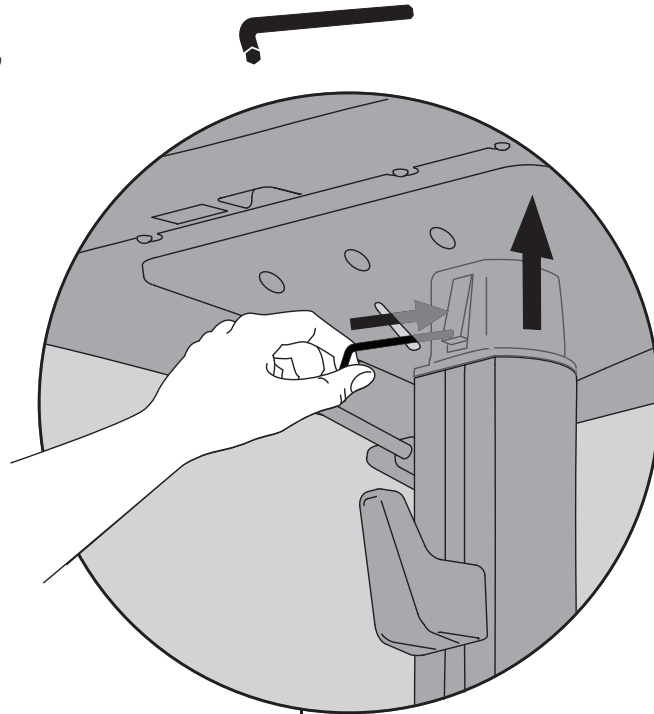
Loosen, but do not remove 2 screws to lift and lower hook to desired height.



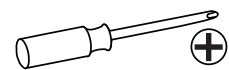
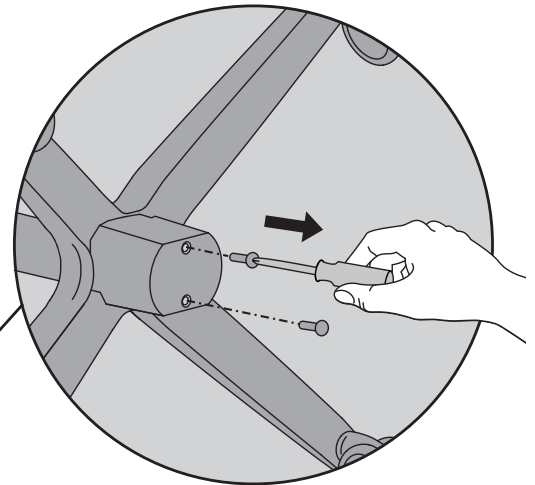
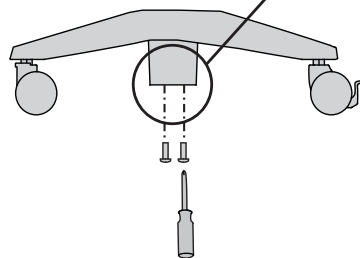
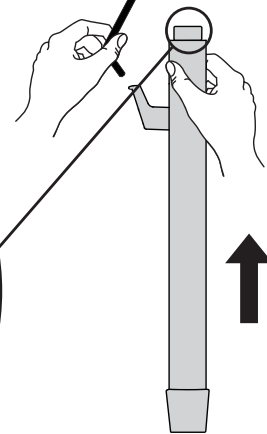
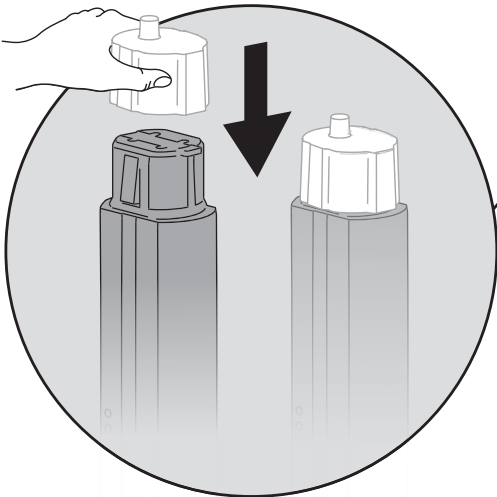
How to Disassemble

To remove worksurface,
push tab with a tool
while removing.
(Hex wrench suggested,
max diameter 4mm)

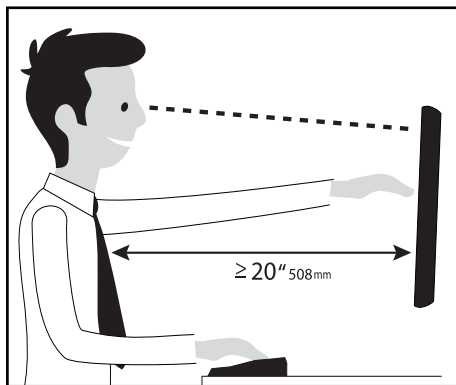
NOTE: Requires two
people.



Attach cap.



Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:
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

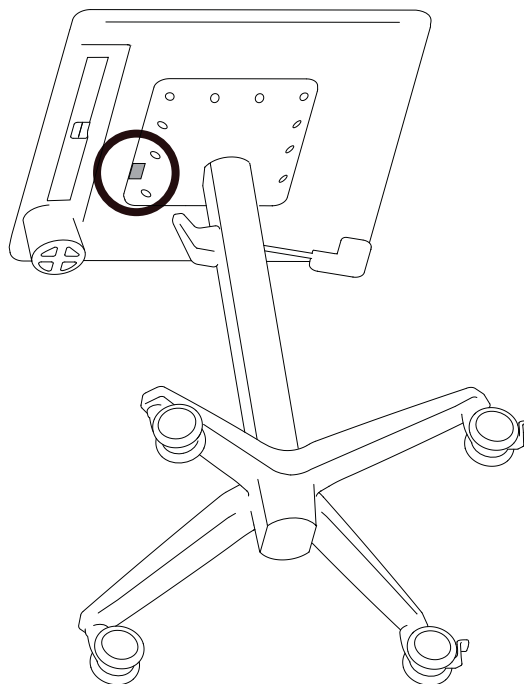
- Breathe - Breathe deeply through your nose.
- Blink - Blink often to avoid dry eyes.
- Break • 2 to 3 minutes every 20 minutes
- 15 to 20 minutes every 2 hours.

For Warranty visit: www.ergotron.com/warranty

For Service visit: www.ergotron.com

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

NOTE: When contacting customer service, reference the serial number.



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