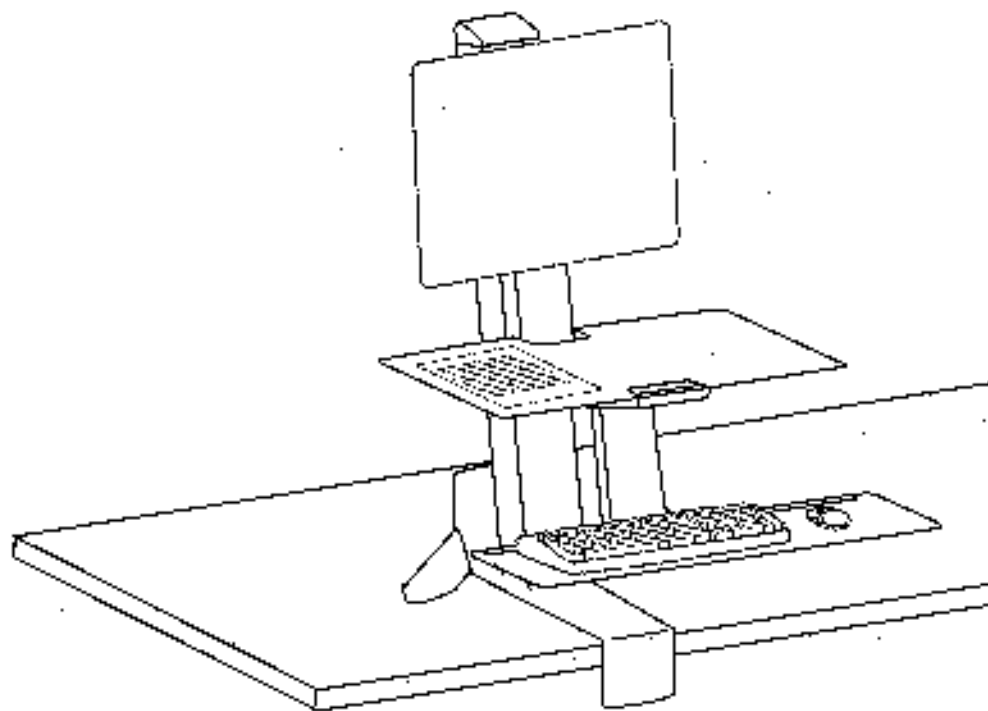


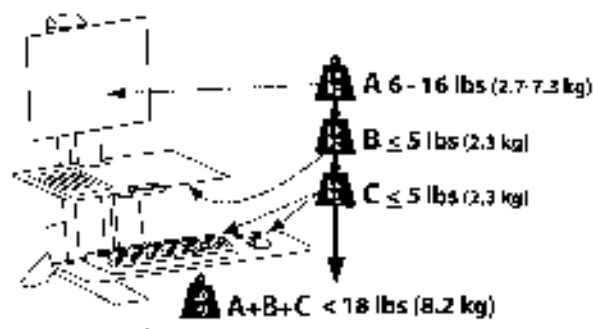


# Elevate Desktop DT3

## Single Monitor



CAUTION: DO NOT EXCEED MAXIMUM LISTED WEIGHT CAPACITY. SERIOUS INJURY OR PROPERTY DAMAGE MAY OCCUR!



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

User's Guide - English  
Guía del usuario - Español  
Manuel de l'utilisateur - Français  
Gebrauchersgids - Deutsch  
Bebruikerhandboek - Nederlands  
Guida per l'utente - Italiano  
Användarhandbok - svenska  
ユーザーガイド - 日本語  
用戶指南 - 繁體



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1 (844) 646-6683



Reduce.Reuse.Recycle

# Hazard Symbols Review

These symbols alert users of a safety condition that demands attention. All users should be able to recognize and understand the significance of the following Safety Hazards if encountered on the product or within the documentation. Children who are not able to recognize and respond appropriately to Safety Alerts should not use this product without adult supervision!

Symbol	Signal Word	Level of Hazard
	<b>NOTE</b>	A NOTE indicates important information that helps you make better use of this product.
	<b>CAUTION</b>	A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.
	<b>WARNING</b>	A WARNING indicates either potential for property damage, personal injury, or death.
	<b>ELECTRICAL</b>	An Electrical indicates an impending electrical hazard which, if not avoided, may result in personal injury, fire and/or death.

## Safety



Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too easy or difficult or if product does not stay in desired positions, follow the adjustment instructions to create smooth and easy movements. Depending on your product and the adjustment, it may take many turns to notice a difference. Any time equipment is added or removed from this product, resulting in a change in the weight of the mounted load, you should repeat these adjustment steps to ensure safe and optimum operation.



**Warning:** Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.



**Caution:**

To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



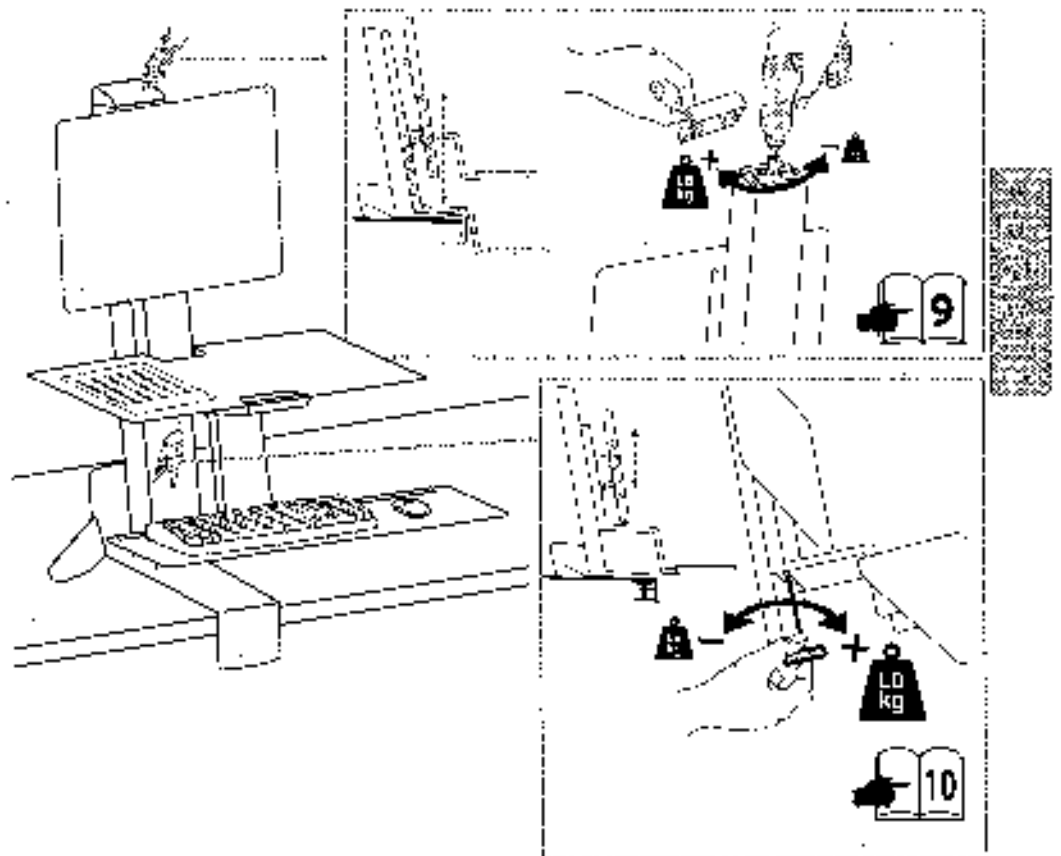
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too easy or difficult or if product does not stay in desired positions, follow the adjustment instructions to create smooth and easy movements. Depending on your product and the adjustment, it may take many turns to notice a difference. Any time equipment is added or removed from this product, resulting in a change in the weight of the mounted load, you should repeat these adjustment steps to ensure safe and optimum operation.

#### GREEN ARROWS MARK IMPORTANT ADJUSTMENT POINTS

**1** Follow Steps 1 - 7 for Installation



**2** After installation, adjust product to properly handle added weight.



## Features & Specifications

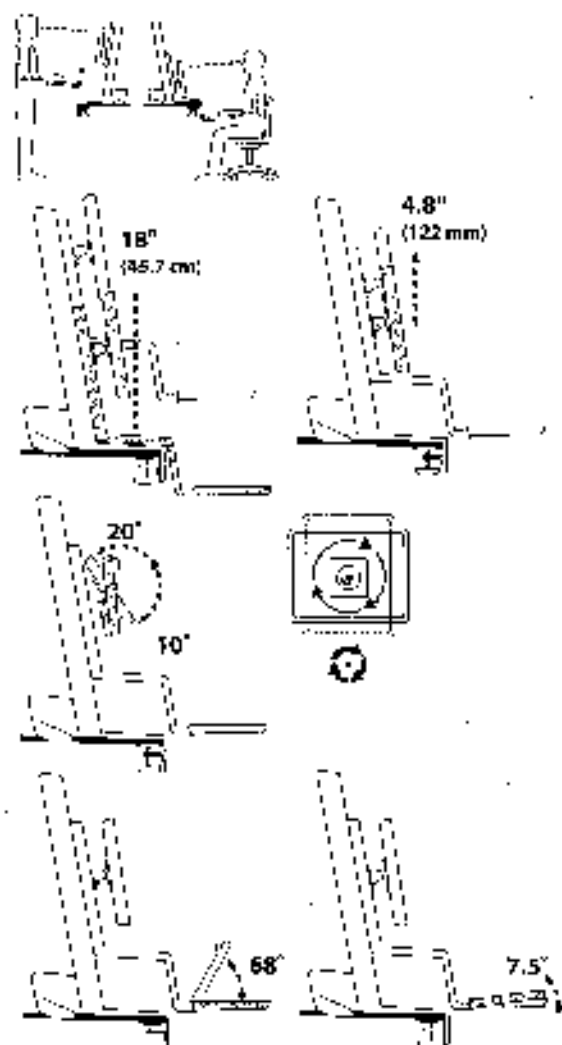
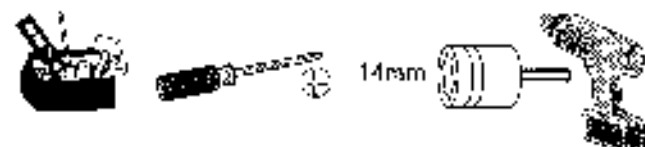


FIGURE 1

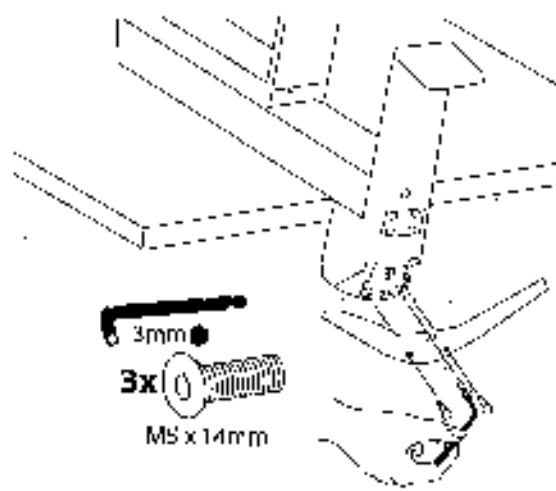
## Components

	A	B
1	1x	3x  M5 x 4mm
2		1x  M5 x 8mm
3		2x  M5 x 12mm
4		1x  M3 x 6mm
5	1x	4x  M4 x 10mm
6	3x	
7	1x	4x  M4 x 12mm
8	1x	1x  3mm
		1x  4mm
9	1x  2x	3x
10	1x	
11	1x	1x  1x

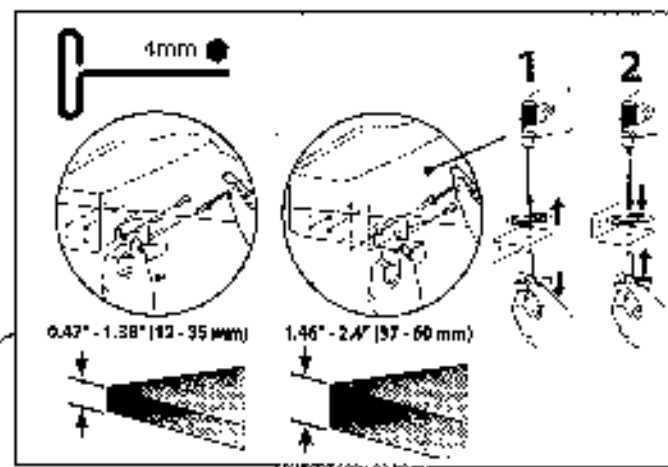
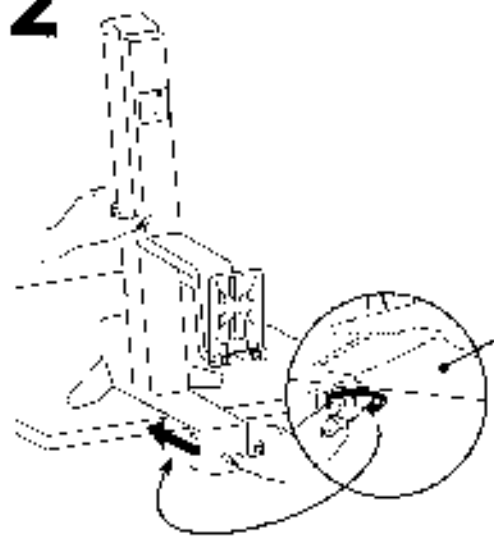
## Tools Needed



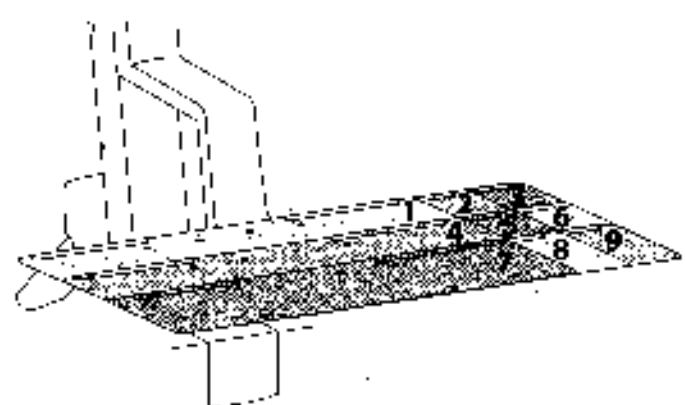
# 1




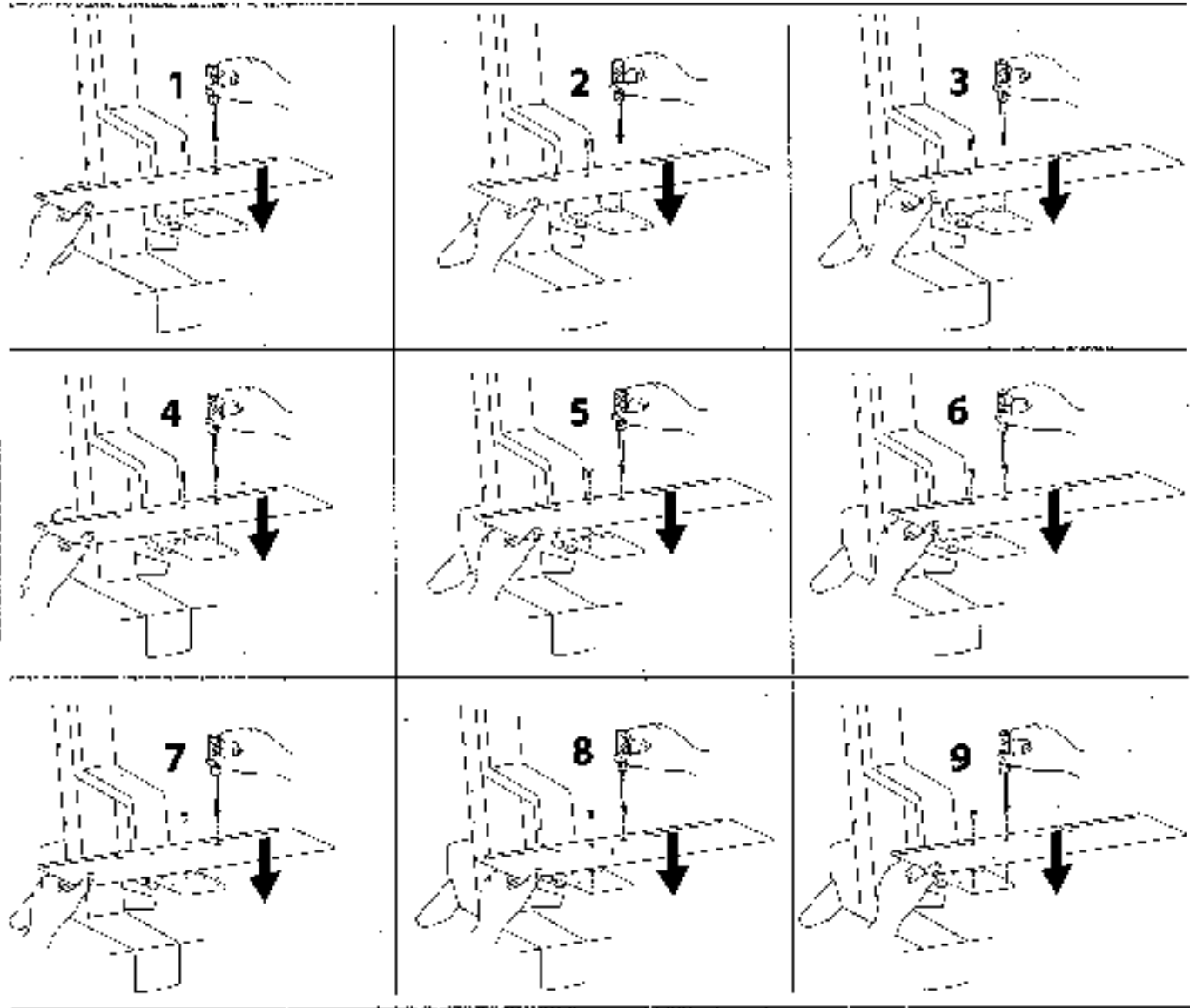
# 2



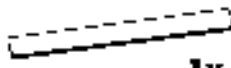

# 3

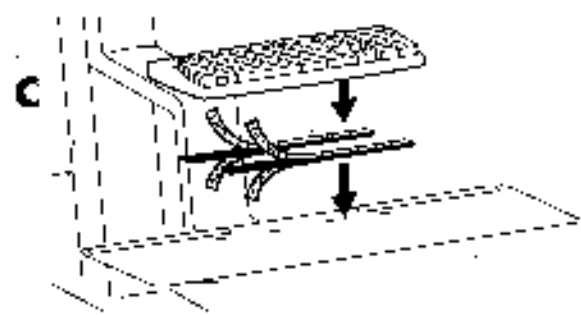
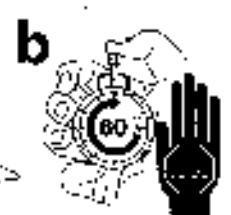


2x  M5 x 12mm

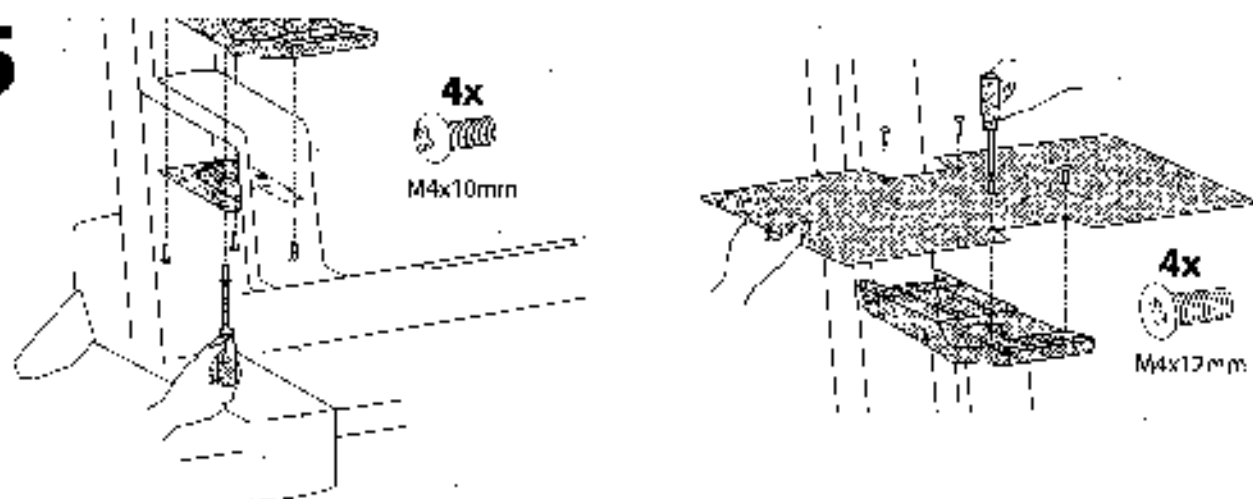


ENGLISH

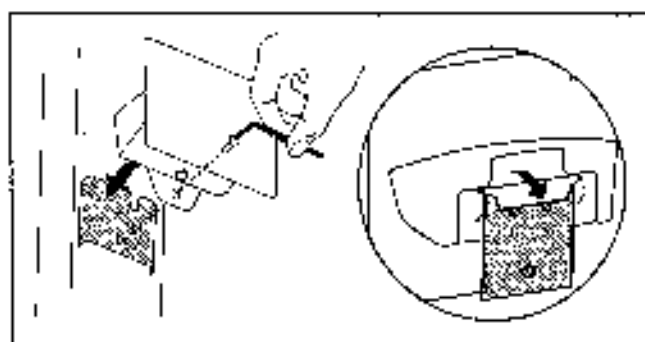
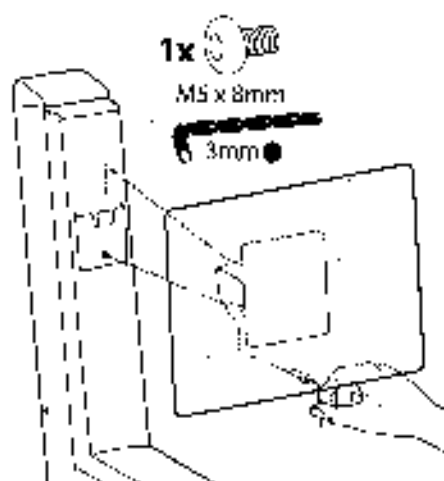
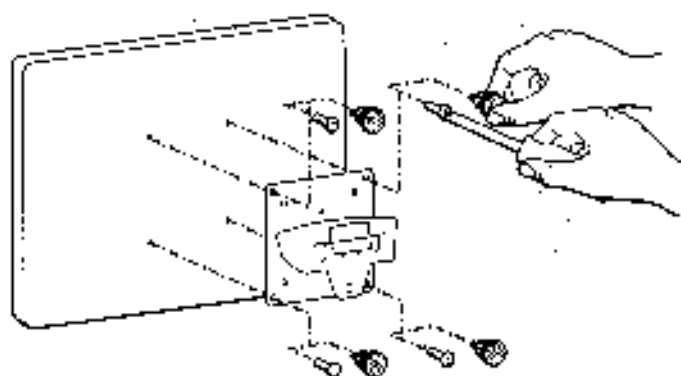
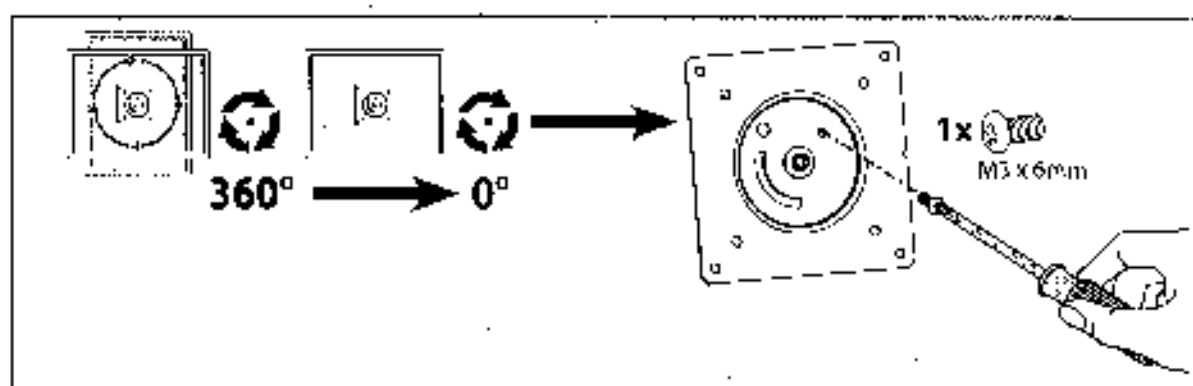
4 2x  1x 



5



6



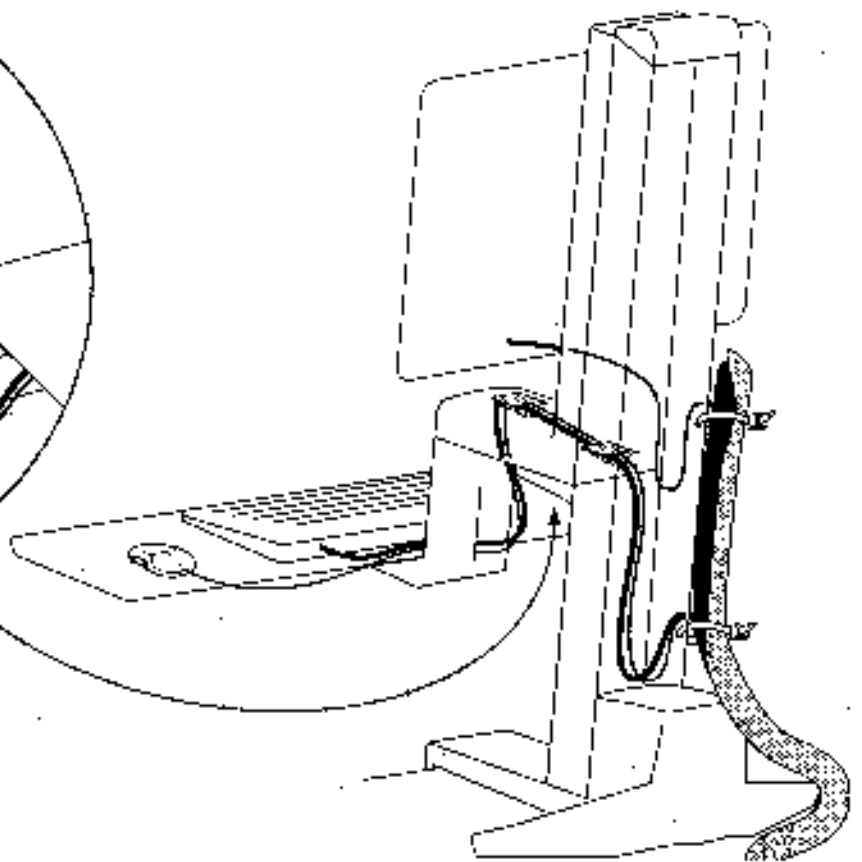
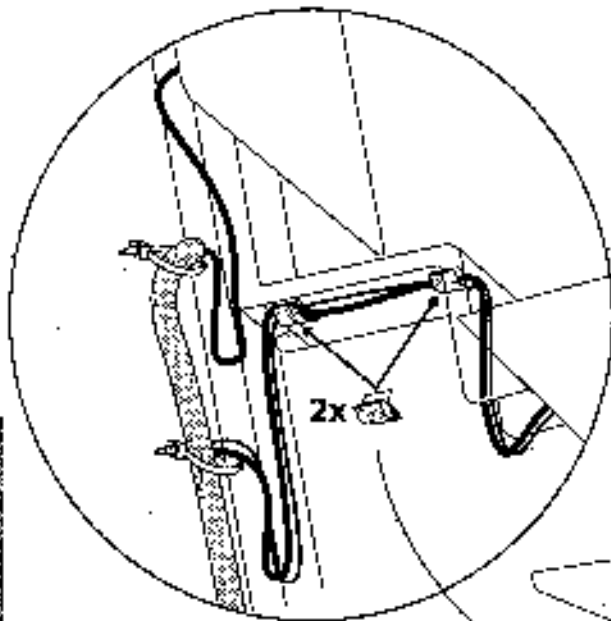
# 7



**NOTE:** Leave enough slack in cable to allow full range of motion.



**Caution:** To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.

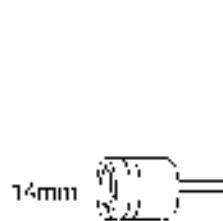
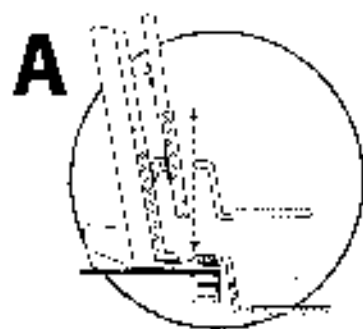


ENGLISH



# 8 Adjustment Step

Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too easy or difficult or if product does not stay in desired positions, follow the adjustment instructions to create smooth and easy movements. Depending on your product and the adjustment, it may take many turns to notice a difference. Any time equipment is added or removed from this product, resulting in a change in the weight of the mounted load, you should repeat these adjustment steps to ensure safe and optimum operation.



### Increase Lift Strength

If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

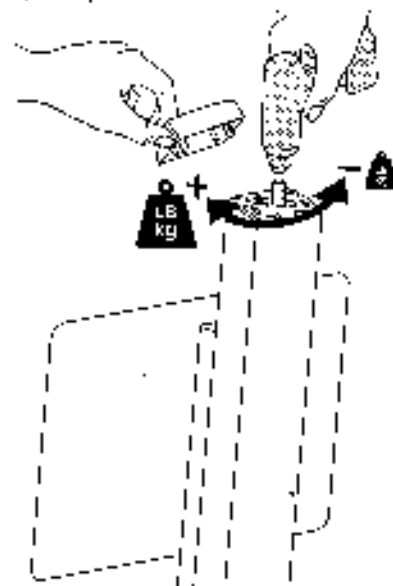


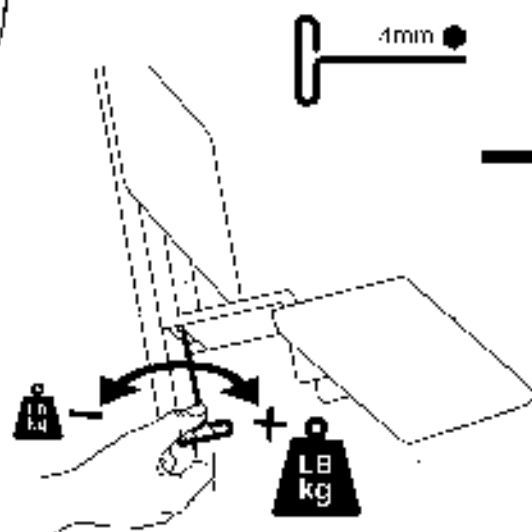
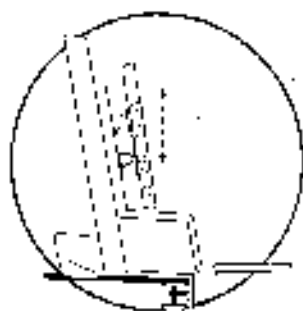
### Decrease Lift Strength

If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



Adjustment may take up to 72 full 360° revolutions



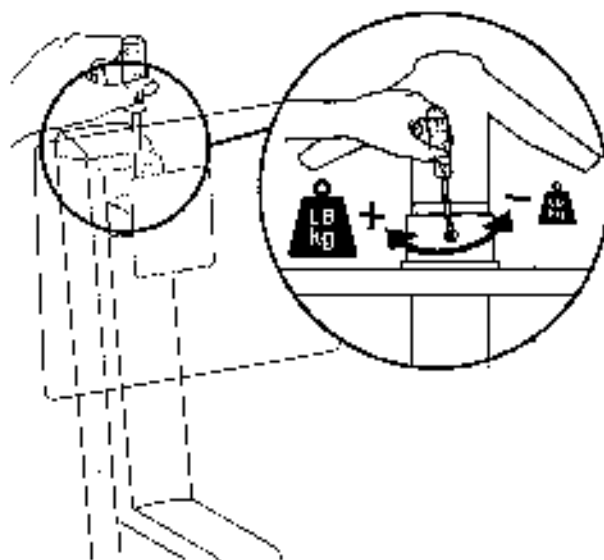
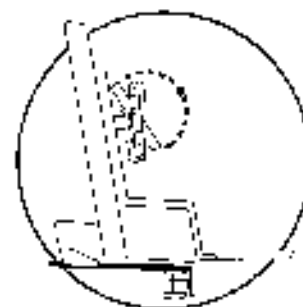
**B****Increase Lift Strength**

If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

**Decrease Lift Strength**

If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

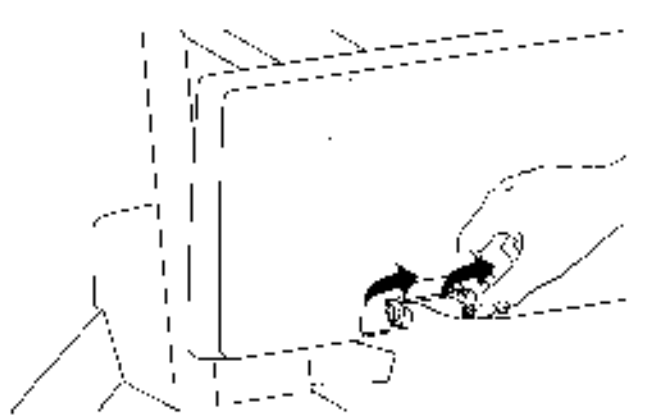
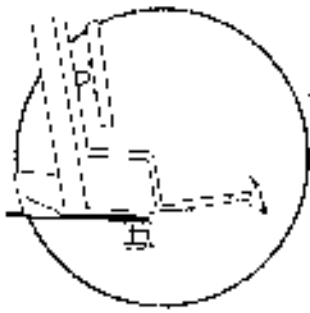
Adjustment may take up to: 115 full 360° revolutions

**C****Increase Lift Strength**

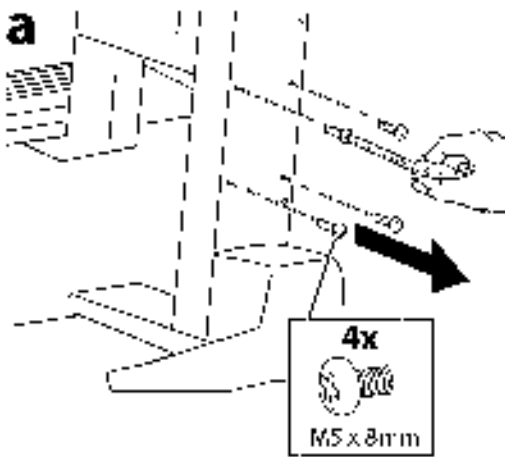
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

**Decrease Lift Strength**

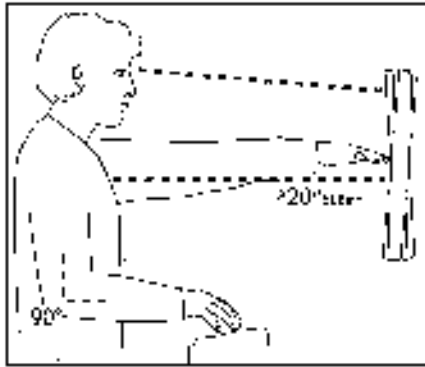
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

**D****9**

How to attach optional CPU holder ordered separately

**a****b**

## 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 directly below eye level.  
Position keyboard at about elbow height, with wrists flat.
- Distance** Position screen at an arm's length from back of eye, 20" (508mm).  
Position keyboard close enough to create a 90° angle in elbow.
- Angle** Tilt screen to allow the gaze.  
Tilt the keyboard base 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
- 16 to 20 minutes every 2 hours.

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

English