

Sit-to-Stand Workstation

ARMSTS



*actual product may vary from photos

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ES: Guía del usuario - es.startech.com
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For the latest information, technical specifications, and support for this product, please visit www.startech.com/ARMSTS.

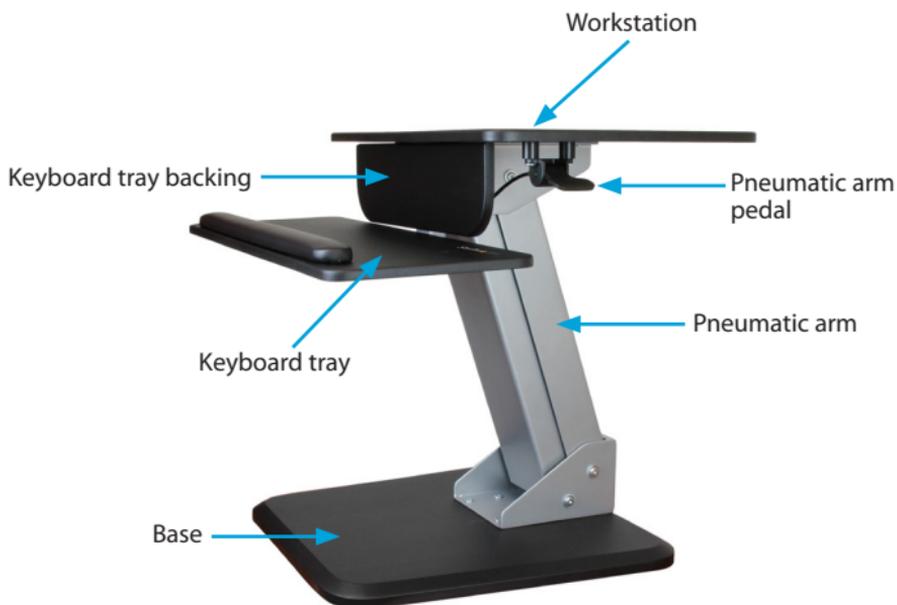
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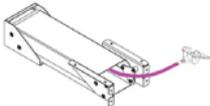
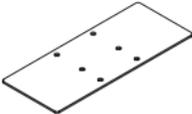
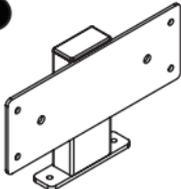
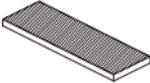
Product diagram



Introduction

You can use the ARMSTS to turn your workstation into a dual-functioning area that enables you to either sit or stand while you work. The height-adjustable feature of the ARMSTS makes it easy to quickly change from a standing to a sitting position, making it an integral element in your ergonomic work setup.

Packaging contents

<p>1</p>  <p>Pneumatic arm Qty: One</p>	<p>2</p>  <p>Keyboard tray Qty: One</p>	<p>3</p>  <p>Back plate (keyboard tray) Qty: One</p>	<p>4</p>  <p>Keyboard tray backing Qty: One</p>
<p>5</p>  <p>Workstation Qty: One</p>	<p>6</p>  <p>Base Qty: One</p>	<p>7</p>  <p>Mounting pillar Qty: One</p>	<p>8</p>  <p>Small pressure pads (keyboard tray) Qty: Two</p>
<p>9</p>  <p>Circular pressure pads Qty: Four</p>	<p>10</p>  <p>Clamp plate Qty: One</p>	<p>11</p>  <p>Plastic spacing washers Qty: Two</p>	<p>12</p>  <p>M6*95 Allen wrench Qty: One</p>

13



M4*55 Allen wrench
Qty: One

14



M6*8 screws
Qty: Two

15



M6*12 screws
Qty: Fourteen

16



M6*25 screws
Qty: Four

17



M6*35 screws
Qty: Two

18



M10*50 bolt
Qty: One

19



#3/8 - 16 x 50 mm bolt
Qty: One

20

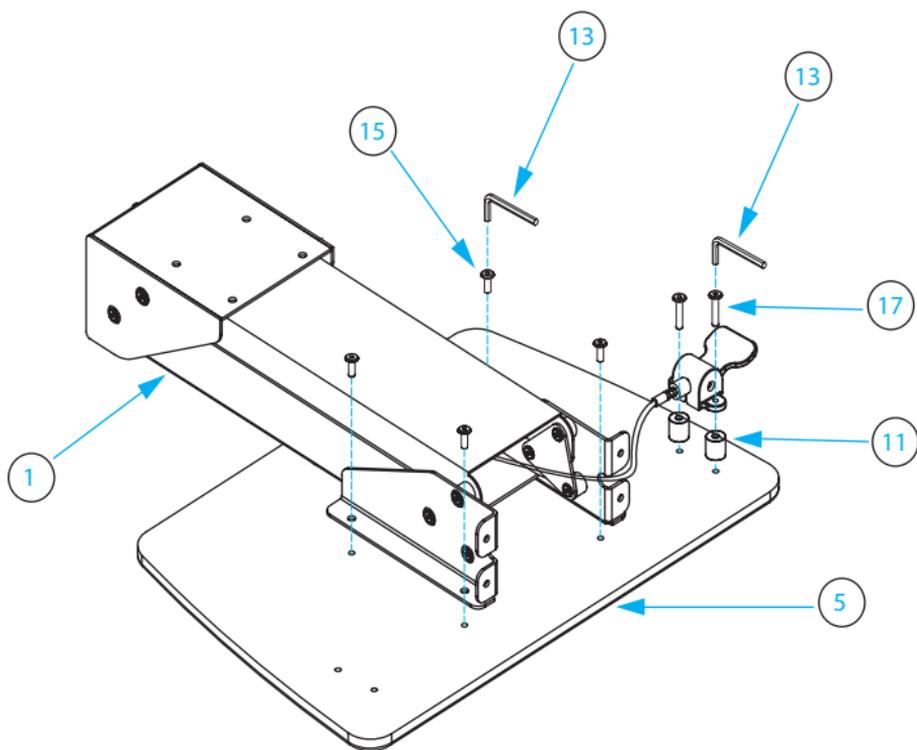


Instruction manual
Qty: One

Assemble the workstation

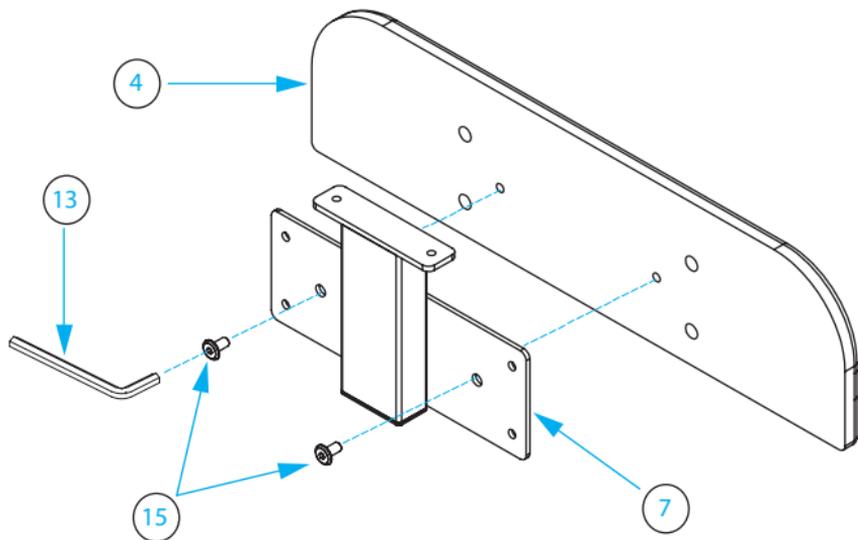
Attach the pneumatic arm to the workstation

1. Line up the two holes on each of the brackets of the pneumatic arm (1) with four of the holes on the workstation (5).
2. Use the M4*55 Allen wrench (13) to insert four M6*12 screws (15) into the two holes on each side of the bracket on the pneumatic arm (1).
3. Turn the Allen wrench clockwise to tighten the screws.
4. Use the M4*55 Allen wrench (13) to insert two M6*35 screws (17) through the holes on the sides of the pneumatic arm pedal and the plastic spacing washers (11) and into the workstation (5).
5. Turn the Allen wrench clockwise to tighten the screws.



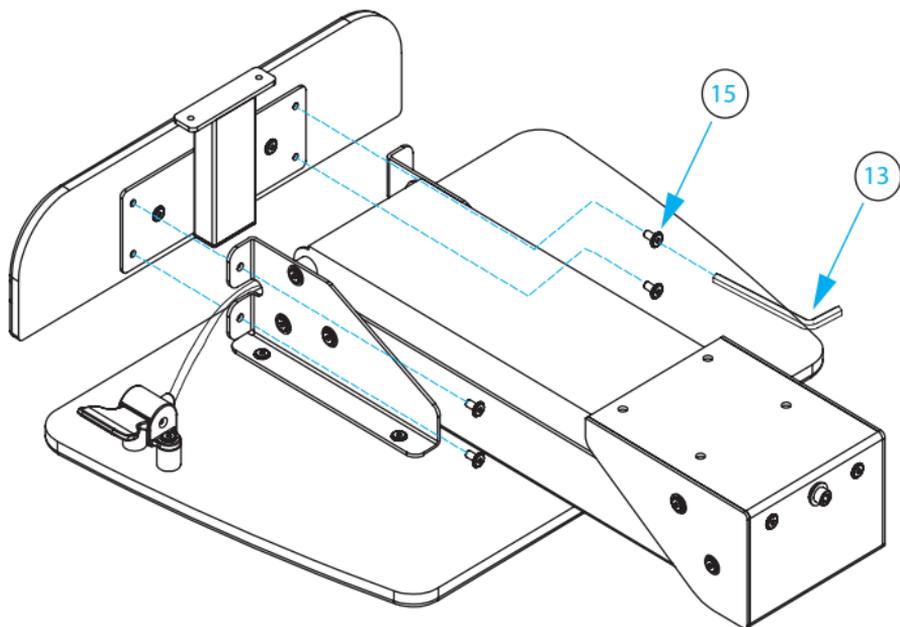
Attach the keyboard tray backing to the mounting pillar

1. Line up the single hole on each side of the mounting pillar (7) with the corresponding holes on the keyboard tray backing (4).
2. Use the M4*55 Allen wrench (13) to insert two M6*12 screws (15) into the mounting pillar (7) and then the keyboard tray backing (4).
3. Turn the Allen wrench clockwise to tighten the screws.



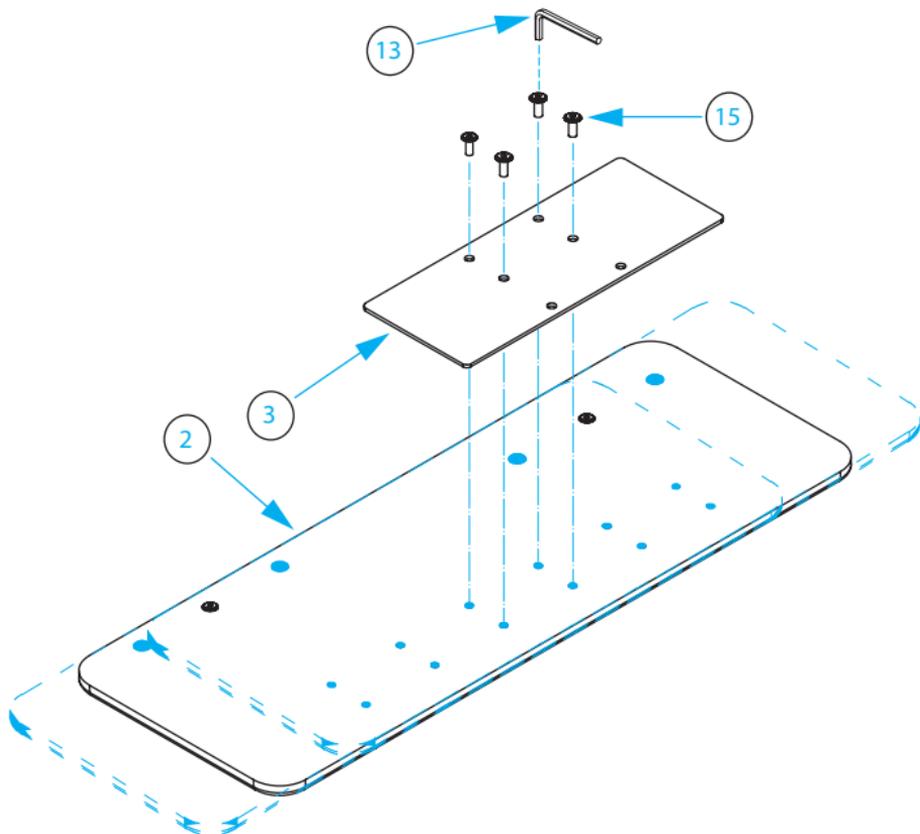
Attach the pneumatic arm to the mounting pillar

1. Line up the two holes on each of the brackets of the pneumatic arm (1) with the four holes on the mounting pillar (7).
2. Use the M4*55 Allen wrench (13) to insert four M6*12 screws (15) into the pneumatic arm (1) and then the mounting pillar (7).
3. Turn the Allen wrench clockwise to tighten the screws.



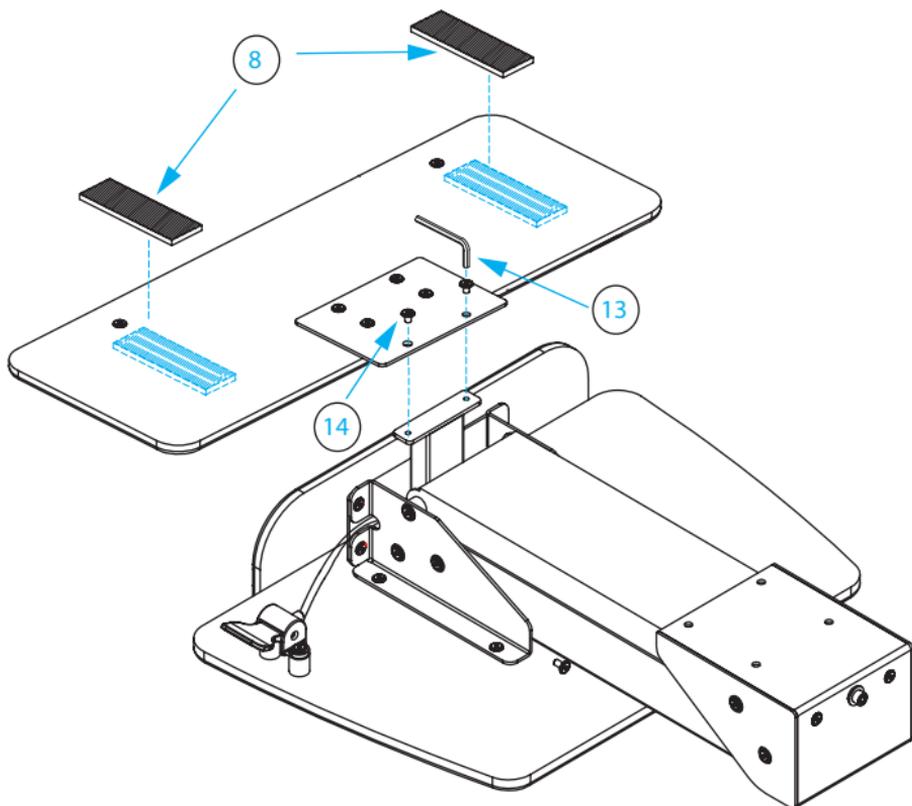
Attach the back plate to the keyboard tray

1. Line up the top four holes on the back plate (3) with the four holes on the keyboard tray (2) so that the bottom two holes on the back plate are hanging over the edge of the keyboard tray. Depending on your preference, you can attach the back plate centered on the keyboard tray or off-centered to the right or left.
2. Use the M4*55 Allen wrench (13) to insert four M6*12 screws (15) into the back plate (3) and then the keyboard tray (2).
3. Turn the Allen wrench clockwise to tighten the screws.



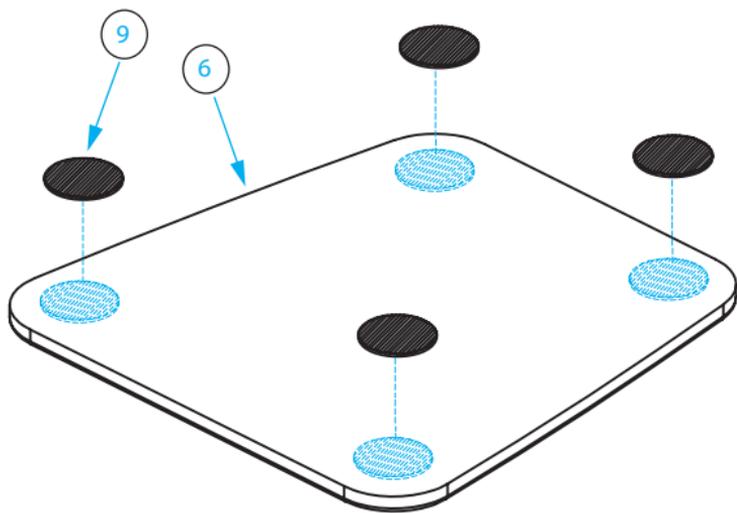
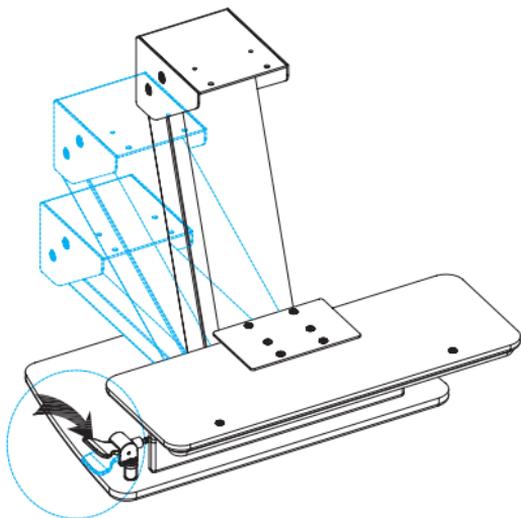
Attach the keyboard tray to the mounting pillar

1. Affix the small pressure pads (8) onto the reverse side of the keyboard tray (2) in the areas indicated in the diagram.
2. Use the M4*55 Allen wrench (13) to insert two M6*8 screws (14) into the top two holes on the keyboard tray (2) and then the mounting pillar (7).
3. Turn the Allen wrench clockwise to tighten the screws.



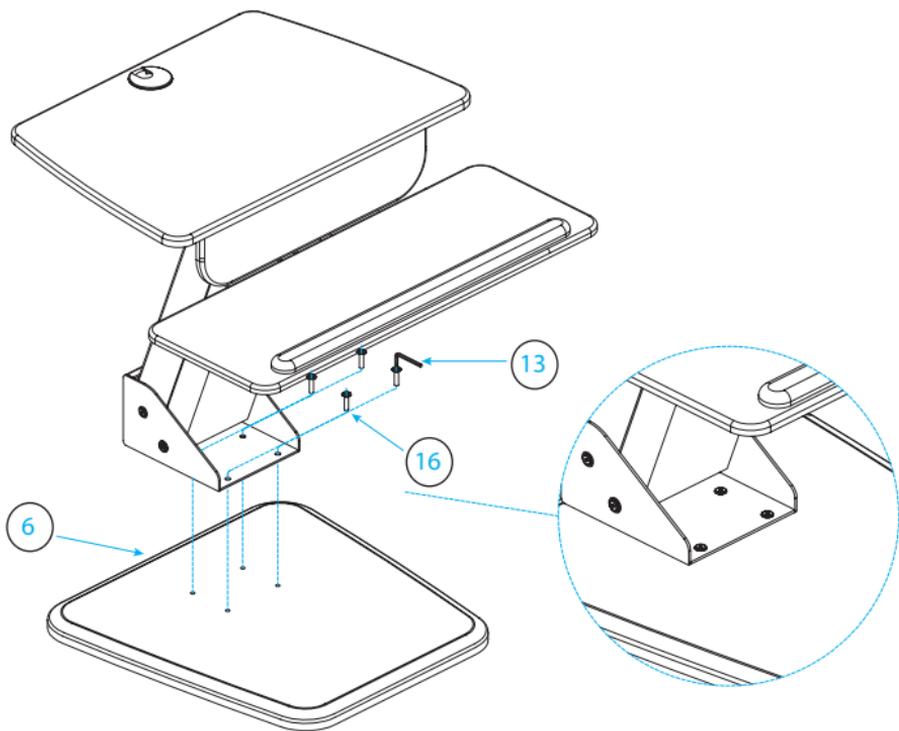
Affix the pressure pads to the base

1. Press the pneumatic arm pedal to extend the pneumatic arm.
2. Affix the circular pressure pads (9) onto the underside of the base (6) in the areas indicated in the diagram.



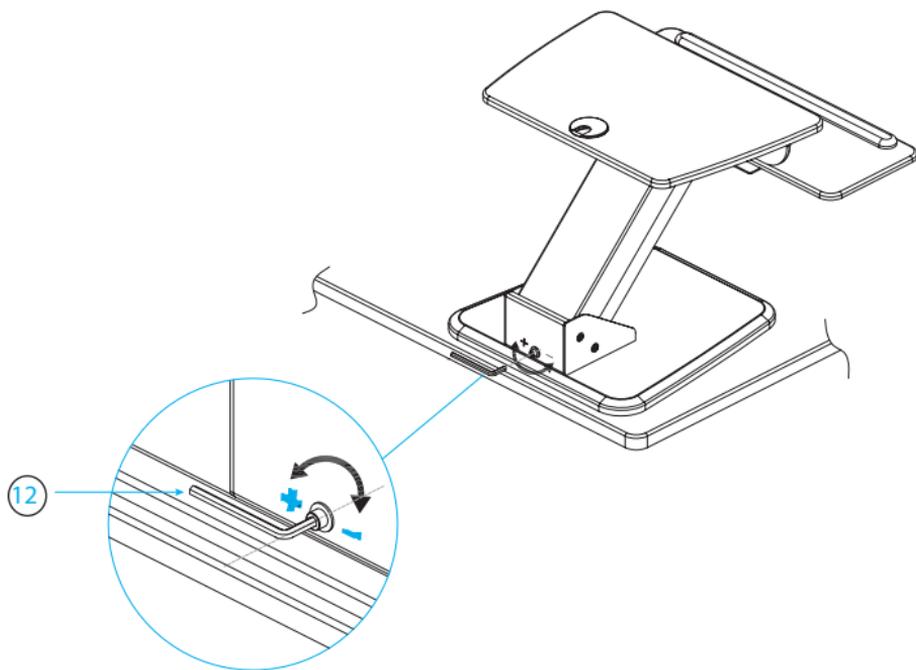
Attach the base

1. Turn over the assembled pneumatic arm and line up the four holes on the pneumatic arm (1) with the four holes on the base (6).
2. Use the M4*55 Allen wrench (13) to insert four M6*25 screws (16) through the holes on the pneumatic arm (1) and into the base (6).
3. Turn the Allen wrench clockwise to tighten the screws.



Convert the ARMSTS to a sitting or standing position

1. To convert the ARMSTS to a standing or sitting position, press the pedal on the pneumatic arm.
2. To adjust the tension, move the arm to 45 degrees and do one of the following:
 - If the weight of the monitor(s) makes it difficult to easily lift the workstation, use the M6*95 Allen wrench (12) to move the screw at the back of the pneumatic arm (1) counterclockwise.
 - If the workstation lowers too quickly, use the M6*95 Allen wrench (12) to move the screw at the back of the pneumatic arm (1) counterclockwise.
 - If the workstation doesn't easily lower down, use the M6*95 Allen wrench (12) to move the screw at the back of the pneumatic arm (1) clockwise.

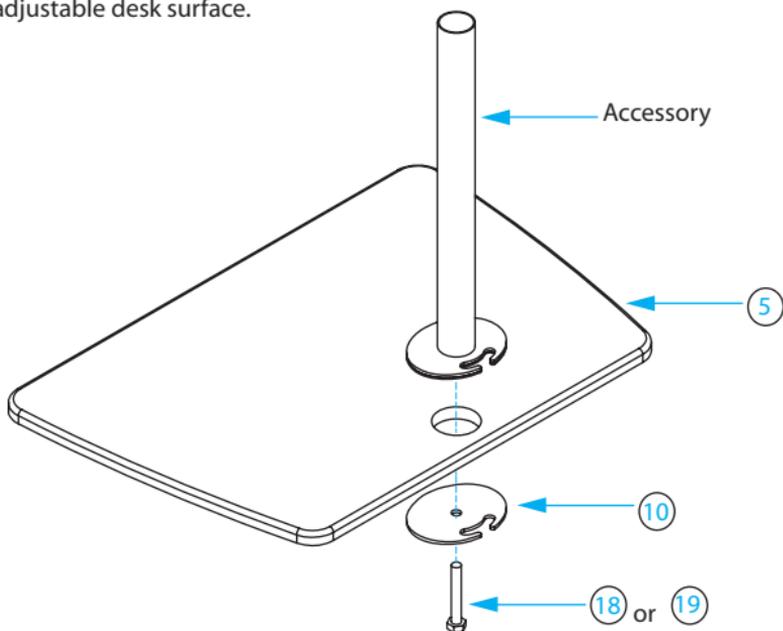


Attach a monitor stand

StarTech.com offers several optional accessories that you can use with the ARMSTS, including the [ARMDUAL](#), [ARMSLIM](#), or [ARMPIVOT](#). To attach the optional accessories, complete the following steps:

1. If the accessory is configured for a desk mount, it needs to be reconfigured for a grommet mount. For detailed instructions on how to do this, see the documentation that came with your product.
2. Position the accessory over the grommet on the ARMSTS workstation (5).
3. Depending on the size of the monitor stand pole, thread the M10*50 bolt (18) or the #3/8 - 16 x 50 mm bolt (19) through the clamp plate (10).
4. Holding the accessory upright, thread the bolt through the grommet and into the accessory.
5. Turn the bolt clockwise to tighten it.

Warning! If you add a dual arm monitor stand to the ARMSTS, make sure that you don't extend the monitors beyond the edge of the top plate. If you exceed the product weight limit or extend the monitors passed the desk surface, you will create a tipping hazard. Make sure that you install the dual arm monitor when the ARMSTS is lowered, distribute the weight evenly, and don't extend the monitors beyond the edge of the adjustable desk surface.



Weight restrictions

Warning! The weight limit for the ARMSTS is a total of 26.4 pounds and the total weight of the monitors and keyboard shouldn't exceed that weight. The weight limit of the keyboard tray is 10 pounds.

Technical support

StarTech.com's lifetime technical support is an integral part of our commitment to provide industry-leading solutions. If you ever need help with your product, visit www.startech.com/support and access our comprehensive selection of online tools, documentation, and downloads.

For the latest drivers/software, please visit www.startech.com/downloads

Warranty information

This product is backed by a two-year warranty.

StarTech.com warrants its products against defects in materials and workmanship for the periods noted, following the initial date of purchase. During this period, the products may be returned for repair, or replacement with equivalent products at our discretion. The warranty covers parts and labor costs only. StarTech.com does not warrant its products from defects or damages arising from misuse, abuse, alteration, or normal wear and tear.

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