Sit-to-Stand Workstation

ARMSTS

*actual product may vary from photos

FR: Guide de l’utilisateur - fr.startech.com
DE: Bedienungsanleitung - de.startech.com
ES: Guía del usuario - es.startech.com
NL: Gebruiksaanwijzing - nl.startech.com
PT: Guia do usuário - pt.startech.com
IT: Guida per l'uso - it.startech.com

For the latest information, technical specifications, and support for this product, please visit www.startech.com/ARMSTS.

Manual Revision: 10/14/2015
Use of Trademarks, Registered Trademarks, and other Protected Names and Symbols

This manual may make reference to trademarks, registered trademarks, and other protected names and/or symbols of third-party companies not related in any way to StarTech.com. Where they occur these references are for illustrative purposes only and do not represent an endorsement of a product or service by StarTech.com, or an endorsement of the product(s) to which this manual applies by the third-party company in question. Regardless of any direct acknowledgement elsewhere in the body of this document, StarTech.com hereby acknowledges that all trademarks, registered trademarks, service marks, and other protected names and/or symbols contained in this manual and related documents are the property of their respective holders.
# Table of Contents

Product diagram ........................................................................................................ 1

Product dimensions .................................................................................................... 2

Introduction ................................................................................................................ 3
  Packaging contents .................................................................................................... 3

Assemble the workstation ............................................................................................ 5
  Attach the pneumatic arm to the workstation ........................................................ 5
  Attach the keyboard tray backing to the mounting pillar ...................................... 6
  Attach the pneumatic arm to the mounting pillar .................................................. 7
  Attach the back plate to the keyboard tray ............................................................. 8
  Attach the keyboard tray to the mounting pillar ..................................................... 9
  Affix the pressure pads to the base ...................................................................... 10
  Attach the base ....................................................................................................... 11
  Convert the ARMSTS to a sitting or standing position .......................................... 12

Attach a monitor stand ............................................................................................... 13

Weight restrictions .................................................................................................... 14

Technical support ...................................................................................................... 15

Warranty information ............................................................................................... 15
Product diagram

- Workstation
- Keyboard tray backing
- Keyboard tray
- Pneumatic arm
- Pneumatic arm pedal
- Base
Product dimensions

600 mm (23.6 in.)
680 mm (26.8 in.)
250 mm (9.8 in.)
588 mm (22.95 in.)
800 mm (31.5 in.)
500 mm (19.7 in.)

856 mm (33.7 in.)
642 mm (25.3 in.)
559.9 mm (22.0 in.)
345.9 mm (13.6 in.)
583 mm (22.95 in.)
441.5 mm (17.4 in.)
160 mm (6.3 in.)
15 mm (0.6 in.)
25 mm (1.0 in.)

856 mm (33.7 in.)
642 mm (25.3 in.)
800 mm (31.5 in.)
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

1. Pneumatic arm
   Qty: One

2. Keyboard tray
   Qty: One

3. Back plate
   Qty: One

4. Keyboard tray backing
   Qty: One

5. Workstation
   Qty: One

6. Base
   Qty: One

7. Mounting pillar
   Qty: One

8. Small pressure pads
   Qty: Two

9. Circular pressure pads
   Qty: Four

10. Clamp plate
    Qty: One

11. Plastic spacing washers
    Qty: Two

12. M6*95 Allen wrench
    Qty: One
M4*55 Allen wrench
Qty: One

M6*8 screws
Qty: Two

M6*12 screws
Qty: Fourteen

M6*25 screws
Qty: Four

M6*35 screws
Qty: Two

M10*50 bolt
Qty: One

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

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.

Limitation of Liability
In no event shall the liability of StarTech.com Ltd. and StarTech.com USA LLP (or their officers, directors, employees or agents) for any damages (whether direct or indirect, special, punitive, incidental, consequential, or otherwise), loss of profits, loss of business, or any pecuniary loss, arising out of or related to the use of the product exceed the actual price paid for the product. Some states do not allow the exclusion or limitation of incidental or consequential damages. If such laws apply, the limitations or exclusions contained in this statement may not apply to you.
Hard-to-find made easy. At StarTech.com, that isn’t a slogan. It’s a promise.

StarTech.com is your one-stop source for every connectivity part you need. From the latest technology to legacy products — and all the parts that bridge the old and new — we can help you find the parts that connect your solutions.

We make it easy to locate the parts, and we quickly deliver them wherever they need to go. Just talk to one of our tech advisors or visit our website. You’ll be connected to the products you need in no time.

Visit www.startech.com for complete information on all StarTech.com products and to access exclusive resources and time-saving tools.

StarTech.com is an ISO 9001 Registered manufacturer of connectivity and technology parts. StarTech.com was founded in 1985 and has operations in the United States, Canada, the United Kingdom and Taiwan servicing a worldwide market.