

# Sit-to-Stand Workstation

ARMSTS



\*actual product may vary from photos

FR: Guide de l'utilisateur - [fr.startech.com](http://fr.startech.com)

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For the latest information, technical specifications, and support for this product, please visit [www.startech.com/ARMSTS](http://www.startech.com/ARMSTS).

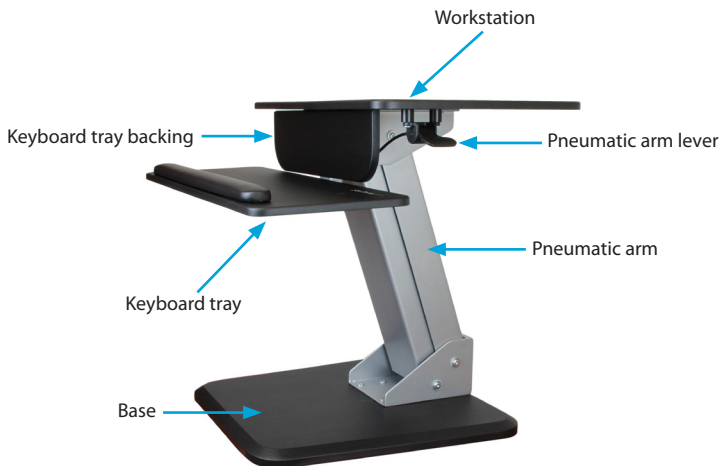
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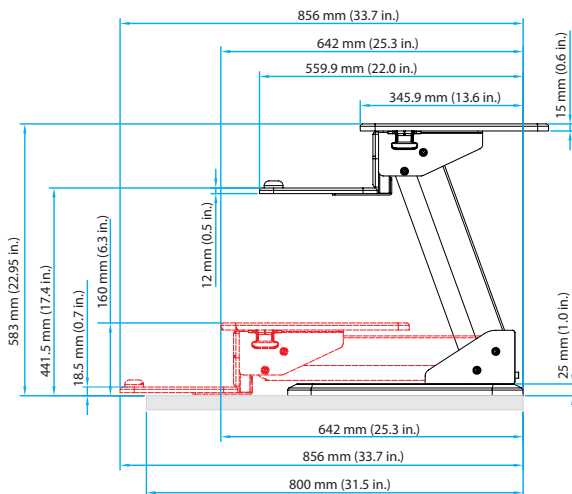
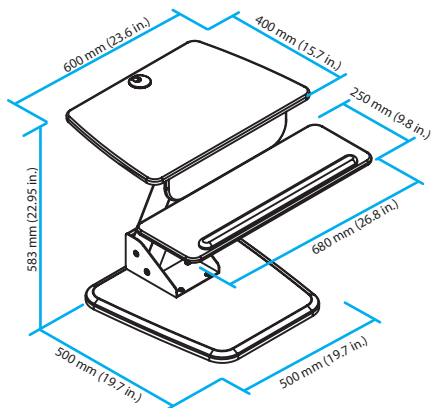
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# Product diagram



# Product dimensions

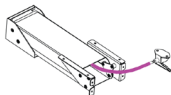


# Introduction

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.

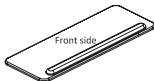
## Packaging contents

1



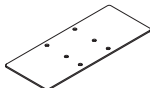
Pneumatic arm  
Qty: One

2



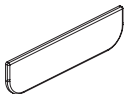
Keyboard tray  
Qty: One

3



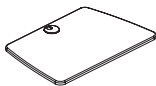
Back plate  
(keyboard tray)  
Qty: One

4



Keyboard tray backing  
Qty: One

5



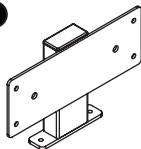
Workstation  
Qty: One

6



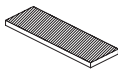
Base  
Qty: One

7



Mounting pillar  
Qty: One

8



Small pressure pads  
(keyboard tray)  
Qty: Two

9



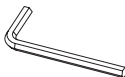
Circular pressure pads  
Qty: Four

10



Clamp plate  
Qty: One

11



M6\*95 Allen wrench  
Qty: One

12



M4\*55 Allen wrench  
Qty: One

13



M6\*8 screws  
Qty: Two

14



M6\*12 screws  
Qty: Sixteen

15



M6\*25 screws  
Qty: Four

16



M10\*50 bolt  
Qty: One

17



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

18



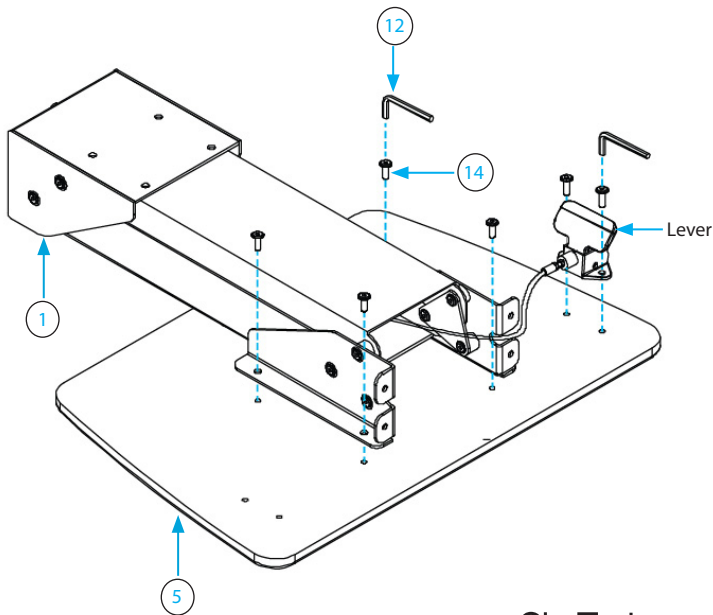
Instruction manual  
Qty: One

# 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 (12) to insert four M6\*12 screws (14) into the two holes on each side of the bracket on the pneumatic arm and into the workstation.
3. Turn the Allen wrench clockwise to tighten the screws.
4. Out of the box, the lever is tucked into the pneumatic arm. Pull the lever out from the pneumatic arm, and then use the M4\*55 Allen wrench to insert two M6\*12 screws through the holes on the sides of the lever and into the workstation.
5. Turn the Allen wrench clockwise to tighten the screws.

**Warning!** Do not over-tighten the screws.

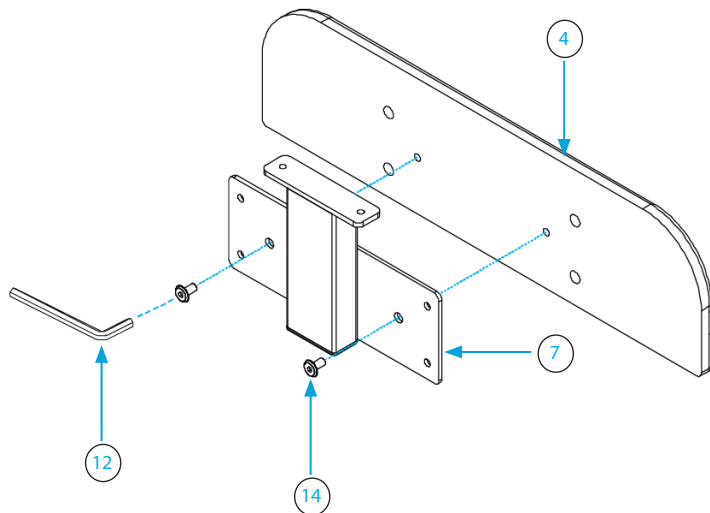




## Attach the keyboard tray backing to the mounting pillar

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 (12) to insert two M6\*12 screws (14) into the mounting pillar and then the keyboard tray backing.
3. Turn the Allen wrench clockwise to tighten the screws.

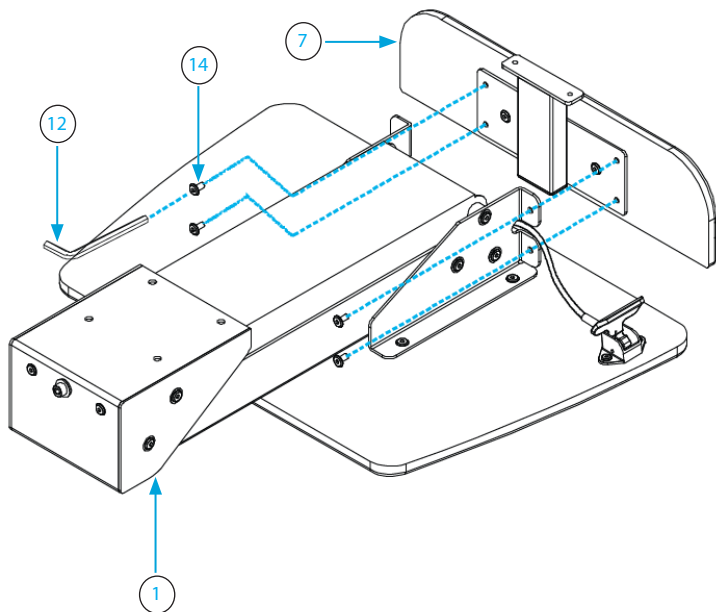
**Warning!** Do not over-tighten the screws.



## 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 (12) to insert four M6\*12 screws (14) into the pneumatic arm and then the mounting pillar.
3. Turn the Allen wrench clockwise to tighten the screws.

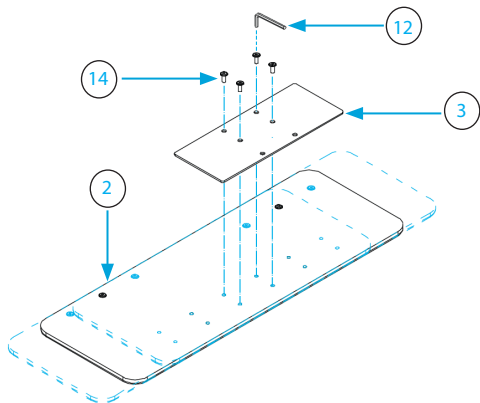
**Warning!** Do not over-tighten the screws.



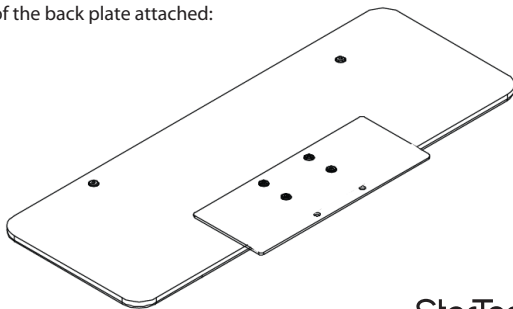
## Attach the back plate to the keyboard tray

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 (12) to insert four M6\*12 screws (14) into the back plate and then the keyboard tray.
3. Turn the Allen wrench clockwise to tighten the screws.

**Warning!** Do not over-tighten the screws.



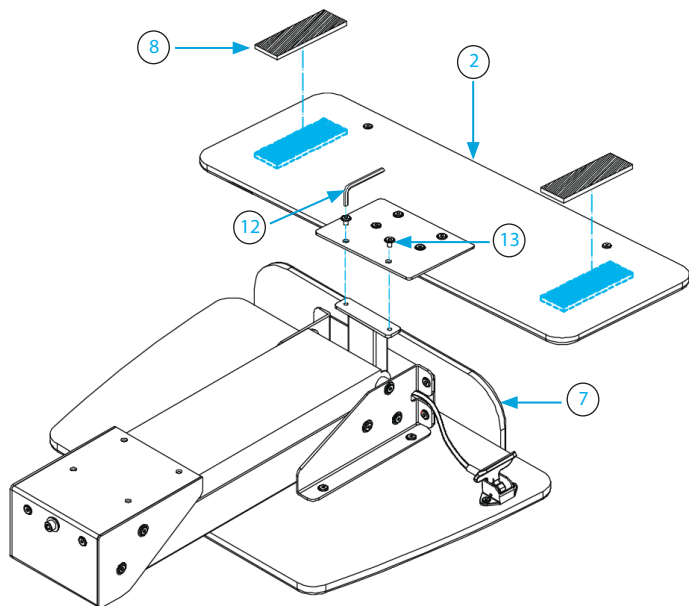
Example of the back plate attached:



## Attach the keyboard tray to the mounting pillar

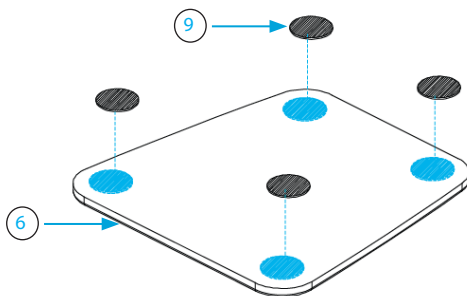
1. Affix the small pressure pads (8) onto the reverse side of the keyboard tray (2) in the areas indicated in the diagram.
2. Use the M4\*55 Allen wrench (12) to insert two M6\*8 screws (13) into the top two holes on the keyboard tray and then the mounting pillar (7).
3. Turn the Allen wrench clockwise to tighten the screws.

**Warning!** Do not over-tighten the screws.



## Affix the pressure pads to the base

1. Affix the circular pressure pads (9) onto the underside of the base (6) in the areas indicated in the diagram.



## Attach the base

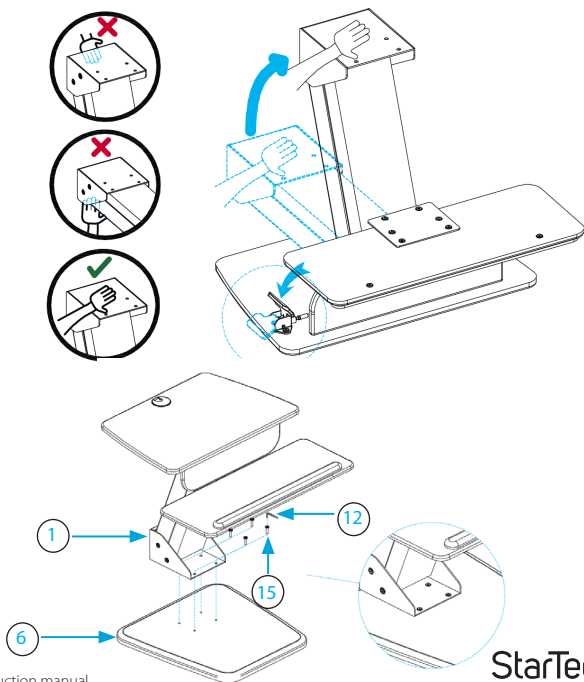
**Warning!** When you extend the pneumatic arm, keep your fingers clear of the pinch points on the pneumatic arm.

1. Press the pneumatic arm lever to extend the pneumatic arm.

**Caution:** To prevent the pneumatic arm from rising too quickly, hold down the arm of the base as you squeeze the lever.

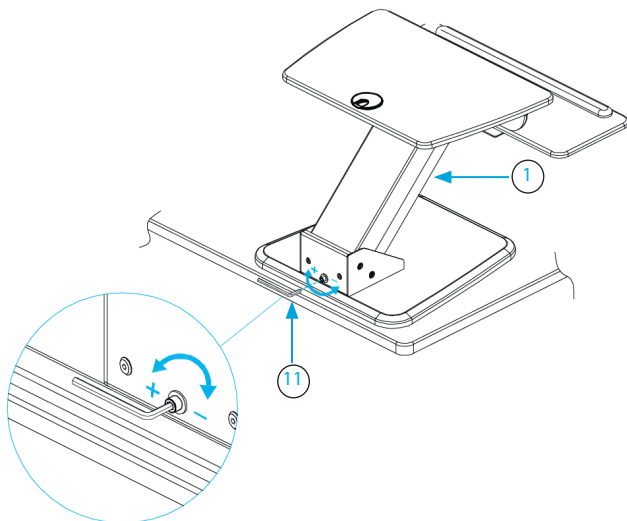
2. Turn over the assembled pneumatic arm and line up the four holes on the pneumatic arm (1) with the four holes on the base (6).
3. Use the M4\*55 Allen wrench (12) to insert four M6\*25 screws (15) through the holes on the pneumatic arm and into the base.
4. Turn the Allen wrench clockwise to tighten the screws.

**Warning!** Do not over-tighten the screws (tightening torque is 1.5 Nm).



# Convert the ARMSTS to a sitting or standing position

1. To convert the ARMSTS to a standing or sitting position, press the lever 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 (11) 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 (11) 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 (11) to move the screw at the back of the pneumatic arm (1) clockwise.



# Attach a monitor

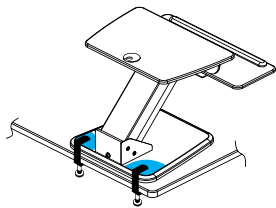
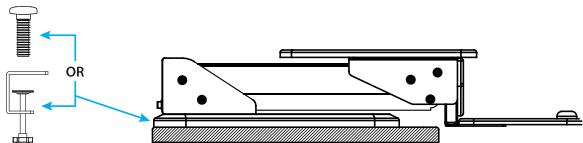
**Warning!** To maintain stability and safe use when you mount a monitor arm on ARMSTS, you must secure the rear of the base of the sit-to-stand workstation to the desk.

If you're using a StarTech.com monitor arm, use the following to secure ARMSTS to the desk:

- The C-Clamp provided with the monitor arm that you're mounting.

If you're using a third-party monitor arm, use any of the following to secure the ARMSTS to the desk:

- Screws (not included).
- A third-party clamp (not included).



**Note:** You need to position the clamp within the highlighted area on either side of the base. Only one clamp is required.

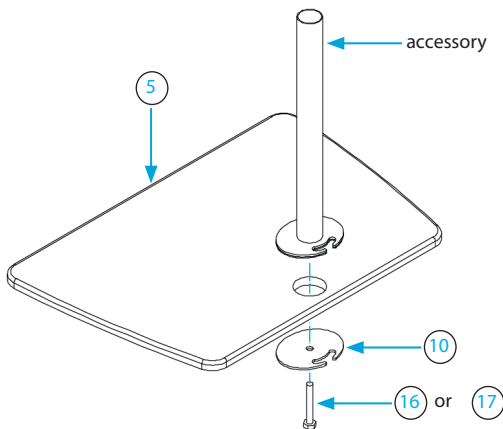
**Caution!** If you use a clamp to secure the ARMSTS to the desk, make sure that the weight of the monitor arm is distributed towards the back of the ARMSTS when you remove the clamp.

**Warning!** If you add a monitor arm 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 monitor arm when the ARMSTS is lowered, distribute the weight evenly, and don't extend the monitors beyond the edge of the adjustable desk surface.



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 (16) or the #3/8 - 16 x 50 mm bolt (17) 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.



## Weight restrictions

**Warning!** The weight limit for the ARMSTS is a total of 28.7 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](http://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](http://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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