Monitor + Movement
Neutral posture – *why adjustability matters*

**UNBALANCED HEAD & NECK**
CHIN THRUST FORWARD
As the head tilts, force on the spine increases: 60 lbs at 60°

**BALANCED HEAD & NECK**
NEUTRAL POSTURE
Average head weighs 10–11 lbs
FIXED LCD STAND

ADJUSTABLE LCD ARM
Back Pain From Sitting at a Desk
Livestrong.com, January 2014

GOT BACK PAIN?
CHECK YOUR POSTURE
Women’s Health, April 2013

BACK PAIN: FINDING SOLUTIONS FOR YOUR ACHING BACK

HOW YOU SIT AT WORK CAN HAVE A HUGE IMPACT ON YOUR HEALTH
Business Insider, August 2015

Staring at Screens All Day Changes Your Eyes, Study Finds
Huffington Post, June 2014
Monitor arms

MOVE YOU INTO THE IDEAL OFFICE ENVIRONMENT

1. Position your head for comfortable posture
2. Eliminate clutter & increase workspace
3. Create collaboration & boost productivity
Comfortable posture is neutral posture

- **Focal distance**
- **Monitor angle**
- **Keyboard height/angle**
- **Chair height**

**LX Arm**

Extends/retracts up to 33" (84 cm) for maximum focal adjustment

Thirteen-inch (33 cm) height range meets the ergonomic needs of more than nine out of ten adults
Comfortable computing is a good economic investment. Not only are costs reduced associated with healthcare and missed time, but productivity increases too. Find the calculator online at www.ergotron.com

FIDGETING IS GOOD!

Neutral posture and a little movement is healthy
2 Clear the clutter

LX Dual Side-by-Side Arm
Flexible multi-monitors

INCREASE COLLABORATION!

Studies show employees who are provided with well-designed ergonomic furniture and are trained to use it see an average 18% increase in productivity.

Investigate payback on multi-monitor investments. The example here shows how quickly your investment will be paid back in days, total number of incremental days gained per year and productivity gain of all employees. Visit payback.ergotron.com to calculate your gains.
TRUE ERGONOMICS BASED ON SCIENTIFIC ANTHROPOMETRIC STUDIES, ACCOMMODATING UP TO 95% OF THE POPULATION

10,000 CYCLE TESTING

WIDE PRODUCT SELECTION INCLUDES TALL POST MOUNTS

SIMPLE INSTALLATION

HUMAN-CENTERED DESIGNS SINCE 1982

PATENTED CONSTANT FORCE™ LIFT-AND-PIVOT MOTION TECHNOLOGY
LX Desk Mount LCD Arm

LX LCD Arm
PASSES
10,000-cycle
motion test

10-YEAR WARRANTY
LCD ARMS

LX
**Desk Mount LCD Arm**
13-inch (33 cm) height range
Extends LCDs out up to 25" (64 cm) with an extension range of 18" (46 cm)
Available in aluminum, white or matte black

LX Dual
**Stacking LCD Arm**
Versatile: Use with a notebook and LCD or with two LCDs
Extends LCDs out up to 25" (64 cm) with an extension range of 18" (46 cm)
Available in aluminum or white

LX Dual
**Side-by-Side LCD Arm**
13-inch (33 cm) height range
Extends LCDs out up to 25" (64 cm) with an extension range of 18" (46 cm)
Available in aluminum, white or matte black

LX Tall Pole
**Desk Mount LCD Arm**
13-inch (33 cm) height range
Extends LCDs out up to 25" (64 cm) with an extension range of 18" (46 cm)
Taller pole for greater vertical range
Available in aluminum or white
**LX HD Sit-Stand Desk Mount LCD Arm**
20-inch (51 cm) height range allows users to move between sitting and standing positions while they interact with the display
Extends LCD up to 33" (84 cm)

**WorkFit-LX Sit-Stand Desk Mount LCD Arm**
Easily extend or retract the arms for precise control of the distance between the keyboard and screen
Modular design

**Dual Monitor & Handle Kit**
Perfect dual-monitor mount for screen sizes of 17" to 24"
Conceal and organize cables: Display cables can be neatly routed behind displays

**MXV Single Desk Mount Arm**
13-inch (33 cm) height range
Compactly retracts to 4.4" (11,1 cm) and extends up to 22.2" (56 cm)
Available in aluminum, white or silver

**LX Sit-Stand Desk Mount LCD Arm**
20-inch (51 cm) height range allows users to move between sitting and standing positions while they interact with the display
Extends LCD up to 33" (84 cm)

**LX Dual Direct Desk Mount LCD Arm**
Low-profile monitor crossbar provides compact range of motion
Move two monitors simultaneously
Available in aluminum, white, silver or matte black

**MX Desk Mount LCD Arm**
Accommodates mid-size displays and all-in-one computers weighing up to 30 lbs (13,6 kg)
Extends/retracts LCD up to 16.7" (42,4 cm)

**MXV Dual Desk Mount Arm**
13-inch (33 cm) height range
Compactly retracts to 4.4" (11,1 cm) and extends up to 22.2" (56 cm)
Available in aluminum, white or silver
MX Mini
*Desk Mount LCD Arm*
For ultra-light 20–24" monitors and tablets
Available in aluminum or white

HX Dual
*Desk Mount LCD Arm*
Rotation-stop limits range to 180°
Works with two (2) 32" monitors
Includes handle for easy positioning
Available in aluminum, white or silver

HX Single
*Desk Mount LCD Arm*
Rotation-stop limits range to 180°
Increases viewing comfort: Helps reduce eye, back and neck strain
Available in aluminum, white or silver

HX Triple
*Monitor Bow Kit*
 Works with three (3) 24" monitors
Includes handle for easy positioning
Requires HX Single or Dual
Available in aluminum or white
Ergotron offers a variety of mounting options for MX Mini, MXV, LX and HX arms.

- Standard Two-Piece Clamp
- Grommet Mount
- Under Mount C-Clamp
- Top Mount C-Clamp

Tools for Workspace Wellness

Comfortable Computing

Join the Uprising

Get Into Your Comfort Zone

Neutral Posture + Voluntary Motion + Rest = Comfortable Computing

Sit Less. Stand More.

Better health with standing desks

Office workers all over the U.S. are sitting almost all day, which can lead to an unhealthy body. That's why Ergotron introduced the LX and MX line of products. The desk isn't just for sitting anymore. It's for standing, too. Move and work, sit and stand. Learn more and download the case study for the benefits of adding a standing desk to your office.

Freedom to Stand

If you're one of the millions of workers worldwide who spend their working day sitting, you owe it to yourself to get more up.