



**Work
From Home
Solutions**

ergotron®

Your home office set-up should help you stay comfortable, productive and healthy.

Ergotron offers a broad portfolio of professional-grade designs so you can MoveMore® as you work from home. From adjustable standing desks to monitor risers and arms, our products create personalized, ergonomic spaces that inspire creativity and long-term results. Don't have a dedicated home office? Our space-saving designs fit any room.

AS THE SIT-STAND PIONEERS, WE CAN HELP RECOMMEND THE RIGHT SOLUTION FOR YOU. EMAIL A PICTURE OF YOUR WORKSPACE TO CUSTOMERSERVICE@ERGOTRON.COM, AND WE'LL CONNECT YOU TO THE BEST OPTIONS FOR YOUR SPACE!



What do you need in your space?

Comfortable screen views
More movement
Extra workspace

Not ready to replace your current desk or table? Add a sit-stand desk converter that transforms your existing space with movement right out of the box.



Spreadsheet master? Add a second or third screen for extra productivity and the option for landscape or portrait views.

Workplace wanderer? Choose a mobile, height-adjustable workstation that moves with you to wherever you find inspiration.



Your home office ecosystem encompasses everything you need to tackle your day. Take care of your most important essential—your body—with an ergonomic fit. Keep your body in neutral posture with your elbows close to your core, shoulders open and chin level with the floor. Adjust the monitor height so that the top of the screen is at eye level, and the monitor is about an arm's length away.

Follow the Sit-Stand Switch™ and alternate every 30 minutes between sitting and standing to improve your circulation, calorie-burn and insulin management. And don't forget about rest time. Take regular breaks to relax your eyes, wrists and body.

Learn more at www.ergotron.com/ergonomics.

Monitor and keyboard arms



Easy adjustment: LX Desk Arm, Single

Place your screen where you need it for each project, and then reclaim a space full of opportunities by folding the arm and pushing it aside during a much-needed screen break. Tall pole option provides greater range of vertical positioning.



Lift monitors together: LX Dual Direct Arm

The low-profile monitor crossbar uses a compact range of motion to save space. With a total weight range of 4–22 lbs (1.8–9.9 kg), LX Dual Direct supports a wide variety of monitors. Move two screens even easier with the Dual Direct Handle Kit accessory.



Sleek and lightweight: MXV Desk Arm

The MXV Desk Monitor Arm incorporates a modern V-shaped design to create a stable yet flexible platform for screens. With a slim profile, MXV offers 13" (33 cm) of height adjustment, up to 19.5" (49 cm) monitor extension, integrated tilt and more—all on a convenient swivel base.



Supports two widescreen monitors: Neo-Flex Dual Monitor Lift Stand

Ramp up ergonomic comfort for a great price. The Neo-Flex Dual Monitor Stand lets you instantly set the height of your screens. Raise or lower screens through a 5" (13 cm) height range with 360° rotation for personalized viewing angles.



Build a complete ergonomic space: Neo-Flex™ Underdesk Keyboard Arm

With this underdesk keyboard arm, you get a full range of adjustment for an ergonomic fit with the option to store the tray under your worksurface for an automatic workspace boost. Add a monitor stand or arm for an even more comfortable workstyle.

Desk converters



Medium worksurface: WorkFit-T

WorkFit-T moves straight up and down for more stability with no sway, tip or height-drop—even as you lean on the worksurface. It arrives fully assembled—just place it on your tabletop, and you're ready to work! Save space and add more adjustment with an accessory monitor mount for happy working.



Right-angle power play: WorkFit Corner

The WorkFit Corner Standing Desk Converter turns unused space into a productive right-angle power play. It offers more worksurface and the largest keyboard tray of any WorkFit. The notched worksurface hugs 90-degree corners to slide into previous dust collector space.



Woodgrain finish: WorkFit-Z Mini

This compact sit-to-stand converter turns your current tabletop into a height-adjustable standing desk. The modern grey woodgrain finish fits your home decor and the technology you love—single monitors, tablets or laptops. Best of all, out-of-the-box set-up is as easy as 1-2-Z.



Mobile desks



Move wherever your work takes you: **Ergotron Mobile Desk**

The Ergotron Mobile Desk moves with you to adapt to how you want to work and where. Easily go from sitting or standing for comfortable working in your home office, living room or even outside.



Innovative computer cart: **WorkFit-C**

This computer cart doubles as an adjustable sit-stand desk with a compact, mobile footprint that easily moves thanks to dual-wheel casters. Personalize your fit by tweaking the adjustment points as you work—no tools needed.



5 ways to add movement



Set a timer

Prevent the all-day sit fest and follow the Sit-Stand Switch™ by alternating between sitting and standing every 30 minutes. Use a kitchen timer, your smartphone or an app to remind you to move.



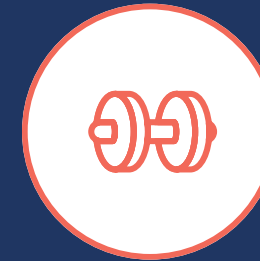
Get some fresh air

Enjoy the outdoors while getting your steps in by taking a short walk outside. Block a half-hour meeting on your calendar to walk your dog or make a loop around the block.



Build an ergonomic workspace

Invest in a professional-grade, height-adjustable workstation. Add a flexible monitor arm, and consider a second or third screen for a productivity boost.



Find new ways to exercise

Search online for free resources tailored for at-home workouts, or incorporate simple exercises to sharpen your focus as you stretch your muscles.



Have a standing meeting

Make the most of your meeting time by standing. Take a lap around your house or head outside to increase your blood flow and circulation for a natural jolt of energy.

Bolster creativity, energy and productivity

TOOLS TO MOVE YOU FORWARD

Visit www.ergotron.com/tools and www.ergotron.com/tips
for resources to help transform your at-home workspace.



WorkFit Tips and Tricks



Workspace Assessment



Workspace Planner



Calorie-Burn Calculator



Sitting-Time Calculator



Ergonomic Payback Calculator

Download additional resources at ergotron.com.

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