



**Work
From Home
Solutions**

ergotron®

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

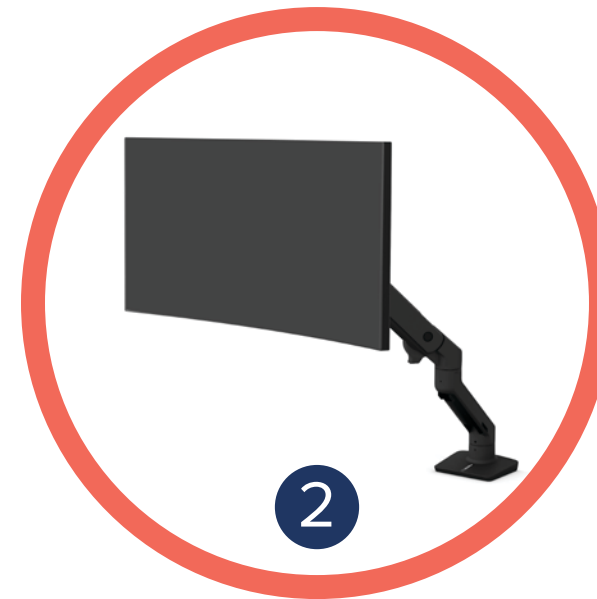
Ergotron offers a broad portfolio of professional-grade designs so you can MoveMore® as you work from home. From adjustable standing desks to monitor risers and arms, our products create personalized, ergonomic spaces that inspire creativity and long-term results. Don't have a dedicated home office?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



What do you need in your space?

Comfortable screen views
More movement
Extra workspace

Is your screen stuck in one place? Too far or too close to you? Find your best view and place it where you need it with our ergonomic desk monitor arms.



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.



Laptops are often the least ergonomic IT equipment. Add an adjustable stand, mouse and keyboard to create a comfortable set-up for you.

Need to add movement to your day? Transform your existing workspace into a sit-stand desk with our height-adjustable converters.



Monitor arms and stands



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. Product number: 45-241-224



Supports two 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 13 cm height range with 360° rotation for personalized viewing angles. Product number: 33-396-085



Discover more workspace: LX Dual Stacking Arm

Bring flexibility and ergonomics to your workstation with the LX Dual Stacking Arm. Position two monitors or one monitor and a laptop for a space-saving, comfortable workspace. Product number: 45-248-026



One step lift and tilt: Neo-Flex Notebook Lift Stand

This premium laptop stand gives you 15 cm of height adjustment for better ergonomics and productivity. Lift, turn and tilt your laptop's screen at eye level for comfortable working. Product number: 33-334-085



Support wide and/or curved screens: HX Desk Arm

Easily reposition large monitors weighing up to 19 kg while enhancing your workspace with a sleek design. Add a dual or triple monitor bow kit to up your screen count and productivity. Product number: 45-475-224



Ergonomics simplified: Neo-Flex Monitor Stand

Ramp up ergonomic comfort for a great price. The Neo-Flex Monitor Stand lets you instantly set the height of your screen through a 13 cm height range for a more comfortable view. Product number: 33-310-060

Sit-stand desk converters



Large worksurface: WorkFit-TL

WorkFit-TL 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. Product number: 33-406-085



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. Product number: 33-458-917

Mobile desks



Move wherever your work takes you: **LearnFit® Mobile Desk**

The LearnFit 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.

Product number: 24-481-003



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.

Product number: 24-215-085



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.



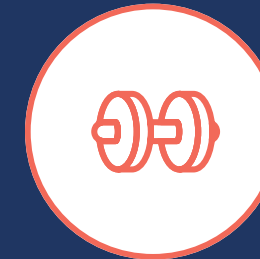
Get some fresh air

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/support for resources to help transform your at-home workplace.



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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Patent information available at www.ergotron.com/patents

