

A top-down view of a person working at a desk. The person is wearing a grey t-shirt and blue jeans, with their hands on a black keyboard. To the left is a laptop showing a landscape image. To the right is a large monitor displaying a dashboard with various charts and graphs. A black mouse is on the desk to the right of the keyboard. A smartphone is on a wooden coaster to the right of the mouse. A small potted plant is in the top right corner. A red hexagonal overlay is in the center of the image, containing the text 'Work From Home Solutions'.

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.



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.



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.

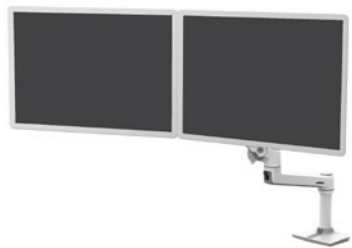


Monitor, laptop and keyboard arms



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 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.



Adaptable as you: HX Desk Arm

Reposition large monitors weighing up to 19 kg while still enhancing your workspace with a sleek design. Add a dual or triple monitor bow kit to up your screen count and your productivity. Your monitor stays within your workspace with a rotation stop that limits the range to 180°.



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 13 cm height range with 360° rotation for personalized viewing angles.



Lift and tilt to eye level: 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.



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.



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 1-2-3.

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.



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.



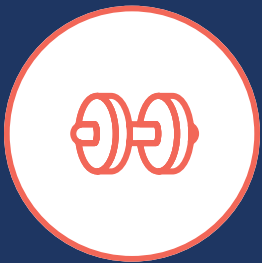
Get some fresh air

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](https://www.ergotron.com)

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Patent information available at www.ergotron.com/patents

