

THE MyMAC KANGAROO PRO – ASSEMBLY INSTRUCTIONS

ASSEMBLY PARTS LIST

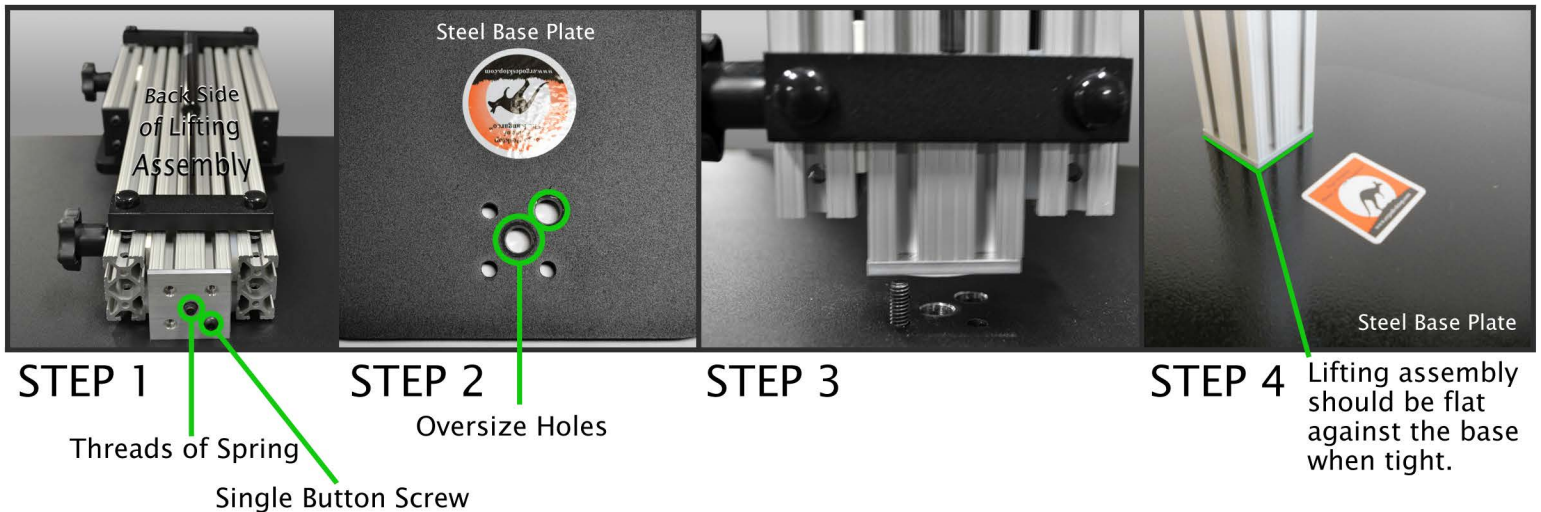
- A. (2) Black Screw Covers
- B. (2) 1/4-20 x 3.50 Hex Head Bolts
- C. (1) 5/32 Allen Wrench
- D. (2) Fender Washers
- E. (2) Acorn Nuts
- F. (3) 1/4-20 x 7/8 BHCS
- G. (2) Thick Black Washers
- H. (1) 7/16 Wrench
- I. (2) Locking Star Washers



Apple mounting plate and 9110 mount instructions included. Please visit this youtube link to view an instructional video on attaching your apple display to the apple adaptor kit.

www.youtube.com/watch?v=4D5_uMBMaCY

The Apple adaptor kit provides the 100 x100mm hole pattern needed to attach to the 9110 mount.



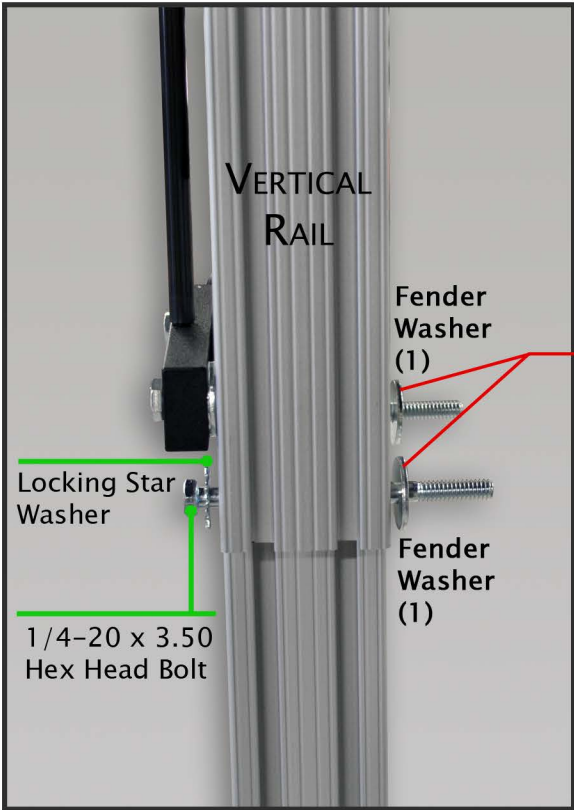
Step 1: Lay the lifting assembly on a solid surface with the back side up as shown. Notice the single Button Head Bolt and the Threads of the Spring in the assembly union. **DO NOT LOOSEN THE SINGLE BUTTON HEAD BOLT.**

Step 2: Now notice the (2) oversized holes in the Base Plate. The Single Button Head Bolt and the Threads of the Spring will go into these oversized holes.

Step 3: With the Base Plate over hanging the table about 2 inches, hold the Lifting Assembly above the Base Plate and align the Single Button Bolt and the Spring Threads into the oversized holes. Place one 1/4-20 x 7/8 BHCS through the base plate to screw in the lifting assembly.

Step 4: Insert and thread the other (2) 1/4-20 x 7/8 BHCS through the Base Plate and into the Lifting Assembly. Once all (3) bolts are threaded in, tighten securely with the 5/32 allen wrench. Lifting Assembly should be flat against the Base.

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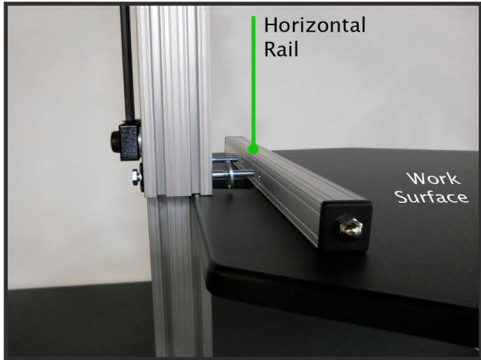
STEP 5,6,7

Step 5: Put (1) Locking Star Washer on each of the 1/4 -20 x 3.50 Hex Head Bolts.

Step 6: Insert the (2) 1/4-20 x 3.50 Hex Head Bolts through the holes in the Vertical Rail

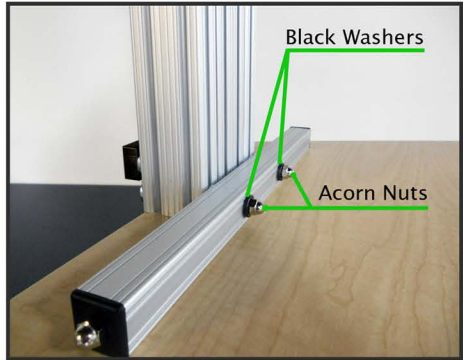
Step 7: Put (1) Fender Washer on the each of the 1/4-20 x 3.50 Hex Head Bolts on the other side of the Vertical Rail.

STEP 8



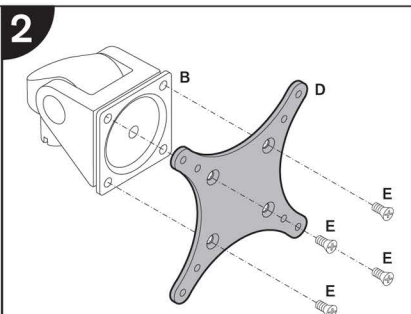
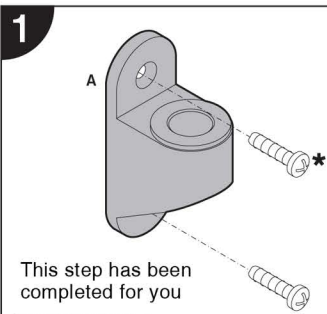
Step 8: Lift the Work Surface up and align the holes in the Horizontal Rail with the (2) 1/4-20 x 3.50 Hex Head Bolts. Push the Work Surface onto the Hex Head Bolts until the threads of the bolts come through the Horizontal Rail.

STEP 9



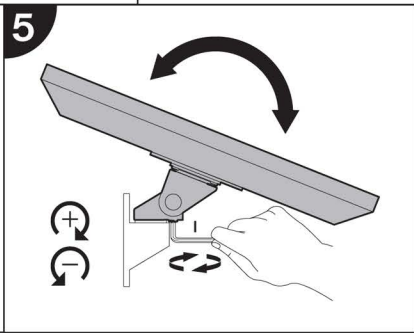
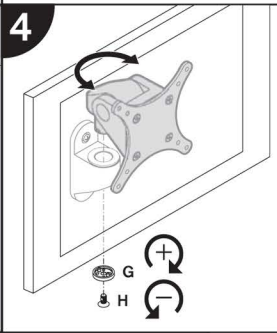
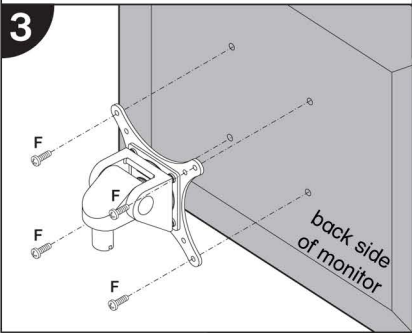
Step 9: Put (1) Black Washer and (1) Acorn Nut on the end of each of the Hex Head Bolts. Using the 7/16 wrench, tighten the Acorn Nuts securely.

STEP 10 MOUNTING YOUR MONITOR



STEP 5

The monitor will need to be faced towards the ceiling to reach the bottom adjustment bolt in the tilter mechanism. Use the 7/32 allen wrench provided with the kit to tighten the bolt.



MODEL 9110 Parts List

ITEM	DESCRIPTION / PART NO.	9110
A	Wall Mount RP406795	1
B	Monitor Tilter 405397	1
D	75mm/100mm VESA® Adapter Plate 105587	1
E	10-32 x 3/8" Phillips Flat Head Screw 702281	1 (set of 4)
F	M4-12 Phillips Pan Head Screw 702096	1 (set of 4)
G	Dog Washer 105189	1
H	10-32 x 3/8" FPHMS w/Lock Patch 705198	1
I	7/32" Allen Wrench 701127	1

THE MYMAC KANGAROO PRO



The MyMac Pro is designed to hold (1) iMac 24" or 27", Cinema Display, or Thunderbolt on the VESA compatible bracket and your keyboard and mouse on the work surface. Your MyMac Pro is shipped in the down position with the Main Brake tightened. The MyMac Pro has (2) very strong springs that assist in raising your unit to the standing position. It is best to keep the unit in the down position until you have your iMac or Mac monitor mounted to the unit. This reduces the

amount of pressure needed to lower the unit. **Always push down with both hands on the horizontal rear rail when lowering the main work surface.**

Any questions about The MyMac Kangaroo Pro
Contact us at info@ergodesktop.com or 866-232-7988

HOW TO USE THE MYMAC KANGAROO PRO

Your iMac is very heavy and the springs used to support the weight are very strong. It may take a few days to get used to the body mechanics required to lower the unit.

To raise the MyMac Kangaroo Pro, loosen the main brake(C) and lift the main work surface on the sides(D & D).

To raise your monitor/iMac, loosen the monitor brake(A) and lift the monitor shelf to the desired height.

To lower the MyMac Kangaroo Pro, loosen the main brake(C) and lean into the unit using your upper body weight pushing down with both hands on the horizontal bar at the rear of the main horizontal work surface (B & B).

To Lower the monitor, loosen the monitor brake(A) and push down with one or two hands on the monitor.

A. Monitor Brake

B. Work Surface Rail

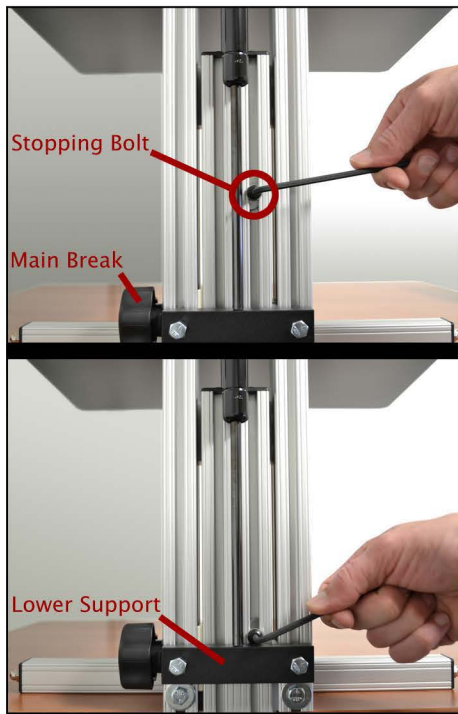
C. Main Brake

D. Main Work Surface



optimal location for support leg



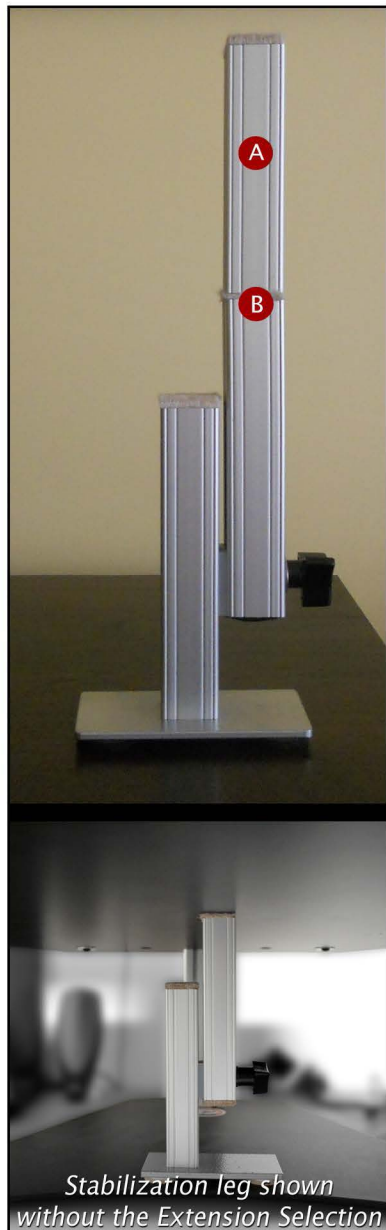


ADJUST STOPPING BOLT

On the back side of your unit you will notice a small bolt located on the lifting tower. This bolt is used as our work surface stopper. It is currently set at 15", the highest our unit should go. This setting is for a 6'2" user on a 30" high desk. If you are shorter than this, raise the unit to your desired height and tighten the Main Brake. Adjust the stopping bolt by loosening the bolt **with one turn** and drop the bolt down to reach the lower support, and re-tighten the stopping bolt.

If you are a taller individual and need to raise the stopping bolt, please note that the work surface can get up to 16 1/2 inches but you will be raising the unit into the oil dampening zone of the spring. This makes it a little more difficult to lower the unit into the seated position when raised to this maximum point.

Our work surface should only be raised to your belt or navel line. This creates a 90-110 degree angle in your elbows which is suggested in the standing position. This will also allow you to lower the unit with ease by simply transferring your upper body weight into the back of the unit.



THE STABILIZATION LEG

Your adjustable height desk top unit comes with an adjustable leg that can be used to give you maximum stability when you are using "The Kangaroo" in the standing position.

Raise the Kangaroo work surface to your desired standing height and tighten the work surface brake.

Place the adjustable leg under the work surface and loosen the adjustable leg brake. Only loosen the brake by a turn or two, too much and the brake will disengage from the slot.

Extend the adjustable leg until it engages the bottom of the work surface and then tighten the adjustable leg brake.

The leg is shipped with the **extension section** installed to give you additional height adjustment. If this is too tall for your application, simply **unscrew the extension selection**.

A Extension Selection

B screws into here

ALWAYS REMOVE LEG BRACE BEFORE LOWERING THE WORK SURFACE.