## VHM- $25^{\text {TM }}$ Arm

## Ergonomic Adjustment



## Tilt Tension

Using a 5/32" hex wrench, tighten (+) or loosen (-) the tilt tension adjustment screw until desired tilt tension is achieved.

Adjustment range is approximately $1 / 2$ turn total.
Do not remove the screw or over-torque the adjustment.


## Swivel Tension

Remove the swivel cap by inserting the end of the $1 / 8$ " hex wrench into the swivel cap and rotating outward or by pulling straight down on the cap.

Tighten (+) or loosen (-) the swivel tension nut with a $1 / 2^{\prime \prime} / 13 \mathrm{~mm}$ socket wrench until desired tension is achieved.

Do not remove the swivel tension nut.
Total adjustment is approximately $1 / 2$ turn.
Snap swivel cap back into place.

## Rear Pivot Tension

Tighten (+) or loosen (-) the pivot tension nut with
a 3/4" / 19 mm socket wrench until desired tension is achieved.

Do not remove the pivot tension nut.

