

BenQ Ergo Arm BDH01

Heavy Duty Arm, Universal Monitor Support



4.4~44 lbs
2~20 kg
per arm



Max
35"
per arm



75*75
100*100
mm



BenQ Ergo Arm offers wide weight capacity from 2 to 20 kg (per arm) to support your screen. It ensures stability, ergonomic comfort, and a clutter-free desk space.

Premium gas spring fatigue test

25,000

Times

Spring mechanism

Lifespan × 2

The gas spring ensures steady, long-lasting support for your monitor and additional gear. Its advanced tilt mechanism keeps the screen securely in place, unlike standard locking systems.



Protect Your Desk

Exclusive Reinforcement Plate

Reinforcement Plate
prevents desk damage



Easy Installation

Top mounting

Top mounting C Clamp
or grommet base

Full Range of motion



Adjust your screen
freely for ideal setup



Because it matters

Model Name	BDH01
Arm Dimension (mm)	1075 x 176 x 551 mm
Net Weight	7.48 kg
Fits Screen Size (per arm)	17" ~ 35"
VESA Compatible	100 x 100, 75 x 75
Weight Capacity (per screen)	2 ~ 20 kg
Extension	Max 568 mm (22.4")
Screen Rotation	180° ~ -180°
Swivel Range	90° ~ -90°
Tilt Range	50 ° ~ -20°
Fits Desk Thickness	Without reinforcement plates : 17 to 50 mm, With reinforcement plates : 12 to 45 mm
Mounting Option	Grommet, Clamp
Reinforcement Plates	Yes
Cable Management	Yes
Other Accessories	QSG; Warranty Card; Spare Parts