

# Down and Out Recess Mount Assembly & Installation Directions

Mounting the Down and Out Recess Mount correctly takes a lot of thought and a lot of planning. Please read the directions thoroughly and plan out how the mount would be installed best for your use. Each Setup will be different and these directions cannot account for every situation. Failure to do so may result in Damage, Injury, or Death. Dynamic Mounting is not responsible for any damage, injury, or death resulting from improper mounting or use of the Down and Out Recess Mount.

These instructions are only a guide and the consumer is responsible for correct and secure mounting. The person installing the mount should be a competent person with experience mounting load bearing assemblies. For any questions or concerns, please contact Dynamic Mounting at [Info1@DynamicMounting.com](mailto:Info1@DynamicMounting.com).



**CAUTION:** This wall mount is intended for use only with the maximum weight of 125 lbs. Use with heavier than the maximum weights indicated may result in instability causing possible injury.

**ATTENTION:** Ce support mural est destiné à être utilisé uniquement avec le poids maximum de 56.7 kgs. Utiliser avec plus lourds que les poids maximaux indiqués peut entraîner une instabilité et provoquer des blessures.

## Specifications

- Attaches to 2 studs, spaced 16" apart, that are centered on the centerline of the TV
- Fits most Flat and Curved Televisions 40" and larger to 125 lbs. Check television weight and mounting hole pattern for compatibility with your television
- **Note for smaller televisions;** the mount may be wider or taller than the television. If this is the case then the mount may be visible in the top position. See Figure 1
- Handles televisions 20 to 125 lbs
- Allowable television mounting pattern: 6.7" (170mm) to 27.2" (692mm) wide, up to 22.8" (579mm) high. Works with all VESA patterns in that range, See Figure 1
- Product Dimensions: 29.0 x 27.75 x 5.1 inches. See Figure 1
- Product Weight: 42 pounds
- Tilts 7 degrees to Vertical in top position
- Tilt can be fine-tuned Vertical +/-1 degree in out through bottom position

## FAQ

- **Where do I mount over a shelf?** See the Above Shelf Mounting section on page 8.
- **Mount is really hard to move/actuate.** See the Adjusting the Counterbalance section on page 9.
- **The TV tilts down in the top position.** See the Setting the Tilt in the Top Position section on page 11.
- **The TV isn't level in all positions.** When attaching to the wall, level off of the Hook Plate Edge, NOT the plate that attaches to the wall, see Figure 7 on page 5.
- **The TV isn't level in the out and bottom positions.** The TV's Center of Gravity needs to be centered on the mount, if the stud spacing isn't allowing this, the mount can be slid in the box +/- .75" see the , otherwise the studs will have to be moved.

**CAUTION:** These wall mounting instructions and hardware are for mounting to wood studs only. It is up to you to verify that the material supplied will work for your setup; other materials may need to be purchased by you. For concrete, brick or other mounting materials consult an expert.

Consult your TV's owner manual before mounting your television, it contains relevant information.

**Tools Needed**

- Drywall Cutting Tool
- 7/16" open ended wrenches
- 1/2" box or ratchet wrench
- 9/16" box or ratchet wrench
- 1/4" Drill Bit
- Drill
- Tape Measure
- Stud Finder
- Level
- Phillips Screwdriver
- A friend or 2, depending on how heavy your television is



**Various Items (All in One Bag)**

- 4 3/8" by 3" long lag screw with washer
- 4 Zip Ties
- 2 Adhesive Rubber Bumpers (Stick these to the mount to help protect the Shelf)
- 1 1/2" Open-Ended Wrench (For attaching Swiveling Hook Plate)
- 4 Lag Screw Cover
- 4 Washer for Lag Screw Cover

**Fasteners for Mounting the Television to the TV Hangers (All in One Bag)**

- 4 M6 x 20 mm (.78") long Phillips head machine screw
- 4 M6 x 35 mm (1.38") long Phillips head machine screw
- 4 M8 x 20 mm (.78") long Phillips head machine screw
- 4 M8 x 35 mm (1.38") long Phillips head machine screw
- 8 1/4" tall plastic spacers
- 4 1/8" tall plastic spacers
- 4 Steel M6 washers

**Parts Included**

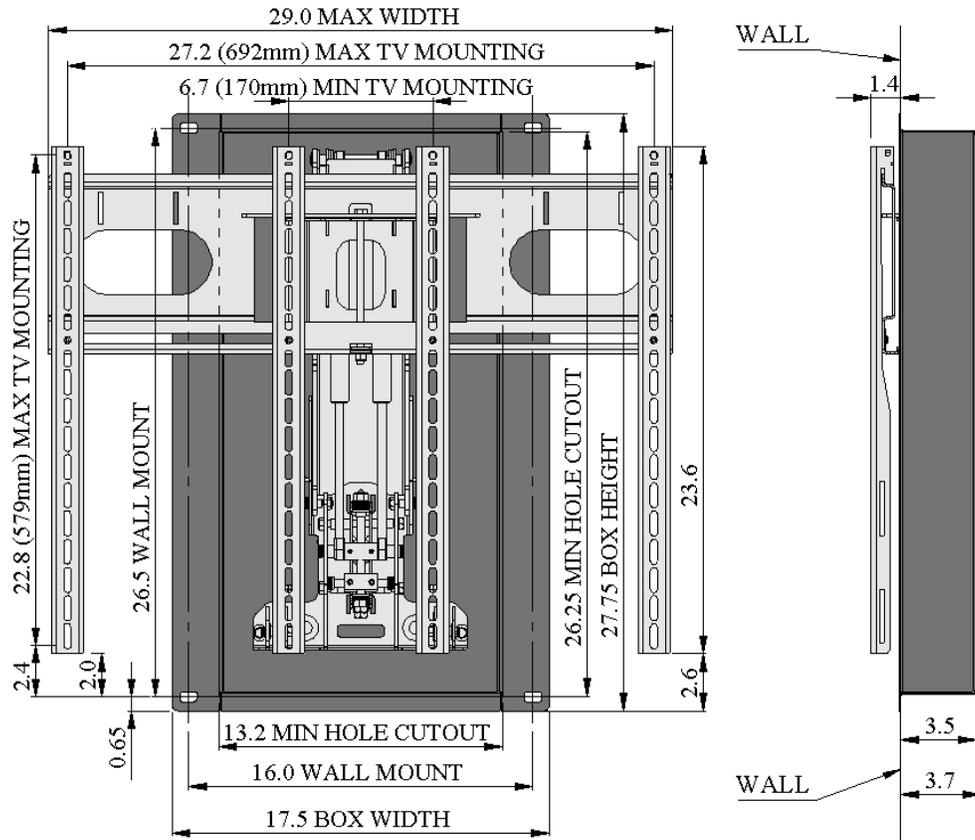
- 1 Down and Out Recess Mount
- 1 Swiveling Hook Plate
- 2 TV Hangers with Washer and Screw

**Fasteners for Attaching Swiveling Hook Plate (Taped to Bag)**

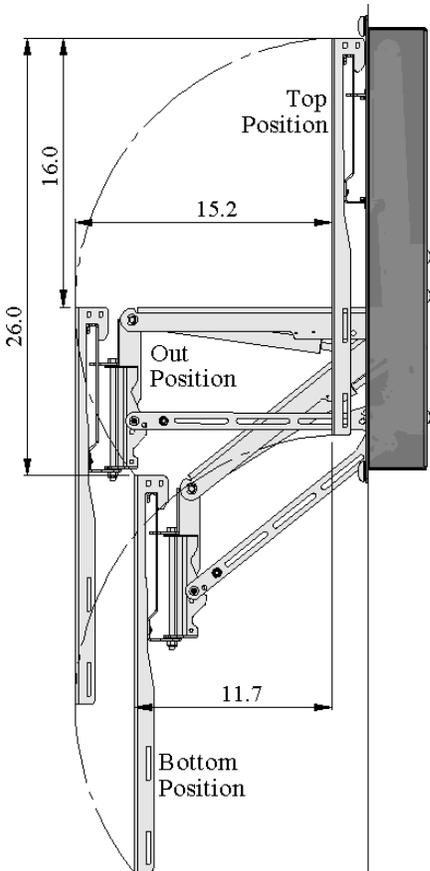
- 1 5/16" diameter x 7" Hex Head Machine Screw (Swivel Pivot Bolt)
- 1 5/16" Nylock Nut (Swivel Pivot Nut)
- 2 5/16" Washers

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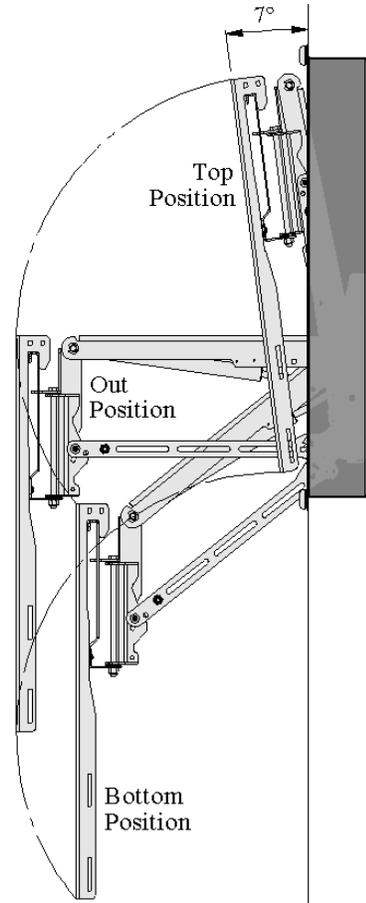


**Figure 1, Mount Overall Size, Television Mounting Hole Pattern Range, Wall Mounting Hole Pattern Range**  
 Note: Mount Only Comes with 2 television Mounting Arms, Not the 4 Shown



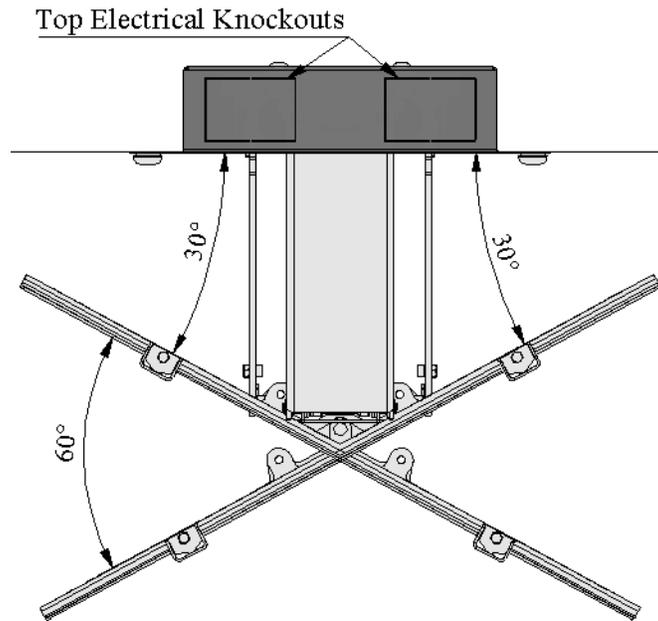
**Figure 2, Vertical in Top Position**

Vertical tolerance in Out and Bottom Positions is +/-1 degree.



**Figure 3, Max Tilt (7 Degrees) in Top Position**

Install Video at [www.DynamicMounting.com/Install](http://www.DynamicMounting.com/Install)

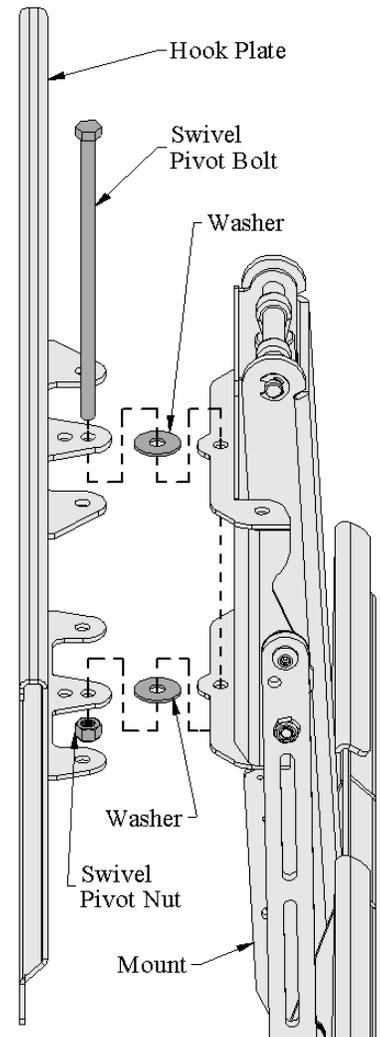


**Figure 4, Maximum Swivel**

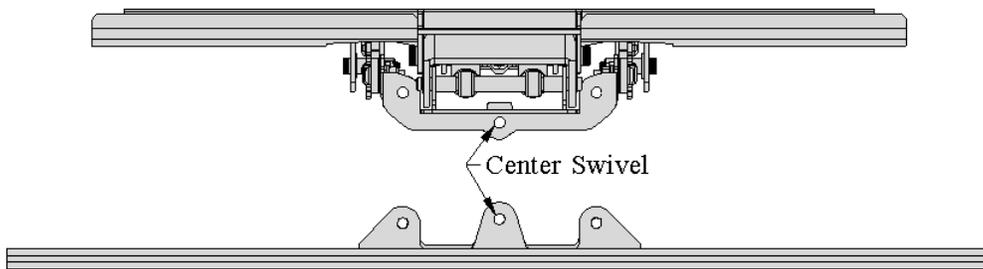
### Attaching Swiveling Hook Plate to Mount

The Swiveling Hook Plate needs to be attached to the Mount before anything else can be done. Attach through the holes shown in Figure 5. Slide the Swivel Pivot Bolt through the holes and washers from the top as shown in Figure 6. Do it from the top so that even if the nut comes off, the Bolt cannot slide out because of gravity.

Some holes may be tight, if so gently hammer the bolt through. Tighten the Swivel Pivot Nut down with a 1/2" wrench until all the parts are compressed together and the Swivel Hook Plate takes a little effort to turn, you can adjust this effort after the TV is mounted on the wall. Use the 1/2" Open-Ended Wrench, which came with the mount, to hold the head of the Swivel Pivot Bolt whole tightening.



**Figure 6 Swivel Bolt (Side View of Mount)**



**Figure 5 Swivel Holes (Top View of Mount)**

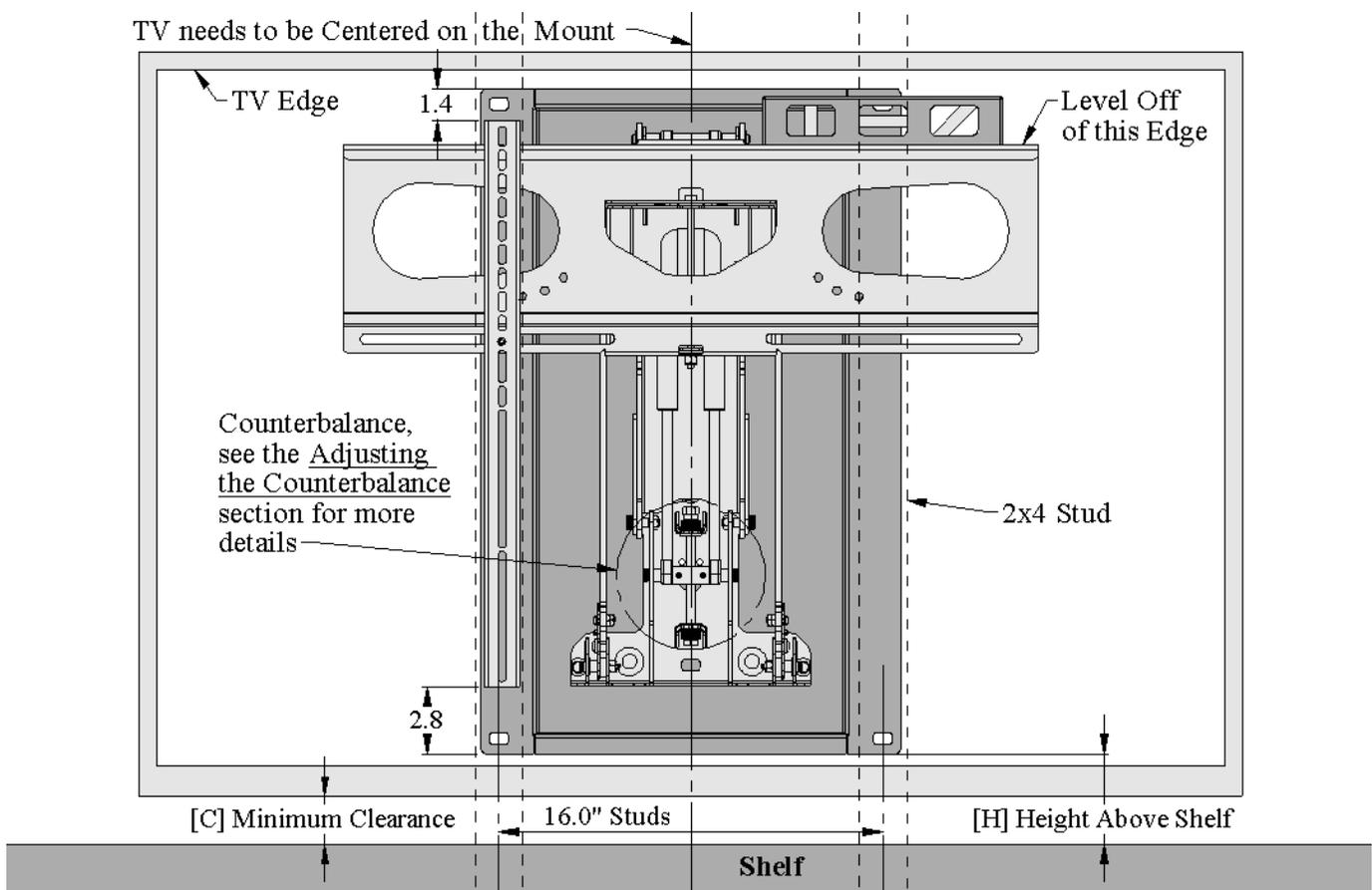
### Adjusting the Swivel Tension

After everything is mounted to the wall; the TV is hung on the mount; and the counterbalance and tilt are set, the amount of effort it takes to swivel the TV may need to be adjusted. You do this by tightening or loosening the Swivel Pivot Nut on the Swivel Pivot Bolt. Access is easiest when the mount is in an out position. Do NOT over-tighten; if it takes a lot of force to turn the nut then the pivot is as tight as it can be, if you tighten more you will start to bend the mount. For all swivel settings, if the TV doesn't stay in the wanted swivel position, even after the pivot is tightened, the mount may be tilted too much, adjust tilt nearer to vertical.

**Important:** The TV needs to be centered on the mount to avoid leaning

### Conditions for Mounting to Wall

1. Figure 7 and Figure 8 show how the mount gets laid out in the wall.
2. The television should be centered on the mount, if not the television will sag to one side. The heavier the TV and the more off center, the more unlevel the TV will be through its range of motion. If your stud placement doesn't allow for the TV to be centered, you will need to change the stud configuration.
3. The mount is designed to attach to standard 2 x 4 or larger wall studs spaced 16in apart. If the wall isn't sturdy enough then more support will need to be added, consult an expert.
4. The Center of the TV should be centered between the 2 16" studs as shown in Figure 7.
5. Between the 2 16" studs, there needs to be space for a 26.25" Tall x 13" Wide x 3.7" Deep box to fit.
6. The mount must be securely fastened to a structure that can support 4 times the total weight of the television and mount. Dynamic Mounting assumes no responsibility for damage from an improperly installed mount.
7. The mounting holes need to be in the center of the studs, use a stud finder as needed.
8. 4 lag screws, 1 in each slot, are needed to secure the mount.



**Figure 7, Positioning Mount on the Wall**

### Determining Where to Put Mount

1. Figure 7 shows the important things to look for and measure.
2. The cardboard box the mount ships in has an outline of the recess box on it, which can be cut out to help measure and locate.
3. Extra thought and planning is needed when mounting over a shelf; see the Above Shelf Mounting section on page 8 for more details and relevant dimensions. Find the needed distances [H] and [C] for your shelf depth [D].
4. To find out how the Recess Box relates to the television you should do a test fitting on the ground.
5. We suggest putting the TV Hangers on the back of the TV; ensure the TV is going to cover the recess box like expected.
6. Figure 7 shows how the TV Hangers relate to the Recess Box.
7. Figure 9 shows how to attach the TV Hangers to the TV.
8. If attaching a speaker, lay that out also with the speaker bracket.

Install Video at [www.DynamicMounting.com/Install](http://www.DynamicMounting.com/Install)

## Mounting To Wall

**Note:** The person installing the mount should be a competent person with experience mounting load bearing assemblies.

1. Once you know your location, draw a 26.25" tall x 13.2" wide rectangle centered horizontally on the TV as shown in Figure 8.
2. The cardboard box the mount ships in has an outline of the recess box on it, which can be cut out and used to draw the hole that needs to be removed.
3. Cut a hole along the lines.
4. You'll need a friend for the next steps.
5. Put the Mount in the hole, have someone hold the mount so the drywall is not taking all of the weight.
6. Pre-drill 1 of the top row of mounting holes 2.5in deep using the 1/4" drill bit.
7. Figure 8 shows the correct order to put on the lag screw.
8. Use a 9/16" wrench to install the lag screw; do not tighten all of the way down yet.
9. Level the mount as shown in Figure 7.
10. Mark and drill the other 3 holes 2.5" deep.
11. Install the lag screws and tighten until the mount is firmly pressed against the wall. Do NOT over tighten.

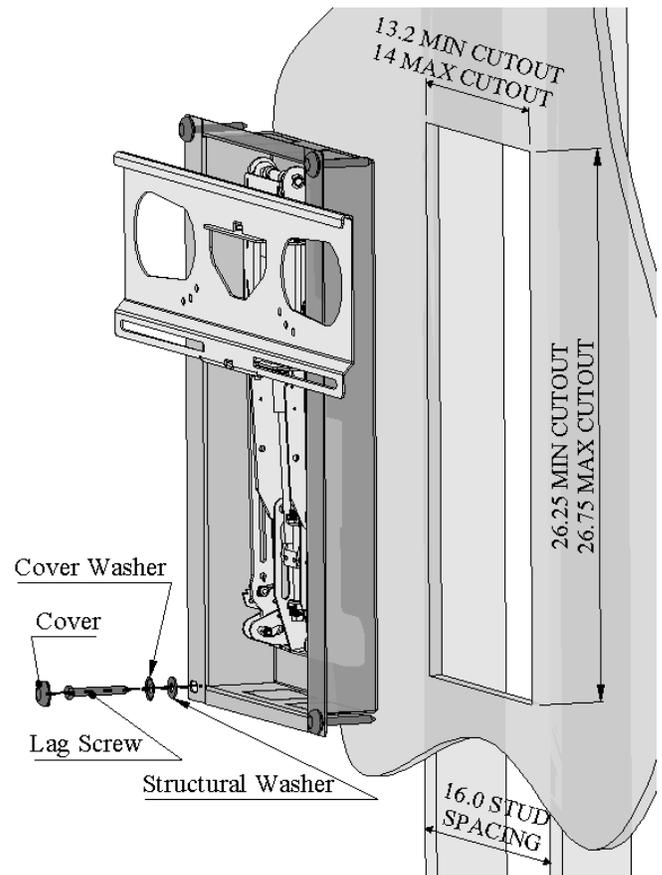


Figure 8, Attaching to Wall

## Attaching TV Hangers to Television

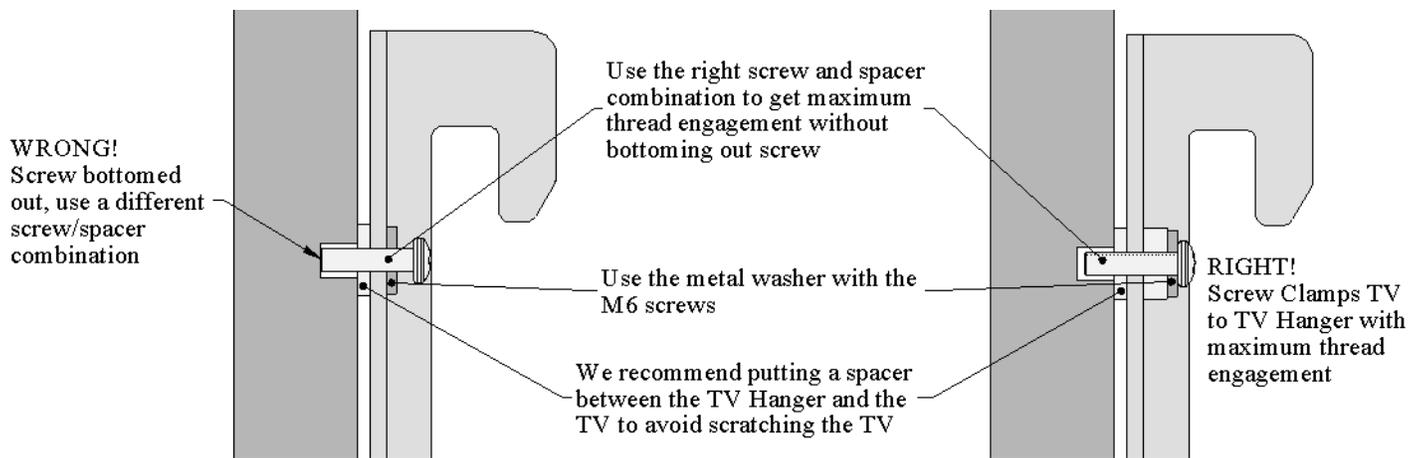


Figure 9, Attaching TV Hangers to TV

## Attaching the Television to the Mount

After the above steps are finished you are ready to put the television on the mount.

1. Adjust the counterbalance to the approximate force to handle the weight of your television. See the Adjusting the Counterbalance section on page 9 for more details. If in doubt, error to the counterbalance supplying too much force. You can easily adjust force later.
2. We recommend having someone help putting the TV on the mount.
3. Hook the TV Hangers (with the TV attached to them) over the Hook Plate as shown in Figure 10.
4. Before positioning the television side to side or pulling the mount down, insert the 2 #10 x 7/8" long machine screws with washer through the Hook Plate and into the TV Hangers, finger-tighten to ensure the TV will not fall off.
5. Adjust the television so that it is centered on the mount.
6. Tighten the screws down with a screwdriver.
7. Adjust the counterbalance so that the television can be moved around as easily as possible but still be able to stay in the desired bottom position. See the Adjusting the Counterbalance section on page 9.

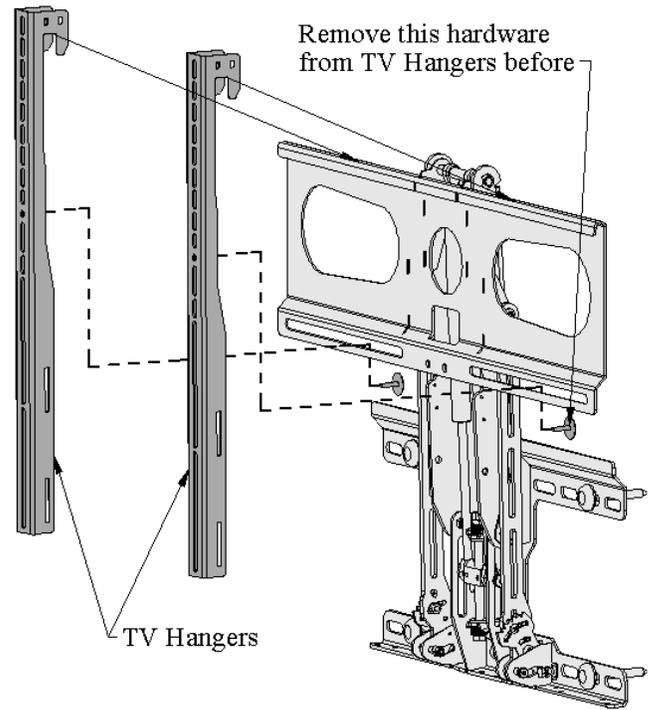


Figure 10, Attaching the Television

**Warning!** Do Not Let Go of the TV Until the Motion has stopped on its Own.

## Positions Mount Will Stay At

The Down and Out Recess Mount has a range of positions the mount will hold the TV at. The general range is shown in Figure 11. The mount can always stay in the top position.

From the top position down 12" the mount can be set to stay but the angle may not be vertical and the TV will not have a wide range of positions to stay at. The Mount really isn't designed to hold the TV in this range.

From 12" to all of the way down the mount can be set to stay in a wide range of positions. Depending on the weight of your TV the range will vary. For lighter TVs (60 lbs and under) the mount may stay in the entire bottom range. For Heavier TVs (80 lbs and over) the mount may only have a range of about 8".

## Moving the Television Up and Down

If the counterbalance is set up correctly the TV should be able to be lifted all of the way up into the top/locked position with reasonable effort. To unlock from this position pull out on the bottom of the television. To get the television all the way to the bottom position you may need to push down on the television. If the TV pops back up from the desired bottom position, reduce the counterbalance force. Typically, the force to lift the TV all of the way up is approximately 20-30% of the weight of TV.

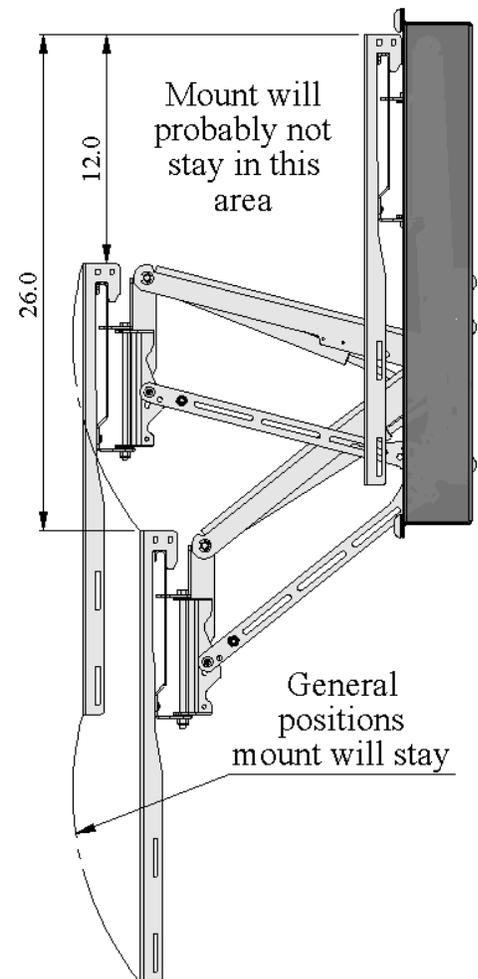


Figure 11, Positions Mount Will Stay At

**Above Shelf Mounting**

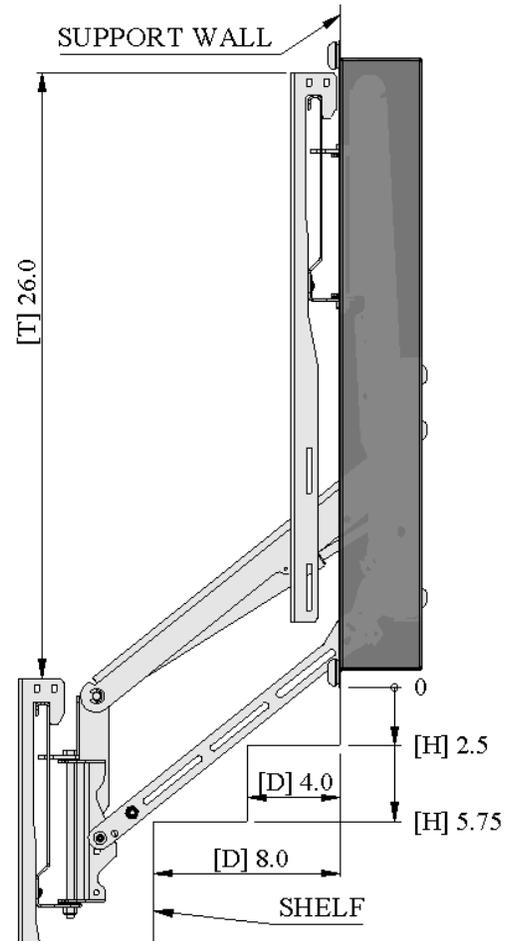
To get the lowest possible bottom position when mounting above a shelf, it is very important that you put extra thought into the mounting process. The Mount can clear shelves up to 13” deep.

The TV Clearance Table shows the minimum clearance [C] needed between the shelf top and the bottom of the TV (or the bottom of an attached speaker, whichever is lower) for the mount to swing around the shelf. To find the clearance needed, find the shelf depth [D], in this example 8”, and go down the column and find the corresponding minimum clearance height [C], which is 3”. Figure 7 shows where to measure [C] and [H].

Figure 12 and the Mount Travel Table shows you how much downward travel you will get with different shelf depths and heights above the shelf. For example, to find the downward travel [T] when you have an 8” shelf depth [D] and you attach the bottom of the recess box 6” above the shelf [H]. First find the corresponding [D] and look down the column and find the closest [H], which in this case is 5.75”. Now go left along the row and find the corresponding Travel [T]. In this case you will get a downward travel of approximately 26”.

**Tips to get the lowest possible bottom position**

- Get the top of the mount and the top of the TV to be as close as possible.
- Typically you’ll get the lowest bottom position by being near the minimum clearance shown in the TV Clearance Table.
- Getting the most travel possible out of the mount, doesn’t mean you’ll get the lowest possible bottom position.
  - For example, for a 10” shelf, to go from 24” of travel, to 26” of travel, you have to raise the mount up 5.5”. So your new bottom position is actually 3.5” higher.



**Figure 12, Shelf Clearance Drawing**

**TV CLEARANCE TABLE (OR SPEAKER/SOUNBAR CLEARANCE, WHICHEVER IS LOWER)**

**[ D ] SHELF DEPTHS (IN) (BOLD NUMBERS)**

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
0	0.25	0.5	0.75	1	1.5	1.75	2.5	3	3.75	4.5	5.5	6.75	8.25	-	-

**[ C ] MINIMUM CLEARANCE NEEDED BETWEEN SHELF TOP AND TV BOTTOM IN TOP POSITION (IN)**

26 (IN) IS THE MAXIMUM POSSIBLE DOWNWARD TRAVEL

ALL MEASUREMENTS ARE APPROXIMATE, 13 (IN) IS THE MAX SHELF DEPTH THE MOUNT WILL WORK WITH

- MEANS IT IS POSSIBLE, BUT YOU WILL NOT GET ANYMORE DOWNWARD TRAVEL

**MOUNT TRAVEL TABLE (DOWNWARD TRAVEL OF MOUNT VS. HEIGHT AND SHELF DEPTH)**

**[ D ] SHELF DEPTHS (IN)**

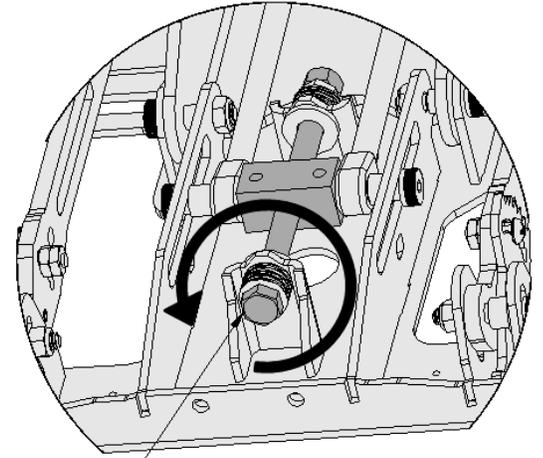
<b>[ T ] DOWNWARD TRAVEL OF MOUNT (IN)</b>	<b>[ D ] SHELF DEPTHS (IN)</b>														
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>26</b>	0	0	0.75	1.75	2.5	3.25	4	4.75	5.75	6.5	10	-	-	-	-
<b>24</b>	0	0	0	0.5	1	1.5	2	2.75	3.25	3.75	4.5	8	-	-	-
<b>22</b>	0	0	0	0	0	0.25	0.75	1	1.5	1.75	2.25	2.75	5.5	-	-
<b>20</b>	0	0	0	0	0	0	0	0	0	0.25	0.5	0.75	1	4	-

**[ H ] HEIGHT RECESS BOX IS ABOVE SHELF (IN) (UNBOLDED NUMBERS)**

## Adjusting the Counterbalance

The Mount comes out of the box set around the 65 LB TV setting and will need to be adjusted for the mount to work properly with your television. To adjust the counterbalance, turn the bottom of the counterbalance screw with a 9/16" box or ratcheting wrench, see Figure 14. This moves the Counterbalance Block up and down. The approximate counterbalance block settings for various television weights are shown in Figure 13. In Figure 13 the counterbalance is approximately set for a 65 Pound Television.

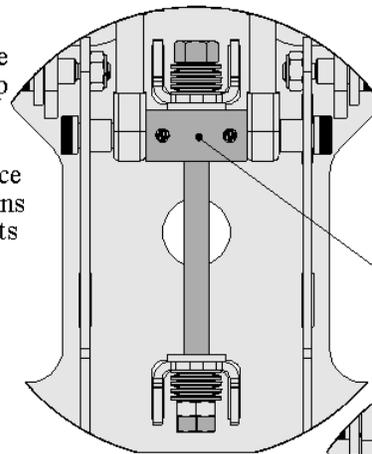
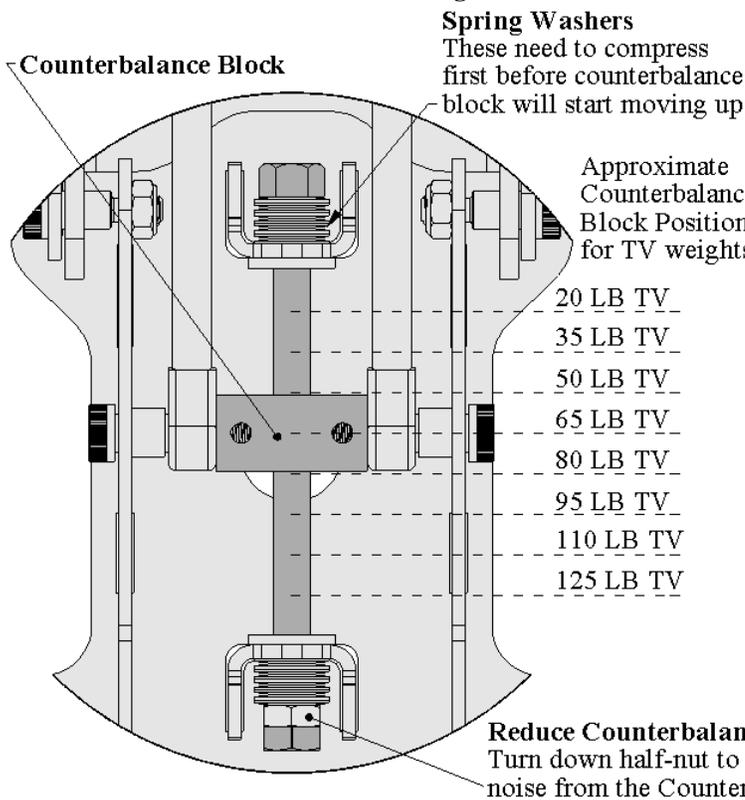
To be able to move the mount without a TV on it, you need to move the Counterbalance Block to the Minimum Counterbalance Force. At this setting it will still take 15 to 20 pounds of effort to move the mount which is harder than you think. You should secure it to something to get the mount to move. Once you put a TV on the mount, everything will work much better.



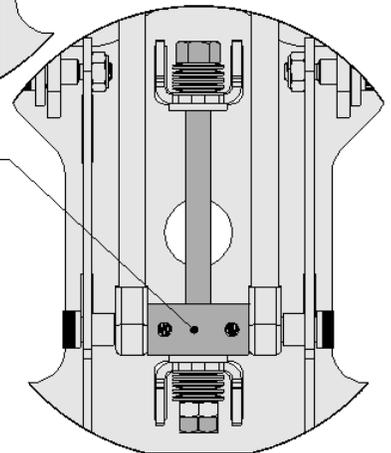
9/16in wrench  
Turn this way to decrease counterbalance force (moves the block up)

Figure 14, Adjusting Counterbalance

Figure 13, Counterbalance Settings  
Detail from Figure 7.



**Block at maximum counterbalance force**  
Comes out of the box at this setting, will need to be moved up



## Bump Stop

To help prevent the mount from over traveling, there is an adjustable Bump Stop on the mount. The Bump Stop is not made to hold any load, the counterbalance should be set to hold the load when in contact with the Bump Stop. To test this just lift the TV up a little above the Bump Stop and make sure the mount stays in position.

To Tighten and loosen, hold the Screw with a Screwdriver still, and use a 7/16" Wrench to turn the nut. When turning the nut, clockwise is to tighten. Adjust both of the Bump Stops on each side for best performance.

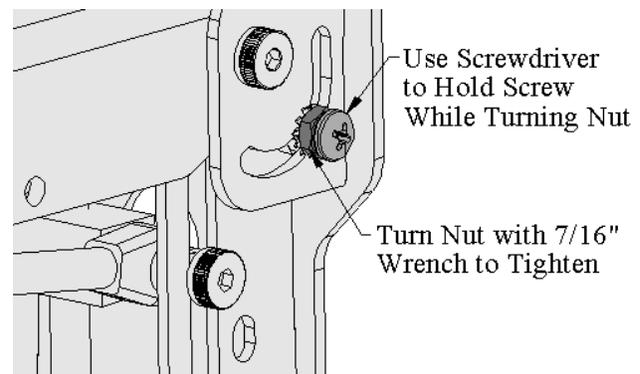


Figure 15, Bump Stop

## Wire Management

Electrical Knockouts are provided above and below the mount for easy in wall wire routing as shown in Figure 16. To get the knockouts to work, you will need the following items which are not included;

1. Old Work Single Gang Brackets
  - o Make sure they can clamp down to .075".
2. Outlets
  - o Put the outlet that sticks up more on the side that has more clearance
3. Small Cover Plates

Consult a professional if you don't have any experience working with electrical systems.

Wires can be routed along the mount, through the wire routing holes and/or zip tied with the included zip ties as shown in Figure 17. Ensure enough slack remains so the wires can move freely. Check that nothing is getting pinched or rubbing excessively after running wires.

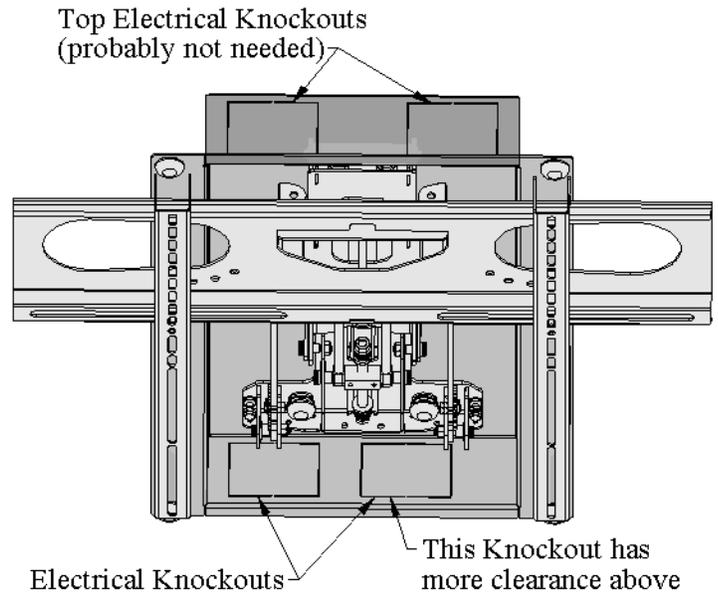


Figure 16, Electrical Knock Outs

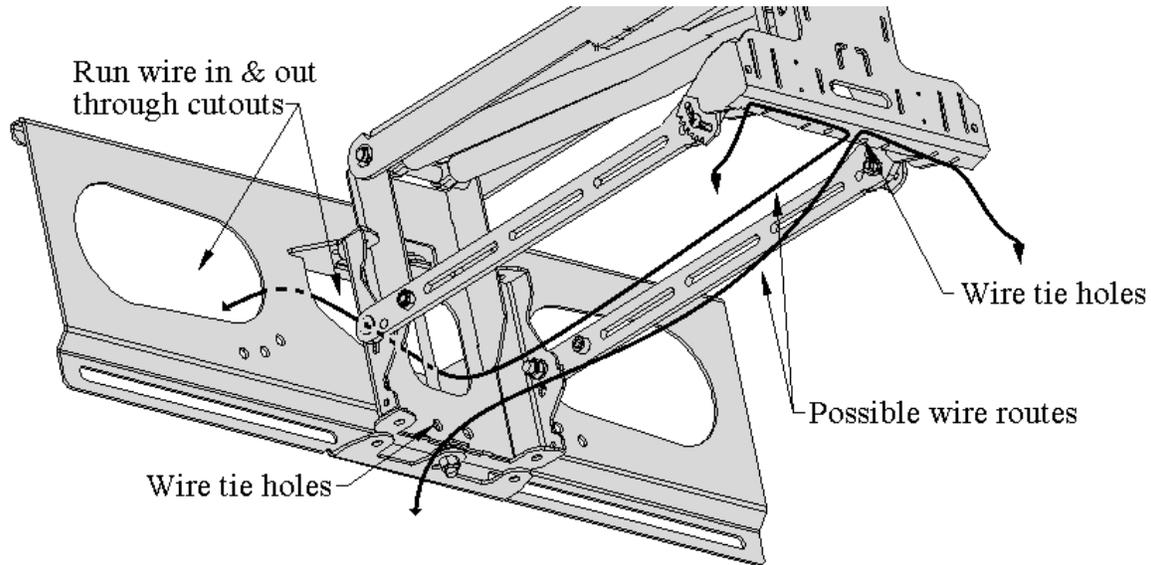


Figure 17, Wire Routing

## Rubber Bumpers

To help avoid damage to the fireplace shelf, attach the Adhesive Rubber Bumpers to the bottom of the TV mount where it would come in contact.

### Top Tilt Adjustment Nuts

Use one nut when trying different cam positions, use second nut to lock position in

### Top Tilt Cam

**Bottom Tilt Lock Nut**  
Tighten this nut against mount to keep bolt in place

**Top Tilt Adjustment Bolt**  
Sets Top Tilt Cam Position, put in different set of holes to get different positions

**Bottom Tilt Adjustment Bolt**  
Adjust this bolt in and out to change the tilt in the bottom position

### Setting the Tilt in the Top Position

In the top position the mount tilts from vertical to about 7 degrees (Figure 2 and Figure 3). To set the angle, put the mount in the out position for easier access and so there isn't any force on the cam. Adjust the Top Tilt Cam by removing the top Tilt Adjustment Bolt (Figure 18) and putting it into a different set of holes and hand tighten with one nut. Approximate tilt settings are shown in Figure 19. There is a cam on both sides of the mount, use the Top Tilt Alignment Marks and holes to ensure they are at the same position. Move the mount up and see if the tilt is correct, if not change the position of the cams, it will probably take a few times to get the tilt perfect. If you get a lot of resistance when trying to push the mount to the Top position, the Cam is set for too much up tilt and you will need to lessen it. Once you have the desired position, tighten both nuts with a 7/16" box wrench and phillips screwdriver.

### Setting the Tilt in the Bottom and Out Positions

In the bottom and out position the mounts tilt can be set Vertical +/-1 degree. To adjust, loosen up the 2 Bottom Tilt Lock Nuts with a 7/16" box wrench. Next move the 2 Bottom Tilt Adjustment Bolts in and out with the 7/16" box wrench until the mount is at the desired tilt, lock down the locknuts when satisfied with the tilt.

Figure 18, Tilt Adjust Hardware

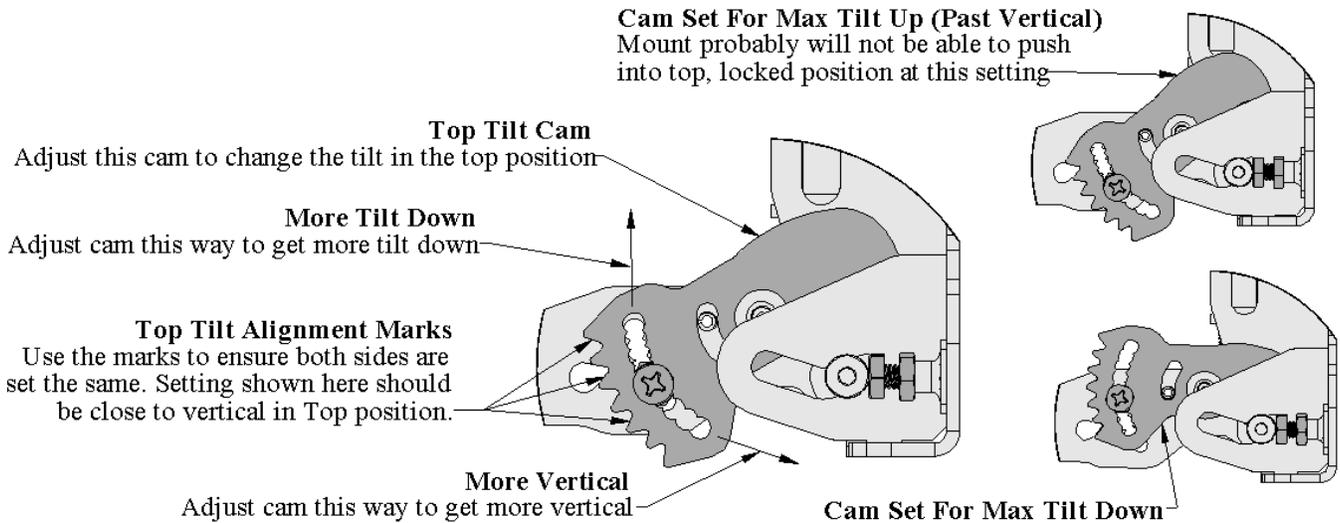


Figure 19, Top Tilt Cam Settings

## **Maintenance**

To ensure the mount will work great for as long as possible follow these simple procedures;

1. Move the mount up and down at least twice a week, this keeps the seals in the gas springs oiled.
2. Lubricate all joints every 3 months. May need more, especially if outside
3. Visually check all bolts every 3 months to ensure nothing looks like it is coming loose.

## **Warranty**

Dynamic Mounting guarantees the Down and Out Recess Mount to be free of defects for the product's warranty period of 5 years.

The warranty period begins on the original date of shipping. The limited warranty is intended only for the original purchaser. The warranty will be void if the mount is modified in anyway or not installed correctly, Including overloading, abuse, or use for any purpose other than specified in these directions. This mount is for indoor use only and the warranty will be voided if the mount is used outdoors.

Dynamic Mounting is not liable for any damage or injury caused from the use of or the inability to use our mount. To the maximum extent permitted by applicable law, Dynamic Mounting disclaims any responsibility for incidental or consequential damages.

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