



Read the entire instruction manual before you start installation and assembly. If you have any questions regarding any of the instructions or warnings, please contact your local distributor for assistance.



**CAUTION:**

- Using with products heavier than the rated weights indicated may result in instability causing possible injury.
- Please closely follow the assembly instructions. Improper installation may result in damage or serious personal injury.
- Safety gear and proper tools must be used. This product should only be installed by professionals.
- This product is designed to be installed on solid concrete walls, masonry walls or wood stud walls.
- Make sure that the supporting surface will safely support the combined weight of the equipment and all attached hardware and components.
- Use the mounting screws provided and **DO NOT OVER TIGHTEN** the mounting screws.
- This product contains small items that could be a choking hazard if swallowed. Keep these items away from children.
- This product is intended for indoor use only. Using this product outdoors could lead to product failure and personal injury.

**IMPORTANT:**

Ensure that you have received all parts according to the component checklist prior to installation. If any parts are missing or faulty, contact your place of purchase for a replacement.

**MAINTENANCE:**

Check that the product is secure and safe to use at regular intervals (at least every three months).

Model: METVBFM3790  
 Material: Steel  
 Surface Finish: Powder Coating  
 Fit Screen Size: 37" - 90"  
 VESA Compatible: 200x200, 300x300, 400x200, 400x400, 600x400  
 Weight Capacity: 65kg  
 Profile: 69~635mm  
 Tilt Range: +5° to -15°  
 Swivel Range: +60° to -60°  
 Screen Level: +3° to -3°  
 Installation: Solid Wall, Double Stud (406mm/450mm)  
 Cable Management: Yes

**ACCESSORIES INCLUDE:**

- 1pc Template paper
- 1pc Spirit level
- 1pc Hexagon Wrench

**FASTENERS INCLUDE:**

- 4pcs M5x14
- 4pcs M6x14
- 4pcs M6x30
- 4pcs M8x30
- 4pcs M8x50
- 4pcs Square Washer
- 4pcs Round Washer
- 8pcs 5mm spacer
- 8pcs 15mm spacer
- 6pcs ST8, 0x90
- 6pcs Anchoring Dia12 x 60

**EXTRAS INCLUDED:**

- Puma PUPP2G Double Power Point
- Puma PUENTP3G Entertainment Plate

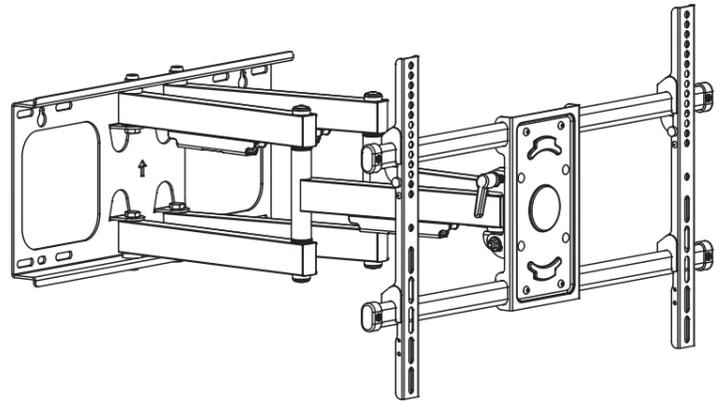
Refer to Trader website for more information on these products: [www.gsme.com.au](http://www.gsme.com.au)



Instruction Manual

# FULL-MOTION TV WALL MOUNT

Model: METVBFM3790



**METVBFM3790**

VESA Compatible  
 200x200 300x300 400x200  
 400x400 600x400

**90"**  
 MAX  
 FLAT/CURVED

**65kg**  
 (143lbs)  
 RATED

