1. Know your monopod

- Upper and Lower Locking Screws
- Mounting Screw
- Platform
- Belt hook
- Wrist strap
- Foam Grip
- Leg Tube
- Rubber Leg Locks
- Retractable Stainless Steel Spike

2. Leg Extension and Closing

- As shown in Figure 2, twist the rubber leg locks about 90 degrees in a clockwise direction ("a"), adjust the leg sections to the desired length and tighten the rubber leg locks by turning them in a counter-clockwise direction ("c").

3. Retractable Stainless Steel Spike

- Twist the Rubber foot in a counter-clockwise direction ("a"), until the spike is fully extended; to retract the spike, turn in a clockwise direction ("c") until the spike is hidden.

4. Converting the Mounting Screw from 3/8" to 1/4"

- Most cameras and lens tripod sockets require a 1/4" screw, while many ball heads and medium format cameras require a 3/8" screw. As shown in Figure 1, loosen the Mounting Platform by turning it counter-clockwise ("a"), then twist the Mounting Screw out completely ("b"); flip the screw (Figure 2), twist it back into the monopod (turn clockwise) and hand tighten with the Mounting Platform ("c").

5. Locking Screws

- Using the allan key, gently twist the upper locking screw (on the mounting platform) into the base of the attached ball head for added stability. Twist the lower locking screw (on the leg of the monopod) to make the mounting plate more stable. Loosen if you wish to convert the mounting screw.

6. Belt Hook

- Close the monopod when work is finished, you can easily carry your monopod by attaching the Belt Hook onto your belt.

Attention:
- Do not exceed the recommended load limit of the head and monopod. (Please refer to product specifications)
- Please make sure that the locks are securely tightened when in use. For added safety, please put your wrist through the wrist strap when using the monopod.
- This product should not be used in environments that exceed the following conditions: -40°C to +100°C (-40°F to +212°F). And, when used in damp, dirty or dusty environments, please clean and dry thoroughly after use to ensure proper functioning in the future. It is not recommended to expose this product to oil/water. If exposed, please clean with mild soap and warm water and towel dry.
- Please keep from high temperatures and direct exposure to bright sunlight for extended periods of time.
- Please do not leave the equipment alone in a public place, which can be an inconvenience or hazard to others.
- To protect your camera gear, please remove it from the tripod/ball head when transporting from place to place.
- Please use a soft towel with mild soap to clean the locking system and gliding parts, when necessary.
- Under most situations, there is no need to lubricate any parts of this product. The addition of most lubricants will gum up the mechanisms and reduce their normal gliding characteristics. Please call or email us if you have any questions or special needs.
- Please keep this product away from all electrical power sources.

CAUTION:
- Do not place the monopod, with camera attached, over your shoulder or carry the monopod horizontally by the leg. Strong shaking may cause damage to the screw in the mounting plate and/or the camera. Please extend the legs from the biggest tube to smallest tube, close the legs from the smallest tube to biggest tube, to avoid any shock and shaking damage.

Specifications are subject to change without notice.