INSTRUCTIONS
VH-10 Professional Fluid Video Head

Know Your Video Head

Quick Release Camera Plate
Quick Release Clamp
Upper Bubble Level
Security Pin Release Button
Tilt Lock/Resistance Control Knob
Base Bubble Level
Panning Base
Horizontal Panning Lock Knob

Quick Release Clamp Locking Knob
Handle Locking Knob
Telescoping Handle Lock
Telescoping Handle

Figure 1

Attaching and removing the head

Tighten
Loosen

Figure 2

Attaching or removing the Quick Release Plate from the head

Attaching or removing the Quick Release Plate from the camera or video camera

Figure 3

Figure 4

Precautions:

① When attaching the camera or video camera onto the video head, please hold the camera or video camera securely, to prevent accidentally dropping your equipment.
② When attaching the video head onto the tripod, please hold the video head securely, to prevent accidentally dropping the head.
③ Temperature usage range: -20°C ~ 60°C (-4°F ~ 140°F).
④ Tilt angle of the head: -70° ~ +90°
⑤ When the balance is set, if you attach additional accessories, you will need to re-adjust the horizontal balance.

1. Know Your Video Head

2. Attaching the video head

① To attach the video head onto the tripod, you must make sure the mounting screw of your tripod is 3/8". If it is 1/4” you will need to get a 3/8” screw or adapter. Many professional tripods have reversible mounting screws. Please check your tripod manual for more details.
② As shown in Figure 2, align the 3/8” mounting hole at the bottom of the Video Head with the 3/8” screw on the tripod. Hold by the base of the Video Head and rotate the Video Head in a clockwise direction until it is locked tightly.

3. Removing the Quick Release Plate from the head

As shown in Figure 3, loosen the Quick Release Plate Locking Knob in a counter-clockwise direction, press the Security Pin Release Button, then remove the Quick Release Plate from the clamp.

4. Attaching the Quick Release Plate onto the Camera

“As shown in Figure 4, screw the 1/4” or 3/8” screw into the tripod socket of your camera by turning in a clockwise direction. Make sure the side of the QR Plate with the rubber plug is in the back, for proper attachment onto the video head. The QR plate will only fit in one direction. To remove the tripod screw that is not required, pull out the rubber plug on the bottom of the QR plate and slide out the screw. Replace the rubber plug to prevent loss of the remaining screw.”

5. Attaching the Camera with QR Plate onto the head

As shown in figure 5, (after you have loosened the QR Plate Locking Knob by turning it counter-clockwise), press the Security Pin Release Button and slide the QR Plate laterally into the Quick Release Clamp and tighten the clamp by turning clockwise.

Caution: Before you release your camera, please make sure the Security Pin Release Button is back to the original position, to prevent the camera from falling off of the head.
6. Balance adjustment on the head with attaching camera

As shown in Figure 6, loosen the Quick Release Clamp Locking Knob, move the camera backwards or forwards until the bubble level on the clamp is centered and lock the Quick Release Clamp Locking Knob. Caution: please make sure the tripod is level by checking the bubble level on the panning base of the video head.

7. Using the VH-10 when shooting videos

※ The VH-10 has a strong counter-balance system that provides up to 2kg (4.4 lb) of resistance. As shown in Figure 7, by turning the Tilt Lock/Resistance Control Knob you can control the amount of friction needed to make your camera and video camera securely stay at any tilt position. Resistance will also slow movements making it easy to produce smooth, professional looking videos.
※ Turn the Tilt Lock/Resistance Control Knob in a clockwise direction to increase resistance and to lock the head in position.
※ Turning the Horizontal Panning Lock Knob in a clockwise direction can lock the head in a horizontal position.
※ The video head can horizontally pan your camera or video camera 360° and tilt forward 90° and back 70°.

8. Removing the camera or video camera from the Video Head

As shown in Figure 8, loosen the Quick Release Clamp Locking Knob, press the Security Pin Release Button, then slide out the camera with QR plate.

9. Removing the QR plate from the Camera or Video Camera

As shown in Figure 4, loosen the screw in counter-clockwise direction, and take off the QR plate.

10. Storing the QR plate on the Head

As shown in Figure 3, loosen the Quick Release Clamp Locking Knob by turning in a counter-clockwise direction, press the Security Pin Release Button and put the QR plate on the clamp.

11. Removing the head from the tripod or monopod

As shown in Figure 2, tighten the Horizontal Panning Lock Knob, to lock the head and prevent it from turning, then turn the whole head in a counter-clockwise direction, until the head is removed from the tripod or monopod.

12. Adjusting the head for placement into the storage bag

Before you pack your head, please adjust the head as shown in Figure 9. Loosen the Handle Locking Knob and turn the Handle 180°, so the Handle is pointing forward. Tighten the Handle Locking Knob and place the head into the storage bag. To prevent the head from moving in the bag, please make sure the velcro strip is around the Handle.

Specifications are subject to change without notice.