

Working with arm posts

Changing arm posts

To change posts, rotate the mechanism to expose the release lever. Raise the lever to horizontal to unlock the post. Note: the mechanism will remain in place. Replace post with desired length post, leaving at least 1.125 inches protruding above the arm. Clamp by rotating lever back to vertical.



Rotational drag

To set the rotational drag, turn the drag knob clockwise to increase drag and counterclockwise to decrease drag. Changing a post does not affect the drag setting.



General uses

In general, use the shortest possible post in the arm. This avoids possible clearance problems below the arm.

The quickest way to increase lens height is to use a longer post in the arm and to raise the socket block on the vest. This increase in gimbal height (and therefore lens height) - up to eleven and a half inches - puts the gimbal about as high as one can comfortably reach with the operating hand. A longer arm post could be used, but one can't reach the gimbal and do the most precise work.

Be aware that using a long arm post can exert enormous torque on the arm bearings and bones. The heavier the camera is, the shorter the arm post should be. If you want a very high or low lens height, get a light camera!!

Remember, a long arm post alters the height of all the components equally, which may make viewing the monitor more difficult or annoying. Check to see what works; every situation is a little different. The ability to quickly change arm posts or to adjust the height of the socket block on the vest, and/or to extend the sled components, (all without tools!) gives the operator many choices to achieve a given range of lens heights and viewing options.