

G-70 Ride and Lift

Basic adjustments: Ride and Lift

Each arm segment has two adjusting knobs:

The **Ride** knob alters iso-elasticity from a hard ride to an ultra-effortless iso-elastic ride — just shy of locking up at top and bottom.

The **Lift** knob dials lifting power continuously from 12 lbs to 70 lbs.



Adjustment of Ride

Ride is a new feature and it takes a few minutes to understand how it works, and how to make it work for you. In the field, it only takes a few seconds to get the exact performance you want from the G-70 arm.

If you can, preset Ride close to the desired level of iso-elasticity in both arm sections before picking up the sled and adjusting Lift.



Start by presetting the Ride knob to the middle of its travel (about 20 threads visible). Once you get the iso-elastic feel you like, make a note of the threads and the camera weight for future reference.

Ride can only be adjusted when the arm segment is raised to its highest, unloaded position, so it is easiest to adjust before you pick up the sled. It can also be adjusted when flying the sled by booming up fully.

The G-70 arm becomes progressively less iso-elastic as the arm's lift is increased. Heavier loads will require a counterclockwise adjustment of the Ride knob to obtain – or maintain – the desired iso-elasticity. Lighter loads will require a clockwise adjustment of the Ride knob to decrease iso-elasticity.

Turning the Ride knob also has a slight effect on the lifting power of the arm. So preset the Ride as best you can and then adjust the arm's lift.

The stops at both ends of travel of the Ride knob should not be forced.



Adjusting the ride: the arm must be angled up at the top of its range. Note: the ride knob is horizontal, the lift knob is vertical.



Adjustment of Lift:

All lift adjustments must be done while wearing the rig, so pick up the Steadicam. Stand in the classic Missionary position and properly set your threads before proceeding.

Adjust the “forearm” section first (the arm section closest to the gimbal). Hold the arm segment slightly above level. When the coaxial springs are perpendicular to the adjusting mechanism, the spring force is neutral — neither up nor down — reducing the effort needed to turn the knob.



Slightly raise or lower the arm segment to find the sweet spot. Adjust the arm's lifting power so that the arm section seeks a position slightly above horizontal.



When the forearm section is set correctly, adjust the upper arm section to follow (track with) the upper arm section as you boom fully up and down. Do not worry if the arm tends to lock up or down at this point.

Note that the Lift knob has a range of adjustment of 32 turns. This means that each turn of the Lift knob will add or subtract about 1.5 pounds of lift.

Re-adjust the Ride knob for the desired iso-elastic response

With the arm set to carry the load, you can micro-adjust Ride for any given load.

In general, most operators will want the most iso-elastic possible ride. To adjust the arm for maximum iso-elasticity at any given lift, turn the ride knob counterclockwise until the arm section begins to “lock” up or down at the extremes of travel. Then turn the ride knob clockwise a couple of turns. This will keep the arm from locking up or down. Test and micro-adjust the lift and ride knobs as necessary.

Typically, the arm is very forgiving of less than “perfect” adjustments of lift and ride. Some operators will set the arm sections at a higher nominal angle (+20° or more), to minimize any lifting required with heavier cameras and/or high boom heights. Pushing down is easier than lifting fully with the extended boom range possible with the G-70.

The arm can also be adjusted to hang lower than normally for shots with low boom heights, with very little penalty in performance. Minor changes in sled weight (+/- several pounds) do not require adjustment of the ride knob.

Some operators prefer a more centered ride (like a IIIA arm with a less than maximum load), or a more centered ride when hard-mounted on rough terrain. Experiment and use the arm the way you like it.

Some adjustment tips:

When adjusting from a light load to a heavy load: It helps to have an assistant independently control the height of the upper arm and make his lift adjustment at the same time as you adjust the forearm lift.

It also helps if you raise your docking stand so you can stand next to it and insert the arm post into the gimbal yoke of your docked sled with your heavy camera aboard. As you and your assistant adjust the lift of both arm segments, they will gradually pick up the weight until it floats free of the dock.

When adjusting from a heavy load to a light load: Leave the heavy load aboard if possible, and with the sled on the stand, remain adjacent to the stand while you lighten the lift of both arm sections at the same time. Then remove the heavy weight and rebalance the sled for the light camera and then see if the lift needs further adjustment.



Lift can be altered by forcefully holding the arm segments at the correct angle while adjusting, but be prepared for some exertion! You might be shocked how energetic the springs feel if you are raising or lowering the lift by 30 pounds!