



SUPPORTING THE ART  
OF PHOTOGRAPHY

MONOPOD



# MONOPOD

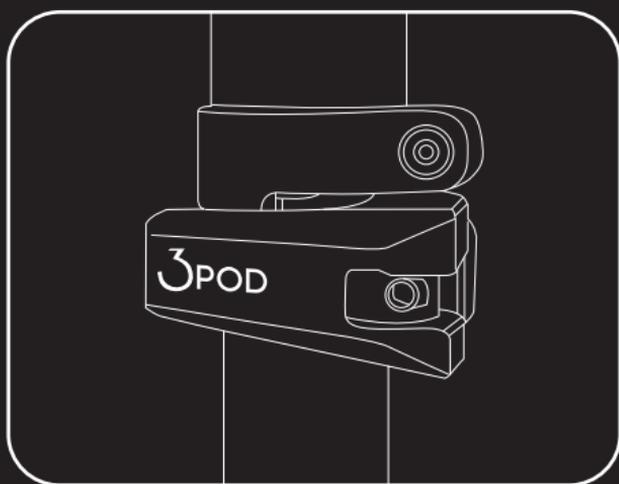
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Thanks for choosing a 3Pod Monopod! These durable tools will provide you with years of solid performance. We have unshakable faith in our products, and offer a 5 year warranty. See the warranty card for additional information. If you have any questions, please contact [Brands@Adorama.com](mailto:Brands@Adorama.com)

## MONOPOD MAINTENANCE

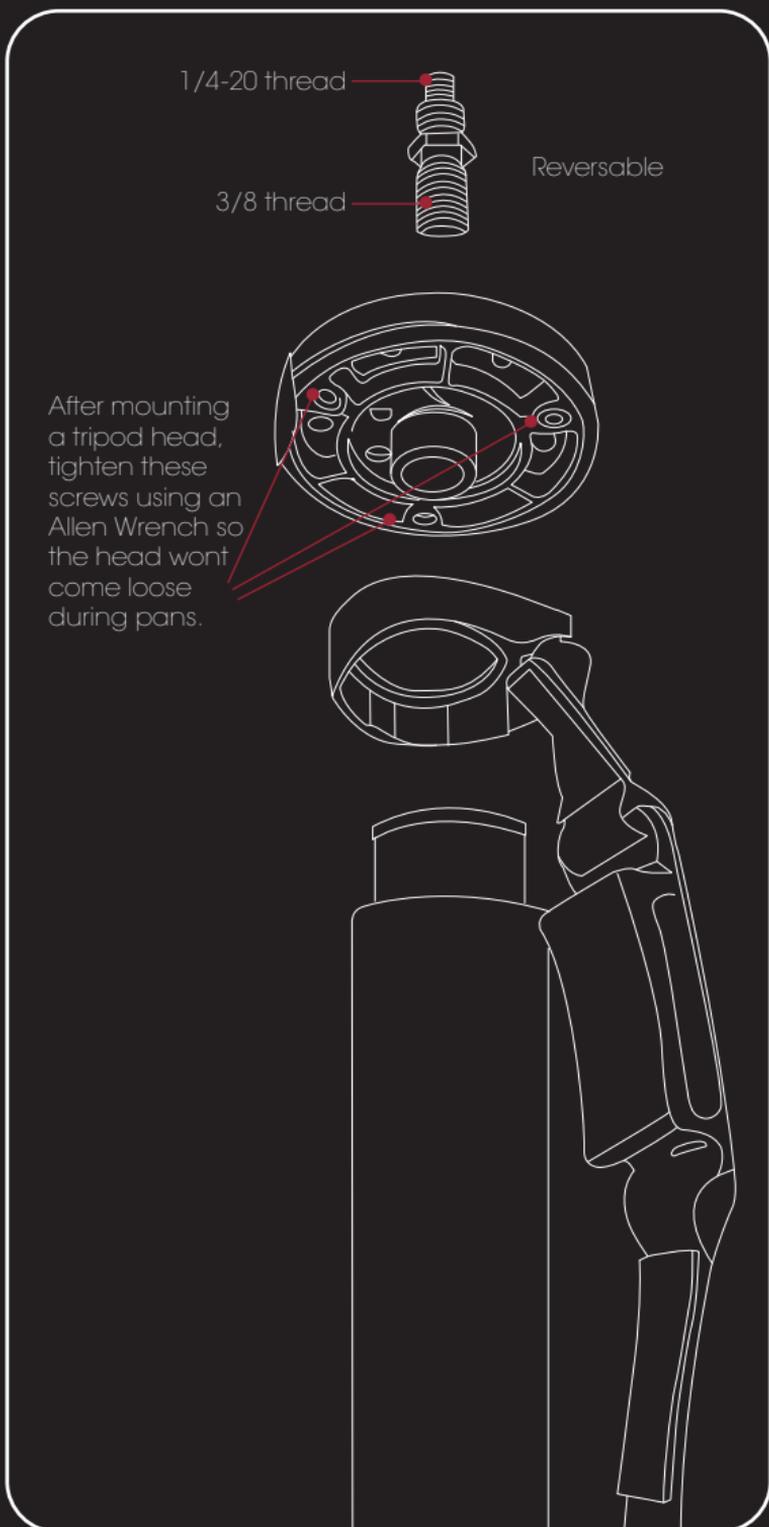
### LEG LOCKS:

If you feel the leg locks becoming loose (this can happen due to excessive vibration) use an Allen Wrench to tighten the upper or lower bolt as needed.



## HEAD ASSEMBLY:

The head mount can be adjusted to mount either a 1/4-20 or 3/8-16 head. Once the head is mounted, tighten the screws underneath to insure the head doesn't come loose, even when torqued in the counter-clockwise direction.



## FEET:

For additional stability, the monopod features 3 "feet". The feet assist the monopod in balancing, especially with more compact rigs. THE FEET SHOULD NOT BE TREATED AS FULLY STABLE, AND THE MONOPOD SHOULD NEVER BE RELEASED WHILE A CAMERA IS MOUNTED TO IT. To open the feet, pull down on each foot until it locks into position. To fold up the feet, press the foot release button then lift the foot, so it fits compactly alongside the monopod.

## SELF-DEFENSE:

The monopod is a favorite self-defense tool of photographers and videographers. Here are some tips:

- Always remember, if you use physical force, you will be responsible to the authorities-avoid confrontations at all cost
- Make a scene and make noise-even if you successfully defend yourself, causing a disturbance will increase the likelihood of people coming to your assistance, or at least alerting the authorities to decrease response time of lawful protection or medical aid
- If you are certain that you are being physically attacked, remember to hit back first! Survival is your number one priority
- In tight quarters, don't extend the monopod. Using it as a short club will be your best option
- When the monopod is extended, wide swings are only good for clearing area around you-they are easy to deflect and avoid, and expend a lot of energy for a small amount of damaging force. Use short sharp precise blows if possible. Jab before swinging.
- Always use the heavier end (usually the head) to attack with when swinging, and the lighter end when jabbing, if possible.
- Go for the eyes
- Using the monopod in a self-defense situation WILL void your warranty.
- Use the monopod to create space for you to escape. If you can jab, great, if not, hold the monopod with 2 hands spread apart and shove with the middle.
- Maintain your balance, and use the twisting of your hips as the source of motion... all energy should come from the back leg



