



GLIDECAM XR-PRO



MANUAL

Set-up and Operations Guide

Glidecam Industries, Inc. 23 Joseph Street, Kingston, MA 02364

Customer Service Line 1-781-585-7900

Manufactured in the U.S.A.

COPYRIGHT 2015 GLIDECAM INDUSTRIES, Inc. ALL RIGHTS RESERVED

TABLE OF CONTENTS

SECTION #		PAGE #
1.	Introduction	3
2.	Glidecam XR-PRO Parts And Components	4
3.	Assembling Your Glidecam XR-PRO	8
4.	Attaching Your Camera To Your Glidecam XR-PRO	15
5.	Balancing Your Glidecam XR-PRO	18
6.	Handling Your Glidecam XR-PRO	23
7.	Operating Your Glidecam XR-PRO	24
8.	Shooting Tips	26
9.	Improper Techniques	27
10.	Other Camera Attachment Methods	28
11.	Professional Usage	28
12.	Maintenance	28
13.	Warning	29
14.	Warranty	29
15.	Online Information	30

#1 INTRODUCTION

Congratulations on your purchase of a Glidecam XR-PRO.

The Glidecam XR-PRO is a lightweight, aluminum, hand-held camcorder stabilizing system designed to allow you to walk, run, go up and down stairs and travel over rugged terrain without any camera instability or shake. When used correctly the Glidecam XR-PRO can move with such fluidity and grace as to be virtually indistinguishable from shots made by professional dollies, cranes and stabilizers. The Glidecam XR-PRO is the most versatile and dynamic of all the consumer camcorder stabilizers on the market. It can shoot straight up and down, or even sideways and still produce stable images.

Fluid tilts and pans, crane-like booms, dolly-type maneuvers, and the ability to shoot smooth shots from moving vehicles are all easily accomplished with the Glidecam XR-PRO. The offset gimbaled handle-grip and enclosed bearing assembly allow your hand to move freely in several directions, while the horizontal yoke allows your hand and arm to move up and down, alleviating the bouncing, pogo-type action often associated with our competitors' systems. The upper camera platform moves back and forth, and side to side to quickly allow the balancing of your camera in relationship to the counterweights. By varying the amount of counterweight disks on the base platform, the Glidecam XR-PRO can support any camcorder **weighing up to 10 pounds**.

While the Glidecam XR-PRO is in essence a very simple device, its simplicity doesn't lend ease in answering that often asked question, "how does it work?" To answer this question completely would require delving into Newtonian Physics. We would have to explain - center of gravity displacement, inertia, friction and angular motion reduction etc. However, a quick answer reveals the Glidecam XR-PRO works by isolating your hand and arm's motions from your camera, while your camera is balanced in a relatively motionless state.

The Glidecam XR-PRO requires practice and understanding to achieve professional looking results. We highly recommend that the user read this manual thoroughly before setting up and operating the Glidecam XR-PRO. Doing so will save you time, and will minimize the risk of damage to your camcorder or the Glidecam XR-PRO. It is important to perform and follow the Set-up and Operation's procedures in the proper sequence, so as to avoid both frustration and a possible accident.

If you have need of any technical assistance, you can call our **Technical Support Line at 1-781-585-7900**, Monday through Friday between the hours of 9:00 am and 5:00 pm, Eastern Standard Time.

We're sure that once you have your Glidecam XR-PRO up and running, you will find years of enjoyment with it.

#2 GLIDECAM XR-PRO PARTS AND COMPONENTS



Figure 1

*NOTE: The TELESCOPING POST comes inserted into the CENTRAL POST when shipped.

When you unpack your Glidecam XR-PRO you will see that it is not completely assembled.

Contents of the Glidecam XR-PRO shipping box include;

- OPERATION MANUAL
- XR-PRO CENTRAL POST
- HEAD PLATE
- MID PLATE
- BOTTOM PLATE
- BASE PLATFORM
- TELESCOPING POST*
- HARDWARE BAG
- COUNTER WEIGHT DISKS (14)
- SMALL COUNTER WEIGHT DISKS (4)
- HEAD WEIGHT PLATES (4)

TOOLS NEEDED: You will need a Standard and Phillips Head Screwdrivers and Allen Wrench as needed. (Not included)



Figure 2

This is the Glidecam XR-PRO CENTRAL POST with attached gimbal assembly.

Warning – Do not tighten the factory settings on the gimbal, handle, and yoke. The yoke and handle should remain loose just as it is shipped to you.

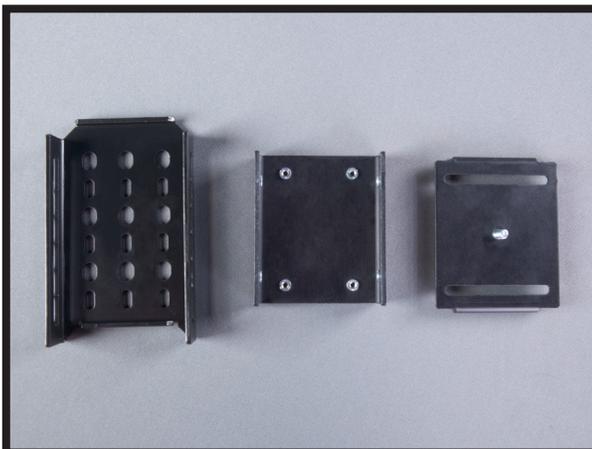
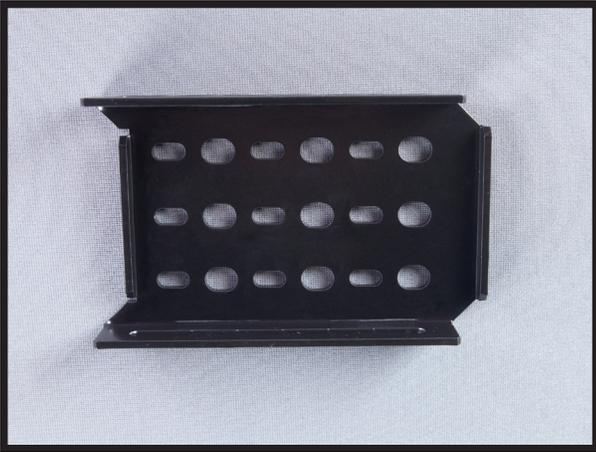


Figure 3

These are the pieces that make up the head assembly of the XR-PRO.

- 1) HEAD PLATE (shown left)
- 2) MID PLATE (shown center)
- 3) BOTTOM PLATE (shown right)

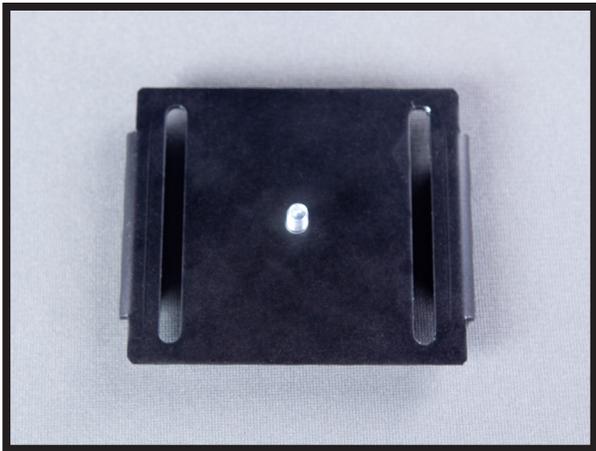
*NOTE: The three piece HEAD ASSEMBLY comes assembled in the box.



This is the HEAD PLATE. This is the plate that you'll be mounting your camera on.

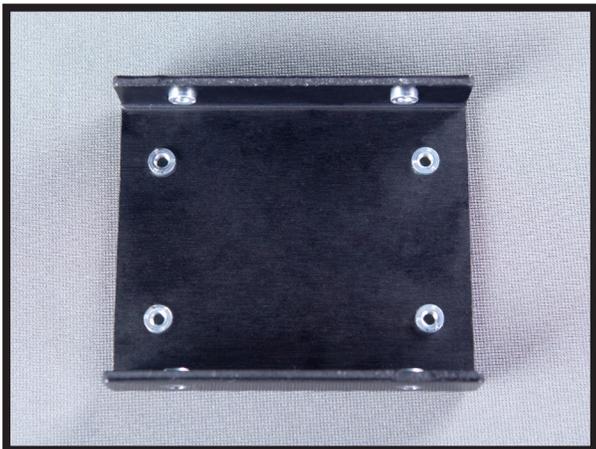
NOTE: The HEAD PLATE for the Glidecam XR-PRO has 3/8" and 1/4" mounting holes.

Figure 4



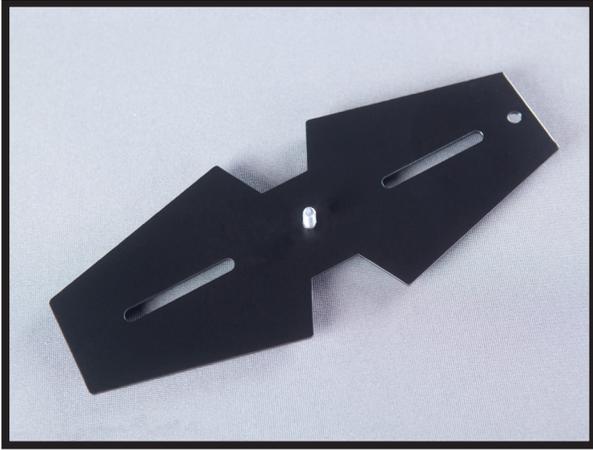
This is the MID PLATE.

Figure 5



This is the BOTTOM PLATE.

Figure 6



This is the BASE PLATFORM.

Figure 7



This is the TELESCOPING POST.

Figure 8



Shown in the bag are the 14 COUNTER WEIGHT DISKS & 4 SMALL COUNTER WEIGHT DISKS. (Shown in bag)

Shown in the other bag are the 4 HEAD WEIGHT PLATES.

Figure 9



This is the HARDWARE set. (Shown in bag)

NOTE: The Glidecam XR-PRO will come with various camera mounting screws. The screw necessary depends on the camera you are mounting to the Camera Mounting Platform of the Glidecam XR-PRO.

Figure 10

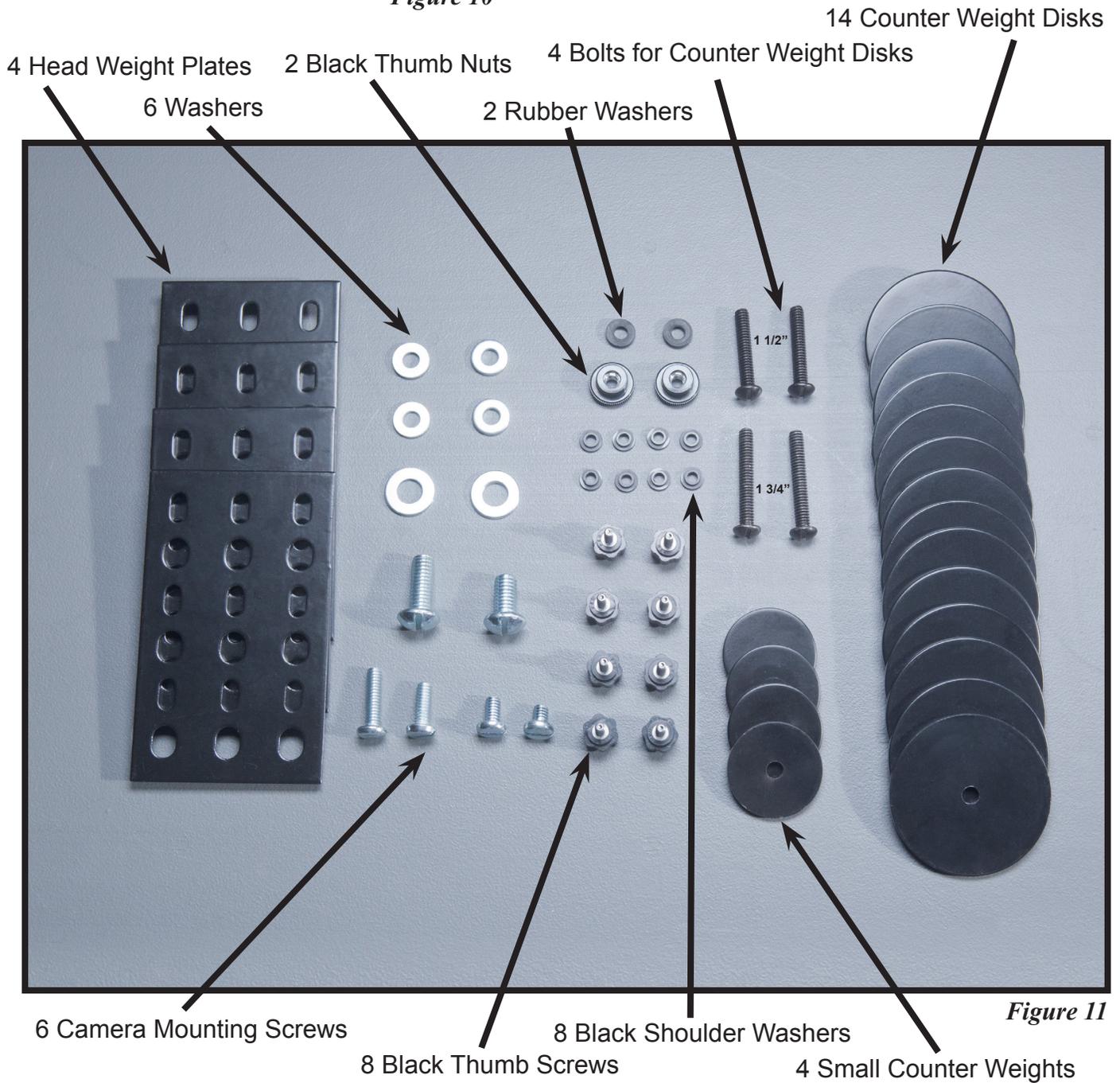


Figure 11

#3 ASSEMBLING YOUR GLIDECAM XR-PRO

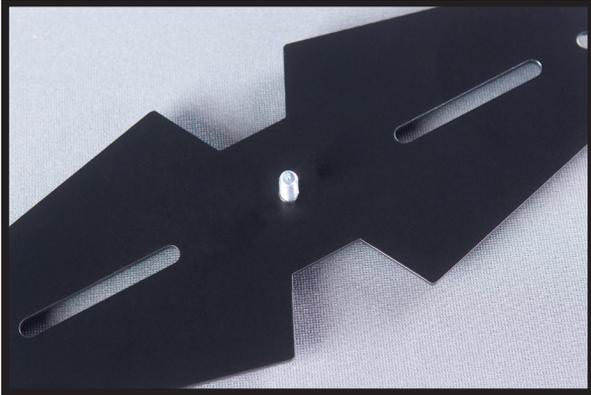


Figure 12

First, Get the BASE PLATFORM and the TELESCOPING POST.

See Figures 7 and 12 for BASE PLATFORM & Figures 8 and 13 for TELESCOPING POST.



Figure 13

Note the threaded insert located in the bottom the of TELESCOPING POST.

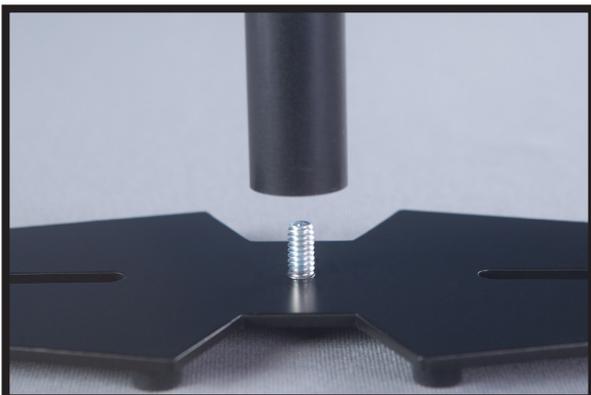


Figure 14

Connect the TELESCOPING POST to the BASE PLATFORM by tightly screwing the TELESCOPING POST to the threaded stud sticking up from the center of the BASE PLATFORM.



Figure 15

At this point your Glidecam XR-PRO should look like Figure 15 which is with the TELESCOPING POST attached to the BASE PLATFORM.



Figure 16

Now find a pair of bolts (example: $\frac{1}{4}$ " x 20 x 1.5") and attach RUBBER WASHERS as shown in the photo to the left. Other length bolts for more COUNTER WEIGHT DISKS are available and can be used.

NOTE: Different length bolts are provided so you can use the longer bolts for a taller stack of COUNTER WEIGHTS DISKS.



Figure 17

Now, insert the selected bolts (example $\frac{1}{4}$ " x 20 x 1 1/2") with RUBBER WASHERS bolts through the slots in the BASE PLATFORM as shown in this picture and repeat this procedure for the slot on the other side of the BASE PLATFORM.

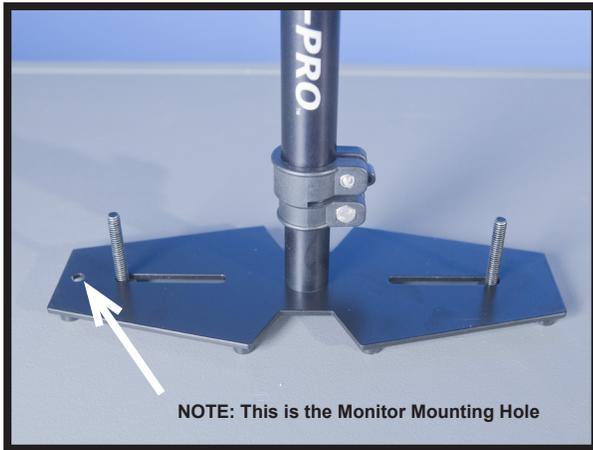


Figure 18

At this point your Glidecam XR-PRO should look like this photo.

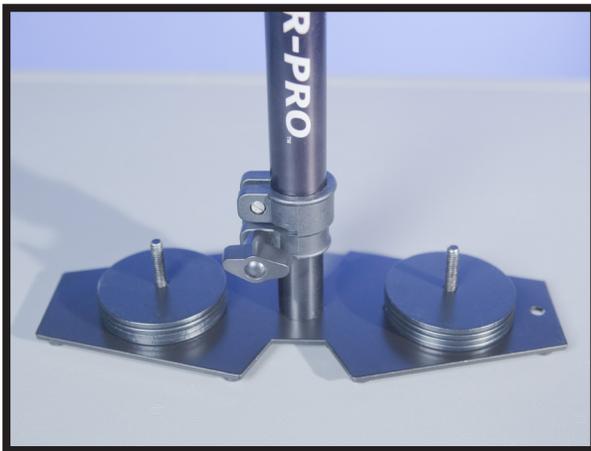


Figure 19

Stack the LARGE COUNTER WEIGHT DISKS and center them over the bolts on the BASE PLATFORM as shown in Figure 19.

NOTE: Different length bolts are provided so you can use the longer bolts for a taller stack of COUNTER WEIGHTS DISKS.

NOTE: Heavy Cameras require more COUNTER WEIGHT DISKS than light Cameras.

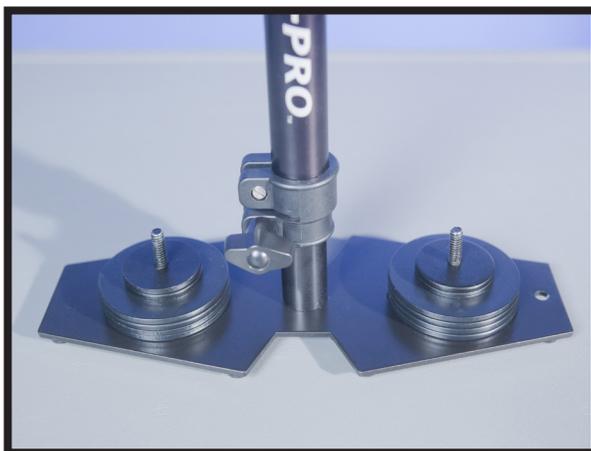


Figure 20

Place the SMALL WEIGHT DISKS over the COUNTER WEIGHT DISK stacks as needed.



Figure 21

Secure the COUNTER WEIGHT DISKS with the BLACK THUMB NUTS as shown in this photo and repeat this procedure for the COUNTER WEIGHT DISKS on the other side of the BASE PLATFORM.

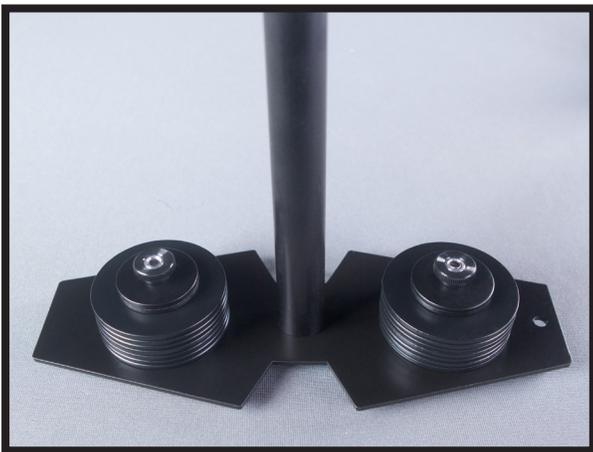


Figure 22

Both COUNTER WEIGHT DISK stacks should now be secured in place with the SMALL COUNTER WEIGHT DISKS and BLACK THUMB NUTS as shown in this photo.



Figure 23

Now, insert the TELESCOPING POST and attached BASE PLATFORM up and into the XR-PRO CENTRAL POST.

The TELESCOPING CLAMP should be facing the back end of the BASE PLATFORM, opposite the monitor mounting hole, which is in the front of the BASE PLATFORM.

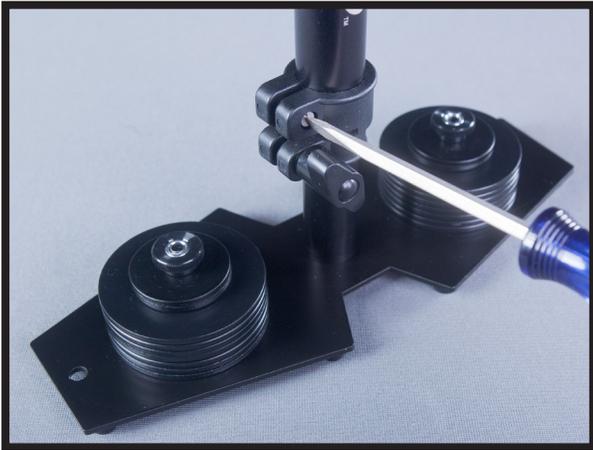


Figure 24

The TELESCOPING CLAMP may have to be re aligned on the CENTRAL POST as the factory settings may not be lined up. To realign the TELESCOPING CLAMP use a hex key or screwdriver as needed to loosen the clamp, realign and then tighten.



Figure 25

Securely tighten the “Adjustment Knob” on the TELESCOPING CLAMP by rotating the Knob clockwise as shown in Figure 25.

The “Adjustment Knob” should only be hand tightened.

WARNING: DO NOT OVER TIGHTEN THIS KNOB.



Figure 26

At this point this is what your XR-PRO should look like Figure 26. Which is with the CENTRAL POST with TELESCOPING POST, BASE PLATFORM, and COUNTER WEIGHT DISKS.



This is a photo of the insert in the top of the CENTRAL POST.

Figure 27



Rotate and screw the BOTTOM PLATE into the insert in the top of the CENTRAL POST.

Figure 28



Tighten the BOTTOM PLATE to the top of CENTRAL POST to ensure a tight fit.

Figure 29



Figure 30

Now place the MID PLATE on top of the BOTTOM PLATE.



Figure 31

Insert the BLACK THUMB SCREWS through the slots in the BOTTOM PLATE and into the threaded inserts in the bottom of the MID PLATE.



Figure 32

At this point you should have four BLACK THUMB SCREWS securing the MID PLATE to the BOTTOM PLATE.

In the next section (Section #3) you'll be attaching your HEAD PLATE with the attached camera to the MID PLATE.

#4 ATTACHING YOUR CAMERA TO THE GLIDECAM XR-PRO



Figure 33

Now it's time to attach your camera to the Glidecam XR-PRO.

Roll camera on pencil or tube to find the center of gravity, if needed.



Figure 34

First, find the threaded insert on the bottom of your camera.

THREADED INSERT



Figure 35

Remove the HEAD PLATE from the Glidecam XR-PRO and with the camera placed upside down in your lap align the appropriate hole in the HEAD PLATE with the threaded insert in the bottom of the camera.

As shown in Figure 36.



Figure 36

The HEAD PLATE should be in alignment and square with the bottom of your camera.

Rubber or tape can be used as a gasket if needed. Also, the Manfrotto 394, 3273, or 577 quick release plates can be used. The Manfrotto 3273 and 577 are good for longer cameras.



Figure 37

Find a CAMERA MOUNTING SCREW (see Figure 11) and washer and use these to attach the HEAD PLATE to your camera.

NOTE: The XR-PRO comes with various screw and washer lengths to fit different camera models. The XR-PRO also includes 4 CAMERA HEAD WEIGHT PLATES for lighter cameras. It is up to you to choose the appropriate CAMERA MOUNTING SCREW, washer, and CAMERA MOUNTING PLATE combination for your camera.



Figure 38

Place your camera upside in your lap and with the HEAD PLATE in place use a flat head screwdriver to secure the HEAD PLATE to your camera using the CAMERA MOUNTING SCREW you've just selected.

NOTE: Depending on the CAMERA MOUNTING SCREW you've selected for your camera will decide if you need the 1/4" and 3/8" mounting holes on the HEAD PLATE.



Figure 39

The HEAD PLATE should be secured and square with the camera.

NOTE: If you have a Video Camcorder or Film Camera that is larger than the one used in this Manual, then you might wish to first find the true front to back center of gravity of your Camera by rolling the base of your Camera on a pencil or tube, then mark this point on your Camera's side with small piece of tape or a grease pencil, and then use this marking to center the HEAD PLATE over your Camera's center of gravity.



Figure 40

Now connect your camera and the attached HEAD PLATE to the MID PLATE.



Figure 41

Insert the remaining four BLACK THUMB SCREWS and BLACK SHOULDER WASHERS through the slots in the sides of the HEAD PLATE and into the inserts in the MID PLATE.

NOTE: Before balancing your camera, snug up all eight BLACK THUMB SCREWS to hold the plates in position. Then apply needed pressure to move the plates to set the horizontal balance. This will make it much easier to control the plate movements. Once the desired balance is achieved secure all eight BLACK THUMB SCREWS to prevent plate movement.

#5 BALANCING YOUR GLIDECAM XR-PRO



Figure 42

Before you begin the balancing process check for the following:

- 1) Camera is securely attached to HEAD PLATE.
- 2) Lens cap has been removed.
- 3) Camera battery is connected.
- 4) Flip out LCD is in it's operating position.
(If applicable)
- 5) Telescoping clamp has been tightened.
- 6) All 8 BLACK THUMB SCREWS in place and secure.



Figure 43

BALANCING THE HORIZONTAL AXIS

Now that your Glidecam XR-PRO is assembled properly, and your camera is securely attached to the HEAD PLATE, you can now test the horizontal balance.

The objective in obtaining correct horizontal balance for the XR-PRO is to allow the camera to remain level during operation, given you are not applying either a pan, tilt, or roll type of hand pressure to the XR-PRO. In other words, if the XR-PRO is horizontally balanced correctly, then the camera will remain level, and the CENTRAL POST will remain vertical unless you intentionally position the XR-PRO otherwise.

If the XR-PRO is horizontally balanced correctly it will always return to a level and vertical position after you release any pan, tilt, or roll pressure on the CENTRAL POST.



Figure 44

The best way of adjusting the horizontal balance is to move the center of gravity of the camera. This can be accomplished by either repositioning the camera on the HEAD PLATE, or by adjusting the position of the HEAD PLATE, either front to back or side to side with the camera on it.

When checking the horizontal balance you want to make sure that you're picking up the XR-PRO from a flat and level surface (i.e. a table) and that you let the XR-PRO hang freely as you hold it. If the XR-PRO is balanced correctly on its horizontal axis, then it will be level and upright, with the CENTRAL POST in a virtually perfect vertical position, as pictured in Figure 43.

If the XR-PRO tilts to the front (see Figure 44), then you will have to loosen up the BLACK THUMB SCREWS on the sides of the HEAD PLATE and gently slide the HEAD PLATE back a bit. If the XR-PRO still tilts to the front, then move the HEAD PLATE more to the back.

If the XR-PRO is tilting to the back, then move the HEAD PLATE to the front. Always secure the BLACK THUMB SCREWS after any adjustments.

If you cannot get the front to back axis balanced with this method then try remounting your camera to a different hole in the HEAD PLATE. Once you achieve correct horizontal balance for the front to back axis, you can tighten the BLACK THUMB SCREWS that control the movement of the HEAD PLATE.



Figure 45



Figure 46

If the XR-PRO leans to the right, then you will have to loosen up the BLACK THUMB SCREWS on the bottom of the BOTTOM PLATE and gently slide the MID PLATE over to the left a bit. If the XR-PRO leans to the left, then move the MID PLATE to the right. Always secure and firmly tighten the BLACK THUMB SCREWS after any adjustment.

After adjusting the side to side balance as mentioned above you might have to go back and readjust the front to back balance to obtain a fine balance of the whole system. You can use your eyes to judge for correct horizontal balance, or you can use a bubble level to ensure that the XR-PRO has correct horizontal balance. The Horizontal Balance of the XR-PRO becomes less sensitive, as the XR-PRO becomes increasingly bottom heavy and conversely, the horizontal balance becomes very sensitive, as the XR-PRO progresses towards correct vertical balance.

Also, another way of fine tuning the horizontal balance is to move the COUNTER WEIGHT DISKS back and forth, or side to side on the BASE PLATFORM. There are slots on the BASE PLATFORM to help with this task. Also, replacing the WEIGHT DISKS away from the CENTER POST on the BASE PLATFORM will increase panning stability. Make sure to tighten the WEIGHTS down after you move them.

NOTE: The Horizontal Balance of the XR-PRO becomes less sensitive as the XR-PRO becomes increasingly bottom heavy, and conversely, the horizontal balance becomes very sensitive, as the XR-PRO progresses towards correct vertical balance (see next section).



Figure 47



Figure 48

Figure 48 shows the Glidecam XR-PRO swinging between horizontal and vertical during the "Sled Arc Test". (see next page)

NOTE: Later, after you adjust the vertical balance of the XR-PRO, you will have to go back and adjust the horizontal balance again in order to obtain a fine balance of the whole system.

BALANCING THE VERTICAL AXIS

Now that your XR-PRO is horizontally balanced, it's vertical axis can now be tested and properly balanced. The objective in obtaining correct vertical balance of the XR-PRO is to allow the camera and XR-PRO to remain level during operation, given you are not applying either a pan, tilt, or roll type of hand pressure to the XR-PRO, and most importantly that the XR-PRO's CENTRAL POST remains vertical even if you are walking, running, or turning while the XR-PRO is in operation. In other words, if the XR-PRO is vertically balanced correctly, then the camera will remain level, and the CENTRAL POST will remain vertical unless you intentionally position the XR-PRO otherwise. If the XR-PRO is not vertically balanced properly, then it will swing about and pendulum when you walk, run or turn.

If the vertical balance is set correctly you will be able to move about quickly, as well as start or stop moving suddenly, and still have the central support post remain vertical. The best way to adjust the XR-PRO's vertical balance is to telescope the BASE PLATFORM in or out. Another way to adjust the XR-PRO vertical balance is to either add, or subtract COUNTER WEIGHT DISKS from the BASE PLATFORM.



Figure 49

This photo shows the Glidecam XR-PRO swinging past an illustrated vertical line. The XR-PRO will pendulum or swing past this line during the “Sled Arc Test”, and the XR-PRO will swing back and forth over a dozen times if left to keep swinging, but it is only the time the XR-PRO first swings in an arc from horizontal to vertical that you need to analyze. After you have counted the time it takes for it to go from horizontal until it passes vertical once, then simply stop the XR-PRO from swinging, then either put the XR-PRO down or make adjustments and do the test again.

To test the balance of the vertical axis, perform what is called the SLED ARC TEST. To perform the “Sled Arc Test” simply hold the XR-PRO by its handle and grab hold of the back end of the XR-PRO BASE PLATFORM and pull the base up and back until the XR-PRO CENTRAL POST is horizontal (see Figure 47). Now carefully let go of the BASE PLATFORM and count how many seconds it takes for the XR-PRO to then first swing to vertical (see Figures 48 and 49).

If the XR-PRO is properly vertically balanced then it should take about TWO to THREE seconds for this to happen. Count your seconds with the words “one thousand one, one thousand two” etc for accuracy. Adjust the amount of COUNTER WEIGHT DISKS used or the length of the telescoping BASE PLATFORM until it takes only TWO to THREE seconds for the XR-PRO CENTRAL POST to swing in an arc from horizontal to vertical.

NOTE: The sled arc test “drop time” is operator preference. The XR-PRO will pendulum past vertical when the sled arc test is performed, and one should count only the time it takes to go from horizontal until it passes vertical once. Swinging time not counted.

Another way to check for correct vertical balance is to walk briskly forward with the XR-PRO, and then stop suddenly. If the XR-PRO swings or pendulums away from the upright vertical position it was just in at the moment you stopped, then the XR-PRO is not balanced correctly. This type of “movement test” applies also to running, or turning around quickly with the XR-PRO. Again, if the XR-PRO is balanced properly, then any body movement like running or turning will not effect the basic upright and vertical position of the XR-PRO.

#6 HANDLING YOUR GLIDECAM XR-PRO



Figure 50



Figure 51

When handling your Glidecam XR-PRO you will be using one hand to hold onto the handle and the other hand to gently guide the camera in the direction you wish to shoot. We shall call the hand that holds the handle, the holding hand (see Figure 50) and the hand that aims the camera for tilting and panning etc, the guiding hand. (See Figure 51)

When holding the handle of your Glidecam XR-PRO you will need to: 1) hold it firmly, and 2) hold it either in the middle or at the bottom of the handle. Which position you choose will depend on the kind of shots you are shooting. For normal shooting hold the handle in the middle. For shots that require aiming the camera either up or down or sideways, hold the handle firmly at the bottom. This will allow the yoke to twist around without hitting your hand or knuckles.

When you handle your Glidecam XR-PRO you will want to use your guiding hand to gently hold onto either, the point just below the yoke and bearing assembly, (see Figure 51) or an area down by the weight disks (see Figure 57) etc. These two areas allow for easy control of the Glidecam XR-PRO when in use. Which position you choose will depend on the kind of shots you are shooting.

For normal shooting hold the Glidecam XR-PRO at the point just below the yoke and bearing assembly. (See Figure 51) This will allow you to subtly aim the camera without disturbing the camera's upright position. It is this position which will allow you the smoothest shots, when walking or running with the unit during normal shooting.

NOTE: Make sure that your guiding hand and holding hand do not touch either, the bearing assembly, or the yoke during shooting, for doing so can cause unstable shooting. For unconventional shots, like one that require aiming the camera either up or down, or sideways, hold the Glidecam XR-PRO down or near the weight disks. (Figure 57) This will allow your guiding hand to have a greater degree of control over the Glidecam XR-PRO while shooting very erratic shots.

#7 OPERATING YOUR GLIDECAM XR-PRO



Figure 52

The Glidecam XR-PRO is designed to work correctly only when operated with two hands. (See Figures 51 and 52) One being the holding hand and the other being the guiding hand. If you try to operate the unit with just your holding hand, the camera might drift away from its originally balanced set-up position. Also, without the guiding hand in place, you will be unable to control the direction of the camera.



Figure 53

When operating the Glidecam XR-PRO you will not be able to put your eye right up to the eye cup on the viewfinder, for doing so will cause the unit to be restricted in its ability to stabilize and eliminate camera shake. Even though you cannot place your eye directly up to the camera, you can however indirectly look into the viewfinder by removing its magnifying eye cup and then watching the little monitor that is inside the viewfinder from several inches away. Another choice in external viewing is to simply rely on your own sight and judgment as to what the camera is shooting. This is also referred to as the point and shoot method. (This is very easy to do if your camera is set-up with a Wide Angle Lens Converter.)



Figure 54

Still another way to see what you are shooting is to flip out your LCD Monitor. We recommend using it to achieve optimum results with your Glidecam XR-PRO. See further on in this manual for attaching a LCD Monitor to the BASE PLATFORM.



Figure 55

You can also attach one of these L.C.D. monitors directly to the BASE PLATFORM of the Glidecam XR-PRO. Located at the front edge of the BASE PLATFORM is a 1/4" hole. If your camera has a flip out LCD monitor (see Figure 42) then you will not need an additional monitor.

Operating the Glidecam XR-PRO for extended periods of time can easily tire your holding hand. If fatigue sets in while shooting, you can try operating the Glidecam XR-PRO with your other hand. You can also rest for a while by placing the unit on the ground, or by holding the unit with your guiding hand.



Figure 56

When handling and operating your Glidecam XR-PRO, always avoid violent moves. Doing so could cause damage to the unit or cause your camera to pull loose of the HEAD PLATE.

Glidecam Industries, Inc. also sells accessories for the Glidecam XR-PRO which can help you use the XR-PRO for extended periods of time. Call us, or one of our authorized dealers, or go to www.Glidecam.com to find out more. The Glidecam BodyPod and the Glidecam Forearm Brace make excellent support accessories for the XR-PRO.

The Glidecam XR-PRO does not work under water, nor is it waterproof (meaning the bearing and of course your camera), so avoid direct exposure to rain or water spray. Also the bearing is not sand proof, so avoid getting dirt or sand into it. (See bearing maintenance)



Figure 57

#8 SHOOTING TIPS



Figure 58

USE OF A WIDE ANGLE LENS CONVERTER

If you have a common consumer camcorder you will probably discover that the widest setting on the lens is not very wide. You might find that this wide setting is not adequate enough to give you the look like those produced by professional Hollywood dollies, cranes and stabilizers. To achieve this kind of look you will have to place a wide angle lens converter on the front of your existing camcorder lens. We highly recommend that you use one on your camcorder when shooting.

WALKING THE LINE

This is an exercise that is designed to help you operate your XR-PRO more successfully. Using masking, camera, or gaffers tape create a cross mark on a flat and even wall (see Figure 58) This cross mark will be used for framing purposes. Now, on the floor leading up to the cross mark on the wall tape a straight line, about 20 ft long. The idea behind this exercise is to walk the line that you have taped on the floor, while keeping the cross mark centered in the viewing monitor of the camera that is attached to the XR-PRO (see Figure 59) In other words this exercise helps you practice your framing with the Glidecam XR-PRO.

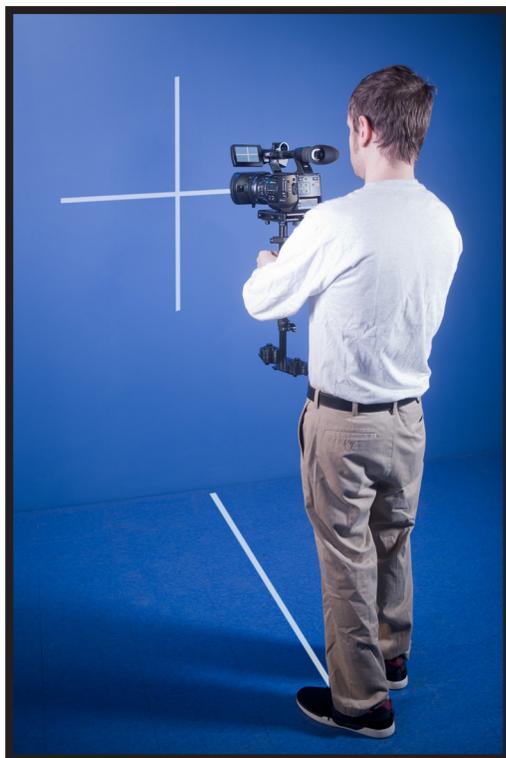


Figure 59

#9 IMPROPER TECHNIQUES



Figure 60

When shooting with the Glidecam XR-PRO avoid grabbing the CENTRAL POST. (See Figure 60) This defeats the purpose, and isolation that the three axis gimbal provides. Instead, handle your Glidecam XR-PRO as shown in Figure 51.



Figure 61

Also, allowing the handle of the Glidecam XR-PRO to come in contact with the BOTTOM PLATE (see Figure 61) is something that you should avoid. This limits your range of motion, and will result in “jerky”, and unpleasant footage.

Instead, position the handle as shown in Figure 50.

#10 OTHER CAMERA ATTACHMENT METHODS

Quick release and installation: To either remove or put your camera onto the CAMERA MOUNTING PLATE without removing the MOUNTING PLATE from the top of the unit, loosen the four BLACK THUMB SCREWS on the CAMERA MOUNTING PLATE and then slide the PLATE either forwards or backwards, so as to gain access to the underside of the CAMERA MOUNTING PLATE. (Not all of the MOUNTING HOLES are accessible this way, however all the MOUNTING HOLES can be accessed by removing one set of left and right BLACK THUMB SCREWS, and then sliding the CAMERA MOUNTING PLATE until all of the MOUNTING HOLES are accessible.) Also, the Manfrotto 394, 3273 or 577 Quick Release plates work well.

Creating a gasket: If when attaching your camera to the HEAD PLATE you find that the bottom of your camera isn't flat enough to allow for a good solid attachment, try making and adding a paper/cloth or rubber gasket to the HEAD PLATE. (Try using a piece of a rubber dish washing glove.) Simply cut the material to the size of the top of the HEAD PLATE and then create a hole in it to allow the CAMERA MOUNTING BOLT to fit through it, and into the base of your Camcorder.

#11 PROFESSIONAL USAGE

If you are using the Glidecam XR-PRO to shoot professional looking shots, and you plan on incorporating them into a short movie or some sort of commercial project, we suggest that you plan the shot out in advance, perhaps rehearse the move a few times before shooting, and that you use an assistant to help you during complex shots. This will give you optimum results and will make your movies look more professional.

Good luck with your shooting.

#12 MAINTENANCE

Bearing Maintenance: The main bearing on your Glidecam XR-PRO is attached to the Central Support Post about two inches down from the top. It is metal and is partially enclosed by the Bearing Assembly. If after some period of time your bearing doesn't turn smoothly, you can oil it lightly. We recommend that you use very little oil. Very little, because this is all that is needed, plus anything more than a little will end up coming out of the bearing and onto the rest of your Glidecam XR-PRO. Light oil may also be used (5-20 weight or 5-30 weight) if needed on the yoke and handle bearings.

#13 WARNINGS

You should make sure that you are very careful when using the Glidecam XR-PRO at night or in low light conditions. Do not make the mistake of focusing so much on what you are shooting that you trip or fall over something, or wander into something dangerous like a swimming pool or automobile traffic, and be extra careful when shooting on stairs etc. These cautions pertain to daytime shooting as well.

Storage - If you are going to store your Glidecam XR-PRO for a long period of time then please store the unit upright in a dry or low to normal humidity area whenever possible. If you are unable to find an environment like this, then we suggest you store the unit in an air tight plastic container or bag. Standing the unit upright helps to alleviate stress on the system.

Cleaning - Do not use solvents or harsh cleaners of any kind on your Glidecam XR-PRO. If the unit becomes dirty, use only a cloth or sponge with water to gently rub the unit clean

#14 WARRANTY

For 1 year from the date of shipment, we will repair or replace your Glidecam XR-PRO, free of charge, in the event of a defect in materials or workmanship (the shipment date appears on your purchase receipt) which occurs during normal use in accordance with the Glidecam XR-PRO's instruction manual. Shipping, packing, and insurance costs to and from the factory are your responsibility. This limited warranty extends only to the original purchaser, and you will need your purchase receipt. This warranty does not cover, by way of example, damage caused by products not supplied by us or damage resulting from mishandling in transit, accident, misuse, vandalism, neglect, modification, lack of reasonable care (or commercial use, including rentals to others) of the Glidecam XR-PRO or service by anyone other than us. There are no express warranties except as listed above. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

WE ARE NOT LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THE UNIT OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. ALL EXPRESS AND IMPLIED WARRANTIES, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO THE WARRANTY PERIOD.

To obtain service during (or after) the warranty period: Contact **Glidecam Industries' Customer Service** Department by calling **1-781-585-7900** or write to us at: **23 Joseph Street, Kingston, MA 02364** and explain the problem.

DO NOT SEND THE UNIT TO US WITHOUT FIRST OBTAINING A RETURN AUTHORIZATION NUMBER.

GLIDECAM INDUSTRIES, INC.

For more information
about ***GLIDECAM***
products and training please
visit ***GLIDECAM*** on the web.

www.Glidecam.com

or

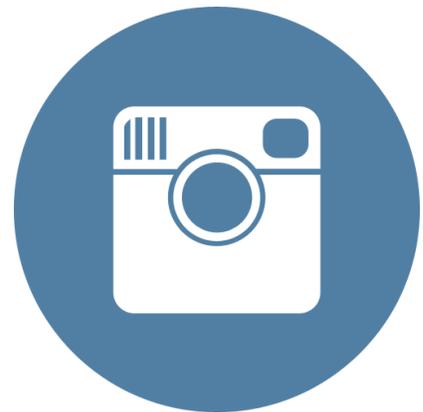
Follow us on



[Facebook.com/Glidecam](https://www.facebook.com/Glidecam)



[Twitter.com/Glidecam](https://twitter.com/Glidecam)



[Instagram.com/Glidecam](https://www.instagram.com/Glidecam)

GLIDECAM INDUSTRIES, INC.

23 Joseph Street

Kingston, MA 02364

Phone: 1-781-585-7900

Phone: 1-800-600-2011

Fax: 1-781-585-7903

Website: www.Glidecam.com