



Open legs until guide pipe comes to stop.



Open the safety lock outward, take out the quick release plate.



Tighten the screw to the bottom of phone holder or camera,then use D-ring screw tight. Place quick release plate with the phoneholder/camera back on the tripod.



Unlock the center column locking knob to adjust the height. Then lock the knob.



Unlock handle by twisting anti-clockwise and move the head up and down.Then lock the handle.



Unlock vertical position

stopper, and turn camera plate to vertical position

for portrait photos,etc.

Then lock the knob.

Unlock the leg locking lever and extend the leg to your desired height and lock it.