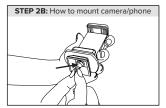


Open legs until guide pipe comes to stop at the end. Lock the **central tube.**



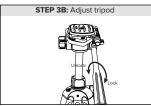
Open the safety valve outward, take out the **quick release plate**.



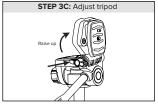
Tighten the screw to the bottom of phone holder or camera, then use D-ring screw tight. Place **quick release plate** with phone holder/camera back on the tripod.



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.



Unlock **vertical locking knob**, and turn camera plate to vertical position for portrait photos,etc.



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