

### TRANSPORTATION 8

The tripod has an hanging ring "T" for optional carrying strap

### LEG LOCK TENSION ADJUSTMENT 9

If the telescopic leg extensions slip even after having tightened the locking lever "A", the locking tension will need to be adjusted.

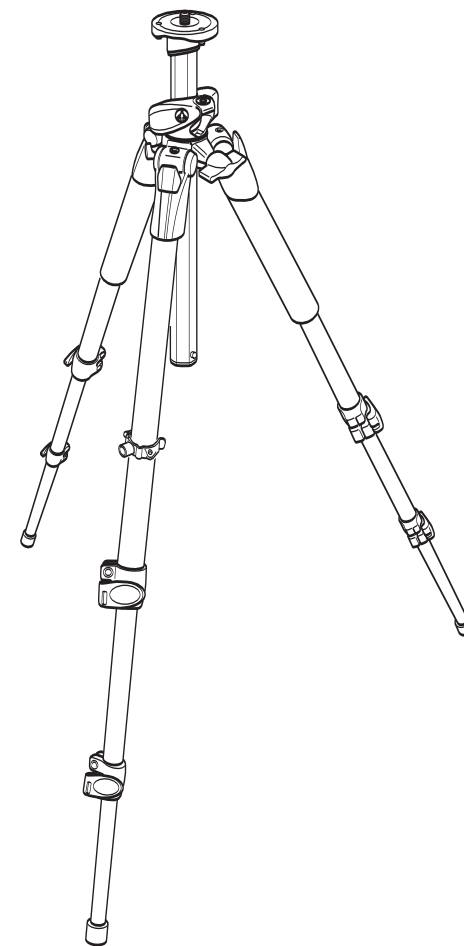
In order to do this:

- remove cap "K"
- release lock lever "A"
- turn the screw "P" clockwise using the special key "N" provided on one of the tripod legs.

Normally a third of a turn will be sufficient to achieve the correct locking tension.



# Manfrotto



## INSTRUCTIONS

### 190XPROB



146 cm  
57.5"



1,8 kg  
4 lbs



5 kg  
11 lbs

### 055XPROB



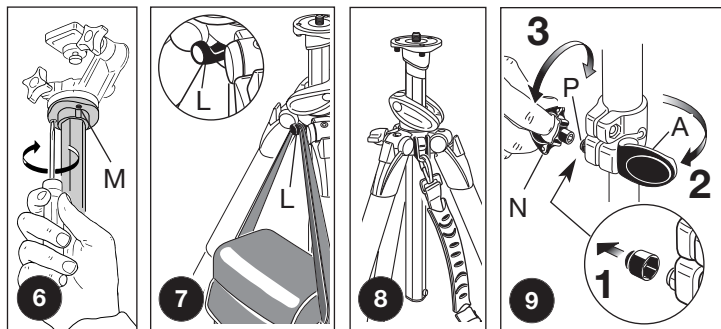
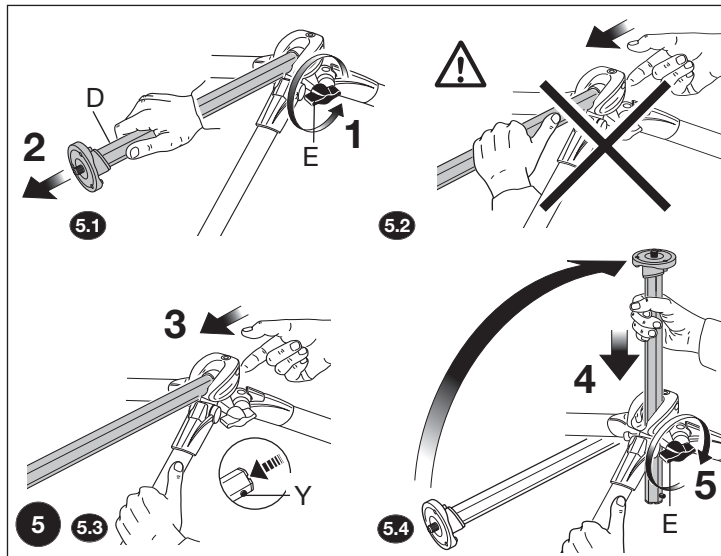
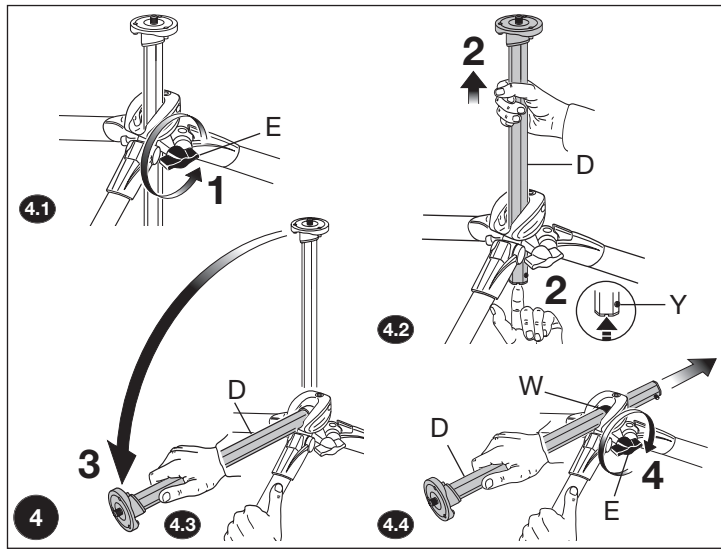
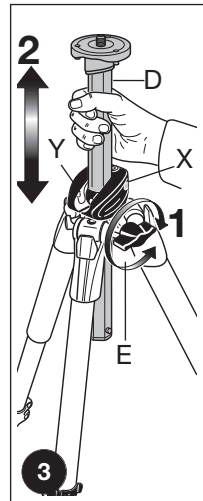
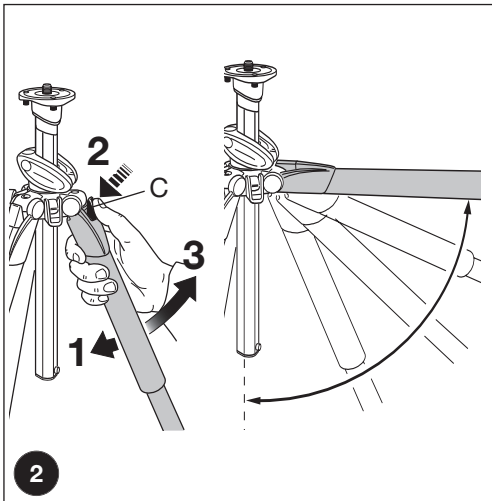
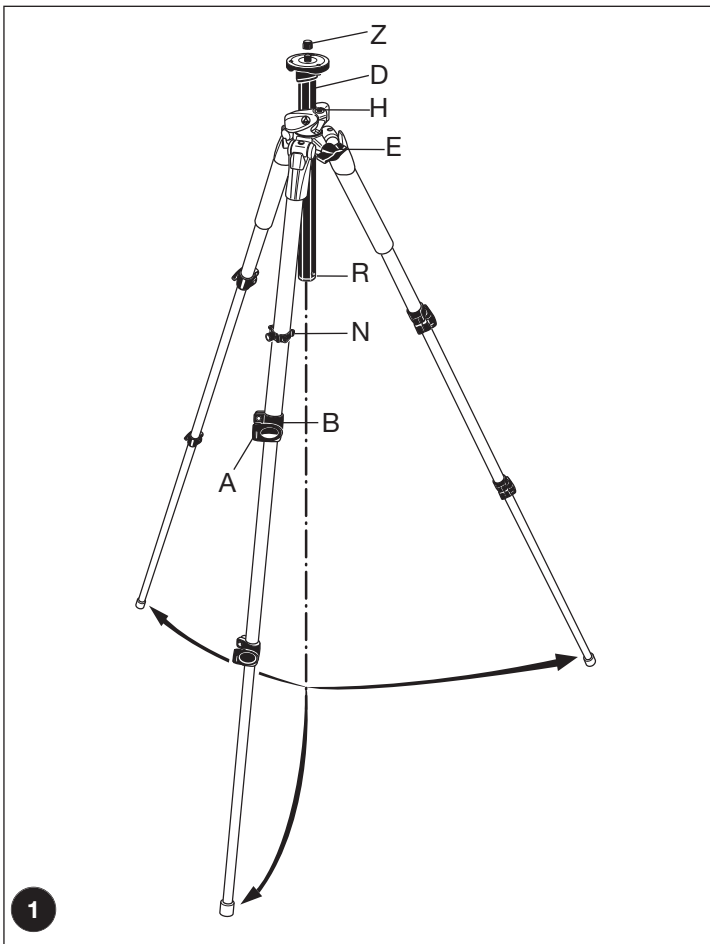
178,5 cm  
70.3"



2,4 kg  
5.3 lbs



7 kg  
15.4 lbs



**INTRODUCTION**

Designed for the professional photographer, this is an extremely versatile tripod, ideal for small, medium format cameras, digital or conventional type.

**KEY FEATURES:**

- A unique sliding centrecolumn that can be operated in either a vertical or horizontal plane.
- Each leg can be independently set at 4 angles of spread.
- Spirit level.
- A set of two leg warmers

**SET UP 1**

Open the 3 tripod legs. To adjust the height of the tripod, each leg has telescopic extensions that can be released by rotating lever "A" on the locking collar "B". When the required height is achieved, lock lever "A".

**LEVELLING 1**

The tripod is supplied with a spirit level "H" to enable you to level the tripod.

**LEG ANGLE ADJUSTMENT 2**

Each leg can be set at 4 angles of spread. To change the angle on a leg, close the leg towards the centre column slightly and press down the locking button "C" at the top of the leg. Whilst holding the button down, select the new leg angle and then release button "C" to lock in position. The angle of each leg can be adjusted independently of the other two legs. The last position allows to achieve the floor level.

**CENTER COLUMN HEIGHT ADJUSTMENT 3**

To release the centre column "D", unlock knob "E" and adjust the height of the column as required.

Tighten knob "E" to lock the column in position.

Note: The best locking is achieved by rotating the centre column "D" until aligning parts "X", "Y" to the locking lever "E" as shown in figure 3.

**HORIZONTAL CENTER COLUMN 4**

The sliding centre column can also be used in the horizontal plane: this not only allows the camera to be offset from the legs' position, it provides the simplest way possible to shoot from directly overhead:

- unlock knob "E" (4.1)
- push button "Y" and, at the same time, raise the center column "D" completely (4.2)
- turn 90° center column "D" as shown in figure 4.3
- slide the center column "D" into the hole "W" and lock knob "E" (fig. 4.4)

**VERTICAL CENTER COLUMN 5**

In order to set up the center column in vertical position, proceed as follow:

- 1) unlock knob "E" and pull out completely the center column "D" as shown in figure 5.1

**⚠ TAKE YOUR HAND OFF CENTRE COLUMN "D" to avoid pinching your finger (see fig. 5.2)**

- 2) keeping your other hand clear of column "D", push button "Y" with one hand (5.3)
- 3) still keeping your other hand clear, with the same hand, rotate the center column "D" in a vertical position as shown in figure 5.4

**MOUNTING AND REMOVING A CAMERA HEAD 6**

Remove the cap "Z" (fig.1)

Mount the camera head on the plate at the top of the centre column via the 3/8" mounting screw (screw head clockwise). Then raise the centre column and with a small screwdriver, tighten the three set screws "M" (supplied unmounted) up against the base of the head, taking care not to force them. This unique feature works especially well with Manfrotto heads due to the specially designed base, which prevents the head unscrewing accidentally. To remove the head, loosen the set screws "M" and unscrew the head from the column counter-clockwise).

**NOTE 7**

For outdoor use, especially in windy conditions, it is possible to stabilise the tripod: hook a counterweight (not supplied) onto the ring "L"