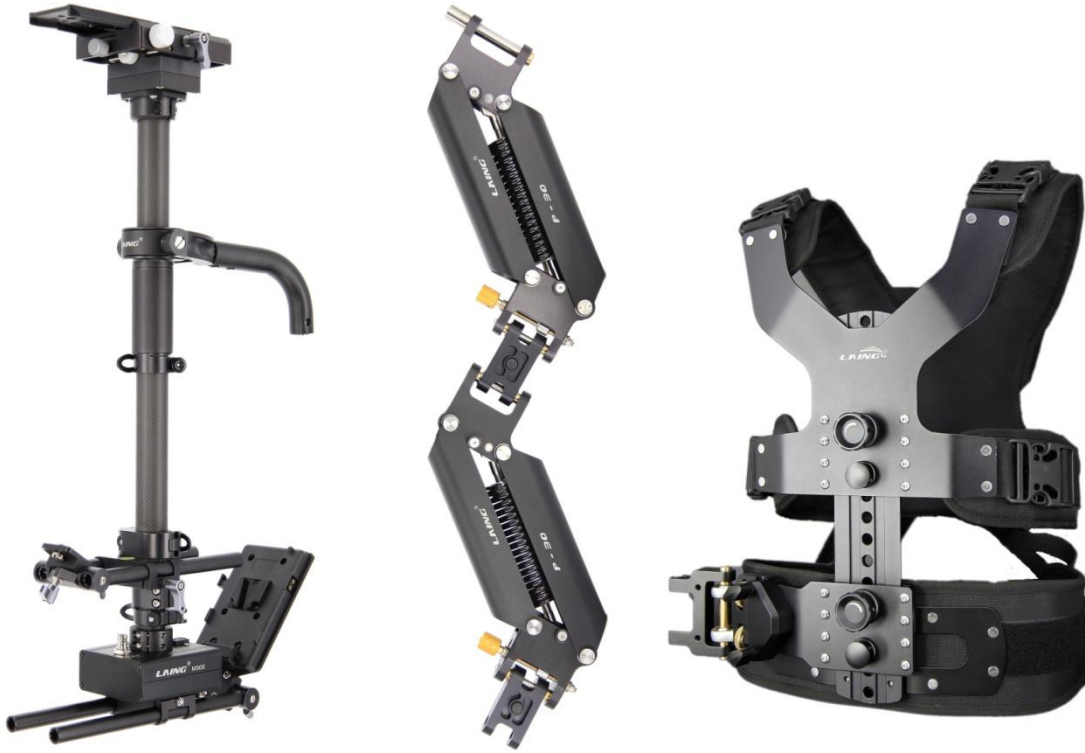


# User's Manual for LAING Camera Stabilizer

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Thank for choosing LAING series camera stabilizer. Please read this manual carefully before using.

Please properly keep this manual for reference in the future.

Please find the PDF file download link from our official website or TAOBAO shop if you lose this user's manual.

Please contact us at any time via the contact in our website or Taobao shop if you encounter any difficulty in the installation and debugging process.

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## 1. Product Introduction

### 【 Introduction 】

Steadicam ,a transliteration alien word, also known as Camera stabilizer, was invented by American Garrett Brown in the early of 1970s. Just as its name implies, it can provide a strong guarantee for high quality image of mobile shooting.

Relying on the improved technologies and design, LAING series camera stabilizer can make the uncontrollable shaking in the shooting process smooth and enable you to take high quality images with no shaking in the motion process.

### 【 Characteristics 】

The new design of excellent performance in the balance of the equipment can easily achieve the perfect static and dynamic balance. The unique combined bearing design of the gimbal completely eliminates the up and down interval of the modular sled and makes it smoother. There is a large tuning range whether in the platform or the bottom assembly. In this way, it can better adapt to different cameras and achieve perfect balance. It adopts standard arm and vest connector, which can keep the equipment in balance with the body in using. In addition, with compact design, it is easy and convenient to disassemble, maintain and clean the components of the product.

### 【 Structure 】

Steadicam mainly consists of arm, modular sled and vest. The arm is able to isolate the photographer from the camera so as to absorb the vibration generated in motion through the by the spring and reduce the up and down vibration of the camera. The modular sled can effectively reduce the front, rear, left and right shaking of the camera. The vest is the supporting point of the stabilizer.

The modular sled consists of the stage, gimbal handle, bottom install mount (equipped with heavy batterybase), monitoring mount and post. User can put the vest on the body so that the whole support point is basically on the waist. Then user can install the camera on the stage, place the camera, connect camera power and video connections, adjust the balance.

**【Parameter】 M30E**

Item	Parameter(BS)	Parameter(MS)
Application scope of arm	11-35.2 lb.	5-16kg
Height adjustable range of arm	30.7 inch	780mm
Weight of arm	7.3b	3.33kg
Weight of modular sled	6.5b	3.0kg
Dimension of quick release dovetail	6.97x2.6x0.39 inch	177x65x10mm
Dimension of stage	4.7x3.5x0.98 inch	120x90x25mm
Diameter of post (external post)	1.25 inch	31mm
Diameter of post (internal post)	1.06 inch	27mm
Minimum length of overall extension	25.0 inch	635mm
Maximum length of overall extension	43.7 inch	1100mm
Mounting hole of camera	1/4、 3/8 inch	
Vest chest measurement	31.5-47.2 inch	80-120cm
Waistline of vest	22-49.2 inch	56-125cm
Application scope of vest height	63-76.8 inch	160-195cm
Net weight of product	21.38 lb.	9.72kg
Package dimension	33.5x20.5x13 inch	85*52*33cm
Gross weight	40 lb.	18kg

**【Remark】**

We strongly recommend you to read the user's manual before installation because Steadicam belongs to professional photography auxiliary equipment and gives full play to its excellent effect with high professional quality and practice. In this way, it can not only save your time but also prevent the damage to the camera and stabilizer. Please strictly follow the user's manual for the installation and debugging and prevent the accidents.

## 2. List of Articles

Please check the articles according to the packing list attached in the package when opening the package for the first time. Your packing box shall contain the articles below.

Name of an article	Camera stabilizer		Model	M30E	
QTY	1		Packing date		
SN.	name	Unit	QTY.	Remark	Standard / configuration
1	vest	SET	1		Standard
2	Modular Sled	SET	1		Standard
3	Arm(p-30)	SET	1		Standard
4	Adjusting bracket mounting plate Z30	SET	1		Standard
5	Accessory package	SET	1	1、 One hex wrench 8MM( for the adjustment of the arm) 2、 One latch( for the connection of vest and shock absorption arm) One 1/4 screw, one coin	Standard
6	Packing box	SET	1	Draw-bar frame	Standard

It may contain other optional accessories, such as monitor, battery buckle, battery, etc. according to the package you have purchased.

Note:

The packing list shall prevail in case of any differences between the user's manual and packing list.

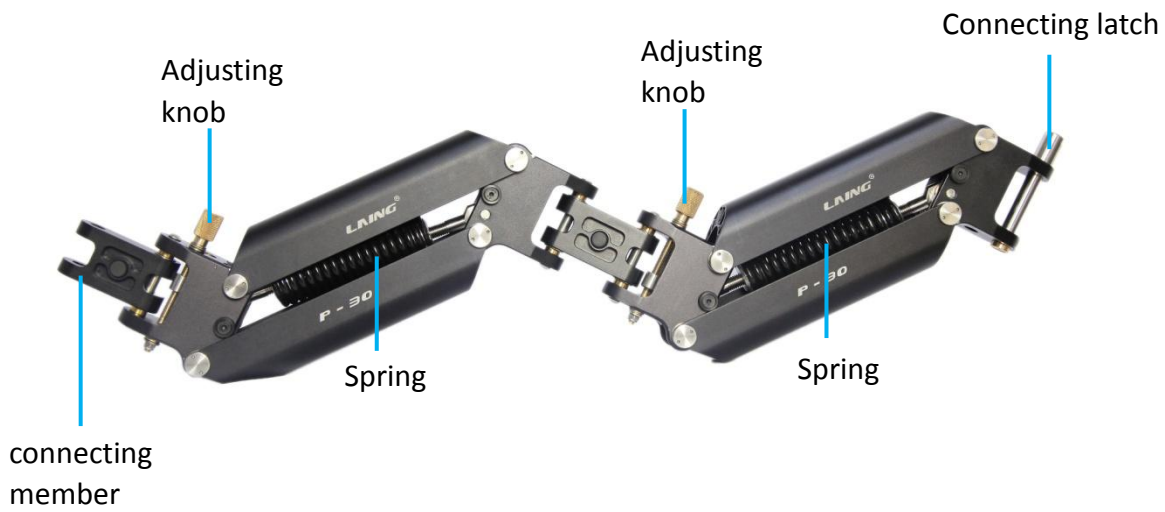
Please immediately contact the dealer if there is any missing article in the package.

### 3. Description of Components

#### Vest



## Arm P-30

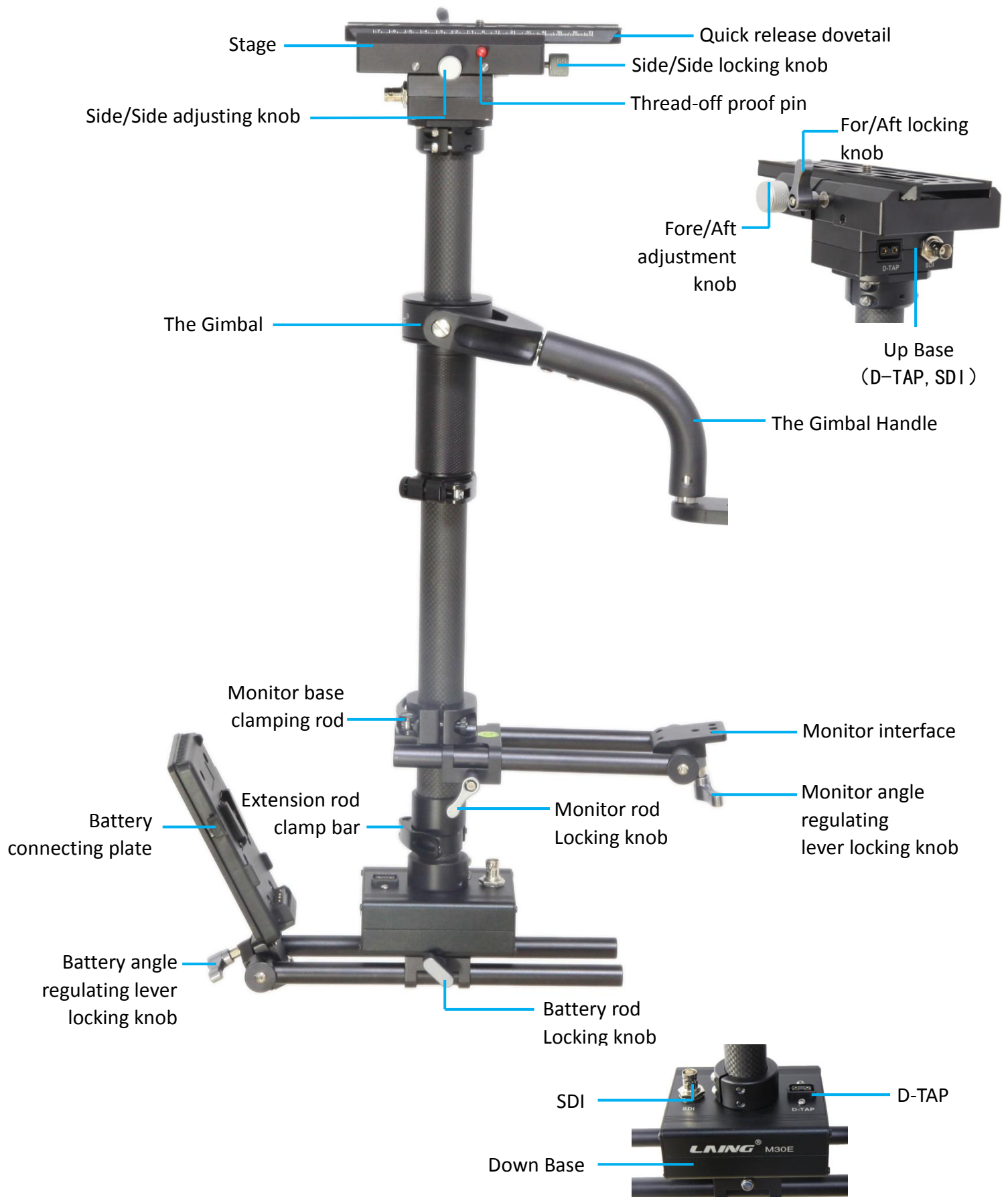


Twist the adjustment knob to adjust the spring force in order to adapt to the products of different weights(The spring force increases when we twist the adjustment knob clockwise and vice versa.)



Bolt connector

## Modular sled





## 4、 Installation and Debugging Method

### 1. Installation of the modular sled component

- (1) Unfold the mounting bracket and place it stably on the ground (Customer purchases this mounting bracket by himself.)
- (2) Open the box, take out the mounting plate of the adjustment bracket, install it on the mounting bracket and adjust the handle for fixation. Then install the support pillar and tighten it.
- (3) Open the cloth bag, take out the arm from the bag, hang it on the mounting bracket, take out the pin and place it on the mounting plate of the adjustment bracket.
- (4) Take out the modular sled and hang it on the support pillar of the mounting bracket.



The adjustment bracket



- (5) Install the battery, monitor and other optional accessories. Make sure there are these articles in your configuration first.

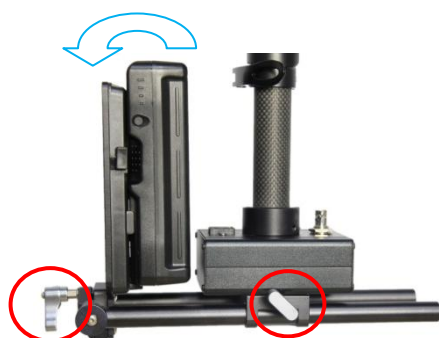


Battery



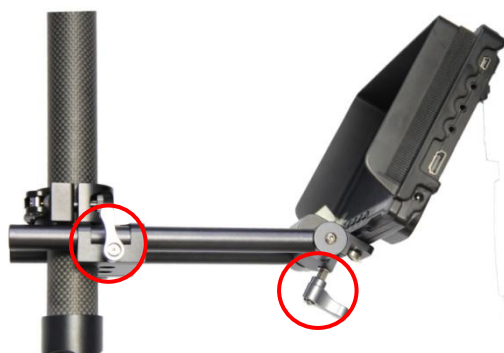
Monitor

- (6) Take out the battery, align the V pin at the bottom to the V slot on the buckle, push and install it with force. You can adjust the angle of the battery plate.



You can adjust the angle of the battery plate through the two buttons at the red circle or move it from left to right

- (7) Align the screw hole at the bottom of the monitor to the interface screw of the monitor at the bottom of the modular sled, twist and fix it. You can adjust the position and direction of the monitor separately in order to meet different demands.



You can adjust the angle of the battery plate through the two buttons at the red circle or move it from left to right.

- (8) Install the camera to the quick release dovetail.
- (9) There is an anti sliding device on the stage. It cannot move forward when the quick loading plate moves to a certain position. Please pay attention to the red button on the side and press it to disassemble the quick release dovetail.

The red circle is thread-off proof pin. Press it to disassemble the quick loading plate.



- (10) Align 1/4 screw on the quick release dovetail to the screw hole at the bottom of the camera, twist and fix it.
- (11) Push the camera installed with quick release dovetail to the cloud platform and lock it with longitudinal fixing knob. Please pay attention to the direction of the quick release dovetail. Align one edge of the gear bottom to the one edge of the top stage with longitudinal adjusting knob.

## 2. Balance debugging of the modular sled

- (1) Please conduct balance adjustment at the upper and lower part of the modular sled.
- (2) Hang the modular sled to the adjustment bracket, loosen your hands and judge the balance at both ends through the falling of the both ends of the modular sled. Judgment method for both ends balance is to place the modular sled to the horizontal status and observe the free falling time horizontally to vertically. Generally, it takes about 2-3s. It shows that it is in ideal balance status.



- (3) It shows that the bottom is heavy is the falling speed is too fast. You need to move the gimbal position downwards. It shows that the bottom is light if the falling speed is too slow. You need to move the gimbal position upwards.

- (4) The gimbal is the support point of the balance. You can loosen the clamp bar so as to move the position of the gimbal or lock it for the fixation of the gimbal.



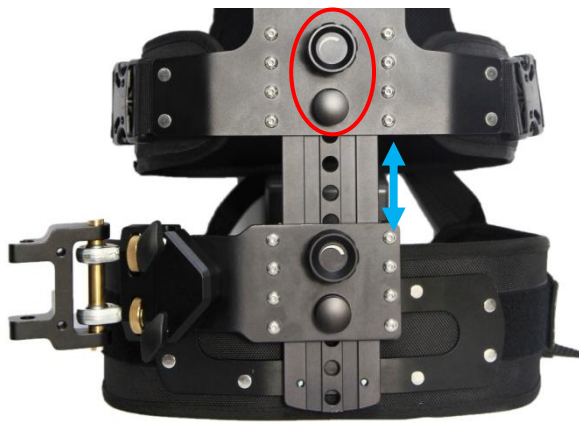
- (5) You can adjust both ends of the modular sled to the balance status by constantly moving the position of gimbal and implementing the verification method in Step 3.
- (6) You can adjust the central connecting rod length in order to achieve the balance status if it is a heavy apparatus.
- (7) You can adjust the balance of the cloud platform.
- (8) There four knobs on the stage, two locking knobs(in the red mark in the figure below) and two longitudinal adjusting knobs and lateral adjusting knobs(the blue mark in the figure below).



- (9) We need to make sure that the cloud platform is in horizontal status from the front and side by constantly adjusting the adjustment knobs.
- (10) Remember to lock the two locking knobs after adjustment.

### 3.Overall assembly of three components

- (1) It is easy to wear the metallic vest. Please first loosen the chest buckle and waist buckle before wearing. Remember to bind them up forcibly in order to ensure that the spar is vertically downwards.



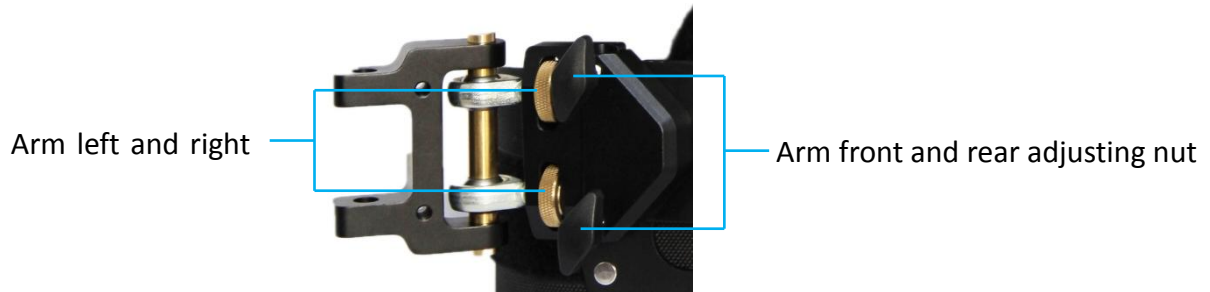
Rotate the black buckle at the red circle and slightly pull the black buckle for the adjustment of the spar.

- (2) We can adjust the length of the metallic vest, chest buckle and waist buckle in order to meet different demands of the different operators. The connecting plate on the metallic vest can be detachable. We can install it to another side so as to facilitate different operation by left and right hand.

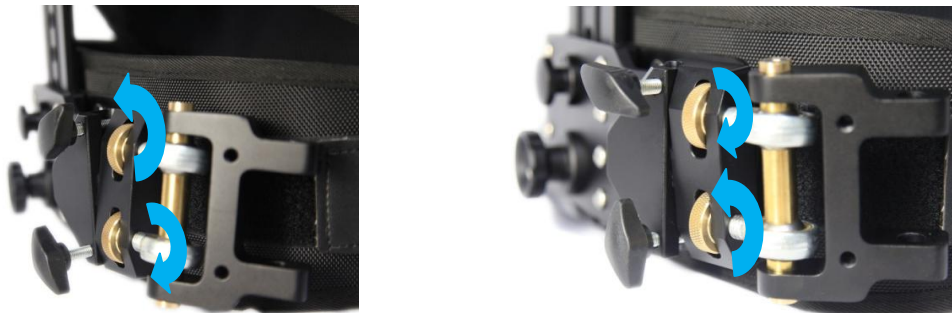


Rotate the black knob at the red circle anti-clockwise to disassemble the connecting plate and install it to another direction.

- (3) Please take out the connector of the shock absorption arm and insert it to the socket of the metallic vest after you put on the metallic vest.



- (4) Tighten the adjusting screws in front of the two arms and adjust the front and rear angle between the arm and vest. The arm is close to the operator when the left screw is inserted and the right screw is out (in the left figure). On the contrary, the arm derives from the operator when the right screw is inserted and the left screw is out. (Note: Please put the two arm adjusting screws against the shock absorption arm connector. The screws cannot be too loose.)



- (5) The two arms can be used to adjust the left and right position between the arm and vest. You can rotate the black screw according to the arrow direction in the left figure. The joint bearing stretches out and the arm derives to the right position of operator. You can rotate the black screw according to the arrow direction in the right figure. The joint bearing stretches out and the arm derives to the left position of the operator.



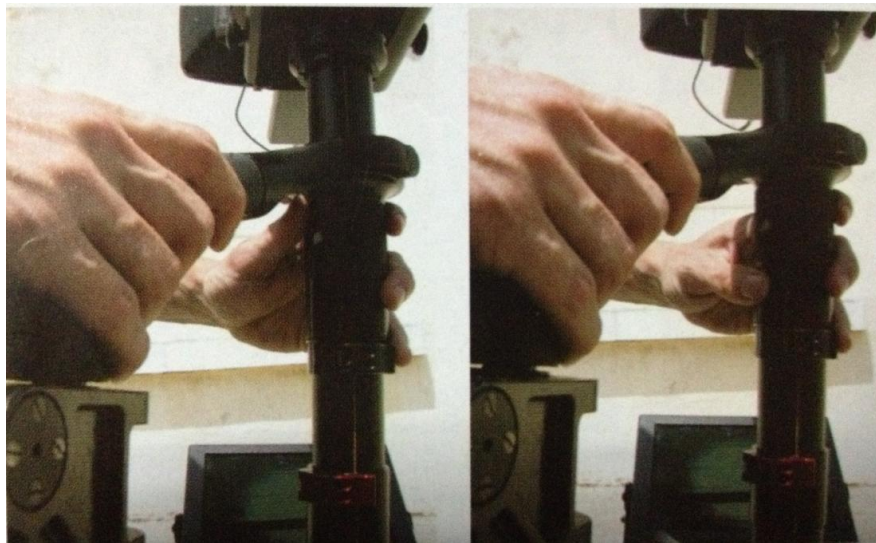
- (6) Take out the shock absorption arm, insert one end to the shock absorption arm connecting socket, then insert it into the latch and fix the metallic vest connecting buckle to the shock absorption arm. Please adjust the front and rear knob of the arm and the arm left and right adjustment screws according to the method in (4) (5) in order to keep the arm in balance.
- (7) Connect the modular sled and shock absorption arm together.

The installation and debugging is completed. Then you can take photos.



## 5. Prompt

- 1) You can loosen one screw only to make the arm separate from the vest once you have adjust the adjustment screws to keep it in balance.
- 2) Please get to know how to grasp the Steadicam stabilizer before photography. Generally, you can hold it with your right hand and hold the handle of the modular sled. You can guide with your left hand to adjust the photography direction of the camera. The left figure shows the generally method. You can reduce the thumb position in order to prevent the swinging of modular sled as shown in the right figure.



You can constantly change your handheld method according to the actual application. Both hands can make the whole machine horizontal and stable.

- 3) Start and stop principle in moving photography: Move the camera first and people stops then. People stops first and then the camera stops.
- 4) You can adjust the photography angle in the photography process. In other words, you can put the camera upwards or turn the modular sled reversely or downwards or take photos horizontally or obliquely. Steadicam can assist you to capture more stable images.
- 5) The moving steps of the operators are essential in the photography process. You need to try to figure out the steps of the professional photographer or practise more.
- 6) Generally, you need focus on the monitor screens with your eyes and mind the road below. Generally, there are at least two people when the Steadicam is working. In addition, another assistant photographer will assist you with the photography.



You may feel unsmooth or difficult in the initial photography or you fail to achieve the desired effect. It doesn't matter. You will improve your skills after more practice.

You can exchange your experience with other Steadicam stabilizer users on the website or read others' articles. It will help you to improve your skills. It is recommended to read <<The Steadicam Operator's Handbook>>.

## 6.Precautions

- 1) Please check the firmness of the screws in the installation in order to prevent the hazardous situation of the falling down of the camera due to unstable installation.
- 2) Do not loosen your hands in the shooting process while walking around in order to prevent that the human injury caused by shock absorption arm throwing away with balance components or equipment damage caused by collision to other objects.
- 3) Please ask one assistant in assisting the photographer if the camera is too heavy or the photography site is uneven.
- 4) Please pay attention to the separate package of the detached components in order to avoid the component damages caused by collision in the transportation process.
- 5) Please take compression resistant or shockproof treatment for the external package in long distance transportation. Do not collide, compress or throw about the package box at random.
- 6) Please have dampproof, rust-proof, lubrication maintenance treatment of the equipment if this equipment is not used for a long time.