Using the Glidecam HD 4000

PUTTING TOGETHER THE GLIDECAM:

[ ] Thread the central post into the base platform.

[ ] Thread the camera mounting platform to the top of the central post.

[ ] If you do not know how many weights your camera needs, affix a couple weight plates to the front and back of the base platform.

[ ] Remove quick release plate from Glidecam. Mount it to your camera and then mount the camera to the Glidecam (make sure you secure the locking knob).

***Make sure you balance your camera with all the batteries, mics, lights, etc. mounted to it.

***You will essentially want the camera's center of gravity to line up w/ the central post. You can find its center of gravity by putting a pen/pencil under the camera and roll it around until you find where it's centrally balanced. In rare cases you may have to remove the quick release system from the camera mounting platform (please see the Multimedia Specialist or Multimedia Assistant for help w/ this).

HORIZONTAL BALANCE:

[ ] Pick the Glidecam up. Note if it's leaning too much to the left or right or front or back. You want the camera to be completely level. (If you have a LCD screen that you'll use to monitor with, make sure that it's extended out as this will affect the L/R balance.)

[ ] If the camera is rolling backwards, screw the plate adjustment on the back clockwise, which will move the whole unit forward. If it's rolling forwards, screw the plate adjustment on the back counterclockwise, which will move the whole unit backwards.

[ ] If it is leaning too far right, turn the side screw clockwise to move the camera left. If it's too far left, turn the screw counterclockwise to move it to the right.

VERTICAL BALANCE:

[ ] MAKE SURE THAT THE CAMERA IS SECURED!!!

[ ] Holding the handle, pull the base platform up so it's perpendicular with the camera. Now, let go of the base platform and count "one-one thousand...". You want the drop time to be about 2-2.5 seconds.

[ ] If it drops too fast, move the base platform up by loosening the nut on the center post. Perform the drop and count.
If it drops too slow, then it's too top heavy. So, move the base down. If that doesn't work then add more weight plates.

After you have vertically balanced the Glidecam, you will have to go back and adjust the horizontal balance.

***Always shoot with the forearm brace or a vest. These things are heavy!

**USING THE VEST:**

Balance Glidecam unit (aka the “sled” with camera). If you have a C-stand, place docking bracket on top of C-stand and rest the sled on it with the handle facing outwards.

Put on vest and make sure it’s secure around waist and upper torso.

Connect the Support Arm to the vest by placing the two steel pins into the receiving holes.

Place the sled onto the arm. If the sled is too heavy the support arm will move downwards; if too light it will go up. If arm is set to the correct weight, it will remain level.

**To increase the load settings:** Remove sled from the arm and the arm from the vest. Use the allen wrench in the weight plate box. Turn the spring bolt clockwise to add tension. As you turn it you will see the spring move along the guide scale with 0 being the least tension and 6 being the highest. DO NOT push the spring past 0 or past 6!!

**To decrease the load settings:** Remove sled from the arm and the arm from the vest. Use the allen wrench in the weight plate box. Turn the spring bolt counter-clockwise to decrease tension. As you turn it you will see the spring move along the guide scale with 0 being the least tension and 6 being the highest. DO NOT push the spring past 0 or past 6!!

***If using the 60D with 50mm, and thus one weight plate on both ends of base platform, correct tension is about 2.25-2.5. If you use the 24mm lens, you’ll likely add one weight plate to the back end of the sled to counteract the heavy front when you’re horizontally balancing it; thus you will have to add tension. All this depends on the camera you’re using (C100 is more weight).

**In use:** Hold the Glidecam handle gently since the support arm is bearing the load and use your other hand gently on the central post. Let the support arm do the heavy lifting.

***If you cannot get the arm to balance, meaning you have the tension at 6 and your sled is too heavy, please contact ROOM 18 or cinemastudie ssuper@gmail.com. Because DSLRs are so light, one of the springs has been removed from the support arm.
BREAKING DOWN:

[ ] Remove sled from the support arm.
[ ] Remove support arm from the vest.
[ ] Remove the vest.
[ ] Remove camera from quick release system.
[ ] Remove quick release plate from camera and put back onto the system.
[ ] Unthread the mounting platform from the central post.
[ ] Unthread the central post from base platform.
[ ] Put it back into carrying bag CORRECTLY.

IMPORTANT NOTES:

1). Do not use this in the rain or let it get wet (duh).

2). Put everything back in proper fashion. Make sure that central post and mounting platform are placed back in the rectangular padded section.

3). Never keep this in your car.

4). Be careful with this. It’s expensive and you’re responsible for it. We only have one. Don’t be that person.