

# *GLIDECAM*

*BODY- POD*

**MANUAL**

## **Set-up Operations Guide**

*GLIDECAM INDUSTRIES, INC.*

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Even though the setup and use of the Body-pod is fairly intuitive you should still read this SETUP and OPERATIONS GUIDE completely. Reading the instructions will help prevent possible harm to either yourself, or damage to your camera and or Body-pod.

The Glidecam Body-pod is designed only to be used with either the Glidecam 2000 Pro, or the 4000 Pro hand-held camera stabilizers. Please use the photograph of the Body-pod in the included brochure as a visual reference when setting up and attaching the Body-pod to your body. Please be sure to have your 2000 Pro or 4000 Pro already setup and balanced before you setup and use your Body-pod.

To use the Glidecam Body-pod you must first attach the foam padded waist support to your lower abdomen so the nylon straps of the waist support are held in place tightly around your hips. You must line up the aluminum, tubular receptacle assembly that is centered on the padded waist support so the tube is centered below your navel. You must also make sure that the tube is setup so the opening of the tube is facing upwards. Later you will use this tube as a means for supporting the aluminum, curved, stabilizer support tube.

Now that the foam padded waist support is securely attached to your hips you can attach the long, nylon straps to the padded waist support. Do this by attaching the black hooks that are attached to the nonadjustable ends of the nylon straps through the small circular holes that are on the top of the tubular receptacle assembly.

Now that the nonadjustable hook ends of the nylon straps are securely attached to the two holes that are on the top of the tubular receptacle assembly, you can bring the straps behind your back and then cross them over so that the front left strap goes behind your back and then comes up and over your right shoulder. The front right strap should then go behind your back and then come up and over your left shoulder. If all is proper, you should find both of the adjustable hook ends of the nylon straps hanging down in front of your chest. They are adjustable because you can change their length by moving the position of the black buckles.

Next take the curved, stabilizer support tube and slide the end that does not have the adjustable locking collar attached to it, into the tubular receptacle assembly that is centered on your foam padded waist support. Make sure that the stabilizer support tube is inserted all the way down into the receptacle tube.

Now attach the black hooks that are connected to the adjustable ends of the nylon straps, onto the locking collar assembly that is already in place on the top of the stabilizer support tube. Do this by connecting the left shoulder hook to the left hole in the circular disk that is part of the locking collar assembly. Then attach the right hook to the right hole in the circular disk in the locking collar assembly.

You will probably need to adjust the length of the nylon straps coming over your shoulders so that they are attached to the collar assembly in a way which causes the stabilizer support tube to maintain vertical alignment when pressure is applied to it in a downward manner. If all is proper you should now find the Glidecam Body-Pod attached securely to your body, with the area that the handle of either your 2000 Pro, or 4000 Pro stabilizer will attach to in an upright vertical position.

You can now attach either your Glidecam 2000 Pro, or 4000 Pro hand-held stabilizer to the stabilizer support tube on your Body-pod. Do this by simply sliding the hollow and tubular handle of the 2000 Pro or 4000 Pro onto and over the 5" straight section that is just above the adjustable locking collar on the stabilizer support tube. Once the 2000 Pro or 4000 Pro stabilizer is attached to the Body-pod make sure too still hold onto its handle to keep the stabilizer centered in front of you. Even though the weight of your stabilizer is now displaced onto your body, you will still need to control the stabilizer's position in front of you. Be careful not to let go of the stabilizer and then tilt your body in a way which could cause the whole unit to swing to the left or right quickly. Doing so could cause an accident where the unit smashes into something or someone.

For now we suggest you leave the adjustable locking collar where it is. Later you can raise or lower it using the hex wrench provided to set the height of your stabilizer to a height you prefer. Remember to always leave at least 2 1/2" of straight above the locking collar so there will always be enough area for the handle of your stabilizer to safely slide onto. If you need to raise the height of your stabilizer by more than just the few inches that the adjustable locking collar provides then you will need to either use one, or both of the extension tubes provided. To use them simply insert the narrow end of an extension tube into the receptacle tube attached to the front center of your padded waist support. After either one, or both of the extension tubes are in place you can then insert the curved stabilizer support tube into the extension. The important thing to remember is that the extension tubes go into the tube by your waist and are not to be used up by the support tubes locking collar.

When using the Body-pod with a stabilizer attached to it you should always make sure the nylon straps that come over your shoulders and attach to the locking collar are taught enough so that the handle of your stabilizer is parallel with your upright body and perpendicular to the floor, given the floor is level.

For the most part you will use your stabilizer in just the same way you would use it if it were not attached to the Body-pod. (See your Glidecam Stabilizer's Manual) In other words, you would still use both of your hands to control your stabilizer. One hand on the handle and the other lightly holding just under the gimbal.

If you need to tilt your stabilizer to any great degree while shooting you will need to rotate the stabilizer's handle on the Body-pod so as to set the position of the stabilizer's central support post in a position either to the left, or the right of the Body-pods curved stabilizer support tube. Doing this will allow the stabilizer to tilt without its base hitting the Body-pod.

The best way to create beautiful and smooth pans with the Body-pod is to rotate (pan) your whole body so that the center axis of the pan is coming from the center of your body. Panning the stabilizer itself works well, but lacks the graceful dynamics of a body centered pan.

You can shoot for hours without stopping with the Body-pod, because you can quickly and frequently switch between body mounted shooting mode and just hand-held stabilizer shooting mode. To switch between modes you simply slide the stabilizer off the curved stabilizer support tube and then quickly rotate the curved support tube out of your way so it is next to your body. With the support tube out of your way you can now use your Glidecam hand-held stabilizer in its hand held mode. To switch back simple move and center the curved stabilizer support tube back in front of you and then slide the handle of your stabilizer back onto the straight part of the curved stabilizer support tube.

We highly recommend the use of a .5X or .7X wide angle lens converter when using either your Glidecam stabilizer by itself, or when it is attached to your Body-pod. Shooting with a wide angle lens converter attached to the front of your camcorder or camera's lens greatly increases the perspective dynamics of your camera moves and helps reduce apparent camera instability by demagnifying the shooting image Good luck with your shooting.

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