



Tadpole.nz

Easyrig - Flowcine - Ergorig

ERGORIG

Using Ergorig is similar as std shoulder mounted hand held. A good camera set up, Camera Balance , Viewfinder in correct/best position and Handles where you like them.

It takes a few shots to get used to it but when adjusted well and the camera set up / build is good , very quickly the vest becomes a part of you and you'll find handholding more enjoyable and retain the freedom and movement of traditional hand held.

1. Adjust vest height and waist width so it fits well and snugly. Not over hips nor too far above them. Should sit lightly onto Hips.
2. Remove Camera Shoulder pad (Ergorig has one) and ideally remove any bridge plates etc if they in the way..make camera as low profile as possible underneath.
3. If can't remove Camera Shoulder pad then remove Ergorig shoulder pad if you find the camera sits too high.
4. Shoulder Plate digging into your neck? If vest is fitting well then first adjust Shoulder Plate away from your neck . 2 x nuts under Shoulder Pad , loosen to slide shoulder plate.
5. If still not right then likely vest setting is too big so can adjust vest to Smaller fit around waist- this effects the shoulder plate to move away from neck also .
6. Ergorig Shoulder Plate should sit just off your shoulder with a slight air gap - barely touching it so the weight transfers to your hips and not onto your shoulder or spine.
7. You will need to remove bolts to move Vertical Support Plate around vest for size adjustment. Make sure you replace any spare holes with the removed bolts.

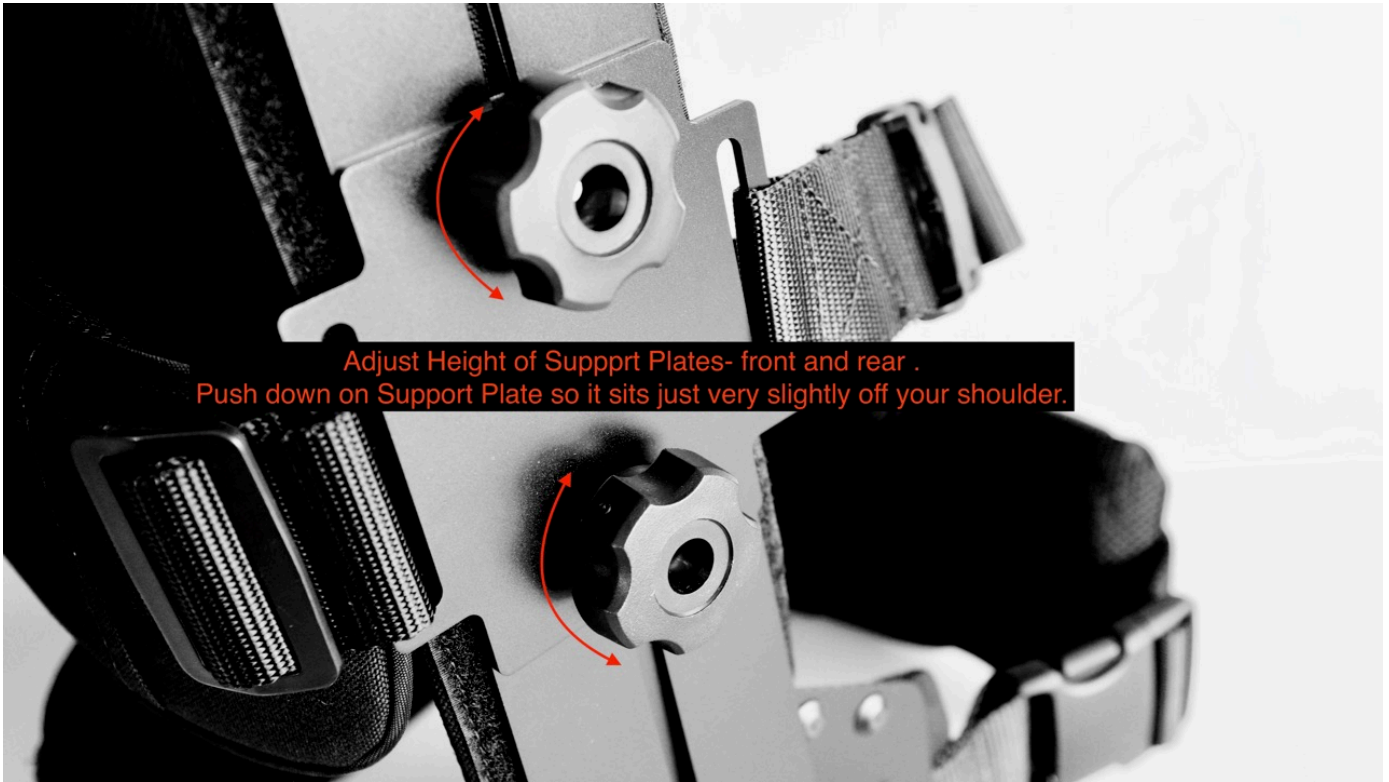
Included in kit:

- 1 x Ergorig
- 1 x Bondhaus 4mm T Handle Hex
- 1 x 11mm Spanner
- 1 x Ergorig bag



Adjust height so waist belt sits just onto hips.
Not Over Hips nor too high around stomach.
It will be a matter of personal taste/comfort.





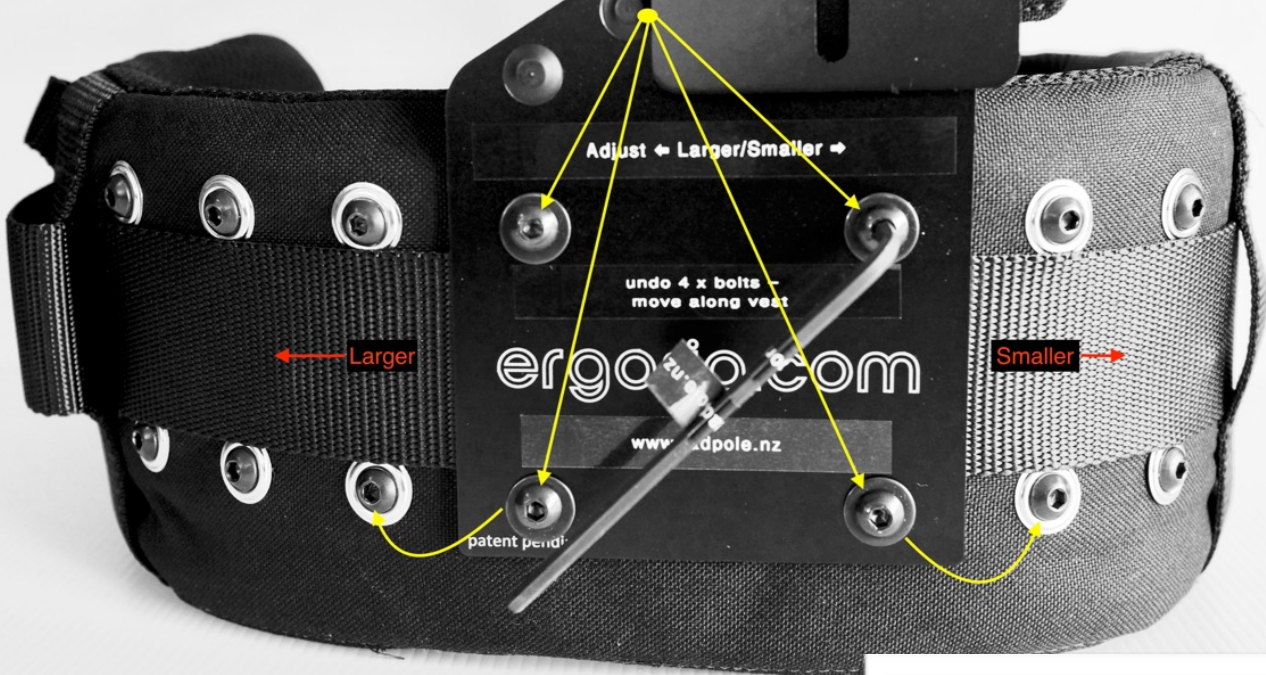
Adjust Height of Support Plates- front and rear .
Push down on Support Plate so it sits just very slightly off your shoulder.



If Camera sits too high - remove Camera Shoulder Pad or remove Ergorig Shoulder Pad

If shoulder pad digs into your neck then adjust Vest to Smaller.
This will move Shoulder Plate away from your neck

Adjust Vest size- undo 4 x bolts - move Support Plate either direction and re attach.



Adjust Shoulder Plate sideways

