



# Flex Tripod

MODEL NUMBER: **GRCMAFT100BKEW**

**FREE 3 YEAR WARRANTY REGISTRATION**

**3 ANS DE GARANTIE, INSCRIPTION GRATUITE**

**REGISTRO DE GARANTÍA DE 3 AÑOS GRATIS**

**KOSTENLOSE REGISTRIERUNG 3 JAHRE GARANTIE**

**3 ANNI DI GARANZIA, REGISTRAZIONE GRATUITA**

三年免费保固

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**USA GEAR®**

***ACTION  
MOUNTS  
SERIES™***



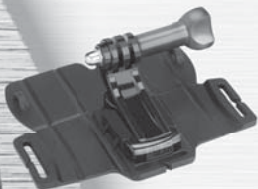
**Zip Mount**



**Helmet Mount**



**Chest Strap**



**Large  
Adhesive  
Mount**



**Wrist Strap**



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# ***A MOUNT FOR EVERY SITUATION***

***For action and tripod mount cameras***

# ***UN SUPPORT POUR TOUTE SITUATION***

***Pour caméras d'action et supports trépieds***



**Head Strap**



**Handlebar  
Mount**



**Flat  
Adhesive  
Mount**



**Suction Mount**

***.com/actionmounts***



# Flex Tripod

**Package contents**  
**L'emballage contient**  
**Contenidos del paquete**  
**Packungsinhalt**  
**Contenuto della confezione**  
**包装内容**

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1



2



3

**EN**

- 1 Flex Tripod
- 2 Action mount adapter
- 3 Smartphone holder

**FR**

- 1 Flex Tripod
- 2 Adaptateur pour caméra d'action
- 3 Porte-smartphone

**ES**

- 1 Flex Tripod
- 2 Adaptador para soporte móvil
- 3 Soporte para Teléfono Inteligente

**DE**

- 1 Flex Tripod
- 2 Action Mount Adapter
- 3 Smartphone Halterung

**IT**

- 1 Flex Tripod
- 2 Adattatore action mount
- 3 Supporto smartphone

**ZH**

- 1 Flex Tripod
- 2 运动支架连接器
- 3 智能手机固定器

**Product diagram**  
**Schéma du produit**  
**Diagrama de product**  
**Productabbildung**  
**Schema del prodotto**  
**产品图**

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**EN**

- 1 Tripod screw
- 2 Quick-release plate
- 3 Quick-release plate screw
- 4 Quick-release button
- 5 Quick-release lock
- 6 Ball joint screw
- 7 Flexible legs
- 8 Action mount screw
- 9 Smartphone holder tab

**ES**

- 1 Tornillo del Trípode
- 2 Placa de liberación rápida
- 3 Tornillo de la placa de liberación rápida
- 4 Boton de liberación rápida
- 5 Traba de liberación rápida
- 6 Tornillo para Junta Esférica
- 7 Patas Flexibles
- 8 Tornillo para soporte móvil
- 9 Pestaña para Teléfono Inteligente

**IT**

- 1 Vite del treppiede
- 2 Piastra a sgancio rapido
- 3 Vite della piastra a sgancio rapido
- 4 Tasto sgancio rapido
- 5 Blocco sgancio rapido
- 6 Vite del giunto sferico
- 7 Gambe pieghevoli
- 8 Vite dell'action mount
- 9 Linguetta di supporto per smartphone

**FR**

- 1 Vis de trépied
- 2 Plateau de libération rapide
- 3 Vis de plateau de libération rapide
- 4 Bouton de libération rapide
- 5 Cran de sûreté de libération rapide
- 6 Vis de serrage de la tête rotative
- 7 Pieds flexibles
- 8 Vis de serrage pour caméra d'action
- 9 Langquette de porte-smartphone

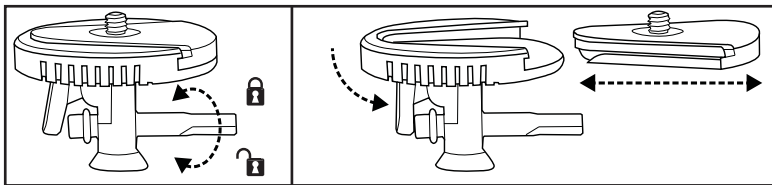
**DE**

- 1 Stativschraube
- 2 Schnellwechselplatte
- 3 Schnellwechselplatte Schraube
- 4 Schnellverschluss Taste
- 5 Schnellverschluss
- 6 Kugelgelenkschraube
- 7 Bewegliche Beine
- 8 Action Mount Schraube
- 9 Smartphone Halterungshebel

**ZH**

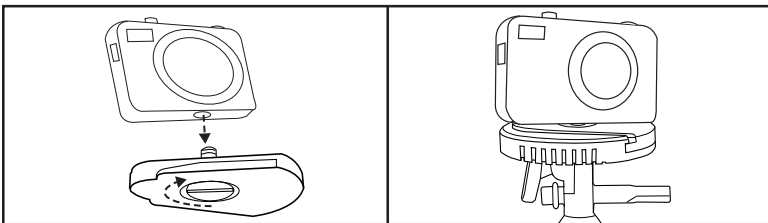
- 1 三角架螺丝
- 2 快拆板
- 3 快拆板螺丝
- 4 快拆按钮
- 5 快拆锁
- 6 球形连接螺丝
- 7 软管脚
- 8 运动支架螺丝
- 9 智能手机固定器扣

## Quick-release



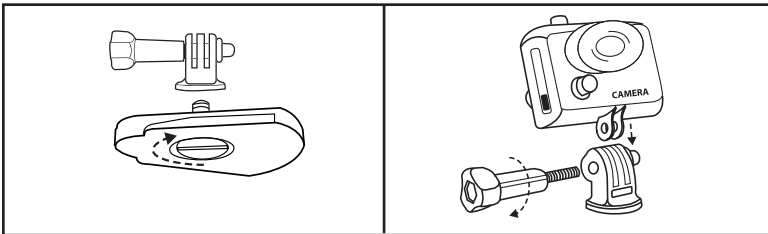
To remove, unscrew the quick-release lock and press the button. To insert, slide the quick-release plate into the tripod and screw in the quick-release lock.

## Attach tripod mount camera



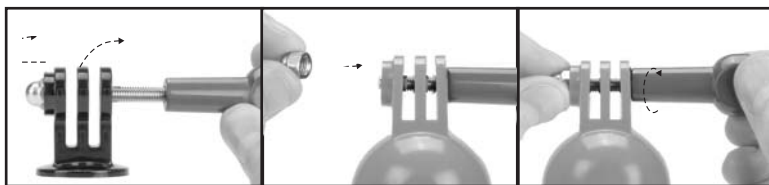
Insert the tripod screw into the camera. Use a coin or screwdriver to tighten the quick-release plate screw until it is secure.

## Attach action mount camera



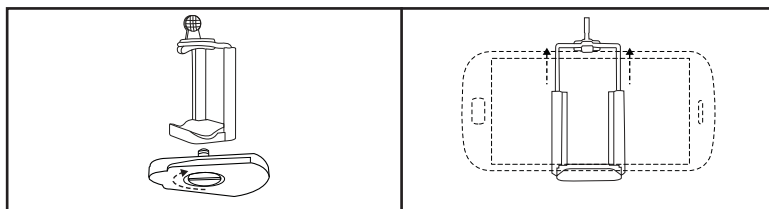
Insert the tripod screw into the action mount adapter. Use a coin or screwdriver to tighten the quick-release plate screw until it is secure. Unscrew the action mount screw and insert the camera housing into the adapter. Reinsert the action mount screw.





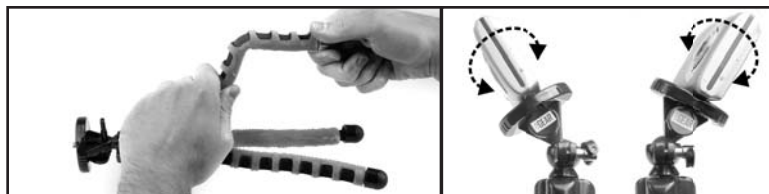
For a secure thread connection, press the nut outwards with the screw and then tighten.

## Attach smartphone or other device



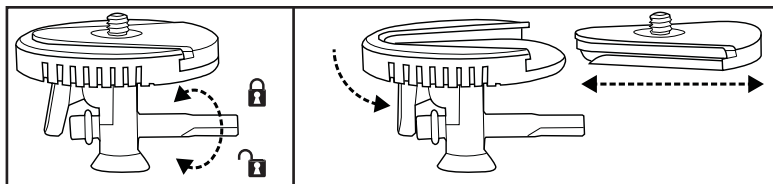
Insert the tripod screw into the smartphone holder. Use a coin or screwdriver to tighten the quick-release plate screw until it is secure. Lift the smartphone holder tab and insert your phone.

## Adjust



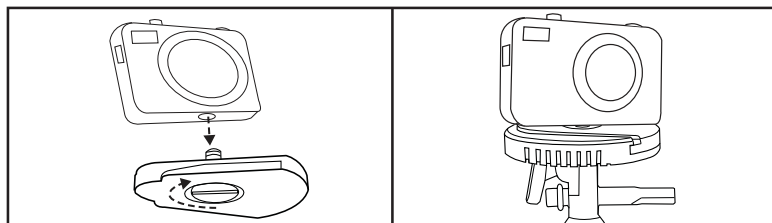
Bend the tripod legs to position and grip on many different surfaces. Make sure that the legs are securely positioned before releasing from your hands. NOTE: This tripod is intended for stationary use. Position the camera to your desired angle and make sure all screws are secure.

## Libération rapide



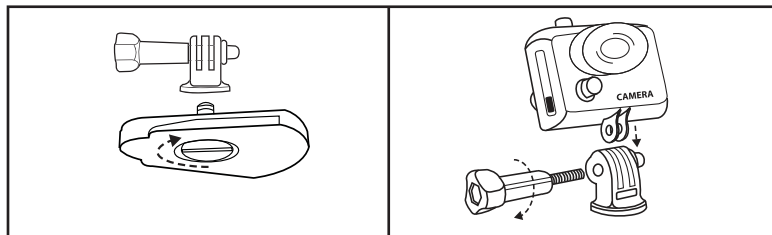
Pour enlever, dévisser le cran de sûreté de libération rapide et appuyer sur le bouton de libération rapide.

## Fixer une caméra à fixation trépied

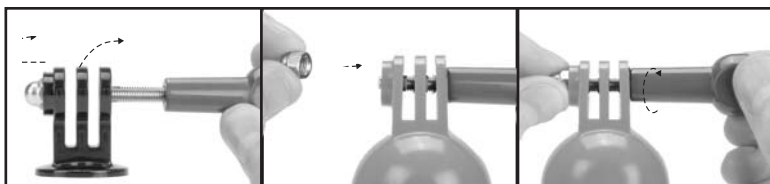


Insérer la vis trépode dans la caméra. Utiliser une pièce ou un tournevis pour serrer fermement le plateau de libération rapide.

## Fixer une caméra d'action

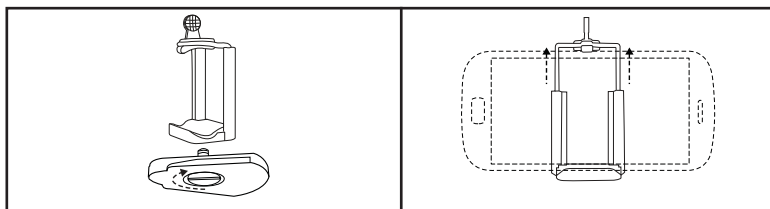


Insérer la vis trépode dans l'adaptateur pour caméra d'action. Utiliser une pièce ou un tournevis pour serrer fermement le plateau de libération rapide. Dévisser la vis de l'adaptateur pour caméra d'action et insérer la caméra



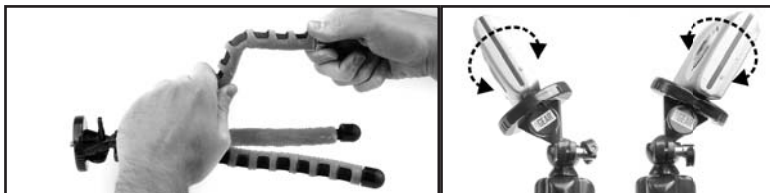
Pour une fixation plus solide, appuyer sur l'écrou vers l'extérieur avec la vis et serrer.

## Fixer un smartphone ou autre appareil



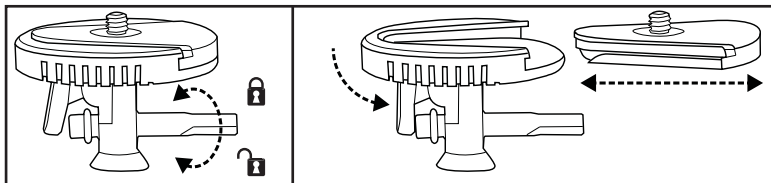
Insérer la vis trépode dans le porte-smartphone. Utiliser une pièce ou un tournevis pour serrer fermement le plateau de libération rapide. Monter la languette du porte-smartphone et placer votre smartphone.

## Ajuster



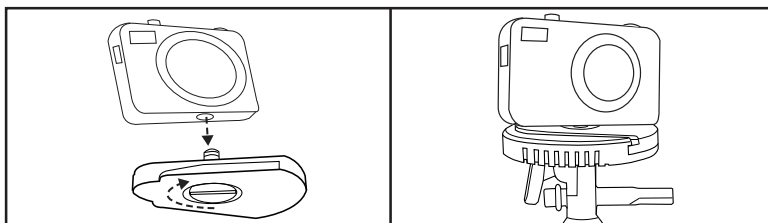
Plier les pieds du trépied à la position désirée et l'agripper à divers types de surfaces. Vérifier que les pieds sont fermement positionnés avant de lâcher l'appareil. REMARQUE : Ce trépied est destiné à un usage stationnaire. Orienter la caméra à l'angle désiré et vérifier que toutes les vis sont bien serrées.

## Liberación Rápida



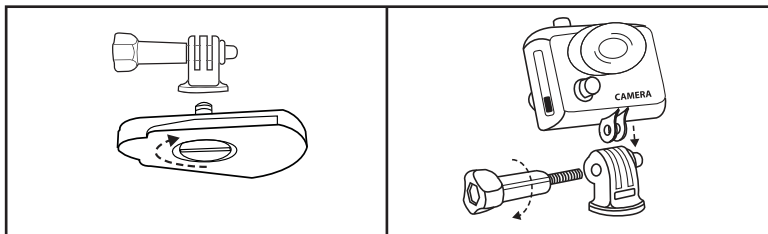
Para quitar, desenrosca la traba de liberación rápida y pulsar el botón de liberación rápida. Para insertar, deslice la placa de liberación rápida en el trípode y atornille en la traba de suelte rápido

## Agregando el Trípode para Cámara

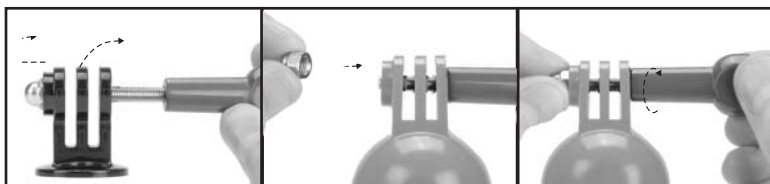


Inserte el tornillo del trípode a la cámara. Utilice una moneda o un destornillador para apretar el tornillo de la placa de liberación rápida hasta que quede firme.

## Agregando el soporte móvil para cámara

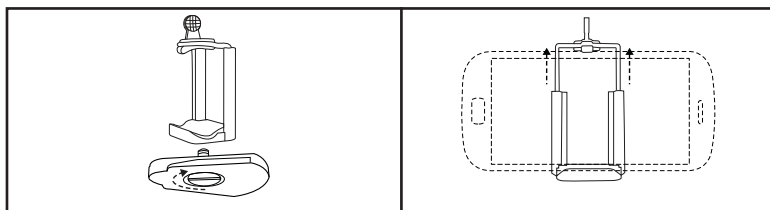


Inserte el tornillo del trípode en el soporte de montaje móvil. Utilice una moneda o un destornillador para apretar el tornillo de la placa de liberación rápida hasta que quede firme. Desenrosca el tornillo de soporte móvil e



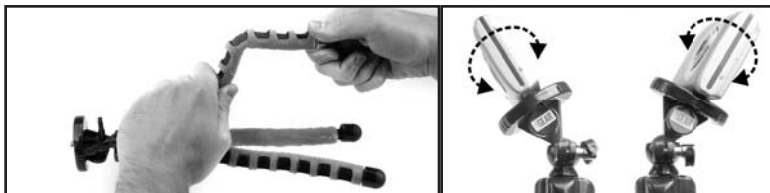
Para tener una conexión segura, presione la tuerca con el tornillo hacia afuera y ajuste

## Adjuntar el teléfono móvil u otro dispositivo



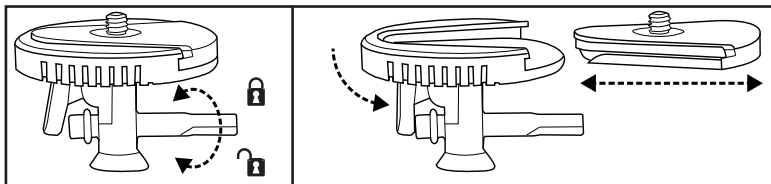
Inserte el tornillo del trípode en el soporte del teléfono inteligente. Utilice una moneda o un destornillador para apretar el tornillo de liberación rápida hasta que quede firme. Levante la lengüeta de soporte de teléfono inteligente e inserte su teléfono.

## Ajustar



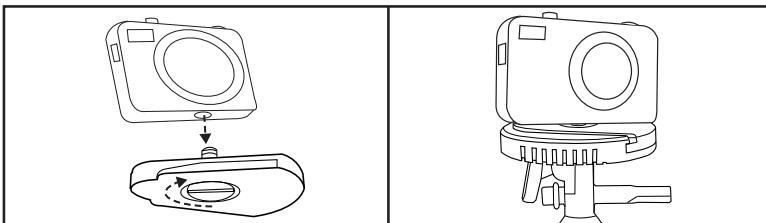
Doble las patas del trípode hasta la posición deseada y de forma que se agarre a varias superficies. Asegure que las patas estén firmes antes de soltar las manos. NOTA: Este trípode es para uso fijo. Posicione la cámara en el ángulo deseado y verifique que todos los tornillos estén firmes

## Schnellverschluss



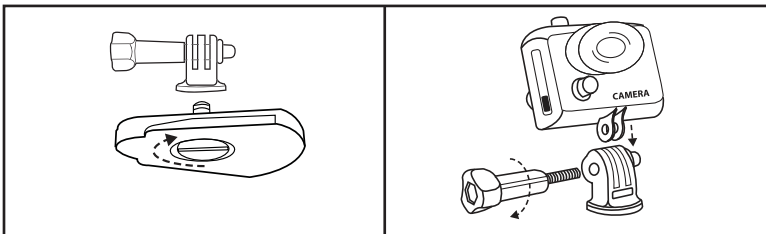
Zum Entfernen, öffnen Sie den Schnellverschluss und drücken Sie die Schnellverschluss. Zum Einsetzen, schieben Sie die Schnellverschlussplatte in das Stativ und schließen Sie den Schnellverschluss.

## Kamerastativ befestigen

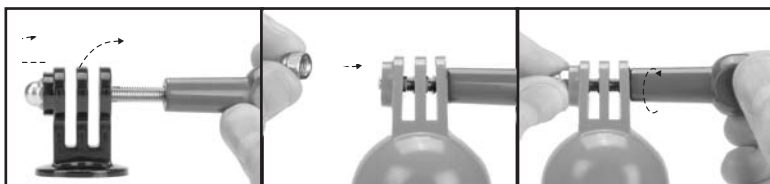


Schrauben Sie das Stativ an der Kamera fest. Mit Hilfe einer Münze oder eines Schraubenziehers, ziehen Sie die Schraube der Schnellverschlussplatte fest.

## Action Mount Kamera befestigen

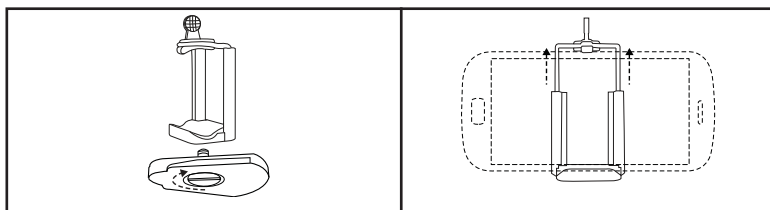


Befestigen Sie die Stativschraube am Action Mount Adapter. Mit Hilfe einer Münze oder eines Schraubenziehers, ziehen Sie die Schraube der Schnellverschlussplatte fest. Lösen Sie die Action Mount Schraube und setzen Sie die Kamera in der Halterung ein. Ziehen Sie die Action Mount Schraube wieder fest.



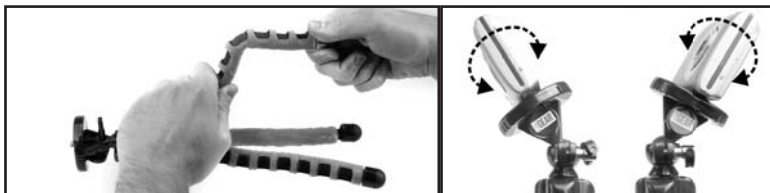
Für einen festen Gewindehalt, drücken Sie die Mutter mit Hilfe der Schraube nach außen und ziehen sie Sie dann fest.

## Smartphone und andere Geräte befestigen



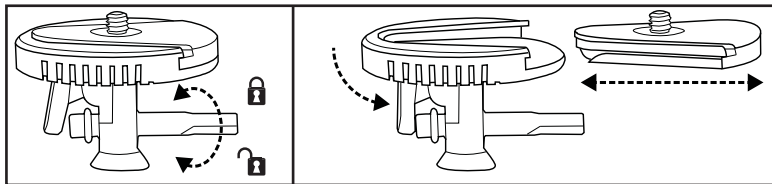
Befestigen Sie die Statvischraube an der Smartphone Halterung. Mit Hilfe einer Münze oder eines Schraubenziehers, ziehen Sie die Schraube der Schnellverschlussplatte fest. Betätigen Sie den Halterungshebel und setzen Sie Ihr Smartphone in die Halterung ein.

## Anpassen



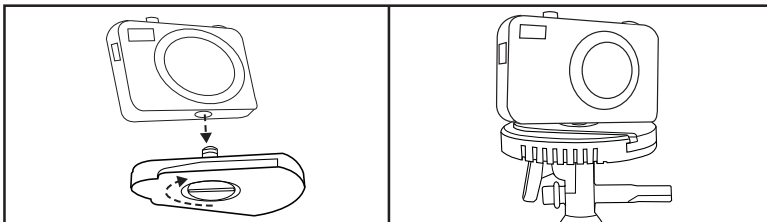
Verbiegen Sie die Stativbeine und passen Sie die Position je nach Unterlage an. Vergewissern Sie sich, dass das Stativ fest steht, bevor Sie es los lassen. **BITTE BEACHTEN SIE:** Dieses Stativ ist nur für den stationären Einsatz gedacht.

## Sgancio rapido



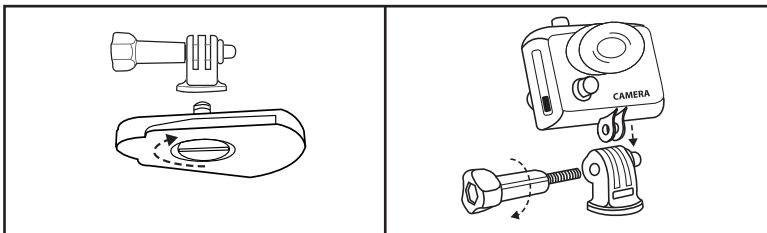
Per rimuovere la piastra, svitare il blocco dello sgancio rapido e premere il tasto. Per inserire la piastra, farla scorrere nel treppiede e avvitarlo il blocco.

## Montaggio fotocamera sul treppiede



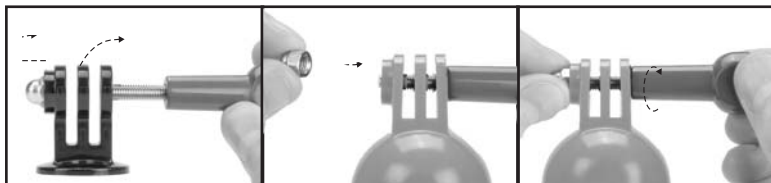
Inserire la vite del treppiede alla camera. Utilizzare una moneta o un cacciavite per stringere la piastra a sgancio rapido fino a fissarla completamente.

## Montaggio fotocamera action mount



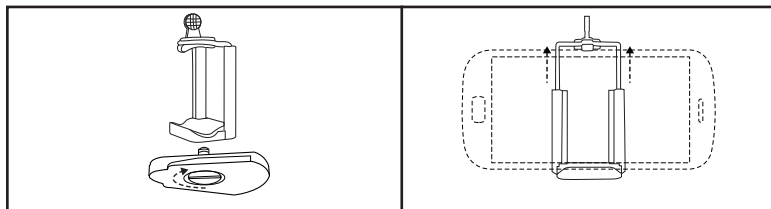
Inserire la vite nell'adattatore action mount. Utilizzare una moneta o un cacciavite per stringere la piastra a sgancio rapido fino a fissarla completamente. Svitare la vite dell'action mount e inserire l'alloggiamento della fotocamera nell'adattatore. Riavvitare la vite dell'action mount.





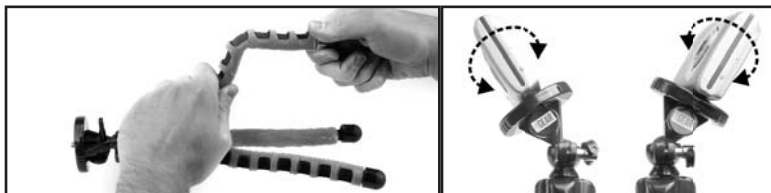
Per un avvitamento sicuro, far fuoriuscire il dado con l'aiuto della vite e successivamente avvitare.

## Montaggio smartphone e altri dispositivi



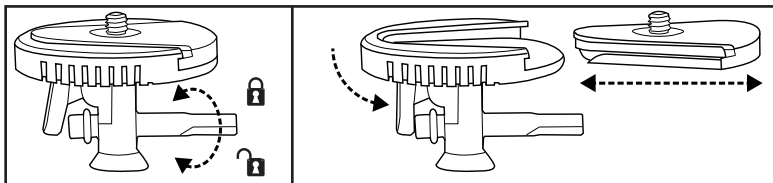
Inserire la vite del treppiede nel supporto smartphone. Utilizzare una moneta o un cacciavite per stringere la piastra a sgancio rapido fino a fissarla completamente. Per inserire lo smartphone, sollevare la linguetta del supporto.

## Regolazione



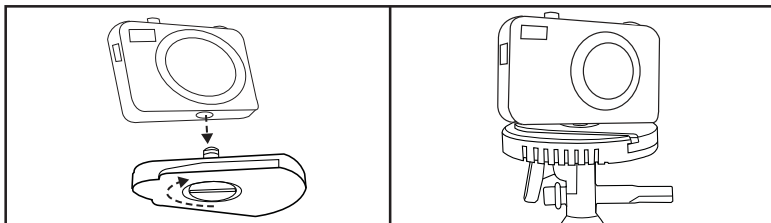
Piegare le gambe del treppiede per farlo aderire su diverse superfici. Assicurarsi che le gambe siano posizionate correttamente prima di lasciarlo. NOTA: Questo treppiede è adatto a un uso stazionario. Posizionare la fotocamera nell'angolazione desiderata e assicurarsi che tutte le viti siano avvitate.

## 快拆



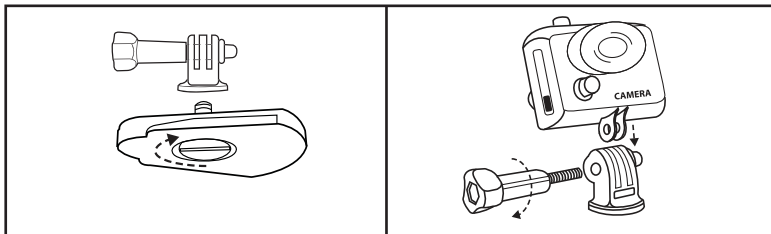
拆除，松开快拆锁按快拆按钮。安装，插入快拆板到三角架里面扭紧快拆锁。

## 安装相机到三角架

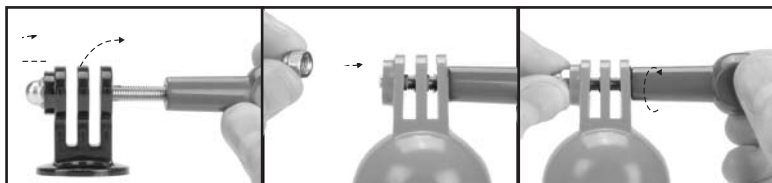


把三角架螺丝拧入相机，使用一枚硬币或者螺丝刀将快拆板螺丝拧紧指导稳固。

## 安装相机到运动支架

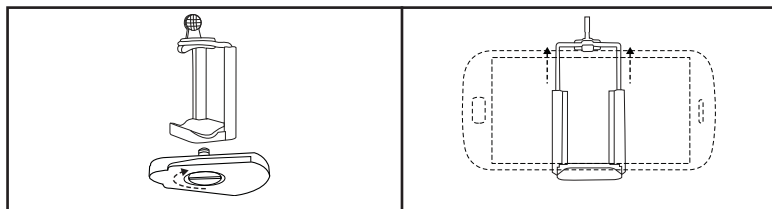


将三角架螺丝拧入运动支架，使用一枚硬币或者螺丝刀拧快拆板螺丝直到稳固，拧开运动支架螺丝插入相机到适配器，拧紧运动支架螺丝。



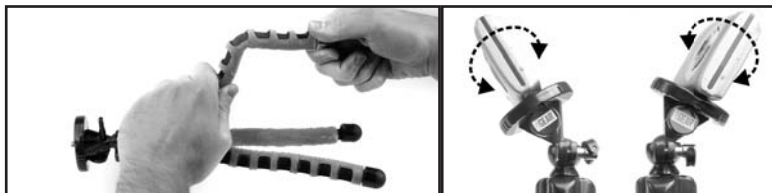
为确保连接，按住另外一边的螺帽然后拧紧。

## 安装智能手机或其它设备



把三角架螺丝拧入智能手机固定器，使用一枚硬币或者螺丝刀将快拆板螺丝拧紧直到稳固，升起智能手机固定器扣放入手机

## 调整



弯曲三角架脚到理想位置固定在一些不同的平面上，确保您的手放开后这些脚是稳固的。注意：此三角架是静止使用的。

**Product specifications**  
**Spécifications du produit**  
**Especificaciones del producto**  
**Produktspezifikationen**  
**Specifiche del prodotto**  
**产品规格**

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Maximum device weight: 6.6 pounds  
Smartphone holder device fit: 2.0 - 3.4 inches wide  
Dimensions: 11.75 x 2.25 x 2.12 inches  
Weight: 5.28 ounces

Poids maximum de l'appareil: 3 kg  
Porte-smartphone pour appareil entre 5,8 cm et 10,9 cm de large  
Dimensions: 29,8 cm x 5,7 cm x 5,4 cm  
Poids: 150 gr



**Flex Tripod**

## **Trademark information**

### **Informations sur la marque déposée**

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This product comes with a limited warranty, the acceptance of which is a condition of sale.  
For details visit [accessorypower.com/warranty](https://www.accessorypower.com/warranty).

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