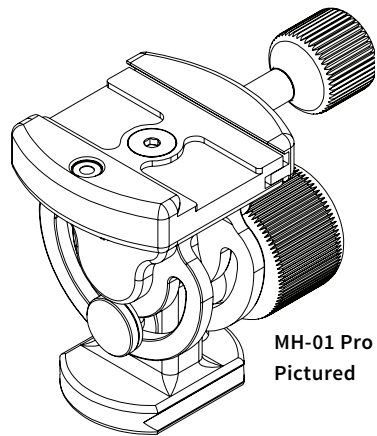




1146 Farmhouse Lane, San Luis Obispo, CA 93401 USA
 1-805-528-6321 | 1-888-777-5557
 www.ReallyRightStuff.com

MH-01: MONOPOD HEAD

- MH-01 Pro
- MH-01 LR
- MH-01-40LR

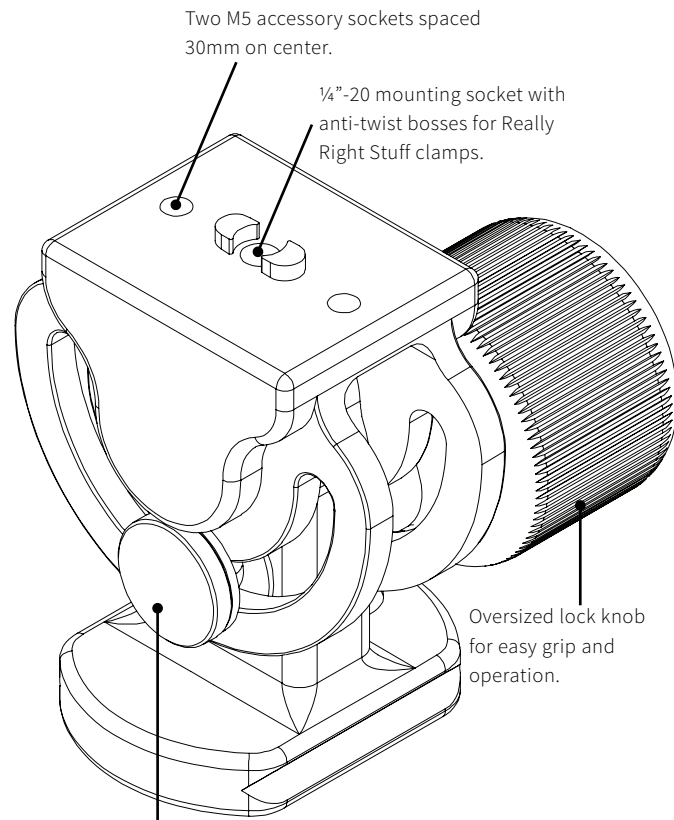


MH-01 Pro
Pictured

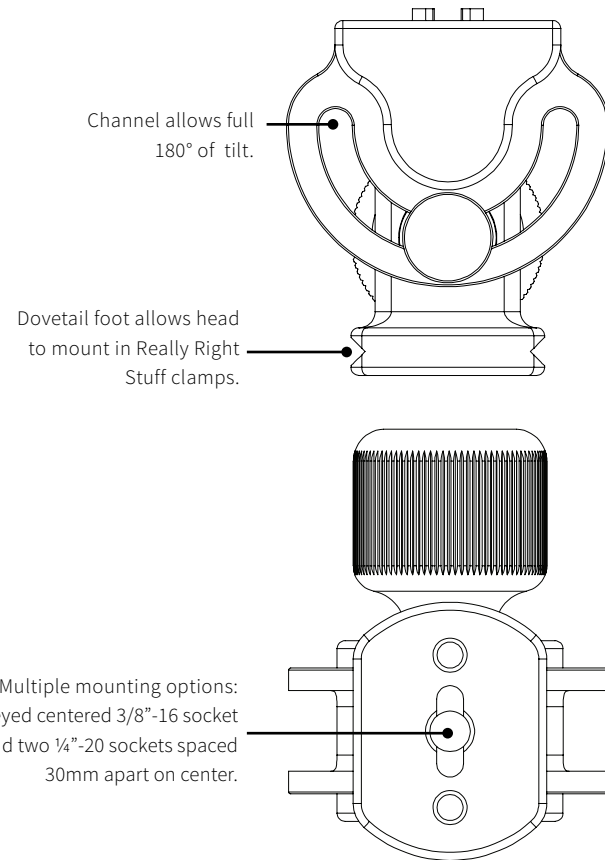
SPECIFICATIONS: MH-01

Load Capacity.....75 pounds (34kg)
 Height (without clamp) 2.75" (70mm)
 Base Width1.5" x 2" / 38mm x 50mm
 Mounting socket..... centered 3/8"-16 in base
 Weight (without clamp)..... 8.8 ounces (250g)

KEY FEATURES: MH-01 (no clamp)



Braking system achieves up to 75 pounds of lockup.



SIDE VIEW

BOTTOM VIEW

MAINTENANCE

GENERAL CARE

We recommend covering the MH-01 with a padded pouch when not in use. RRS pouches are sold separately. The MH-01 is finished with a protective anodized plating that protects the aluminum from corrosion and mild abrasion. It will not protect it from scraping against or dropping on rocks/concrete/etc.

CLEANING

If the MH-01 is fouled, dry dust and dirt can be blown off and/or wiped off with a soft cloth. Mud or salt water should be lightly rinsed off with fresh water and then thoroughly dried. Do NOT submerge the monopod head when washing and do not direct a high-pressure stream of water at the monopod head. The main lock knob is captive, meaning it cannot come off without damaging it so do not attempt to remove the knob. It is designed to have enough clearance between the knob and body to allow easy cleaning in case of fouling.

LUBRICATION

NO LUBRICATION IS REQUIRED BY THE USER. Just keep the components free from contamination to maintain smooth action.

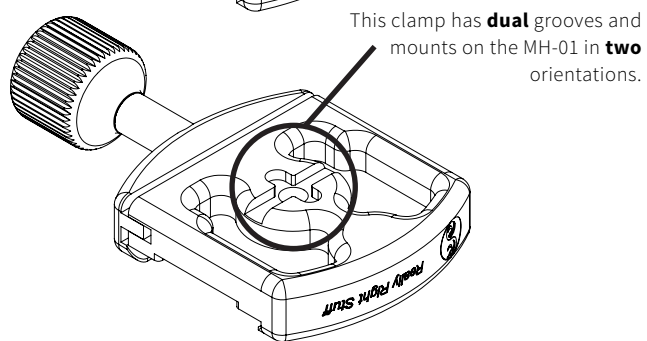
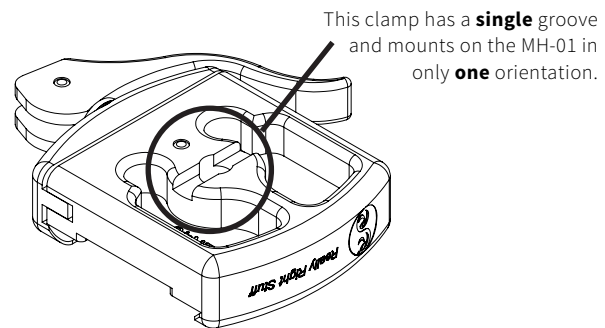
GUARANTEE

ALL REALLY RIGHT STUFF BRAND PRODUCTS ARE GUARANTEED TO THE ORIGINAL PURCHASER TO BE FREE OF DEFECTS IN MATERIALS OR WORKMANSHIP FOR FIVE (5) YEARS FROM THE DATE OF PURCHASE. PRODUCTS WILL BE REPAIRED OR REPLACED AT OUR OPTION.

COMPATIBLE CLAMPS

Not All Clamps are Created Equal

Our MH-01 monopod head has one set of mounting bosses on its top surface so that Really Right Stuff quick-release clamps can be mounted securely with a single screw without twisting. When the clamp is installed, the bosses nest inside machined grooves; some quick-release clamps have one groove, others have two grooves. **Only clamps with two grooves can mount on MH-01 in two orientations.**



OPERATION

How to Orient Your Clamp

1. Use 5/32" hex key (included) to loosen the clamp mounting screw. *HINT:* Don't remove the screw, just loosen it with 3 counter clockwise turns.
2. Lift and re-orient clamp.
3. Tighten screw clockwise.



OPERATION

Install to Monopod

The MH-01 monopod head has a centered 3/8"-16 mounting socket. This matches the size of the mounting stud on most monopods and you can spin the head directly onto the monopod. To keep the head securely installed, we recommend a few drops of non-permanent threadlocker fluid (we use Vibra-TITE™ Blue 12102).

Some monopods have a reversible stud that is threaded 1/4" on one end and 3/8" on the other. If your monopod stud is smaller than the centered mounting socket in the MH-01, unscrew the monopod's round platform, reverse the stud, and re-install the platform.

MH-01 in Use

Orient the clamp parallel to the tilt when using your long, collared lenses. This will allow you to tilt the lens up and down, or flop a camera body over to vertical aspect. But to retain up/down tilt when mounting a camera body, orient the clamp perpendicular to the tilt.



ACCESSORIES

Monopod Packages

Pair our Monopod Heads with our full line of carbon fiber monopods. Monopods come in a range of heights and load capacities.

Protective Pouches

Purchase LB-55 pouch for MH-01 Pro head, and LB-40 pouch for MH-01 LR.



LB-40
\$23

LB-55
\$26

Threadlocker Fluid

We sell single applications of non-permanent threadlocker fluid. Put a few drops of this blue fluid on the monopod stud, install your head, then allow to cure overnight. This is a great non-permanent method to secure your head.

All prices subject to change.

