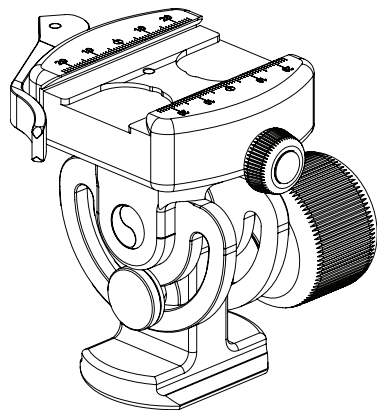




1146 Farmhouse Lane, San Luis Obispo, CA 93401 USA  
 1-805-528-6321 | 1-888-777-5557  
 www.ReallyRightStuff.com

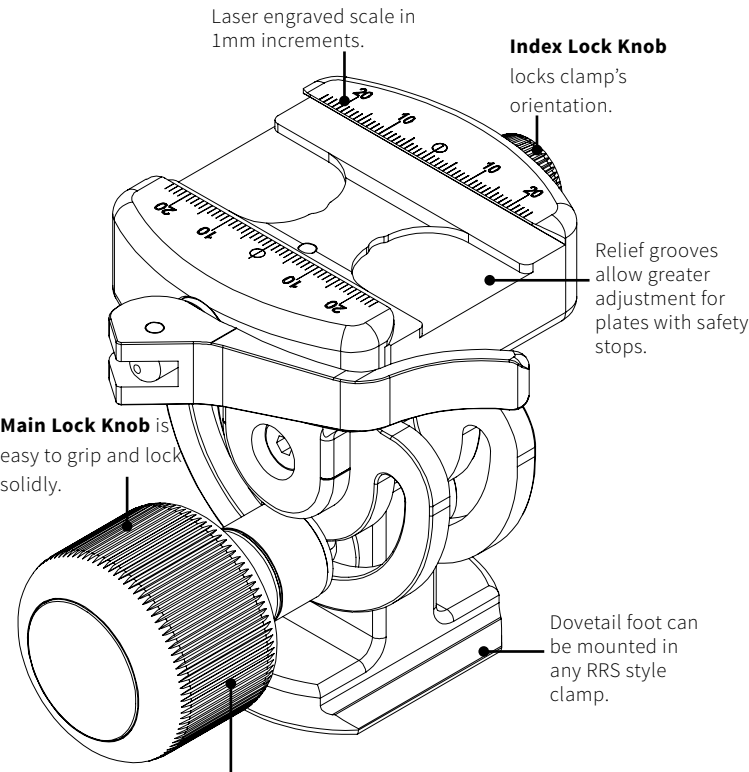
**KEY FEATURES: MH-02 LR**

**MH-02 LR MONOPOD HEAD**

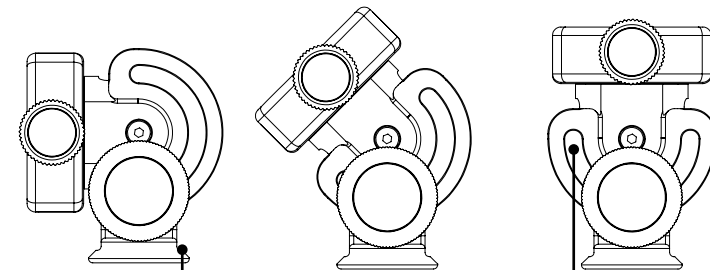
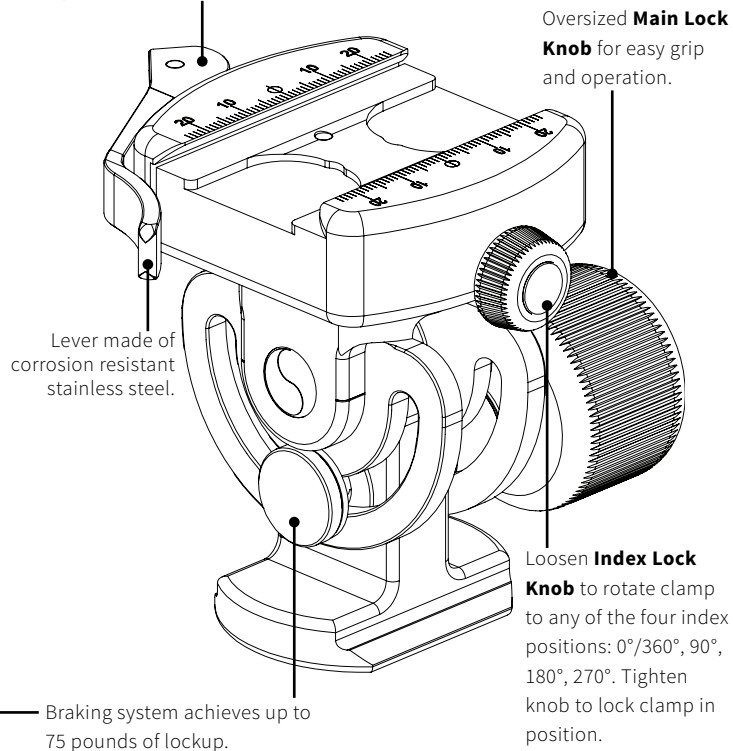


**SPECIFICATIONS:**

Load Capacity.....	75 pounds / 34kg
Height.....	2.75" / 70mm
Base Width.....	1.5" x 2" / 38mm x 50mm
Mounting socket.....	centered 3/8"-16 in base
Weight of MH-02 LR.....	16.5 ounces / 467g



Cam mechanism provides 50 pounds of holding pressure on most RRS style plates (not compatible with AS P0 or Novoflex).

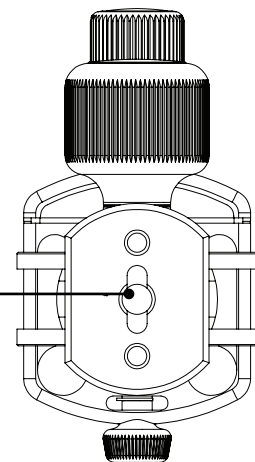


Dovetail foot allows head to mount in Really Right Stuff clamps.

Channel allows full 180° of tilt.

**SIDE VIEW**

Multiple mounting options: Keyed centered 3/8"-16 socket and two 1/4"-20 sockets spaced 30mm apart on center.

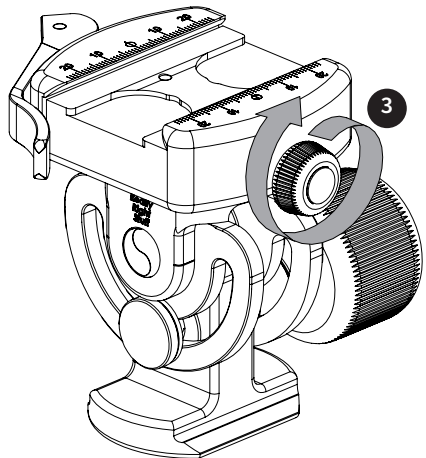
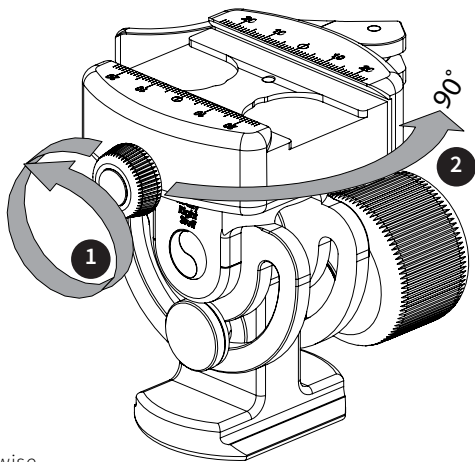


**BOTTOM VIEW**

## OPERATION

### How to Orient Your Clamp

1. Turn Index Lock Knob counterclockwise until it stops, then rotate clamp to align it with any one of the four indexed positions: 0°/360°, 90°, 180°, 270°. The placement of the clamp lever (or knob) is not important; orient it for your best comfort and convenience.
2. Turn Index Lock Knob clockwise to firmly lock clamp in place. Tighten knob snugly, but do not overtorque.
3. Check clamp for fixed position by trying to rotate it. If clamp is not firmly locked in place, check to make sure clamp is aligned with one of the four index positions. Index Lock Knob drives an alignment pin that must line up with one of the index channels.



## OPERATION

### Install to Monopod

The MH-02 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-02, unscrew the monopod's round platform, reverse the stud, and re-install the platform.

### MH-02 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-40 pouch for MH-02 LR head.



LB-40  
\$23

### 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.



## MAINTENANCE

### GENERAL CARE

We recommend covering the MH-02 with a padded pouch when not in use. RRS pouches are sold separately. The MH-02 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-02 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.