

## Instruction manual

# FLM – Tripod serie CP-30 M4 II / CP-34 M4 II



your specialist retailer:



**FLM**<sup>®</sup>

mk-messtechnik GmbH  
division FLM-Products  
Zeppelinstraße 1  
73274 Notzingen  
Germany

Tel.: +49 (0) 70 21-92 80 7 - 53

Fax: +49 (0) 70 21-95 66 92 6

Internet: [www.flm-gmbh.com](http://www.flm-gmbh.com)

email: [flm@mk-messtechnik.de](mailto:flm@mk-messtechnik.de)

## Preface

Thank you for purchasing one of our tripods. You have purchased a high-quality piece of equipment for your photography equipment or your photo studio. Your new FLM tripod will surely accompany you for many years and will always be at your side. This is guaranteed by the high quality standards that FLM itself sets for its products.

## General Information

The tripod has a high stability and steadiness, but at the same time a low weight. This is due to the consistent lightweight construction with milled aluminium parts and carbon fibre tubes. However, this means that the tripod requires a corresponding amount of maintenance and care. This is especially true when shooting in coastal areas, directly in flowing or standing waters and in or near deserts. Fine sand and salty water promote wear. It is therefore essential to disassemble the tripod after use in such areas, rinse it with fresh water, clean it and re-grease it in neutral places. Please refer to the section Care, Maintenance and Cleaning for more information and tips on disassembling and reassembling your FLM carbon fiber tripod.

If you have any questions regarding handling or other topics, please contact our service department by e-mail or phone.

## Camera plate with 3/8" screw connection



The Camera Plate is equipped with a 3/8" mount for mounting accessories with matching threads in the base. Items with 1/4" receptacle can't be mounted.

## Change rubber feet / spikes



Changing between hardened steel tip and rubber base is very easy, fast and trouble-free with the FLM tripods of the CP-30 and CP-34 series. By unscrewing or unscrewing the rubber cap, the spike is exposed or covered again. By turning the rubber cap to the left, the spike is exposed (picture 1).

After working with the spikes, the rubber cap is screwed back onto the spike by turning it to the right. Here, however, the thread and the spike itself must first be reliably cleaned. Even the smallest particles such as grains of sand can otherwise damage the thread in the rubber cap or on the spike, so that the cap begins to jam. As a result, the rubber cap will not be able to be turned up or down. See also the chapter "Cleaning & Care".

## Cleaning and care of the foot thread



To enjoy many years of untroubled pleasure from your tripod, the following points should be observed.

- All moving parts of the tripod, especially the clamping sleeves and leg sections, must be cleaned before the telescopic legs are pushed together, e.g. if photographs were taken near the coast or on the beach, or in principle whenever soiling by fine sand may have occurred. In addition, salt water residues must be removed immediately. Rinse all areas that have come into contact with seawater thoroughly with clear fresh water. After cleaning, lightly grease the threads of the clamping rings again. Do not use acidic grease. The SKF LGHB 2/0.4 used by us has proven to be very effective.



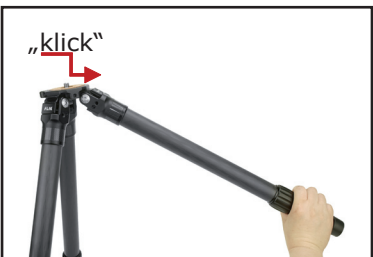
- After using the spikes, they must also be thoroughly cleaned before putting the rubber feet back on. If, for example, there are still sand particles in the threads, the thread on the spike or in the rubber foot can be irreparably damaged when the rubber feet are unscrewed. Lightly grease the thread on the spike and in the rubber foot.

## Length adjustment of the tripod legs



The tripod legs of the L5 series consist of 5 segments. These can be telescoped into each other to achieve a small packing size. The legs can be adjusted continuously and independently of each other in length. This is done by the built-in clamping mechanism. At delivery all legs are pushed together to the smallest length and all clamping sleeves (black, ribbed rings on the tripod legs) are closed (clamped). To set up the tripod, first unfold the legs until they stop. Then open the respective clamping sleeves by turning them. If the clamping sleeve is opened far enough, the segments fall out of the larger telescopic tube by themselves. To do this, hold the tripod with the ends of the legs pointing downwards. After the segments have slipped out of the telescopic tubes, the clamping sleeves can be tightened again. The leg length can be adjusted if necessary. To push the tripod legs together again, open the clamping sleeves, push the segments into each other and then close the clamping sleeves again. The structure of the clamping mechanism and information on cleaning and maintenance can be found further down in this manual.

## Automatic foot-locking system



Thanks to the automatic locking system, the FLM tripod can be folded and unfolded in just a few steps. Two locking positions are available. Pos. 1 is available immediately after unfolding the tripod legs. To reach the locking position 2, first unlock the locking device by pressing the locking button from inside to outside (Fig. 2). Now the leg can be swivelled up to the stop and the locking knob automatically springs back at the stop (picture 3). Now the leg is pulled down. It snaps into position 2. If the leg is pulled further down, it will lock in pos. 1 again. To fold up in the transport position, only the legs have to be folded up without having to press the locking button.

## Load hook



The tripod can be weighted down with ballast to give it more stability and prevent it from falling over. The camera backpack/bag can be used as ballast. This is hooked into the hole in the shoulder screw connection or on the HB-75/HB-100 under the tripod shoulder using the snap hook provided.

## Mounting the HB-75/HB-100



To assemble the HB-75/HB-100, first remove the shoulder plate. This is done by opening the wing screw under the tripod shoulder. After removing the wing screw completely the shoulder plate can be taken off. The HB-75/HB-100 is delivered in assembled condition. Therefore, first open and remove the ribbed set screw completely. Then place the half ball on the tripod shoulder and

secure it from below with the set screw. By slightly opening the set screw, the half ball can then be brought into the desired position and secured in this position by closing the set screw.

## Mounting the CC-34/CC-38



For the assembly of the CC-34/CC-38 the shoulder plate is first removed. This is done by opening the wing screw under the tripod shoulder. After removing the wing screw completely, the shoulder plate can be taken off. Before mounting the holding plate of the center column, remove the screws attached to the holding plate if necessary. Now the holding plate of the CC-34/CC-38 can be placed on the shoulder. It is secured from below with the 3 enclosed screws. Please do not overtighten the screws. All parts are made of aluminium, while the screws are made of steel. The screws can be secured with locking medium if no more change to HB or shoulder plate is required. However, it is recommended to use medium strength loctite (colour code blue). High strength loctite (colour code green) can usually only be loosened by applying high forces and heat.

## Maintenance of the clamping mechanism of the tripod legs



The tripod legs consist of several segments so that the tripod can be pushed together to a small packing size. Therefore the individual segments need a clamping mechanism so that the legs can be secured in the desired position after the segments have been pulled out.



This clamping mechanism consists of the clamping sleeve with plastic insert and two semicircular sliding shells which are clipped onto the outside of the tube segments. Both half shells are connected with a web for easier assembly.



All previously mentioned parts can be disassembled for cleaning. To do this, first unscrew the clamping sleeve completely from the pipe segment and push it to the end of the pipe. Then pull the segment in question out of the larger pipe. Now the sliding shells, connected by two small webs, appear. Simply pull them carefully off the carbon tube. This may cause the webs to break. But this does not change the function of the sliding shells. Only the assembly is a little bit more difficult.



After cleaning the gliding shells, fix them again on the leg segments. Both half shells have a round clip which is pressed into the hole on the tube segment. It is important to make sure that the half shells are clipped in properly and do not protrude from the carbon tube. An unclean fit of the sliding shells is noticeable by a stiff run of the carbon tubes in the respective segment. If this is the case, then dismantle the segment in question again and search for the fault.



During the following assembly make sure that the segment is mounted in the correct position. There are 2 guide noses in the carbon tubes in longitudinal direction to the tube segment. These are not in the middle of the tube but slightly off-center. Therefore you have to pay attention to the positioning. If you insert the tube rotated by 180°, the segment will not slide easily in the guide tube. Then remove it again and turn it by 180°. Now the segment should slide smoothly in the guide tube.



The plastic insert in the clamping sleeves usually does not have to be removed. However, if it should ever come loose from the grip sleeve by itself, it can be reinserted into the clamping ring with some patience.

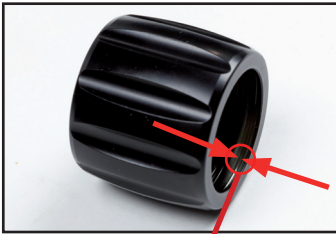


There is a groove in the clamping sleeve. There is also a groove on the plastic insert of the clamping sleeve. Now the groove of the insert must be inserted into the groove of the clamping sleeve. This is done most easily from the larger side of the opening on the clamping sleeve. The plastic insert is not continuous, but interrupted. Find the interruption and roll the



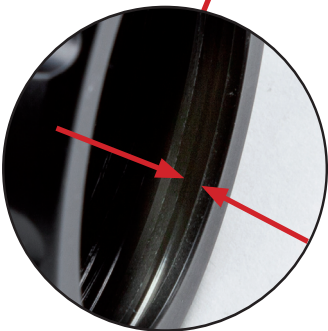
into itself at this point, if possible. Then move the insert into the clamping sleeve and insert the free part into the groove. Then press the insert more and more into the groove until the insert is completely snapped into the groove.

Please carry out this procedure very carefully, as the plastic insert can break if bent too much.



There is a groove in the clamping sleeve. A groove is also provided on the plastic insert of the clamping sleeve. Now the groove of the insert must be inserted into the groove of the clamping sleeve. This is done most easily from the larger side of the opening on the clamping sleeve. The plastic insert is not continuous, but interrupted. Find the interruption and roll the insert into itself at this point, if possible. Then move the insert into the clamping sleeve and insert the free part into the groove. Then press the insert more and more into the groove until the insert is completely snapped into the groove.

Please carry out this procedure very carefully, as the plastic insert can break if bent too much.



## Technical datas

### CP-30 MK II

Material: Carbonfibre, 10 plys  
 Tube Ø top segment: 30 mm  
 Tube Ø lowest segment: 18 mm  
 Diameter of top plate: 70 mm  
 Height max .: 163 cm  
 Height min.: 8,5 cm  
 Packing size: 57cm  
 Weight: 1,46 Kg  
 Leg segments: 4  
 Max. Load capacity: 20 Kg  
 Connection: 3/8" and 1/4"

### CP-34 MK II

Material: Carbonfibre, 10 plys  
 Tube Ø top segment: 34 mm  
 Tube Ø lowest segment: 22 mm  
 Diameter of top plate: 78 mm  
 Height max .: 162 cm  
 Height min.: 11 cm  
 Packing size: 58cm  
 Weight: 1,8 Kg  
 Leg segments: 4  
 Max. Load capacity: 40 Kg  
 Connection: 3/8"

## Further accessories from our product range

### Center Balls



**CB-48 FT**



**CB-58 FTR**

### Standard-/Quick release bases



**SRB-60**



**QRB-70**