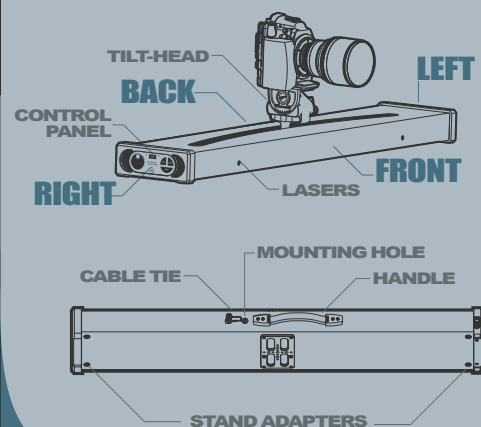


# START 1

For purposes of this user guide, One Man Crew is referred to as "OMC" and is oriented as shown:



**!** DO NOT attempt to manually move or reposition the trolley along the tracks.

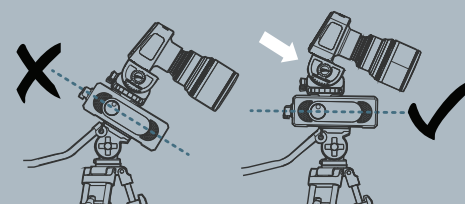
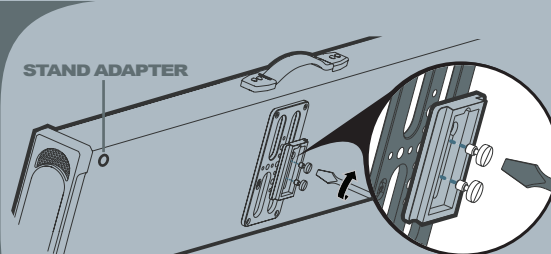
**!** DO NOT activate lasers while pointing at your subject, or while pointed directly into another camera.

## SUPPORT

For maximum stability use OMC on a flat surface, like a tabletop or keyboard 'X-style' stand. When using OMC with a tripod additional support may be needed. Use the 1/4"-20 threaded stand adapters on the ends of OMC with C-stands or light stands for added stability.

**A**

Attach tripod mounting plate using the 1/4"-20 and 3/8"-16 mounting holes on the base of the OMC.

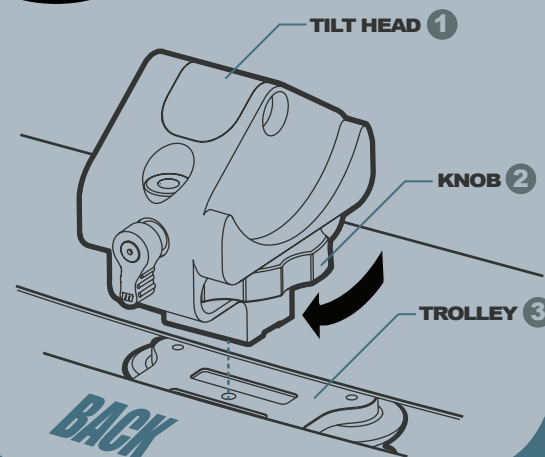


**B**

For best results, level OMC on the tripod. If any camera tilt is desired, use the Tilt Head, not the tripod.

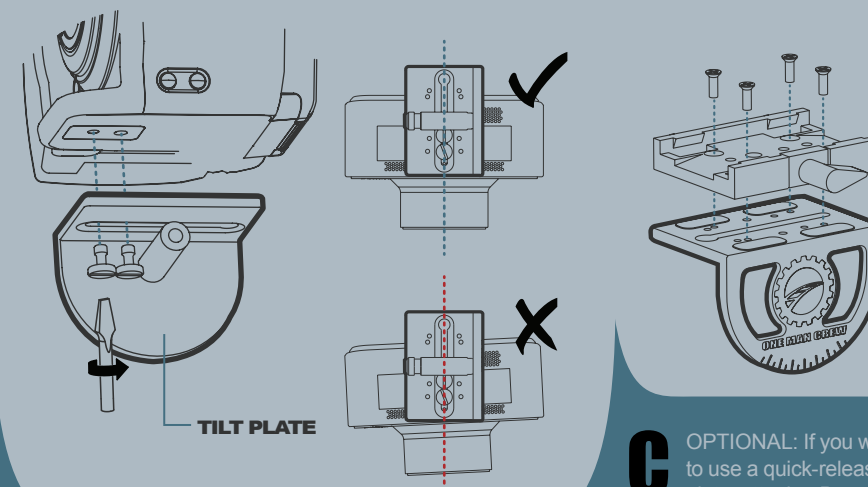
## 2 the TILT HEAD

**NOTE:** NEVER MOVE THE TILT HEAD MANUALLY ALONG THE TRACK.



**A**

Attach Tilt Head (1) to Trolley, bubble level facing back towards operator. Align Tilt Head with grooves of Trolley (3). Tighten large knob (2) of Tilt Head until secure.



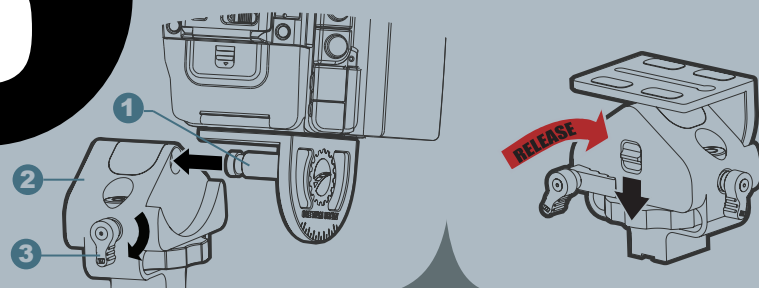
**B**

Attach Camera to Tilt Plate with camera screws. Use both camera screws for stability if possible. For best results, position camera as shown above (right).

**C**

OPTIONAL: If you wish to use a quick-release plate, attach a Bogen 357/577 or Really Right Stuff B2 LLR II quick release assembly (not included) to Tilt Plate.

## 3 ADD the CAMERA



**A**

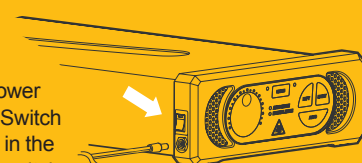
Slide Tilt Plate (1) into Tilt Head (2) until Release Latch clicks. Tighten blue thumbscrew (3) to secure Tilt Plate and camera.

**B**

To remove Tilt Plate loosen blue knob, press down Release Latch and pull straight out.

## 4 POWER

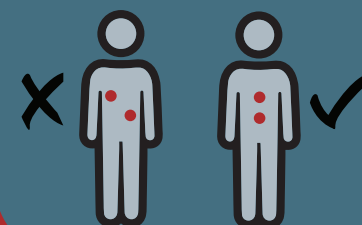
Use the included AC Power Supply or optional D-Tap (power tap) cable. Move the Power Switch (located above Power Jack) in the 'Up' position. Green light on switch will illuminate.



## 5 LASERS

### LASERS

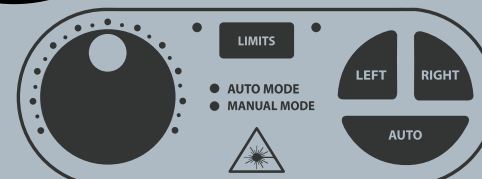
Activate by pushing yellow Laser Button on Control Panel. Find the point where the two lasers align vertically and place your subject there (approximately 6 ft. from OMC). Lasers deactivate after 30 seconds.



**CAUTION**

DO NOT aim laser directly at eyes, camera, or mirrors. Redrock Micro, LLC. is not responsible for any injury.

## 6 OPERATION



Set Travel Speed Dial to 8. Press LEFT. Let Trolley travel all the way to the left. Once it changes direction OMC is ready for operation. Perform this function after every power up.

Default mode is Auto. Trolley will travel continuously between left and right endpoints. Pressing LEFT or RIGHT while trolley is traveling in that direction pauses trolley. Pressing LEFT or RIGHT while z is traveling in the opposite direction, reverses trolley.

Pressing AUTO toggles between Auto Mode and Manual Mode. In Manual Mode, hold left or right to operate trolley.

**TIP**

Experiment with the speed settings. It doesn't take much speed for beautiful shots.

## 7 SETTING LIMITS

You can set endpoints anywhere you choose, effectively shortening OMC's track for desired effects.

**A** With OMC in AUTO mode, let it begin traveling along the track.

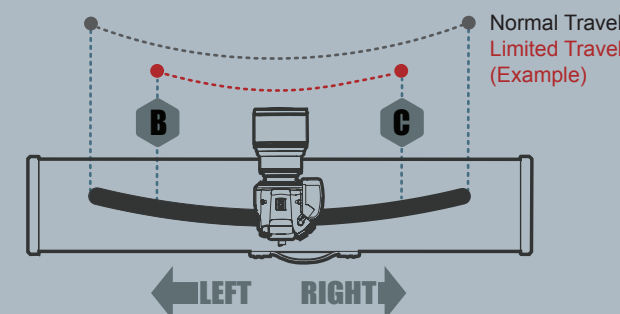
**B** When camera reaches desired left-most point, press the LIMITS Button to set the left endpoint.

**C** When camera reaches desired right-most point, press the LIMITS Button to set the right endpoint.

**D** To clear your limits, press the LIMITS Button again.

**TIP**

It can be helpful when framing your composition to first use Manual Mode. Once you know where you want your limits to be, it is much easier to set them.



**TIP**

Attach a monitor to the threads on the rear of the unit with an articulating arm for easy viewing of your image, without having to be behind the unit or 'travel' with the camera.

**TIP**

The OMC can be used in single camera configuration, or as the closeup or wide shot on multi-camera interviews. Adjust your desired framing by using different lens focal lengths.