

[Manuals.plus](#) /

› [Manfrotto](#) /

› Manfrotto XPRO Aluminum 3-Section Monopod (MPMXPROA3US) Instruction Manual

Manfrotto MPMXPROA3US

Manfrotto XPRO Aluminum 3-Section Monopod (MPMXPROA3US) Instruction Manual

Model: MPMXPROA3US

INTRODUCTION

The Manfrotto XPRO Aluminum 3-Section Monopod (MPMXPROA3US) is designed to provide stable support for cameras and heavy lenses, particularly useful in sports and wildlife photography. This monopod combines rigidity with secure locking mechanisms, drawing inspiration from professional tripod ranges. It is compatible with Manfrotto's FLUIDTECH base (MVMXPROBASE) for enhanced fluid movement, transforming it into a professional video monopod.



Image: The Manfrotto XPRO Aluminum 3-Section Monopod in its extended state, showcasing its design and sections.

SETUP

1. Attaching a Camera or Head:

The monopod features a dual 1/4" - 3/8" camera fixing screw at the top. To attach your camera directly or a monopod head, ensure the correct screw size is exposed. Rotate your camera or head clockwise onto the screw until secure. Do not overtighten.



Image: A detailed view of the monopod's top plate, showing the reversible 1/4" and 3/8" camera mounting screw.

2. Optional FLUIDTECH Base Installation:

For enhanced fluid movement, the monopod is compatible with the Manfrotto MVMXPROBASE (sold separately). To install, unscrew the rubber foot at the bottom of the monopod. Then, screw the MVMXPROBASE onto the monopod's base. This allows for 3D fluid movement (pan, tilt, swivel).



Image: The bottom section of the monopod, illustrating the removable rubber foot which can be replaced by an optional FLUIDTECH base.

OPERATING INSTRUCTIONS

- **Extending and Retracting Sections:**

The monopod utilizes the Quick Power Lock (QPL) system for rapid and secure adjustment. To extend a section, flip open the lever lock. Extend the section to the desired length, then firmly close the lever lock to secure it. Repeat for all sections as needed. The D-shaped aluminum tubes prevent rotation of the sections, ensuring stability.

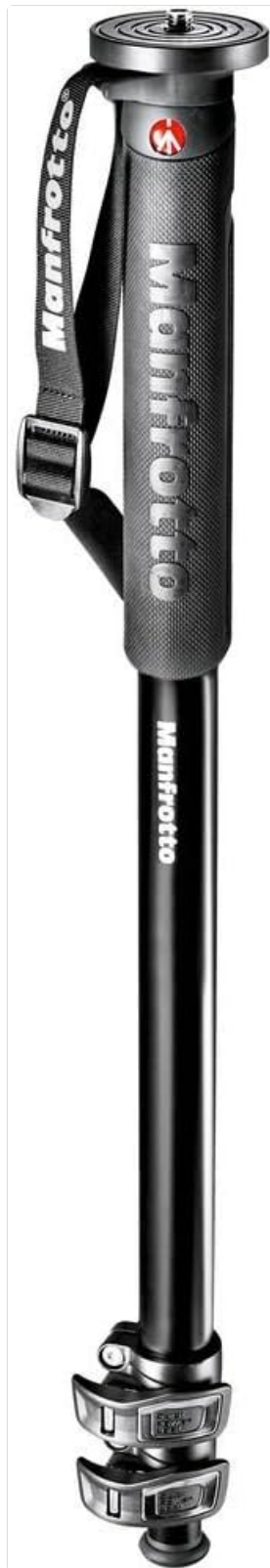


Image: The Manfrotto XPRO Monopod in its collapsed state, highlighting the Quick Power Lock (QPL) levers for extending and retracting sections.

- **Grip and Handling:**

The monopod features a newly designed rubber leg warmer for exceptional grip and comfortable handling, especially during rapid movements or in varying weather conditions.



Image: A close-up of the monopod's upper section, showing the textured rubber leg warmer for improved grip and the attached wrist strap.

- **Using with FLUIDTECH Base (if installed):**

If the MVMXPROBASE is installed, the monopod allows for smooth panning, tilting, and swiveling movements. This is ideal for video recording, providing a stable yet flexible platform for dynamic shots.

MAINTENANCE

- **Cleaning:**

Wipe down the monopod with a soft, damp cloth after use, especially if exposed to dirt, sand, or saltwater.

Avoid harsh chemicals. Ensure all sections are dry before collapsing and storing.

• **Lubrication:**

Periodically check the movement of the leg sections. If they become stiff, a small amount of silicone-based lubricant can be applied to the inner surfaces of the tubes, avoiding the locking mechanisms.

• **Adjusting Clamp Pressure:**

The Quick Power Lock (QPL) levers can be adjusted for tension. If a section feels too loose or too tight, use the small plastic wrench provided (or a suitable tool) to adjust the screw on the lever mechanism. Turn clockwise to increase tension, counter-clockwise to decrease. Test the tension to ensure secure locking without excessive force.

• **Storage:**

Store the monopod in a dry, cool place, away from direct sunlight and extreme temperatures. It is recommended to store it in its collapsed state.

TROUBLESHOOTING

• **Leg Sections Not Holding Position:**

If a leg section slides down after being locked, the Quick Power Lock (QPL) lever tension may be too loose. Refer to the "Adjusting Clamp Pressure" section under Maintenance to tighten the lever mechanism.

• **Difficulty Extending/Retracting Sections:**

If sections are stiff, the QPL lever tension might be too tight, or dirt may be present. Try loosening the lever tension as described in Maintenance. If stiffness persists, clean the sections thoroughly and apply a small amount of silicone lubricant.

• **Monopod Feels Unstable:**

Ensure all leg sections are fully extended and their Quick Power Locks are securely closed. When using, maintain a stable stance and apply downward pressure on the monopod for maximum stability. If using the FLUIDTECH base, ensure it is properly attached and on a level surface.

SPECIFICATIONS

Feature	Detail
Brand	Manfrotto
Model Name	MPMXPROA3US
Material	Aluminum
Number of Leg Sections	3
Maximum Height	75.6 inches (192 cm)
Minimum Height	26.77 inches (68 cm)
Folded Size	26.8 inches (68 cm)
Item Weight	1.5 pounds (0.68 kg)
Weight Limit	7.98 kg (17.6 lbs)
Compatible Devices	Camera

Special Feature	FLUIDTECH base compatibility
Leg Diameter	1.18 inches (3 cm)

WARRANTY INFORMATION

Manfrotto products are designed for durability and performance. This product includes a warranty. For detailed information regarding the warranty period, coverage, and claims process, please refer to the official Manfrotto website or the warranty card included with your purchase. Keep your proof of purchase for warranty validation.

SUPPORT

For further assistance, technical support, or to purchase accessories, please visit the official Manfrotto website:

www.manfrotto.com

You may also contact Manfrotto customer service directly through the contact information provided on their website.