

## Manfrotto MVMXPROC5

# Manfrotto MVMXPROC5 Xpro Fluid Video 5 Section Carbon Fibre Monopod Instruction Manual

Model: MVMXPROC5

## 1. INTRODUCTION

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The Manfrotto MVMXPROC5 Xpro Fluid Video Monopod is a professional-grade, 5-section carbon fibre monopod designed for videographers requiring a portable, high-performance support solution. Featuring the FLUIDTECH base and Quick Power Lock (QPL) system, this monopod offers smooth movement and rapid setup for dynamic shooting environments.

## 2. SAFETY INFORMATION

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- Always ensure all locking mechanisms are securely fastened before mounting equipment or leaving the monopod unattended.
- Do not exceed the maximum payload capacity of 3.3 pounds (1.5 kg). Overloading can cause instability and damage to the monopod or attached equipment.
- Exercise caution when extending or retracting sections to avoid pinching fingers.
- When using the monopod with the FLUIDTECH base, maintain a hand on the monopod, especially with heavy equipment, as it is not designed for unattended freestanding operation.
- Keep the monopod away from extreme temperatures and corrosive substances.

## 3. COMPONENTS OVERVIEW

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Familiarize yourself with the main parts of your Manfrotto MVMXPROC5 monopod:

- **Mounting Plate:** Top plate with dual 1/4" - 3/8" reversible screw for attaching cameras or video heads.
- **Leg Warmer:** Rubber grip on the top section for comfortable handling.
- **Quick Power Lock (QPL) Levers:** Ergonomic levers for rapid extension and retraction of leg sections.
- **Carbon Fibre Tubes:** Lightweight and rigid leg sections.

- **FLUIDTECH Base:** Integrated fluid cartridge for smooth pan, tilt, and swivel movements.
- **Retractable Feet:** Three foldable feet on the FLUIDTECH base for enhanced stability.



Figure 1: Manfrotto MVMXPROC5 Monopod in its folded state, showcasing the FLUIDTECH base and Quick Power Lock levers.

## 4. SETUP

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### 4.1. Attaching Your Camera or Video Head

1. Ensure the monopod's mounting screw is compatible with your camera or video head (1/4" or 3/8"). If necessary, reverse the screw by pulling it up and flipping it.
2. Carefully screw your camera or video head onto the mounting plate until it is securely tightened.

### 4.2. Deploying the FLUIDTECH Base

1. Locate the three retractable feet at the bottom of the monopod.
2. Gently pull each foot outwards until it locks into its open position. Ensure all three feet are fully extended for maximum stability.



Figure 2: The FLUIDTECH base with its three retractable feet deployed, providing a stable foundation for the monpod.

## 5. OPERATING THE MONOPOD

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### 5.1. Extending and Retracting Leg Sections

1. To extend a leg section, open the corresponding Quick Power Lock (QPL) lever.
2. Pull the section to the desired length.
3. Close the QPL lever firmly to lock the section in place. Repeat for all desired sections.
4. To retract, open the QPL lever, push the section back in, and close the lever.



Figure 3: The monopod demonstrating its range of extension, highlighting the Quick Power Lock system.

## 5.2. Using the FLUIDTECH Base for Smooth Movements

The FLUIDTECH base allows for fluid pan, tilt, and swivel movements, enhancing your videography:

- **Pan:** Rotate the monopod horizontally for smooth panning shots.
- **Tilt:** Angle the monopod vertically for smooth tilting movements.
- **Swivel:** The base also allows for a unique 3D fluid movement, enabling more dynamic and complex shots.

The fluid cartridge provides consistent resistance for controlled movements. Always maintain a grip on the monopod during operation.



Figure 4: The monopod tilted, illustrating the fluid movement capabilities of the FLUIDTECH base.

## 6. MAINTENANCE

- **Cleaning:** Wipe down the carbon fibre tubes and metal parts with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- **Lubrication:** The FLUIDTECH base is sealed and does not require user lubrication.
- **Storage:** Store the monopod in a dry, cool place, preferably in its protective bag, to prevent dust accumulation and potential damage.
- **Inspection:** Periodically check all screws and locking mechanisms for tightness. If QPL levers become loose, they can be adjusted with the provided tool (if applicable).

## 7. TROUBLESHOOTING

- **Monopod feels unstable:** Ensure all leg sections are fully extended and their QPL levers are securely locked. Verify that the FLUIDTECH base feet are fully deployed and locked.
- **Leg sections not locking:** Check if any debris is obstructing the QPL mechanism. Ensure the lever is fully closed. If persistent, the lever tension might need adjustment.
- **Camera/Head feels loose:** Re-tighten the camera or video head onto the mounting plate. Ensure the mounting screw is correctly engaged.
- **Fluid movements are stiff or jerky:** This is uncommon for the sealed FLUIDTECH base. Ensure no external obstruction is present. If the issue persists, contact Manfrotto customer support.

## 8. SPECIFICATIONS

Feature	Specification
Model Name	MVMXPROC5US
Material	Carbon Fiber
Number of Sections	5
Maximum Height	74.02 Inches (188 cm)
Minimum Height (Folded)	Approximately 28.7 inches (73 cm)
Item Weight	2.2 Pounds (1 kg)
Weight Limit (Payload)	3.3 Pounds (1.5 kg)
Special Features	Lightweight, Fluid Tech Base, Quick Power Lock, Newly Designed Leg Warmer
Compatible Devices	Camcorder, DSLR, Mirrorless Cameras (with appropriate head)

## 9. WARRANTY AND SUPPORT

Manfrotto products are manufactured to high-quality standards and are backed by a limited warranty. For specific warranty terms, registration, and support, please refer to the official Manfrotto website or contact their customer service directly. Keep your proof of purchase for warranty claims.

For further assistance or technical inquiries, please visit the [Manfrotto official website](#).

