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Suptig RSX-379

Suptig Chest Mount (Model RSX-379) Instruction Manual

Adjustable Chest Strap for Action Cameras

INTRODUCTION

The Suptig Chest Mount (Model RSX-379) is an adjustable and comfortable chest harness designed to securely hold your action camera, providing an immersive, hands-free filming experience from a first-person perspective. Ideal for various activities, this mount ensures stable footage while keeping your camera accessible.

Suptig

Chest Strap Bracket Action Camera

Free your hands and shoot with you



Image: The Suptig Chest Mount securely holds an action camera, providing a first-person view for activities like cycling.

PACKAGE CONTENTS

Please verify that all items listed below are included in your package:

- 1x Suptig Chest Mount
- 1x J-Hook Buckle
- 1x Thumbscrew

COMPATIBILITY

The Suptig Chest Mount is designed for broad compatibility with a wide range of action cameras, including but not limited to:

- GoPro Hero series (Hero 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, Session, Hero+, Max2, Max, Fusion)
- AKASO action cameras
- DJI Osmo Action series (Action 6, Action 5 Pro, Action 5, 4, 3)
- Insta360 Ace Pro and other compatible action cameras



Image: Visual representation of the chest mount's compatibility with multiple action camera brands and models.

FEATURES

- **Breathable Material:** Constructed from comfortable and breathable fabric to ensure comfort during extended wear, even in hot or humid conditions. The honeycomb structure promotes airflow and wicks away sweat.
- **Ergonomic Design:** Designed to conform to the human body's curves, reducing friction and pressure for a comfortable wearing experience. The soft fabric minimizes restriction of movement.
- **Easily Adjustable:** The chest strap is fully adjustable to accommodate a wide range of body types, ensuring a secure and snug fit.
- **Includes J-Hook Buckle:** Comes with a J-hook buckle for quick and easy attachment and detachment of your action camera, allowing for optimal recording angles.



Breathable honeycomb material

Breathable fabric helps keep the body dry and prevents sweat from building up. This is especially important for people who wear them in hot or humid conditions. Fabrics with good breathability usually have good fiber structure and gaps, allowing air to circulate freely, effectively wicking away sweat and preventing moisture and stuffiness.



Ergonomic design

1. Fits the human body curve, reduces friction and pressure, and reduces fatigue. You will not feel tired when worn for a long time, and can provide a comfortable wearing experience to help people stay energetic and comfortable physically and mentally.
2. The soft fabric can fit the body curves and provide a unrestricted wearing experience. This kind of fabric is often made from high-quality fibers and uses fine textile processes to achieve a soft touch, making people feel relaxed and comfortable when wearing it.

Image: Detailed view highlighting the breathable material and ergonomic design for user comfort.

SETUP

1. **Unpack Contents:** Carefully remove the chest mount, J-hook buckle, and thumbscrew from the packaging.
2. **Inspect the Mount:** Ensure all straps and buckles are intact and free from damage.
3. **Wear the Chest Mount:** Place the chest mount over your shoulders, positioning the main plate on your chest. The straps should go over your shoulders and around your back.
4. **Secure the Waist Strap:** Connect the buckle on the waist strap and adjust the strap length to achieve a snug but comfortable fit around your torso.
5. **Adjust Shoulder Straps:** Use the adjusters on the shoulder straps to ensure the chest plate is centered and stable on your chest. The straps should form a 'Y' shape on your back.
6. **Attach J-Hook Buckle:** Slide the J-hook buckle into the mounting slot on the chest plate until it clicks securely into place.
7. **Mount Your Camera:** Attach your action camera to the J-hook buckle using the provided thumbscrew. Tighten the thumbscrew firmly to prevent camera movement during activity.



Image: Front and back views of the chest mount on a mannequin, illustrating how to wear and adjust the straps.

Your browser does not support the video tag.

Video: A demonstration of unpacking, assembling, wearing, and attaching an action camera to the Suptig Chest Mount.

OPERATING INSTRUCTIONS

1. **Secure Fit:** Always ensure the chest mount is securely fastened and adjusted to your body before starting any activity. A snug fit minimizes camera shake and improves footage stability.
2. **Camera Angle Adjustment:** Adjust the angle of your action camera on the J-hook buckle to capture your desired perspective. For activities like cycling or skiing, a slightly downward angle often provides a better view of your hands and the terrain.
3. **Pre-Activity Check:** Before recording, perform a quick check to ensure the camera is firmly attached and the thumbscrew is tight.
4. **Activity Use:** The chest mount is suitable for a variety of activities including skiing, hiking, jumping, cycling, motorcycling, and snorkeling.



Image: Capturing dynamic footage while skiing.



Image: Recording adventures during mountain biking.



Image: Capturing snowboarding action from a chest-mounted perspective.



Image: First-person view from a motorcycle, showcasing the immersive perspective.

MAINTENANCE

- **Cleaning:** After use, especially in wet or dusty conditions, hand wash the chest mount with mild soap and water. Rinse thoroughly and allow it to air dry completely before storage.
- **Storage:** Store the chest mount in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Periodically check all straps, buckles, and mounting points for signs of wear or damage. Replace the mount if any components are compromised to ensure secure camera attachment.

TROUBLESHOOTING

- **Camera Footage is Shaky:** Ensure all straps are tightened securely to your body. The chest mount should fit snugly without being overly restrictive. Check that the thumbscrew attaching the camera is fully tightened.
- **Mount Feels Loose:** Re-adjust the shoulder and waist straps to achieve a tighter fit. The elastic material allows for significant adjustment.
- **Discomfort During Wear:** If you experience discomfort, try adjusting the strap tension. The breathable

material and ergonomic design are intended for comfort, but individual fit may require fine-tuning.

- **Camera Not Attaching Securely:** Verify that the J-hook buckle is correctly inserted into the chest plate's slot and that your camera's mounting tabs align properly with the J-hook. Ensure the thumbscrew is threaded correctly and tightened.

SPECIFICATIONS

Specification	Detail
Product Dimensions	22.4 x 4.52 x 12.6 inches
Item Weight	5.1 ounces
Model Number	RSX-379
Color	Black
Special Features	Adjustable
Mounting Type	Chest Mount
Manufacturer	Suptig
Date First Available	October 26, 2021

WARRANTY AND SUPPORT

For warranty information or technical support regarding your Suptig Chest Mount, please refer to the product packaging or contact Suptig customer service directly through their official website or the retailer where the product was purchased. Keep your proof of purchase for warranty claims.

