

QUICK REFERENCE GUIDE

ARM



SLED



DOCKING STATION & VEST



Cheeseplate



Adjustment knobs
fore/aft & side/side

The Components of the Sled



Basics of Balancing the Rig:

Start with **Static Balance**. Mount the rig via the gimbal on the balancing post. Place camera on topstage slightly behind the center post. Slide battery out/in until the post hangs vertical. Finetune balance using the fore/aft and side/side adjustments.

Hold rig on the balancing post vertically. Release gimbal and slide until the rig balances horizontally. Find neutral, then move gimbal up (towards top stage). Bring the rig back to vertical and re-adjust with adjustment knobs.

Yes, that's the basics.

The **Drop Test** determines how bottom heavy the rig is, and changes how it operates. The rig is held horizontally and let go to see how fast the bottom swings to neutral. A 3-4 second drop is standard. A longer or shorter drop time changes how the rig works.

When do you NOT want to use a Steadicam?

- When the shot is static (unmoving).
- When a dolly or slider would be the ideal tool.
- Because you think it's "faster."
- Not everything calls for a "oner."

When a Steadicam works best:

- fluid dynamic shots that help tell the story.
- following or leading a character into a scene.
- shots that travel over different terrain/through doorways, etc.
- when you have that 1 in a million opportunity to hold Ryan Gosling's hand.

