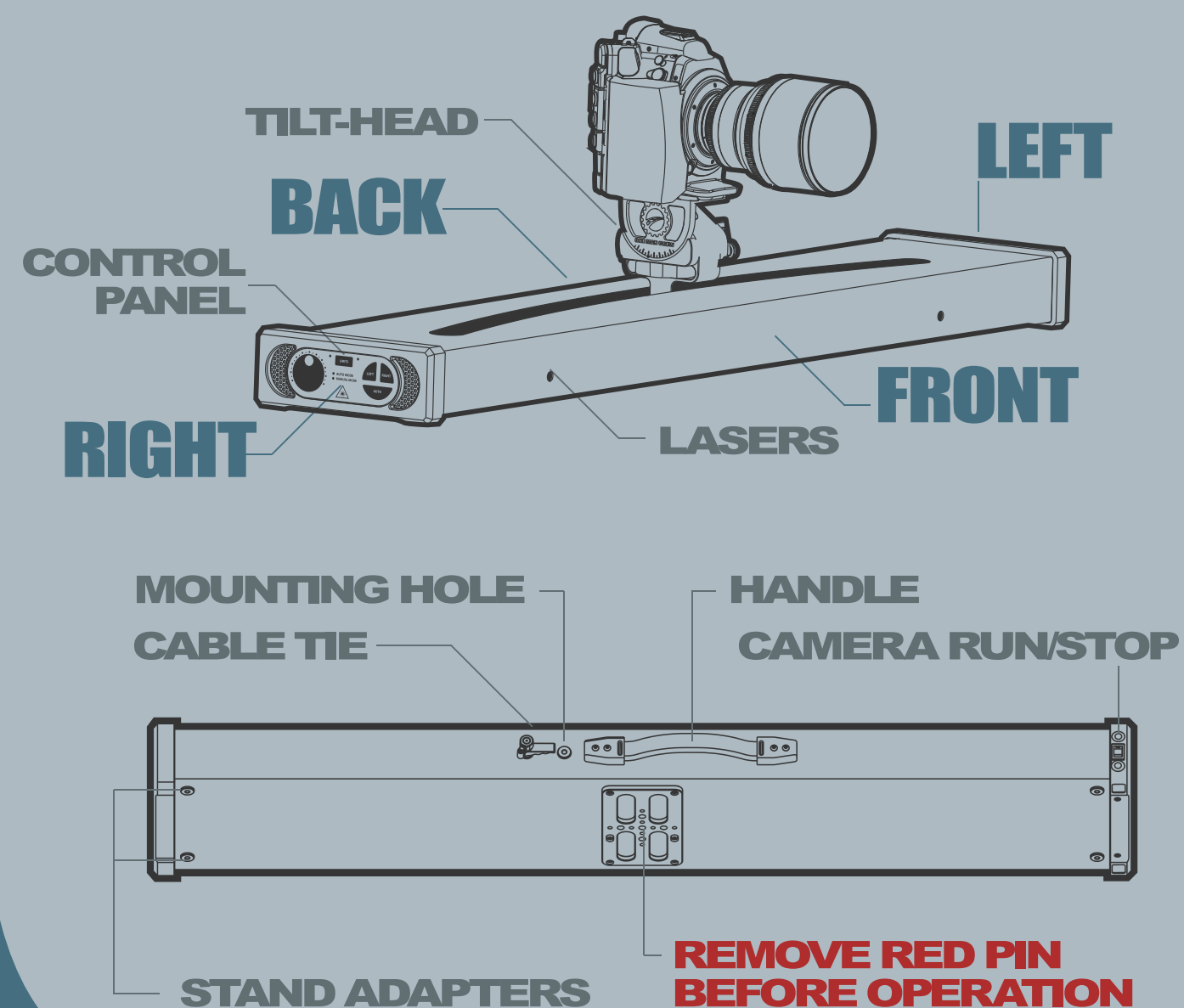


START

1

SUPPORT

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 trolley along the tracks.

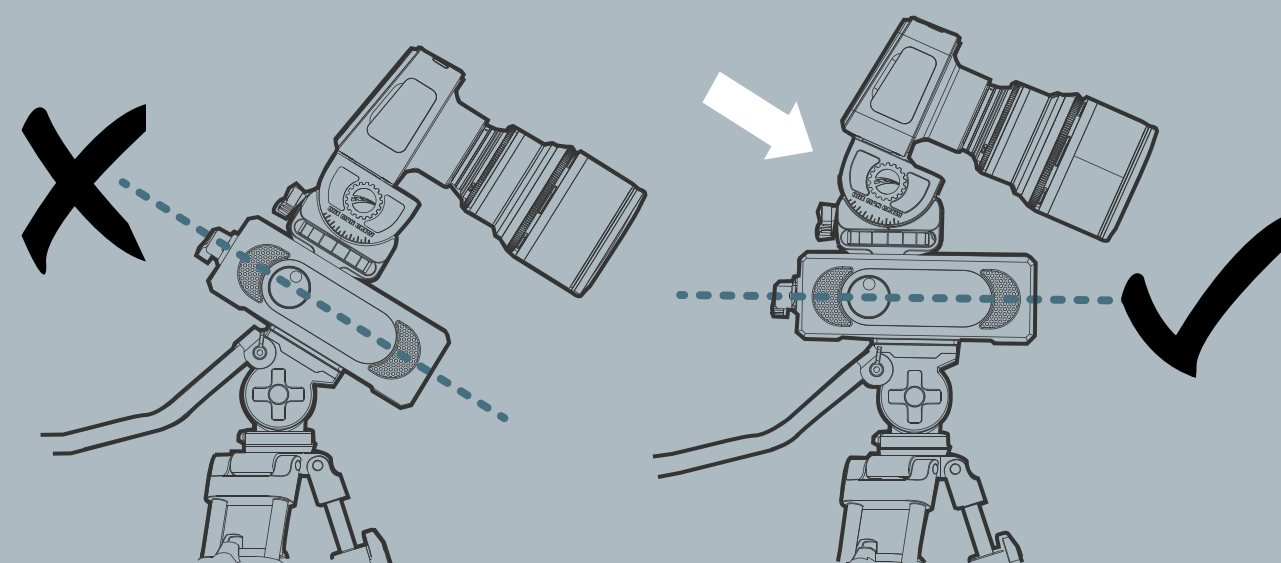
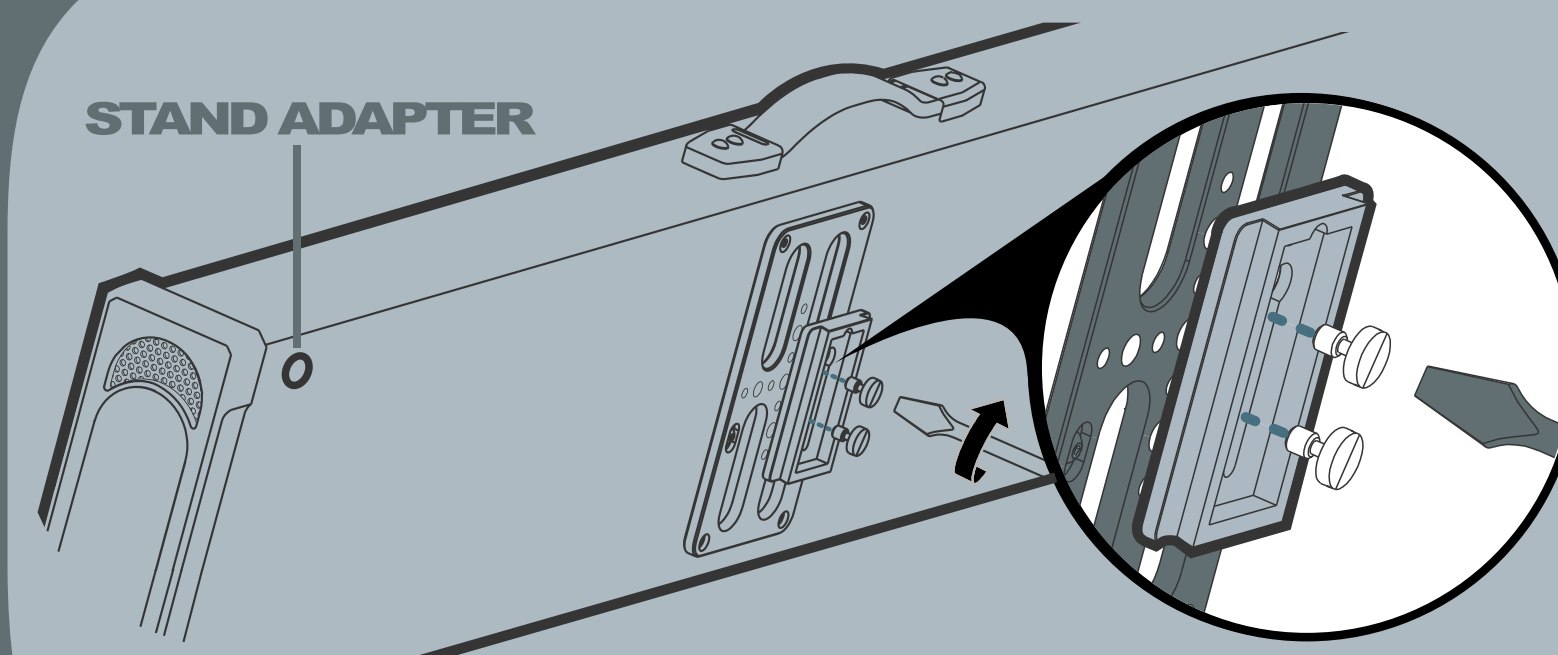


DO NOT activate lasers while pointing at your subject or while pointed directly into another camera.

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 optional stand adapters (pn: 8-124-0012) for best results.

A

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



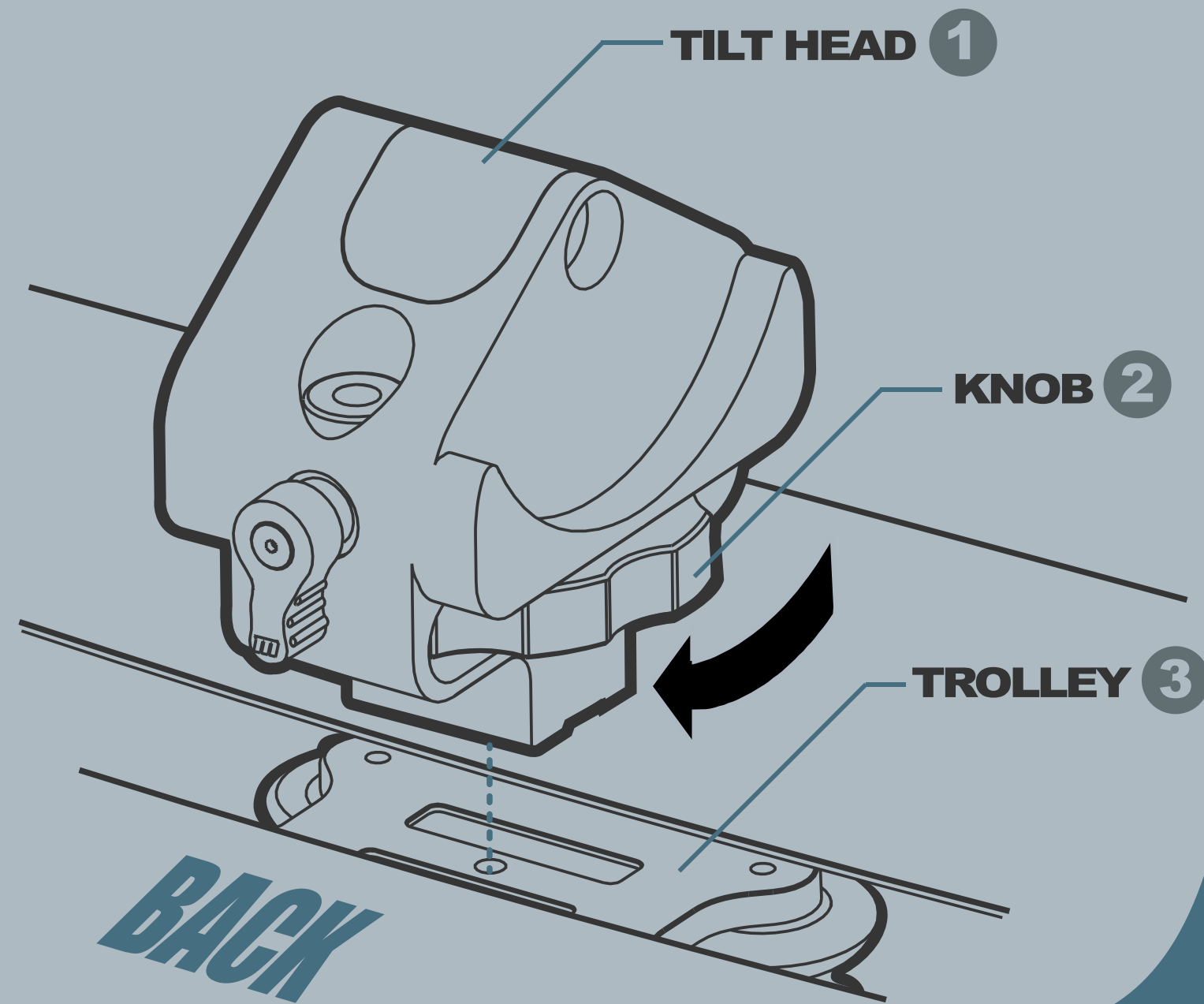
B

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

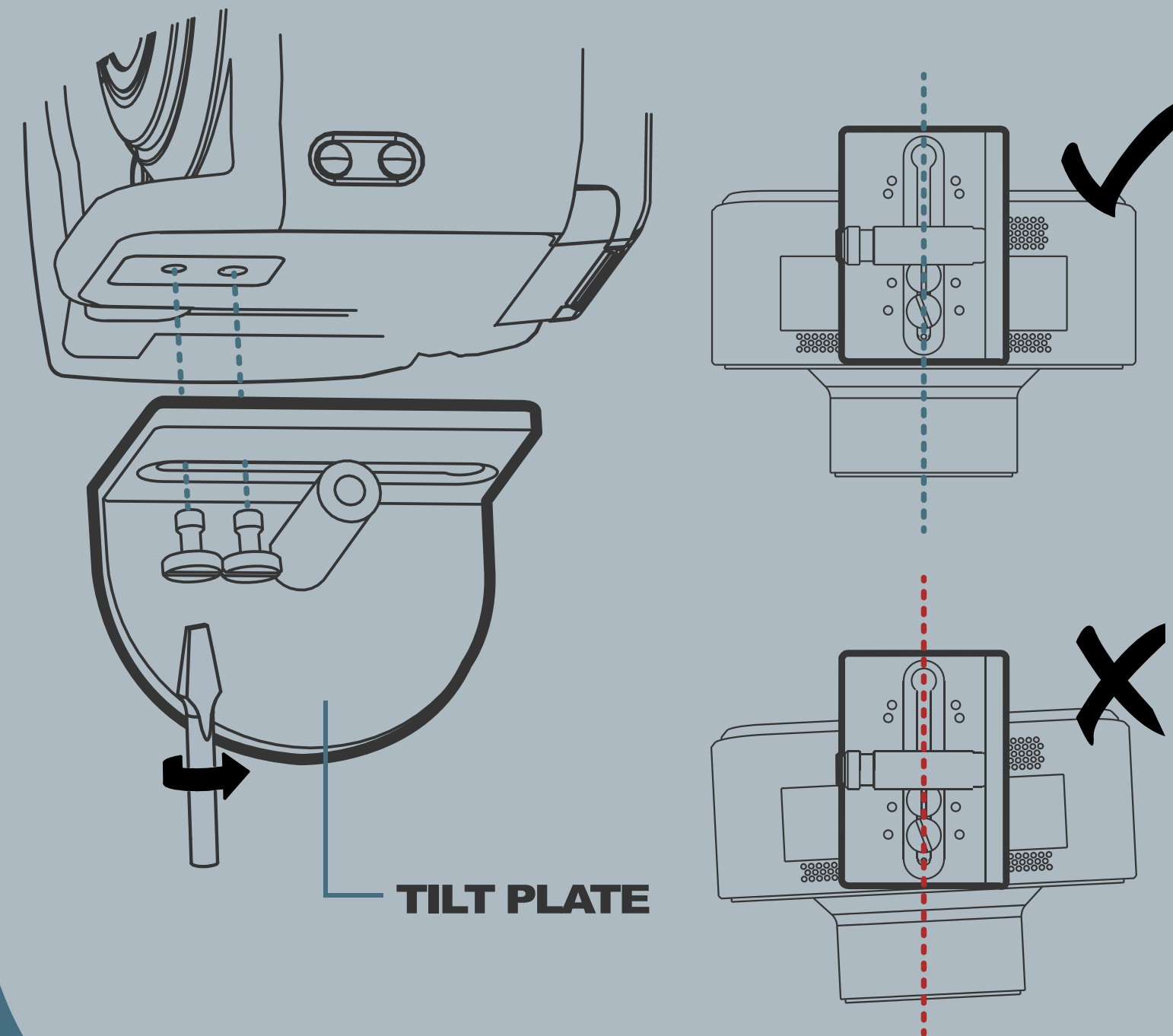
2

the TILT HEAD

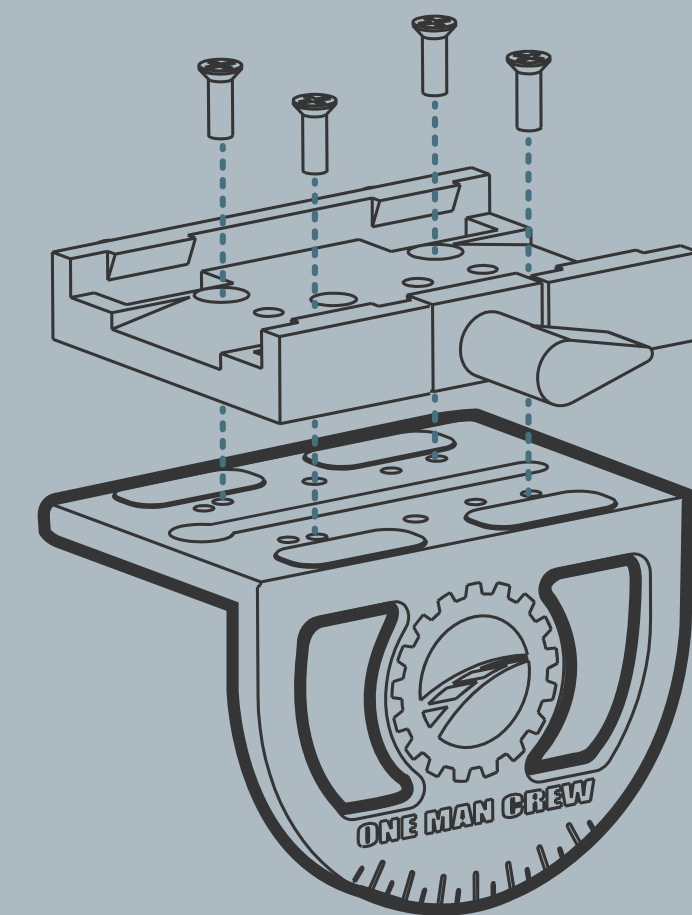
NOTE: NEVER MOVE THE TILT HEAD MANUALLY ALONG THE TRACK.



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.



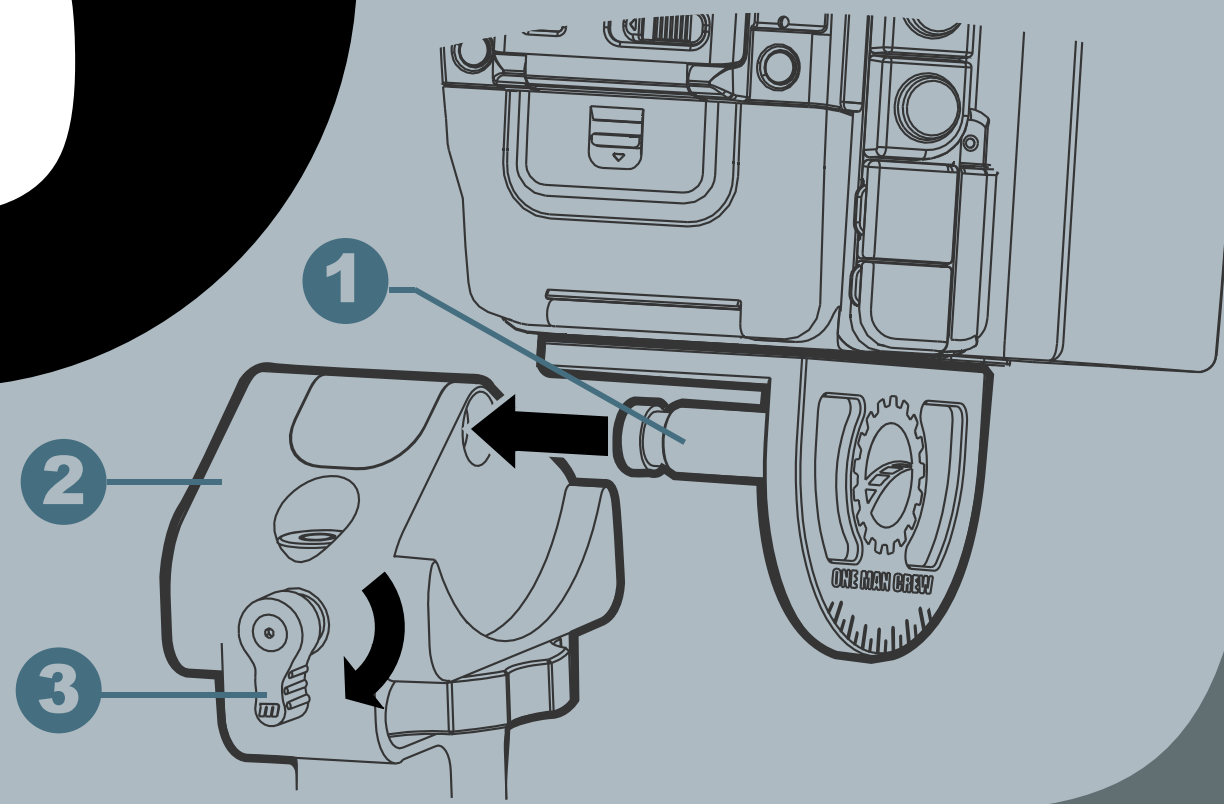
B Attach Camera to Tilt Plate with camera screws. Use both camera screws for stability if possible. For best results, position camera as shown above (right).



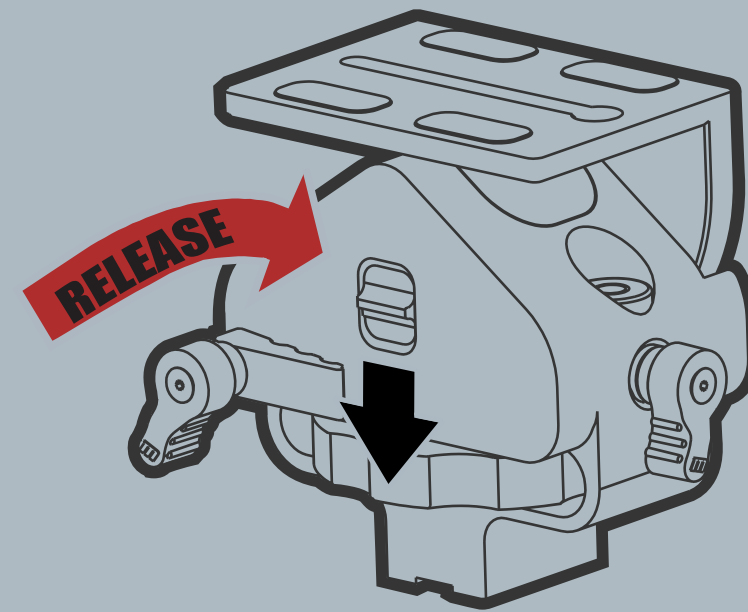
C OPTIONAL: If you wish to use a quick-release plate, attach a Bogen 357/577 or Really Right Stuff B2 LLR II quick release assembly (not included) to Tilt Plate.

3

ADD the CAMERA



A Slide Tilt Plate (1) into Tilt Head (2) until Release Latch clicks. Tighten thumb-screw (3) to secure Tilt Plate and camera.

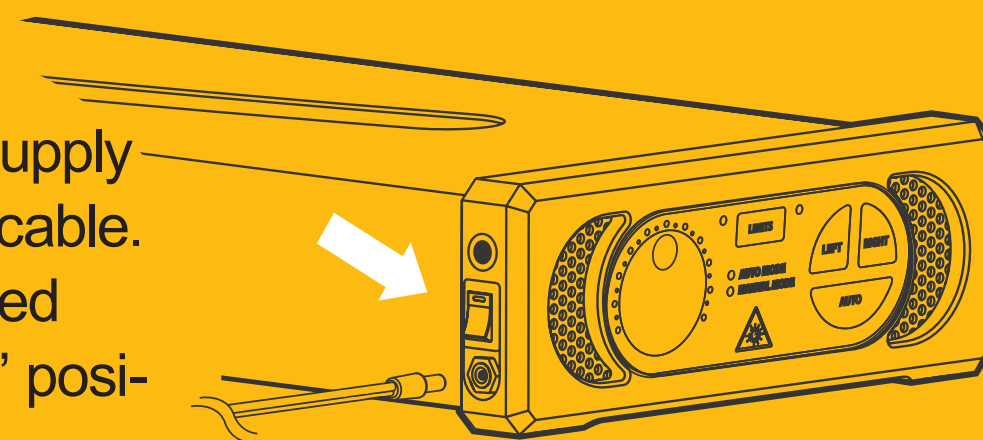


B To remove Tilt Plate loosen thumbscrew (3), press down Release Latch and pull straight out.

4

POWER

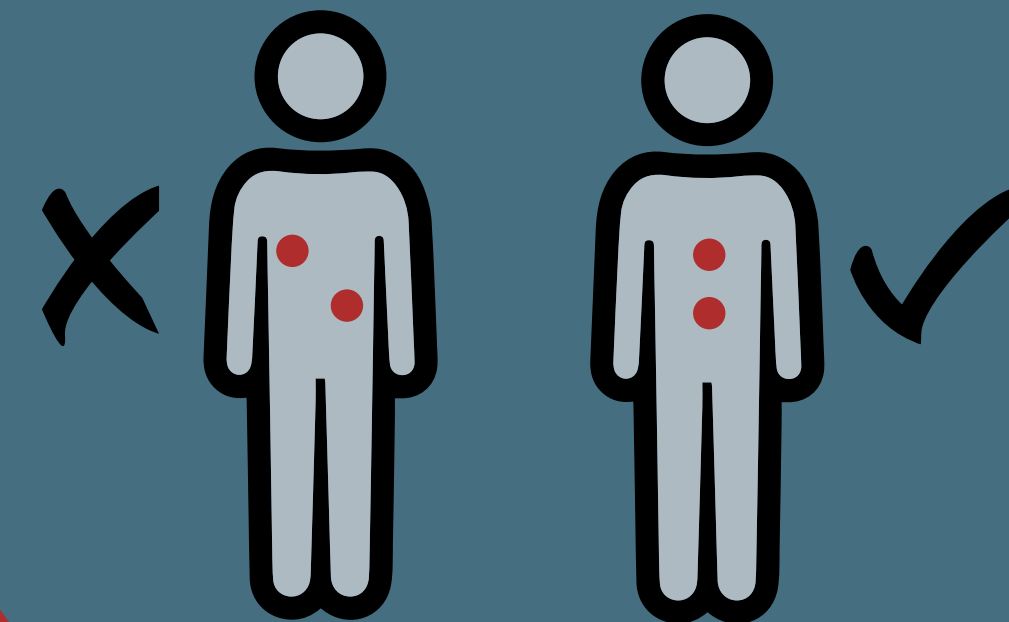
Use the included AC Power Supply or optional D-Tap (power tap) cable. Move the Power Switch (located above Power Jack) in the 'ON' position to power on the unit.



5

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.

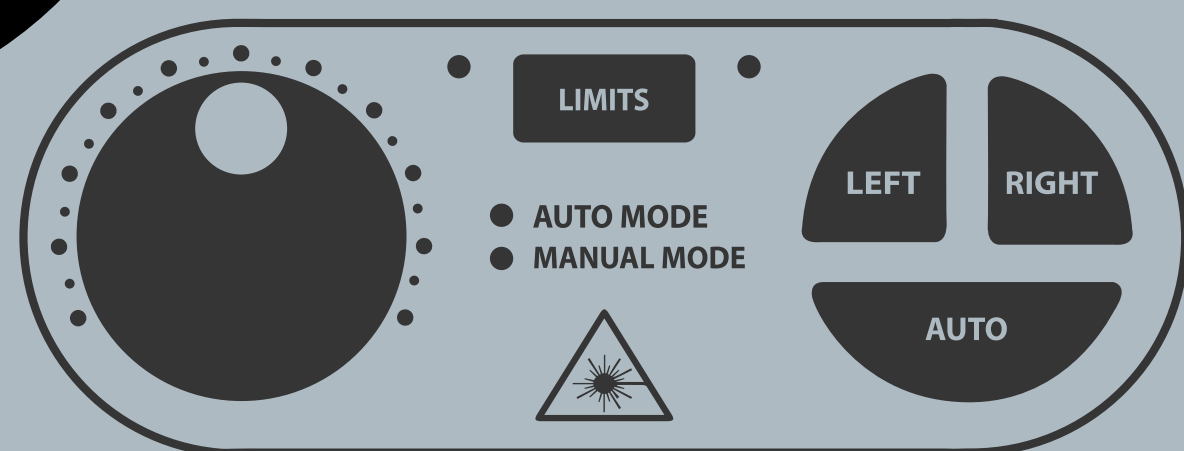


CAUTION

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 trolley is traveling in the opposite direction reverses trolley. Holding LEFT or RIGHT for three seconds sends trolley to one end and stops (LED's blink rapidly to indicate one-way travel mode)

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



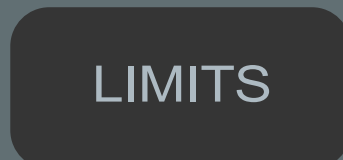
Experiment with speed settings. It doesn't take much speed for beautiful shots.

7

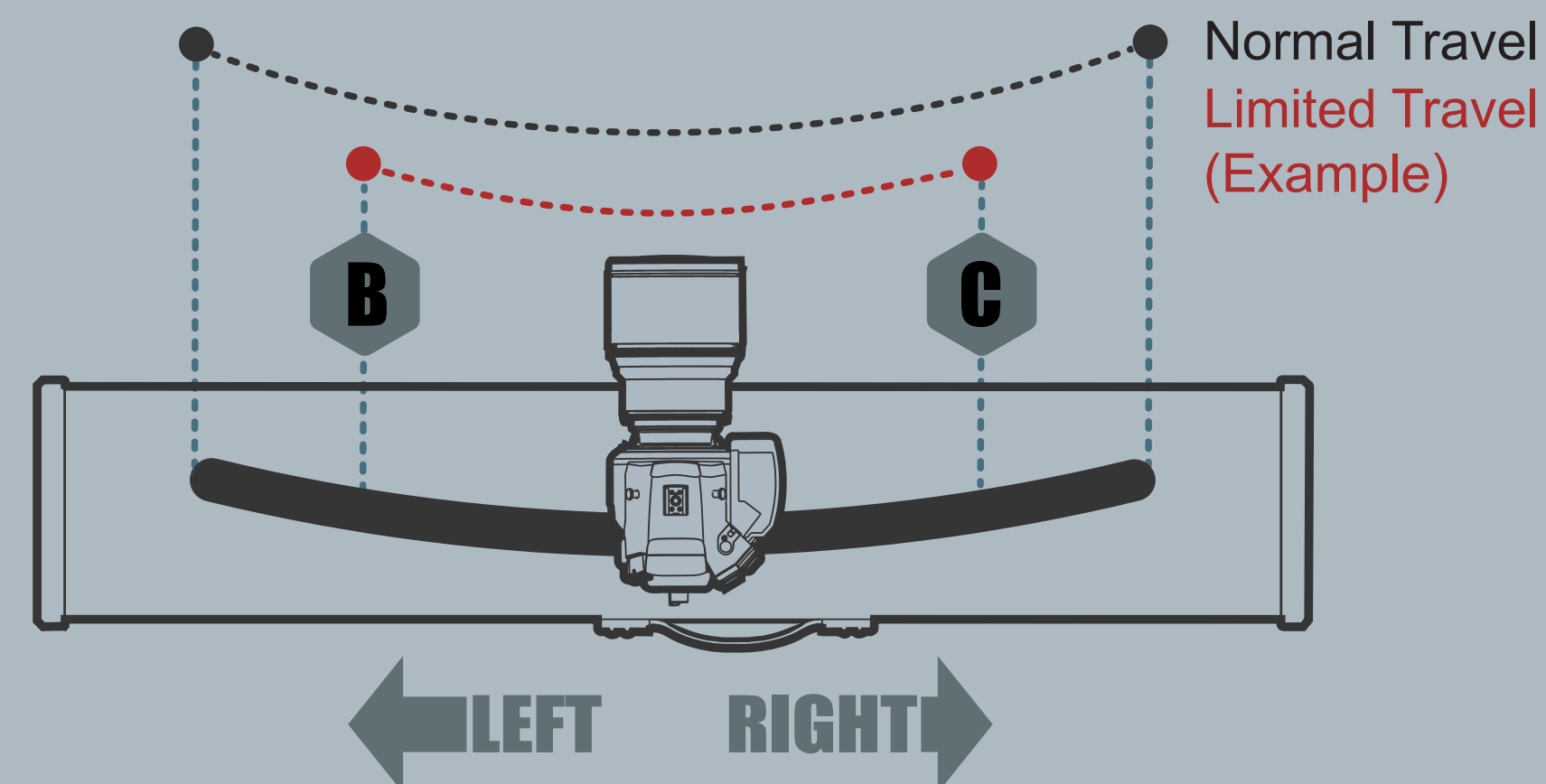
SETTING LIMITS

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.



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.



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.

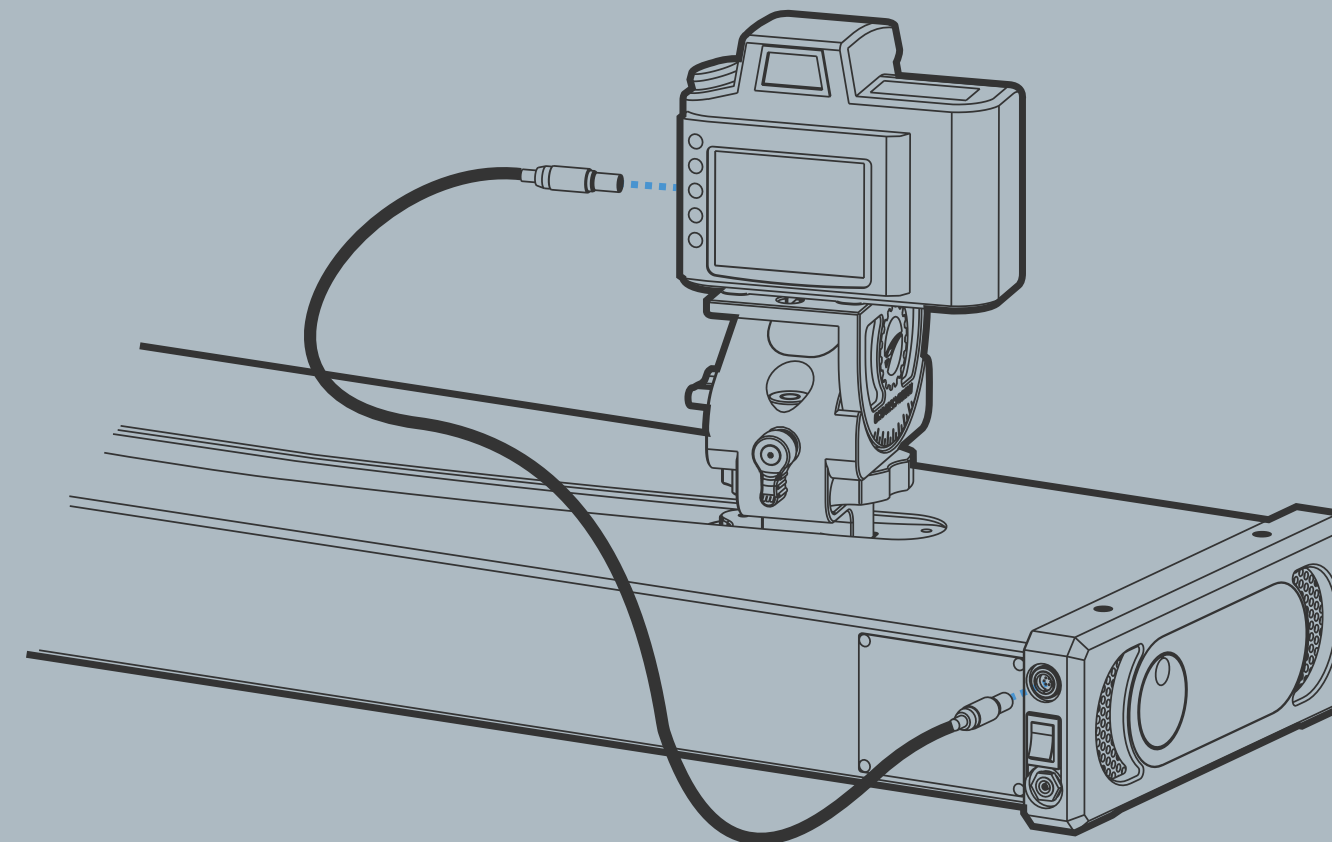
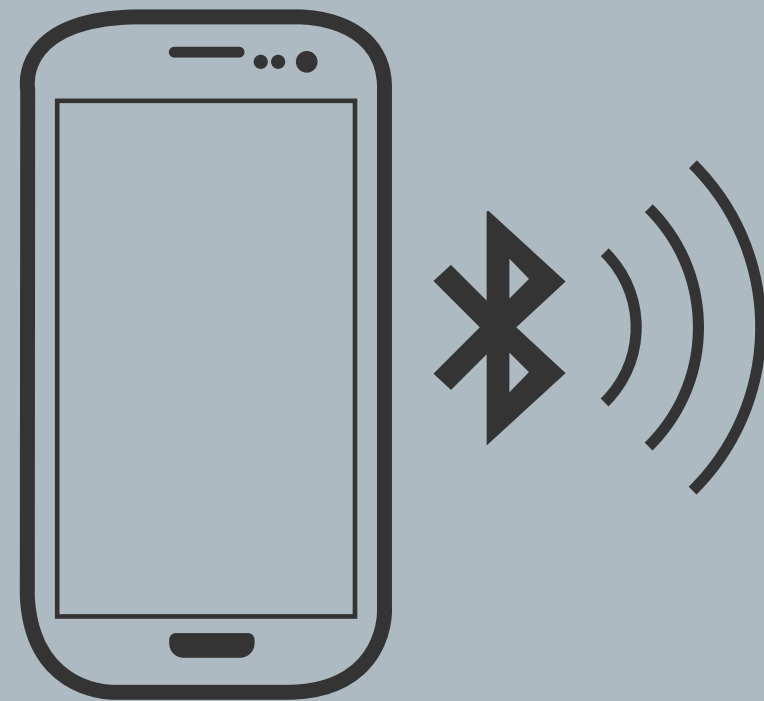


The OMC can be used in single camera configuration, or as the closeup or wide shot on multi-camera interviews. Adjust your desired framing by using different lens focal lengths.

8

REMOTE OPERATION

ONE MAN CREW can be controlled remotely via Bluetooth with the Redrock One Man Crew mobile app. Visit store.redrockmicro.com/OneManCrew for more details.



A Download the OMC app to your mobile device or tablet. Make sure your device is Bluetooth enabled. Pair with ONE MAN CREW and begin controlling the unit remotely. See in-app help screens for tips and tricks for getting the most out of the app.

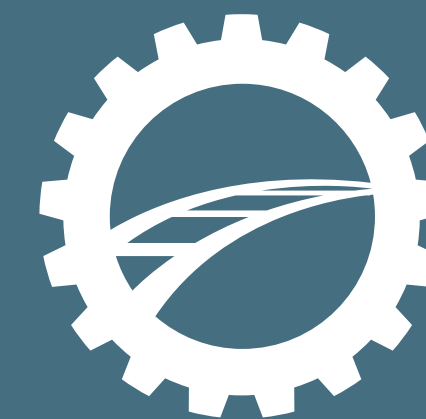
B Utilize the OMC app Camera Run/Stop feature. Insert cable into camera and OMC as shown above and use your Bluetooth-paired mobile device to control run/stop. Visit store.redrockmicro.com/OneMan-Crew to find the appropriate run/stop cable for your camera.

UPDATES



ONE MAN CREW firmware can be updated via Bluetooth. Stay up-to-date with the latest firmware by visiting:

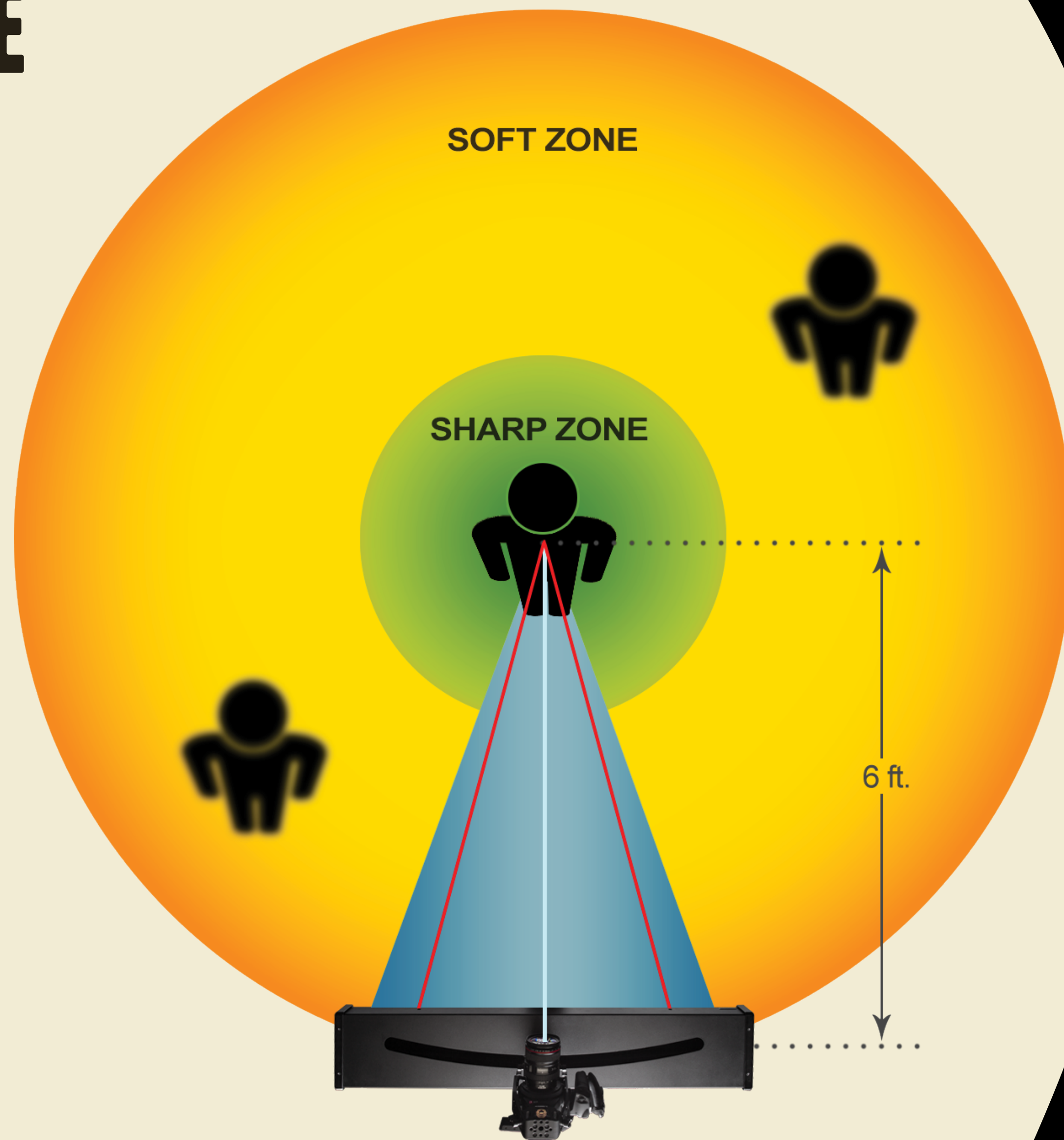
store.redrockmicro.com/UpdateMyGear



EXAMPLE SET-UP

Image not to scale. Size and distances of respective zones depend on various factors like lens choice and camera settings. One Man Crew is unique because your subject can stay anchored and in-focus in frame when positioned with lasers. If your subject isn't anchored in frame, check to make sure your camera is mounted straight on Tilt Plate. (*Quick Start Step 2-B*).

Use this as a starting point, then continue to explore all the different possibilities and effects you can create with One Man Crew. Find out what it can do for you!



WARNING

Moving parts can crush or pinch. Stay clear of Trolley path.



CUSTOMER SUPPORT:

support@redrockmicro.com

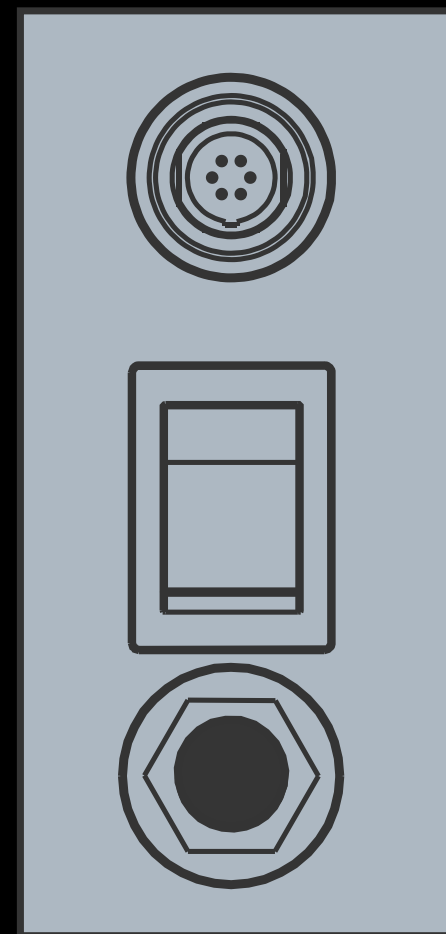
Additional Instructional
Information and Videos:

redrockmicro.com/onemancrew



RUN/STOP PORT

Plug in run/stop cable here and control camera with mobile device app

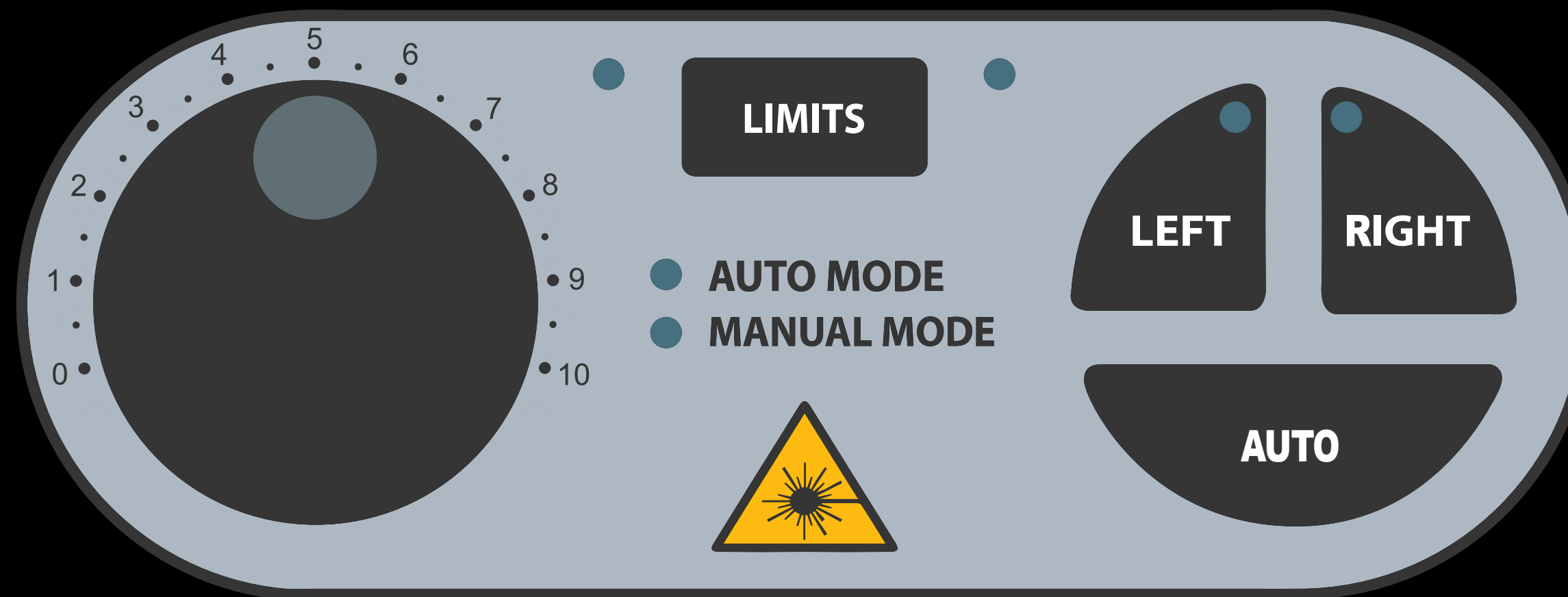


POWER PORT/ POWER SWITCH

Located on the back of One Man Crew. Plug in power cable here and put switch in the "ON" position to power on unit.

LIMIT ACTIVATION

Use the LIMITS button to set endpoints along the track. While trolley is in motion press LIMITS once to set the left endpoint. Press LIMITS a second time to set the right endpoint. Pressing LIMITS a third time clears the set endpoints. See Quick Start Guide (Section 7) for more details.



SPEED DIAL

Use dial to select your desired travel speed. Dial is also used for custom settings and feature modes. See 'Setting Modes' section for details. Turning dial to "0" stops Trolley in all modes.

LASER BUTTON

Lasers indicate optimal position of subject (approx. 6 ft. from OMC). Press to activate, press again to deactivate. Lasers turn off automatically after 30 seconds.

LEFT BUTTON

Starts Trolley moving left (away from control panel). LED indicates left movement. Pressing LEFT when trolley is already traveling left pauses OMC (indicated by blinking LED's).

RIGHT BUTTON

Starts Trolley moving right (towards control panel). LED indicates right movement. Pressing RIGHT when trolley is already traveling right pauses OMC (indicated by blinking LED's).

AUTO BUTTON

Toggles between Auto and Manual modes. Default mode is Auto. Press AUTO button once to switch to Manual. Trolley motion and direction is now controlled by holding LEFT or RIGHT. Manual Mode is useful for camera tests and framing.

SPEED MODES: END TO END TRAVEL TIME

1

INTERVIEW

Min Speed:
170 sec.
Max Speed:
37 sec.

2

DOLLY-SLOW

Min Speed:
115 sec.
Max Speed:
15 sec.

3

DOLLY-FAST

Min Speed:
106 sec.
Max Speed:
9 sec.

5

TIME LAPSE

Min Speed:
8 hr.
Max Speed:
4 min.

For Tips on Choosing Modes, Please Visit: start.redrockmicro.com/omcguide

CHOOSING A MODE

OMC operates in Mode 1 by default. To set a different mode, follow the steps below. OMC *must* be calibrated every time before operation, see step C.

A

Hold LIMITS button while powering on OMC. Release LIMITS button.

B

Turn Speed Dial to desired mode setting (e.g. for Mode 2, turn dial to '2'). Hold LIMITS button until all LEDs blink once. AUTO button LED will then blink in succession for current mode (e.g. blink twice for Mode 2). Mode now set.

C

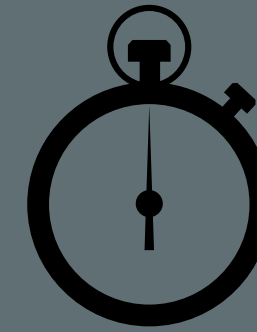
Calibrate Modes 1-3: press LEFT or RIGHT. Once Trolley reaches an end, OMC is calibrated. (Blinking LEFT & RIGHT LED's indicate calibration required.)

Calibrate Mode 5: press LIMITS button to calibrate. Trolley will travel to the right side then return to center. (Blinking LIMITS LED's indicate calibration required.)

D

To exit current mode, cycle power. OMC does not retain mode settings and will return to default Mode 1 once power is removed.

TIME LAPSE MODE



Enter Time Lapse Mode by selecting Mode 5 (see "Setting Modes", left). Once in Time Lapse Mode, choose between Time Settings 1-10 by setting the Speed Dial to the corresponding number. Time Settings are listed in the chart below. Trolley travel distance is 32 Inches. Press LEFT or RIGHT Button to start Trolley.

Setting	Travel Time	Travel Time (per 1 Inch)
1	4 minutes	7 seconds
2	8 minutes	14 seconds
3	11 minutes	21 seconds
4	15 minutes	28 seconds
5	23 minutes	43 seconds
6	30 minutes	57 seconds
7	61 minutes	114 seconds
8	2 hours	227 seconds
9	4 hours	455 seconds
10	8 hours	909 seconds

In Time Lapse mode the Time Setting can be changed at any time by adjusting the Speed Dial.



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



DO NOT attempt to manually move or reposition Trolley along the tracks. One Man Crew is NOT a manual slider.