

About the AP-553

The **AP-553** replaces the factory tripod mounting foot attached to the rotation collar of your Nikon (Nikkor) lens. It is also an Arca-Swiss style quick-release plate, which allows you to attach your lens to a compatible quick-release clamp. It features a double dovetail milled into each side of the plate, which provides extra flexibility when attaching Arca-Swiss style quick-release accessories such as Wimberley Modular Flash Brackets.

Using this plate decreases the overall height of your lens (about 1.25" for the Nikon 200-400 and about 2" for the Nikon 500) so that it will handle better on a conventional tripod head (such as a ball head) and will achieve proper balance when used with a side-mount gimbal style head. It is the stiffest Nikon replacement foot on the market, providing less flex and greater stability than others offered today, helping to create a greater number of sharper images.

Wimberley replacement feet are compatible with Arca-Swiss style quick-release clamps such as those made by Wimberley, Kirk Enterprises, Really Right Stuff, Markins, LL Rue, Foba, Graf, Arca-Swiss* and others. Attaching and using your versatile AP-553 replacement foot is simple, but reading these instructions will help you get the most out of your investment. **The safety-stop security feature of this plate does not work when used with an Arca-Swiss "double-decker" screw-knob or lever-release (flip-lock) quick-release clamp. See pg. 2 for more information.*

Dimensions (L x W x H): 5.68" x 1.5" x 0.95"

Weight: 5.4 OZ (plate, mounting screws & stop screws)

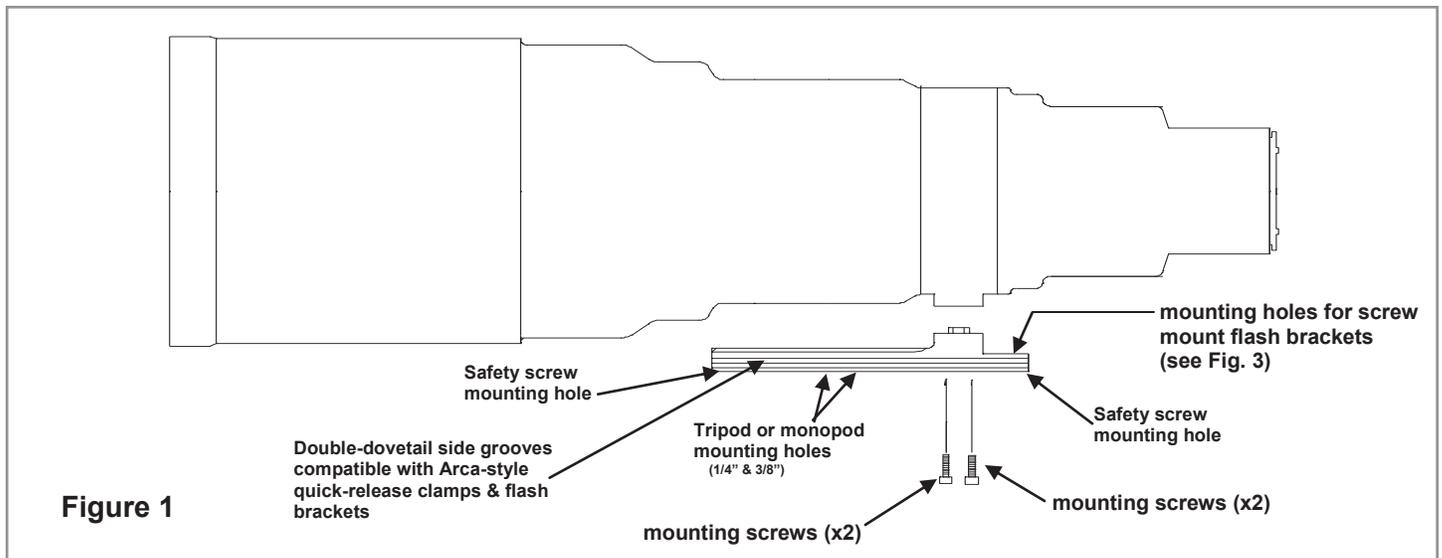
Materials: Anodized 6061 Aluminum, stainless steel fasteners

Instructions

Attaching the AP-553 to Your Lens:

- 1. Remove the existing foot from the lens.** To do this, use the enclosed hex key to remove all four small mounting screws on the underside of the factory lens foot.
- 2. Attach the AP-553 plate to the lens** using the four enclosed M3 x 12mm screws. If the enclosed screws are too long, use the screws removed from the original foot. See Fig. 1 below.
- 3. Drive the screw in** until you first meet resistance, then turn it about 30° farther to establish appropriate, but not excessive, torque. **Do not over tighten;** it is possible to shear the head off the fastener with the hex key.

TIP: If you are using the AP-553 to reduce the lens profile without using a quick-release clamp: the 3/8 inch and 1/4 inch holes in the middle section of the plate can be used to attach this foot to a suitable mono- or tripod mounting stud, or a window mount or ground pod. See below.



Wimberley™

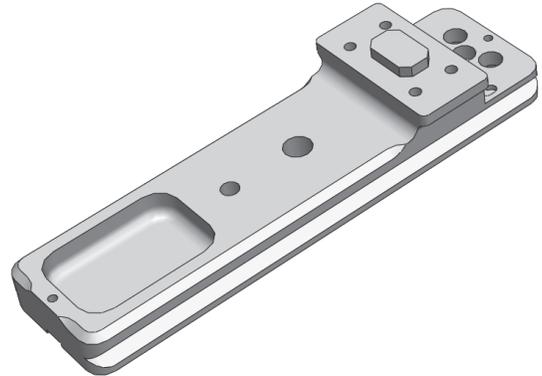
AP-553

Quick-release Replacement Foot for Nikon™
Lenses: 200-400 VR and 500 f/4 AF-S I, II & VR



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Made in USA



Package Contents:

- **Arca-Swiss Style Plate:** AP-553 Replacement Foot (Qty 1)
- **Mounting Screws:** M3 x 12mm Socket Head Cap (Qty 4)
- **Safety Stop Screws:** M3 x 6mm Socket Head Cap (Qty 2)
- **Hex Key:** 2.5mm (Qty 1)

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Instructions continued on back >>

— Instructions (Continued) —

BALANCE ISSUES: We are aware that the AP-553 (5.68" long) does not offer enough plate length to achieve optimal balance when the Nikon lenses that accept this foot are paired with a few newer camera bodies. More trouble is experienced with the Nikon 500mm VR & VR II than with other lenses due to the position of the rotation collar on the lens barrel relative to its center of gravity; however owners of the 200-400 lenses have experienced similar issues to a lesser degree. Based on customer feedback, **balance issues seem to be magnified when using the Sidekick or other side-mount style gimbal head.**

If you discover a balance issue with your current lens/camera combo using this replacement foot, please contact us. You may need to use our newer, slightly higher-profile AP-554 foot. No issues have been reported using the AP-553 on the 200-400 VR paired with a D300 body or with a D90 body that has an L-bracket or battery grip attached.

Using the Optional Safety-Stop Screws:

Your Wimberley plate comes with two safety stop screws and a corresponding 2.5mm hex key. These screws can be installed into the small bottom threaded holes in the front and back of the plate to serve as stops that prevent the plate from accidentally sliding out of the quick-release clamp (Fig. 2). If you opt to use both stops, you must open the jaws of the quick-release clamp wide enough to load your lens from the top (instead of sliding it in). Top loading is a little less convenient, but if you use both stops you can be certain that your lens will not slide out of the clamp.

These stops work best with Wimberley quick-release clamps. Our clamps have channels of a specific depth that go almost to the center. These channels allow a full range of forward and back motion but will not let the plate slip out if the clamp becomes a little loose. **IMPORTANT NOTE:** Our stop screws may or may not work well, or at all, with other manufacturers' quick-release clamps. Some clamps may have channels that are too shallow or deep for our plate stops to work effectively. Some clamps do not have channels at all, however the stop screws may catch on the outside edges of the clamp sufficiently to prevent the plate from sliding through; in this situation forward and backward movement will be limited, so use of a longer plate may be necessary.

Lever-release clamp warning: please be aware that some of these clamps open all the way at a width wider than the lens plate. If the clamp should flip open unexpectedly to its widest position, the safety stops will not prevent your lens from falling out of the clamp.

Arca-Swiss Z1 users: The safety-stop security feature of this plate does not work when used with an Arca-Swiss "double decker" (stacked-groove) quick-release clamp, in either the screw-knob or lever-release (flip-lock) style. If this plate safety feature is important to you, we recommend replacing the double-decker clamp with a Wimberley clamp (C-12) or ordering the Z1 without a clamp and installing a Wimberley clamp, because longer stop screws are not practical for this application. A compatible quick-release for the Z-1 is available for purchase from us directly (part # C-12). **Note:** The older standard C-10 clamp will not fit the stem of the Arca-Swiss Z1 or B1 Monoball.

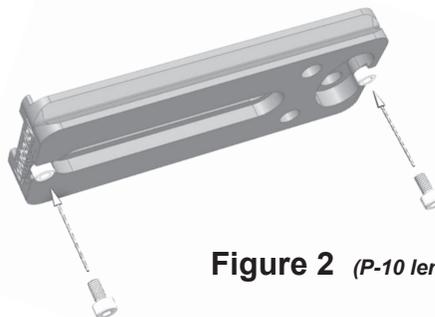


Figure 2 (P-10 lens plate shown)

Using Flash Brackets

Wimberley lens plates have a double dovetail cross-section (dovetails are milled in the upper and lower halves) so that you have the option of mounting a Wimberley Modular Flash Bracket™ to the top or bottom of the plate. This is particularly handy for situations where the quick-release clamp covers a large part of the plate, making it difficult to attach the bracket to the bottom of the plate.

Wimberley plates have holes (non-threaded) to accommodate older Really Right Stuff and Kirk screw-mount flash brackets (Fig. 3).

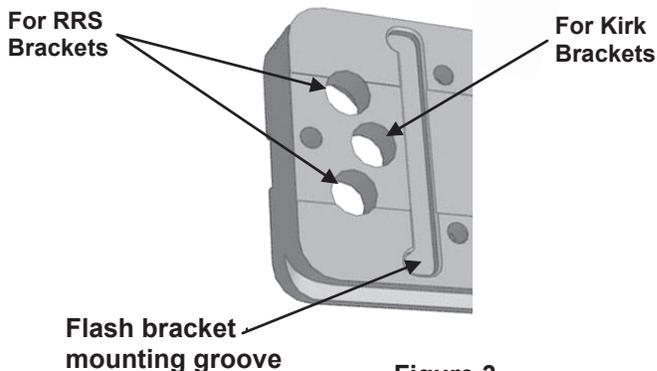


Figure 3

If you need additional plates for other lenses...

Wimberley offers five lens plate sizes (P-10 to P-50) that work with a wide variety of collared lenses. The plates we recommend are generally long enough so that you can attach a flash bracket to the top surface of the plate and easily balance your lens in almost every lens/camera configuration. If you are interested in getting the shortest plate that will work with a particular configuration, you may be able to use a smaller plate than is suggested; *however it is always better to have a longer plate than necessary than one that is too short if you are trying to balance the lens on a gimbal head.* The specific lengths of our lens plates are listed on our website and in our product catalog. If you have any questions please contact us.

Thank you for your interest in Wimberley products. If you have any questions or comments please feel free to contact us (our contact information is located in the black box on the first page).