Press the button labeled “PUSH” to unfold the leg at the bottom to stabilize the monopod as a tripod.

*Push this button labeled “PUSH” to unfold or fold the tripod leg.*
Press the same “PUSH” button to fold the leg to make it a less-space occupied monopod

*Unscrew the whole tri-leg part at the bottom to make the monopod a truly single leg monopod
To adjust the monopod height, unlock the leg height locks and pull the leg to the height needed, then lock them.

To adjust the skew angle in vertical, unscrew the red lock above the tri-leg at the bottom and tilt the monopod to the angle needed, then screw the red lock to secure the monopod.
Mount the camera on the top
The monopod stands stably with 3 leg unfolded as a tripod

For more info about the BENRO A48FD Monopod, please check [here](#)