

## About the AP-554

The **AP-554** Replacement Foot fits specific Nikon lenses and serves three main purposes: 1. it is stiffer than the factory tripod mounting foot on the rotation collar, reducing flex and vibration; 2. it serves as the Arca-Swiss style quick-release plate for your lens; and 3. it creates a more ideal geometry for using your lens on the Wimberley Sidemount Head and the Sidekick®, allowing the lens to balance optimally. It also reduces the overall height of your lens so that it handles better on a conventional tripod head such as a ball head.

Wimberley lens plates are compatible with Arca-Swiss style quick-release clamps such as those made by Wimberley, Kirk Enterprises, Really Right Stuff, Arca-Swiss\*, Markins, and others. Attaching and using your versatile Wimberley 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" quick-release clamp (see reverse for details).

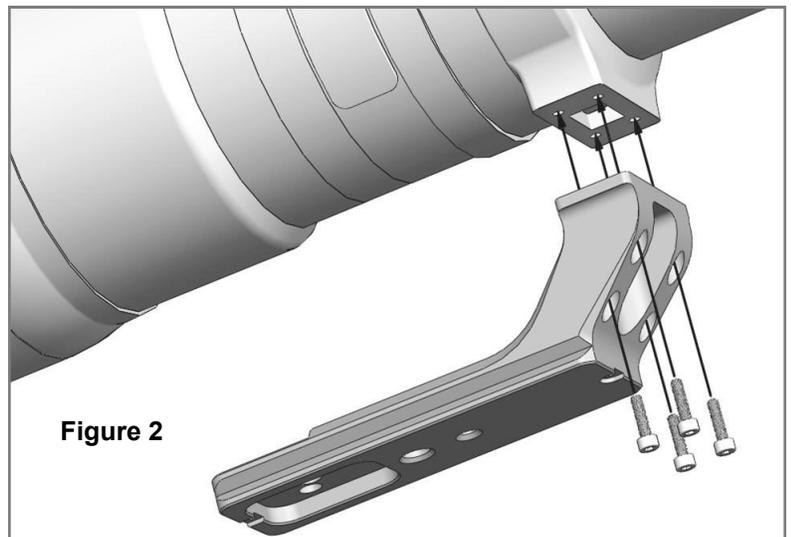
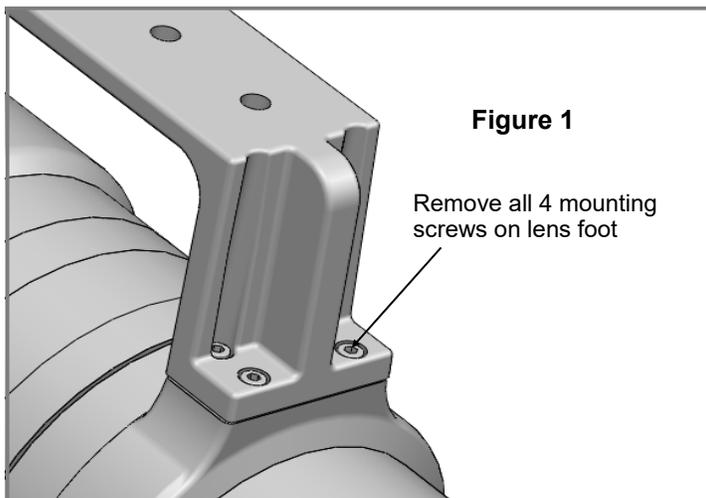
Packing Dimensions (L x W x H): 5.5" x 1.7" x 1.9"

Weight: 6.2 OZ (plate, mounting screws & stop screws)

Materials: Anodized 6061 Aluminum, stainless steel fasteners

## Installation Instructions

- 1. Remove the factory foot from the lens.** Use the enclosed hex key to remove all four small mounting screws on the underside of the lens foot (Fig. 1).
- 2. Attach the AP-554 plate** to the lens using the four enclosed M3 x 12mm screws (Fig. 2).
- 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 included.
- 4. Install safety stop screws** as shown on page 2 (Fig. 3). Safety stop screws are not required, however they keep your lens and camera secure when using a compatible QR clamp (see note on page 2).



# Wimberley

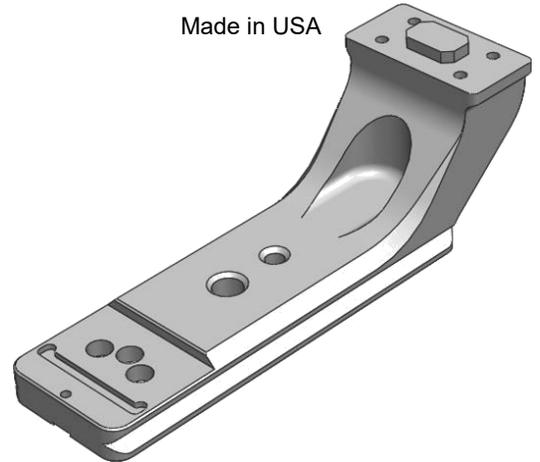
## AP-554

**Quick-release Replacement Foot for Nikon**  
Lenses: 200-400 VR & VR II; 500 f/4 AF-S I & II, VR & VR II;  
300 f/2.8 VR & VR II



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Made in USA



### Package Contents:

- **Arca-Swiss Style QR Plate:** AP-554 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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5 Year Warranty – See [www.tripodhead.com/warranty.cfm](http://www.tripodhead.com/warranty.cfm) for complete details

Instructions continued on back >>

### Using the Optional Safety-Stop Screws

Your Wimberley plate comes with two safety stop screws and a matching hex key. These screws can be screwed into the small bottom threaded holes in the front and back of the plate (Fig. 3) to serve as stops that prevent the plate from accidentally sliding out of the quick-release clamp. 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 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 case, forward and backward movement will be limited.

*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.*

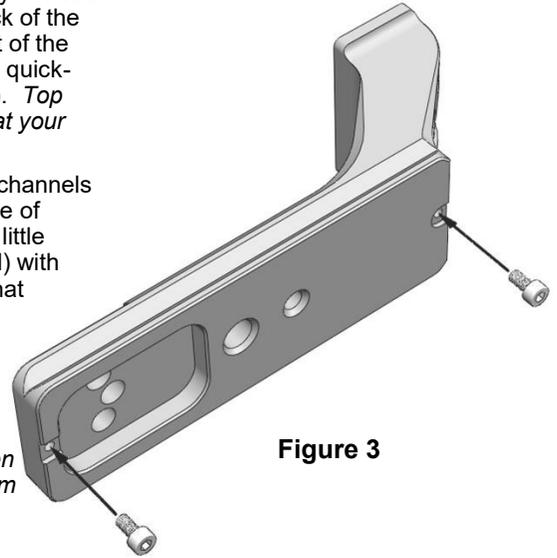


Figure 3

### 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 (Fig. 4). If this plate safety feature is important to you, we recommend either replacing the double-decker clamp with a similarly sized Wimberley QR clamp, or ordering a Z1 Monoball without a clamp and installing our compatible QR Clamp (Part #C-12). Longer stop screws are not practical for this application. Contact us if you have questions.

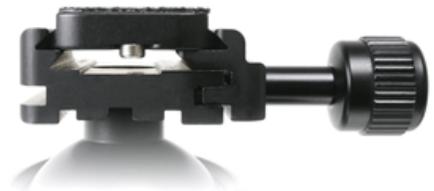


Figure 4

### Using the AP-554 without using a quick-release

The 3/8 and 1/4 inch holes in the middle section of the plate can be used to attach the foot directly to the threaded stud of a monopod or other lens support equipment, without needing a quick-release clamp.

### 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 are also made to accommodate older Really Right Stuff and Kirk screw-mount flash brackets (Fig. 5).

Mounting hole for screw-mount Kirk Brackets

Mounting holes & groove for older, screw-mount RRS Brackets

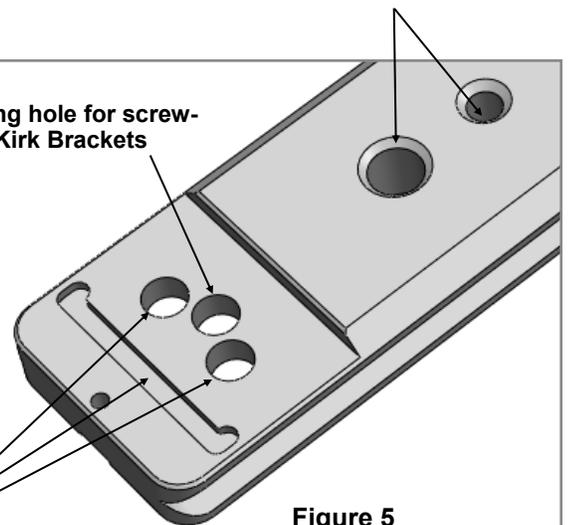


Figure 5

**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).