Flowline Starter for Camera & Gimbals

Assembly & user manual

B-FLCM-FLN-01 Flowline Starter with 180° rotating support bar



© 2026 Flycam. All rights reserved.

Contents

Safety	3
What's in the box	4
Know your rig	5
Fitting the support bar	6
Wearing the body support	7
Mounting the camera	8
Troubleshooting & care	9
Warranty & support	10

Before you start

Read the safety page (page 3) before use.
Everything you need for setup is in the box, except your camera or gimbal.
Your camera or gimbal setup must weigh 3–7.5 kg (6.6–16.5 lb).

Safety

Read these points before using the Flowline Starter.

⚠ WARNING — could cause serious injury

1. **Never exceed the maximum payload of 7.5 kg (16.5 lb).** Payload is the camera, gimbal and all accessories together.
2. **Always attach at least the minimum payload of 3 kg (6.6 lb),** so that the balancing rope is pulled down and the system works properly.
3. **Fasten the chest and waist buckles** before you mount the camera.
4. **Make sure the camera is secured to the camera hook** and the hook knob is fully tightened before you move.

⚠ CAUTION — could cause minor injury or damage

5. **Keep fingers clear of the camera hook spring and the balancing rope** while adjusting the tension.
6. **Remove the camera before you take off the body support.**
7. **Check before every use:** all four height adjustment knobs are tight, the rope is not frayed and the buckles are not damaged. If any part looks damaged, please stop using the rig and contact us (page 10).

What's in the box

Check that your package contains every item listed below.



1 × Body support with support bar



4 × Washer



2 × CSK bolt (7.3 mm)



2 × Velcro strap



1 × L-type Allen key (2.5 mm)



1 × Storage bag

Not included: camera, gimbal, and accessories.

Maintenance parts: washers, CSK bolts, Allen key.
The washers are spares for the knob on the back mechanism of the body support. Keep all maintenance parts in the storage bag. Do not discard them.

Packing parts: Velcro straps, storage bag.
When packing, use the Velcro straps to fasten the camera hook to the support bar so it does not move around and get damaged. Then pack the rig in the storage bag.

Know your rig

Each part is marked with a letter. The steps in this manual refer to these letters.



- **A** Camera hook
- **B** Support bar
- **C** Balancing rope
- **D** Side support adjustment
- **E** Height adjustment knobs (×4)
- **F** Balance adjustment knob
- **G** Body support



180° rotation: the support bar (B) rotates 180°, so you can change the camera angle without taking off the rig.



Height adjustment knobs (E): four knobs on the back of the body support.

Fitting the support bar

Fit the support bar to the body support, then set it to the height you need.

You need: body support with support bar

1 Fit the support bar



a Insert the support bar (B) into the body support (G).



b Push the support bar down until it is fully in place. The body support is now ready to use.

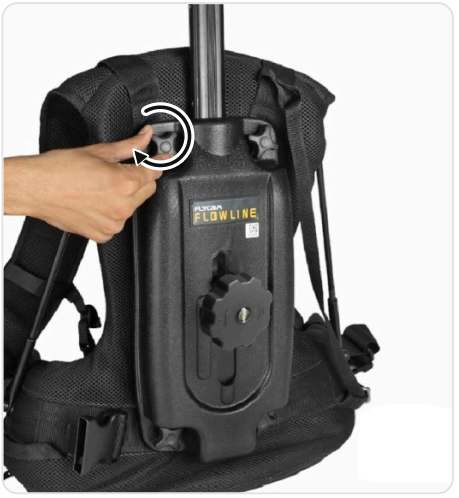
2 Adjust the support bar height



a Loosen all four height adjustment knobs (E) on the back of the body support.



b Move the support bar up or down as required.



c Then re-tighten all four knobs (E) to secure it.

Wearing the body support

Put on the body support and adjust it for a secure, comfortable fit before you mount the camera.

1 Fasten the waist buckle



a Put on the body support, wrap the waist belt around your waist, and fasten the buckle.



b Pull the straps to tighten the waist belt until it fits firmly around your waist.

2 Fasten the chest buckle



a Fasten the buckle at your chest.



b Pull the straps to tighten the chest strap until the body support fits comfortably.

Tip: The waist belt carries most of the weight, so fasten it firmly first. The waist belt fits 81–125 cm (32–49 in).

Mounting the camera

Mount the camera only when the body support is fastened.

You need: your camera or gimbal setup (not included)

1 Attach the camera



a Hook your camera onto the camera hook (A).



b Tighten the knob on the hook securely so that the camera cannot slip.

2 Set the tension



Turn the balance adjustment knob (F) on the back of the body support in small steps. After each step, gently let go of the camera and check:

Camera rises: too much tension. Turn the knob the other way.
Camera sinks: too little tension. Keep turning in the same direction.
Camera stays in place: the tension is set correctly.



Your Flowline Starter is ready to go

> **Payload:** use a camera setup of 3–7.5 kg (6.6–16.5 lb).
> Below 3 kg, the balancing rope is not pulled down, and the rig will not work smoothly. Do not use a setup heavier than 7.5 kg.

> **Accessories:** using the Placid (FLCM-FLN-PLA) or Edge V1 (FLCM-EDGE-V1) with this Flowline model changes the minimum and maximum payload. Check the accessory's manual for its payload range.

Troubleshooting & care

Problem	Likely cause	What to do
Balancing rope stays slack	Payload below the minimum	Make sure the camera setup weighs at least 3 kg (6.6 lb) (page 8).
Camera sinks	Tension too low	Turn the balance adjustment knob (F) to increase the tension (page 8).
Camera rises	Tension too high	Turn the balance adjustment knob (F) to reduce the tension (page 8).
Camera still sinks at full tension	Payload above the maximum	Reduce the camera setup to 7.5 kg (16.5 lb) or less.
Support bar slips down	Height adjustment knobs loose	Tighten all four height adjustment knobs (E) (page 6).
Support bar does not stay in one direction	The bar rotates freely and cannot be locked	This is normal. Hold the camera to keep it facing one direction (page 5).
Camera slips on the hook	Hook knob not tight	Tighten the knob on the camera hook (A) (page 8).
Body support feels loose or uncomfortable	Straps not adjusted	Re-adjust the waist and chest straps (page 7).

Care after every shoot

- Wipe the body support and support bar with a dry, soft cloth.
- If the body support gets wet, let it dry fully before packing it.
- Fasten the camera hook (A) to the support bar (B) with the Velcro straps.
- Store the rig and all spare parts in the storage bag.

Before every use

- All four height adjustment knobs (E) are tight.
- The balancing rope is not frayed or damaged.
- The buckles and straps are not damaged (Safety, point 7).

Still not solved? Contact us with your product code (B-FLCM-FLN-01), order number, and a photo or short video of the problem (page 10).

Warranty & support

Warranty

The Flowline Starter comes with a one-year warranty from the date of purchase. During this period, Flycam will repair the product free of charge, including parts and labour.

The warranty does not cover transport costs or damage caused by misuse or accidents. All warranty repairs are subject to inspection by Flycam.

Liability

Flycam is not liable for damage caused by third-party products, accidents, misuse, neglect, improper care, mishandling during transport, or servicing by anyone other than Flycam.

Contact us

If you have any issue with your Flowline Starter, please contact us. We are committed to helping you get the best from your Flowline Starter.

Email sales@proaim.com

Phone / WhatsApp +91-8283902255

Web www.proaim.com/pages/contact-us

To help us assist you quickly, please have your product code (B-FLCM-FLN-01), order number and a photo or video of the issue ready.

FLYCAM © 2026 Flycam. All rights reserved. No part of this manual may be reproduced without written permission. Product design and specifications are subject to change without notice.