

## About the AP-553

The **AP-553** Replacement Foot fits a variety of Nikon lenses and serves three main purposes:

1. Added Stiffness over the factory tripod mounting foot connected to a lens plate, reducing flex and vibration.
2. Functions as the Arca-Swiss style quick-release plate for your lens.
3. Creates a more ideal geometry for using your lens on the Wimberley Sidemount Head and Sidekick, allowing the lens to balance optimally.

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.

## Installation Instructions

**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.

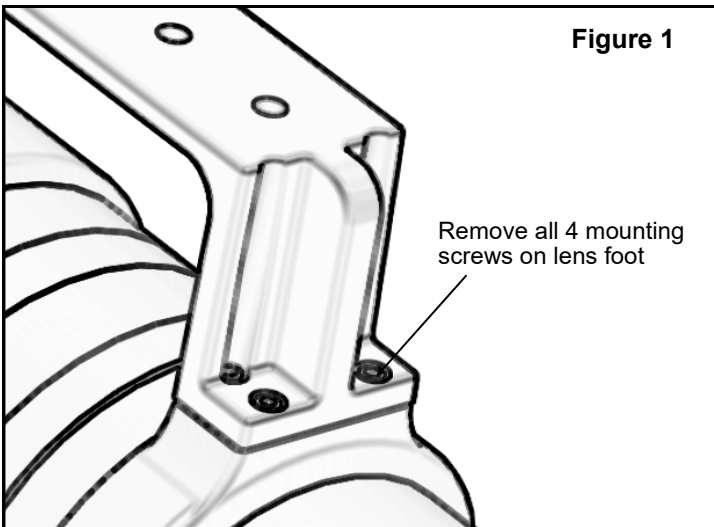
**2. Attach the AP-553 plate to the lens** using the four enclosed M3 x 12mm screws. If the enclosed screws are too long, use the screws removed from the original foot. See *Fig. 1* below.

**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.

**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.

Figure 1

Remove all 4 mounting screws on lens foot



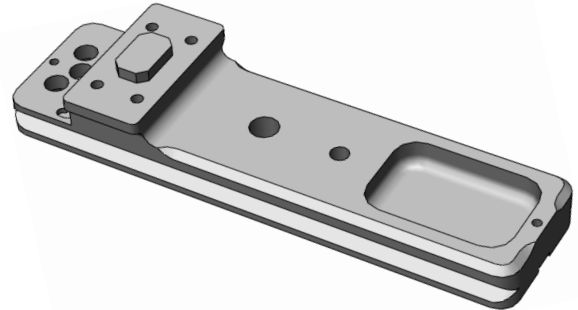
# Wimberley

## AP-553 Quick-release Replacement Foot for Nikon:

200-400 f/4 VR  
500 f/4 AF-S I, II & VR



7 53182 83403 0



Weight: 5.4 oz

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

Materials: Anodized 6061 Aluminum, stainless steel

### 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)

Made in USA 

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10 Year Warranty – See [www.tripodhead.com/warranty.cfm](http://www.tripodhead.com/warranty.cfm) for complete details

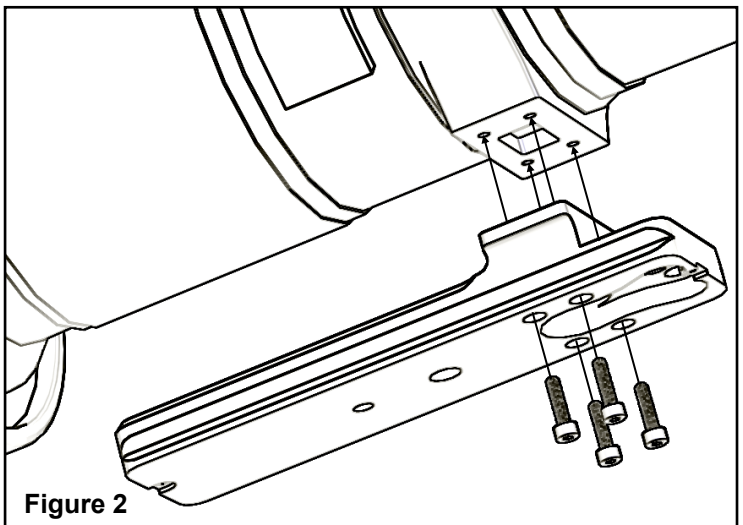
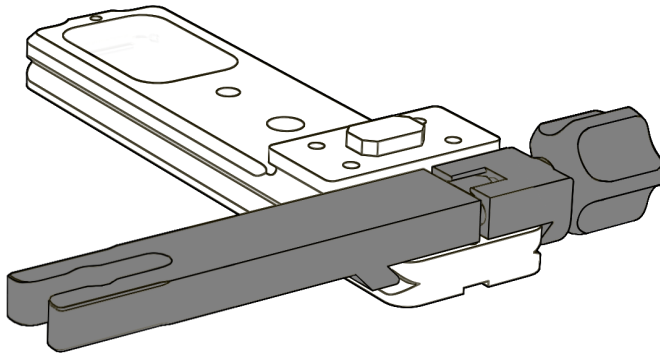


Figure 2

Instructions continued on back >>

## — Using Flash Brackets

Wimberley replacement feet have a double dovetail cross-section. The upper dovetail allows you to attach Wimberley Flash Brackets as well as other 3rd party quick-release style brackets.



### Using the AP-553 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.

Flash bracket mounting groove

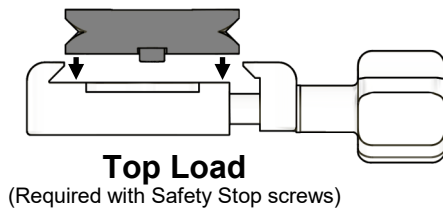
For RRS Brackets

For Kirk Brackets

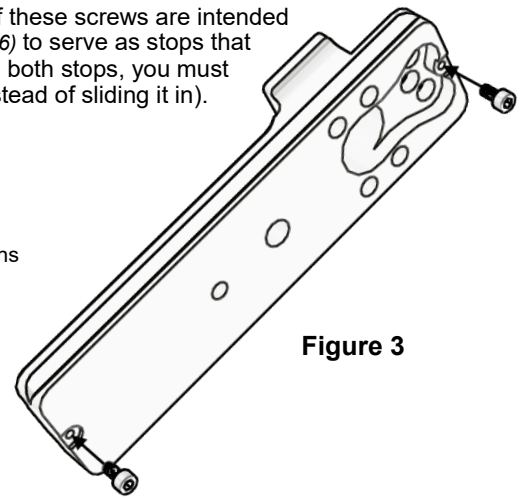
Wimberley plates are also made to accommodate older Really Right Stuff (RRS) and Kirk screw-mount flash brackets

## — Using the Optional Safety-Stop Screws

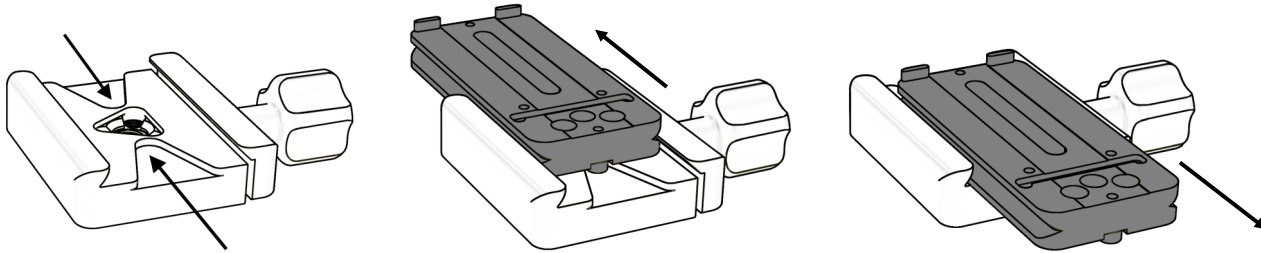
Your Wimberley foot comes with four safety stop screws and a matching hex key. Two of these screws are intended to be screwed into the small bottom threaded holes in the front and back of the foot (Fig. 6) to serve as stops that prevent the foot from accidentally sliding out of the quick-release clamp. 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 less convenient, but you can be certain that your lens will not slide out of the clamp.



**Safety Stop Channels** We recommend using clamps with safety stop channels. These channels allow a full range of forward and back motion but will not let the plate slip out if the clamp is inadvertently loosened.



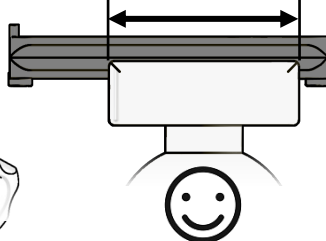
**⚠️ 3rd Party Clamp Warning:** Our safety stop screws work with most 3rd party quick-release clamps, but clamps that do not have channels and are too wide to be straddled by the safety stop screws will not work.

Your clamp must have safety stop channels **OR**



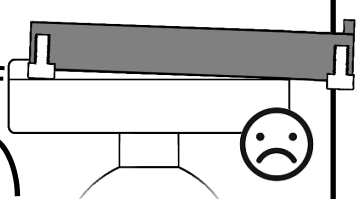
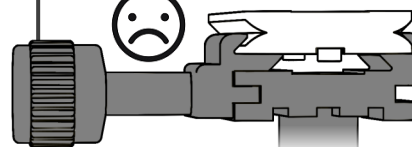
**Safety Stop Channels**

be short enough to allow the foot to straddle the clamp



### Arca-Swiss Z1

The safety-stop security feature of this foot does not work when used with an Arca-Swiss "double-decker" quick-release clamp.



Clamps without safety stop channels (or those without adequate clearance) will **insecurely** clamp the foot at an angle

If this foot safety feature is important to you, we recommend replacing the clamp with a Wimberley C-12 QR Clamp.

Thank you for your interest in Wimberley products. If you have any questions or comments please feel free to contact us.