LoProMoFo™ Setup & Use Guide

❗ NO MOUNT OR CAMERA IS WORTH YOUR LIFE ⚠️

Before you mount anything to your helmet, make sure you're fully trained, properly qualified, and following your dropzone's policies—as well as the safety guidelines of your country's governing body (like USPA in the U.S., or others internationally).

If you're unsure, ask your rigger, instructor, or an experienced jumper for their input. Remember, you're jumping it at your own risk.

🏁 1. Product Overview

The LoProMoFo™ is a low-profile, 100% snag-resistant camera mounting system engineered for high-speed action sports. Its flexible, form-fitting design maximizes safety, camera stability, and usability—without compromising on aerodynamics or aesthetics.

🔍 2. Key Features

- 🏆 Low-profile, snag-resistant design for minimal drag and maximum safety
- 🛡️ Wrap-around lens protection (non-360º cams) shields without obstructing view
- 🔧 Built-in hex tool stored in housing (on most models) for quick tilt adjustments
- 🚪 Full access to camera buttons, ports, and screens while mounted
- 🔩 Recessed stainless hardware = no external snag points
- 😎 Friction fit—no bands, bungees, or backup straps required
- 🦾 Semi-flexible, impact-resistant housing absorbs minor knocks while conforming to helmet curves
- ✔️ Tool-free installation with pre-applied 3M™ VHB adhesive
- 🌈 Available in 16+ colors to match your style or visibility needs

🛠️ 3. Camera Insertion and Removal

⚠️ IMPORTANT — ONE-SIDE ENTRY ONLY

The LoProMoFo housing is directional. Always insert and remove the camera from the same side it was designed for.

On most models, incorrect insertion simply won't work—but forcing it may damage the housing.

‼️ Please Note: On Insta360 X-series models (X2, X3, X4, X5, X4 Air), a sticker is provided to indicate the correct camera entry / removal side. The correct side offers more clearance for the camera to slide in smoothly.

If you're unsure, stop and double-check. Forcing it from the wrong side will cause damage.

🧩 PLACING THE CAMERA INTO THE HOUSING

1. Insert the camera through the correct side only. Most models are designed so the camera will only fit one way. For proper function, ensure your camera's buttons and screen will be accessible once inserted.
2. If your mount includes lens protection, press gently around the lens area to seat the housing evenly and securely.

➡ Insta360 X-Series (X2, X3, X4, X5, X4 Air, X6):

1. Push the bottom half of the camera into the housing
2. Wrap the top portion of the semi-flexible housing over the camera until it sits centered
3. Adjust the housing to ensure no part of the lens is obscured

🔄 REMOVING THE CAMERA FROM HOUSING

Use the same side and orientation as insertion.

➡ GoPro Hero 5–13, Mission 1 Pro, DJI Osmo Action 1 / 4 / 5 Pro / 6, Insta360 Ace Pro / Ace Pro 2:
- Flex the outer lens protection towards front of camera (away from lens) using your middle finger
- Push the camera back out with both thumbs

➡ Insta360 X-Series (X2, X3, X4, X5, X4 Air, X6):
- Press on the top of the camera with your thumbs
- Ease the housing off the top of the camera with your fingers
- Once the top is free, pull the camera out completely

📓 **Need help with a specific camera model?**
Use the reference table 👇 to find entry and removal instructions unique to your camera…

📋 **Mounting Reference Table: Insertion & Removal by Camera Model**

Camera Model	Mount Type	Insert Direction	Removal Method
GoPro Hero 5–13, Mission1 Pro	Cage	Lens side	Push from non-lens side with thumbs; flex lens ring to release
GoPro Mini	Cage	Front	Push from back with thumbs while steadying housing
GoPro Session 4/5	Cage	Front	Same as GoPro Mini
GoPro Max / Max 2	Cage	Rear	Push forward from back of housing
	Sleeve	Top	Wiggle camera side to side and lift upward
Insta360 X-Series	Cage	Bottom first, wrap top	Push at top of camera with thumbs; flex housing off
DJI Osmo 360 / 360 II	Cage	Rear	Push forward from back of housing
Insta360 One R / RS	Cage	Rear	Push from front with thumbs while steadying housing
Insta360 Ace Pro / Ace Pro 2	Cage	Lens side	Same as GoPro 5–13
DJI Osmo Action 1 / 4 / 5 Pro / 6	Cage	Lens side	Same as GoPro 5–13
DJI Osmo Action 6 Vertical	Cage	Top	Lift up using lens edge

🎯 4. Tilt Adjustment Guide

LoProMoFo mounts are shipped in a neutral tilt angle, with base screws already snug and ready to jump. If you need to adjust the tilt, follow the steps below:

🛠️ ADJUSTING TILT ANGLE (ALL MOUNTS)

1. Use a 2.5 mm hex key
   - If your mount has built-in tool storage, remove the included hex key from the housing
   - If not, a 2.5 mm key is provided in the packaging—or you can use your own
2. (HELPFUL) Insert the camera before adjusting
   - Inserting the camera helps stabilize the housing during adjustment
3. Loosen both base locking screws

•Turn each screw just a few times—do not remove them
•The housing will slide over the base to allow angle adjustment

4. Manually adjust the housing angle
   • Simply tilt the camera forward or back to achieve your desired angle
   • No need for tools or force—adjustment is based on friction fit
5. Re-tighten the screws until **snug**
   • Tighten just enough to hold the housing firmly in place
   • **Do not over-tighten, as this may stress or crack the parts over time**
6. If your mount stores the hex key inside the housing, press it back into place
   • Ensure it's fully seated and not protruding

📌 **Tip**: You can preview tilt angle using the GoPro or Insta360 app on your phone before jumping. This is especially useful when mounting on curved helmets.

🧽 5: Instructions for Mounting to Your Helmet

Your LoProMoFo mount is designed to attach securely to your helmet using either 3M™ VHB adhesive (default and most common method) or mounting hardware—typically when used with a quick-release system like the TonFly ProMount, Cookie Flat-Lock, or similar platforms.

🟥 A. Adhesive Mounting (Default Method)

1. Choose your mounting location carefully
   • With your camera in place, use the GoPro or Insta360 app to preview your field of view
   • This is especially important on curved helmet surfaces, which may alter tilt and framing
2. Mark your preferred location
   • Use tape or a pencil to mark your alignment before committing
3. Clean the surface
   • Use the included alcohol wipe
   • If your helmet has a delicate or matte finish, use mild soap and water instead
   • Let the surface dry completely before continuing
4. Peel and press
   • Remove the adhesive backing and press the mount into place
   • Hold it firmly for at least 60 seconds, applying even pressure across the entire base\
5. Allow a full 24 hours to cure before exposing to fast airflow, freefall, or extreme temperatures

🔥 **Tip: Warm Surfaces = Better Bonding**

3M™ VHB adhesive forms the strongest bond when applied to clean surfaces in warm conditions.

For best results, **warm the helmet surface to 70–100°F (21–38°C)** before applying the mount. You can do this by leaving it in the sun briefly or gently heating it with a **hair dryer**.

Don't overheat—just warm to the touch. This helps activate the adhesive at a molecular level for maximum hold.

❓ **Where on your helmet should you place your mount?** 🤔

- **G3/G4/G35/SkyHelmets/KiSS/BoneHead helmets**: 7.5-8 cm from leading edge to visor top.
- **TFX / ICE Helmets:** 11.5-12.5 cm (this won't allow FULL range of visor opening; however, provides it provides a neutral tilt angle of the housing on its base for optimal framing in all freefall orientations, without impeding ability to use or remove the helmet.

💡 Use your camera's viewing app to preview framing in front of a mirror or with a friend, while marking the position.

❗ **Do not attempt to reposition the mount after it's been pressed down.**
VHB is engineered for permanent bonding. Lifting or shifting it will compromise the adhesive.

🟦 B. Hardware Mounting (If Applicable)

If your mount is designed for hardware installation—either as part of a quick-release interface or per your specific request—the appropriate screws and nuts are included.

• Some versions use screws that go upward from the mounting surface and thread into embedded hex nuts inside the base

• Other versions may use top-down screw mounting, which is covered in that system's dedicated guide (e.g. RapidRelease DualMount)

- If a drilling template is provided, use it for accurate placement.
- Only tighten mounting hardware until it is SNUG. **Do not over-tighten, as this is unnecessary and may stress or crack the parts over time.**

📌 **Tip:** If no template is included, use the camera base to mark your holes, and take your time lining it up correctly. If you're unsure about positioning, ask a trusted jumper (or your friend who's already rocking an *Adrenaline Workshop* mount) for help…Better safe than sorry.

🚫 **Final Warning:**
Failure to follow these steps may result in total loss of your camera and mount. As with any other OPTIONAL gear used in the high-risk environment: **IF YOU'RE NOT PREPARED TO LOSE IT, LEAVE IT ON THE GROUND.**

⚖️ 6. Terms, Warranty & Legal Disclaimer

By using any product sold by Adrenaline Workshop, LLC, the purchaser ("you") agrees to the following terms and conditions.

🔒 PRODUCT USE & ASSUMPTION OF RISK

All products are provided as-is, with no express or implied warranties, including but not limited to implied warranties of merchantability or fitness for a particular purpose.

The user assumes full responsibility and risk associated with the use of any Adrenaline Workshop product—especially in, but not limited to, high-speed or impact-prone environments such as skydiving, BASE jumping, paragliding, or motorsports.

These activities carry inherent risk, and even proper use of these products can result in serious injury or death.

While our mounts are engineered to minimize the likelihood of line snags and maximize retention, no camera mount is completely snag-proof. In fact, having any object on your helmet—including the helmet itself—can increase the risk of entanglement or injury during deployment or canopy flight.

Our products are designed to reduce, not eliminate, these risks.

⚠️ LIABILITY DISCLAIMER

Use of these products may result in loss or damage of equipment, or serious personal injury, even when used as intended.

Adrenaline Workshop, LLC is not liable for any injury, death, property damage, or financial loss resulting from the use or misuse of its products.

You agree to indemnify and hold harmless Adrenaline Workshop, LLC, its employees, agents, and affiliates from any claim, demand, or cause of action arising from your use of our products, including those related to personal injury or wrongful death.

💼 RETURNS & LIMITATIONS

Returns or exchanges are subject to the terms outlined on our website's Returns & Refund Policy page.

In the rare case of product defect, our liability is limited to the replacement of the product or a refund of the purchase price—at our sole discretion.

We are not responsible for lost or damaged cameras or accessories under any circumstance.

📌 **For full product safety guidelines, care instructions, and compliance information, visit: Product Safety & Use**

📬 7. Support & Contact Info

🤜🤛 We're here to help! If you have questions about your mount, need help with installation, or want to explore mounting options for other helmets, don't hesitate to reach out.

📧 **Contact Us:** Email: info@adrenalineworkshop.com

🌐 **Visit Us Online:** Website: www.adrenalineworkshop.com

🤳 **Follow Us on IG**… **@adrenaline.workshop**….We love seeing your setup in action. Tag us to get featured!