Checkout the "Small Tripod"

Shortest the tripod gets is 14 inches

Tallest is 56 inches

To set the height unclip these on each leg. The more you unclip the higher the tripod will be. Make sure you match what you unclip on each leg so the tripod is even.

There is a hinge below the tripod head that when flipped open you can raise the center pole on the tripod to give you more height flexibility.
Close the hinge to set the tripod's center column height.

Next we need to take the mounting plate or quick release plate off the tripod this will mount to the bottom of the camera.

Pull the small lever on the tripod head forward to release the plate shown here.

Take the plate off we'll mount this to the camera.

Take the plate and screw it on to the bottom of the camera using the mounting screw handle.

Note that there are arrows that point to the Lens. Make sure the appropriate arrow is pointed to the lens.
Put the camera with the plate attached back on the tripod with the lens facing the front of the tripod.

Need to release this latch to place the plate into the tripod head and tighten the latch to hold in place.

This knob sets the angle position of the head so you can shoot straight ahead or straight down.
The Long handle / knob twist it and it will turn the head horizontally or vertically.

Tighten it when you get it level and lined up with the position you want to shoot.

This will hold it in position.

This knob lets you change the pan of the head so you can go 360 degrees around.
When you are finished make sure that the mounting plate gets put back on the tripod.

Remove it from the camera

Put it back on the tripod head.

To put the tripod away reverse what you did to setup.