FP FLASHPOINT

400W

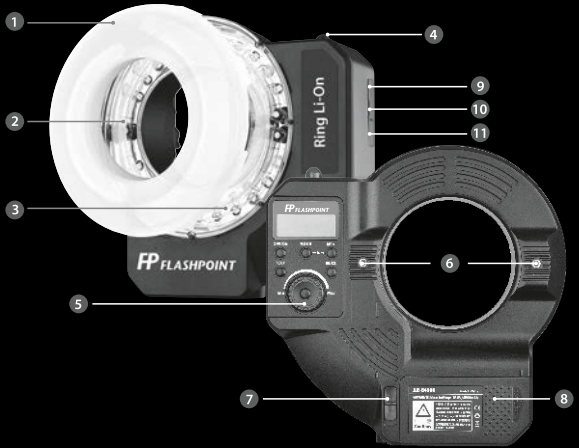
Ring Li-On

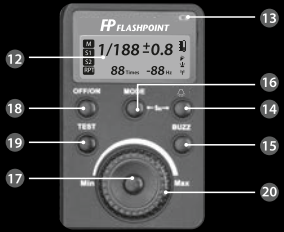
FPLFRF400

Warnings

- Do not use any power supply other than the included one to charge the battery.
- Do not charge the battery for more than 12 hours
- Do not expose your lighting equipment to moisture, dust, dirt, rain, water, or extended sunshine.
- Any exposure to chemical solutions, gasoline, grease, oil, paint, or detergents can result in permanent damage to your equipment.
- Do not insert metal parts into any lighting equipment.
- Do not touch the electrical contacts on the flash or battery or contact them with any conductive materials
- Dry your hands before handling the equipment, as touching your equipment with wet hands is dangerous to both the equipment and to you.
- Do not attempt repairs to your lighting equipment personally. If a problem arises, contact the store from which you purchased the light.
- This flash has an over-frequency protection circuit, rapid continuous rapid firing will cause the flash to slow operation and trigger a ″cool down″ period. After this period, the flash will resume normal operation.
- You may also reboot the flash by cycling the power off and then on.
- Do not use selective coloring.
- The battery should slide smoothly into the flash. If it does not, remove it, check alignment, and check for obstructions. Do not force the battery.
- Do not store illegal substances in the flash's battery compartment
- Do not fire the strobe at very close distance to items or people/pets as the strobe releases intense heat and can cause damage and serious injury. And they will probably be upset at you.
- Do not leave or store the flash unit in places where the ambient temperature reaches over 50°C (e.g. in automobile). Otherwise the electronic parts may be damaged.
- Ensure all knobs are tightened before lifting or moving the flash
- Support as many points on the rig as possible during use for best balance
- In case of abnormal function, sparks, excessive heat, flames or smoke, immediately power off the unit and remove the battery if safely possible. Have it checked by an authorized technician

Name of Parts





Body

1. Diffusion Cover
2. Flash Tube
3. LED Bulbs
4. Optical Sensor
5. Control Panel
6. Bracket Mounting Hole
7. Battery Lock Release
8. Battery Pack
9. Wireless Control Port
10. Sync Cord Jack
11. PC Sync Cord

Control Panel

12. LCD Panel
13. Battery Low Indicator
14. LED Light Control Button
15. Audio Alert Button
16. MODE Selection Button
17. SET Button
18. Selection Dial

Brackets

Folding Camera Mount Bracket

21. Height Guide Rail
22. Depth Guide Rail
23. Angle Adjusting Knob
24. Depth Adjusting Knob
25. Camera Mounting Screw

Umbrella Retaining Bracket

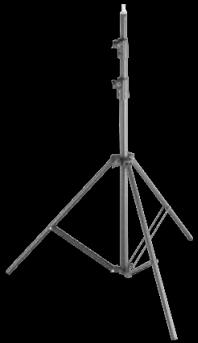
26. Umbrella Retaining Knob
27. Umbrella Hole
28. Bracket Mounting Bolts

In the Box

Ring flash. Folding Camera Mount Bracket
Umbrella bracket. Diffusion cover
Battery charger. Li-ion Battery pack
Instruction Manual

Available Accessories

Radio Control and Trigger System
Glow Umbrellas
Flashpoint Light Stands

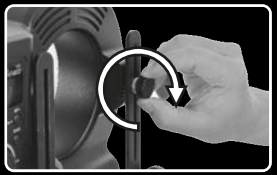


Setup

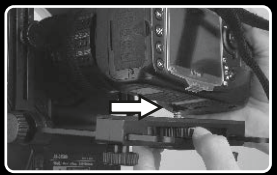
Installing the Diffusion Cover

1. Put the diffusion cover on the flash body and align the snaps on of the cover correctly so they fall into the grooves on the body.
2. The diffusion cover can be detached by lifting it lightly.

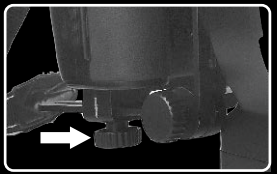
Installing the Camera



1. Align the Height Guide Rail (21) to the Bracket Mounting Holes (6) of the flash body. Then, screw the two Bracket Mounting Bolts (28) into the Bracket Mounting Hole (6) and tighten them.



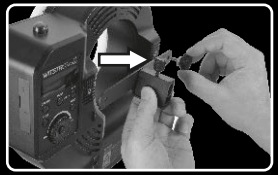
2. Screw the Camera Mounting Screw (25) into the camera's tripod socket and tighten it.



3. Adjust the Angle Adjusting knob (23) to let the camera lens pass through the ring flash.

Installing the Umbrella Bracket

1. Align the umbrella bracket to the Bracket Mounting Holes (6) of the flash body. Then, screw the two Bracket Mounting Bolts (28) into the Bracket Mounting Holes (6) and tighten them.
2. Insert the photo umbrella.
3. Tighten the bolt to fix the photo umbrella.



Battery Pack

Features

This flash unit uses a Li-ion polymer battery which features an extended lifespan and is rated to last approximately 500 discharge cycles. It also has a safety circuit to protect against overcharge, overdischarge, overdraw, and short circuit. It takes only 2.5 hours to fully charge the battery using the included battery charger.

Warning

1. Do not short circuit.
2. Do not expose to rain or immerse in water. This battery is not water proof.
3. Keep out of reach of children.
4. Do not leave the battery charging for more than 12 hours.
5. Store in a dry, cool, ventilated place.
6. Do not put near or into fire.
7. Dead batteries should be disposed according to local regulations.
8. If the battery had not been used for 3 months charge it fully before use.

Loading and Unloading the Battery Pack

Loading: (1)Put the battery pack into the battery compartment. (2)Push the battery pack to the left until it locks with a click sound.
Unloading: (1) Push the Battery Lock Release (7) downward. (2) Push the battery pack to the right to remove it.

Battery Level Indicator

Battery Level	Battery Level Indicator	Full Power Flashes Remaining
Battery Leve≥25%	Not Displayed	Approx.100~400
7%<Battery Level<25%	Displayed	Approx.30~100
Battery Leve≤7%	Blinking	Approx.<30

Note: When the LED light is on, the battery voltage is lower and the battery level indicator will not display the correct amount.

Using the Flash

1. Power Management
   Press ON/OFF Power Switch for 2 seconds to power the ring flash on or off. Turn it off if it will not be used for an extended period of time.
2. Flash Output Control
   Flash output can be varied from 1/128th power to 1/1 (full power) in 1/3 stop increments. To obtain a correct flash exposure, use a hand-held flash meter or guide number calculator to determine the required flash output. Adjust the power output by rotating Selection Dial (20). Flash output is displayed based on the most recent full stop displayed, so 1/1-.3 is the same as 1/2 +.7. The following table makes it easier to see how the power changes are displayed when you increase or decrease the flash output:

Figures displayed when reducing flash output level →

1/1	1/1-0.3	1/1-0.7	1/2	1/2-0.3	1/2-0.7	1/4	···	OF
	1/2+0.7	1/2+0.3		1/4+0.7	1/4+0.3		···	

←Figures displayed when increasing flash output level

Lowering the flash power setting to OF indicates that the flash is off and will not fire.

Shooting Modes

- M Manual mode
  Use the Mode button to select manual mode. In this mode the flash power is manually controlled, either from the unit or the radio controller. The flash can be triggered by the radio controller or the sync port
- S1 Slave mode
  Use the Mode button to select S1 mode. In this mode the flash power is manually controlled, either from the unit or the radio controller. The flash can be triggered by the radio controller or the sync port, and the flash will also fire immediately if the Optical slave sensor sees another flash firing. Use this mode when you want the flash to fire in synchronization with other flash units without them being connected via radio or cord. Do not use this mode if you are using any other unit with a pre-flash such as TTL

- S2 Slave mode

  Use the Mode button to select S2 mode. In this mode the flash power is manually controlled, either from the unit or the radio controller. The flash can be triggered by the radio controller or the sync port, and the flash will also fire immediately if the Optical slave sensor sees another flash firing TWICE. Use this mode when you want the flash to fire in synchronization with other flash units using TTL without them being connected via radio or cord. In S2 mode, the flash unit will ignore a single “preflash” from the master flash and will only fire in response to the second, actual flash from the master slave unit.

- RPT Mode (Stroboscopic Flash)

  Use the Mode button to select RPT mode (Multi/Stroboscopic flash). With stroboscopic flash, a rapid series of flashes is fired. It can be used to capture multiple images of a moving subject in a single photograph. You can set the firing speed (number of flashes per sec. expressed as Hz), the number of flashes, and the flash output power.
  To change the options in Stroboscopic mode, use the Selection Dial to make changes, and the Set button (15) to move to the next option. By default the wheel starts controlling the output power.

Notes about Stroboscopic Flash

- Make sure that you set your camera’s shutter speed to last as long as the flashes you have programmed. To calculate the shutter speed, use this formula Number of flashes/Hz= Shutter speed
- For best results use a dark background and a tripod
- Make sure your flash is not set to fire “rear curtain” by your camera. See your camera manual for settings
- Do not use stroboscopic mode more than 5 times in a row without breaks as this can result in overheating
- Due to power constraints and overheat, there are limits on how many higher powered flashes you can fire in a short amount of time. You can refer to this chart for the maximum amount of flashes/hz/power

• **Maximum Stroboscopic Flashes**

Flash Output \ Hz	1	2	3	4	5	6	7
1/4	30	2	2	2	2	2	1
1/8	50	4	2	2	2	2	2
1/16	70	70	7	4	3	3	3
1/32	80	80	80	16	8	6	5
1/64	99	99	99	99	99	99	25
1/128	99	99	99	99	99	99	99

Flash Output \ Hz	8	9	10-11	12-13	13-15	15-19	20-99
1/4	1	1	1	1	1	1	1
1/8	2	2	2	2	2	2	2
1/16	2	2	2	2	2	2	2
1/32	5	4	4	3	3	3	3
1/64	15	10	6	6	5	5	5
1/128	99	99	99	99	99	36	20

LED Light Control

Press the LED Light Control Button (14) to control LED light: Off→30%→70%→100%→Off……
When the LED light is turned on, the icon is shown on the LCD display.

Power	Time of Auto off
100%	5 min.
70%	10 min.
30%	15 min.

Audible Alert

The Audible Alert can be controlled by pressing BUZZ Button (15). When the buzzer is turned on, is shown on the LCD display.

Wireless Control Function

• The flash unit is built in with a Wireless Control Port (9) so that you can wirelessly control the activity state of your flash, modeling lamp and buzzer, as well as adjust the flash output level, etc.

- To control the flash wirelessly, you need a Flashpoint Commander set (on-camera and on-flash units). Insert the receiver into the Wireless Control Port (9) on the flash and insert the transmitter onto the camera hot shoe. Settings made on the hotshoe-mounted transmitter will be wirelessly communicated to the flash. Then you can press the camera shutter-release button to trigger the flash.
- For full instructions on the use of Flashpoint Commander, see its user manual.
- When the flash unit receives wireless signals, is shown on the LCD display.

Sync Triggering

The Sync Cord Jack (10) is a Φ 3.5mm plug. Insert a trigger plug here and the flash will be fired synchronously with the camera shutter.

PC Sync Triggering

Insert one end of a PC sync cable into the PC Sync Socket (11) of the flash unit and the other end into the PC Sync Socket on the camera. The flash unit will fire when the camera's shutter-release button is pressed.

Protection Function

Over-Heat Protection

- To avoid overheating and deteriorating the flash head, do not fire more than 40 continuous flashes in fast succession at 1/1 full power. After 40 continuous flashes, allow a rest time of at least 10 minutes.
- If you fire more than 40 continuous flashes and then fire more flashes in short intervals, the inner over-heat protection function may be activated and make the recycling time about 10 to 15 seconds. If this occurs, allow a rest time of about 10 minutes, and the flash unit will then return to normal.
- When the over-heat protection is started, is shown on the LCD display.

Number of flashes that will activate over-heat protection

Power Output Level	Number of Flashes (Approx.)
1/1	40
1/2+0.7	60
1/2+0.3	80
1/2	100
1/4(+0.3/+0.7)	200
1/8(+0.3/+0.7)	300
1/16(+0.3/+0.7)	400
1/32(+0.3/+0.7)	400
1/64(+0.3/+0.7)	500
1/128(+0.3/+0.7)	500

Technical Data

Model	Ring Lion FPLFRF400
Battery	FPLFRF400RB(Li-ion battery 11.1V/4500mA)
Max Power(Ws)	400Ws
Guide Number(ISO 100)	25M/82Ft
Full Power Flashes(1/1)	Approx.450 times
M/S1/S2 Mode Power range	1/128~1/1
RPT Mode Power range	1/128~1/4
Recycle Time	0.05~2.8s
Color Temperature	5600K±200K
Flash Duration	1/300s-1/10000s
Triggering Method	3.5mm/PC Sync cord, Slave triggering, Test button, Wireless control port
100% LED Brightness(LUX)	440 (0.5 m)
Dimension	22.5*23*7cm
Net Weight (with battery)	Approx.1.4kg

Maintenance

- Shut down the device immediately should abnormal operation occur.
- Avoid sudden impacts, and the lamp should be dusted regularly.
- It is normal for the flash tube to be warm when in use. Avoid continuous flashes if unnecessary.
- Maintenance of the flash must be performed by an authorized maintenance department which can provide original accessories. The flash-tube is user-replaceable. Replacement tubes can be obtained from the manufacturer.
- This product, except consumables e.g. flash tube, is supported with a one-year warranty.
- Unauthorized service will void the warranty.
- If the product had failures or became wet, do not use it until it is repaired by professionals.
- Disconnect the power when cleaning the unit or when changing the flashtube.