

# FLASHPOINT



FPLFRFMF12

## MF-12 R2 MACRO FLASH

INSTRUCTION MANUAL

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## Foreword

Thank you for purchasing the compact and lightweight, portable Flashpoint R2 MF-12 Macro Flash.

The mini flash is designed to act as a creative lighting tool in the art of macro photography of animals and plants, food, jewelry, as well as dental and medical images. As many as six flash head can install on the MF-AR adapter ring to complete a circle of shadow-free light. The flexible design of the flash encourages discovery in the world of close-up, enhancing the photographer with R2 hands-free convenience.

The MF12 is equipped with two flash modes, R2 TTL automatic flash and manual flash. All of the R2 Family transmitters speak to the flash, with the complete magic commands built-in. Several outstanding triggering methods: The dependable and Flashpoint R2 Wireless Remote through R2-T devices, Optical S1 and S2 triggering modes.

A LED modeling light provides guidance anytime, for delicate and hard to focus subjects.

The rectangular Fresnel face to the flashtube efficiently distributes the light from each head mounted on the ring to shape the effect as you wish. The effect produces breathtaking images, worthy of the wonder of macro vision.

Within, a built-in rechargeable lithium battery, convenient for outdoor and travel shooting, powers the way.

Enjoy the excitement that only macro photography reveals, with your own Imagine, Illuminate, Create amazing imaging using your new Flashpoint tool.

## Features

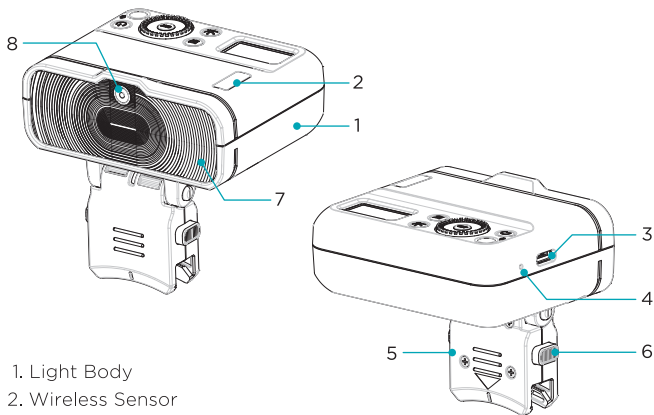
- Exposure ease with R2 TTL automatic and M manual flash modes.
- Maximum 1.7s recycle at full power with reserve for up to 500 shots.
- As many as six flash head can install on the MF-AR adapter ring Track and focus in darkness with constant LED modeling.
- Built-in 2.4GHz wireless R2 remote system with complete Group and Channel security.
- Beautiful close-ups of animals and plants, food, jewelry, as well as dental and medical subjects.
- Brilliantly clear OLED display.
- Built-in lithium battery rechargeable through popular USB type-C port.
- External optical triggering through S1 and S2 sensors.

## Safety Instructions

- Always keep this product dry. Do not use in rain or in damp conditions.
- This product contains high-voltage electronic parts. Touching the high-voltage circuit inside it may result in electric shock. Do not disassemble. Should repairs become necessary, this product must be sent to an authorized maintenance center.
- Stop using this product if it breaks open due to impact or force. Electric shock may occur if you touch the internal parts.
- Do not use the flash unit in the presence of flammable gases, chemicals and ignitable materials. In certain circumstances, these materials may be sensitive to the strong light or electromagnetic interference emitted from this flash unit.
- Do not leave or store the flash unit if the ambient temperature reaches over 120°F/50°C (e.g., in a sun-bathed automobile). Electronic parts may be permanently damaged.
- Do not use any power supply to charge the battery, other than the one included.
- Do not insert metal parts into any lighting equipment.
- In case of abnormal function, sparks, excessive heat, flames or smoke, immediately power off the unit. Have it checked by an authorized technician.

# Names of Parts

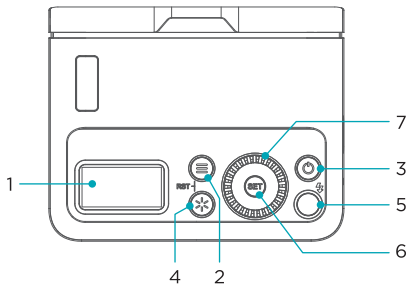
## Body








1. Light Body
2. Wireless Sensor
3. Type-C USB Port (only for charging)
4. Reset Hole
5. Angle Adjusting Bracket
6. Bracket Position Button
7. Flash Lens
8. Modeling Lamp

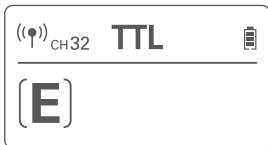
# Names of Parts

## Control Panel

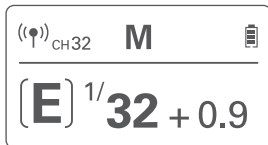


- 1. Display
- 2.  Menu Button
- 3.  Power Switch
- 4.  Modeling Lamp Button
- 5.  Test Button
- 6.  Set Button
- 7. Select Dial

## OLED Display



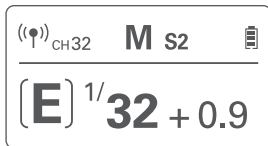
TTL Autoflash



M Manual Flash

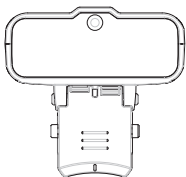


S1/S2





## Included Items



Light Body



Cold Shoe



Flash Stand



Extreme Close-Up  
Positioning  
Adapter



Color Filter  
Holder



Color Effects  
Set MF-11C



Color Temperature  
Adjustment Set  
MF-11T



Color Filter  
Bag



Type-C USB  
Cable



Instruction  
Manual

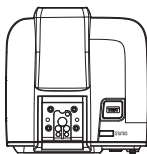
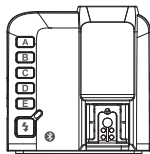


Carry Bag

**Note:** MF12 Two-light Kit includes the following components: Two MF-12 flashes, 1 MF-AR Adapter Ring and 8 lens adaptor rings (Diameters of 49mm, 52mm, 55mm, 58mm, 62mm, 67mm, 72mm, 77mm).

## Optional Accessories

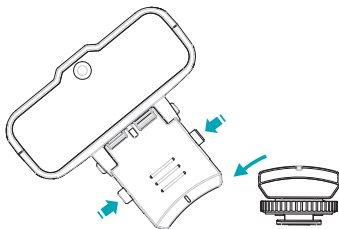
The product can be used in combination with the following optional accessories, so as to achieve outstanding photography effects: Flashpoint R2 Pro Mark II, R2 Pro, R2 Mark II, and R2 TTL flash trigger, MF-AR adapter ring, camera lens adapter ring kit (49mm, 52mm, 55mm, 58mm, 62mm, 67mm, 72mm, 77mm).



## Install Accessories

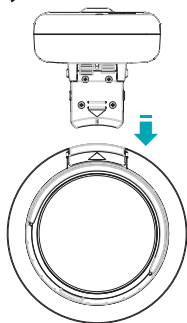
### How to Install Cold Shoe

1. Press and hold down both buttons of MF12's base bracket. Then, align one end of the cold shoe into the end of bracket and slide it to install until a "click" can be heard.
2. Attach the cold shoe onto the hotshoe of camera. Then, turn the locking ring and lock the flash firmly to the cameras hotshoe.

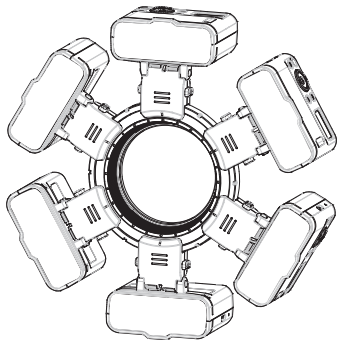
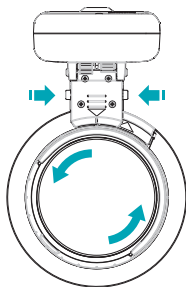


### How to Use Adapter Ring (Optional)

1. Align the socket of MF12 into the portion of the adapter ring indicated with an arrow, and push it until a "click" can be heard. One adapter ring can accept up to 6 lights.




2. MF12 can be rotated in any direction by pressing the both buttons together on the side of the flash bracket base.
3. Choose the optional adapter ring (8 different diameters of 49mm, 52mm, 55mm, 58mm, 62mm, 67mm, 72mm, 77mm, etc.) whose size is suitable for the filter thread diameter of the camera lens. Install the camera's adapter ring onto the MF-AR adapter ring. A longer focal length macro lens is advantageous when photographing live subjects or for controlling the overall lighting effect.
4. Attach the adapter ring onto the camera lens.
5. Install up to 6 MF-12 flashes on the MF-AR Adapter Ring. The flashes can be set to the same Group letter, with common power values, to produce shadow-free illumination. By applying different Group letters, the photography can produce a range of dimension and dramatic contrasts.



## Battery

1. The MF-12 has a non-removable rechargeable Lithium Ion battery.
2. The Li-Ion battery cell and flash unit is protected by an internal circuit against overheating, short circuits, and current irregularities.
3. Allow 55 minutes to fully charge the battery by using the 5V/2A charger.

### Battery Level Indicator

Battery Level Indication	Meaning
3 grids	Full
2 grids	Middle
1 grid	Low
No grid	Low battery, please recharge it.
 is displayed	The battery level is critical. The flash will auto power off in 10 seconds. <b>Note:</b> please recharge the battery as soon as possible (within 10 days). The battery can be used or be placed for long period.

# Power Management

Please turn off the power if the flash is not going to be used for an extended period.

## Auto Power off Mode Setting



Press the menu button, turn the Dial to select STBY, press the SET button, and then turn the Dial to select 30min/60min/90min/OFF. After setting the auto power off mode, the flash will automatically shut down when unattended operation for a long time (more than 30/60/90 minutes). When it is automatically shut down, press the power on button to restart, the boot animation appears, turn the Dial to operate.

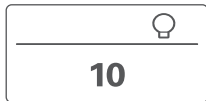


When using off the camera, it is recommended to turn off the "auto power off" mode through C.Fn-STBY of custom setting functions.

# Modeling Lamp

## 1. Modeling lamp power ON/OFF:

- 1.1. Short press the <  > button to control the on/off of LED modeling lamp.
- 1.2. Long press the <  > button to enter the modeling lamp interface and then short press SET button to on/off modeling lamp.



## 2. Modeling lamp setting: long press the < > button to enter modeling lamp interface.

- 2.1 Brightness setting: turn the select dial to setting the brightness value from 1 to 10 levels.

## Flash Mode Selection

MF12 flash has two modes: TTL autoflash and M manual flash. In TTL mode, the camera and the flash will work together to calculate the correct exposure for the subject and the background.

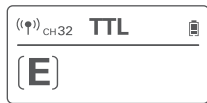
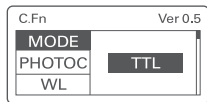
The main subject is correctly exposed regardless of background brightness. This is useful when you want to highlight the main subject or make exposure compensation.

In Manual flash photography, you select the aperture and flash output level. In this way, you can control the exposure and flash shooting distance when shooting subjects where the correct exposure is difficult to obtain in the TTL auto flash mode.

Short press the <  > menu button and turn the select dial to choose MODE. Then, short press the SET button and turn the select dial to choose TTL or M mode. Then, short press the SET button to exit from Mode Selection.

### TTL Autoflash Mode


Choose TTL mode and press the <  > menu button to return to the interface and the flash will enter TTL autoflash mode.



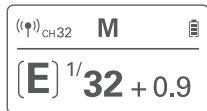


## M Manual Flash Mode

The flash output is adjustable from 1/128 to 1/1 full power in 0.1 and 1 step increments.

1. Choose M and press the  menu button to return to the main interface.
2. In M mode's main interface, turn the select dial to set the flash output value.

To obtain a correct flash exposure, use a hand-held flash meter to determine the required flash output.

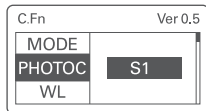


## Light Control Flash (PHOTOC)

In M manual mode, press the  menu button to enter C.Fn and turn the select dial to choose PHOTOC. Then, press the SET button and turn the select dial to choose S1 or S2 function.

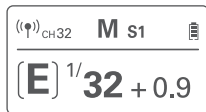
- **S1 Secondary Optic Triggering**

Choose S1 light control synchronous flash, and when you want the flash can be used as auxiliary to create a variety of lighting effects, suitable for manual flash environment. S1 will trigger the flash synchronously with the first flash of the main flash. The effect is the same as using an R2 wireless trigger, without settings.



- **S2 Secondary Optic Triggering with Anti-preflash**

Select S2 light control to prevent out of sync response to TTL pre-flash, the flash MF12 can be used as auxiliary light, The MF-12 will respond to the second flash for synchronization, and not be fooled by the pre-flash in a multi-flash setting.




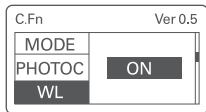
MF12 flash only supports S1/S2 light control flash in M manual flash mode.

# Wireless Radio Transmission


With built-in Flashpoint R2 2.4G wireless system, this MF12 is used in combination with Flashpoint R2 trigger. As a auxiliary unit, MF12 is compatible with Canon, Nikon , Sony, Panasonic, Olympus, Fujifilm, and Pentax system and switched automatically. Nikon camera (using R2-N), Canon camera (using R2T-C) and Sony camera (using R2T-S) can share one or more MF12's TTL functions.

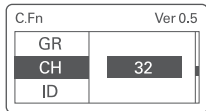
- **Wireless (WL) Setting**

Press the <  > menu button to enter C.Fn custom setting. Turn the select dial to choose wireless WL, press the SET button, and turn the select dial to choose ON or OFF.



- **Channel (CH) Setting**

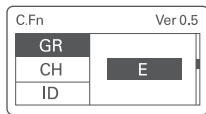
If there are other R2 wireless flash systems nearby, you can change the channels to prevent signal interference. The channel (CH) of the transmitter unit and the receiver unit(s) must be set to the same value. Press the <  > menu button to enter C.Fn menu. Turn the select dial to choose CH. Press the SET button and turn the select dial to choose channel from 01-32. Then, short press the SET button to exit from CH setting.



- **Group (GR) Setting**

Enter C.Fn menu and turn the select dial to choose GR. Press the SET button and turn the select dial to choose group from A/B/C/D/E. Then, short press the SET button to exit from GR setting.

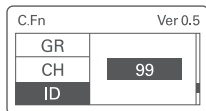
Each MF-12 flash can be set to a different Group letter to create custom macro lighting.



- **ID Setting**

Enter C.Fn menu and turn the select dial to choose ID. Press the SET button and turn the select dial to choose ID from OFF and 01 to 99. Then, short press the SET button to exit from ID setting.

**Note:** this can only be used when the transmitter has this function.



## Troubleshooting

Refer to this troubleshooting guide to self-service these rare circumstances when something happens that you did not expect.

**Problem: Dropped or “blank” shots.**



**Solution 1:** Investigate interference sources like Wi-Fi routers, Bluetooth, or other 2.4GHz transmitting devices in your shooting area. Use a different Channel on the MF-12 or turn off the interfering devices.

**Solution 2:** Check that you are firing AFTER the recycle is complete as indicated by the Ready Light.

**Solution 3:** The overheat Protection is on. Wait until the flash has cooled down and operations are normal.

**Solution 4:** The R2 triggering device has insufficient power. Use only 1.5V Alkaline batteries, not rechargeable.

## C.Fn: Setting Custom Functions

1. Press the  button to enter C.Fn and turn the select dial to choose the custom setting functions.
2. Press the SET button and turn the select dial to set the parameters.
3. After finishing all the settings, press the SET button to confirm and press the  button to exit.

Custom Function Signs	Functions	Settings	Settings & Descriptions
MODE	Flash mode	M	Manual flash
		TTL	Auto flash
PHOTOC	S1/S2 Light controlled flash	OFF	Off
		S1	S1 Secondary Optic Triggering
		S2	S2 Secondary Optic Triggering with Anti-preflash.
WL	Wireless setting	ON	Wireless on
		OFF	Wireless off
GR	Group setting	A/B/C/D/E	Choose any letters from A/B/C/D/E
CH	Channel setting	1-32	Choose any figure from 1 to 32
ID	ID setting	OFF/01-99	Choose any figure from 01 to 99 or OFF
STBY	Auto power off	OFF	Off
		30 min	The flash will automatically shut down when unattended operation for a long time (more than 30/60/90 minutes).
		60 min	
		90 min	

## Forced Shutdown Function

When the light's system crashes or cannot be operated, insert a needle into the reset hole to forced shutdown the device.

## Over-Temperature Protection

When the continuous flashes fires up to 50 times in fast succession at 1/1 full power, an Over-Temperature Protection symbol appears on the display to remind the user that the flash unit is overheated. Temporarily turn off the macro flash.

## Reset Function

Long press  menu button and  modeling lamp button at the same time to realize the function of settings reset function.

# Technical Data

Model		FPLFRFMF12
Built-in Lithium Battery		3.7V/1700mAh
Guide No. (1/1 output)		GN=53ft/16m
Flash Power		12Ws
Output Level		8 levels: 1/128-1/1
Brightness of LED Modeling Lamp		1-10 Levels
Display		OLED Display
Optical Flash		S1 Secondary Optic Triggering. S2 Secondary Optic Triggering with Anti-preflash.
Flash Mode		TTL Autoflash, M manual flash
Flash Duration		1/1200s-1/34000s
2.4G Wireless Transmission		ON/OFF
Channel		32 channel: 1-32
Group		5 group: A/B/C/D/E
ID		OFF/01-99
Transmission Distance		100ft/30m
Type-C Power Charging		5V 2A
Full Power Flashes		Approx. 500
Recycle Time		Approx. 0.01-1.7s
Battery Level Indication		Battery level indicator shows on the upper right corner of the display.
Power Saving		30min / 60min / 90min: Automatic power off when unattended over 30min / 60min / 90minutes. OFF: Turn off auto power off mode, energy-saving performance is not possible.
Dimension		
Size		3.2 x 3.0 x 2.5 in / 81 x 76.5 x 64.3 mm
Net Weight		5oz / 144g



# Maintenance

- Shut down the device immediately should abnormal operation be detected.
- Avoid sudden impacts and the product 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 our authorized maintenance department which can provide original accessories. 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 operational failures or was subjected to moisture, do not use it until it is serviced by professionals.
- Changes made to the specifications or designs may not be reflected in this manual.

## FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- ▶ Reorient or relocate the receiving antenna.
- ▶ Increase the separation between the equipment and receiver.
- ▶ Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- ▶ Consult the dealer or an experienced radio/TV technician for help.

## One Year Flashpoint Limited Warranty

Flashpoint warrants to the original purchaser that your Flashpoint R2 PRO C be free from defects in material and workmanship for the period of one (1) year from the date of purchase (or delivery as may be required in certain jurisdictions), or thirty (30) days after replacement, whichever comes later.

Flashpoint's entire liability and your exclusive remedy for any breach of warranty shall be, at Flashpoint's option, to repair or replace the hardware, provided that the hardware is returned to the point of purchase or such other place as Flashpoint may direct with a copy of the sales receipt or dated itemized receipt. Flashpoint may, at its option, replace your product, offer to provide a functionally equivalent product, or repair any product with new, refurbished or used parts as long as such parts are in compliance with the product's technical specifications. Any replacement hardware product will be warranted for the remainder of the original warranty period or thirty (30) days, whichever is longer, or for any additional period of time that may be applicable in your jurisdiction. If the product has been discontinued, the warranty provider reserves the right to replace it with a model of equivalent quality and function.

This warranty does not cover problems or damage resulting from accident, abuse, misapplication, or any unauthorized repair, modification or disassembly, improper operation or maintenance, normal wear and tear, or usage not in accordance with product instructions or connection to improper voltage supply, use of consumables, such as replacement batteries, not supplied by Flashpoint, except where such restriction is prohibited by applicable law.

Except where prohibited by applicable law, this warranty is nontransferable and is limited to the original purchaser and the country in which the product was purchased. This warranty gives you specific legal rights, and you may also have other rights, including a longer warranty duration that may vary under local laws.


To start a warranty claim contact the Flashpoint Customer Service Department to obtain a return merchandise authorization ("RMA") number, and return the defective product to Flashpoint, along with the RMA number and proof of purchase.

## Question about our product line? Need Product Support?

We are proud of our products and celebrate our customers.  
We are with you, from product selection to everyday use.  
Be secure with your purchase and reach us as you need.

 212-647-9300

 [brands@adorama.com](mailto:brands@adorama.com)

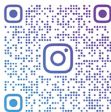
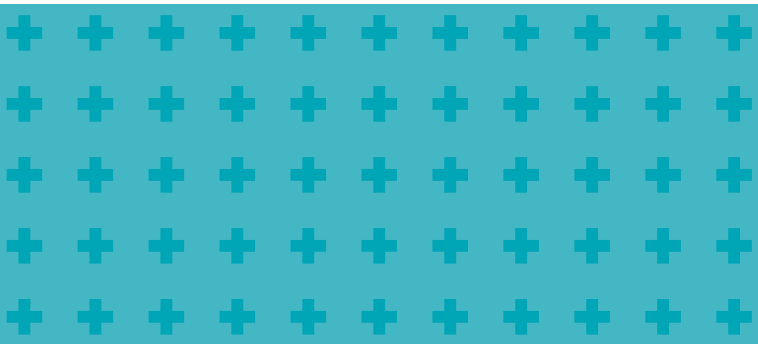
 Adorama Brands,  
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New York, NY 10011

You can always contact us at [BRANDS@ADORAMA.COM](mailto:BRANDS@ADORAMA.COM) for personal technical support. Our website contains a wide range of Support and FAQ pages with valuable technical assistance.

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