

**FP** FLASHPOINT



RAPID 1200 Monolight   
with Integrated R2 Radio Receiver  
Bowens Mount

FPLFRP1200B

## Thank You for Choosing Flashpoint!

The new RAPID 1200 is a 1200 Watt Second AC powered Rapid Recycle studio strobe, which is compatible with R2 radio system for remote power control and firing. The incredible amount of power and control in these compact and advanced units make the R2 System the first choice of professional photographers, and the RAPID 1200 is the next evolution of that concept. With a focus on integrated lighting, the R2 family helps you focus less on your gear, and more on your subjects. If you have any questions or concerns, please feel free to contact us at [Brands@Adorama.com](mailto:Brands@Adorama.com)

### RAPID 1200 Features include

- Greatest power in a sleek package.
- Rapid Recycle times for more client oriented session.
- IGBT firing allows for shorter flash durations and HSS.
- Color Consistency mode for perfect color, High Speed mode for shortest flash durations.
- Advanced MASK mode for easy product cutouts.
- Built in 2.4Ghz Flashpoint R2 radio system for full remote control. Functions as a controllable unit in a wireless flash group.
- Backward compatible with the Flashpoint R1 radio control system for manual output control and triggering.
- Industry benchmark range and interference avoidance with the new INTEGRATED R2 Radio System.
- Can also be triggered optically, or with a standard ¼" sync cord.
- Tilt head with integrated umbrella mount.
- Vents and automatic fans for cooler, quieter running lights.
- Many accessories available for the standard Bowens Mount.
- Dot-matrix LCD panel with clear and convenient operation.
- Power adjusts from full power to 1/128 in 1/10 stop increments.
- Stable color temperature at 5600±200K over the entire power range.
- 1/8000s high-speed sync flash.
- Adjustable 150 watt modeling lamp with optional recycle notification.
- 1 Year Warranty.

## For Your Safety


- Always keep this product dry. Do not use in rain or in damp conditions.
- Please dry your hands before handling the equipment, as wet hands are dangerous to both the equipment and to you.
- 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 internal shifting, falling or strong impact. STRONG electric shock may occur if you touch the components inside.
- Do not use the strobe unit in the presence of flammable gases, chemicals and other similar materials. In certain circumstances, these materials may be sensitive to the strong light emitting from this strobe unit and fire may result.
- Do not leave or store the strobe unit if the ambient temperature reads over 122 ° F/50°C (e.g. in automobile in the sun). Otherwise the electronic parts may be damaged.
- Do not use any power supply other than the included one to charge the battery. Please do not use the flash while the battery is connected to the charger.
- Do not insert metal parts into any lighting equipment, except the special umbrella channel. Please ensure that you have firmly tightened the handle on the umbrella bracket before using it to support the unit.
- Do not touch the electrical contacts on the strobe or battery or contact them with any conductive materials.
- This strobe has an over-heat protection circuit. Rapid continuous firing will cause the strobe to slow operation and trigger a “cool down” period. After this period, the strobe will resume normal operation. You may also reboot the strobe by cycling the power off and then on.


## Caution

- After 100 times continuous shots at full power, the flash should be cooled down for about 10 minutes. Overheating will occur if it is used continuously without cooling down.
- Do not keep the modeling lamp on for a long time, otherwise the modeling lamp will be deformed, and the flammable accessories such as softbox will get burnt. The flash can be used continuously at full power for 10 minutes, and then it should be cooled down for one minute.
- When using a snoot, do not keep the modeling lamp on for a long time or heavy flash usage. Overheating will result in damages for strobe housing and studio light.
- Do not touch the lamp cap when the flash or modeling lamp is working, as it will give out heat, leading to high surface temperature.
- Do not touch the two terminals of the tube outlet as there is high voltage inside. Wear insulated gloves when replacing the tube or modeling lamp.
- Avoid sudden impacts as this can damage the flash tube and/or modeling lamp.
- Do not flash directly towards naked eyes (especially those of babies), otherwise it may lead to visual impairment.
- Disconnect from the power supply when it's not in use.

## Conventions used in this Manual

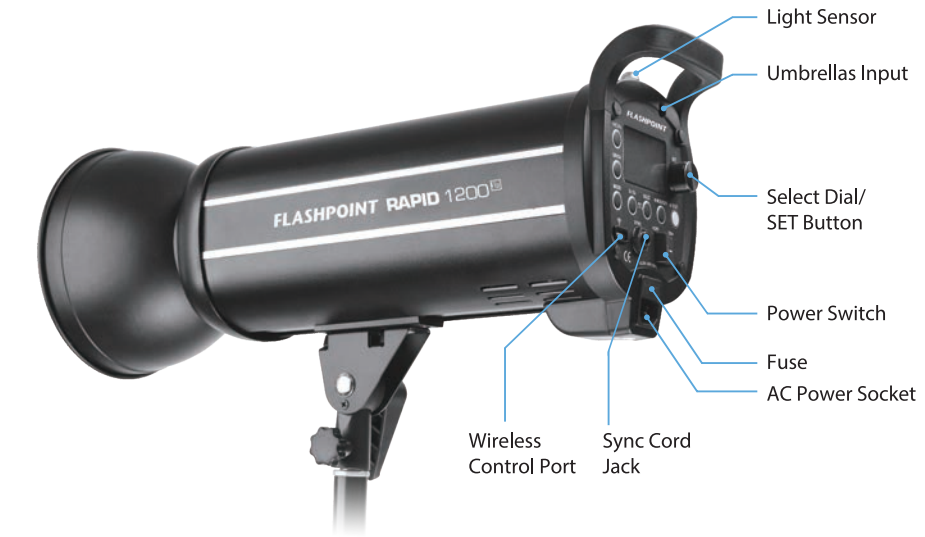
- This manual is based on the assumption that both the camera and camera flash's power switches are powered on.
- Reference page numbers are indicated by "p.\*\*".
- The following alert symbols are used in this manual:

 The Caution symbol indicates a warning to prevent shooting problem.

 The Note symbol gives supplemental information.

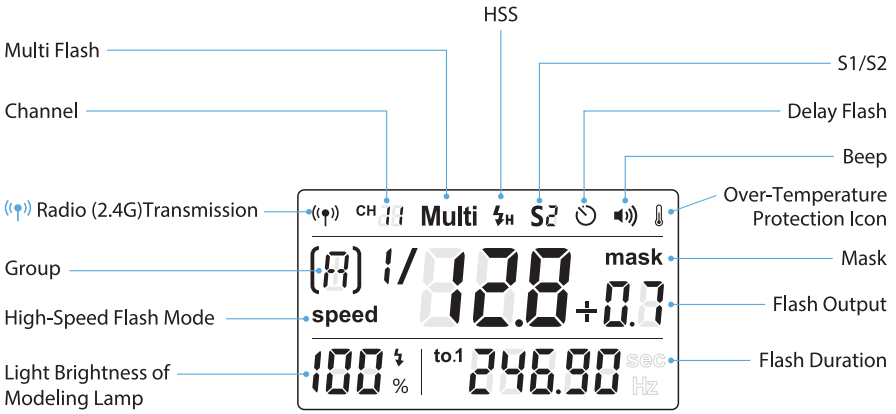
# Name of Parts

## Body



# Name of Parts

## LCD Panel



## Accessories

1. Power Cord
2. Standard Reflector
3. Lamp Cover
4. Glass Protection Cover
5. Modeling Lamp
6. Instruction Manual



1



2



3



4



5

## Separately Sold Accessories

The product can be used in combination with the following accessories sold separately, so as to achieve best photography effects:

**R2 TTL Flash Trigger, Power Inverter, Softbox, Photographic Umbrella, Light Stand, Barndoor, Snoot, etc.**



# Operations

## Flash Preparation

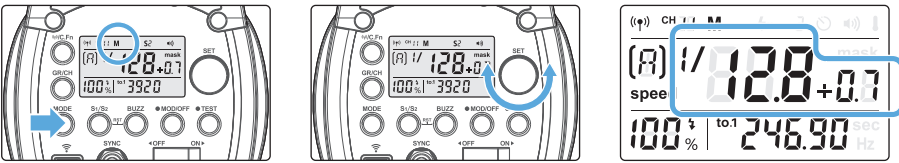
1. Take off the lamp cover. Install the modeling lamp and put on the glass protection cover and the standard reflector. (To uninstall the standard reflector, press the orange release button on the flash head and turn the standard reflector counter-clockwise to take it out, as illustrated in the picture.)



2. Attach the flash unit on an appropriate light stand. Adjust the mounting bracket for a good angle and make sure it's tightened and fixed. Use the tilt adjusting handle to adjust the flash on a desired position. The umbrella channel hole automatically secures the shaft of an accessory umbrella.

## M: Manual Flash

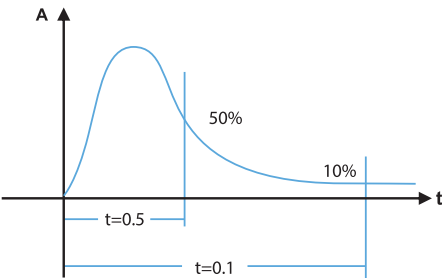
The flash output is adjustable from 1/1 full power to 1/128th power in 0.1 stop increments. To obtain a correct flash exposure, use a hand-held flash meter to determine the required flash output.



- 1 Press **<MODE>** button so that **<M>** is displayed.
- 2 Turn the Select Dial to choose a desired flash output amount.

## Display Flash Duration

Flash duration refers to the length of time that from flash's firing to reach the half peak at maximum. The half peak at maximum is usually expressed as  $t=0.5$ . In order to provide the photographer with more concrete data, this product adopts  $t=0.1$ . The difference between  $t=0.5$  and  $t=0.1$  is shown in the following picture.



**i** Flash duration will only be displayed in the M mode.

## Stable Color Temperature Mode and High-Speed Flash (speed) Mode

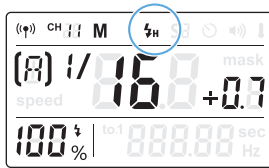
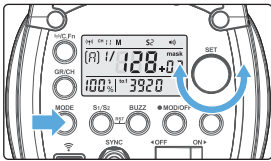
Stable Color Temperature Mode or High-Speed Flash (speed) Mode can be chosen in the C.Fn-F1 setting. These two modes are effective in M/Multi mode and ineffective in high-speed sync mode.

**Stable Color Temperature Mode:** color temperature ranges within  $\pm 200\text{K}$ , which is a good choice for the photographers who pursues stable color temperature.

**High-Speed Flash (speed) Mode:** the max flash duration is up to  $t_{0.1}=1/14814\text{s}$ , which is perfect for capturing the fast-changing actions. As the color temperature is a little higher in this mode, please set the camera's white balance parameter to the proportional color temperature amount (see the chart below) or AWB (Auto White Balance).

### ⚡ High-Speed Sync

In this mode, you can set the flash output from 1/1 full power to 1/16th power in 0.3 stop increments. High Speed Sync enables the flash to synchronize with all camera shutter speeds. This is convenient when you want to use aperture priority for fill-flash portraits.

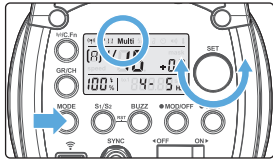


- With high-speed sync, the faster the shutter speed, the shorter the effective flash range.
- Multi flash mode cannot be set in high-speed sync mode.
- With high-speed sync, the color temperature is lower (decrease around 700K) because of tube's characteristics. Please set the camera to AWB (Auto White Balance).

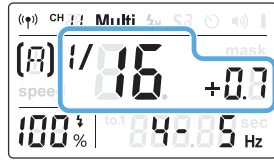


# Multi: Stroboscopic Flash

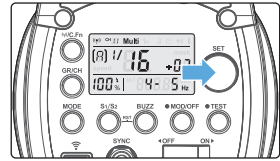
In this mode, you can set the flash output from 1/128th power to 1/8th power in 0.3 stop increments. With stroboscopic flash, a rapid series of flashes is fired. It can be used to capture a multiple images of a moving subject in a single photograph. You can set the firing frequency (number of flashes per sec. expressed as Hz), the number of flashes, and the flash output.



**1** Press <MODE> button so that <Multi> is displayed.



**2** Turn the Select Dial to choose a desired flash output.



**3** Set the flash frequency and flash times.

- Press <SET> Button to select the flash times. Turn the Select Dial to set the number.
- Press <SET> Button to select the flash frequency. Turn the Select Dial to set the number.

## Calculating the Shutter Speed

During stroboscopic flash, the shutter remains open until the firing stops. Use the formula below to calculate the shutter speed and set it with the camera.

$$\text{Number of Flashes} / \text{Flash Frequency} = \text{Shutter Speed}$$

For example, if the number of flashes is 10 and the firing frequency is 5 Hz, the shutter speed should be at least 2 seconds.

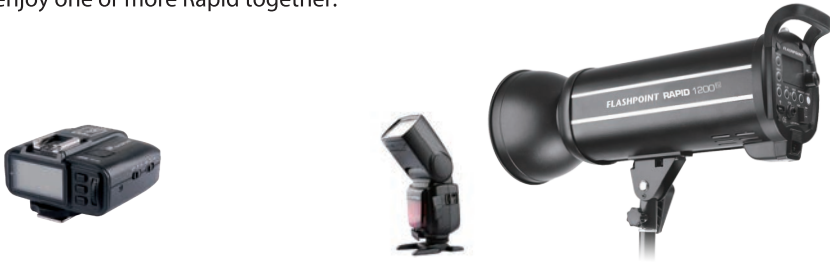
- Stroboscopic flash is most effective with a highly reflective subject against a dark background.
- Using a tripod and a remote control is recommended.
- A flash output of 1/1 and 1/2 cannot be set for stroboscopic flash.
- If the number of flashes is displayed as "--", the firing will continue until the shutter closes or the battery is exhausted. The number of flashes will be limited as shown by the following table.

## Maximum Stroboscopic Flashes:

Flash Output \ Hz	1	2	3	4	5	6-7	8-9	10	11	12-14	15-19	20-30
1/8	7	6	5	4	4	3	3	2	2	2	2	2
1/16(+0.3.+0.7)	14	14	12	10	8	6	5	4	4	4	4	4
1/32(+0.3.+0.7)	30	30	30	20	20	20	10	8	8	8	8	8
1/64(+0.3.+0.7)	60	60	60	50	50	40	30	20	20	20	18	16
1/128(+0.3.+0.7)	99	99	90	80	80	70	60	50	40	40	35	30

# Wireless Flash Shooting: Radio (2.4G) Transmission

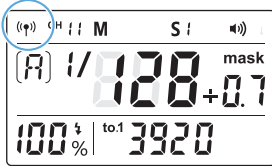
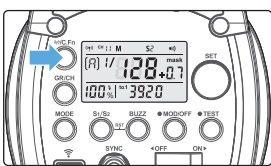
The Rapid Series comes built-in R2 2.4GHz Wireless remote system, which is perfectly compatible with other products of our company. Nikon cameras (using R2T-N, Flashpoint Zoom TTL R2 Flash for Nikon, etc.), Sony cameras (using R2T-S, Flashpoint Zoom TTL R2 Flash For Sony, etc.) and Canon cameras (using R2T-C, Flashpoint Zoom TTL R2 Flash For Canon, etc.) can enjoy one or more Rapid together.



\*As a slave unit, Rapid can be controlled by the master unit e.g. Streaklight, Zoom Li-on or Zoom Flashes, etc.

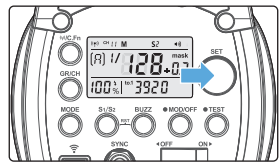
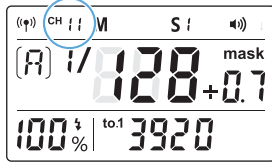
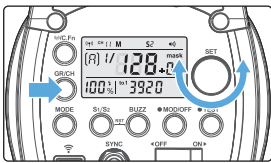
## Wireless Settings

Press **<W/C.Fn>** Wireless Button so that **<(W)>** is displayed, entering the 2.4G wireless status now.



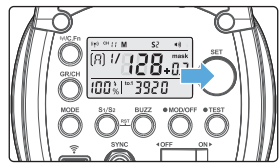
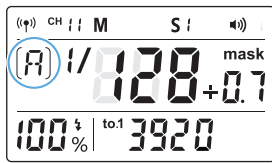
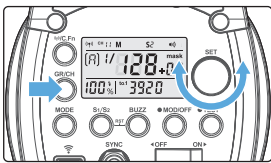
## Setting the Communication Channel

If there are other wireless flash systems nearby, you can change the channel IDs to prevent signal interference. The channel IDs of the master unit and the slave unit(s) must be set to the same.



- 1 Long press the **<GR/CH>** Button for 2 seconds until the channel IDs is blinking.
- 2 Turn the Select Dial to choose the channel from 1 to 32.
- 3 Press the **<SET>** Button to confirm.

## Setting the Communication Group

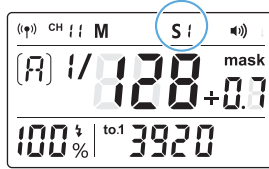
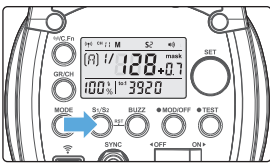


- 1 Short press the **<GR/CH>** Button for 2 seconds until the group IDs is blinking.
- 2 Turn the Select Dial to choose the group from 0 to F.
- 3 Press the **<SET>** Button to confirm.

## Slave Trigger Model

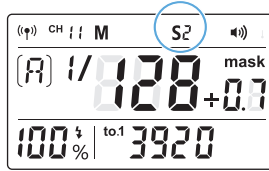
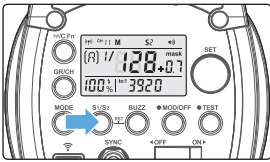
### Optical S1 Secondary Unit Setting

In M manual flash mode, press <S1/S2> button so that this flash can function as an Optical S1 secondary flash with Optical sensor. With this function, the flash will fire synchronously when the main flash fires, the same effect as that by the use of radio triggers. This helps create multiple lighting effects.



### Optical S2 Secondary Unit Setting

Press <S1/S2> button so that this flash can also function as an Optical S2 secondary flash with Optical sensor in M manual flash mode. This is useful when cameras have pre-flash function. With this function, the flash will ignore a single "pre-flash" from the main flash and will only fire in response to the second, actual flash from the main unit.



## Modeling Lamp

The Rapid 1200 has a 150W modeling lamp which offers 5% to 100% light adjustment and 2 long lighting modes.

### Modeling Lamp's ON/OFF and Settings:

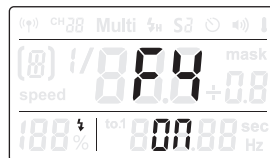
1. When the modeling lamp is OFF, short press the Modeling Lamp Button to turn it on.
2. When the modeling lamp is ON, short press the Modeling Lamp Button to setting the light brightness. As the lighting amount is blinking, turn the Select Dial to choose.

#### • Turn off the Modeling Lamp

Long press the Modeling Lamp Button for 2 seconds to turn it off.

#### • Choose the Modeling Lamp's Modes

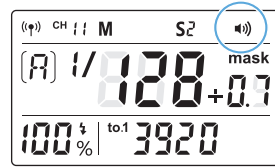
1. Long press the C.Fn Custom Button for 2 seconds until Fn menu is displayed.
2. Press the SET Button to choose F4.
3. Turn the Select Dial to choose the Modes:  
ON: the modeling lamp will keep this status when triggering.  
OFF: the modeling lamp will turn off when triggering.



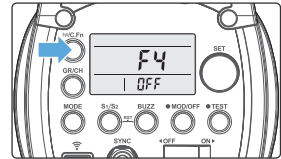
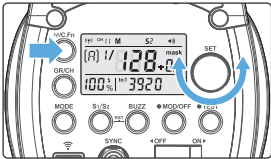
## Buzz Function

The Buzz Button is used to decide whether there is sound reminder for ready flash after recycling. When the buzz indicator is displayed on the LCD panel, it means the sound reminder is turned on; if not displayed, the sound reminder is turned off.

1. A “BI” sound will be heard when it’s fully charged.
2. A “BI” sound will be heard when the button and the select dial echo each other.



## C.Fn Setting Custom Function



- 1 Long press the C.Fn Custom Button for 2 seconds until <Fn> menu is displayed.
- 2 Press the <SET> Button to choose Fn function signs.
- 3 Turn the Select Dial to change the settings. Short press the C.Fn Custom Button to exit.

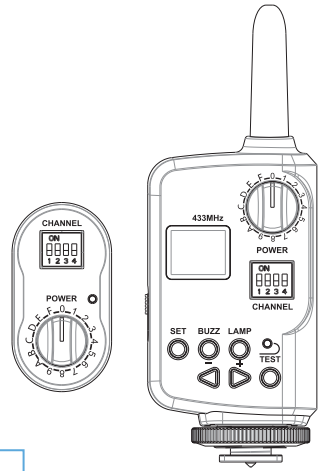
Custom Function Signs	Function	Setting No.	Settings & Description	Restrictions
F1	Choose high-speed flash	ON	High-Speed Flash (speed) Mode	M/Multi mode
		OFF	Stable Color Temperature	
F2	Delay flash	OFF, 0.01~30S	Trigger as second curtain	M/Multi mode
F3	Mask function	OFF	Mask function is of f	M mode
		N1	Mask function is on: when setting 2 times' triggering as a period, the first triggering will fire a flash.	
		N2	Mask function is on: when setting 2 times' triggering as a period, the second triggering will fire a flash.	
F4	Modeling lamp mode	ON	The modeling lamp will not change its status when triggering.	No
		OFF	The modeling lamp will turn off when triggering.	

## Other Applications

### R1 Wireless Control Feature

The flash unit is built in with a Wireless Control Port so that you can wirelessly adjust the power level of the flash and the flash triggering.

To control the flash wirelessly, you need a Flashpoint R1 Commander remote control set (on-camera and on-flash). Insert its receive end into the Wireless Control Port on the flash and insert the transmit end into the camera hot shoe. Settings made on the hotshoe-mounted transmit and receive ends will be wirelessly communicated to the flash. Then you can press the camera shutter release button to trigger the flash. You can also hold the transmit end at hand to control your off-camera flash.



For full instructions on the use of Flashpoint R1 Commander series remote control, see its user manual.

### Sync Triggering

The Sync Cord Jack is a  $\Phi 6.35\text{mm}$  plug. Insert a trigger plug here and the flash will be fired synchronously with the camera shutter.



### Memory Function

The device is equipped with memory function for the panel setting. It will help remember the panel setting 3 second after you set it. When starting up the flash next time, the panel setting will be the same as the status before powering it off.

### Tube Replacement

Shut down the power and remove the power cord before replacing the flash tube and wear insulated gloves. Then, loosen the wire on the tube, keep a balanced hold on the two feet of the flash tube and pull out the old tube gently. Take the feet casing from the old tube and put it on the new one. Hold two feet of the new tube, and target directly towards the two copper outlets, then push them slightly in. Twist the wire on the stainless steel tab to fix the flash tube.



# Technical Data

<b>Model</b>		<b>Rapid 1200 R2</b>
Flash Mode		M/Multi/Hss(high-speed sync)
Guide Number in 1/1 full power (m ISO 100, using standard reflector)		334(ft) / 102(m)
Flash Duration (t0.1)	High-Speed Flash (speed) Mode	1/180s - 1/14814s (110V)
	Stable Color Temperature Mode	1/180s - 1/3852s (110V)
Color Temperature	Stable Color Temperature Mode	5600±200K
	High-Speed Flash (speed) Mode	5400K~9500K
	High-Speed Sync Flash (speed) Mode	4600K~5000K
POWER		1200ws
Recycle Time		Approx. 0.05-0.9s
Output Level	M	1/128~1/1
	Hss	1/16~1/1
	Multi	1/128~1/8
Multi Flash		Yes (max. flash time: 99; max. flash frequency: 30)
Sync Mode		High-speed sync (up to 1/8000s), first curtain sync, second curtain sync
Delay Flash		0.01~30s
MASK Function		√
Fan		√
Beeper		√
Modeling lamp		150W
Slave Trigger Model		S1/S2
Display Flash Duration		√
Display		High resolution LCD panel
<b>• Radio (2.4G) Transmission (R2 system)</b>		
Wireless Function		Slave unit, ON/OFF
Controllable Slave Units		16 groups: 0~9 + A,B,C,D,E,F
Transmission Range (approx.)		164' / 50m
Channel		32: 1~32
Sync Triggering Mode		6.35mm sync cord jack, wireless control port, built-in 2.4G wireless transmission
Dimension		Diameter 5.5" / 14cm. H 10.25" / 26cm. L 19.5" / 50cm
Net Weight		Approx. 9.4lb / 4.26Kg

## Maintenance

- Turn off the device and disconnect it from mains immediately when it works abnormally and find out the reason. for the malfunction.
- Avoid sudden impacts.
- The unit should be kept should be kept dust free.
- It is normal for the lamp 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. The flash tube and the modeling lamp are user-replaceable. Replacement tubes and lamps can be obtained from the Adorama/Flashpoint.
- This product, except consumables, e.g. flash tube and modeling lamp, is supported with a one-year warranty. Unauthorized service will void the warranty.
- If the product had failures or was exposed to moisture, do not use it until it is repaired by professional.
- Disconnect the power when cleaning the flash or when changing the flash tube / modeling lamp.
- Changes made to the specifications or designs may not be reflected in this manual.

## 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.

**Email us:** [brands@adorama.com](mailto:brands@adorama.com)

**Call:** 212-647-9300

**Address:** Adorama Brands, 42 West 18th Street, New York, NY 10011

You can always contact us at [BRANDS@ADORAMA.COM](mailto:BRANDS@ADORAMA.COM) for personal technical support.

Our web site contains a wide range of Support and FAQ pages with valuable technical assistance.

Flashpoint is a registered trademark of ADORAMA CAMERA.

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## One Year Flashpoint Limited Warranty

Flashpoint warrants to the original purchaser that your Flashpoint Rapid 1200 R2 Monolight shall 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.





