

FLASHPOINT



FPLFS300IIIIV/FPLFS400IIIIV

STUDIO 300/400 III-V 

COMPACT STUDIO FLASH

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Important Safety Instructions

This product is professional photographic equipment, to be operated by professional personnel only.

All transport protective materials and packaging on the product must be removed before use.

The following basic safety precautions must be followed when using this product:

1. Carefully read and fully understand the instruction manual before use and strictly follow the safety instructions. Failure to do so may result in death, serious injury, damage to the product, or other property damage.
2. This device must be connected to a grounded outlet.
3. High voltage exists when the flash is powered on. Internal capacitors will remain charged for some time after power off.
4. This product is a professional lighting fixture, children are prohibited from using it. Children must be closely supervised by adults when approaching the fixture, to prevent collisions with the fixture or unauthorized use that could cause personal injury.
5. This is not an ordinary lighting fixture and must not be used for general illumination. Anyone with a history of eye damage or sensitivity should avoid using this fixture or looking directly at it.
6. This fixture emits high-intensity, high-frequency stroboscopic light. Individuals with a history of photosensitive epilepsy or sensitivity to intense light must not use or approach it.
7. Extreme caution must be exercised when using it, do not touch high - temperature parts such as flash tubes and surrounding metal components to avoid burns.
8. Do not point the flash directly at the eyes (especially baby's eyes) under any circumstances, as this could impair vision in a short time. Turn off immediately if discomfort occurs, stop using, and seek medical attention promptly.
9. If the flash tube or LED Modeling Lamp is damaged or thermally deformed, stop using it immediately and contact the manufacturer, service agent, or qualified repair personnel for a replacement to prevent accidents.
10. Do not use damaged equipment or accessories. Allow professional repair technicians to inspect and confirm normal operation before continuing use after repairs.

11. Disconnect power source or remove batteries (if it has one) before replacing flash tube, protective glass, or fuses. Allowing 10 minutes to cool before replacing flash tube, and wear insulated or heat resistant gloves when operating.
12. Turn off power before connecting or disconnecting plugs from outlets. Ensure plugs are fully inserted when connecting.
13. Stop using immediately if the product shell is cracked due to falling, squeezing, or strong impact, to avoid touching the internal electronic components and getting an electric shock.
14. If an extension cord is needed, use the original extension cord or choose one with a rated current equal to or greater than the device. Using an extension cord with a smaller rated current may overheat and catch fire.
15. The products have long power cords, please place them properly to avoid contact with heat sources or tripping others. It is recommended to use the original power cord. Damage caused by non-original cords is not covered by the warranty.
16. The power plug of the studio flash can serve as a power-off switch, it should always be easily operable. Please disconnect the power when not in use.
17. Unplug the equipment power plug from the power socket before cleaning or maintenance. Do not pull the power cord forcibly, use both hands to hold the plug end and pull it out.
18. This device is not waterproof. Keep it dry and avoid immersing it in water or other liquids. It should be installed in a ventilated and dry location and avoid using in rainy, humid, dusty, or overheated environments. Do not place items above the device or allow liquids to flow into it to prevent danger.
19. Do not disassemble without authorization. If the product malfunctions, it must be inspected and repaired by our company or authorized repair personnel.
20. Before storing the device, ensure it has completely cooled down and the power cord is unplugged, then put it in the protective case or a ventilated dry location.
21. Do not place the device near alcohol, gasoline, or other flammable volatile solvents or gases such as methane and ethane.

22. Do not use or store this device in potentially explosive environments.
23. Maintain at least 1 meter distance between the lamp head and the user, other people, and heat-sensitive or flammable items during and after use.
24. Do not cover the heat dissipation port!
25. Do not use accessories not been approved by our company, as this may cause fire, electric shock or personal injury.
26. Clean gently with a dry cloth. Do not use a wet cloth as it may damage the device.
27. This instruction manual is based on rigorous testing. Changes in design and specifications are subject to change without notice. Check official website for latest instruction manual and product updates.
28. The warranty period for this device as a whole is one year. Consumables (such as batteries), adapters, power cords, and other accessories are not covered by the warranty.
29. Unauthorized repairs will void the warranty and will incur charges.
30. Failures from improper operation is not covered under warranty.

Foreword

Thank You for Choosing **FLASHPOINT!**

Compact studio flash SKIII series is specifically designed for portrait and e-commerce product photography in shooting studios and photography workshops. Featuring power adjustment, photocell triggering, modeling lamp, etc. It can also offer high light, background light, or hair light in large studios.

Main Features

- **Upgraded Operations:** Intuitive and clear display panel.
- **Dual Wireless Control:** Built-in Flashpoint 2.4G wireless R2 system and external wireless control Port compatible with Flashpoint flash triggers (sold separately) for wireless control.
- **Precise Power Control:** Power adjustment range from 1/32 to 1/1 or from 5.0 to 10.0 with ± 0.1 step increment.
- **10W Modeling Lamp:** Brightness adjustable from 5% to 100% in 5% increments.
- **Outstanding Performance:** 0.1 - 1.5s recycling time.
- **Bowens Mount:** Compatible with various light modifiers.

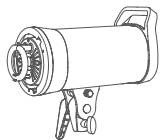


- The fastest recycle time is based on Godox laboratory test results. After high-intensity continuous flashes, the system will automatically extend the recycle time for safe heat dissipation, which is a normal protection mechanism. Once the device cools down, it can return to peak recycle speed.

⚠ Warning

- Please remove the protective cover before use.
- After 30 continuous flashes at 1/1 Power Level, the flash should be cooled down for about 3 minutes. Overheating will occur if it is used continuously without cooling down.
- Do not use the modeling lamp continuously for more than 10 minutes when flammable accessories are attached. Allow it to cool down for 1 minute after 10 minutes of use.
- When using a snoot, do not keep the modeling lamp on for a long time or fire too frequently (not over six times for one minute).
- Avoid impacts as this can damage the flash tube.

What's Inside



Flash Body




Protective Cover



Power Cord



Instruction Manual

-  • Due to continuous updates and upgrades of the products, there may be differences between the actual products and the pictures. Therefore, the pictures are for reference only, products to prevail in kind.

Separately Sold Accessories

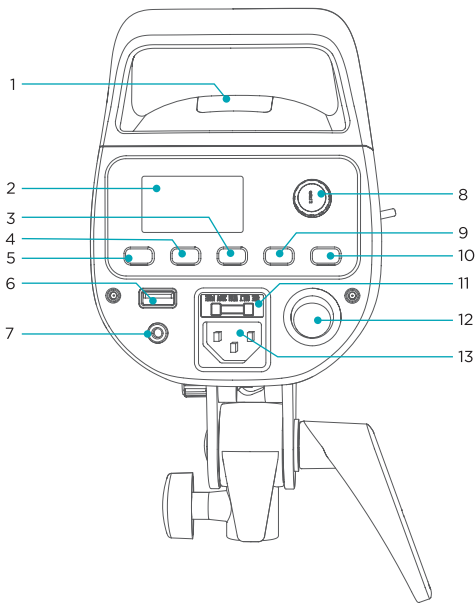
Power Supply: Power inverter.

Trigger: 2.4GHz Trigger (R2, R2 mark II, R2 nano, R2 nano Pro), 433MHz Trigger (R1).

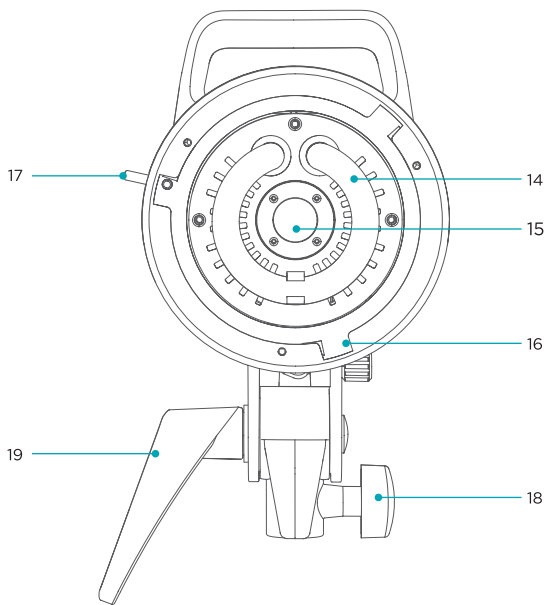
Optical Accessories: Softbox, photographic umbrella, beauty dish, snoot, honeycomb, light stand etc.

Name of Parts

Flash Body



- | | |
|-------------------------------------|-----------------------------------|
| 1. Photocell Sensor | 8. Select Dial + SET Button |
| 2. LCD Display | 9. MOD/OFF Button (Modeling Lamp) |
| 3. BUZZ Button (Beep) | 10. TEST Button |
| 4. S1/S2 Button (Photocell) | 11. Fuse Holder |
| 5. GR/CH Button (Channel/Group) | 12. Power Switch Button |
| 6. External Wireless Control Socket | 13. Power Outlet |
| 7. Sync Cord Jack | |



14. Flash Tube

15. LED Modeling Lamp

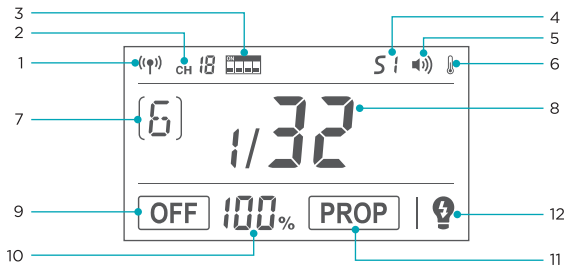
16. Accessory Mount

17. Accessory Detaching Rod

18. Bracket Locking Knob

19. Direction Adjusting Handle

Display



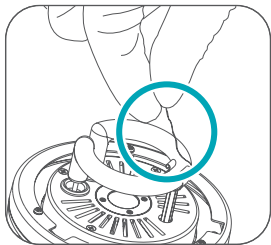
- | | |
|------------------------------|---|
| 1. 2.4G Wireless | 7. Group |
| 2. Channel | 8. Flash Output Power |
| 3. Channel Dial | 9. Modeling Lamp is Off |
| 4. Photocell MODE | 10. Modeling Lamp is in Percentage Mode |
| 5. Beep | 11. Modeling Lamp is in PROP Mode |
| 6. Temperature Alarm Display | 12. Modeling Lamp is Off in Triggering |

Install and Remove

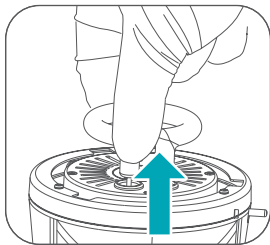
Always disconnect the power and wear insulating gloves before operation to ensure safety.

Flash Tube

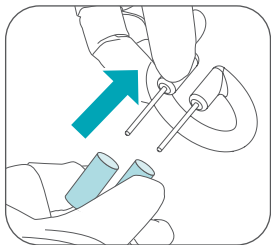
- 1** Loosen the wire securing the flash tube spring clip.



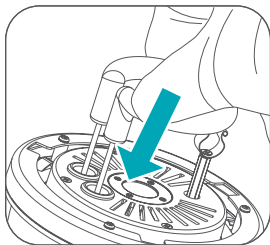
- 2** Grip between the two pins of the flash tube, and pull out the old flash tube vertically.



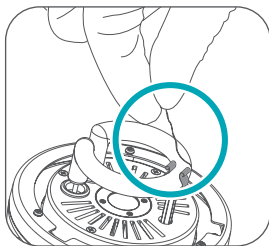
- 3** Remove the sleeves from the pins of the old flash tube and install it onto the pins of the new flash tube.



- 4** Grip between the two pins of the new flash tube, align with the two copper posts on the flash head, and insert vertically.

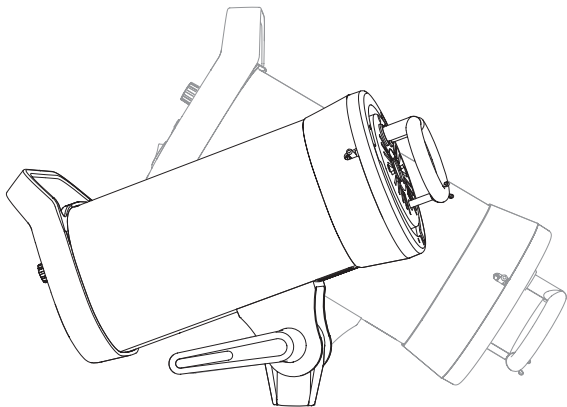


- 5** Wrap the wire around the flash tube spring clip and tighten it to secure.



Flash

- 1 Mounting:** Attach the flash unit onto an appropriate light stand. Adjust the mounting bracket for a good angle and make sure it is tightened and fixed.
- 2 Angle Adjustment:** Turn the adjustment handle counter → clockwise to loosen < **Adjust to the desired angle** > → Turn the handle clockwise to tighten.



Power Switch

Connect the power supply using the included power cord. Turn on the Power Switch. Power off and disconnect the power source when not in use.

- Press and hold the **< SET >** button and turn on the flash to view its version.

Power Output Adjustment

Turn the Select Dial to adjust the flash output.

- **Range:** 1/32 - 1/1 (or 5.0 - 10.0)
- **Step:** 0.1

- When adjusting from high to low power, press the **< TEST >** Button to discharge excess energy for accurate output.
- Press the **< TEST >** Button to fire a test flash and adjust the lighting effect.
- **"--"** indicates that the flash function is turned off.

2.4G Wireless Settings

To perform 2.4G wireless flash shooting, a flash trigger (sold separately) is required. Ensure the Group and Channel of the trigger and flash are set to the same values.

Wireless ON/OFF

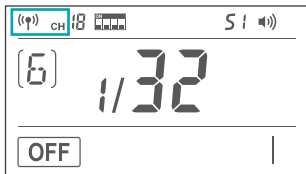
Synchronously press and hold the GR/CH button and S1/S2 button can turn on/off the wireless function. The **< (W) >** icon are displayed on the panel indicates that the wireless is on. The channel and group can be adjusted when the wireless is on.

Channel(CH) Settings

Set the Channel to prevent signal interference.

- Press and hold the **< GR/CH >** Button until the Channel icon blinks.
- Turn the Select Dial to switch channels.
- Press the **< SET >** Button to confirm.

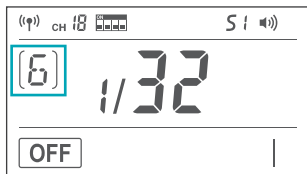
Channel Range: 1-32



Group(GR) Settings

- Press the <GR/CH> Button. The Group icon blinks.
- Press the <GR/CH> Button or turn the Select Dial to switch groups.
- Press the <SET> Button to confirm.

Group Range: A-F, 0-9



Wireless Control Port

Take the FT-16 flash trigger (sold separately) as an example:

Triggering via Flash Trigger: Insert the FT-16 receiver into the Wireless Control Port on the flash. You can adjust the power output and trigger the flash using the FT-16 transmitter.

Triggering via Camera Shutter: Insert the FT-16 transmitter into the camera hot shoe. The flash can be triggered by pressing the camera shutter.

Photocell Triggering

Press the S1/S2 button to switch among modes.

- **OFF:** Photocell function is turned off.
- **S1 Photocell:** With this function, the flash will fire synchronously when the main flash fires.
- **S2 Photocell (pre-flash):** 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

Press the **< MOD/OFF >** Button to cycle through OFF, Percentage, and PROP.

- **OFF:** Modeling lamp is turned off.
- **Percentage:** Adjust the brightness manually. Press the **< SET >** Button and turn the Select Dial to adjust.
- **PROP:** Brightness follows flash power.

Modeling Lamp Auto Off: The modeling lamp turns off automatically when the flash fires. When the modeling lamp is on, press and hold the **< MOD/OFF >** Button to enable or disable this function. The "💡" appears on the screen when the function is enabled.

Protection Function: Modeling lamp will be off automatically after lighting for 4 hours, avoiding overheat due to long-time lighting when the user is not nearby.

Beep

Press the **BUZZ** button can turn on/off the beep, the **< 🔊 >** icon will be displayed on the display. Turn on the beep function, a "BI" sound will be heard at each setting operation and when it's fully charged.

Memory Function

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

Sync Triggering

Jack is a $\Phi 3.5$ mm plug. Insert a sync cord or trigger plug here and the flash will be fired synchronously with the camera shutter.

Alarm Display

To ensure safe operation, the system continuously performs preventive protection.

Display	Warning
E0	The temperature sensor is not connected.
E1	When charging, the capacitance and voltage are not rising within 1 second.
E2	The fastest heating-up component is over the extra temperature.
E3	Discharged capacitance and voltage > rating +10%

Alarm sounds, BIBI, ringing per 0.5 second. Press **SET** button to stop alarming.

Technical Data

Product Name	Compact Studio Flash	
Model	Studio 300 III V	Studio 400 III V
Flash Power	300Ws	400Ws
Guide Number (m ISO 100)	58	65
Output Power Control	OFF, 1/32 - 1/1 (or 5.0 - 10.0)	
Recycle Time	0.1 - 1.5s	
Flash Duration (t _{0.1})	1/200s - 1/380s	1/260s - 1/170s
Triggering Methods	Sync cord, photocell triggering, test button, wireless control port, 2.4G wireless.	
CCT	5700±200K	
Modeling Lamp Power	10W	
Modeling Lamp Level	5% - 100%	
Power Source Voltage	AC 100V-120V ~ 50/60Hz or AC 200V-240V ~ 50/60Hz	
Parameters output from the sync cord jack	5V	
Parameters output from the USB port	5V/200mA (only for Flashpoint or Godox receiver)	
Fuse	AC 200V-240V ~ 50Hz: 5A	
	AC 100V-120V ~ 60Hz: 8A	
Dimension	Flash diameter: Φ12.8cm	
	Height with handle: 23.5cm	
	Length with protective cover: 31.8cm (Studio 300 III V) / 34.5cm (Studio 400 III V)	
Net Weight	Approx. 2.1kg	Approx. 2.3kg

*Specifications and data may subject to changes without notice.

Maintenance

- **Impact Protection:** The device may malfunction if subjected to strong shocks or vibration.
- **Keep Dry:** This product is not waterproof. Do not operate with wet hands or use in the rain, bathrooms, or other humid environments.
- **Temperature Precautions:** Avoid sudden temperature changes, such as moving from a cold environment to a warm one, which may cause internal condensation. To prevent this, place the device in a protective bag beforehand to allow it to adjust to the temperature change.
- **Magnetic Interference:** Keep away from strong electromagnetic field sources, such as radio transmitters, to prevent electromagnetic interference from affecting device performance.

Warning

Operating frequency: 2412.99MHz - 2464.49MHz (only receive)

FCC Caution

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

One Year Flashpoint Limited Warranty

Flashpoint warrants to the original purchaser that your Flashpoint product shall be free from defects in material and workmanship for the period of one (1) years 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

 support@flashpointlighting.com

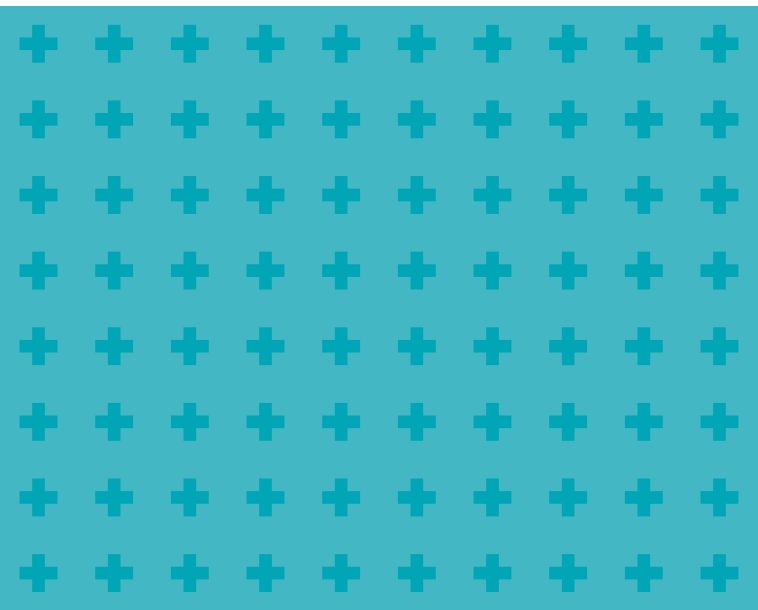
 Flashpoint,
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You can always contact us at BRANDS@ADORAMA.COM for personal technical support. Our website contains a wide range of Support and FAQ pages with valuable technical assistance.

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