FLASHPOINT

FPLFS400IIIV

STUDIO 400 III-V R2

COMPACT STUDIO FLASH

Contents

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 (studio flash) 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. Some 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**!

The **Studio 400 III-V R2** is an upgraded version of the **Studio 400 II-V R2 Studio Flash Monolight** with LED Modeling Lamp, offering improved operation, enhanced performance, and expanded wireless control features.

Designed for portrait photography, e-commerce product imaging, and professional studio applications, this compact studio flash delivers reliable power adjustment, optical slave triggering, and a bright LED modeling light for consistent results.

The **Studio 400 III-V R2** is part of the Flashpoint R2 Wireless System and provides full compatibility with the Godox X 2.4GHz wireless ecosystem, allowing seamless integration with a wide range of Flashpoint and Godox wireless triggers and lighting products.

This flash can be used as a key light, background light, or hair/rim light in a variety of studio setups.

Please read this manual carefully before use to ensure safe operation and optimal performance.

Main Features

- **Upgraded Operations:** Intuitive and clear display panel, auto memory and recovery of adjusted panel settings in 3 seconds.
- **Dual Wireless Control:** Built-in Flashpoint R2 2.4G wireless system and external wireless control socket allow remote control by separately purchased Flashpoint R2 transmitters, including the R2 Pro, R2 Pro II, R2 Mark II, and Flashpoint R2 nano, as well as equivalent Godox X System triggers (X1, X2, X3, X3 Pro, XT16). The flash also supports 433MHz remote controllers such as the FT-16 (sold separately).
- **Precise Power Control:** Power adjustment range from 1/32 to 1/1 or from 5.0 to 10.0 with ±0.1 step increment.
- **Powerful Modeling Lamp:** 10W LED modeling lamp supports free adjustment of brightness from 5% to 100%.
- **Outstanding Output Stability:** Up to 0.1s recycle time at 1/32 step and 1s recycle time at 1/1 step, no more than 2% shifts when under the same output.
- **Photocell Triggering:** Anti-pre-flash function enables synchronization with cameras that have a one pre-flash firing system.
- **Abundant Expansion:** Standard Bowens mount is compatible with various optical accessories to achieve limited lighting creativities.
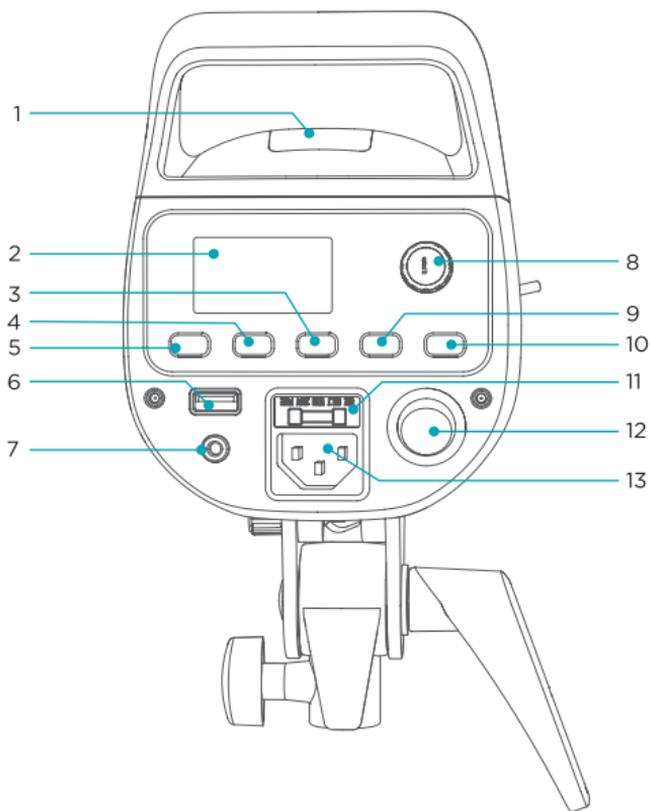
> - The fastest recycle time is based on Godox laboratory test results. After high-intensity continuous flashes, the system will automatically extend the recycle time for safe heat dissipation, which is a normal protection mechanism. Once the device cools down, it can return to peak recycle speed.

⚠ Warning

- Please remove the protective cover before use.
- After 30 continuous flashes at full power, the flash should be cooled down for about 3 minutes. Overheating will occur if it is used continuously without cooling down.
- Do not keep using the modeling lamp for a long time, otherwise flammable accessories attaching to flash head, e.g. softbox will get burnt. A 10-minute time is recommended in this case. After 10 minutes, cool it down for 1 minute.
- 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). Overheating will result in damages for strobe housing and/or studio light.
- Avoid sudden impacts as this can damage the flash tube.

Name of Parts

Flash Body

1. Photocell Sensor
2. LCD Display
3. BUZZ Button (Beep)
4. S1/S2 Button (Photocell)
5. GR/CH Button (Channel/Group)
6. External Wireless Control Socket
7. Sync Cord Jack

8. Select Dial + SET Button
9. MOD/OFF Button (Modeling Lamp)
10. TEST Button
11. Fuse Holder
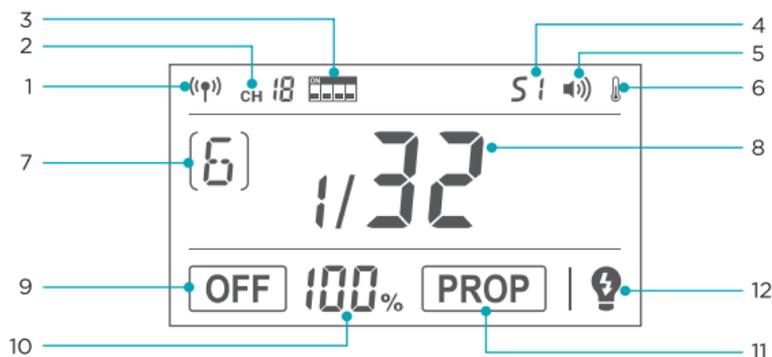12. Power Switch Button
13. Power Outlet
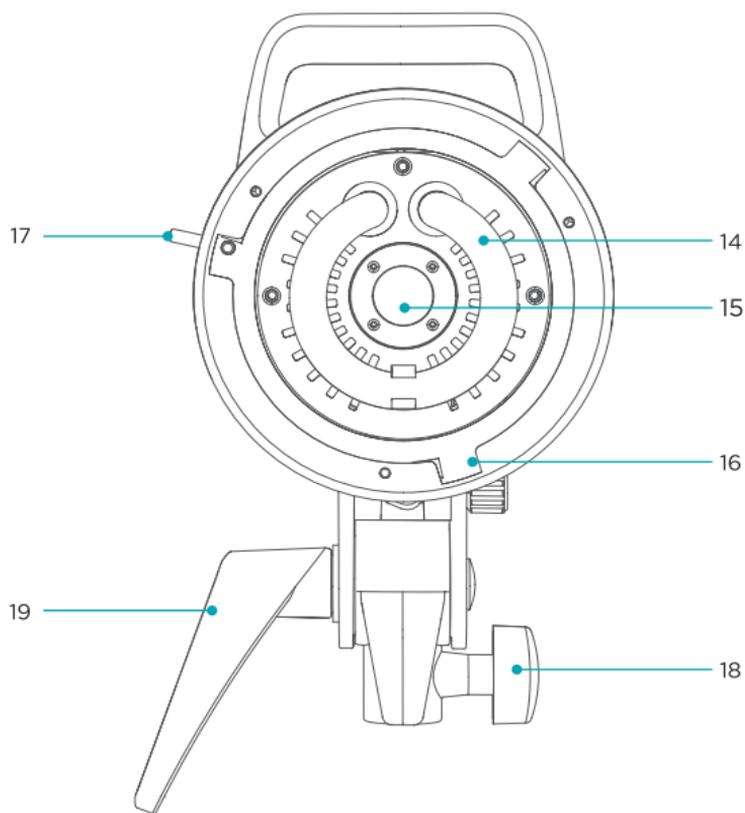
14. Flash Tube

15. LED Modeling Lamp

16. Accessory Mount

17. Accessory Detaching Rod

18. Bracket Locking Knob

19. Direction Adjusting Handle
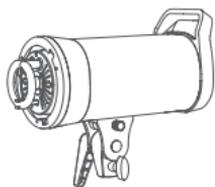
LCD Panel

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

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

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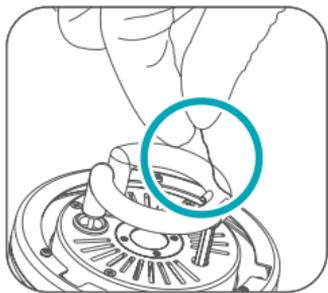
Power Supply: Power inverter.

Remote Control: 2.4GHz remote control (R2, R2 mark II, R2 nano, R2 nano Pro, R1), 433MHz remote control (FT-16).
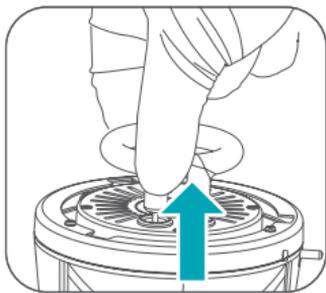
Optical Accessories: Softbox, photographic umbrella, beauty dish, snoot, honeycomb, light stand etc.

Installing and Disassembling the Flash Tube

1 Loosen the wire securing the flash tube spring clip.

2 Grip between the two pins of the flash tube with balanced force, and gently pull outward to remove the old flash tube.

3 Remove the sleeves from the two pins of old flash tube and install onto the two pins of new flash tube.
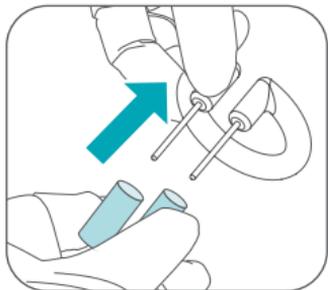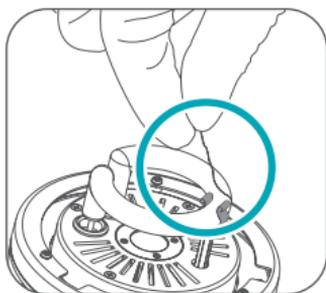
4 Grip between the two pins of the new flash tube, align with the two copper posts on the flash head, and push inward with balanced force.

5 Finally, wrap the wire around the flash tube spring clip and tighten it to secure.

> ℹ️ • When installing or removing the flash tube, always turn off the power and wear insulated gloves to ensure safety.

Flash Preparation

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. Use the direction adjusting handle to adjust the flash to a desired direction.
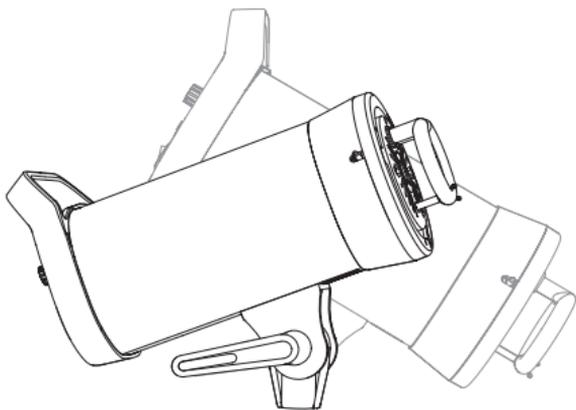
Power Switch

Use the power cord to connect the flash to an AC power source and press the power switch button to power on and off. Please turn it off when not in use.

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

Power Output Adjustment

Rotate the select dial can adjust the output power from 1/32 to 1/1 or from 5.0 to 10.0, with 0.1 step increment, to satisfy light requirements in different environment.

Press the **TEST** button to discharge power when the output power is adjusted from high to low.

Press the **TEST** button to preview lighting effects and achieve the desired power.

> ⓘ • **"--"** on the display indicates that the flash function is turned off.

Internal Wireless Settings

Remote wireless control is available using compatible Flashpoint R2 transmitters, including the R2 Pro, R2 Pro II, R2 Mark II, and Flashpoint R2 nano, as well as equivalent Godox 2.4GHz X System triggers (X1, X2, X3, X3 Pro, XT16), sold separately. These transmitters operate through the flash's built-in 2.4GHz wireless receiver.

Turn On/Off Wireless

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

Channel (CH) Settings

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

Press and hold the **GR/CH** button to enter channel settings, the channel icon will blink. Rotate the select dial to adjust the channel, press the **SET** button to confirm.

Channel range: 1-32

Group (GR) Settings

Press and hold the **GR/CH** button to enter group settings, the group icon will blink. Press the **GR/CH** button or rotate the select dial to adjust the group, press the **SET** button to confirm.

Group range: A-F, 0-9

External Wireless Function

The flash unit is equipped with an external wireless control socket to achieve wireless control with Flashpoint 433MHz remote control FT-16.

Insert the receiving end of FT-16 into the external wireless control socket on the flash, then output power, flash triggering, etc. can be remotely controlled by the transmitting end of FT-16. Insert the transmitting end of FT-16 into the camera hot shoe, sync triggering is available by using the camera shutter.

> • Flash trigger FT16 is sold separately.

Photocell Triggering

Press the S1/S2 button to switch among OFF, S1 and S2 photocell modes, the corresponding icons will be displayed on the panel (no icon in OFF mode).

- **OFF:** Photocell function is turned off.
- **S1 Photocell:** With this function, the flash will fire synchronously when the main flash fires, the same effect as that by the use of wireless triggers. This helps create multiple lighting effects.
- **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

There are three modes for the modeling lamp: OFF, percentage and PROP.

- **OFF:** Modeling lamp is turned off.
- **Percentage:** Adjust the brightness manually.
- **PROP:** Brightness follows flash power. The greater the flash power, the higher the brightness.

Settings

- Press the **MOD/OFF** button to switch among the three modes, the corresponding icons will be displayed on the panel.
- In the percentage mode, press the **SET** button to enter brightness adjustment, rotate the select dial can adjust the brightness from 5% to 100% with 5% step increment. Press the **SET** button again to exit.
- When not in OFF mode, press and hold the **MOD/OFF** button can turn on/off the inter function of modeling lamp. Turn on the inter function, the modeling lamp will automatically turn off when flashing and the **< 💡 >** icon will be displayed on the panel.

> ℹ️ • 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 panel when it's on.

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

The sync cord jack is a Φ3.5mm 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. The following warnings are provided for your reference:

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

Model	Studio 400 III V
Flash Power	400 Ws
Guide Number (m ISO 100)	65
CCT	5700±200K
Power Source Voltage	AC100V-120V ~ 50/60Hz or AC200V-240V ~ 50/60Hz
Output Power Control	OFF, 1/32-1/1 (or 5.0-10.0)
Modeling Lamp Power	10W
Modeling Lamp Level	5% - 100%
Recycle Time	0.1-1 (As the number of consecutive flashes increases and the temperature rises, the recycle time becomes longer. Once the device cools down, it can return to peak recycle speed.)
Triggering Methods	Sync cord, photocell triggering, test button, wireless control port, 2.4G wireless.
Flash Duration (t0.1)	1/260 s ~ 1/170 s
Parameters output from the sync cord jack	5V
Parameters output from the USB port	5V/200 mA (only for Godox receiver)
Fuse	**AC200V-240V ~ 50Hz:** 5A
	AC100V-120V ~ 60Hz: 8A
Dimension	**Flash diameter:** Φ12.8 cm
	Height of flash with handle: 23.5 cm
	Length of flash with protective cover: 34.5 cm
Net Weight	Approx. 2.3 kg

*Specifications and data may subject to changes without notice.

Maintenance

- Turn off the unit immediately if it operates abnormally, and identify the cause before continuing use.

- Avoid dropping or striking the flash. Keep the exterior and ventilation areas free of dust and debris.

- It is normal for the flash body and lamp to become warm during operation. Avoid unnecessary continuous full-power flashing.

- Servicing and repairs must be performed only by authorized service personnel. Use of non-approved parts or accessories may affect performance and safety.

- The flash tube and LED modeling lamp are user-replaceable consumable parts. Replacement components are available through the manufacturer or authorized dealers.

- This product is covered by a one-year limited warranty, excluding consumable parts such as the flash tube and modeling lamp.

- Unauthorized disassembly or service will void the warranty.

- If the unit has been damaged or is not functioning properly, discontinue use and have it inspected by a qualified technician.

- Always disconnect the power before cleaning the unit or replacing the flash tube or modeling lamp.

- Product specifications and design may be updated without prior notice, and changes may not be reflected in this manual.

⚠ Warning

Operating frequency: 2412.99 MHz **-** 2464.49 MHz (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.
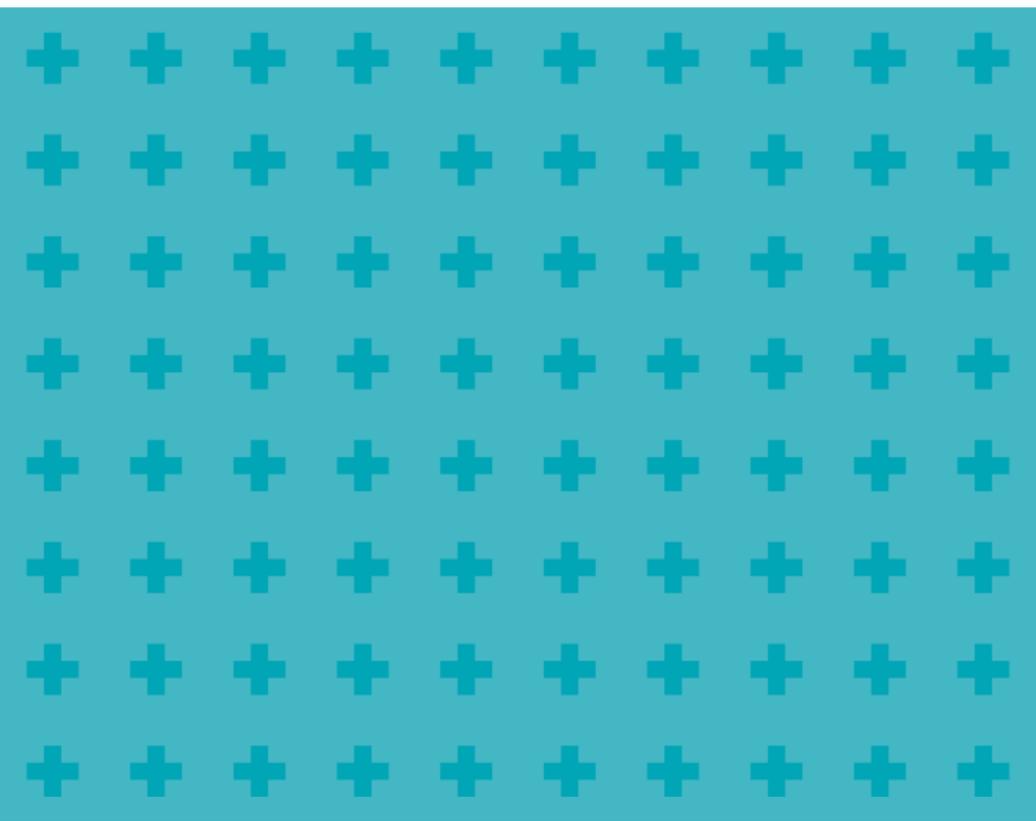
📞 212-647-9300

✉ support@flashpointlighting.com

📍 Flashpoint,
42 West 18th Street,
New York, NY 10011

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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