

# INTERfit

## Flashtube replacement

EXD200 Only Remove the power lead from the head and press the TEST button. Leave the head for a minimum of 1 hour to discharge the capacitors, (failure to do this may give you an Hefty Electric shock). Remove the Reflector and bulb.

Fig 1 Undo the spring from the outside edge Fig 2.

Fig 3 Lift the two glass stems gently and evenly with a gentle upward pressure.

Fig 4 Lift the Flashtube clear

Refitting is a reversal of the above process ensuring that the spring is correctly seated in its holder.

Fig 1



Fig 2



Fig 3



Fig 4



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# INTERfit

Expanding your creativity



INTERfit  
Lighting

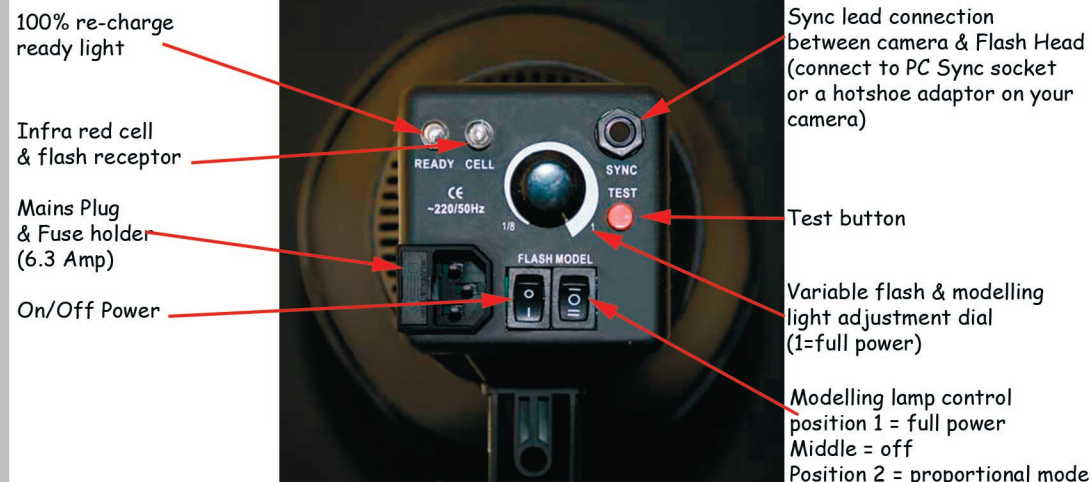
Guide to Home studio  
Models covered

EX150 & EXD200



# INTERfit

## EX150 Model



## EXD200 Model



# INTERfit

## Specifications

### Interfit EX150 Kit Contents

Heads 2 x EX150 , Stands 2 x COR750 , 60cm (24") Softbox 1 x INT211 , Translucent Umbrella 1 x INT260 , Bulbs 2 x 60watt INT515 Carry out carton, Sync Cables 2 x CIA330, Operating Instructions 1 , 2 x fuses, (Bag not included use INT436)

### Specification

Guide Number 30-mtr , 90 ft  
Recycle Time (100%) 2 sec  
Recycle confirm Ready lamp & audio beep  
Flash duration 1 ~ 3 m/secs  
Output range Full Power down to 1/1/8th power. (4 f-stops)  
Modelling Lamp 60 Watt Halogen (Supplied)  
Upgradable to 100Watt Halogen

Colour Temperature 5600 K +/-300k  
Flash Triggering Sync cable, IR-trigger, flash or test button.  
Trigger Voltage 5 volts Suitable for all digital cameras  
User changeable flashtube No  
Slave cell distance 10 meters (30 ft)  
Working Voltage EUR 230V/50Hz USA 110V/ 60Hz



### Kit No INT119 200 watt contents

Heads 2 x INT118 , Stands 2 x COR750 60cm (24") Softbox 1 x INT211 , Translucent Umbrella 1 x INT260 , Bulbs 2 x INT515 , Bag 1 x INT436 Sync Cables 2 x CIA330, Operating Instructions 1 , 2 x fuses

Head No: INT118

Guide Number 45-mtrs 135-ft  
Recycle Time (100%) 230 volts, 1.5 seconds 110 volts, 2 seconds

Recycle confirm Ready lamp & audio beep  
Flash duration 1 ~ 3 m/secs  
Output range Full Power down to 1/8th power. (4 f-stops)  
Modelling Lamp 60 Watt Halogen

Colour Temperature 5600k +/-200 K  
Flash Triggering Sync cable, IR-trigger, flash or test button.  
User changeable flashtube Yes  
Trigger Voltage 5 volts

System auto dump when in proportional mode by pushing the - button on release auto dump is performed. (note this allows correct exposure for your next shot to be performed automatically)

Pre-flash Program For cameras with a pre-flash monitor program, can be set to sync with 1st, 2nd or 3rd flash please read your camera instructions for setting correctly.

Slave cell distance 10 metres (30 ft)  
Working Voltage EUR 230V/50Hz USA 110V/60Hz  
Total size including reflector & stand mount 275 L x 215 W x 265 H with reflector  
Weight - Kg (lbs) 1230 KG (5lbs)



## Flash Sync

Both the EX150 and EXD200 will synchronize with both flash or infra red triggering (INT411) Pressing the TEST buttons will activate the flash and confirm that both heads are working for multiple flash head operation. Common faults found, can be rectified at this point:

- other heads not firing ( remove sync lead from the second head and retry)
- other heads not firing ( flash on main light not sending out enough power to fire the other head or flash can not be detected due to obstruction to the cell receptor.)

## Sync Socket

The standard jack on the rear panel of the units may be connected directly to your camera via a PC socket on your camera, if you do not have a PC sync socket you should use the options below.

1. INTERFIT IRX Infra red transmitters (INT411)
2. INTERFIT Radio systems (INT412 or INT413)
3. A hotshoe adaptor available from most good retail stores.

The Socket is perfectly safe for use with all current Digital & Film camera's when connected to your camera via the sync leads provided The Sync voltage is 5 volts for the EX family of products.

## Fitting the Reflector to the EX & EXD range heads

The EX family of products use a locking ring to lock the reflector in place these are designed to be tight at first use and this is quite normal.

Fig 1/2 Hold the reflector in your left hand and the head in your right hand. A white mark on the locking ring shows where the reflector is to be attached to the head, the umbrella hole on the reflector to the bottom of the head (see fig 2) locate the opening on the narrow end of the reflector to the white line and push the reflector towards the aligning white line then rotate the reflector away from your body until you feel some resistance, then rotate the locking ring in a clock wise direction (towards you) to lock the reflector in place.

Fig 1

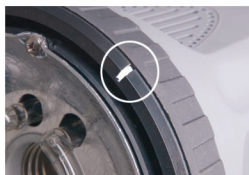


Fig 2

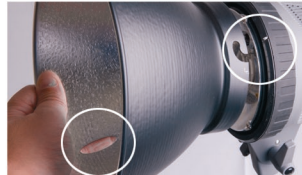


Fig 3

On this head fit the translucent umbrella through the umbrella holes in the reflector and stand mount (Fig3 ) the umbrella shaft should be positioned with the modelling lamp on, to a position where light no longer spills outside the edge of the umbrella, tighten the locking screw on to the shaft of the umbrella to lock it in place. Fig 3.

## Building your Softbox for the first time

You should have the following components:

Black outer cover, 4 rods, Speedring, internal diffuser (with white Velcro attached to elastic)  
Translucent outer cover.

1. Place the Black outer cover on the floor with the silver inside showing to the top.

2. Place the speedring in the centre hole of the black outer cover with the largest part or bevelled edge facing upwards to the inside of the box. Fig 4.

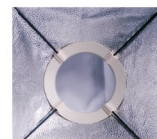


Fig 4

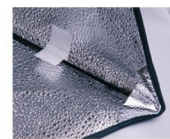


Fig 5



Fig 6



Fig 7



Fig 8

3. Connect a rod into the speed ring and locate the other end into the small silver pocket on the top edge of the outer cover (fig 5) repeat with each rod starting with the opposite rod (180°) to the first rod until you complete the box (fig 6). you will need to push the speedring down as you locate each rod in the silver pockets of the black outer cover. Please note the rods will bend sufficiently to do this.

4. Insert the inner diffuser using the Velcro strips on to the Velcro strips located inside the black outer cover (silver side) repeat until Fig 7 is completed.

5. Attached the Translucent outer cover to the box. as per Fig 8.

6. Attach the softbox to the EX or EXD head by aligning the white line on the head and offering up the location slots on the speedring push in gently until located rotate the box away from you, then lock the box in to position with the locking ring.

**You are now ready to set up your studio and position the lights for Portraits.**

1. The Head with the softbox on we shall from now on refer to as the Main light.
2. The head with the Umbrella on we shall now refer to as the Fill Light.

3. Turn on the Main Light in a darkened room to the right of your subject at approximately 45° and 3-4 feet from the front of the softbox. the softbox height should be above the face with the bottom of the softbox roughly in line with the chin and angled down at approximately 20-30°. If correctly positioned you should see a small triangle shaped shadow just below the nose of your sitter. Adjust as required the height, Adjust power settings using a lightmeter if available or set to f8.

4. Set up the fill light on the left hand side of the sitter at 45° and 3-4 feet away from the front of the umbrella, adjust the power until the shadow from the Main light under the noses is reduced to an acceptable level. (this should be approximately f5.6 1 stop below the main lights power. The height of the centre of the umbrella stem should be approximately level with the eyes of the sitter.

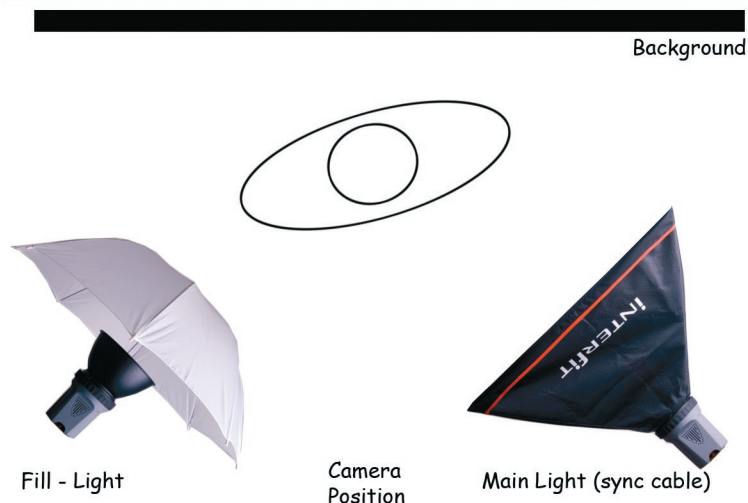
5. Set your camera to manual mode and set the shutter speed at the recommended shutter speed for flash as recommended in the camera's instruction book and set the aperture to f8 (same as the main light)

6. Adjust the ISO on your camera to the lowest setting (i.e. 100 ISO if possible)
7. Connect the sync lead or transmitter to the main light etc.
8. Take a test shot. if the image is to bright adjust the "f~stop only" to F11 and repeat the test shot if required adjust the apature to F16 or F22. until the desired result is found.
9. If the image is to dark adjust the f~stop only to "F5.6" and repeat the test shot. repeat at F4 if required until the desired result is found.

10. When you are confident with the results try experimenting with positioning the lights in different locations always connecting the sync lead to the main light.

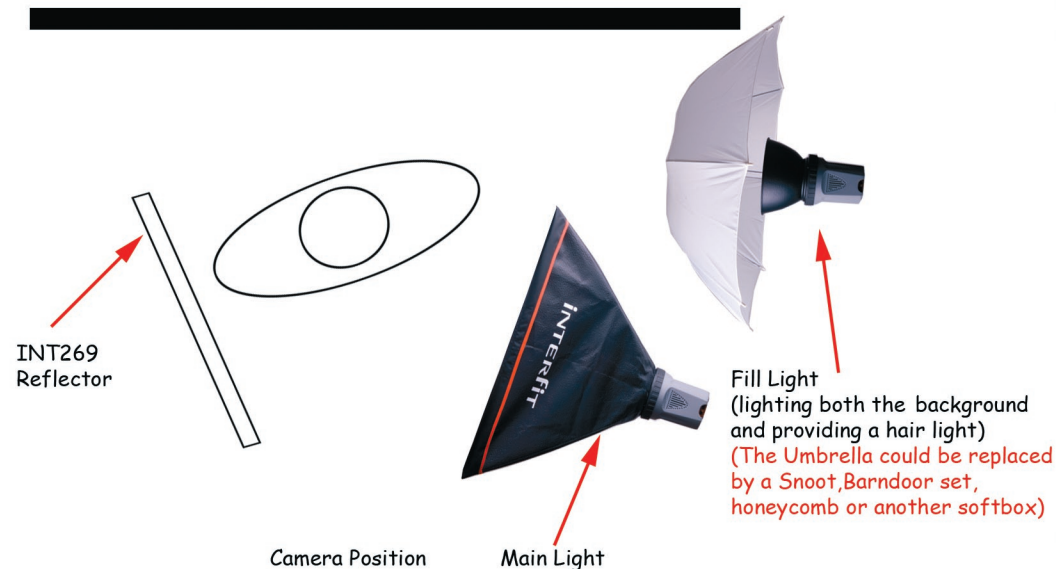


## How this should look



## Enjoy Expanding your Creativity with Interfit

An alternative set up using a large INT269 Silver/Gold reflector.

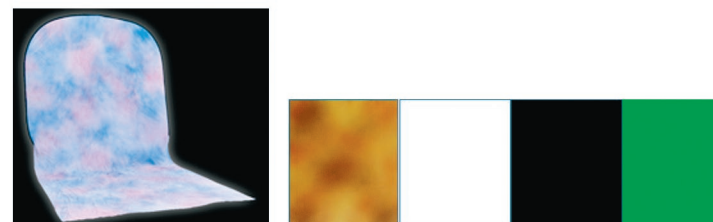


## Accessories for the EX Range

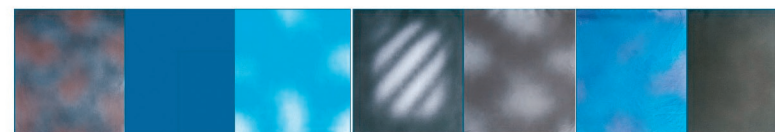
Barndoor set INT210 , Infra red trigger INT411, Radio trigger INT412, Softbox INT211 Snoot INT212 Bag for EX150 INT436 Background support systems COR755 (Small) COR756 (Large).

## Masters Backgrounds

Your Creative energy will make you stand out from the crowd by combining a EX150 or EXD200 kit with any one of the Masters Backgrounds.



Muslin Backgrounds for use with COR755 or COR756 support systems  
Available in the colours above and below see website for details.



## Product Photography

Interfit Pop up light tents are the perfect answer to creating the right impression to a client for product photography. Available in three sizes

INT315 60 cm (24")

INT316 90cm (36")

INT317 120cm (48")

Light Pods

INT297 Medium

INT294 Small

Folding PhotoBox

INT310 50cm Square

