

# INTERfit

## Flashtube replacement

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 a 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

## EX300



## Assembly Instructions

## EXD400

# INTERfit



- Rear handle
- Main control dial
- Ready light
- Charge light
- Sync Port
- Mains adaptor Fuse holder
- Infrared sensor
- Infrared control On/OFF
- Modeling lamp control On / Off
- Flash test button
- AC power control
- Fan outlet



- Umbrella mount (locking nut at front not shown)
- Adjustment handle (pull out to freely rotate)
- Locking thumb screw for attaching to an Interfit lighting stand.

(Image for information only)

## EXD400



- Rear handle
- Infrared sensor
- Sensor control switch  
\*Off = No Sync  
\*1= standard sync  
\*2= pre flash  
\*3= pre flash  
(LED confirms settings)
- Sync Port
- Mains adaptor
- Fan output
- Power switch
- Fuse port
- Digital display
- Main control dial
- Sound On / Off
- Modeling lamp On / Off
- Flash test button

# INTERfit

## EX300 operation and controls

The rear grab handle allows for precise positioning of the light on your subject. The main control dial adjusts both the flash output and the modeling light output from zero to full power. The ready light also works in conjunction with the sound buzzer to confirm that the head is now ready to fire after recycling. Note, you should not operate the unit for more than 10 flashes without allowing the unit to rest for 30 seconds or more. Failing this the unit will go into a cutout mode to prevent overheating.

The charge light may flash during operation this is normal as this indicates the head is being constantly charged.

The sync post allows you to connect a Sync cable directly to your camera via a P.C. Sync port. If your camera does not have a P.C. Sync port then a Hotshoe converter such as a STR115 converts your camera to accept a sync cable, the alternative is to use a Infrared trigger such as INT411 or a Radio trigger set such as a INT412 or INT492. This allows you more freedom in the studio. The Infrared trigger works with the Infrared cell built into each head and will operate both heads at the same time. Radio triggers allow a greater operational distance to be used and are best used where daylight is entering the room.

Fuse replacement is sometimes required when a modeling lamp blows. You will find 2 x replacements per head in your kit should they be required, simply pull out the fuse draw and slot it back in discarding the blown fuse. Do not cover the fan on the bottom of the unit as this will cause the unit to overheat.

EXD400 operation and controls. In addition to the EX300 the following controls are used as below.

### \* Sync cell operation

When the Sync cell button is pressed and "NO LEDs are displayed" the sync operation is cancelled and will not operate, this can be useful when RADIO RECEIVERS are connected to each head such as at a wedding where other camera flashes may cause the flash to fire. Please note cables or radio triggers connected via a cable overrides any settings below enabling the system to work, however infrared signals are dismissed. **When no 1 LED is lit this is the normal position when using Infrared or Sync cables should be used. This is the standard operation for Sync on the EXD400.** When no 2 LED is lit this will fire on the 2nd flash seen by the head caused by some compact cameras using pre flash for Autofocus and flash capabilities. When 3 LEDs are lit the flash will fire on the 3rd flash as above this should be tested with your camera for correct synchronization with your camera.

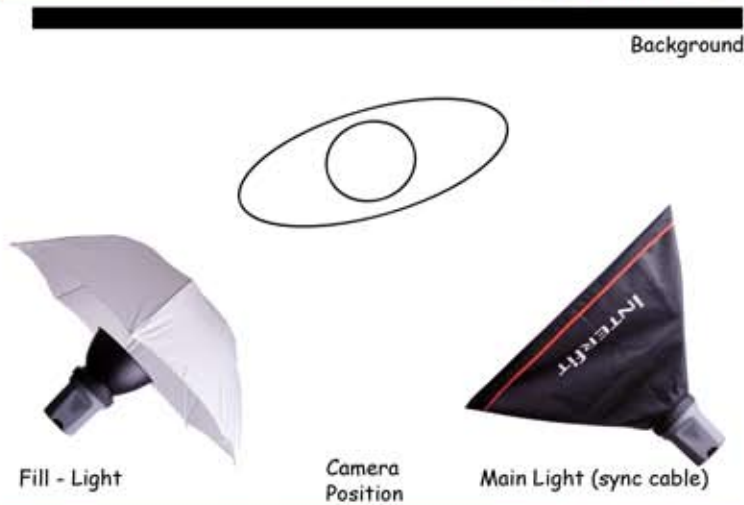
**Digital display** shows the power output from 13 being the minimum to 400 maximum, decreasing in units of 20 down to 200 ( $\frac{1}{2}$  power) then in units of 10 to 100 ( $\frac{1}{4}$  Power) then to units of 5 to 50 followed by units of 3 to minimum power. Each unit is equivalent to 1/10th of an f stop.

**Auto Power Dumping.** As you turn the main power dial down the flash will automatically dump the power stored by the capacitors, leaving the correct power level set for your next shot, this feature is normally found on high end flash units.

**Modeling light functions.** With the rear panel LED off the modeling lamp will also be turned off. The first press puts the modeling lamp into PROPORTIONAL MODE (confirmed by an LED) where the modeling lamp is comparable to the flash output giving an idea of the level of flash output on your subject. Pressing the button again increases the modeling lamp to full power (PROP LED is turned off) this setting is useful for focusing, it is not intended to be used permanently switched on, to return the modeling lamp to proportional mode press the modeling lamp button twice.

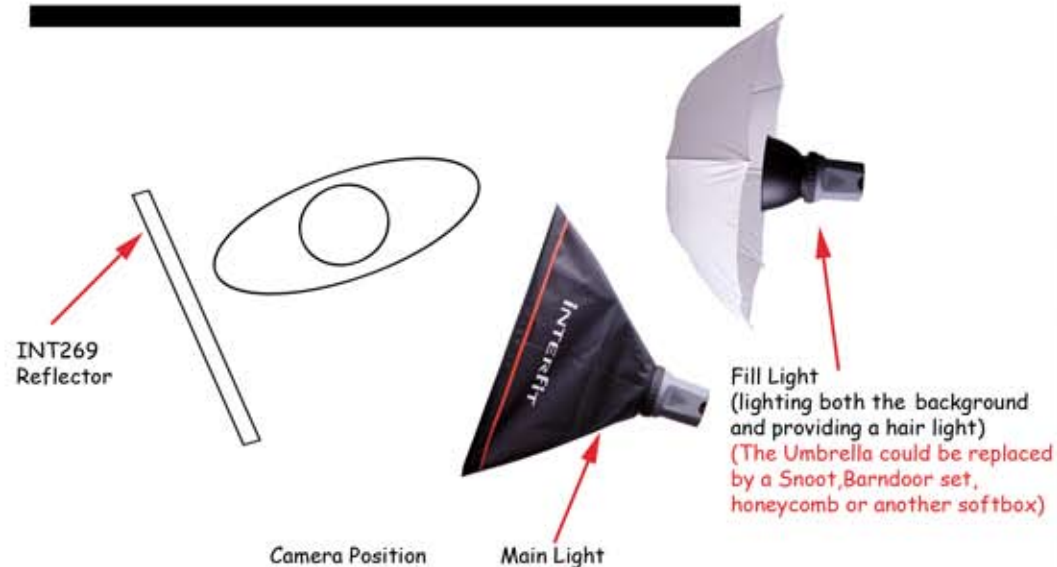
**Sound ON/OFF** This allows an audible sound when the flash has been fired and confirms the head has recycled to the power level set and is ready for your next shot.

## 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 the EX range kits 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



## Flash Sync

All EX Range kits 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

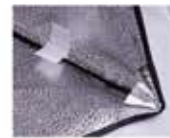


Fig 5



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 aperture 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.