



FJ400™ SE

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QUICK START GUIDE

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# Included Components & Overview

FJ400-SE Strobe, AC Power Cord, 55° Metal Reflector, Magnetic Gel Set, Replacement Fuse

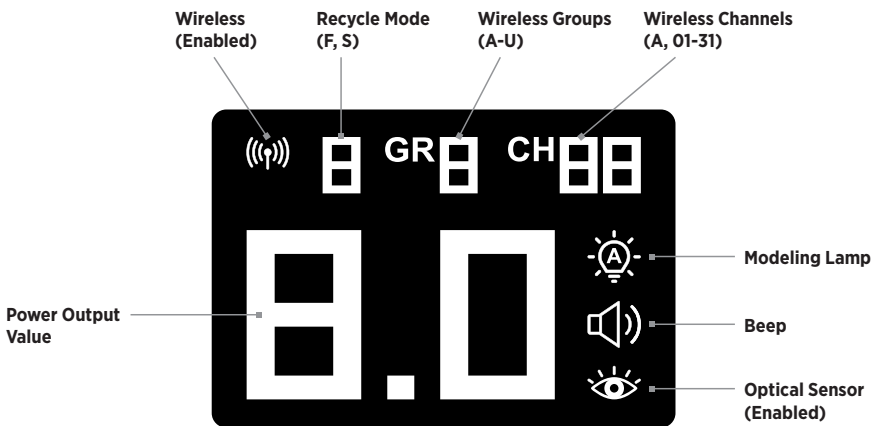


## Introduction

This guide provides an overview of setup, controls, and basic operation. For detailed instructions, visit [fjwestcott.com/manuals](http://fjwestcott.com/manuals) to access the complete User Manual and video instruction guide.



## LCD Display & Menu



## Mobile App Connectivity

Additional features of the FJ400-SE, including **Delay** and **Mask** modes, can be accessed through the Westcott StudioLink mobile app when paired with an FJ-X Trigger. The app is available for download on the Apple App Store and Google Play Store



iOS



Android

## Warning

- **IMPORTANT:** During operation, the temperatures of the flash tube, LED modeling lamp, metal reflector, and select housing components will increase. Do not touch. Exercise caution to avoid serious burns or injuries.
- **IMPORTANT:** Always unplug the FJ400-SE from the power source when changing the fuse and allow it to cool for 10 minutes.
- Never leave the strobe unattended in the presence of children or pets.
- Keep away from fire, water, and moisture.
- Do not submerge in water.
- Avoid drastic temperature changes before, during, or after use.
- Avoid direct skin contact with the flash tube and LED modeling lamp when replacing the flash tube.
- Do not overtighten the tilter bracket tension knob or umbrella tension screw.
- Ensure the FJ400-SE and compatible modifiers are securely mounted before use.
- Do not attempt to modify any Westcott products. Contact Westcott for assistance.
- The operating temperature range is 32-113°F (0-45°C).

### Dual-Stage Heat Protection

The FJ400-SE features self-monitoring cooling fans and an automatic shutoff system to ensure safe operation in case of overheating.

**Stage 1:** When the internal temperature reaches 129°F (54°C), the screen will alternate between the selected power level and **OH** (overheat). The recycle time will increase by 1.3 seconds to help cool the unit while allowing continued use.

**Stage 2:** If the temperature reaches 138°F (59°C), the screen will display **OH** (overheat) and the strobe will not fire until the internal temperature reaches a safe temperature. Once the strobe has reached a safe operating temperature, normal operation can resume.

*Note: The LED modeling lamp will be disabled during overheating to help reduce internal temperatures.*

# Getting Started

## AC Power Operation

1. Insert the AC power cord securely into the FJ400-SE strobe unit.
2. Connect the power cord to a dedicated electrical outlet.
3. Locate the power switch located on the panel of the FJ400-SE and switch it to the **ON** position.

## Mounting to a Light Stand

1. Loosen the tension knob located at the bottom of the tilter bracket.
2. Insert the light stand spigot into the 5/8"-16 tilter bracket receiver.
3. Tighten the tension knob to securely affix the strobe to the light stand.

## Attaching & Removing Modifiers

### Mounting a Bowens Adapter Ring & Modifier

1. Ensure the strobe is powered **OFF** and has been allowed to cool for at least 10 minutes.
2. Firmly hold the Bowens adapter ring on the rear of the modifier and align the three squared mounting blocks with the corresponding slots on the front of the strobe.
3. Carefully insert the mounting blocks into the slots and rotate the adapter ring clockwise until it securely locks into place.

### Removing a Bowens Adapter Ring & Modifier

1. Ensure the strobe is turned **OFF** and has cooled for at least 10 minutes.
2. Grasp the adapter ring that's attached to the modifier.
3. Slide the strobe's adapter ring release away from the modifier.
4. Rotate the modifier and adapter ring counterclockwise until the three squared mounting blocks are realigned with the openings.
5. Pull the modifier away from the strobe.

### Attaching an Umbrella & Umbrella-Based Modifier (up to 9mm shaft)

1. Ensure the strobe is turned **OFF** and has cooled for at least 10 minutes.
2. Loosen the tension screw located on the umbrella receiver.
3. Firmly hold the umbrella's shaft and slide it into the umbrella receptacle.
4. Slide the shaft to the desired position.
5. Tighten the tension screw to secure the umbrella-based modifier.

*Note: Never force the entry or removal of adapter rings, umbrellas, or light modifiers. Use caution when removing modifiers to avoid damaging the flash tube.*





# Wireless Control

## FJ Wireless Control

Fully maximize the performance and features of the FJ400-SE by using an FJ-X Wireless Radio Trigger or FJ80 Series Speedlight. Read more about triggering the FJ400-SE from these devices by reviewing the individual instructions, which can be located at: [fjwestcott.com/manuals](http://fjwestcott.com/manuals).



### Enabling and Disabling the Optical Sensor

1. Press and hold the bottom button (  ) /  ) for 2 seconds to activate the Optical Sensor.
2. When the Optical Sensor is enabled, the Wireless Symbol, Channel, and Group indicators will disappear from the display.
3. Disable the optical sensor by pressing and holding the (  ) /  ) button for 2 seconds to deactivate the Optical Sensor.
4. When the Optical Sensor is disabled, the Wireless Symbol, Channel, and Group indicators will reappear on the display.

# Manual Mode

## Setting the Power Output in Manual Mode

1. Rotate the Control Dial to adjust the power output of the strobe between 4.0 and 9.0 (  $\pm 0.1$  increments).
2. The FJ400-SE has the option of changing the power in full-stops ( $\pm 1.0$ ).
3. Press and hold the Control Dial until the power level begins to blink.
4. While the power level is blinking, rotate the Control Dial to the desired output setting.
5. Confirm your selection by waiting 3 seconds or pressing the Control Dial once.

*Note: If the FJ400-SE is in a group set to TTL mode on an FJ-X Wireless Trigger or FJ80 Speedlight (HOST Mode), it will default to the last selected power level chosen on the transmitting device.*

*If the FJ400-SE is in a group set to a lower power level (1 – 3), it will default to its lowest available setting, which is power level (4).*

# Sleep (SLP) Mode

FJ Wireless Strobes and Speedlights can be placed into **SLP** (sleep) mode from any FJ Wireless Triggering device. Once enabled, all FJ Wireless flashes assigned to this group will lose the ability to flash, while others will continue normal operation.

1. Determine the Group [A-F] to which the FJ400-SE is assigned.
2. Press the corresponding FJ-X Triggers Group Selection Button continuously until **SLP** (sleep) appears. While in Host Mode on FJ80 Series speedlights, continuously press the MODE function button until **SLP** (sleep) appears.
3. Exit the **SLP** mode by continually pressing the corresponding FJ-X Triggers Group Selection Button or FJ80's MODE function button [HOST mode] until the screen displays **M**.

# Modeling Light Output

## Adjusting the Modeling Light Output

To enable or disable the modeling bulb, press the middle button (☀️ / 🔌) repeatedly until the desired setting is selected.

- **AUTO** (☀️): Automatically adjusts the modeling light brightness based on the strobe's power output for consistent illumination.
- **ON** (☀️): Sets the modeling light brightness to 100%.
- **OFF**: Turns the modeling light off; no icon will appear on the display.

# Sync Functions

The FJ400-SE has Front and Rear Curtain syncing capabilities. This is ideal in typical scenarios and when color consistency (5500°K ±200) and full-power output (400Ws) are needed.

## Enabling Front or Rear Curtain Sync

1. Locate the Sync button on the FJ Wireless Trigger or FJ80 Speedlight (HOST mode).
2. Press the sync button repeatedly until Front or Rear Curtain Sync are selected.

*Note: The FJ400-SE is not equipped with HSS functionality, and the max sync speed is typically 1/250s.*

*If the FJ400-SE is in a group set to HSS mode on an FJ-X Wireless Trigger or FJ80 Speedlight (HOST Mode), it will default to the last selected power level chosen on the transmitting device.*

# Powering Multiple Strobes

## Understanding the Power Draw with Multiple Lights

The FJ400-SE draws:

- 8A (amps) at power level 9 in Fast Recycle Mode.
- 5A (amps) in Stable Recycle Mode.

*IMPORTANT: Using 3 FJ400-SE strobes in Fast Recycle Mode at Power Level 9 on a single outlet or power strip may overload the circuit and trip a breaker. To prevent this, switch to Stable Recycle Mode, which reduces the total power draw to 15A, helping to avoid breaker trips. See next section for details.*

# Recycle Time Modes

## Enabling Fast or Stable Recycle Times

The FJ400-SE offers 2 recycling modes:

- Fast Recycle Mode: 1-second recycle time
- Stable Recycle Mode: 2.8-seconds recycle time

*IMPORTANT: By default, the unit operates in Fast Recycle Mode. To switch between modes, press and hold the (☀️ / 🔌) until the "F" or "S" in the upper left corner of the screen changes, indicating the selected mode.*

## Warranty

Westcott's warranty obligations for this product are limited to the following terms.

The F.J. Westcott Co. ("Westcott") warrants this Westcott branded product against defects in materials and workmanship under normal use for a period of ONE (1) YEAR from the date of retail purchase from Westcott or an authorized retailer by the original end-user purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period, at its option and to the extent permitted by law, Westcott will either (1) repair the defect at no charge, using new or refurbished replacement parts, or (2) exchange the product with a product that is new or which has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product. This Limited Warranty applies only to products manufactured by or for Westcott that can be identified by the Westcott trademark, trade name, or logo affixed to them.

This warranty does not apply to: (a) damage caused by accident, abuse, misuse, flood, fire, earthquake, mold, or other external causes; (b) damage caused by operating the product outside the permitted or intended uses described by Westcott; (c) a product or part that has been modified to alter functionality or capability without the written permission of Westcott; or (d) cosmetic damage, including but not limited to scratches, dents and broken plastic.

Disclaimer: By purchasing, borrowing and/or using this product for any event, both public or private, you, the customer, accepts all responsibility and releases Westcott, and its associates, of any and all liability in the event of manufacturer's defect, malfunction or misuse of the product which may lead to further injuries or complications unforeseen by the user. Westcott is not responsible for any potential or incurred damage caused by failure to properly mount, hang, or store the product, which includes, but is not limited to damage to cameras, electronics, electrical equipment, buildings, building materials, personal injury, death, or disability, fire damage, or any and all other damage not mentioned previously.

Please contact Westcott Customer Support for a Return Authorization Number "RMA" prior to requesting warranty service. This RMA must be clearly written on the outside of the box to the left of the shipping label. Items sent in without pre-authorization or that do not fall under the limited warranty will be returned at the expense of the sender.

**Phone:** 419-243-7311

**Email:** support@fjwestcott.com

**Shipping:** F.J. Westcott Co, 1425-B Holland Rd. Maumee, OH 43537

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