

impact[®]



SF-ABRL180

Monolight Flash

180 Ws with LED Modeling Light

INSTRUCTIONS

Introduction

Thank you for choosing Impact.

The lightweight SF-ABRL180 Monolight is ideal for applications such as portraits, headshots, and photo booths. Whether you're shooting products, pets, or portraits, this monolight offers surprising brightness, versatility, and color accuracy to capture eye-catching exposures. The 180Ws strobe has a variable output range of five f-stops, and the fixture features a long-lasting 60 LED modeling light that runs cool, so you don't have to wait for the monolight to cool off before you move it.

This monolight has an integrated optical slave for wireless triggering, and it includes a sync cord for a direct connection to your camera or a wireless triggering system. The mount features a standard 5/8-inch receiver that's compatible with most light stands and has a built-in umbrella mount. The Bowens mount offers compatibility with a wide variety of light-shaping accessories like softboxes, reflectors, and beauty dishes.

Precautions

- Please read and follow these instructions, and keep this manual in a safe place.
- Keep this unit away from water and any flammable gases or liquids.
- Make sure the unit is powered off when plugging it in to a power source.
- Make sure that this product is intact and that there are no missing parts.
- Keep this product away from children.
- Do not use the flash in an environment where moisture may come in contact with the unit.
- Make sure that all connections are secure and that the equipment is properly weighted and balanced before proceeding.
- Do not restrict the ventilation holes when the flash is in use.
- Do not attempt to disassemble or repair this product. There are components inside that can produce a hazardous electric shock.
- All images are for illustrative purposes only.

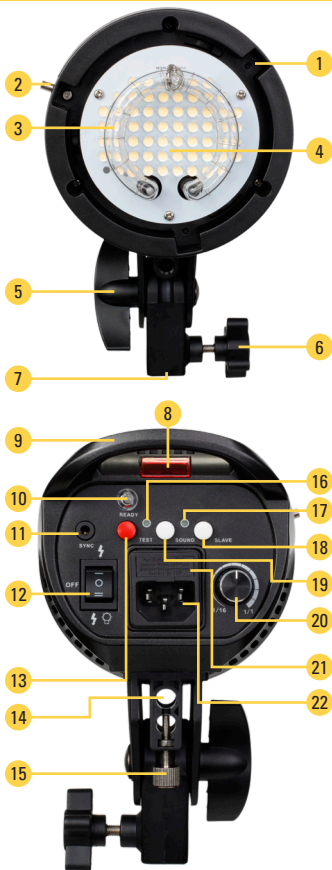
Overview

Front

1. Bowens mount
2. Bowens release button
3. Flash tube
4. Modeling lamp LEDs
5. Tilt knob
6. Locking knob
7. 5/8 in. receiver

Back

8. Optical sensor
9. Handle
10. Recycle indicator
11. Sync socket
12. Power switch
13. Test button
14. Umbrella mount
15. Umbrella locking knob
16. Sound alert indicator
17. Optical slave indicator
18. Optical slave selector
19. Sound alert selector
20. Power adjustment dial
21. Fuse
22. Power socket



Setup

Preparing the Monolight for Use

To begin using the SF-ABRL180, first remove the protective cap by turning it counterclockwise and pulling it off the flash head.

Mounting on a Light Stand

Loosen the locking knob and place the receiver over the light stand's 5/8-inch stud.

Make sure the stud is fully inserted into the receiver before tightening the locking knob until secure.

Adding a Reflector or Speed Ring

The SF-ABRL180 monolight has a Bowens mount for light-shaping accessories. This allows you to attach optional add-ons such as a reflector, beauty dish, or speed ring for a softbox.

To add a reflector, beauty dish, or speed ring:

1. Match up the three tabs on the back of the accessory with the three slots on the flash head.
2. Press in and turn clockwise until the accessory is fully seated inside the mount.



Mounting an Umbrella

The monolight's handle is equipped with an umbrella mount.

To mount an umbrella, fit the umbrella shaft through the umbrella hole, and tighten the locking knob.

To use the umbrella with a reflector, first attach the reflector to the monolight. Then fit the umbrella shaft through the reflector's umbrella hole before you insert it through the handle's umbrella hole.



Note: To avoid damaging the umbrella's shaft, do not overtighten the umbrella locking knob.

Powering the Monolight

Plug the power cord into the back of the monolight. Before plugging it into a power outlet, make sure the power switch is in the off position.

To activate the flash without the modeling light, set the power switch to the top position.

To activate the flash and turn on the modeling light, set the power switch to the bottom position.

Operation

Adjusting the Flash Power

The flash power output is variable over a five f-stop range from 1/1 (full power) to 1/16. Turn the power adjustment dial to set the flash brightness that's perfect for your exposure.

Triggering the Flash

There are three ways to trigger the flash: pressing the Test button, with a sync connection, and activating the optical slave.

Test Button

When the recycle indicator is green, trigger the flash by pressing the Test button. The indicator light will turn red until the battery has recycled.

Triggering the flash is useful when you need to discharge the power built up in the flash unit, for example just before replacing the flash tube.

Sync Connection

Use the sync jack on the back of the SF-ABRL180 to connect the monolight to your camera. Triggering the camera will fire the flash.

The sync jack can also be used to attach a wireless receiver for remote flash operation.

Optical Slave

The SF-ABRL180 is equipped with an optical sensor which allows the unit to be triggered by another flash.

To activate optical slave mode, press the Slave button, and the optical slave indicator will turn on. To deactivate this function, press the Slave button again, and the indicator will turn off.

Audio Alert

When the Sound indicator LED is on, the monolight will emit a beep to indicate the flash has recycled and is ready to fire again.

To turn this function off, press the Sound button. The indicator will turn off. Press the Sound button again to reactivate the function.

Changing the Flashtube

The SF-ABRL180's flash tube is user replaceable. To replace the flashtube, follow these steps:

1. Discharge the flash unit by pressing the test button before and after turning the unit off to discharge the capacitor in the flash.
2. Immediately turn off the power switch to prevent the battery from recharging, and unplug the power cord.

3. After 30 minutes, remove the reflector or softbox from the Bowens mount.

4. Use needle-nose pliers to carefully unhook the retention spring wrapped around the top of the flashtube. Make sure it's disengaged from the flash tube.



5. Once it's unhooked, wear a pair of white cotton gloves or hold a soft, dry cloth to grip the base of the flashtube on each side, and carefully pull the flashtube from the flash unit.

6. Push the pins of the new flashtube into the sockets, using firm and even pressure at its base.

7. Use needle-nose pliers to fasten the retention spring over the hook above the flashtube.



8. After the flashtube has been secured, replace the reflector or softbox.

Changing the Fuse

A 6A fuse is mounted in the rear panel and protects the circuitry of the flash. A spare 6A fuse is fitted with the fuse holder. Always use a fuse with the same type and rating.

1. Turn off the monolight, and disconnect the power supply.
2. Use a small screwdriver to release the fuse cover.
3. Remove the old fuse, and replace it with the new one.
4. Reinsert the fuse holder by pressing it back into place.



Specifications

Maximum Power	180 Ws
Power Control	Full to 1/16
Guide Number	46
Flash Duration	1/800 sec.
AC Input Voltage	110 V, 60 Hz, 5 A
Circuit Protection	Fuse
Recycle Time	0.5 to 2.0 seconds
Flash Ready Indicator	Visual Audio
Accessory Type	Bowens Type
Modeling Light Type	LED
Modeling Light LED Count	60
Modeling Light Output	4 W
Color Temperature	5600 K \pm 100 K
Flash Triggering	Test button Optical slave Sync cable
Sync Voltage	5 V DC
Dimensions (L \times W \times H)	7.5 \times 5.5 \times 7 in. (19 \times 14 \times 17.8 cm)
Weight	2 lb. (0.9 kg)

One-Year Limited Warranty

This Impact product is warranted to the original purchaser to be free from defects in materials and workmanship under normal consumer use for a period of one (1) year from the original purchase date or thirty (30) days after replacement, whichever occurs later. The warranty provider's responsibility with respect to this limited warranty shall be limited solely to repair or replacement, at the provider's discretion, of any product that fails during normal use of this product in its intended manner and in its intended environment. Inoperability of the product or part(s) shall be determined by the warranty provider. 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 damage or defect caused by misuse, neglect, accident, alteration, abuse, improper installation or maintenance. EXCEPT AS PROVIDED HEREIN, THE WARRANTY PROVIDER MAKES NEITHER ANY EXPRESS WARRANTIES NOR ANY IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. This warranty provides you with specific legal rights, and you may also have additional rights that vary from state to state.

To obtain warranty coverage, contact the Impact Customer Service Department to obtain a return merchandise authorization ("RMA") number, and return the defective product to Impact along with the RMA number and proof of purchase. Shipment of the defective product is at the purchaser's own risk and expense.

For more information or to arrange service, visit www.impactstudiolighting.com or call Customer Service at 212-594-2353.

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