

**STROBEPRO**.COM

**300M**

with **XRM** receiver

# Instruction Manual



## FOREWORD

Thanks for choosing the Strobepro 300M studio strobe. It is a lightweight, compact and durable flash with many features. Our Strobepro Bowens speedring mount enables the use of almost any lighting modifier. This product is great for portrait, newborn, small groups, product photography and more. It can also function in a system as a fill light, background light, or hair light in large studios and workshops. The Strobepro 300M flash offers:

- !Short flash duration of 1/2000s, fast recycling, and steplessly adjustable 150W modeling lamp
- Wireless control of the flash power ratio, modeling lamp and buzzer, as well as flash triggering
- !Compact and lightweight body with compatible Bowens mount
- !Flash delay function
- !Precise output control, 30 steps from 5.0-8.0 in 0.1 increments
- Auto power discharge when the flash output is adjusted from high to low
- Stable color temperature ranging within 5600±200K

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## FOR YOUR SAFETY

To prevent damage to the product or injury to you or to others, read the following safety precautions in their entirety before using this product. Keep these safety instructions where users can read them for ready reference.

### Do not disassemble or modify !

There are high-voltage components inside the unit. Failure to observe this precaution could result in electric shock or product malfunction. Should the product break open as the result of a fall or other accident, send the defective unit back to a Strobepro authorized service center for inspection and maintenance.

### Keep dry !

Do not handle with wet hands, or immerse in water, or expose to rain. Failure to observe this precaution could result in fire or electric shock.

### Keep out of the reach of children !

This device contains small parts that may pose a choking hazard. Consult a physician immediately if a child swallows any part of this device.

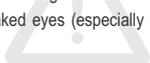
### Do not expose to high temperature !

Do not leave the device in a closed vehicle in the sun or in other areas subject to extremely high temperature. Failure to observe this precaution could result in fire or damage to the housing or internal parts.

## CAUTION

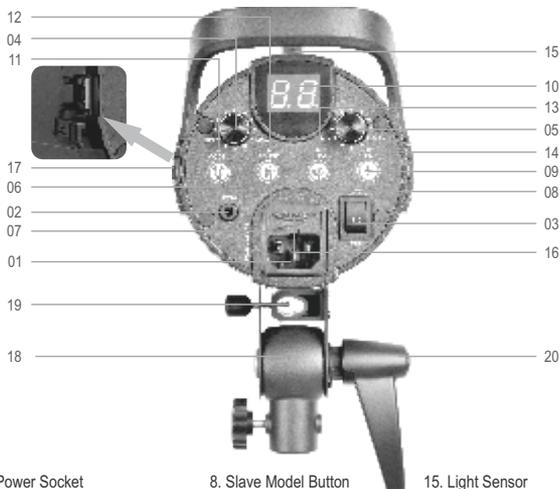
- After 30 continuous flashes at full power, the flash should be cooled down for about 3 minutes. Overheating will occur if it is used continuously without cooling down.
- Do not keep using the modeling lamp for a long time, otherwise flammable accessories attached to the flash head, e.g. softbox could 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 damage to the strobe housing and/or studio light.
- Do not touch the lamp cap when the flash or modeling lamp is working, as it will give out heat, leading to high surface temperature.

- Do not touch the two terminals of the tube outlet as there is high voltage inside. Wear insulated gloves before replacing the tube or modeling lamp.
- Avoid sudden impacts as this can damage the flash tube and/or modeling lamp.
- Do not flash directly towards naked eyes (especially those of babies), otherwise it may lead to visual impairment.



## NAMES OF PARTS

### • Body



- |                                    |                                |                                |
|------------------------------------|--------------------------------|--------------------------------|
| 1. AC Power Socket                 | 8. Slave Model Button          | 15. Light Sensor               |
| 2. Sync Cord Jack                  | 9. Test Button                 | 16. Fuse                       |
| 3. Power Switch                    | 10. Digital Display            | 17. Wireless Control Port      |
| 4. Modeling Lamp Output Controller | 11. Modeling Lamp Indicator    | 18. Mounting Bracket           |
| 5. Flash Output Controller         | 12. Buzz Indicator             | 19. Umbrella Input             |
| 6. Modeling Lamp Button            | 13. Slave Triggering Indicator | 20. Direction Adjusting Handle |
| 7. Sound Button                    | 14. Test Indicator Lamp        |                                |

### • Accessories

1. Power Cord
2. Lamp Cover
3. Modeling Lamp
4. Standard Reflector
5. Instruction Manual



### • Separately sold accessories

The product can be used in combination with any Strobepro or Bowens mount accessories sold separately.

**XTM Trigger, Softbox, Photographic Umbrella, Light Stand, Barndoor, Snoot, etc.**

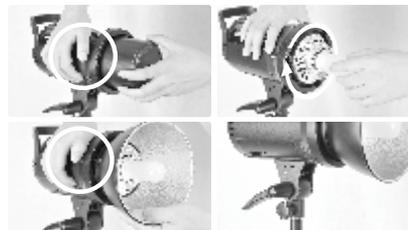


## OPERATIONS

### • Flash Preparation

#### 1. TAKE OFF THE LAMP COVER.

Install the modeling lamp and put on the standard reflector if required. **The hole in the reflector should be at the bottom.** (To uninstall the standard reflector, press the release button on the flash head and turn the standard reflector counter-clockwise to take it out, as illustrated in the picture.)



**2. Attach the flash unit on an appropriate light stand. Adjust the mounting bracket (18) for a good angle and make sure it's tightened and fixed. Use the direction adjusting handle (20) to adjust the flash to a desired direction.**

### • Power Connection

Use the power cord to connect the flash to an AC power source and turn on the power switch (3). The Digital Display (10) lights up, indicating it's connected.

### • Modeling Lamp

Modeling Lamp Button (6) controls the modeling lamp status: when modeling lamp indicator lights up, modeling lamp is on; if not, modeling lamp is off. Modeling lamp output controller (4) is used for adjusting the power output level of modeling lamp. Modeling lamp will be off automatically after lighting for 2 hours, avoiding overheating due to long unattended use.



When there is a flammable accessory on the flash unit, do not keep the modeling lamp on for a long time. It is recommended to cool it down for one minute after 10 minutes of use.

### • Power Output Control

Flash output controller (5) controls different power levels. The power is adjustable from 5.0 to 8.0 which will be shown on the digital display (10). "OF" on the display indicates that the flash triggering function is turned off. It can automatically discharge power when the flash output is adjusted from high to low.

### • Test Button

To fire the flash without taking a picture, press the test button (9). It can also help adjust the flash brightness when combined with the flash output controller (5).

### • Sync Triggering

The sync cord jack (2) is a  $\Phi 3.50\text{mm}$  plug. Insert a trigger plug here and the flash will be fired synchronously with the camera shutter.



### • Slave Trigger Model

Three slave triggering models are available and can be set by pressing Slave Model Button (8).

**1) No optical control:** The slave indicator (13) is off, indicating the slave triggering function is shut down.

**2) Slave mode:** The slave indicator (13) glows blue, indicating the flash will fire synchronously when any flash fires. In this model, the flash can function as a slave flash, offering various effects of light and shadow. (limited by line of site)

**3) Anti-preflash mode:** The slave indicator (13) glows red, indicating the flash will ignore a single "pre-flash" from the master flash and will only fire in response to the second actual flash

from the master. It is applicable when using a TTL master flash. **This mode is only for special circumstances and not normally used.**

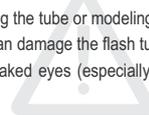
### • Buzz Function

The sound button (7) is used to decide whether there is a sound reminder for ready flash after recharging. When the buzz indicator (12) is on, it means the buzz function is enabled; if it is off, the buzz function is shut down. A "Beep" sound will be heard when it's fully charged.

### • Memory Function

The device is equipped with a memory function for the panel setting. It will 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.

- Do not touch the two terminals of the tube outlet as there is high voltage inside. Wear insulated gloves before replacing the tube or modeling lamp.
- Avoid sudden impacts as this can damage the flash tube and/or modeling lamp.
- Do not flash directly towards naked eyes (especially those of babies), otherwise it may lead to visual impairment.



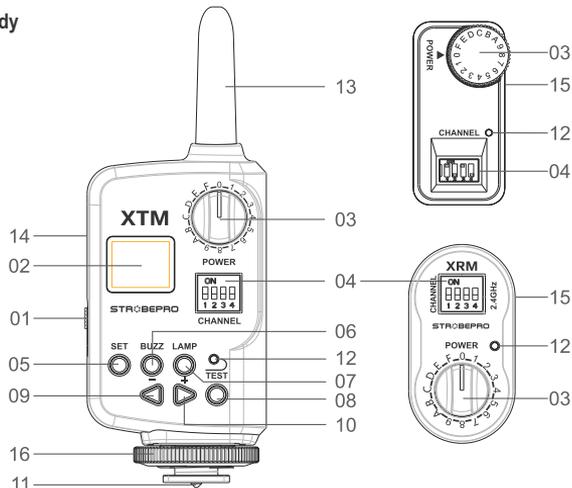
### • Tube Replacement

Shut down the power and remove the power cord before replacing the flash tube and wear insulated gloves. Then, loosen the iron wire on the tube, keep a balanced hold on the two feet of the flash tube and pull out the old tube gently. Take down the feet casing from the old tube and put it on the new one. Hold two feet of the new tube, and target directly towards the two copper outlets, then push them slightly in. Twine the iron wire on the stainless steel sheet to fix the flash tube.



## NAMES OF PARTS

### • Body



- |                                    |                          |                            |
|------------------------------------|--------------------------|----------------------------|
| 1. ON/OFF Switch                   | 6. Buzz Button (BUZZ)    | 11. Hot Shoe               |
| 2. LCD Display                     | 7. Modelling Lamp (LAMP) | 12. Indicator              |
| 3. Power-Control Group Select Dial | 8. Test Button (TEST)    | 13. Antenna                |
| 4. Channel Select Switch           | 9. <-> Button            | 14. Battery Compartment AA |
| 5. Set Button (SET)                | 10. <+> Button           | 15. Wireless Control Plug  |

## WIRELESS SETUP

1. Insert the XRM Receiver into the Wireless Control Port (17) on the left side of the strobe.
2. Insert the XTM Transmitter into your flash hotshoe.
3. Match the Channel Dip switch position (04) on the XRM and XTM.
4. Match the Group on the command dial (03) on the XRM and XTM.
- 5. IMPORTANT** Set Button (SET)  
Hold Set Button for 2 seconds to switch power ratio mode. **For the 300M it should be "5.0-10"**. The other options are "1.0-7.0" (NOT USED) and "1/128-1/1" which can be used with Strobepro X60 speedlites or XPRO strobes.

### Multiple Strobes

You can have multiple strobes on different groups. Simply change the Group (03) on the additional XRM units. To control them individually just rotate the dial (03) on your Transmitter to your desired strobe.

### Strobepro XT and XTM/XTR Relationship

When using the XT transmitter with the XRM receiver, you must use manual mode. The XTM cannot transmit TTL or HSS.

XTM (Dip Switch)								
XT (Screen)	CH01	CH02	CH03	CH04	CH05	CH06	CH07	CH08
XTM (Dip Switch)								
XT (Screen)	CH09	CH10	CH11	CH12	CH13	CH14	CH15	CH16

## XTM BUTTONS

### Buzz Button (BUZZ)

Turns the recycling beep on and off. When the beep is turned on, will be shown on the LCD display.

### Modelling Lamp Button (LAMP)

Press the button to turn the modelling lamp on or off. When on, will be displayed on the LCD display.

### <-><+> Buttons

Press the buttons to increase or decrease the power. Power range is "OF, 5.0-10". To turn a group off press the + and - at the same time. The LCD display will show OF.

### Test Button (TEST)

Press Test Button to fire the flash.

## TECHNICAL DATA

<b>Model</b>	<b>Strobepro 300M</b>
Max Power (WS)	300Ws
Guide Number(m ISO 100)	58
Color Temperature	5600±200K
Operating Voltage	AC100-120V/60Hz
Power Output Control	OFF, 5.0-8.0 (1/32-1/1)
Modeling Lamp (W)	150W
Recycle Time	0.3-1.5s
Triggering Method	Sync cord, Test button, Slave triggering, Wireless control port
Flash Duration	1/2000-1/800s
Fuse	8A
Dimension	Flash diameter Φ12.5cm, height of flash with handle 25cm, length of flash with modeling lamp 30cm
Net Weight	Approx. 1.6kg

## CONTACT

Strobepro Studio Lighting Inc.  
[www.strobepro.com](http://www.strobepro.com)

## MAINTENANCE

- Shut down the device immediately if it is operating abnormally
- Avoid sudden impacts.
- It is normal for the lamp to be warm when in use. Avoid continuous flashes if unnecessary.
- Maintenance of the flash must be performed by our authorized maintenance department which can provide original parts.
- The flash-tube and the modeling lamp are user-replaceable. Replacement tubes and lamps can be obtained from Strobepro.
- This product, except consumables e.g. flash tube and modeling lamp, is supported with a one-year warranty.
- Unauthorized service will void the warranty.
- If the product had failures or was wet, do not use it until it is repaired by professionals.
- Disconnect the power when cleaning the flash or when changing the flash tube / modeling lamp.
- Changes made to the specifications or designs may not be reflected in this manual.

Made In China

