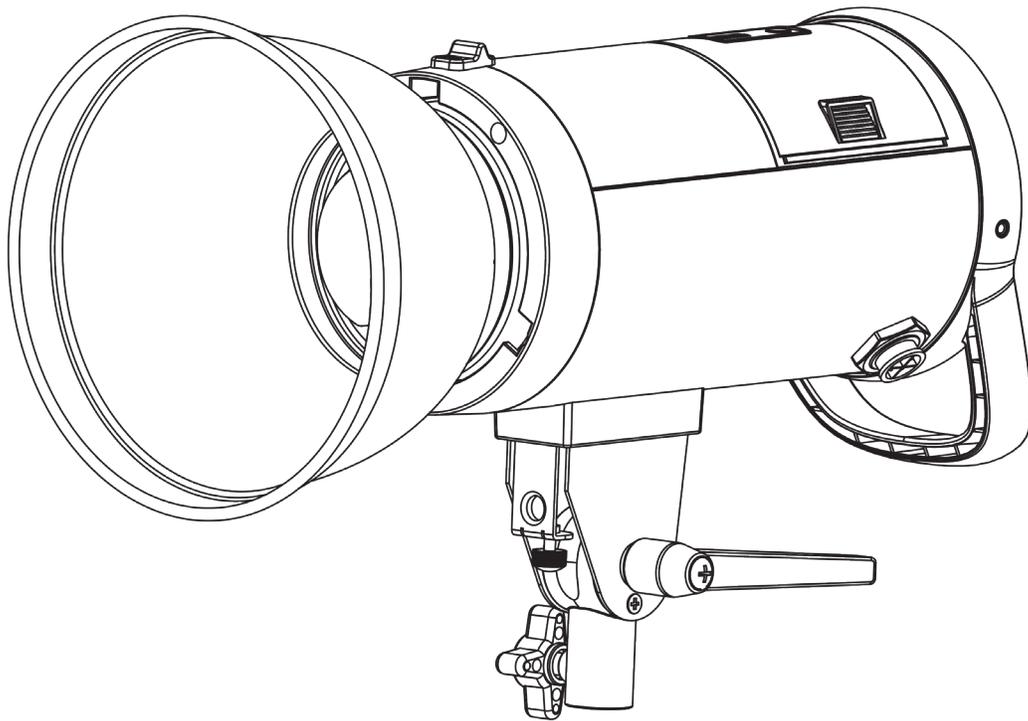


# interfit S1

## Battery-Powered TTL/HSS Flash

### Instruction Manual



# Interfit S1 Battery-Powered TTL/HSS Flash Unit

## What's cool about the Interfit S1?

The S1 is the first high-tech TTL HSS monolight to include intelligent TTL and HSS technology in a battery-powered monolight with an included International Multi-Voltage AC Power adapter in one complete package. Through-The-Lens Metering (TTL) Mode uses the S1's entire 9-stop power range (500W - 1.9Ws) and is automatically calculated in 1/10th stop increments, allowing for  $\pm 3$  stops of exposure compensation. Manual Mode utilizes the entire 9-stop power range in 1/10th stop increments, and High-Speed Sync (HSS) in Manual Mode at up to 1/8000th of a second shutter speed uses the top 3 stops of the power range (10.0 - 8.0) while also being manually adjustable in 1/10-stop increments.

## How do I keep my Interfit S1 and myself safe?

1. Always keep this product from rain or dampness to avoid fire or electric shock.
2. This product contains high-voltage electronic parts. Touching the high-voltage circuit inside it may result in electric shock and/or product failure. Do not disassemble. Tampering with your flash unit will void the warranty. Should repairs become necessary, this product must be sent to an Interfit repair facility.
3. Stop using this product if it breaks open due to explosion, falling or a strong blow. Continued use may result in electric shock and/or further product damage.
4. Do not fire the flash directly into the eyes (especially those of babies) within short distances. Otherwise visual impairment may occur.
5. Do not use this flash unit in the presence of flammable gases, chemicals and/or other flammable materials. In certain circumstances, these materials may be sensitive to the strong light emitting from this flash unit and fire or electromagnetic interference may result.
6. Do not leave or store this flash unit if the ambient temperature reads over 120°F/50°C (e.g. in automobile). Prolonged exposure to excessive heat may damage electrical components.

## How does Interfit protect my Interfit S1?

Your Interfit S1 is protected by a one-year warranty against manufacturer defects. Warranty does not cover consumables, such as the flash tube, battery, or glass dome.

You can reach Interfit Photographic Ltd. for customer service at:

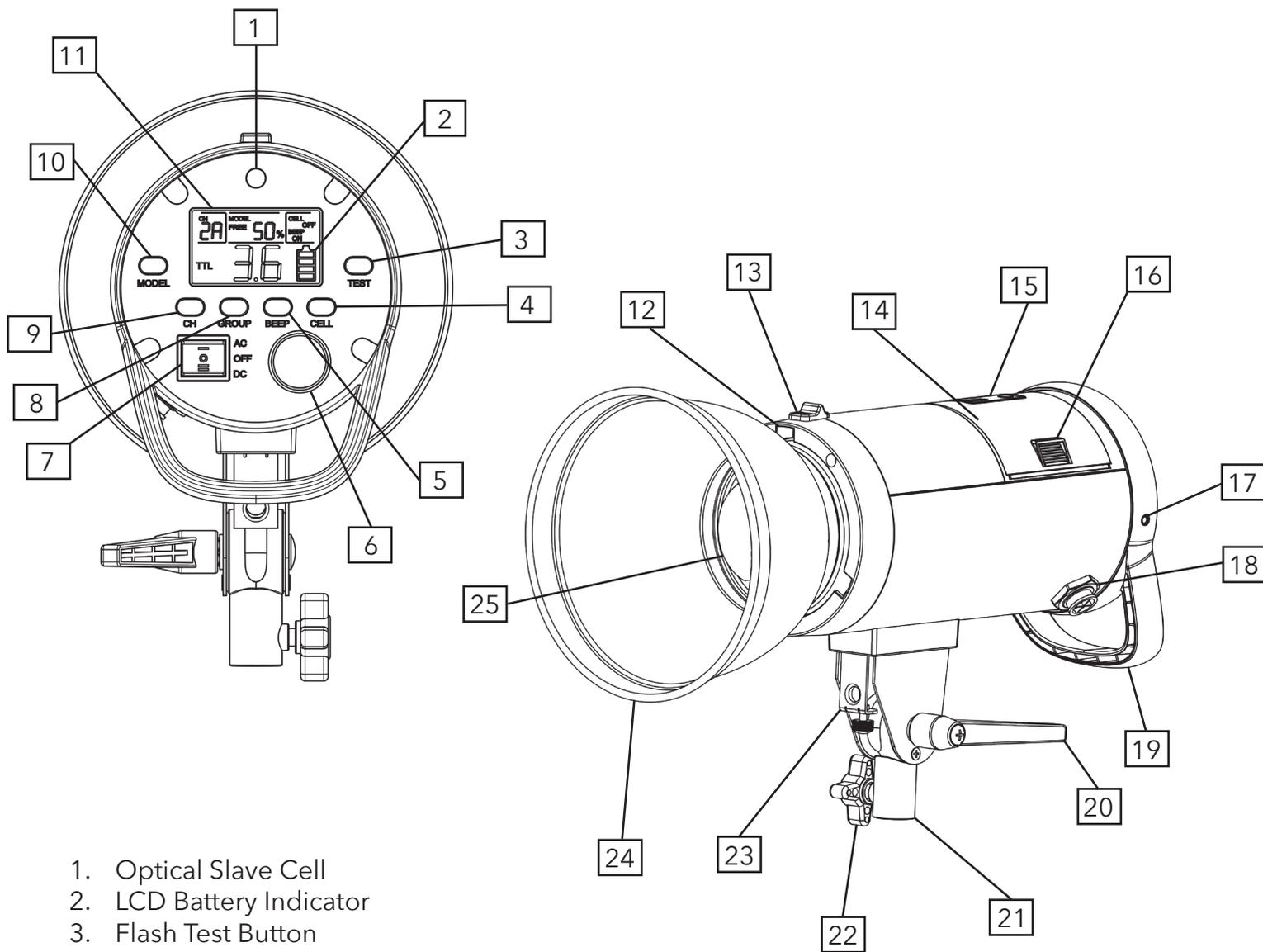
Interfit Photographic USA  
1 (866) 947-9796  
support@interfitphotographic.com

Interfit Photographic UK  
+44 (0) 121-522-4800  
sales@interfitphotographic.com

## Table of Contents

Interfit S1 Overview.....	3
Accessorizing the Interfit S1 .....	4
Protective Cap.....	4
Bowens® Mount Modifiers.....	4
Softboxes.....	4
Umbrellas.....	5
Sync Cable.....	5
Remote.....	5
Third-Party Remotes.....	5
Using the Interfit S1.....	6
Powering On/Off.....	6
Adjusting the Flash Power.....	6
Using the Modeling Lamp.....	6
Setting Channels.....	6
Setting Groups.....	7
Beep Button.....	7
Optical Slave Cell.....	7
Shooting Modes.....	7
Sync Modes.....	7
Using High-Speed Sync (HSS).....	7
Using Through-The-Lens (TTL) Metering.....	8
Charging the Battery.....	8
Mounting to a Light Stand.....	8
Replacing the Flash Tube and Frosted Glass Dome.....	8
Firmware Updates.....	8
Interfit S1 Specifications.....	9

# Interfit S1 Overview



1. Optical Slave Cell
2. LCD Battery Indicator
3. Flash Test Button
4. Cell Button
5. Beep Button
6. Power Dial
7. 3-Way Power Switch
8. Group Selection Button
9. Channel Selection Button
10. Modeling Lamp Button
11. LCD Display
12. Bowens® S-Type Mount
13. Modifier Quick-Release
14. Lithium-Ion Battery
15. Physical Battery Indicator
16. Battery Quick-Release Tab

17. Sync Port
18. AC Power Port
19. Grip Handle
20. Ratcheting Tilt Lock
21. Light Stand Mount
22. Stand Mount Knob
23. Umbrella Mount
24. Bowens S-Type Mount
25. Glass Dome, Flash Tube and LED

# Accessorizing the Interfit S1

## Protective Cap

Every S1 flash head includes a protective end cap. The end cap offers protection to the glass dome, flash tube, and LED modeling lamp during transportation and storage.

To remove the protective cap, pull back on the modifier quick-release on the top of the flash unit to release the mount lock. While holding back the release button, twist the cap counter-clockwise.

To place the protective cap back on the flash unit, insert the three prongs of the end cap into the mount and rotate clockwise until you hear a click.

## Bowens® Mount Modifiers

Modifying the light from your S1 is key to creating dynamic images. The S1 can be used with any light modifier with a Bowens® S-Type mount.

To attach a Bowens® mount modifier to the S1, simply insert the three prongs of the modifier ring into the mount and rotate clockwise until you hear a click. To remove the modifier, pull back on the modifier quick-release on the top of the flash unit to release the mount lock and rotate the modifier counter-clockwise.

## Softboxes

Softboxes' variety of shapes and sizes allow for endless lighting possibilities. The S1 utilizes a mounting system that fits softboxes with Bowens® mount speedrings.

To attach a softbox with a Bowens® mount speedring, simply insert the three prongs of the speed ring into the mount and rotate clockwise until you hear a click. To remove the softbox, pull back on the modifier quick-release on the top of the flash unit to release the mount lock and rotate the softbox counter-clockwise.

Interfit offers a variety of light modifiers as well as various branded speedrings to make your favorite modifiers compatible with our lighting systems.

# Accessorizing the Interfit S1

## Umbrellas

Umbrellas are the most widely-used modifiers in photography. Their ease-of-use and versatility makes them quick to master; a go-to modifier in many situations.

Umbrellas can be mounted to the S1 using the umbrella shaft mount on the bottom of the flash unit. The shaft mount can accommodate the wide variety of Interfit brand umbrellas and parabolic umbrellas as well as most umbrellas up to a 3/8" (8mm) diameter pole. Make sure to securely tighten the thumb screw on the umbrella mount.

## Sync Cable

Sync cables allow the flash to be triggered by the camera via physical tethered connection. While sync cables are the most economical way to trigger a flash, they will not allow you to make any adjustments to the flash from the camera. They will also not allow you to use HSS or TTL.

A sync cable is included with your S1 and can be plugged into the sync port on the rear left side of the flash unit and the corresponding sync port on your camera. To connect the cable to the light, insert the 3.5mm (headphone jack) plug into the sync port on the light. Take the other end of the cable and connect it to the PC terminal on your camera (\*consult your camera user manual to locate the PC terminal on your camera. Some camera models do not have a PC terminal and may require a separate adapter).

## Remotes

The S1 is compatible with all Interfit TTL Remotes as well as the Interfit Manual Remote. Using these remotes allows you to control all functions of the light wirelessly, though only the Interfit TTL remotes will be able to activate and control the TTL and HSS functions of the S1. The Interfit TTL remotes are brand specific and must correspond to the brand of camera being used. This remote mounts to your camera's hot shoe and communicates to the S1 unit without an additional receiver. Interfit Remotes are sold separately.

*\*Compatible remotes include:*

- Interfit TTL Remote for Canon*
- Interfit TTL Remote for Nikon*
- Interfit TTL Remote for Sony*
- Interfit Manual Remote (manual mode only)*



## Third Party Remotes

The S1 is compatible with all third-party remotes using a receiver via sync cable. While these remotes ie. PocketWizard or Yongnuo, will allow you to trigger the S1, they will **not** allow you to make any power adjustments from the camera or use TTL or HSS. All power adjustments must be done manually through the back of the light when using third-party remotes.

# Using the Interfit S1

## Powering On/Off

There are two ways to power on your S1. To use the battery power, simply insert the battery to the battery compartment of the flash head and turn the power switch the DC. To use an AC power supply, plug in the AC converter included with the light to the underside of the unit and plug into a 110V/ 60Hz (220V/50Hz) grounded power outlet. Turn the power switch on the light to AC.

NOTE: The AC power mode can be used with or without the battery in place. The battery will not charge in the light and rather must be charged with the separate charger included with the light. The battery's life cycle is lengthened as it is not constantly discharged and recharged when used in AC mode.

## Adjusting the Flash Power

Your S1 is packed with 500Ws of power. This power is adjustable over a 9-stop range and can be adjusted in 1/10th of a stop intervals. Use the power adjustment dial on the back of your S1 to adjust the power from 10.0 (full power) to 2.0 (lowest power) in manual mode. Power is displayed on the LCD screen. When in HSS mode, the power will only adjust from 10.0 (full power in HSS) to 8.0 (lowest power in HSS).



### Using the Test Function

The "TEST" button will illuminate blue when the flash is charged and ready for use. The blue indicator light will turn off immediately after the flash has fired, and turn on again once the light has fully recycled. Recycle is also indicated by an audible beep when the "BEEP" function is enabled.



### Using the Modeling Lamp

To use the 10W LED modeling lamp, press the "MODEL" button on the back interface of the S1 to toggle through two different modeling lamp intensities or turn it off.

- 50% - Toggle the modeling lamp to 50% for half of the modeling lamp power.
- 100% - Toggle the modeling lamp to 100% to use the modeling lamp on full power.



### Setting Channels

**\*\*Setting the control channel is only necessary when using the Interfit remotes. If you are using a third-party radio system or optical slave, you can skip this section. When using the manual remote, 15 channels will show, but only the first 8 can be used with the S1.**

Having 8 unique radio control channels allows you to use your lights in close proximity with another photographer without interfering with one another. Press the "CHANNEL" button to toggle through the 8 available isolated control channels. Make sure the channel selected on your S1 matches the selected channel on your Interfit remote.

# Using the Interfit S1



## Setting Groups

**\*\*Setting the control group is only necessary when using the Interfit remotes. If you are using a third-party radio system or optical slave, you can skip this section. When using an Interfit TTL remote, only groups A-C are available.**

Setting the control group allows you to independently control the power of each light in your studio without affecting your other lights. Your S1 can be set to eight different control groups (A-H). Press the "GROUP" button to assign your light to it's own group.



## Beep Button

Press the "BEEP" button to turn on or off the beeping sound for button presses\*, flash power adjustments, and flash refresh notifications.

\*When using an Interfit remote, the beep will sound if you attempt to lower the power below 4.0, regardless of whether the beep function has been turned off.



## Optical Slave Cell

When using a multiple light setup with your Interfit S1 and a sync cord or a third-party remote, turn on the "CELL" button to activate the optical slave function. This will allow the light to be triggered by the light of your other flashes. NOTE: This requires direct line of sight between lights.

## Shooting Modes

When shooting with the Interfit TTL remote, select from a manual shooting mode or the TTL (Through-The-Lens) mode. Press the button beneath "MODE" on the TTL remote to toggle between shooting modes.

## Sync Modes

When shooting with the Interfit TTL remote, select from three different sync modes. Press the button beneath sync to toggle the sync mode to first curtain, second curtain or HSS.

**Note:** Nikon users switch between 1st and 2nd-curtain sync via the camera and enable HSS by increasing the shutter speed on their camera with Auto FP mode enabled.

## Using HSS (High Speed Sync)

Use the Interfit TTL remote to toggle the shooting mode of your S1 to HSS. This shooting mode will allow you to use shutter speeds of up to 1/8000th and trigger the flash. The power range read out will change to 8.0-10.0. These output levels do not directly correlate with the 8.0-10.0 flash in manual mode. There will be a noticeable decrease in flash output as the S1 will put out a series of low power flashes allowing for correct exposures at high shutter speeds.

## Using TTL (Through-The-Lens Metering)

TTL (Through-The-Lens Metering) is an automatic flash exposure that is predetermined by your camera's settings and internal light meter. TTL is most useful in rapidly changing lighting environments.

When the TTL shooting mode is selected with the Interfit TTL remote, power adjustment on the remote will change to a +/- display. The light output will be automatically set by the camera but can be fine-tuned using exposure compensation. Exposure compensation can be set using the +/- power buttons on the remote. Adjustments can be made in 1/10th stop increments up to +3 or -3 stops.

## Charging the Battery

To check the amount of charge left on the battery, either press and hold the button on the battery indicator on top of the battery, or turn the light to DC power mode with the battery inserted to view the LCD battery indicator on the Interfit S1's LCD screen.

To charge the battery, remove it from the light by pressing together the tabs on both sides of the battery and lifting straight up. Plug the included battery charger into the battery, then plug the charger into a wall outlet to charge. There will be no indicator on the battery while charging, but the light on the AC converter/charger will light up red while charging and green when completed. A full charge will take about 3 hours.

**NOTE:** Only use the included battery charger with your Interfit S1 battery. Using other brand chargers could damage the battery and will void its warranty.

## Mounting to a Light Stand

Your S1 will mount to most standard light stands with a 5/8" stud. Unscrew the Stand Mount Knob until the mount fits onto the light stand. Make sure to turn the Stand Mount Knob until tight.

Use the Ratcheting Tilt-Lock to adjust the angle of the light on the stand. Once loosened, simply push the light in the direction you want to tilt and it will click into place in increments. The resistance of the Ratcheting Tilt-Lock provides extra security when using large, heavy modifiers.

## Replacing the Flash Tube and Frosted Glass Dome

Both the flash tube and frosted glass dome are user-replaceable\*. Replacement parts can be purchased through the Interfit website or a certified Interfit dealer.

*\*The oil from your fingers will damage flash tubes. Be sure to handle new flash tubes with gloves or clean cloth. Always use caution when handling broken glass.*

## Firmware Updates

To ensure proper communication between the S1, the TTL remote, and your camera, make sure the firmware on **both your light AND remote** are updated to the most recent version. The newest firmware updates are available in the support section of the Interfit website.

To check the firmware version on your light, power the light off, press and hold the "TEST" button, and power the light back on. A number (1.5, 2.0, etc.) will appear on the LCD readout that corresponds to the firmware version. To see which version of firmware your remote is using: power the remote on and press and hold the "mode" button. A letter and number (b 01, b 02) will appear on the LCD readout that corresponds to the firmware version.

## Interfit S1 Specifications

Max Watt Seconds	500Ws
Power Range	9-Stops (500Ws - 1.9Ws)
Guide Number	148 (100 ISO, 1/125, 1 meter, 7" reflector)
Variability	1/10th stop increments
Recycle Time	3 seconds at full power
Flash Duration	1/900 at full power
Color Temperature	5700K +/- 100K
Modeling Lamp	10w LED (Proportional)
Wireless Control	Yes
Shooting Mode	Manual, TTL, HSS
Max Sync Speed	1/250 sec. Manual, 1/8000 sec. HSS
Fan Cooled	Yes
Auto Dump	Yes
Temperature Regulation	Yes
Umbrella Mount	Fits umbrella shafts up to 5/8"(8mm)
Dimensions	13.4" x 9.1" x 5.1"
Weight	6.3 lbs