

[Manuals.plus](#) /

› [CowboyStudio](#) /

› CowboyStudio Mettle 400W Monolight Strobe Flash User Manual

CowboyStudio Mettle 400C

CowboyStudio Mettle 400W Monolight Strobe Flash User Manual

Model: Mettle 400C

1. INTRODUCTION

The CowboyStudio Mettle 400W Monolight Strobe Flash is designed to provide a powerful and consistent light source for photography. This unit produces an instantaneous flash of artificial light at a color temperature of approximately 5500 K, suitable for illuminating various scenes. Its 400-watt output makes it effective for situations requiring significant light. The monolight features a Bowens style mount for compatibility with a wide range of light modifiers and can operate as a slave unit for versatile studio setups.

2. SAFETY INFORMATION

- Always ensure the unit is powered off and unplugged before making any adjustments or performing maintenance.
- Do not touch the flash tube or modeling lamp immediately after use, as they can become extremely hot.
- Avoid direct eye exposure to the flash.
- Keep the unit away from water and other liquids to prevent electric shock.
- Ensure proper ventilation around the unit during operation to prevent overheating. The built-in fan cooler assists with heat dissipation.
- Use only the provided power cord and sync cord.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- One (1) 400 WS Flash tube (pre-installed)
- One (1) 150W Halogen Modeling lamp (pre-installed)

- One (1) Protective cap for flash tube
- One (1) 10m (33') Sync Cord
- One (1) 5m (16.5') grounded power cord
- Instruction manual (this document)

4. PRODUCT OVERVIEW

The Mettle 400C monolight features a durable metal body and a Bowens style mount for attaching various light modifiers such as softboxes and beauty dishes. It includes a 400 WS flash tube and a 150W modeling lamp for continuous lighting and focus assistance.



Figure 4.1: Front view of the Mettle 400C Monolight. This image displays the front of the monolight, clearly showing the flash tube and the modeling lamp, which are essential components for light output and focusing.



Figure 4.2: Side view of the Mettler 400C Monolight. This image provides a side perspective of the monolight, illustrating its compact design and the connection point for the power cord.



Figure 4.3: Rear view of the Mettler 400C Monolight. This image shows the rear of the unit, including the protective cap covering the flash tube and modeling lamp, and potentially control dials or ports.

5. SETUP

1. **Mounting the Monolight:** Attach the monolight to a compatible light stand using the integrated mounting bracket. Secure it firmly by tightening the adjustment knob.
2. **Attaching Light Modifiers:** If using a light modifier (e.g., softbox, reflector), align its Bowens mount with the

monolight's mount and twist to lock it into place.

3. **Connecting Power:** Insert the 5m (16.5') grounded power cord into the power input socket on the monolight and then into a suitable electrical outlet.
4. **Connecting Sync Cord (Optional):** For wired synchronization, connect the 10m (33') sync cord to the sync port on the monolight and to your camera's PC sync terminal or a compatible trigger.
5. **Protective Cap:** Remove the protective cap from the flash tube and modeling lamp before operation. Always replace it when transporting or storing the unit.

6. OPERATING INSTRUCTIONS

1. **Power On/Off:** Locate the power switch on the unit and switch it to the 'ON' position. The modeling lamp may illuminate, and the unit will begin to charge.
2. **Adjusting Flash Power:** Use the power adjustment dial or buttons (if present) to set the desired flash output level. Refer to the unit's display or indicators for the current power setting.
3. **Modeling Lamp Control:** The 150W halogen modeling lamp can be turned on or off independently. It provides continuous light to help visualize lighting effects before the flash fires.
4. **Slave Mode:** The monolight can act as a slave unit. When enabled, it will optically trigger when it detects a flash from another strobe or camera's built-in flash. Ensure the slave sensor is unobstructed.
5. **Test Flash:** Press the 'Test' button to fire a test flash and verify the power setting and light output.
6. **Cool Down:** After extended use, especially with the modeling light on, allow the unit to cool down with the fan running before powering it off completely. This helps prolong the life of the bulbs and internal components.

7. MAINTENANCE

- **Cleaning:** Gently wipe the exterior of the monolight with a soft, dry cloth. For the flash tube and modeling lamp, use a clean, lint-free cloth. If the flash tube is touched, clean it with rubbing alcohol to remove oils, which can create hot spots and reduce its lifespan.
- **Modeling Lamp Replacement:** The 150W halogen modeling lamp is user-replaceable. Ensure the unit is unplugged and cool before carefully unscrewing the old lamp and screwing in a new one.
- **Flash Tube Replacement:** The 400 WS flash tube in this model is generally not designed for user replacement. If the flash tube fails, professional service is recommended. Attempting to replace it yourself may void the warranty or damage the unit.
- **Storage:** Store the monolight in a dry, dust-free environment. Always attach the protective cap when not in use.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Monolight does not power on.	No power supply; faulty power cord; unit malfunction.	Check power cord connection and wall outlet. Try a different outlet. Ensure power switch is ON.
Flash does not fire.	Unit not charged; sync cord not connected; slave sensor obstructed; flash tube failure.	Wait for the unit to fully charge. Check sync cord connection. Ensure slave sensor is clear. If flash tube is suspected, professional service may be required.

Problem	Possible Cause	Solution
Modeling lamp does not light up.	Lamp burned out; lamp not properly seated; modeling lamp switch off.	Check modeling lamp switch. Ensure lamp is screwed in correctly. Replace modeling lamp if burned out.
Overheating.	Insufficient ventilation; prolonged use at high power.	Ensure clear airflow around the unit. Reduce usage time or power output. Allow unit to cool down with fan running.

9. SPECIFICATIONS

- **Model:** Mettle 400C
- **Flash Output:** 400 WS
- **Modeling Lamp:** 150W Halogen
- **Mounting Type:** Bowens Mount
- **Wireless Communication Technology:** Optical Pulse (Slave)
- **Color:** Black
- **Product Dimensions:** 20 x 20 x 20 inches
- **Item Weight:** 6.9 pounds
- **Manufacturer:** CowboyStudio
- **Date First Available:** July 5, 2011

10. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the official CowboyStudio website or contact their customer service. Keep your purchase receipt as proof of purchase for any warranty claims.

11. OFFICIAL PRODUCT VIDEOS

No official product videos from the seller were found for this item.