Metz MZ M400P

Metz M400 Series Mecablitz Compact Flash for Pentax Instruction Manual

Model: MZ M400P
Brand: Metz

1. INTRODUCTION

The Metz Mecablitz M400 represents a new generation of compact flash systems, specifically designed for mirrorless system cameras. This unit is an ideal choice for photographers and filmmakers seeking a versatile and convenient flash solution. The M400 is equipped with advanced features to meet diverse shooting requirements. It boasts a guide number of 40 (at ISO 100), ensuring ample light for various photographic situations. Its versatile lighting capabilities are enhanced by a motor zoom function (24-105mm), a fully pivotable reflector with a removable reflector card, and an integrated wide-angle diffuser (12mm). The M400 supports both TTL and servo wireless operation, offering flexible control. User interaction is streamlined through an innovative OLED display and a simplified interface. The AUTO TTL mode allows the camera to automatically control the flash for optimal lighting, making it user-friendly for beginners. The flash supports synchronization with the first or second shutter curtain and high-speed sync (HSS or FP). The M400's firmware can be updated via a USB interface, ensuring its continued compatibility and performance.

Figure 1.1: The Metz M400 Compact Flash Unit, showcasing its compact design and flash head.

2. WHAT'S IN THE BOX

Upon opening the package, please verify that all the following components are included:

- Metz Mecablitz M400 Flash Unit
- Instruction Manual (this document)
- Quick Guide
- Protective Sleeve

3. SETUP

3.1 Battery Installation

The Metz M400 requires 4 AA batteries (not included). Ensure to use high-quality alkaline or rechargeable NiMH batteries for optimal performance.

1. Locate the battery compartment door on the side or bottom of the flash unit.
2. Open the battery compartment door by sliding or lifting it according to the indicator.
3. Insert the 4 AA batteries, paying close attention to the polarity markings (+ and -) inside the compartment.

Incorrect insertion can damage the unit.

4. Close the battery compartment door securely until it clicks into place.

3.2 Attaching to Camera

The M400 is designed to mount onto your camera's hot shoe.

1. Ensure both the camera and the flash unit are powered off.
2. Slide the mounting foot of the M400 into the camera's hot shoe.
3. Secure the flash unit by tightening the locking wheel or lever on the flash foot (if present) until it is firmly attached. Do not overtighten.

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4. OPERATING THE FLASH

4.1 Powering On/Off

Press and hold the power button (usually marked with a power symbol) to turn the flash unit on or off. The OLED display will illuminate upon power-on.

Figure 4.1: The M400's OLED display and control buttons for mode selection and navigation.

4.2 Understanding Flash Modes

The M400 offers several operating modes, accessible via the MODE button and navigated using the control dial/buttons:

- **AUTO TTL:** This is the primary automatic mode. The camera and flash communicate to determine the optimal flash output for correct exposure. This mode is recommended for most users, especially beginners.
- **Manual (M):** Allows you to manually set the flash output power (e.g., 1/1, 1/2, 1/4, etc.). This mode provides full creative control over lighting.
- **Wireless (TTL/Servo):** The M400 can operate as a wireless slave unit, triggered by another flash or an infrared signal from the camera.

    - *TTL Wireless:* Maintains automatic exposure control while operating off-camera.
    - *Servo Mode:* Triggers the flash when it detects another flash firing, suitable for cameras without dedicated wireless flash systems.

4.3 Adjusting Flash Head and Diffuser

The flash head can be pivoted and tilted to bounce light off ceilings or walls, creating softer, more natural illumination. The integrated wide-angle diffuser (12mm) can be pulled out for wider lens coverage, and a removable reflector card is available for catchlights or subtle fill light.

Figure 4.3: Multiple M400 units demonstrating the flash head's ability to pivot and tilt for bounce flash photography.

4.4 High-Speed Sync (HSS/FP)

The M400 supports High-Speed Sync (HSS) or Focal Plane (FP) synchronization, allowing you to use flash at shutter speeds faster than your camera's native flash sync speed. This is particularly useful for shooting with wide apertures in bright conditions.

4.5 Firmware Updates

The M400 features a USB interface for firmware updates. Regularly check the official Metz website for the latest firmware versions to ensure optimal performance and compatibility with new camera models. Connect the flash to your computer using a standard USB cable and follow the instructions provided on the Metz support page.

5. Maintenance

5.1 Cleaning

- Use a soft, dry, lint-free cloth to clean the exterior of the flash unit.
- For stubborn dirt, slightly dampen the cloth with water or a mild cleaning solution. Avoid harsh chemicals or abrasive materials.
- Gently wipe the flash tube and sensor areas. Do not apply excessive pressure.
- Ensure no moisture enters the unit, especially around buttons and ports.

5.2 Storage

- When not in use for extended periods, remove the batteries to prevent leakage and potential damage to the unit.
- Store the flash unit in a cool, dry place, away from direct sunlight, extreme temperatures, and high humidity.
- Use the provided protective sleeve to guard against dust and scratches.

6. Troubleshooting

Problem	Possible Cause	Solution
Flash does not power on.	Batteries are dead or incorrectly inserted.	Replace batteries or reinsert them with correct polarity.
Flash does not fire.	Flash not securely mounted; camera settings incorrect; flash in sleep mode.	Ensure flash is firmly seated in hot shoe. Check camera flash settings. Briefly press the shutter button or a flash button to wake it up.
Images are overexposed or underexposed.	Incorrect flash compensation; camera ISO/aperture settings.	Adjust flash exposure compensation on the flash or camera. Verify camera's ISO and aperture settings are appropriate for flash photography.
Flash recycling time is slow.	Batteries are low; rapid consecutive firing.	Replace batteries. Allow more time between flashes, especially after full-power discharges.
Wireless flash not triggering.	Incorrect wireless mode; line of sight blocked; distance too great.	Ensure both master and slave units are set to the correct wireless mode and channel. Clear any obstructions. Reduce distance between units.

7. Technical Specifications

Feature	Detail
Model Number	MZ M400P
Guide Number	40 (at ISO 100)
Zoom Range	24-105mm (motorized)

Feature	Detail
Wide-Angle Diffuser	Integrated, for 12mm coverage
Reflector	Fully pivotable with removable reflector card
Flash Modes	AUTO TTL, Manual, Wireless (TTL, Servo)
Synchronization	1st/2nd curtain sync, High-Speed Sync (HSS/FP)
Display	OLED
Power Source	4 x AA batteries
Product Dimensions	4.25 x 4.25 x 5.43 inches
Item Weight	7.8 ounces
Compatible Mountings	Pentax
Color	Black
Firmware Updates	Via USB interface

8. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or visit the official Metz website. Metz provides customer support for product inquiries, technical assistance, and service requests.
Official Metz Website: www.metz-ce.de/en/
Please have your product model number (MZ M400P) and serial number ready when contacting support.