



# FLASHPOINT MF-R76 Macro Ring Flash User Manual

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# FLASHPOINT

MF-R76 Macro Ring Flash  
User Manual



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## Thank You for Choosing Flashpoint!

MF-R76 is a macro ring flash with a compact structure of the flash body and convenient controller. The A/B flash tube can fire independently, set flash power output to achieve precise brightness control, and provide a variety of options and creations. It can be widely used in macro shooting scenes such as insect photography, plant photography, jewelry photography, and dental photography.

## Features

- No vignetting and no shadows in macro shooting.
- Accurate power adjustment from 1/1 full power to 1/128 at 1/3E Vincement each stop.
- Guide No. GN14, stable manual flash output and instant filling.
- Merely 1.5s full-power flash recycling time.
- Lithium battery power supply, up to 660 flash times in 1/1 full power.
- Easy to install and suitable for camera lens with a diameter of 49mm-77mm.
- Two LED Focus Assist Beam are designed with 10 levels of brightness adjustment.
- Simple user's interface, convenient and comfortable operation.



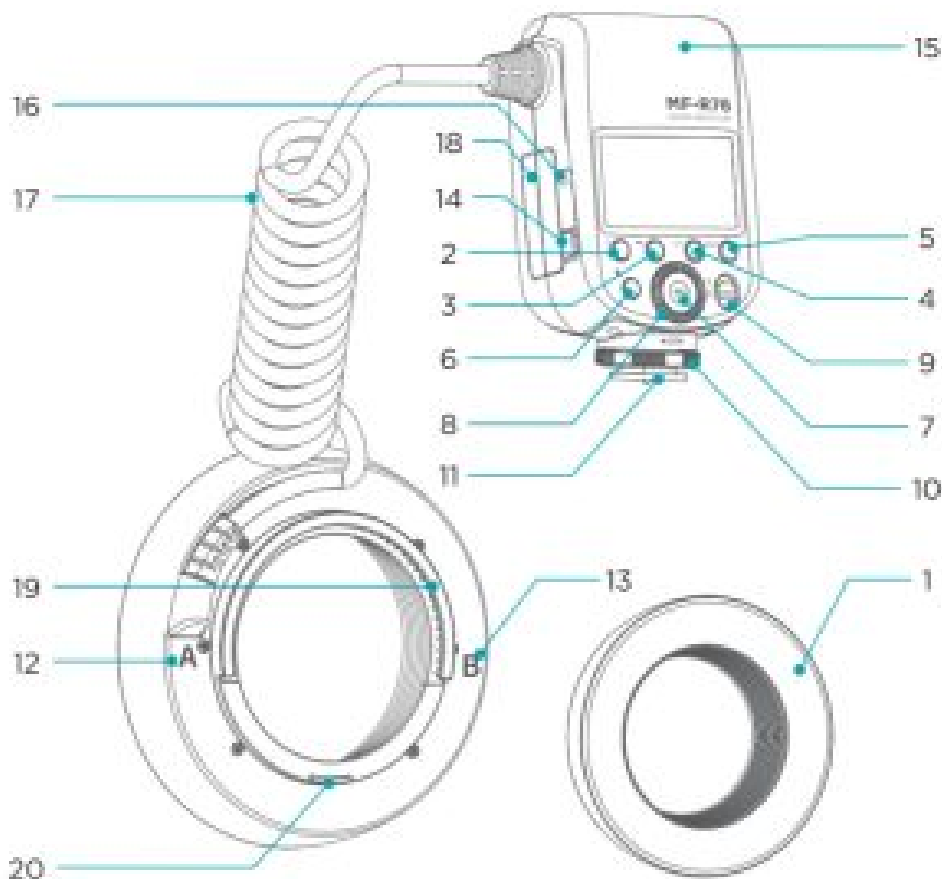
- Always keep this product dry.
- A Keep out of reach of children.
- As this product is not waterproof, do not use in rain or in damp conditions.
- Do not leave or store the flash unit if the ambient temperature reads over 50°C. Otherwise, the electronic parts may be damaged.
- Do not disassemble. Should repairs become necessary, this product must be sent to an authorized maintenance center.

- Stop using this product if it breaks open due to extrusion, falling, or strong hit. Otherwise, an electric shock may occur if you touch the electronic parts inside it.
- Do not fire the flash directly into the eyes (especially those of babies) within short distances. Otherwise, visual impairment may occur.
- Do not use the flash unit in the presence of flammable gases, chemicals, and other similar 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.

- Turn off the devices immediately in the event of a malfunction.

## Name of Parts



1. Flash head
2. LED Focus Assist Beam button  
1-10 stops)
3. A/B group selection dial
4. C.Fn: Setting Custom Functions button
5. RA TIO button
6. Flash trigger button
7. SET button
8. Select dial
9. ON/OFF Power switch button
10. Lockring

11. Hotshoe
12. Flash tube A
13. Flash tube B
14. Battery remove button
15. Controller
16. 3.5mm sync cord jack
17. Connecting cable
18. Lithium battery
19. Adapter ring connecting port
20. Detaching mount

## What's in the Box



## Battery

1. This product uses a 7.2V /2600mAh lithium battery which has a long runtime.

The available charge-and-discharge times are 480.

2. It is reliably safe. The inner circuit is against overcharge, over-discharge, overcurrent, and short circuit.
3. Take only 3.5 hours to fully charge the battery by using a battery charger.

VCI (5V 2A, optional)

**Tips:** Macro ring flash MF-R76 is compatible with Flashpoint VI lithium battery VB26 and ADI00Pro lithium battery WB100 (7.2V/2600mAh or 7.2V /3200mAh)

## Cautions

1. Do not short circuit.
2. Do not expose to rain or immerse into water. This battery is not waterproof.
3. Keep out of reach of children.
4. No over 24 hours' continuous charging.
5. Store in dry, cool, ventilated places.
6. Do not put aside or into the fire.
7. Dead batteries should be disposed of according to local regulations.
8. If the battery had ceased using for over 3 months, please make a full recharge.
9. Please charge the battery to approx. 60% before being placed for a long time.

10. Please replace a new battery after charging and discharging over 500 times or being used over 3 years.

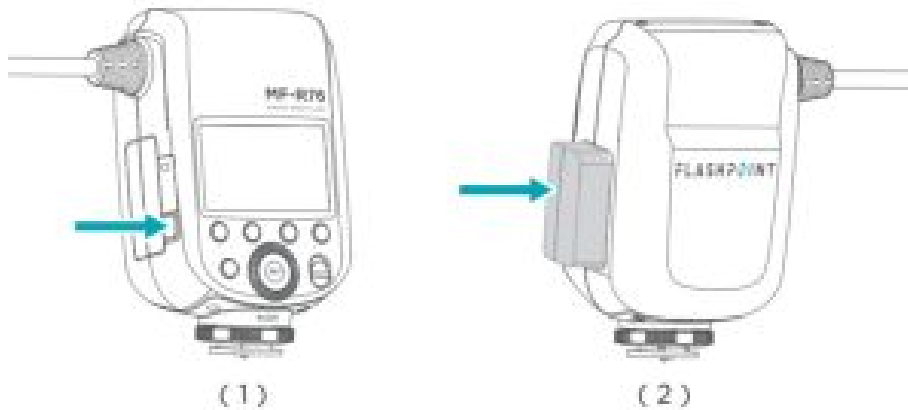
## Loading and Unloading the Battery

### Unloading (1)

Long press the battery remove button and push right the battery to unload it.

### Loading (2)

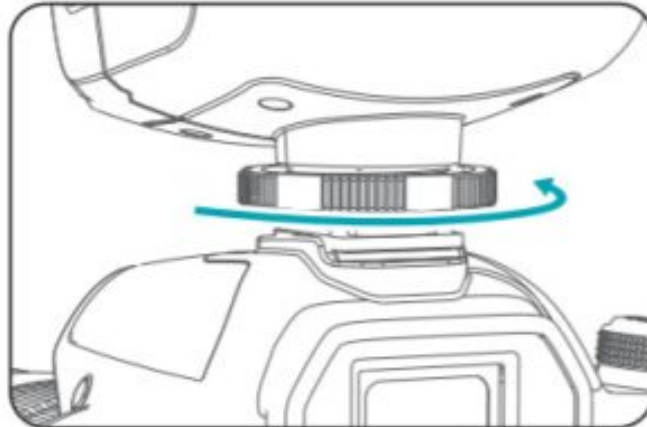
Insert the lithium battery according to the direction, push in until it is locked.



## Installation and Disassembly of the Controller

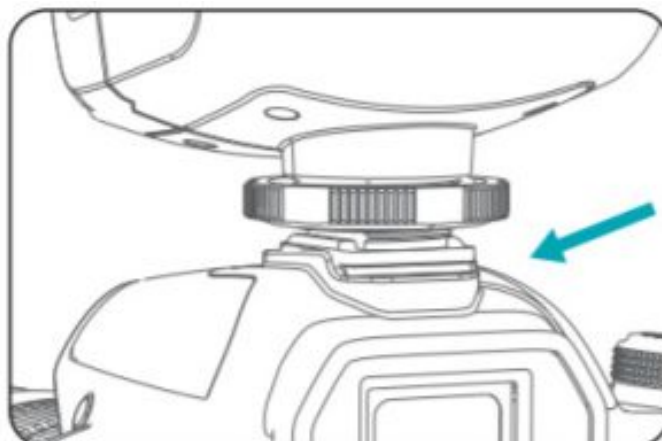
### 1. Loosening the lock ring

Rotate anticlockwise to loosen the lock ring.



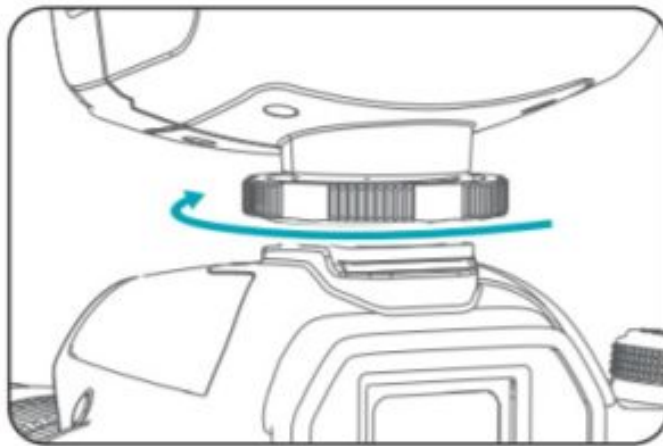
### 2. Installing the controller

Slide the hot shoe to completely insert it into the camera's socket.



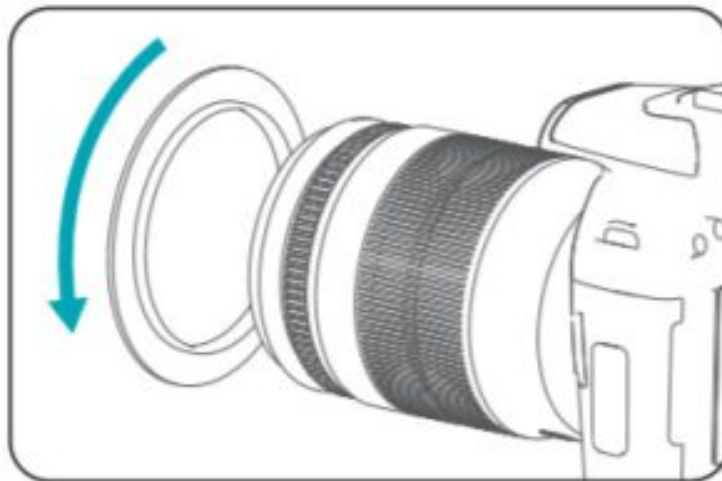
### 3. Securing the lock ring

Rotate clockwise to secure the lock ring.



## Installation and Disassembly of the Ring Flash

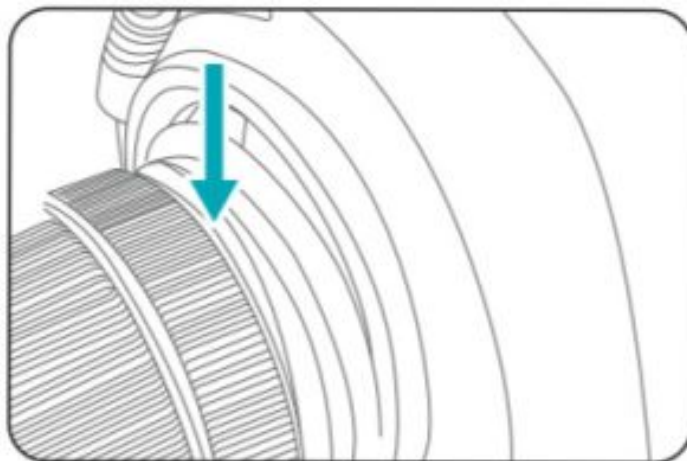
### 1. Installing the lens adapter ring



Rotate clockwise the proper adapter ring and mount it to the front of the lens.

**Tips:** There are 8 adapter rings applicable to MF-R76: 49mm, 52mm, 55mm, 58mm, 62mm, 67mm, 72mm, and 77mm.

### 2. Installing the ring flash

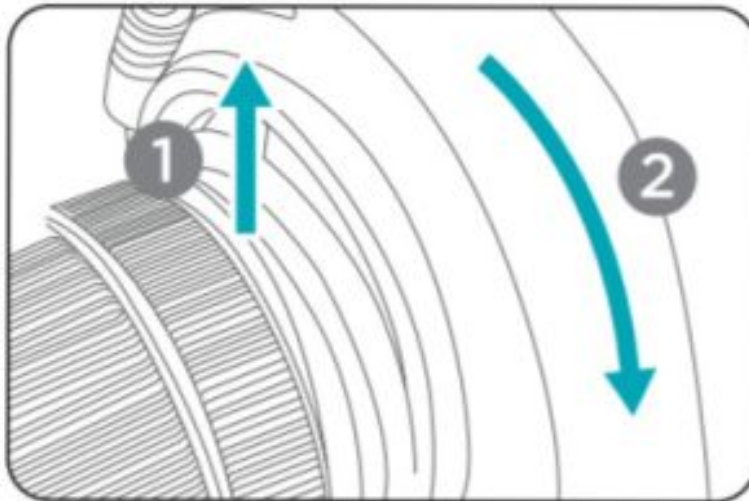


Insert the lens with adapter ring into the adapter ring connecting port until it is locked.

**Note:** It is normal that the mounted ring flash can be rotated 360°.

### 3. Disassembling the ring flash

Slightly pull out the removed buckle on the back, and then rotate to the right to remove the ring flash.



Operating Instructions

Power Switch

Toggle ON/OFF Power switch button to< ON > to power on, and< OFF> to power off.

Focus Assist Beam

Short press the LED Focus Assist Beam button to turn on or turn off the Focus Assist Beam.

Modeling Light Adjustment

Turn on the Focus Assist Beam short press the SET button to enter the setting interface, then turn the select dial to adjust in 1-10 stops.

A/B Flash Setting Switch

Short press the A/B flash selection dial to switch to the A/B flash setting interface, turn the select dial to set flash output from 1/1 full power to 1/128 with 1/3 increment at each stop.

C.Fn: Setting Custom Functions

Backlight dormancy setting

This product has a backlight dormancy function to avoid battery consumption in long periods of idle use. Short press < C.Fn > C.Fn button to enter the custom function setting interface, with “BL” (Backlight) and “dormancy time” displayed on the LCD panel. The dormancy time is set to 10s by default. You can change or turn off the dormancy time by turning the select dial, after which press the< C.Fn > C.Fn button to return to the previous interface.

Backlight Dormancy Setting	Description
ON	The backlight is constantly on.
OFF	The backlight is turned off, it is in the state of no backlight.
LOS	Idle time before entering backlight dormancy mode is set to 10s.
The 20s	Idle time before entering backlight dormancy mode is set to 20s.

Auto sleep setting

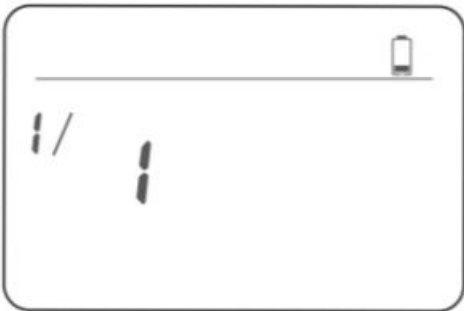

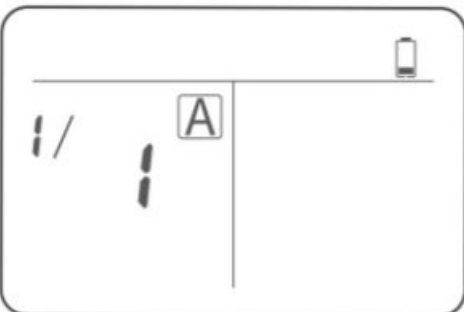
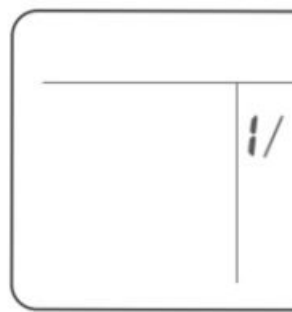
This product has auto sleep function to avoid battery consumption in a long period of idle use. Short press < C.Fn > C.Fn button to enter the custom function setting interface, with “SL” (Sleep) and “sleeping time” displayed on the LCD panel. The sleeping time is set to 30min by default. You can change or turn off the sleeping time by turning the select dial, after which press the < C.Fn > C.Fn button to return to the previous interface.

Auto sleep setting	Description
OFF	The Sleep Function is turned off. The flash unit will not automatically enter sleep mode.
30min	Idle time before entering sleep mode is set to 30 minutes. Press any button to wake.
60min	Idle time before entering sleep mode is set to 60 minutes. Press any button to wake.

## Flash power setting

Short press RATIO button to switch among AB flash power common adjustment – A, B flash power individual adjustment – A flash power adjustment – B group flash power adjustment. You can set the manual flash output from 1/1 full power to 1/128 with 1/3 increment each stop by turning the selector dial. The flash can fire in one of the four modes:

1. A group fires in the same power with B group.
2. A group fires in the different power with B group.
3. Only A group fires.
4. Only B group fires.

	
AB flash power common adjustment	A, B flash power individual adjustment
	
A flash power adjustment	B flash power adjustment

**Note:** The A, B flash power individual adjustment interface displays A flash power adjustment by default, for B flash power adjustment, you need to switch to B flash then turn the select dial.


## Compatible Camera Models

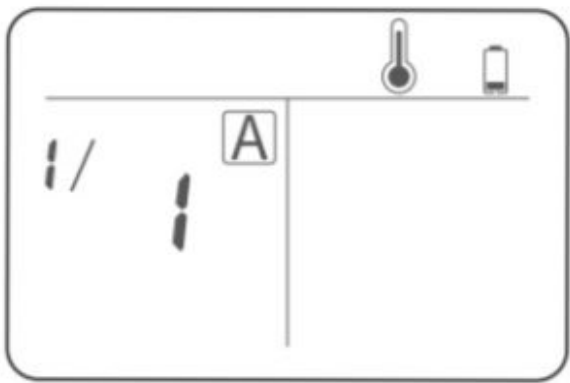
This flash unit can be used on the following camera models: Canon, Nikon, Sony, Fuji, Olympus, Panasonic, Pentax.

## Over-Temperature Protection

To avoid overheating and deteriorating the flash head, do not fire more than 35 continuous flashes in fast succession at 1/1 full power. After 35 continuous flashes, allow a rest time of at least 10 minutes.



If you fire more than 35 continuous flashes and then fire more flashes in short intervals, the inner overtemperature protection function may be activated and  is shown on the LCD panel.  
If this occurs, allow a rest time of about 10 minutes, and the flash unit will then return to normal.



A number of flashes that will activate over-temperature protection:

Power Output Level	Number of Flashes
1/1	35
1/2	60
1/4	120
1/8	196
1/16	285
1/32	465
1/64	820
1/128	1750

Other Protections

Prompts on LCD Panel	Meaning
E0	A failure occurs on the temperature sensor. Please send this kit to a maintenance center.
E1	A failure occurs on the recycling system so that the flash cannot fire. Please restart the flash unit. If the problem still exists, please send this product to a maintenance center.
E2	The system gets excessive heat. Please allow a rest time of 10 minutes.
E3	The voltage on two outlets of the flash tube is too high. Please send this product to a maintenance center.

Technical Data

Product Name	Macro Ring Flash
Model	MF – R76
Guide No.	GN14/46 (ISO 100, in meter/feet)
Compatible Cameras	Canon, Nikon, Sony, Fuji, Olympus, Panasonic, Pentax
Lithium Battery	7.2V/2600mAh
Flash Power (1/1 Power Output)	76Ws
Focus Assist Beam Power	0.7W x 2
Focus Assist Beam CCT	5000K
Flash Power Range	1/1 (w -1/128 (with 1/3 increment at each stop)
Flash Duration	1/300s -1/20000s
Inner Diameter of Light Body	77mm
Illuminating Distance	3cm – 1.5m
Recycle Time	0.1- 1.5s
Full Power Flashes	660 times
Working Environment Temperature	-10 – 50°C
Ring Flash Dimension	130 x 130 x 27mm/5.1 x 5.1 x 1 inches
Controller Dimension	120 x 70 x 50mm/4.7 x 2.7 x 1.9 inches
Net Weight	≈4589/16.1oz
Net Weight (with battery)	≈ 577g/20.30z

All the above data are based on Flashpoint testing standards. Design and specifications may be subject to change without notice.

## Maintenance

- Shut down the device immediately should the abnormal operation be detected.
- Avoid sudden impacts and the product should be dedusted regularly.
- It is normal for the flash tube 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 accessories.
- This product, except consumables e.g. flash tube, is supported with a one-year warranty.
- Unauthorized service will void the warranty.
- If the product had failures or was wetted, do not use it until it is repaired by professionals.
- Changes made to the specifications or designs may not be reflected in this manual.

## FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- ▶ Reorient or relocate the receiving antenna.
- ▶ Increase the separation between the equipment and receiver.
- ▶ Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- ▶ Consult the dealer or an experienced radio/TV technician for help.

## One Year Flashpoint Limited Warranty

Flashpoint warrants to the original purchaser that your Flashpoint Zoom Mini shall be free from defects in material and workmanship for the period of one (1) year from the date of purchase (or delivery as may be required in certain jurisdictions), or thirty (30) days after replacement, whichever comes later.

Flashpoint's entire liability and your exclusive remedy for any breach of warranty shall be, at Flashpoint's option, to repair or replace the hardware, provided that the hardware is returned to the point of purchase or such other place as Flashpoint may direct with a copy of the sales receipt or dated itemized receipt. Flashpoint may, at its option, replace your product, offer to provide a functionally equivalent product, or repair any product with new, refurbished, or used parts as long as such parts are in compliance with the product's technical specifications. Any replacement hardware product will be warranted for the remainder of the original warranty period or thirty (30) days, whichever is longer, or for any additional period of time that may be applicable in your jurisdiction.

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 problems or damage resulting from accident, abuse, misapplication, or any unauthorized repair, modification or disassembly, improper operation or maintenance, normal wear and tear, or usage not in accordance with product instructions or connection to the improper voltage supply, use of consumables, such as replacement batteries, not supplied by Flashpoint, except where such restriction is prohibited by applicable law.

Except where prohibited by applicable law, this warranty is nontransferable and is limited to the original purchaser and the country in which the product was purchased. This warranty gives you specific legal rights, and you may also have other rights, including a longer warranty duration that may vary under local laws.

To start a warranty claim contact the Flashpoint Customer Service Department to obtain a return merchandise authorization ("RMA") number, and return the defective product to Flashpoint, along with the RMA number and proof of purchase.

## Question about our product line? Need Product Support?

We are proud of our products and celebrate our customers.

We are with you, from product selection to everyday use.

Be secure with your purchase and reach us as you need.



You can always contact us at BRANDS@ADORAMA.COM for personal technical support. Our website contains a


wide range of Support and FAQ pages with valuable technical assistance.

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## Documents / Resources

 <p>FLASHPOINT MF-R76 MACRO RING FLASH</p>	<p><a href="#">FLASHPOINT MF-R76 Macro Ring Flash</a> [pdf] User Manual MF-R76 Macro Ring Flash, FPLFMFR76, MF-R76, Macro Ring Flash</p>
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