

 westcott®

FJ800™

FJ400™ II

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QUICK START GUIDE

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Visit [fjwestcott.com/firmware](http://fjwestcott.com/firmware) to download the latest firmware

## Included Components & Overview

Strobe, FJ Pro AC/DC Battery, AC Power Adapter & Cord, Frosted Diffusion Dome, Magnetic Reflector (Bowens, 5.5"), Magnetic CC Gel Set, Magnetic Diffusion, USB-A to USB-C Cable, Rapid Box Switch Insert (Bowens)

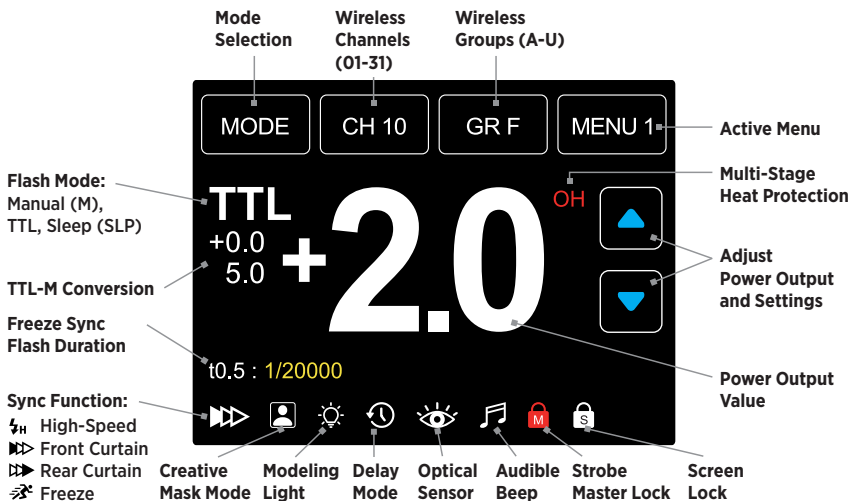


# Introduction

This guide provides an overview of setup, controls, and basic operation. For detailed instructions, visit [fjwestcott.com/manuals](http://fjwestcott.com/manuals) to access the complete User Manual and video instruction guide.



## Touchscreen Display & Menus



## Menu Options

- **MENU 1:** Modes, Channels, Groups
- **MENU 2:** Sync Functions, Modeling Light Output, Modeling Light CCT
- **MENU 3:** Creative Mask Mode, Creative Mask Frames, Creative Mask Sequence
- **MENU 4:** Delay Mode, Delay Time, Master Lock

## Quick Tips

- To navigate through the menus, tap the **MENU** button in top right of the screen
- Access the Settings menu by pressing and holding the current **MENU** button for 3 seconds
- To close a tab, tap the ↶ icon, tap the open tab title, or tap another tab
- Access the Help Screen in an open tab by pressing the (?) icon

## Warning

- **IMPORTANT:** To prevent potential injury, avoid touching the glass diffusion dome, flash tube, LED modeling light, or metal reflector immediately after use, as these parts may be extremely hot.
- Only use the strobe with Westcott FJ Pro and FJ ProMax AC/DC Lithium Polymer Batteries and/or the provided AC Power Adapter and Cord.
- Never leave the strobe unattended, especially around children or pets.
- Keep the strobe away from fire, water, and moisture, and do not submerge it in water.
- Avoid exposing the strobe to drastic temperature changes to prevent damage.
- When replacing the flash tube, avoid direct contact with the flash tube and LED modeling light.
- Always remove the FJ Pro and FJ ProMax AC/DC Lithium Polymer Battery during travel or storage to prevent accidental activation, which could lead to overheating or permanent damage.
- Do not overtighten the tilter bracket tension knob or umbrella tension screw.
- Ensure the strobe is securely mounted before operation.
- Only use compatible modifiers and accessories, and make sure they are firmly attached to the strobe before use.
- Do not attempt to modify any Westcott products. Contact Westcott support for assistance.
- The strobe is designed for operation in temperatures ranging from 32°F to 113°F (0°C to 45°C).

## Multi-Stage Heat Protection

The strobe features an advanced multi-stage heat protection system designed to ensure consistent and safe performance during extended use. Its self-monitoring cooling fans actively regulate internal temperatures, keeping the unit operating within optimal parameters. The display will show **OH** (overheat) as a clear visual indicator.

**Stage 1:** The display will show a yellow **OH** and the recycle time will increase to 2 seconds.

**Stage 2:** The display will show a red **OH** and the recycle time will increase to 6 seconds.

**Stage 3:** The red **OH** warning remains on and the unit will automatically disable its flash functionality. The strobe will remain inactive until it cools down to a safe operating temperature.

*Note: The modeling light will automatically turn off during an OH condition.*

# Getting Started

## Charging the FJ Pro and FJ ProMax Battery

The strobe is compatible with both the FJ Pro and FJ ProMax batteries. These batteries can be charged either while detached or while still connected to the strobe.

### To begin charging:

1. Connect the power cord to the AC Adapter.
2. Insert the AC Adapter's barrel plug into the battery's AC charging receptacle.
3. Plug the power cord into a wall outlet.

### AC Adapter LED Indicator Light Guide:

This color-coding system helps quickly identify the battery's status during the charging process.

- **Green:** The AC Adapter's LED will display green under three conditions: when the adapter is plugged into a power outlet without a battery connected, when connected to a fully charged battery, or when the battery is in heat protection mode and not charging.
- **Red:** The LED will turn red when the AC Adapter is connected to a battery that is actively charging and has not yet reached 100% charge capacity.

## Attaching the FJ Pro and ProMax Battery

1. Align the silver connection points on the back of the strobe with the corresponding holes on the silver strips located on the back of the battery.
2. Slide the battery down firmly until it clicks into place, ensuring a secure connection.

## Removing the FJ Pro and ProMax Battery

1. Turn off the strobe by pressing and holding the **Power** button until the LCD screen goes dark.
2. Slide the release lock located on the top of the battery away from the strobe.
3. While holding the release lock, gently lift and slide the battery upwards and away from the strobe to remove it safely.

## AC Power Operation

1. Ensure that the battery's charge level is at least 25% before connecting to AC power.
2. Confirm that the battery is securely attached to the strobe.
3. Connect the power cord to the AC Adapter.
4. With the strobe off, insert the AC Adapter's barrel plug into the battery's AC power receptacle.
5. Plug the other end of the power cord into a dedicated wall outlet.
6. Turn on the strobe by pressing and holding the **Power** button until the start-up screen appears.

## DC Power Operation

1. Ensure the FJ Pro or FJ ProMax battery is fully charged for optimal performance.
2. Confirm that the battery is properly and securely attached to the strobe.
3. Press and hold the **Power** button until the start-up screen appears.

# Mounting

## Mounting to a Light Stand

1. Rotate the tilter bracket handle counterclockwise to loosen the light stand receptacle.
2. Turn the light stand receptacle until it is aligned perpendicular to the body of the strobe.
3. Rotate the handle on the tilter bracket clockwise to lock it into place.
4. Place the 5/8" (16mm) light stand spigot into the tilter bracket's receptacle on the strobe.
5. Tighten the tension knob by turning it clockwise until the strobe is firmly secured to the lightstand, ensuring it is stable and ready for use.

## Attaching & Removing Modifiers

### Connecting a Bowens Speedring & Modifier

1. Ensure the strobe is turned **OFF** and has cooled for 10 minutes.
2. Grasp the speedring attached to the modifier and align its three square mounting blocks with the openings located on the face of the strobe.
3. Insert the speedring and turn clockwise until the speedring locks into place.

### Removing a Bowens Speedring & Modifier

1. Ensure the strobe is turned **OFF** and has cooled for 10 minutes.
2. Grasp the speedring attached to the modifier.
3. Slide the strobe's speedring release away from the modifier.
4. Rotate the modifier's speedring counterclockwise until its three square mounting blocks align with the openings. Pull the modifier away from the strobe to release.

### Attaching an Umbrella-Based Modifier

1. Ensure the strobe is turned **OFF** and has cooled for 10 minutes.
2. Grasp the umbrella's shaft and slide into the strobe's umbrella receptacle.
3. Tighten the tension screw to secure the umbrella-based modifier.

### Removing an Umbrella Based Modifier

1. Ensure the strobe is turned **OFF** and has cooled for 10 minutes.
2. Loosen the umbrella tension screw.
3. Grasp the umbrella's shaft and gently slide the umbrella out of the strobe's umbrella receptacle.

*Note: Never force attachment or removal of modifiers or adapter rings. Remove them carefully to protect the flash tube and components to prevent damage.*

## Compatible Light Modifiers & Accessories



**FJ400 Strobe  
Modifiers & Accessories**



**FJ800 Strobe  
Modifiers & Accessories**

## Updating Firmware

The strobe is equipped with a USB-C port dedicated to firmware updates. Firmware updates may bring performance enhancements, new or modified menu options, and improvements to the overall interface.



The strobe's firmware version is displayed on the start-up screen.

It is recommended to regularly check for the latest firmware at

[fjwestcott.com/firmware](https://fjwestcott.com/firmware) to ensure your strobe is up to date.

Follow the instructions included with the firmware download to update.

### Important Notes for the Firmware Update Process

- If the strobe does not appear as an external device after connecting to the computer, disconnect the USB cable from both the strobe and the computer. Restart your computer and try the firmware installation process again from the beginning.
- Perform the firmware update only when the computer's power level is at or above 50%. Any loss of power during the update process can potentially make the strobe inoperable, requiring professional repair.
- Always eject the strobe properly from your computer before disconnecting the USB-C to USB-A cable. Failure to do so could corrupt the firmware installation and render the strobe unusable, requiring professional repair.
- Depending on your operating system and background applications, transferring the firmware file may take several minutes or potentially stall. If the transfer process halts, close the copy progress window and attempt the transfer again. If problems persist, restart your computer and repeat the process.

## Warranty

Westcott's warranty obligations for this product are limited to the following terms.

The F.J. Westcott Co. ("Westcott") warrants this Westcott branded product against defects in materials and workmanship under normal use for a period of ONE (1) YEAR from the date of retail purchase from Westcott or an authorized retailer by the original end-user purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period, at its option and to the extent permitted by law, Westcott will either (1) repair the defect at no charge, using new or refurbished replacement parts, or (2) exchange the product with a product that is new or which has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product. This Limited Warranty applies only to products manufactured by or for Westcott that can be identified by the Westcott trademark, trade name, or logo affixed to them.

This warranty does not apply to: (a) damage caused by accident, abuse, misuse, flood, fire, earthquake, mold, or other external causes; (b) damage caused by operating the product outside the permitted or intended uses described by Westcott; (c) a product or part that has been modified to alter functionality or capability without the written permission of Westcott; or (d) cosmetic damage, including but not limited to scratches, dents and broken plastic.

Disclaimer: By purchasing, borrowing and/or using this product for any event, both public or private, you, the customer, accepts all responsibility and releases Westcott, and its associates, of any and all liability in the event of manufacturer's defect, malfunction or misuse of the product which may lead to further injuries or complications unforeseen by the user. Westcott is not responsible for any potential or incurred damage caused by failure to properly mount, hang, or store the product, which includes, but is not limited to damage to cameras, electronics, electrical equipment, buildings, building materials, personal injury, death, or disability, fire damage, or any and all other damage not mentioned previously.

Please contact Westcott Customer Support for a Return Authorization Number "RMA" prior to requesting warranty service. This RMA must be clearly written on the outside of the box to the left of the shipping label. Items sent in without pre-authorization or that do not fall under the limited warranty will be returned at the expense of the sender.

**Phone:** 419-243-7311

**Email:** support@fjwestcott.com

**Shipping:** F.J. Westcott Co, 1425-B Holland Rd. Maumee, OH 43537

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