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XE Flash

User Guide

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Congratulations on purchasing your new Bowens product.

Thank you for choosing the XE range flash system.

The XE400 is a 400Ws, A/C powered flash system, with integrated radio trigger, remote control functionality. It operates on the worldwide 2.4GHz radio frequency band and has 32 channels and 5 groups available. The XE can also be controlled via optical/IR transmissions.

This unit is fully digital, ensuring consistent flash to flash power, colour temperature and short flash durations.

In order to obtain the full benefit from your purchase, please take a few moments to familiarise yourself with this user manual.

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XE user guide

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Precautions

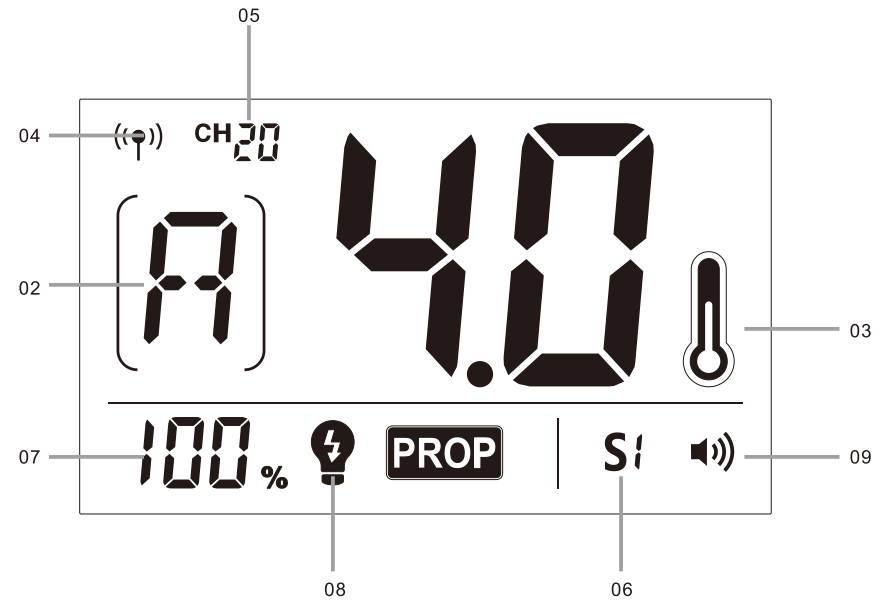
- Always study and understand this user guide and accompanying safety instructions before using this unit.
- Make sure that the Bowens Instruction and Safety Instructions always accompany this unit.
- Bowens products are intended for professional photographic use only and should not be used for any other purpose.
- Always remove the protective cap from the unit before use.
- Do not point the unit too close to persons or use the unit without the supplied protective glass dome.
- Do not use the unit if the glass dome has become visibly damaged to such an extent that its effectiveness is impaired. e.g. cracks or deep scratches.
- Do not use the flash tube if it is damaged or deformed.
- When replacing a modeling lamp avoid touching the bulb with bare hands, use a clean tissue or cloth.
- Do not touch any hot parts with bare fingers. The glass dome, modeling lamp, flash tube and certain metal parts can become very hot. Allow the unit to cool before touching any user changeable parts.
- Ensure that the flash tube voltage and power rating corresponds with that in the user guide specification. A lamp with a lower rated power may be safely used but the voltage must always be correct for the power supply being used.
- Equipment should only be serviced, modified or repaired by authorised and competent service personnel.

Environmental Safety

- Do not place or use the unit where it could be exposed to moisture, dripping, splashing, extreme electromagnetic fields or in areas with flammable liquids, gases or dust.
- Do not expose the unit to rapid temperature changes in humid conditions as this can lead to internal condensation.
- When transporting the unit between cold and warm conditions always allow the unit to acclimatise for at least two hours before connecting to the mains.
- Do not obstruct the ventilation slots in any way with filters, diffusing materials, etc.
- Do not place any form of material over or close to the glass dome, modeling lamp or flash tube.

Radio Frequency - This equipment makes use of the radio spectrum for triggering and remote control and therefore receives and emits radio frequency energy. Ensure that all specifications within this document are followed, especially those concerning operating temperature and supply voltage range. Make sure that the unit is operated according to local regulations. The frequency spectrum that this unit uses is shared with other users so interference either with this unit or with other users is possible.

Final Disposal - This unit contains electrical and electronic components that could be harmful to the environment. Follow local legal requirements for disposal of waste, for instance WEEE directive for electrical and electronic equipment on the European market at the end of the product life.



- 01. Flash Power
- 02. Radio Group
- 03. Over-Temperature Protection
- 04. 2.4G wireless transmission
- 05. Radio Channel
- 06. Optic Slave Flash
- 07. Modeling lamp step
- 08. Modeling Lamp
- 09. Beep

- 01. Display Screen
- 02. BEEP ON/OFF
- 03. Open / Test Flash
- 04. Rotary Control Dial
- 05. SyncMode Sync
- 06. Group / Channel
- 07. Modeling Lamp
- 08. Modifier Release Latch
- 09. Light Sensor
- 10. Power Switch
- 11. AC Power Socket
- 12. Fuse
- 13. Angle Adjustment Handle
- 14. 3.5mm Jack sync
- 15. Glass protective cover
- 16. Mounting Bracket

REARPANEL CONTROLS:**PUSH BUTTONS:****Primary (Top) Functions:**

- BUZZ** - ON/OFF
- S1/S2** - S1/S2 mode selection
- TEST** - Open / test flash.
- SYNC** - Selects syncmode (2.4 Ghz radio, Optical transmission, Photocell).
- GRP/CHN** - Turn the select dial to set up the group in one of its channels when the group indicator on the LCD panel is blinking after pressing the GRP/CHN button; Long pressing the GRP/CHN button to start with the same procedures for setting up the channels.
- LAMP** - Toggles through available modelling lamp output settings.

Secondary (Bottom) Functions:

Unless specified all buttons operate as follow:

- Single press to toggle through available options for primary (top) function.
- Press and hold to select secondary function.

ROTARY CONTROL DIAL:

Turn the Rotary Control Dial clockwise or anti-clockwise to adjust function / setting values. Push to confirm setting / values.

FUNCTIONS OVERVIEW:

Pull the Angle Adjustment Handle away from the unit to unlock the Stand Mount. Remove the Stand Mount from the storage channel. Place the XE400 on top of a suitable support stand. Secure the XE400 in place by turning the Stand Mount Thumbscrew. Adjust the XE400 to the desired angle and close the Angle Adjustment Handle to lock in place.

Reflector Removal and Mounting

1. To remove a reflector/ light modifier, pull the Modifier Release Latch away from the front end of the unit.
2. Turn the modifier and pull away from the main unit.
3. To attached a modifier, align the reflector mount with the mount on the flash head push together and turn to click/lock in place.

Umbrella Mounting

1. Open your chosen umbrella and slide it into the umbrella mount.

Power

- To turn the power ON, press and hold the POWER button.
- To turn the power OFF, press and hold the POWER button.

*Wireless Sync***2.4GHz Radio Sync**

The XE400 has a built-in 2.4GHz radio receiver to enable full control over the flash via a XE R Radio Transmitter.

To set up and use a XE 2.4GHz radio transmitter:

1. Press the SYNC button until the radio/ symbol is displayed on the LCD screen.
2. To set the radio channel press and hold the CHN button to select the channel options.
3. Turn the rotary encoder to select the desired channel (1-32).
4. Press the Rotary Control Dial to select the required channel.
5. To set the radio group press the GRP button to scroll through the available groups (A-E).

Photocell

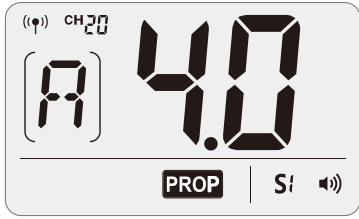
The XE400 features a built-in light sensitive photocell for flash synchronisation. The XE400 Photocell can be set to fire on the first or second flash detected.

*Wired Sync***3.5 mm PC Sync**

The XE can be triggered via a standard 3.5 mm PC sync lead. Wired sync is always on.

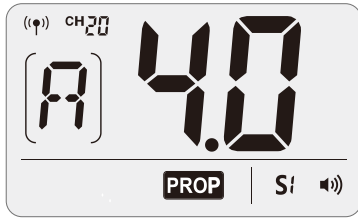
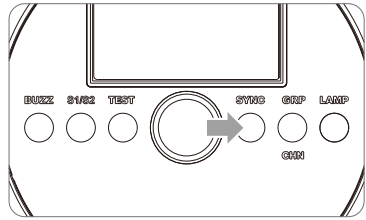
XE400 adopts 2.4G wireless, which has good compatibility with other products of our company.
As a slave unit, XE400 is automatically compatible with Canon, Nikon, Sony.

As a slave unit, XE400 can be controlled by the following master units: XMTRC/N/S



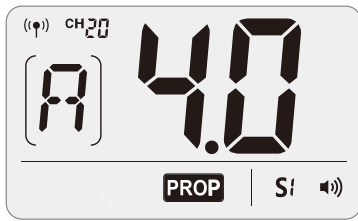
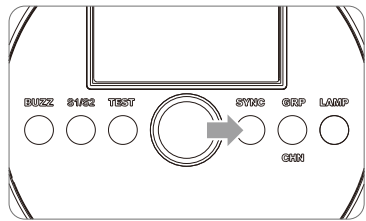
1. Wireless Settings

Press < CH20 > Wireless Setting Button again until < CH20 > is displayed on the panel.



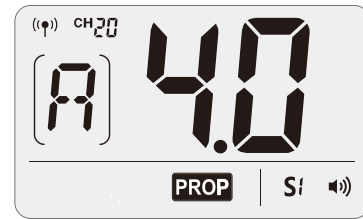
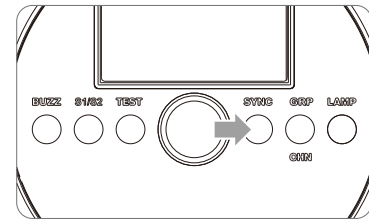
2. Setting the Communication Channel

If there are other wireless flash systems nearby,
The channel of the master unit and the slave unit(s) must be set to the same.



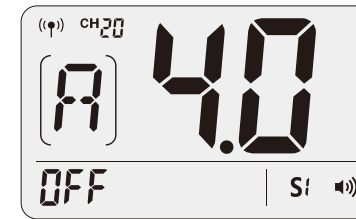
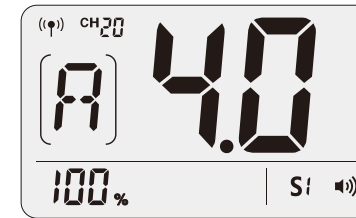
3. Setting the Communication Group

Short press the < GRP/CHN > Button to choose group from A to E.



XE400 is equipped with a 38W LED modeling lamp which has two continuous lighting modes.

- There are three modes: OFF, Percentage and PROP. Short press the Modeling Lamp Button, and the three mode will be displayed on the LCD panel in sequence:
 1. Percentage: 10%~100%
 2. PROP: The modeling lamp's power changes with the flash's power. The bigger power the flash has, the brighter the modeling lamp is.
- Press the LAMP button to enter percentage mode, single click the SET button to adjust the modeling lamp's light brightness manually from 10% to 100%. When it is in PROP mode or Percentage mode, long press the LAMP button, and the modeling lamp will be off in firing.
- When the over-temperature protection is started, the Modeling Lamp Symbol and Overheating Protection Symbol will be flashed alternately.



Overheat Prevention

Overheat protection: the Overheat protection will start when the temperature is over 80°C while shut down below 60°C.

Error Codes

In case of failure the following is a list of unit error codes:

ERROR CODE	DESCRIPTION	SOLUTION
E1	Recycling error.	Restart the unit.
E3	Flashtube error.	Restart the unit.

XE400 SPECIFICATIONS	
Part Code:	BW6400
Flashtube:	Quartz tube
Modeling Lamp:	38W LED
Rated Energy:	400Ws
Energy Range:	7-stops (full - 4.0 400Ws - 2Ws)
Power Control:	1/10rd-stop adjustment
Guide Number:	76 (100 ISO, with high-efficiency standard reflector)
Colour Temperature:	5600 °K ± 200
Recycle Time:	0.9 sec (to full / 400Ws)
Photocell:	Yes. Sync on 1st or 2nd flash.
Ready Indications:	Illuminated test button, beep
Modeling Control:	10%~100%,PROP
Fan Cooled:	Yes
Display:	DOT matrix
Sync Voltage:	5V
Sync Input:	3.5 mm jack sync input
WIRELESS OPERATION	
Wireless Control Options:	2.4 GHz receiver mode Optical receiver mode
2.4 GHz Transmission Range:	<80m
Optical Transmission Range:	Indoors: 12-15m (39.4 -49.2ft) Outdoors: 8-10 m (26.2 -32.8ft)
Remote Groups:	2.4GHz operation: 5 (A- E)
Remote Channels:	2.4GHz operation: 32 (1-32)
Operating Voltage	
Operating Voltage	AC220V-240V~50Hz
Fuse	
Fuse	5A
Dimensions (L x W x H):	407 mm x 169 mm x 137 mm