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XMTR
Radio Remote and Trigger
User Guide

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Congratulations on purchasing your new Bowens product.

Thank you for choosing the XMTR Radio Controller and Trigger.

The Bowens XMTR has been designed by working closely with photographers to develop a unit that meets the exacting high standards demanded by today's working professionals, while remaining simple and intuitive to use.

The XMTR is a TTL and High-Speed Sync compatible 2.4Ghz Radio Control and Trigger system operating with 5 groups and 32 channels.

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

For more information about Bowens products and to find details of your nearest Bowens dealer, please visit the website.

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Safety Instructions

Precautions

- Always study and understand this user guide and accompanying safety instructions before using this unit.
- Bowens products are intended for photographic use only and should not be used for any other purpose.
- 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.

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.

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.

FCCID: 2AI2WXMT

FCC Caution:

Changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

FCC Statement:

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.

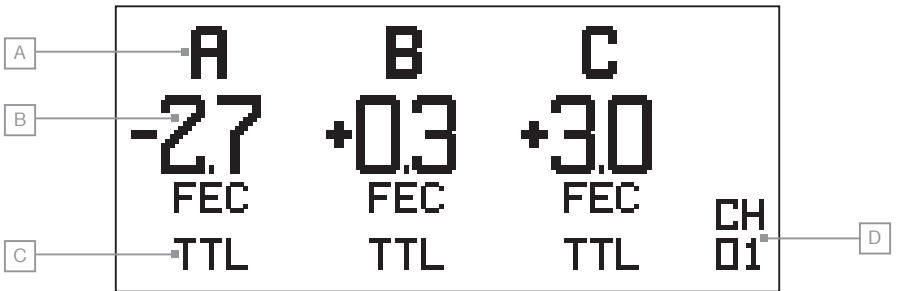Increase the separation between the equipment and receiver.

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.

XMTR and Display

1. Display Screen
2. Scroll Wheel
3. Channel/Set Button
4. Group Button
5. Mode Button
6. Hotshoe Mount & Locking Thumb Screw
7. AF Grid Transmitter
8. AF Grid Transmitter On/Off
9. Power On/Off
10. Test/Open Flash
11. Micro USB
12. PC Sync

A. Group
B. Flash Power
C. Flash mode
D. Channel

Inserting Batteries

1. Remove the battery compartment from the main housing.
2. Place 2 x AA batteries into the available slots. Ensure batteries are placed the correct way around. See inside battery compartment for guide.
3. Replace the battery compartment cover.

Power On/Off

1. Slide the Power On/Off button towards the front of the unit to switch on.
2. The display will turn on to indicator power.
3. To turn the XMTRS off slide the Power On/Off button towards the screen.

Selecting and Setting Functions and Values

The following is a guide to the XMTR operations:

TTL / Flash (manual) Mode		
BUTTON	**ACTION**	**FUNCTIONS**
CHN / SET	Single Press	Select Channel (when in normal operation). Confirm (when in user settings).
	Double Press	Turn modelling on/off.
	Press and Hold	Enter user settings.
GRP / SELECT	Single Press	Select group. Additional press selects the group to the right.
	Double Press	Select group to the left.
	Press and Hold	Select all groups.
MDE	Single Press	Select flash mode (Flash, TTL, Off) when group selected.
MDE	Press and Hold	Enable / Disable Strobe mode (Canon only - for Nikon and Sony cameras, Strobe mode is enabled / disabled via the user settings).

Strobe Mode (NIKON & SONY)		
BUTTON	**ACTION**	**FUNCTIONS**
CHN / SET	Single Press	Select Channel (when in normal operation). Confirm (when in user settings).
	Double Press	Turn modelling on/off.
	Press and Hold	Enter user settings.
GRP / SELECT	Single Press	Select group. Additional press selects the group to the right.
	Double Press	Select group to the left.
	Press and Hold	Select all groups.
MDE	Single Press	Select Strobe settings.

Setting your Camera
For SONY cameras: Before using the XMTR first set the cameras flash mode. In order for the XMTR to trigger compatible slave units, the cameras flash mode must be set to either Fill Flash, Auto Flash, Slow Flash or Rear-Curtain Flash. The XMTR will not trigger compatible slave units if the cameras flash mode is set to Wireless Lighting mode.

For NIKON cameras: To enable High-Speed Sync using the XMTR you must turn on Auto FP. Go to: Custom Settings Menu - Bracketing/Flash - 1/250s Auto FP (turn on).

Channel Select
1. Press the CHN/SET button to active channel select. Active channel flashes.
2. Use the scroll wheel to select required channel.
3. Press the CHN/SET button to confirm.

Group Settings
   To select individual groups:
1. Press the GRP/SELECT button to select group. Active group flashes.
2. Single press GRP/SELECT to select next group, double press to select previous group.
3. Press the CHN/SET button to confirm.

   To select all groups:
1. Press and hold the GRP/SELECT button to select all groups. Active groups flash.
2. Use the scroll wheel to adjust the flash power. Flash power ratios of all selected groups will adjust proportionally.
3. Press the CHN/SET button to confirm.

Flash Mode Setting
1. Press the GRP/SELECT button to select group. Active group flashes.
2. Single press GRP/SELECT to select next group, double press to select previous group.
3. Press the MDE button to change the flash mode (TTL, Flash, Off).
4. Press the CHN/SET button to confirm.

Flash Power Setting
1. Press the GRP/SELECT button to select group. Active group flashes.
2. Use the scroll wheel to adjust the flash power.
3. Press the CHN/SET button to confirm.

Modelling Lamp
1. Double press the CHN/SET button to turn the modelling on/off.

Strobe Mode (for NIKON & SONY cameras)

Turning Strobe on/off:

1. Press and hold the CHN/SET button to enter the user settings menu.
2. Use the scroll wheel to select Multi-Flash.
3. Press the GRP/SELECT Multi Flash options.
4. Use the scroll wheel to select on/off.
5. Press the CHN/SET button to confirm.

Adjust Strobe Settings:

1. Once Strobe mode is active, press the MDE button to select Strobe options.
2. Press the GRP/SELECT button to select Strobe options. Active option flashes.
3. Use the scroll wheel to adjust the Strobe setting.
4. Press the GRP/SELECT button to confirm and select the next option.
5. Once all settings have been adjusted to the required levels, press the CHN/SET button to confirm options.
6. Press the MDE button to exit Strobe settings menu.

Turning Groups on/off in Strobe mode:

1. Press the GRP/SELECT button to select group. Active group flashes.
2. Press the MDE button to turn group on/off.
3. Press the CHN/SET button to confirm.

Strobe Mode (for CANON cameras)

Turning Strobe on/off:

1. To enable Strobe mode, press and hold the MDE button. All channels will turn on and set to the same Flash Mode.
2. Single press MDE button scrolls through Flash Modes (TTL, Flash, Strobe). Select Strobe.
3. To exit Strobe Mode press MDE button to select either TTL or Flash mode.
4. Press and hold the MDE button to return to normal operation.

Adjust Strobe Settings:

1. Once Strobe mode is active, press and hold the MDE button to select Strobe options.
2. Press the GRP/SELECT button to select Strobe options. Active option flashes.
3. Use the scroll wheel to adjust the Strobe setting.
4. Press the GRP/SELECT button to confirm and select the next option.
5. Press the MDE button to exit Strobe settings menu.

Selecting and adjusting individual Groups in Strobe mode:

1. Press the GRP/SELECT button to select group. Active group flashes.
2. Use the scroll wheel to adjust group flash power.
3. Press the CHN/SET button to confirm.

Selecting and adjusting all Groups in Strobe mode:

1. Press and hold the GRP/SELECT button to select all groups. Active groups flash.
2. Use the scroll wheel to adjust group flash power. Flash power ratios of all selected groups will adjust proportionally.
3. Press the CHN/SET button to confirm.

User Settings

User Settings

To select and adjust user settings:

1. Press and hold the CHN/SET button to enter the user settings menu.
2. Use the scroll wheel to find the required option.
3. Press the GRP/SELECT button to select required option. Active value flashes.
4. Use the scroll wheel to select the required value / setting.
5. Press the GRP/SELECT button to confirm the value / setting.
6. Pres the CHN/SET button to exit user settings.

The following is a list of the available user settings:

SETTING	OPTIONS	DESCRIPTION
Strobe	On / Off	Turns Strobe On / Off
Sync Delay	Off, 1 - 10ms	Set sync delay between 1 - 10ms.
Always On	On / Off	Prevents the trigger from going into standby mode.
PC Sync	Camera / Flash	PC Sync connects with Camera (in) or Flash (out).
Beep	On / Off	Turn ready beep on / off.
Contrast	1 - 9	Adjust contrast of the LCD screen.

Specifications

Radio	2.4Ghz Radio Control and Triggering
Power	2 x AA Batteries
Flash Modes	TTL, Flash, Strobe
Flash Power Adjustment	1/3rd-stop
Groups	5
Channels	32
Range	>100m
Flash Power Adjustment	1/3rd-stop
Dimensions (L x W x H)	79 x 72 x 59mm / 3.1 x 2.8 x 2.3"
Weight	94g / 0.2lb
Compatible Cameras	Canon, Nikon or Sony cameras*

*Check XMTR for brand compatibility.

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CE RoHS lead-free RoHS 2002/95/EC