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# Instruction Manual

INT502 - INT503

## Foreword

Thank you for purchasing the Interfit F5 Fluorescent Lighting Kit! This cool-running light is designed to give photographers and videographers a versatile and powerful continuous light source. With this kit, we have provided you with all of the necessary lighting equipment to start creating stunning works of art in your home or studio.

## For Your Safety

To prevent damage to your light or injury to you or to others, please read the following safety precautions in its entirety before using this equipment. Keep these safety instructions where all those who use this equipment will read them.

### Do not disassemble or modify

This light contains high voltage components inside. Failure to observe this precaution may result in electric shock or product malfunction. Should the light break open as the result of a fall or other accident, be sure to disconnect the power and take the light to an authorized maintenance center for inspection.

### Keep dry

Do not handle with wet hands. This light should not be immersed in or exposed to water or rain. Failure to observe this precaution could result in fire or electric shock.

### Keep out of reach of children

This light contains small parts that may pose a choking hazard. Consult a physician immediately if a child swallows any part of this light.

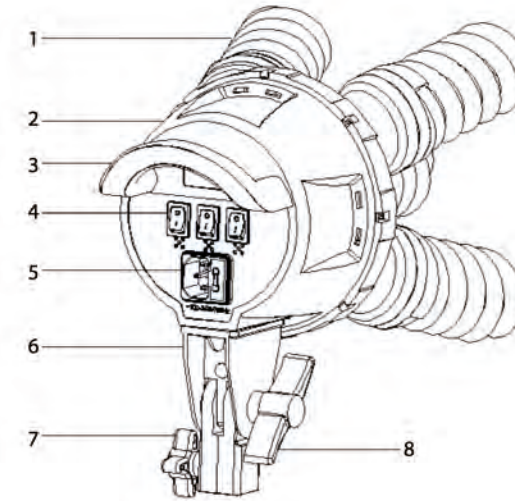
### Do not expose to high temperatures

Do not leave this light in a closed vehicle, in direct sunlight, or in other areas subject to extreme heat. Failure to observe this precaution could result in fire or damage to the casing or internal components.

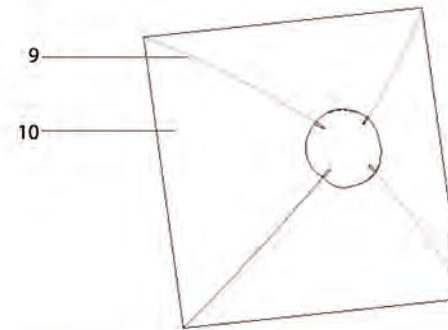
## Caution

1. Although fluorescent lamps run at much cooler temperatures than tungsten or halogen lamps, these lamps may still be very hot to the touch after they have been on for a while. The lamps should be allowed to cool for at least five minutes after prolonged use before stowing. Failure to do so could lead to personal injury and/or unit failure.
2. Be sure not to touch the glass tubing of the fluorescent lamps. Oils from your fingers will shorten the life of the lamp.
3. Avoid sudden impacts as this can damage the head and/or lamps.
4. Use only the supplied lamps, or specified replacement lamps (INT479). Lamps should not exceed 35W of maximum power each.
5. When not in use, disconnect from the power supply.

## Name of Parts



- 1 - 32W Fluorescent Lamp
- 2 - Light Body
- 3 - Light Handle
- 4 - Power Switch
- 5 - AC Power Socket
- 6 - Bracket
- 7 - Light Stand Locking Knob
- 8 - Tilt Adjustment Knob
- 9 - Softbox Rod
- 10 - Softbox



## Specifications

### 2-Head Kit

Max Power Output	1600W
Max Power Usage	320W
Color Temperature	5500K (+/-300)
Replacement Lamp	INT479 (32W Fluorescent)
Working Voltage	120V/60Hz (USA) 220V/50Hz (UK/Euro)

### 3-Head Kit

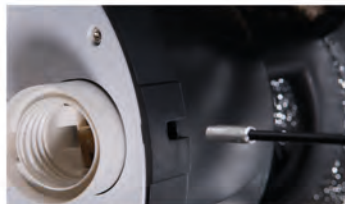
Max Power Output	2400W
Max Power Usage	480W
Color Temperature	5500K (+/-300)
Replacement Lamp	INT479 (32W Fluorescent)
Working Voltage	120V/60Hz (USA) 220V/50Hz (UK/Euro)

# Assembly

Please follow these assembly instructions. Be sure to assemble the softbox BEFORE inserting the lamps in order to reduce the chances of breaking the lamps.

## Assembling the Softbox

Place the lamp body face up on the floor or other flat surface, and position the softbox so that the reflective silver surface is facing up. The two “Interfit” logos on the black outer surface should be aligned on either side.



Beginning with the top left corner, place one end of the softbox rod into the lamp head. Pull the top left corner of the softbox over the rod and insert the silver rod tip into the black pocket in the corner of the softbox. Continue by repeating this process for the remaining three rods.

**TIP:** Releasing the velcro on the back of the softbox makes assembling the softbox much easier. Once the rods are in place, re-secure the velcro on the back of the softbox to pull the material tight across the rods.

## Inserting the Lamps

Be sure to always either grasp the lamp by the plastic base, or to use a paper towel or cloth when handling fluorescent lamps. Oils from your skin can shorten the life of the lamp should they come in contact with the tubing

Beginning with the center lamp, screw in the lamps with a clockwise motion. Repeat this process for the remaining four lamps.



## Attaching the Diffuser

The included diffuser panel offers you a convenient way to soften the light, smoothen skin tones, decrease contrast, and reduce specular highlights.

Attach the diffuser panel by simply aligning the corners of the panel with the corners of the softbox, and fit it over the edge. Use the Velcro on all four sides to secure the diffuser into place.

*An optional inner diffuser is included with this kit*

## Attaching to the Light Stand

Loosen the Light Stand Locking Knob at the base of the light and place the assembled light on top of the stand. Retighten the adjustment knob to secure the unit in place.



## Adjusting the Head Angle

Turn the Tilt Adjustment Knob counter-clockwise to loosen the bracket and allow the lamp head to tilt up and down. Position the head where desired and turn the Tilt Adjustment Knob clockwise to secure the head in place. Do not over-tighten as this could damage the bracket.



## Attaching the Boom Arm (INT503 only)

The Boom Arm included in the 3-Head Kit allows you place your light source out and overhead where a traditional light stand can't reach. When using the boom arm, always be sure to use the large light stand included with the kit (COR752). The larger size and wider leg base will keep the light more secure when the boom arm is extended.

Begin by mounting the cam onto the COR752 light stand and securing it into place. Then, loosen the cam grip by turning the Tilt Adjustment Knob counter-clockwise (you may need to gently pull apart the two halves of the cam to open)

There are four holes in the cam into which you could insert a rod. For this instance, you will need to insert the rod into the second largest hole in the cam.

Be sure to leave enough rod length in order to provide adequate counter-weight on the back end. It is recommended to leave no less than 30cm (12") of the boom arm protruding from the back in order to offer the most stability.

Attach the provided counter-balance sack to the back end of the boom arm by the eye hook. You will need to fill the sack with your own weights (ie: sand, rocks, weighted plates, etc). The amount of weight you will need is dependent on how far the light is extended and the angle at which it is extended.

Once the counter-balance is in place, attach the light to the spigot on the end of the boom arm in the same way you would mount it to the light stand.

Be sure that the light head is securely fixed to the boom arm and that the cam is securely fixed to the light stand in order to prevent the unit from falling.

