FLASH TRIGGERS + STUDIO LIGHTING

Flash vs Continuous Lights

A practical workshop for choosing light, connecting triggers, and getting the first clean test shot.

Warrnambool Camera Club



TODAY AT A GLANCE

From light choice to a working trigger

By the end, everyone should be able to mount the trigger, match channel/ID/group, fire a test flash, and diagnose the usual setup problems.

01 **Lighting choice**
When continuous light helps, and when flash gives you more control.

02 **Trigger basics**
What basic and advanced triggers actually add to a setup.

03 **XPro + AD600**
The practical settings that must match before anything fires.

04 **Practice + fixes**
A short hands-on sequence and a fast troubleshooting checklist.

Flash and continuous lighting solve different problems



Continuous

You see the light before shooting

Video, learning light direction, simple portraits

Flash / strobe

A short powerful burst freezes motion

Studio portraits, product work, overpowering ambient

Trigger

The link between camera and flash

Reliable timing, remote power, groups, HSS, TTL **(More on Page. 06)**

TRIGGER BASICS

What does a trigger actually do?

It sends the firing instruction at exactly the right moment. Advanced triggers also carry exposure, power, group, and sync information.

Camera -> Trigger -> Flash



EQUIPMENT CHOICE

Basic vs advanced triggers



Basic

Simple fire signal
Set flash power on the flash
Best for fixed, budget setups

Choose based on the job, not the label.



Advanced

Remote power and groups
TTL, HSS, modeling lights
Best for changing setups

ADVANCED TRIGGER FUNCTIONS

The features worth knowing

T

TTL – Through The Lens

Camera meters a pre-flash and sets flash power automatically.

H

HSS – High Speed Sync

Lets flash work above normal sync speed for bright outdoor portraits.

G

Groups

Control several lights separately from the camera position.

S

Sync

Front curtain starts the exposure; rear curtain fires near the end.

Controls you will use today

Group buttons

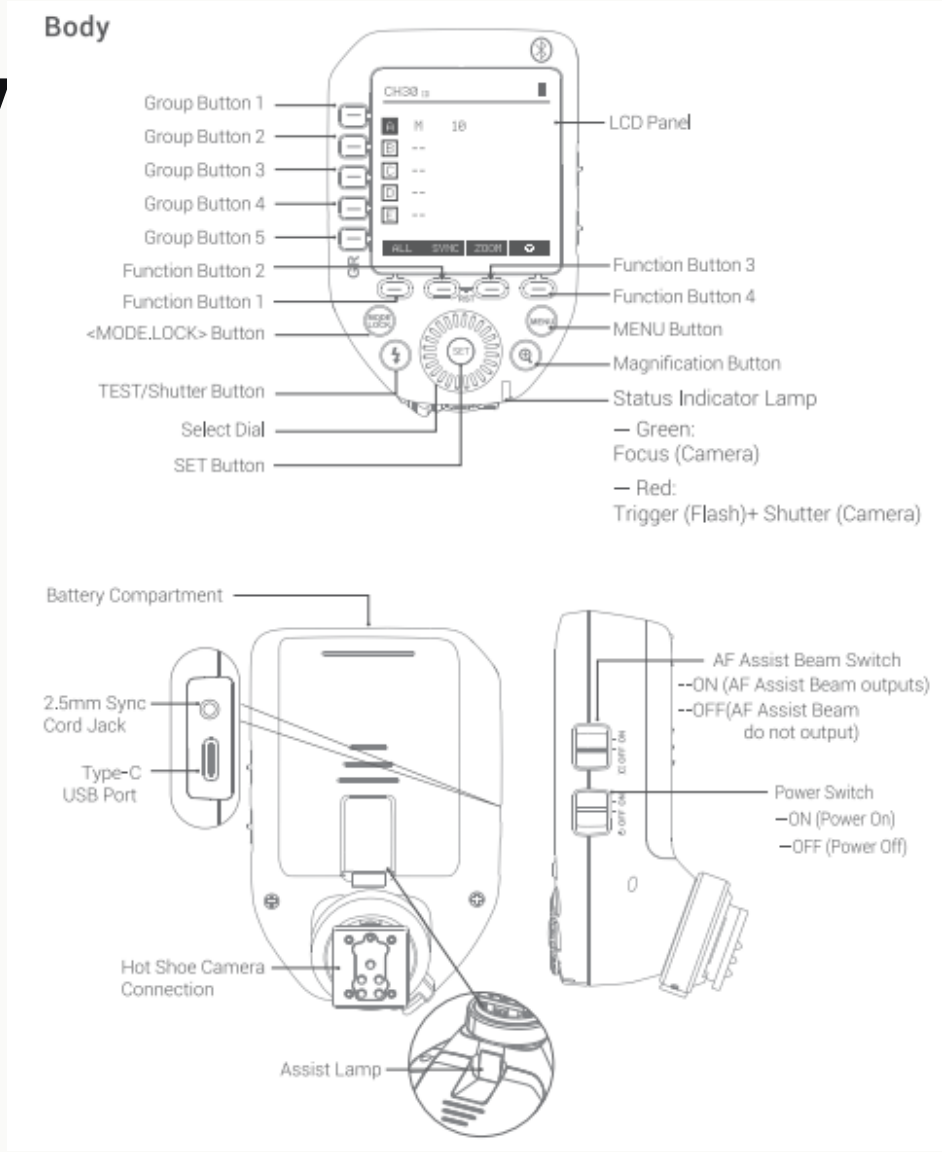
Select A, B, C, D, or E before adjusting a light.

Select dial + SET

Move through menus and confirm the highlighted value.

Test button

Wake the unit and fire a quick test before the real shot.



SETUP RECIPE

The five checks before the first shot

1. **Mount firmly**
   Push the trigger fully into the hot shoe and lock it.

2. **Match channel**
   The trigger and flash must share the same channel.

3. **Match ID**
   Use the same ID on both devices, or turn ID off on both.

4. **Choose group**
   Assign the flash to the group you want to control.



Then press TEST.

CONFIGURATION

Scan: find a cleaner channel

Use SCAN when a room has several shooters or the trigger feels unreliable.

1 **Open scan**

Go to SCAN in the wireless menu.

2 **Pick a spare channel**

Choose a clear channel shown by the trigger.

Scanning Spare Channel Settings

Scanning spare channel function is useful to avoid interference from others' using the same channel. Short press the < MENU > button to enter the Menu, turn the select dial to choose <(( ))>, short press the SET button to enter the wireless setting, then turn the select dial to choose SCAN option. Short press the SET button to enter the SCAN setting interface, turn the select dial to choose START, then short press the SET button to scan from 5% to 100%, and 8 groups of spare channels will displayed.



CONFIGURATION

Channel: get the trigger and flash talking

What it does

Separates your setup from other photographers nearby.

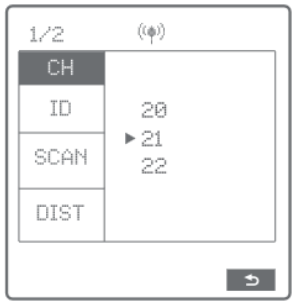
Rule of thumb

If nothing fires, channel is one of the first settings to check.

Channel Settings

1. Short press the < MENU > Button to enter the C. Fn menu.
2. Turn the Select Dial to select<(( ))>and press the < SET > Button to the setting page to select CH and press <SET> button to enter channel settings. Turn Select Dial to select 1-32 channels, then short press <SET> button to exit from channel settings.

Notes: please set the transmitter and the receiver to the same channel before usage.



Set CH on the trigger and the receiver/flash to the same number before shooting.

CONFIGURATION

Wireless ID: match it or turn it off

Why it exists

Wireless ID helps prevent another nearby trigger from firing your lights.

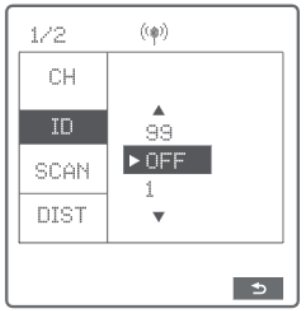
Fast fix

If ID is on for one device and off for the other, the system will not respond.

Wireless ID Settings

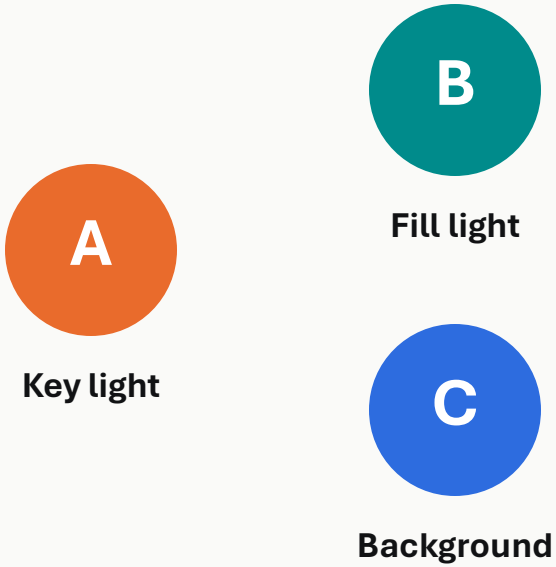
In addition to changing the wireless transmission channel to avoid interference, we can also change the wireless ID to avoid interference. The wireless ID and channel of lead control unit and follow control unit must be consistent before triggering.

Short press the < MENU > Button to enter the C. Fn menu. Turn the Select Dial to select<((•))> and press the < SET > Button to the setting page, turn Select Dial to ID and short press <SET> Button to enter ID settings. Turn Select Dial to select OFF/1-99, and then short press <SET> to exit form ID settings.



Match the ID number on trigger and flash, or set both to OFF.

Groups: control lights separately





Think of groups as named light zones. You can raise, lower, mute, or change mode for each group from the trigger.

Pair the flash, then test

1. **Power order**
   Turn on the flash trigger, then camera, then flash.

2. **Wireless mode**
   Enable the wireless icon on the flash screen.

3. **Match settings**
   Use the same channel, ID, and group as the trigger.

As a Wireless Outdoor Flash Trigger

Take AD600Pro as an example:

1. Turn off the camera and mount the transmitter on camera hotshoe. Then, power on the flash trigger and the camera.
2. Short press the < MENU > button to enter the C. Fn Menu to set channel and group. Short press <MODE.LOCK> button to set flash trigger mode, turn the select dial to set flash trigger level.



3. Power on the outdoor flash and press the wireless setting button and the < > icon will be displayed on the LCD panel. Long press the <GR/CH> button to set the same channel to the flash trigger, and short press the < GR/CH> button to set the same group to the flash trigger.

   Note: please refer to the relevant instruction manual when setting the outdoor flashes of other models.

4. Press the camera shutter to trigger and the status lamp of the flash trigger turns red synchronously.

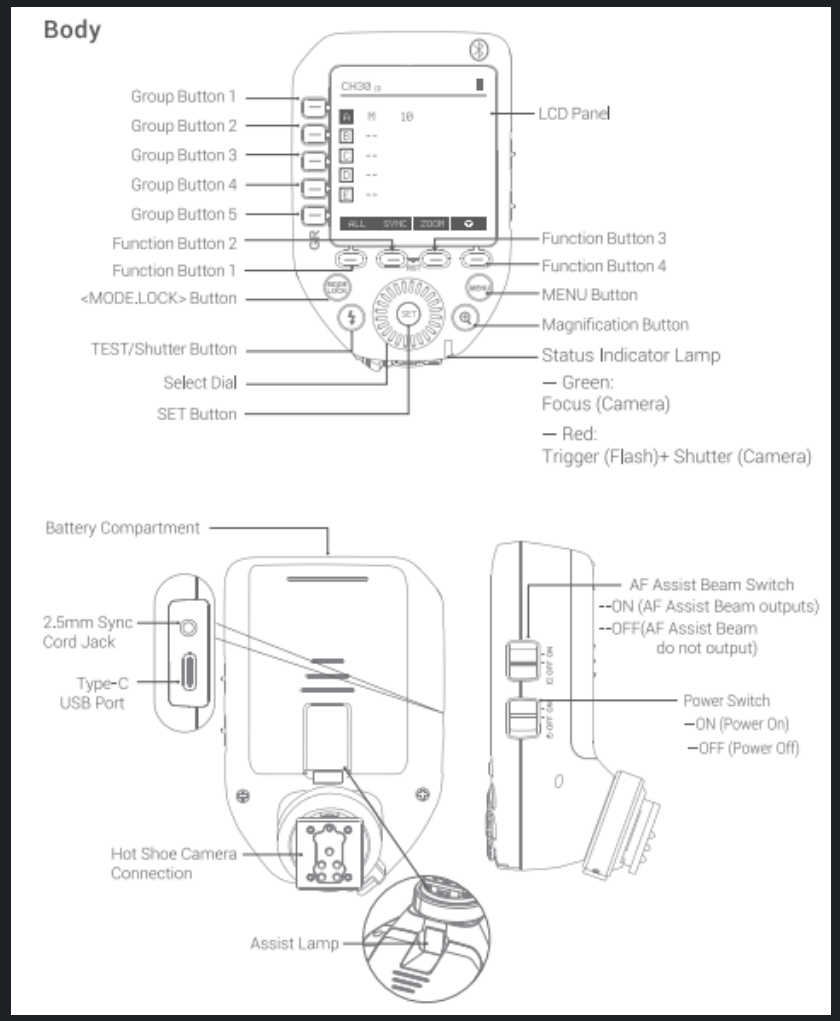
The status lamp should respond when you press TEST or take a shot.

PRACTICE

Your trigger setup drill

Work in pairs. One person configures the trigger, one checks the flash, then swap roles.

1. Set CH to the instructor's number
2. Set ID to match, or both OFF
3. Put the flash in Group A
4. Take one test shot at low power
5. Change power from the trigger



TROUBLESHOOTING

If the flash will not fire

Diagnose in this order and most trigger problems resolve quickly.

Firm mount

Slide the trigger fully forward and lock it down.

Channel

CH must match on trigger and flash.

Group

The flash group must be ON, not -- or OFF.

Wireless ID

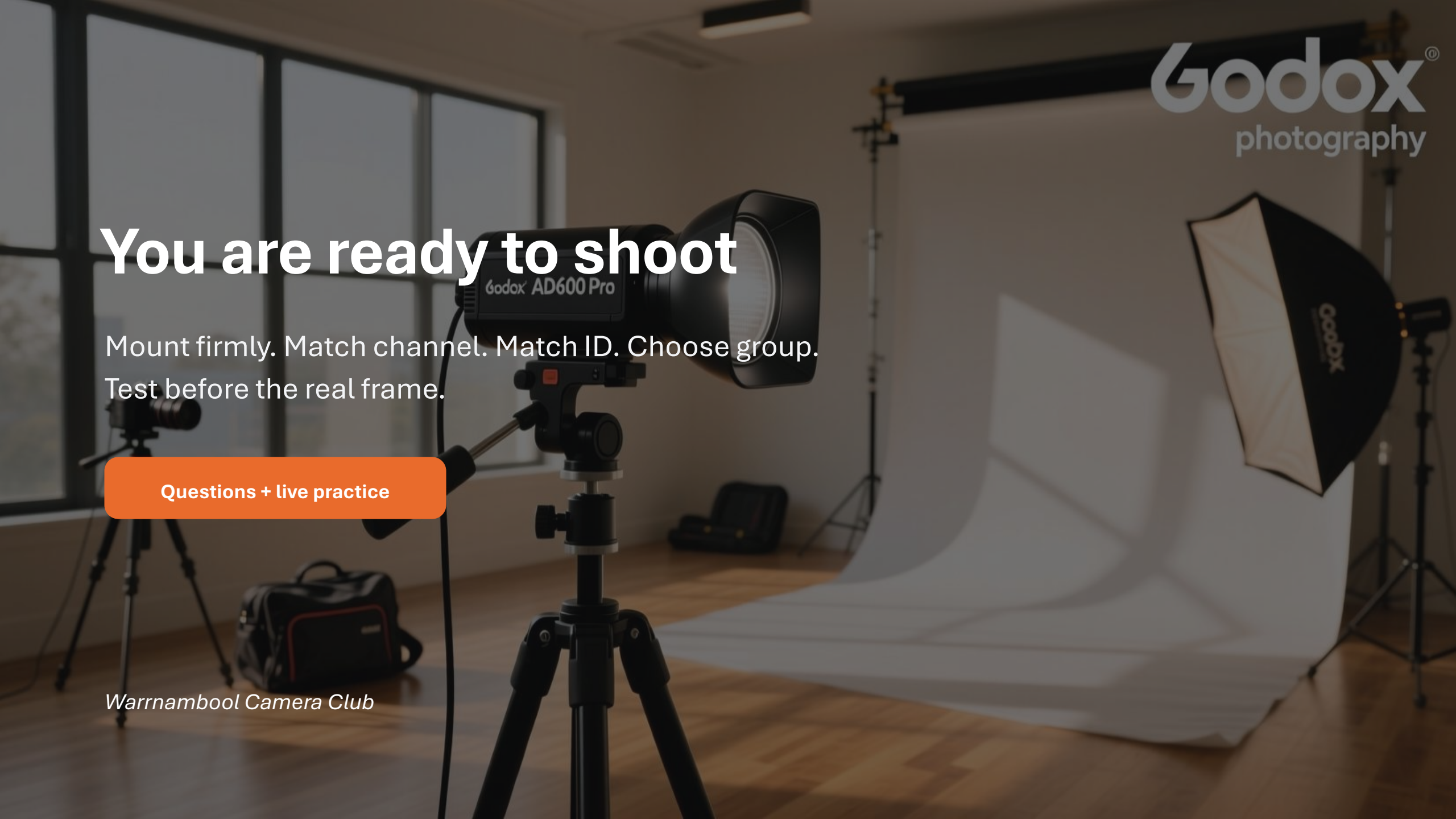
Match the ID number, or turn ID off on both.

Sleep mode

Press TEST to wake the trigger before diagnosing.

Sync Speed

Black banding – Check your shutter speed or Turn on HSS.



You are ready to shoot

Mount firmly. Match channel. Match ID. Choose group.
Test before the real frame.

Questions + live practice

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