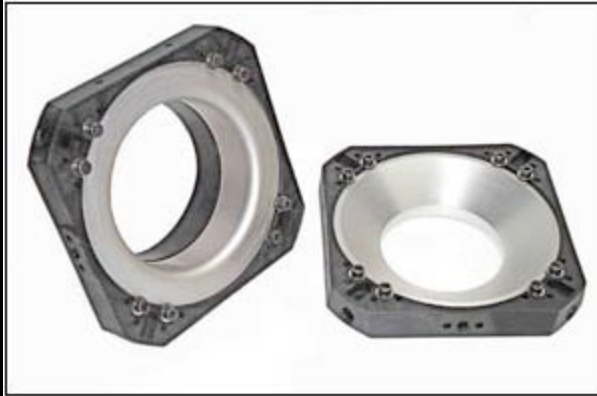




## Speed Rings and Speed Ring Inserts

Mounting a flash head to a Mola reflector requires a **Speed Ring Insert**.

The **INSERT** is the metal portion of a speed ring, which is surrounded by a high impact, molded plastic ring that the wands of a soft box would fit in to.



This Image shows a speed ring and insert, generally sold as one piece. (Chimera)



This image shows an insert removed from the molded speed ring.



This image shows just the speed rings inserts, which can be purchased separately. (Redwing)



Once you have purchased the desired speed ring Insert, it is mounted as shown in these two images. Depending on the type of insert the SYMPL clips will mount the speed ring insert on the flat edge of the insert as in the case of Profoto or on the curved side as in the case of Broncolor.



"Rigid Clips" for use with all flat base speed rings, Profoto D1 and Calumet Traveler series.

Speed rings are available from a large number of manufactures and are built to varying standards. Chimera and Redwing are among the most commonly used and are available at most retailers. Redwing sells inserts without the molded plastic speed ring attached.

*Please note that If a Speed ring is OVER 5.66" or 14.38 cm it will not fit, or if it is UNDER 5.25" or 13.34 cm it is too small.*

Redwing inserts for:

- Profoto **RD 6230**
- Bron Pulso **RD 6240**
- Bron Impact **RD 6241**
- Elinchrom **RD 6245**
- Speedotron **RD 6220**
- Balcar/Alien Bee/White lighting **RD 6215**
- Calumet/Bowens **RD 6210**
- Comet **RD 6250**
  
- Photoflex(only) insert for Dynalite **SC-B9009DR**

Dynalite direct for Dynalite's custom made Mola-Dynalite insert/collar