

Insta360™ ONE

QUICKSTART GUIDE

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Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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.

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.

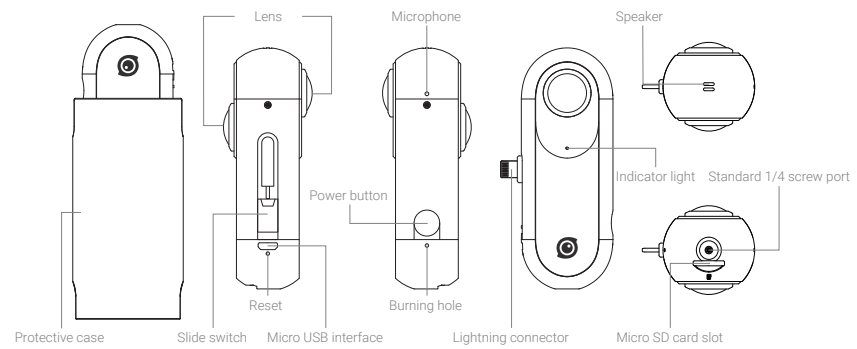
The device must not be co-located or operating in conjunction with any other antenna or transmitter.

This device complies with FCC's radiation exposure limits set forth for an uncontrolled environment.

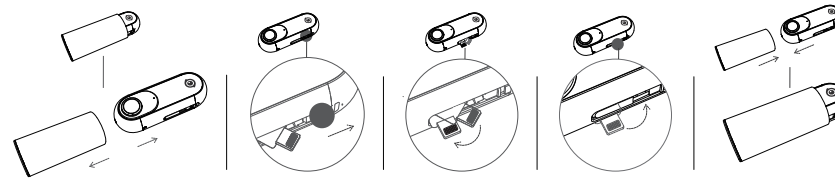
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Overview



Use with iPhone/iPad



- 01** Before you use the camera, please remove the protective case first. Toggle the switch, the Lightning connector will automatically pop up. Set the Lightning connector to the position shown in the diagram above. Please press the Lightning connector back into the camera and protect the lens with the case after use.

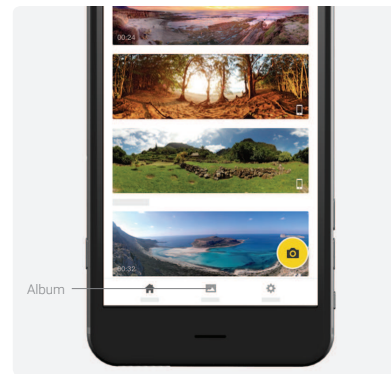


- 02 When iPhone/iPad first detects the device, an app installing notification will pop up. Other two options are scanning the QR code to install and visiting https://www.insta360.com/r/download_insta360one_ios to download.

04



- 03 When connected successfully, click the shutter button on the shooting interface to take photos.



04 Click **album** to preview.

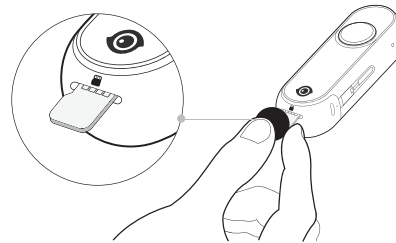


05 Click **share** to share the image to social media platforms.

Storage



1. When used with iPhone/iPad (without Micro SD card installed), the images/videos are stored in the devices. With Micro SD card installed, the images/videos are stored in the card by default. You can transfer the images/videos to your computer through iTunes or Micro SD card.
2. Support Class10 and above, exFAT(FAT64) format (compatible FAT32 format), up to 128G Micro SD card.
3. Single video file is limited to 4GB. For long time recording, a video will automatically be stored in multiple separate files.



Bluetooth



With Micro SD card installed, the camera can be used to take photos/videos remotely via Insta360 ONE app.

1. Please first go to https://www.insta360.com/r/download_insta360one_ios to download Insta360 ONE app.
2. When the camera is on, search Bluetooth device(Insta360 ONE XXXXXX) on iPhone/iPad, and click the connect button to pair.
3. When you hear the notification tone from the camera and the blue indicator is on, it means connected successfully.
4. Then open the app, and you can use the app to take photos or videos in the effective operating distance.
5. After shooting, connect the camera to iPhone/iPad to review.

*** Note:**

When operating in an open space, the recommended remote-control range is within 3 meters, with a maximum range of 10 meters.

Independent Mode



With Micro SD card installed, the camera can be used independently to take photos and videos.





1. Press the power button to turn on the camera.
2. In the standby mode, press the power button to take a photo, and the indicator light blinks green once.
3. In the standby mode, press the power button twice to shoot a video. The indicator light keeps green during video recording. You can stop recording by pressing the power button again.
4. In the standby mode, press the power button three times to start timer (10 seconds by default). During the countdown, the indicator light keeps blinking blue until the photo is taken. A sustained green light shows the photo has been captured.
5. Connect the camera to iPhone/iPad. Open the time-lapse on the setting page in the app. With the function turned on, remove the camera. Turn on the camera again and press the power button for three times, the indicator light will alternate between green and blue during recording. A sustained green light is on when the recording is done.
6. Once finishing videotaping/taking photos, they will be stored in the Micro SD card. You can connect the camera to your devices to review.

*** Notes:**

1. When the camera is used independently, the protective case can be used as a tripod or handle.
2. Connect the camera to iPhone/iPad, you can modify the timer on the setting page in the app.

Accessories



Name	Quantity
Insta360 ONE	1
Quick Start Guide	1
Protective Case	1
Warranty Card	1
Micro USB Cable	1
Lens Cloth	1

More Information

1. For more information, please download the Insta360 ONE User Manual.

https://www.insta360.com/r/insta360one_pub_en

2. Working Conditions

Working Humidity: 30% ~ 80%

Working Temperature: 14 °F ~ 113 °F (-10°C ~ 45°C)

* This content is subject to change without prior notice



RECYCLING: This product bears the selective sorting symbol for Waste electrical and electronic equipment (WEEE). This means that this product must be handled pursuant to European directive 2012/19/EU in order to be recycled or dismantled to minimize its impact on the environment.



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