FMONE

FlowMotion ONE

Let's start making better videos

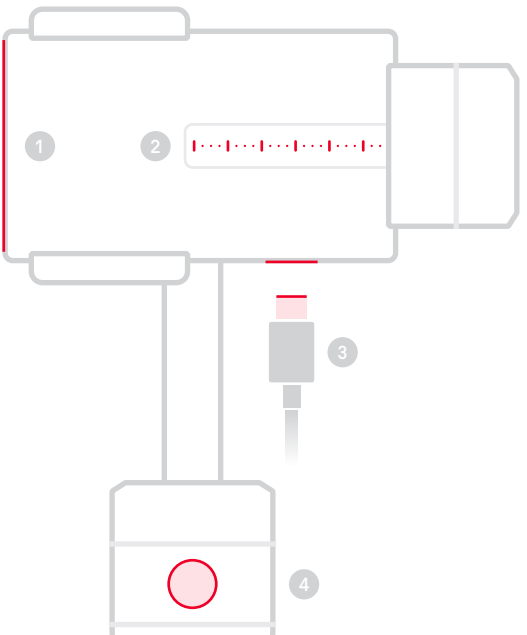
This is Your FlowMotion ONE Smartphone Stabilizer

1. Battery Cover
Swap batteries. Push downwards to open.

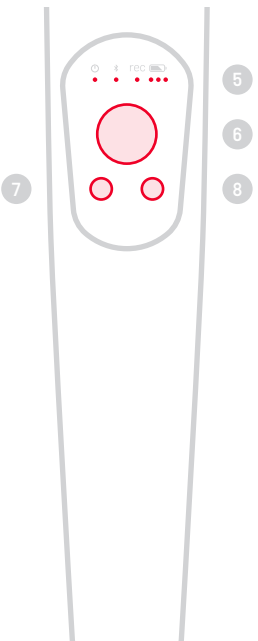
2. Mounting Guide
Balance your phone according to its size.

3. USB-C Port
Charge FlowMotion ONE.

4. Power Button
Click to power on FlowMotion ONE.



Gimbal



Grip

5. LEDs

See status for power, Bluetooth®, video recording and battery.

6. Joystick

Move to manually position the gimbal.

7. Function Button

Hold to lock the gimbal. Double click to toggle stabilization mode.

8. Record Button

Click to start and stop a video recording.

1. Download the FlowMotion App

Get the most out of your smartphone's camera.

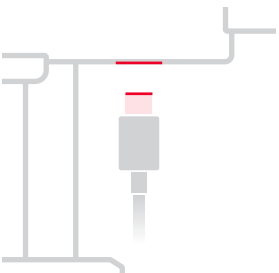
Download on the App Store

GET IT ON Google Play

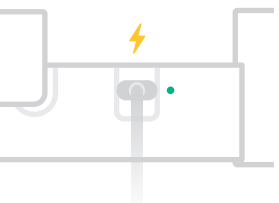
Search for 'FlowMotion App' in the App Store or Google Play Store, and install the app on your mobile phone.

2. Charge the Battery

Fully charge the battery before using FlowMotion ONE for the first time.



Insert the included USB-C cable in the USB-C port and connect it to a USB-A power source (not included).



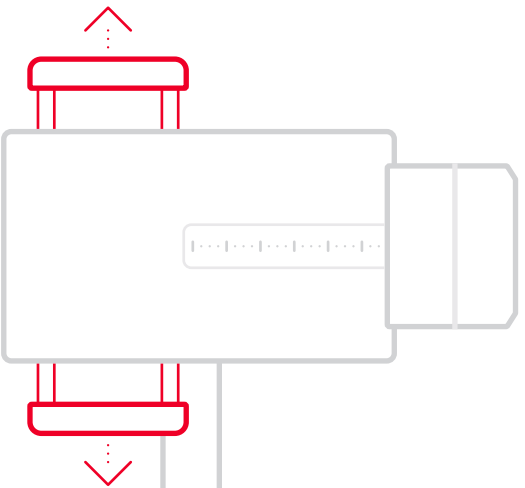
The battery is fully charged when the system status LED becomes solid green.

Specs

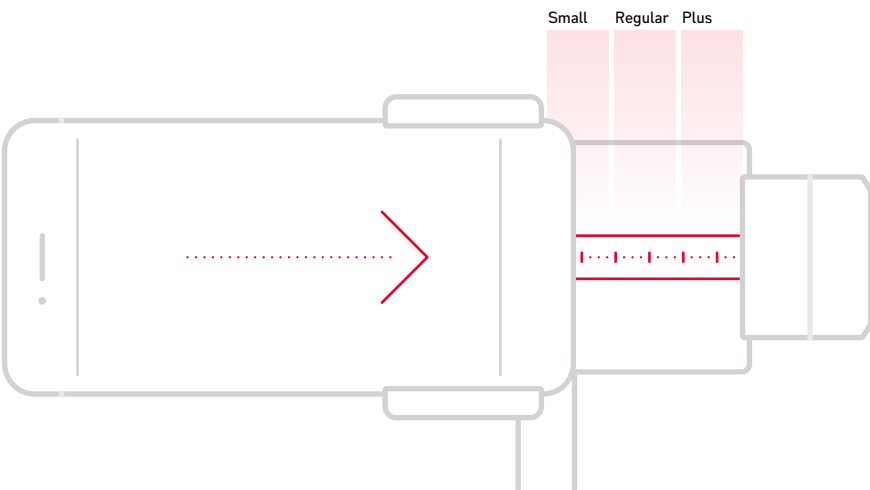
- Charging time approx. 3 hours
- Max. 4.5 hours of use per charge

3. Mount and Balance Your Phone

Get the smoothest video stabilization for your device.



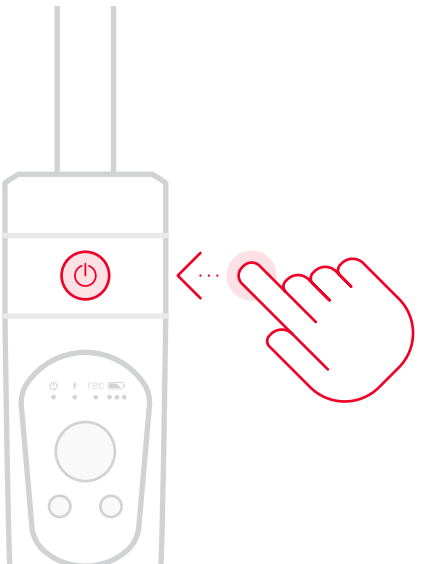
With FlowMotion ONE powered off, open the smartphone holder and place your phone inside. The top of your phone (and the camera) should be placed to the left and to the opposite side of the motor.



Adjust the mobile phone sideways until it is perfectly balanced. The system is balanced if the mobile phone remains level when released, balanced only by the gimbal.

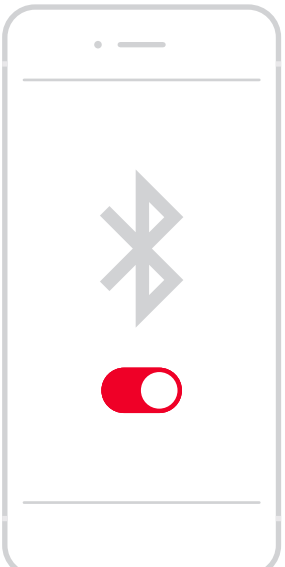
Do not power on FlowMotion ONE without a mobile phone. It is important to balance the smartphone in order to achieve optimal performance. Do not balance FlowMotion ONE when powered on.

4. Power On

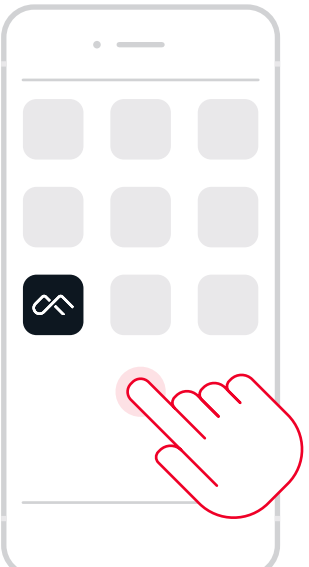


Press the power button for about 1 second.

5. Connect Your Phone



Enable Bluetooth® on your smartphone.



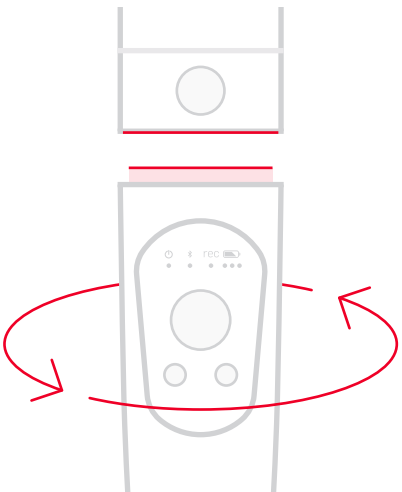
Launch the FlowMotion App and follow the instructions to connect to FlowMotion ONE.

Let’s Go!

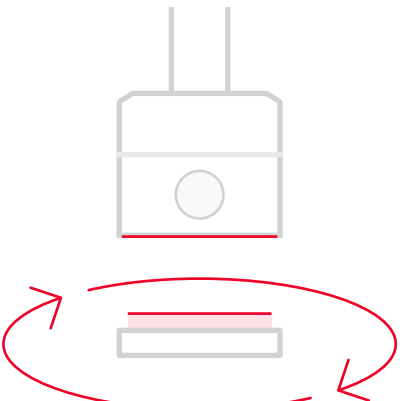
That’s it! You’re set. You can now go out and create amazing videos.

Attaching the Tripod Mount

Attach FlowMotion ONE to any tripod.



Detach the grip by unscrewing the handle (counter-clockwise).



Attach the tripod mount by twisting it on (clockwise).

Unlock More Creativity

Get the most out of your FlowMotion ONE with these accessories. Visit the FlowMotion website for more information: **www.flowmotion.co**.

Carbon Extension Pole

Reach new angles and improve vertical stabilization, without losing button and joystick control.

Extra Battery

Don't run out of juice, pack a spare battery for a full day of shooting.

Disclaimer and Warning

Read this entire document carefully to ensure proper configuration before use. Failure to read and follow instructions and warnings in this document may result in serious injury to yourself or others, damage to your FlowMotion product, or damage to other objects in the vicinity. This document and all other collateral documents are subject to change at the sole discretion of FlowMotion. For more information, visit **www.flowmotion.co/support/FMONE**.

By using this product, you hereby acknowledge that you have read this Disclaimer and Warning carefully and that you understand and agree to abide by the terms and conditions herein. You agree that you are solely responsible for your own conduct while using this product, and for any consequences thereof. You agree to use this product only for purposes that are proper and in accordance with all applicable laws, rules, and regulations, and all terms, precautions, practices, policies and guidelines FlowMotion has made and may make available.

FlowMotion accepts no liability for damage, injury or any legal responsibility incurred directly or indirectly from the use of this product. The user shall observe safe and lawful practices including, but not limited to, those set forth in this document. Read the user manual to become familiar with the features of this product before operating. The user manual can be downloaded at **www.flowmotion.co/support/FMONE/manuals**.

Failure to operate the product correctly can result in damage to the product, personal property, and cause serious injury. This is a sophisticated product. It must be operated with caution and common sense and requires some basic mechanical ability. Failure to operate this product in a safe and responsible manner could result in injury or damage to the product or other property. This product is not intended for use by children without direct adult supervision. Do not use with incompatible components or alter this product in any way outside of the documents provided by FlowMotion Technologies AS. It is essential to read and follow all of the instructions and warnings in the user manual, prior to assembly, setup or use, in order to operate the product correctly and avoid damage or serious injury.

This content is subject to change.

Download the latest version from **www.flowmotion.co/support/FMONE**.

Safety Guidelines

- Intricate components inside FlowMotion ONE may be damaged upon impact and cause the stabilizer to malfunction.
- Ensure there is nothing obstructing the gimbal when FlowMotion ONE is powered on.
- FlowMotion ONE is not water resistant. Do not use any liquid cleansers. Only use a soft dry cloth to clean FlowMotion ONE.
- Keep FlowMotion ONE away from sand and dust to safeguard the sensors in the camera and motors.

Regulatory

Regulatory information, certification, and compliance marks specific to FlowMotion ONE are available at **www.flowmotion.co/support/FMONE/manuals** or in the FlowMotion App. Go to Settings > User > About > Regulatory.

FCC Compliance Statement

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.

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

RF Exposure Information: This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 5mm between the radiator and your body.

IC Compliance Statement

This device complies with RSS-247 of Industry Canada. 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet équipement est conforme aux limites d'exposition aux rayonnements de la IC établies pour unenvironnement non contrôé. Cet équipement doit être installé et fonctionner à au moins 5mm de distance d'un radiateur ou de votre corps.

EU Compliance Statement
FlowMotion Technologies AS hereby declares that this wireless device is in compliance with the Radio Equipment Directive 2014/53/EU. A copy of the EU Declaration of Conformity is available at **www.flowmotion.co/euro/compliance**.

RF Exposure Information: The Maximum Permissible Exposure (MPE) level has been calculated based on a distance of d=5 mm between the device and the human body. To maintain compliance with RF exposure requirement, use product that maintain a 5 cm distance between the device and human body.

European Union—Disposal Information

The symbol above means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. The separate collection and recycling of your product and/or its battery at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

Bluetooth®
TX frequency: 2400 MHz to 2483.5 MHz
Max. power: -6 dBm

Environmental Requirements
Operating temperature: 0° to 40°C.

Recycling
Dispose the battery in specific recycling boxes only after a complete discharge. Do not place the battery in regular trash containers. Strictly follow your local regulations regarding the disposal and recycling of batteries.

If the battery cannot be fully discharged, please contact a professional battery disposal/recycling agent for further assistance.

Warranty
We offer a limited One-Year Limited Warranty on our products. In some countries this period may be different. Read the full warranty at **www.flowmotion.co/support/FMONE/manuals**.

Contact

At **www.flowmotion.co** you will find information about FlowMotion products. If you have any questions contact us at **support@flowmotion.co**.

For more information, read the User Manual: **www.flowmotion.co/support/FMONE/manuals**.

This content is subject to change without prior notice.

www.flowmotion.co

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