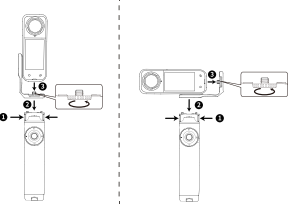
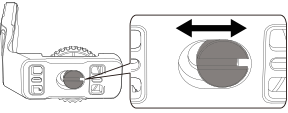
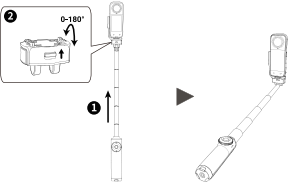


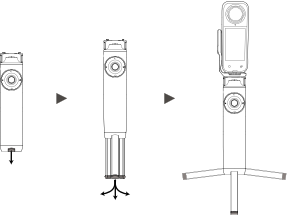
1 Install Camera
安裝相機
カメラの取り付け



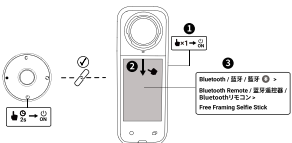
2 Extend Selfie Stick & Adjust Angle
展开手柄 & 調整相机拍摄角度
フリーフレーム自撮り棒の伸縮と角度の調整



3 Extend Built-In Tripod
展开三脚架
内蔵三脚の展開

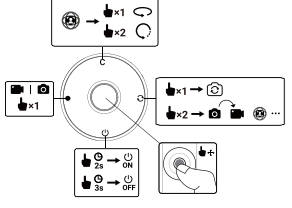


4 Connect to Camera
连接相机
カメラへの接続

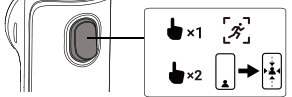


5 Basic Use
机身操作
基本操作

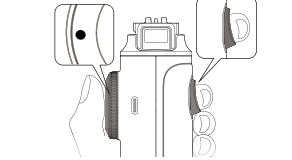
Button Instructions / 主要按键操作 / ボタン操作



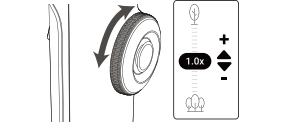
Track and Recenter Frame / 追跡及画面回正 / フレームの追跡と再センタリング



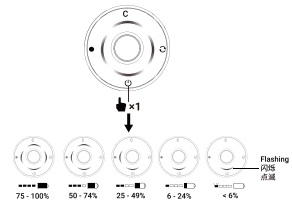
QuickCapture / 快速拍摄 / クイックキャプチャ



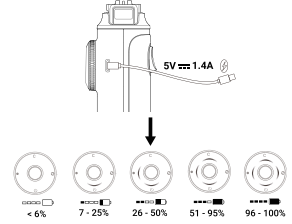
Zoom In/Out / 缩放视角 / ズームイン / アウト



6 Check Battery Level (Selfie Stick Powered Off)
关机状态下查看当前电量
電源オフ時のバッテリー残量確認



7 Check Battery Level While Charging
充电及电量状态
充電中のバッテリー残量確認



EN

Specs

Name	Free Framing Selfie Stick
Model	CINSHAWA
Input	5V $\approx$ 1.4A
Minimum Length	6.3 $\pm$ 1in (161 $\pm$ 2mm)
Maximum Length	19.1 $\pm$ 0.2m (485 $\pm$ 4mm)
Weight	6.0 $\pm$ 0.2oz (170 $\pm$ 5g)
Maximum Weight Limit	10.6oz (300g)
Operating Temperature	-4°F to 104°F (-20°C to 40°C)
Charging Temperature	32°F to 113°F (0°C to 45°C)
Storage Temperature	23°F to 95°F (-5°C to 35°C)
Protocol	BLE
Operating Frequency	2402MHz-2480MHz
Transmitter Power (E.I.R.P.)	<10dBm
Type	Li-Ion
Capacity	620mAh
Rated Energy	2.356Wh

Notes

- This product is compatible with Insta360 X5. Supported models are continuously updated. Please check the official Insta360 website for the latest compatibility list.
- This product is not water-resistant. Do not use it in rainy conditions or underwater.
- Do not exceed the maximum load capacity (300g) when mounting devices on the selfie stick. Hold the device securely to prevent accidental drops.
- Ensure the knob is properly tightened and the camera is securely attached to avoid accidental drops and potential damage.
- When mounting the camera horizontally, make sure the battery side rests against the silicone pads on the vertical-horizontal mount to

- prevent the mount from bending.
- The zoom wheel may remain visible in the frame when shooting with the selfie stick.
 - When using the built-in tripod, place it on a stable, flat surface and avoid uneven or rough ground. When outdoors, do not extend the selfie stick too high to prevent it from falling. Be cautious in strong winds (level 4 or above) as it may tip over.
 - Do not force the tripod to bend into different positions or angles.
 - Remove the camera before moving the tripod, as strong vibrations or intense movements could damage the accessory and camera.
 - Do not use the selfie stick during high-impact activities such as motocycling or cycling, as it may fall and cause damage.
 - Only use this product in environments with temperatures between -4°F and 104°F (-20°C and 40°C).
 - The vertical-horizontal mount and selfie stick contain magnets. Keep them away from pacemakers and other devices to avoid interference.

Disclaimer

By using this product, you acknowledge and agree to this disclaimer. Inspect the product before each use, and do not use it if damaged. Except for defects covered by applicable law, you are solely responsible for your actions and any consequences arising from the use of this product. To the extent permitted by law, Insta360 reserves the right to interpret and amend this disclaimer.

After-Sales Service

The warranty period of the attached product is 1 year from the original retail purchase. Warranty service may vary according to the applicable laws of your state or jurisdiction. For detailed warranty policies, please visit <https://insta360.com/support>.

CN

规格参数

产品名称	自由遥控手柄
产品型号	CINSHAWA
输入	5V $\approx$ 1.4A
收纳长度	161 $\pm$ 2 毫米
展开长度	485 $\pm$ 4 毫米
产品重量	170 $\pm$ 5 克
最大载重	300 克
工作环境温度	-20°C ~40°C
充电环境温度	0°C ~45°C
存储环境温度	-5°C ~35°C
协议	BLE
工作频率	2402MHz~2480MHz
输出功率 (E.I.R.P.)	<10dBm
电池类型	可充电锂离子电池
容量	620mAh
额定能量	2.356Wh

注意事项

- 本产品适用于 Insta360 X5，适配机型持续更新，请在官方商城查询最新适配机型。
- 自由遥控手柄不防水，切勿在雨中或水下使用本产品。
- 在手柄上安装设备时，请勿超出最大载重，挂载设备，以防意外跌落。
- 请确保设备旋紧，相机已安装稳固，以免跌落造成损坏。
- 横置安装相机时，相机肩夹侧按钮拆拆支架侧硅胶垫，以免导致支架变形。
- 使用手柄拍摄时，变焦拨轮无法在拍摄画面中完全隐形。
- 使用内置三脚架时，请确保三脚架放置平稳，请勿在坑洼或不平坦地面使用。室外使用脚架功能时，手柄展开高度请勿过高，避免摔机风险。有风天气（尤其风力四级及以上），请谨慎使用。
- 三脚架自然伸展后，不要过度用力像其他角度弯折。
- 在使用三脚架拍摄且需要移动位置时，请将相机从三脚架取下，切勿将相机装在脚架上一起移动，剧烈的晃动（尤其手柄伸直至最长使用时）可能会使相机跌落造成损坏。
- 请勿在摩托车及自行车骑行等剧烈运动场景下使用手柄，以免手柄掉落，造成损坏。
- 请在温度为 -20°C ~40°C 的环境中使用本产品。
- 横置拍摄拆支架及手柄含磁铁，请远离心脏起搏器等易受干扰设备。

免责声明

使用本产品即视同意本声明。每次使用前请检查，破坏请勿使用。除经依法认定的产品质量问题外，使用者应自行承担因使用行为及其后果产生的责任。在国家法律法规范围内，影石 Insta360 保留本声明的解释及修改权。

售后服务

自您最初零售购入之日起，本产品的保修期为 1 年。详细的售后服务流程和保修条款，请访问 <https://insta360.com/support>。

JA

仕様

名称	フリーフレーム自撮り棒
モデル	CINSHAWA
入力	5V $\approx$ 1.4A
最大長	161 $\pm$ 2mm
最大長	485 $\pm$ 4mm
重量	170 $\pm$ 5g
最大耐荷重	300g
動作温度	-20°C ~40°C
充電温度	0°C ~45°C
保管温度	-5°C ~35°C
Bluetooth	プロトコル: BLE 動作周波数: 2402MHz-2480MHz 送信出力 (E.I.R.P.): <10dBm
バッテリー	種類: リチウムイオン (Li-ion) 容量: 620mAh 定格エネルギー: 2.356Wh

注意事項

- 本製品は Insta360 X5 に対応しています。対応機種は随時更新されます。最新の互換リストは公式 Insta360 ウェブサイトをご確認ください。
- この製品は防水仕様ではありません。雨天時や水中での使用はおやめください。
- フリーフレーム自撮り棒に機器を取り付ける際は、最大耐荷重 (300g) を超えないでください。誤って落下しないよう、しっかりと固定してください。
- ノブを確実に締め付け、カメラがしっかりと取り付けられていることを確認し、落下や損傷を防いでください。
- カメラを水平に取り付ける際は、電池側が縦横マウントのシリコンパッドにしっかりと接触していることを確認し、マウントの変形を防いでください。
- フリーフレーム自撮り棒で撮影する際、ズームホイールがフレーム内に写り込む場合があります。
- 内蔵三脚を使用する際は、安定した平らな場所に設置し、凹凸のある地面では使用しないでください。屋外で使用する場合は、フリーフレーム自撮り棒を高く伸ばしすぎないでください。強風（レベル4以上）の場合は転倒するおそれがありますのでご注意ください。
- 三脚を無理に曲げて異なる位置や角度にしないでください。
- 三脚を移動させる前にカメラを取り外してください。強い振動や激しい動きによりアクセサリやカメラが損傷するおそれがあります。
- オートバイや自転車などの高衝撃なアクティビティ中はフリーフレーム自撮り棒を使用しないでください。損傷がある場合は使用しなないます。
- 使用環境温度は -20°C ~40°C の範囲内でご使用ください。
- 縦横マウントおよびフリーフレーム自撮り棒には磁石が内蔵されています。ペースメーカーやその他の機器に干渉するおそれがあるため、近づけないでください。

免責事項

本製品を使用することにより、お客様は本免責事項に同意したものとみなされます。使用前に製品を確認し、損傷がある場合は使用しないでください。適用される法律で定められた欠陥を除く、本製品の使用に起因するお客様の行為および結果について製造責任を負いません。法の範囲内で、Insta360 は本免責事項の解釈および改訂の権利を留保します。

アフターサービス

本製品の保証期間は購入から 1 年間で、保証サービスはお客様の国または司法管轄区域によって異なります。保証規定の詳細につきましては、下記をご覧ください <https://insta360.com/support>。

Compliance Information

Supplier's Declaration of Conformity

Product Name: Free Framing Selfie Stick
Model Number: CINSHAWA
Responsible Party: Arashi Vision (U.S.) LLC
Responsible Party Address: 2323 Main St, Unit 16, Irvine, CA 92614, United States
Website: www.insta360.com
We, Arashi Vision (U.S.) LLC, being the responsible party, declares that the above mentioned model was tested to demonstrate complying with all applicable FCC rules and regulations.
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.
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.
Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

RF Exposure Information

This product complies with FCC radio exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
This device is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission of the U.S. Government.

ISED Compliance Information

CAN ICES (B) / NMB (B)
This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.
L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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.
(2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.
This equipment complies with RSS-102 (radiation exposure limits set forth for an uncontrolled environment. End user must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. The portable device is designed to meet the requirements for exposure to radio waves established by the RSS-102.
Cet équipement est conforme aux limites d'exposition aux rayonnements CNR-102 établies pour un environnement non contrôlé. L'utilisateur final doit suivre les instructions spécifiques pour satisfaire les normes. Cet émetteur ne doit pas être co-implanté ou fonctionner en conjonction avec toute autre antenne ou transmetteur. Le dispositif portatif est conçu pour répondre aux exigences d'exposition aux ondes radio établie par le développement énergétique DURABLE.

EU & UK Compliance Notice

CE UK CA
Declaration of Conformity
Arashi Vision Inc hereby declares that this product is in compliance with the essential requirements and the relevant provisions of the directive 2014/53/EU. The full text of the EU Declaration of Conformity is available online at <https://www.insta360.com/euro-compliance>
EU contact: Insta360 GmbH, Emmy Noether Ring 4, 85716 Unterschleißheim, Germany

Декларация за съответствие
Arashi Vision Inc. с напълно отговорно декларира, че този продукт е в