

Insta360 Insta360 ONE

Insta360 ONE 360 Degree Panoramic Sports Action Video Camera User Manual

MODEL: INSTA360 ONE

1. INTRODUCTION

The Insta360 ONE is a versatile 360-degree panoramic sports action video camera designed to capture immersive experiences. It features advanced FlowState Stabilization for smooth footage and the ability to re-frame shots after capture. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Figure 1.1: Insta360 ONE Camera

2. WHAT'S IN THE BOX

Upon unboxing your Insta360 ONE, please verify that all the following components are included:

- **Insta360 ONE Camera:** The main 360-degree camera unit.
- **Protective Case:** A case designed to protect the camera when not in use.
- **Micro USB Cable:** Used for charging the camera and data transfer.

- **String:** For securing the camera or accessories.
- **8GB Micro SD Card:** Included for immediate storage of photos and videos.



Figure 2.1: Insta360 ONE Protective Case



Figure 2.2: Micro USB Cable for Charging and Data Transfer

3. SETUP

3.1 Charging the Battery

The Insta360 ONE is powered by a Lithium Metal battery (included). Before initial use, fully charge the camera using the provided Micro USB cable. Connect the cable to the camera's charging port and a compatible USB power source (e.g., computer USB port, wall adapter).

3.2 Inserting the Micro SD Card

Locate the Micro SD card slot on the camera. Insert the included 8GB Micro SD card with the gold contacts facing down until it clicks into place. Ensure the card is properly seated to prevent data loss.

3.3 Connecting to Your Device

The Insta360 ONE offers flexible connectivity options:

- **Standalone:** Operate the camera independently without a connected device.
- **Bluetooth Control:** Connect wirelessly via Bluetooth for remote control using the Insta360 app on your smartphone.
- **Direct Connection (iPhone):** For iPhone users, directly connect the camera to your iPhone's Lightning port for real-time preview and enhanced control.

For detailed step-by-step instructions on initial setup and app pairing, please refer to the official User Guide PDF available [here](#).

4. OPERATING THE INSTA360 ONE

4.1 360 Degree Capture

The Insta360 ONE captures everything around it simultaneously, recording seamless 4K 360° video and 24 MP 360° photos. This allows for flexible re-framing and editing after the shot has been taken.

4.2 FlowState Stabilization

Experience professional-level stabilization with FlowState technology. This feature ensures your footage remains smooth and steady, even during dynamic activities like running or cycling, eliminating the need for a gimbal.

4.3 Shoot First, Point Later

This innovative feature allows you to capture a full 360-degree scene and then choose your perspective later. Within the Insta360 app, you can mark the best parts of your 360° footage, and the ONE will connect them with ultra-smooth camera movements, creating a traditional flat video from your 360 capture.

4.4 Invisible Selfie Stick

When mounted on a compatible selfie stick (sold separately), the Insta360 ONE's advanced algorithms make the selfie stick disappear from the final footage. This creates the illusion of aerial shots or a floating camera, similar to drone footage but without the drone.

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Video 4.1: Demonstration of Insta360 ONE's 360-degree capture and stabilization features, showcasing dynamic perspectives from a skydiver's point of view.

5. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your Insta360 ONE camera:

- **Lens Care:** Always use a soft, lint-free cloth to clean the camera lenses. Avoid abrasive materials or harsh chemicals that could scratch the lens.
- **Storage:** Store the camera in its protective case when not in use to prevent dust accumulation and physical damage. Keep it in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** For optimal battery life, avoid fully discharging the battery frequently. If storing for extended periods, charge the battery to about 50-60% before storage.
- **Firmware Updates:** Regularly check for and install firmware updates via the Insta360 app. Updates often include performance improvements, bug fixes, and new features.

6. TROUBLESHOOTING

If you encounter issues with your Insta360 ONE, consider the following common troubleshooting steps:

- **Camera Not Turning On:** Ensure the battery is sufficiently charged. Connect the camera to a power source and wait a few minutes before attempting to power on again.
- **App Connectivity Issues:** Verify that Bluetooth is enabled on your smartphone and that the Insta360 app is up to date. Try restarting both the camera and the app.
- **Poor Image/Video Quality:** Check that the camera lenses are clean and free from smudges or dust. Ensure you are shooting in adequate lighting conditions.
- **Freezing/Unresponsive:** If the camera becomes unresponsive, perform a soft reset by pressing and holding the power button for approximately 10 seconds until it powers off.
- **Storage Issues:** Ensure the Micro SD card is properly inserted and has sufficient free space.

Consider formatting the card (this will erase all data) if issues persist.

For more comprehensive troubleshooting guides and solutions, please consult the official Insta360 ONE User Guide PDF or visit the Insta360 support website.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	3.78 x 1.44 x 0.98 inches
Item Weight	8 ounces
Item Model Number	Insta360 ONE
Batteries	1 Lithium Metal batteries required (included)
Video Capture Resolution	4K
Maximum Aperture	2.2 Millimeters
Flash Memory Type	Micro SD
Video Capture Format	MP4
Connectivity Technology	Bluetooth
Color	Black
Special Feature	Low Light
Optical Zoom	5 x
Camcorder Type	Video Camera
Manufacturer	Insta360
Date First Available	August 16, 2017

8. WARRANTY AND SUPPORT

The Insta360 ONE is manufactured by Insta360. For warranty information, technical support, or to explore additional products and accessories, please visit the official Insta360 store on Amazon:

[Insta360 Official Store](#)

You can also download the complete User Guide in PDF format for detailed instructions and diagrams:

[Download User Guide \(PDF\)](#)