

Sony ILCE-7M4/B

Sony Alpha 7 IV Mirrorless Camera Body (ILCE-7M4/B) Instruction Manual

Model: ILCE-7M4/B | Brand: Sony

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Sony Alpha 7 IV Full Frame Mirrorless Camera Body. The Alpha 7 IV is designed for both still photography and movie recording, offering advanced features and high performance for a new generation of imagemakers.

Key features include:

- 33MP full-frame Exmor R back-illuminated CMOS sensor.
- Next-generation BIONZ XR image processing engine.
- Up to 4K 60p 10-bit 4:2:2 video recording.
- Real-time Eye-AF for humans, animals, and birds.
- 5-axis in-body image stabilization.
- Advanced connectivity for live streaming and file transfer.

2. PACKAGE CONTENTS

Verify that all items are present in your package:

- Sony a7 IV Full Frame Mirrorless 33MP Alpha Interchangeable Lens Camera Body (ILCE-7M4/B)
- Body Cap ALC-B1EM
- Eyepiece Cup FDA-EP18
- Multi Interface Shoe Cap FA-SHC1M
- Rechargeable Battery NP-FZ100
- USB Charger AC-UUD12
- Shoulder Strap
- USB-A to USB-C Cable (USB 3.2)
- Sigma 30mm F1.4 DC DN Contemporary Lens for Sony E-mount Model 302965
- Deco Gear Camera Bag (Large)

- Replacement Compatible Rechargeable Battery for FZ-100
- Compatible External Dual Battery Charger for FZ-100
- Lexar 64GB High-Performance 800x UHS-I SDHC Memory Card
- 12" Compact Vlogger Tripod/Grip 2-in-1
- Lens Blower
- Lens Brush
- Lens Cap Keeper
- LCD Screen Protectors
- Memory Card Reader
- Card Storage Case
- Microfiber Cloth

3. SETUP

3.1 Charging the Battery

Insert the provided NP-FZ100 battery into the USB Charger AC-UUD12 and connect it to a power source. The charging indicator will illuminate during charging and turn off when complete. An external dual battery charger is also included for convenience.

3.2 Inserting the Battery and Memory Card

Open the battery/memory card cover on the bottom of the camera. Insert the charged NP-FZ100 battery with the arrow facing inward until it clicks into place. Insert the Lexar 64GB SDHC memory card into one of the dual card slots, ensuring the correct orientation. Both slots are compatible with UHS-II SD cards, and one supports CFexpress Type A for faster performance.



Image Description: A close-up side view of the Sony a7 IV camera body, highlighting the textured grip and the compartment door for the battery and memory card, clearly marked with "OPEN" and an arrow.

3.3 Attaching the Lens

Remove the body cap from the camera and the rear lens cap from the Sigma 30mm F1.4 DC DN Contemporary Lens. Align the white index mark on the lens with the white index mark on the camera body. Mount the lens by turning it clockwise until it clicks into place.



Image Description: A direct front view of the Sony a7 IV camera body, showcasing the E-mount lens attachment ring and the exposed sensor. The camera's brand and model are visible on the top plate.



Image Description: A close-up view of the Sigma 30mm F1.4 DC DN Contemporary Lens, designed for Sony E-mount cameras, showing its textured barrel and front element.

4. OPERATING THE CAMERA

4.1 Power On/Off and Basic Controls

To power on the camera, slide the power switch located on the top plate. The mode dial allows selection between various shooting modes including Program Auto (P), Aperture Priority (A), Shutter Priority (S), Manual (M), and custom modes (1, 2, 3). The Still/Movie/S&Q dial allows quick switching between still photography, movie recording, and Slow & Quick motion modes.



Image Description: A top-down view of the Sony a7 IV camera, highlighting the main mode dial, the Still/Movie/S&Q dial, and other control buttons and dials on the top plate.



Image Description: A rear view of the Sony a7 IV camera, displaying the vari-angle LCD screen, electronic viewfinder, and various control buttons such as MENU, AF-ON, AEL, and the control wheel.

4.2 Still Photography Features

The 33MP full-frame Exmor R sensor combined with the BIONZ XR processor delivers high-resolution images with a wide ISO sensitivity range (expandable to ISO 50-204800) and a 15-stop dynamic range. This allows for excellent performance in various lighting conditions.

The camera features 10 Creative Look presets with 8 adjustable parameters, allowing for in-camera customization of image aesthetics.

Autofocus System: The advanced autofocus system includes 759 phase-detection AF points covering approximately 94% of the image area. Real-time Eye AF is available for humans, animals, and birds, with a 30% improvement in human eye detection accuracy. Real-time Tracking ensures subjects remain in sharp focus even when moving erratically.

Continuous Shooting: Capture fast-moving subjects with continuous shooting up to 10 frames per second (fps) with AF/AE tracking, using either mechanical or silent electronic shutter. The large buffer allows for over 800 uncompressed RAW+JPEG images or more than 1000 compressed RAW+JPEG images.

4.3 Movie Recording Features

The Alpha 7 IV supports 10-bit 4:2:2 video recording in All-Intra (XAVC S-I) up to 600 Mbps, and highly efficient XAVC HS (MPEG-H HEVC/H.265). It can record 4K 30p with full pixel readout from 7K oversampling, and 4K 60p in Super 35 mode.

Cinematic Look: Utilize S-Cinetone for a cinematic color science directly in-camera. For advanced color grading, S-Log3 and S-Gamut3.Cine profiles are available, offering 15+ stops of dynamic range.

Advanced Movie Functions: Breathing Compensation helps maintain a consistent angle of view when focusing with compatible lenses. Active Mode optical image stabilization provides enhanced stability for handheld video recording.

4.4 Customization and User Interface

The camera features separate main menus and function menus for still photography and movie recording, optimizing the user experience for each mode. Buttons and controls are fully customizable, allowing users to assign frequently used functions for quick access.

The rear dial (R) can be customized for various functions such as Aperture, Shutter Speed, ISO, Exposure Compensation, White Balance, Creative Look, Focus Area, and Audio Recording Level.

The 3.68 million-dot Quad-VGA OLED viewfinder offers a clear and detailed view, complemented by a 3.0-inch vari-angle touch-screen LCD monitor for flexible shooting angles and intuitive control.



Image Description: The Sony a7 IV camera shown with its vari-angle LCD screen extended and rotated, displaying a live view of a woman in a field. This highlights the screen's flexibility for different shooting perspectives.



Image Description: A side view of the Sony a7 IV camera with its port covers open, revealing the HDMI, USB-C, headphone, and microphone jacks, indicating its connectivity options.

4.5 Connectivity and Live Streaming

The camera supports improved Imaging Edge Mobile connection settings, allowing for seamless transfer of files via 5 GHz / 2.4 GHz Wi-Fi. The USB Type-C connector supports SuperSpeed USB 10 Gbps (USB 3.2 Gen2) for fast data transfer. Live communication with high-quality image and sound is possible, making it suitable for live streaming up to 4K 15p or 1080 60p with internal recording.

Official Product Video: [Introducing Sony Alpha 7 IV Mirrorless Full Frame Camera](#)

Your browser does not support the video tag.

Video Description: This video provides an overview of the Sony Alpha 7 IV camera, showcasing its key features for both still photography and videography, including its sensor, processor, autofocus capabilities, video recording formats, and connectivity options. It highlights the camera's versatility for various creative applications.

5. MAINTENANCE

Regular maintenance ensures optimal performance and longevity of your camera. Always power off the camera before cleaning or changing lenses.

- **Cleaning the Lens:** Use the provided lens brush and blower to remove dust and debris. For smudges, use a microfiber cloth with a lens cleaning solution.
- **Cleaning the Camera Body:** Wipe the camera body with a soft, dry cloth. Avoid using harsh chemicals.
- **Sensor Cleaning:** If dust spots appear on your images, the sensor may need cleaning. This can be done using the camera's built-in sensor cleaning function or by a professional service.
- **Storage:** When not in use, store the camera in a dry, cool place, preferably in the provided camera bag, away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your camera, refer to the following common troubleshooting steps:

- **Camera does not power on:** Ensure the battery is fully charged and correctly inserted. Try using a different charged battery.
- **Images are blurry:** Check that the lens is properly attached and clean. Verify focus settings (autofocus or manual focus) and ensure sufficient shutter speed to prevent motion blur.
- **Memory card error:** Reinsert the memory card. If the issue persists, try a different memory card. Ensure the card is compatible and not full.
- **Video recording stops unexpectedly:** This may be due to the memory card speed or camera overheating. Use a high-speed memory card (V90 recommended for 4K recording). The camera features a heat-dissipating structure for extended recording, but continuous high-resolution recording in hot environments can still lead to shutdowns.
- **Connectivity issues:** Ensure Wi-Fi and Bluetooth are enabled on both the camera and your mobile device. Refer to the Imaging Edge Mobile application for specific connection instructions.

7. SPECIFICATIONS

Feature	Specification
Brand	Sony
Model Name	E37SNILCE7M4BX4
Photo Sensor Resolution	33 MP
Photo Sensor Size	Full Frame (35mm)
Photo Sensor Technology	CMOS
Image Stabilization	Sensor-shift

Feature	Specification
Compatible Mountings	Sony E
Video Resolution	1080p, 2160p (4K)
ISO Range	Auto, 100-51200 (Expanded: 50-204800)
Continuous Shooting	10 FPS
Screen Size	3 Inches
Display Type	LCD (Tilting)
Autofocus Points	759 (Phase Detection)
Connectivity Technology	Bluetooth, Wi-Fi
Total USB Ports	1 (USB 3.2 Gen2 Type-C)
HDMI Type	Type A Standard HDMI
Supported File Format	JPEG, Raw, HEIF
Item Weight	6 Pounds (with bundle)

8. WARRANTY AND SUPPORT

Your Sony Alpha 7 IV camera comes with an Authorized USA Manufacturer's Warranty. For warranty claims or technical support, please contact Sony customer service or the authorized seller, Beach Camera Same Day Shipping.

Extended protection plans are available for purchase, including a 3-Year Protection Plan and a monthly Complete Protect plan. Refer to your purchase documentation for details on these plans.