

## Insta360 X4

# Insta360 X4 Endurance Bundle Action Camera User Manual

## 1. INTRODUCTION

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This manual provides essential information for the safe and effective use of your Insta360 X4 Endurance Bundle. Please read it thoroughly before operating the camera and retain it for future reference.

### 1.1 Package Contents

The Insta360 X4 Endurance Bundle includes the following items:

- 1x Insta360 X4 Camera
- 1x Standard Lens Guards (pre-installed or included separately)
- 1x 85cm Invisible Selfie Stick
- 1x Additional Battery
- 1x Fast Charge Hub
- 1x Carry Case
- 1x Lens Cap
- 1x 256GB microSD Card



Image 1.1: Contents of the Insta360 X4 Endurance Bundle, including the camera, battery, microSD card, selfie stick, lens guards, and carry case.

## 2. SAFETY INFORMATION

Observe the following safety precautions to prevent damage to the camera or injury to yourself or others:

- Do not attempt to disassemble, repair, or modify the camera.
- Keep the camera away from extreme temperatures, open flames, and strong magnetic fields.
- Ensure all ports are securely closed before exposing the camera to water.
- Use only Insta360-approved accessories.
- Avoid dropping or subjecting the camera to severe impacts.

## 3. SETUP

### 3.1 Charging the Battery

Before first use, fully charge the Insta360 X4 battery. The camera features an improved 2290mAh battery, offering up to 135 minutes of recording time in 5.7K30fps mode.

1. Insert the battery into the camera or the Fast Charge Hub.
2. Connect the camera or Fast Charge Hub to a power source using the provided USB-C cable.
3. The indicator light will show charging status and turn off when fully charged.



The Insta360 X4 camera is shown lying on a surface of snow. The camera is black with a textured, ribbed body. A blue light is visible on the side. The background is a soft, out-of-focus snow.

## ***BUILT FOR ACTION***

-  **33ft Waterproof**
-  **-4°F (-20°C) Cold-Resistant**
-  **135 Mins Long-Lasting Battery**

\*Data from test environment at 5.7K30fps 360° mode.  
\*To get better shots underwater, we recommend using the Insta360 Invisible Dive Case.  
\* When filming underwater, always remove the Lens Guards.

Image 3.1: The Insta360 X4 camera, highlighting its robust design and battery, capable of operating in cold temperatures.

### **3.2 Inserting the MicroSD Card**

The Insta360 X4 requires a MicroSD card for storing footage. A 256GB MicroSD card is included in this bundle.

1. Locate the MicroSD card slot on the side of the camera.
2. Insert the MicroSD card with the contacts facing the front of the camera until it clicks into place.
3. To remove, press the card gently until it springs out.

### **3.3 Attaching Lens Guards**

The Insta360 X4 comes with Standard Lens Guards for protection. These are designed for easy application and removal.

1. Align the Standard Lens Guards with the camera lenses.
2. Gently press them onto the lenses until they are securely attached.
3. For water sports or heavy rain, it is recommended to remove the lens guards to ensure optimal image quality.

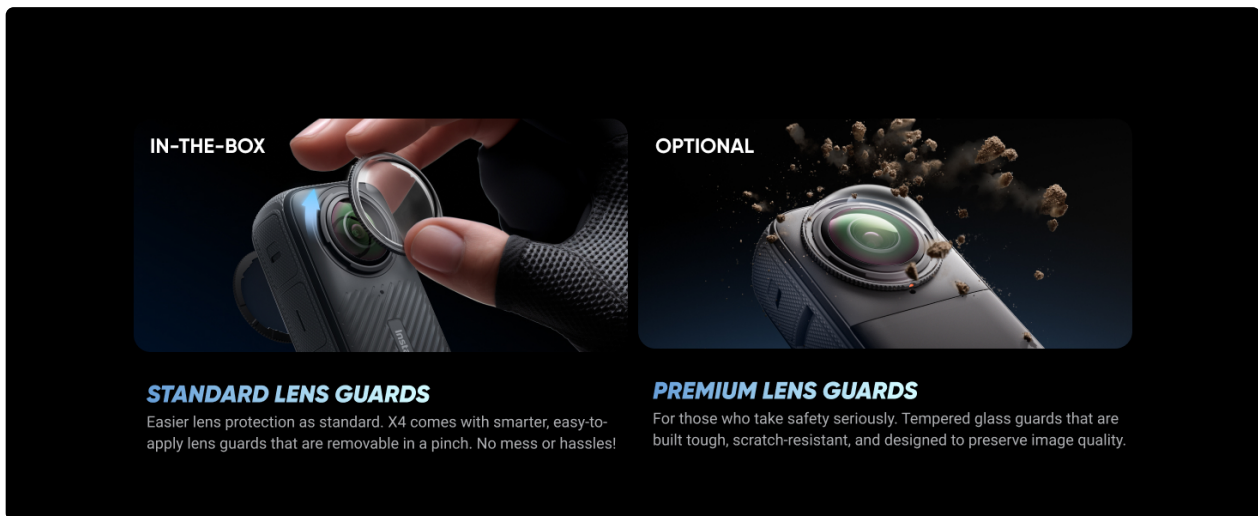


Image 3.2: Illustration of attaching Standard Lens Guards to the Insta360 X4 camera.

## 4. OPERATING THE CAMERA

### 4.1 Power On/Off

- To power on, press and hold the power button until the screen illuminates.
- To power off, press and hold the power button until the shutdown prompt appears, then confirm.

### 4.2 Basic Recording

The Insta360 X4 features an ultra-bright 2.5-inch touchscreen with Corning Gorilla Glass for easy control and preview.

1. **Select Mode:** Swipe on the touchscreen to choose between 360 Video, 4K Wide-Angle, Photo, and other modes.
2. **Start Recording:** Press the shutter button once to begin recording.
3. **Stop Recording:** Press the shutter button again to stop recording.

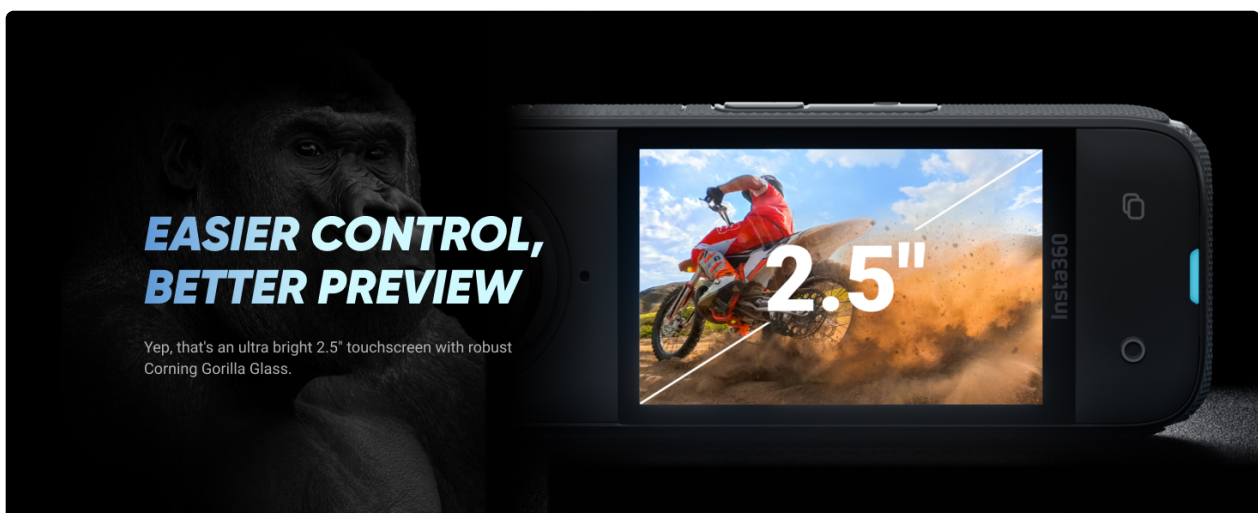




Image 4.1: The Insta360 X4's 2.5-inch touchscreen for intuitive control and live preview.

## 4.3 AI Gesture and Voice Control

The X4 supports hands-free operation for convenience.

- **AI Gesture Control:** Use specific hand gestures to start recording or take photos.
- **Voice Control 2.0:** Issue voice commands such as "Start Recording" or "Take a Photo" to control the camera.

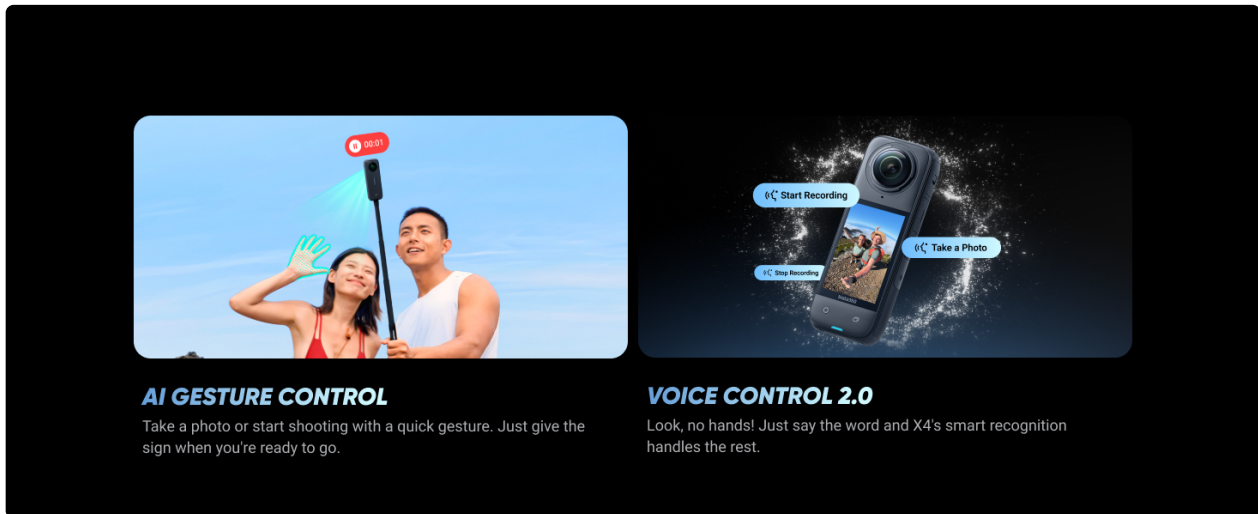


Image 4.2: Demonstrating AI Gesture Control and Voice Control 2.0 for hands-free camera operation.

## 5. KEY FEATURES

### 5.1 8K 360 Video and 4K Wide-Angle

The Insta360 X4 captures immersive 360-degree video in stunning 8K resolution or 5.7K at 60 frames per second. It also functions as a wide-angle action camera, recording at 4K60fps or 170-degree MaxView at 4K30fps.



Image 5.1: A scene captured with the Insta360 X4, showcasing its 8K 360-degree video capability.

## 5.2 FlowState Stabilization and 360° Horizon Lock

Achieve smooth, level footage regardless of movement. FlowState Stabilization and 360° Horizon Lock ensure your shots remain stable and perfectly aligned.

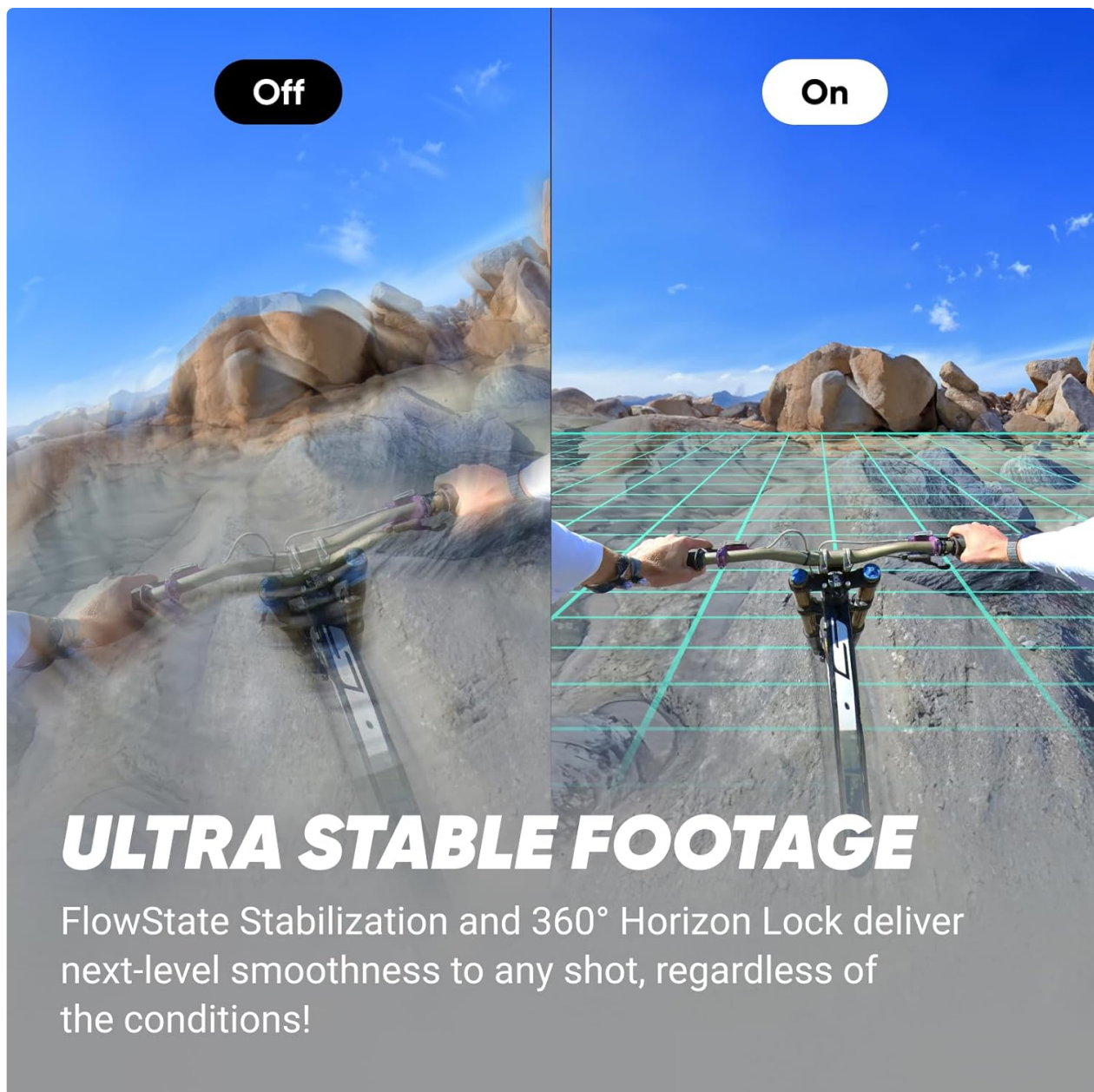


Image 5.2: Demonstrating the effectiveness of FlowState Stabilization for smooth video capture.

### **5.3 Invisible Selfie Stick Effect**

The included Invisible Selfie Stick automatically disappears from your footage, creating third-person perspectives and drone-like angles without visible equipment.





# **INVISIBLE SELFIE STICK EFFECT**

Capture incredible third-person shots and drone-like angles with X4.

\*The Invisible Selfie Stick sold separately.

\* 114cm Invisible Selfie Stick is a lightweight selfie stick perfect for capturing daily life, but not designed for high-speed adventures. For high-intensity sports and action, we recommend the Action Invisible Selfie Stick.

Image 5.3: A motorcycle rider captured using the Invisible Selfie Stick, creating a third-person view.

## **5.4 Waterproof and Cold Resistant**

The X4 is waterproof to 33 feet (10m) without a dive case and can operate in temperatures as low as -4°F (-20°C).

## **5.5 AI Editing and Reframing**

The Insta360 app utilizes AI to simplify editing and reframing. Shoot first in 360, then easily choose your desired angles and create compelling edits.



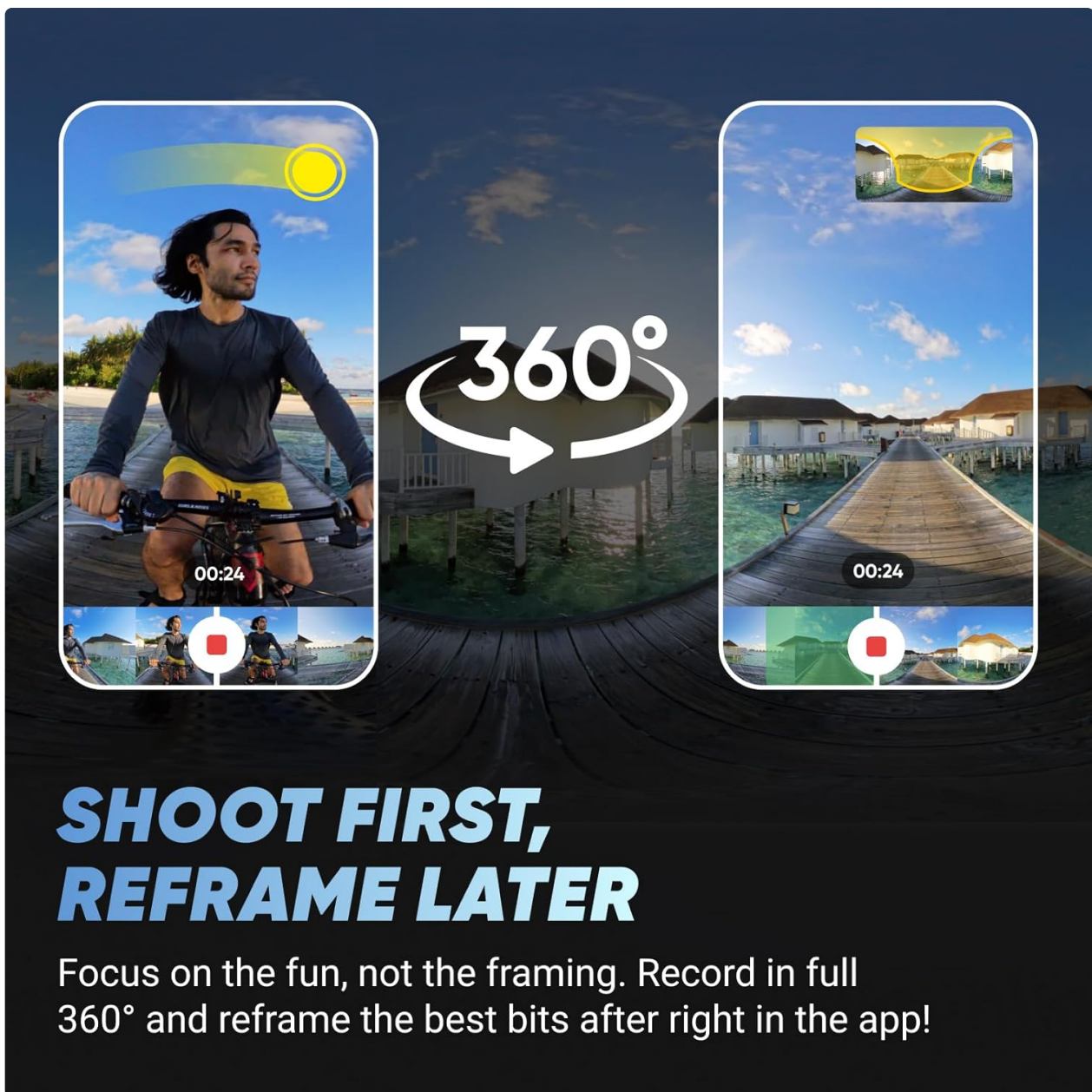


Image 5.4: The 'Shoot First, Reframe Later' workflow within the Insta360 app.

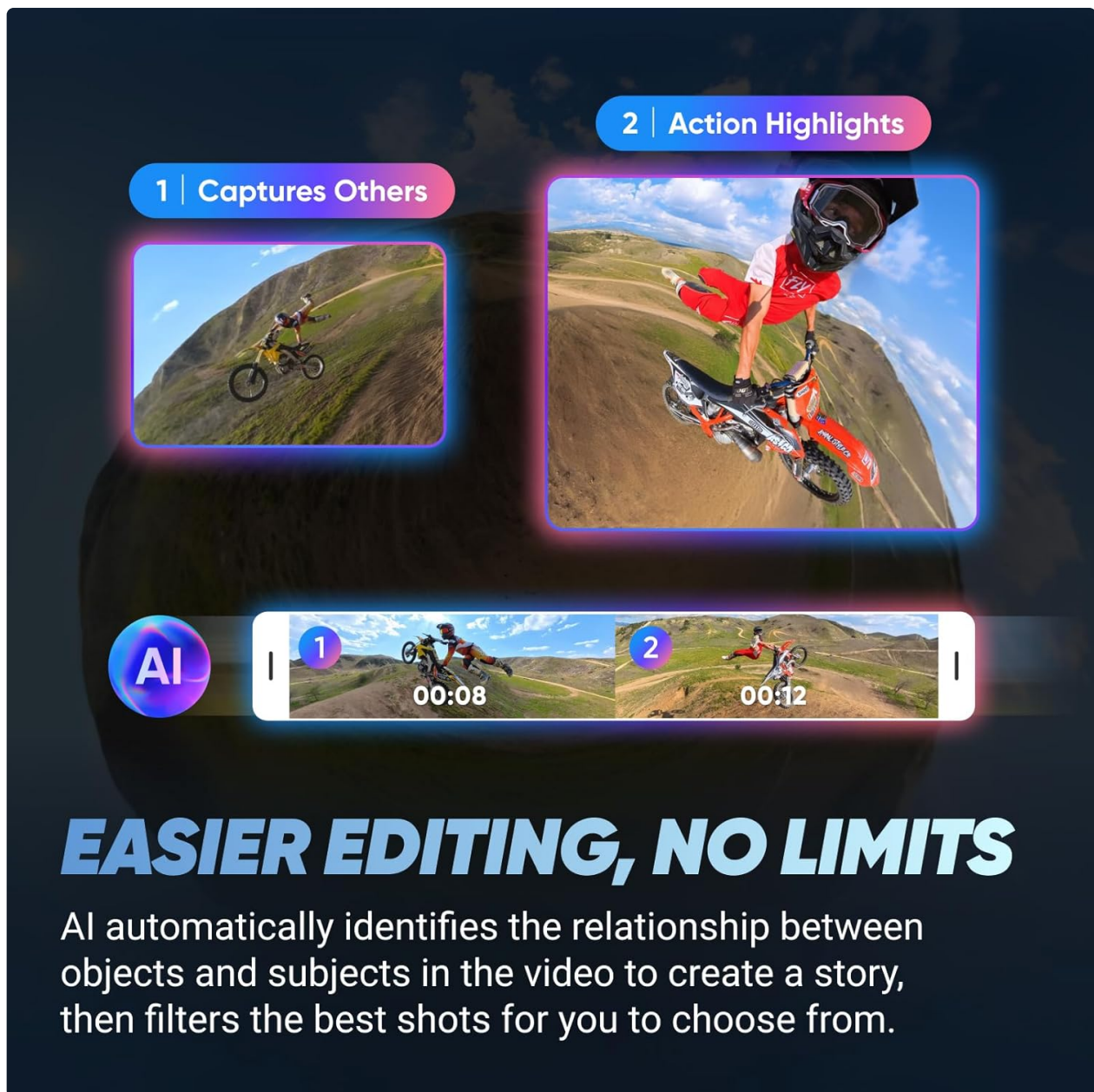


Image 5.5: AI-powered editing identifying and filtering action highlights from footage.

## 6. MAINTENANCE

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### 6.1 Cleaning

- Use a soft, lint-free cloth to clean the camera body and touchscreen.
- For lenses, use a specialized lens cleaning cloth and solution to avoid scratches.
- Ensure the camera is dry before closing ports or charging.

### 6.2 Storage

- Store the camera in its protective carry case when not in use.
- Keep the camera in a cool, dry place away from direct sunlight.
- Remove the battery if storing for extended periods.

## 7. TROUBLESHOOTING

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## 7.1 Common Issues

- **Camera not powering on:** Ensure the battery is charged and correctly inserted.
- **Footage not saving:** Check if the MicroSD card is inserted correctly and has sufficient storage space.
- **Software compatibility:** Be aware that Insta360 Studio software may not be compatible with all versions of Windows, particularly newer operating systems like Windows 11 on certain devices. Verify compatibility on the official Insta360 website before relying solely on desktop editing.
- **Overheating:** If the camera becomes excessively hot, stop recording and allow it to cool down.

## 7.2 Resetting the Camera

If the camera is unresponsive, you may perform a reset. Refer to the official Insta360 X4 support resources for specific instructions on how to perform a hard reset.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Insta360
Model Number	CINSABMA
Item Weight	3.19 pounds
Batteries	1 Lithium Polymer battery required (included)
Special Features	360 Degree Capture
Photo Sensor Technology	CMOS
Video Capture Resolution	8K
Flash Memory Type	Micro SD
Video Capture Format	MP4, INSV
Screen Size	2.5 Inches
Connectivity Technology	Wi-Fi

## 9. WARRANTY AND SUPPORT

For detailed warranty information, product registration, and technical support, please visit the official Insta360 website. You can also find the complete user manual in PDF format for further reference:

[Download Official User Manual \(PDF\)](#)