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› [Insta360](#) /

› [Insta360 GO 3S 128GB 4K Tiny Portable Vlogging Camera Instruction Manual](#)

## Insta360 GO 3S

# Insta360 GO 3S 128GB 4K Tiny Portable Vlogging Camera Instruction Manual

## INTRODUCTION

The Insta360 GO 3S is a compact, powerful 4K camera designed for capturing hands-free point-of-view footage. Weighing only 1.4oz (39g), its small size allows for versatile mounting and creative angles. This manual provides essential information for setting up, operating, and maintaining your GO 3S camera.

Key features include 4K video recording, FlowState Stabilization for smooth footage, IPX8 waterproofing for the camera and IPX4 splashproofing for the Action Pod, and integration with Apple Find My for easy location tracking.

## WHAT'S IN THE BOX

- 1x GO 3S Camera
- 1x Action Pod
- 1x Magnet Pendant
- 1x Easy Clip
- 1x Pivot Stand
- 1x Lens Guard

## Seriously Stable, Always Level

Leading FlowState Stabilization and Horizon Lock ensure your shots are always smooth and level.

\*Horizon Lock is only available in FreeFrame Video. Applied in the Insta360 app/Studio.

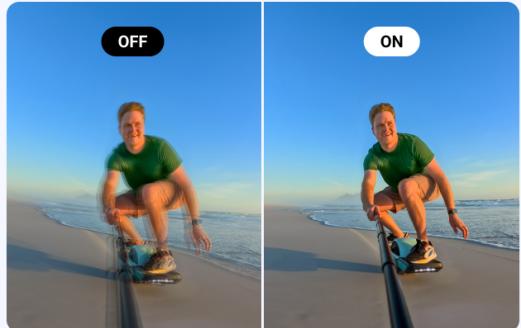


Image: The Insta360 GO 3S camera and Action Pod, along with the Magnet Pendant, Easy Clip, Pivot Stand, and Lens

Guard, neatly arranged.

## SETUP

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### Charging the Device

Before first use, fully charge your Insta360 GO 3S and Action Pod. Connect the Action Pod to a power source using the provided USB-C cable. The GO 3S camera charges automatically when inserted into the Action Pod.

### Initial Power On and Pairing

To power on the Action Pod, press and hold the power button. Insert the GO 3S camera into the Action Pod. The devices should pair automatically. Follow on-screen prompts for initial setup, including language selection and date/time settings.

### App Connection

Download the Insta360 app on your mobile device. Enable Bluetooth and Wi-Fi on your phone. Open the app and follow the instructions to connect to your GO 3S. This allows for live preview, remote control, and footage transfer.

## OPERATING THE INSTA360 GO 3S

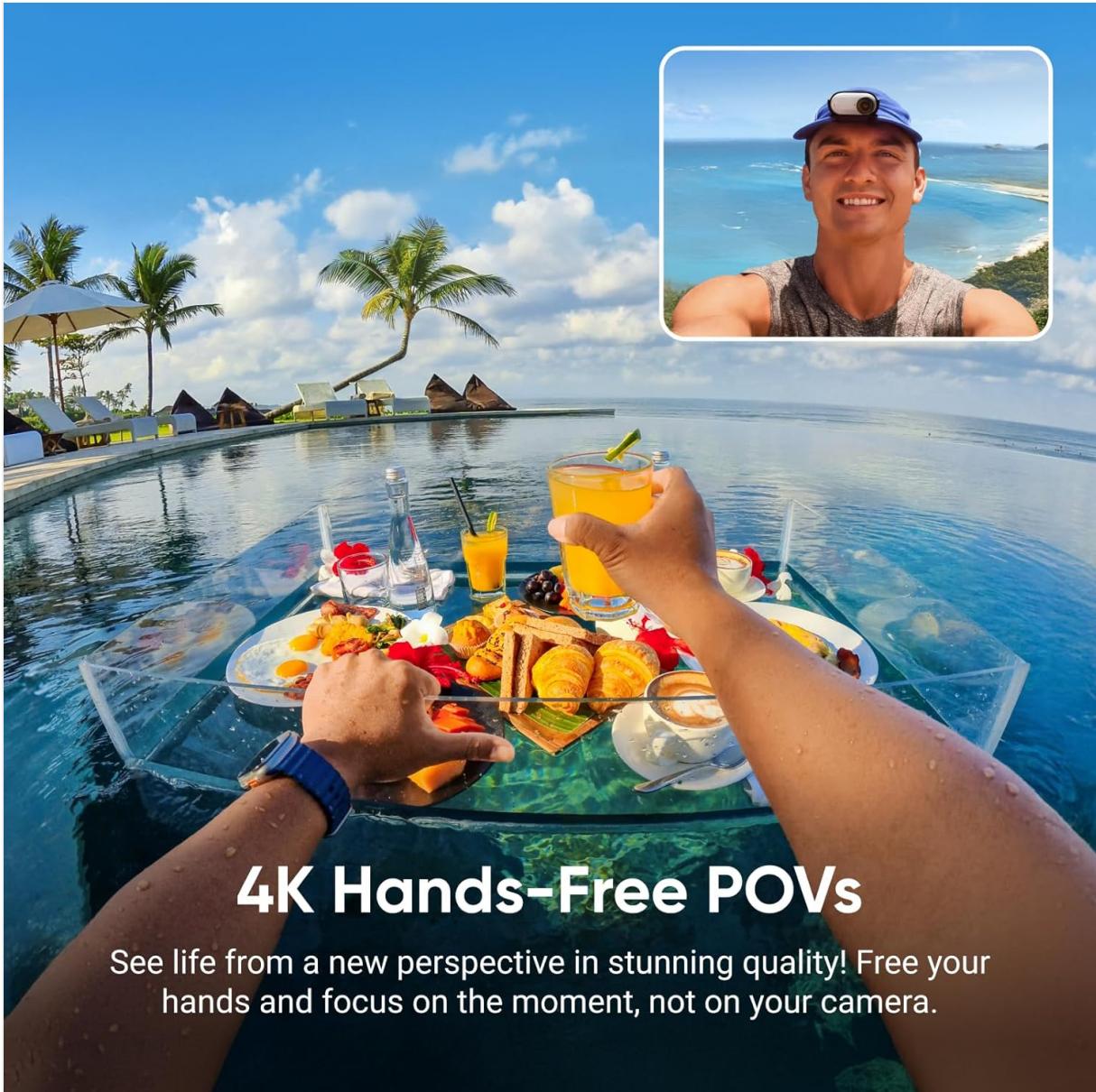
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### QuickCapture

Press the button on the front of the GO 3S camera to start recording instantly, even when the camera is off. This allows for rapid capture of moments without delay.

### Hands-Free POVs and MegaView FOV

Utilize the camera's compact size and magnetic design to capture unique hands-free point-of-view shots. The new MegaView FOV provides ultra-wide shots with reduced distortion, enhancing the immersive experience.



## 4K Hands-Free POVs

See life from a new perspective in stunning quality! Free your hands and focus on the moment, not on your camera.

Image: A person holds the Insta360 GO 3S, capturing a wide-angle shot of a breakfast table next to a swimming pool, demonstrating its POV capabilities.

### FlowState Stabilization and Horizon Lock

The GO 3S features FlowState Stabilization and Horizon Lock to ensure your footage remains smooth and level, even during dynamic activities. Horizon Lock is available in FreeFrame Video mode when applied in the Insta360 app/Studio.

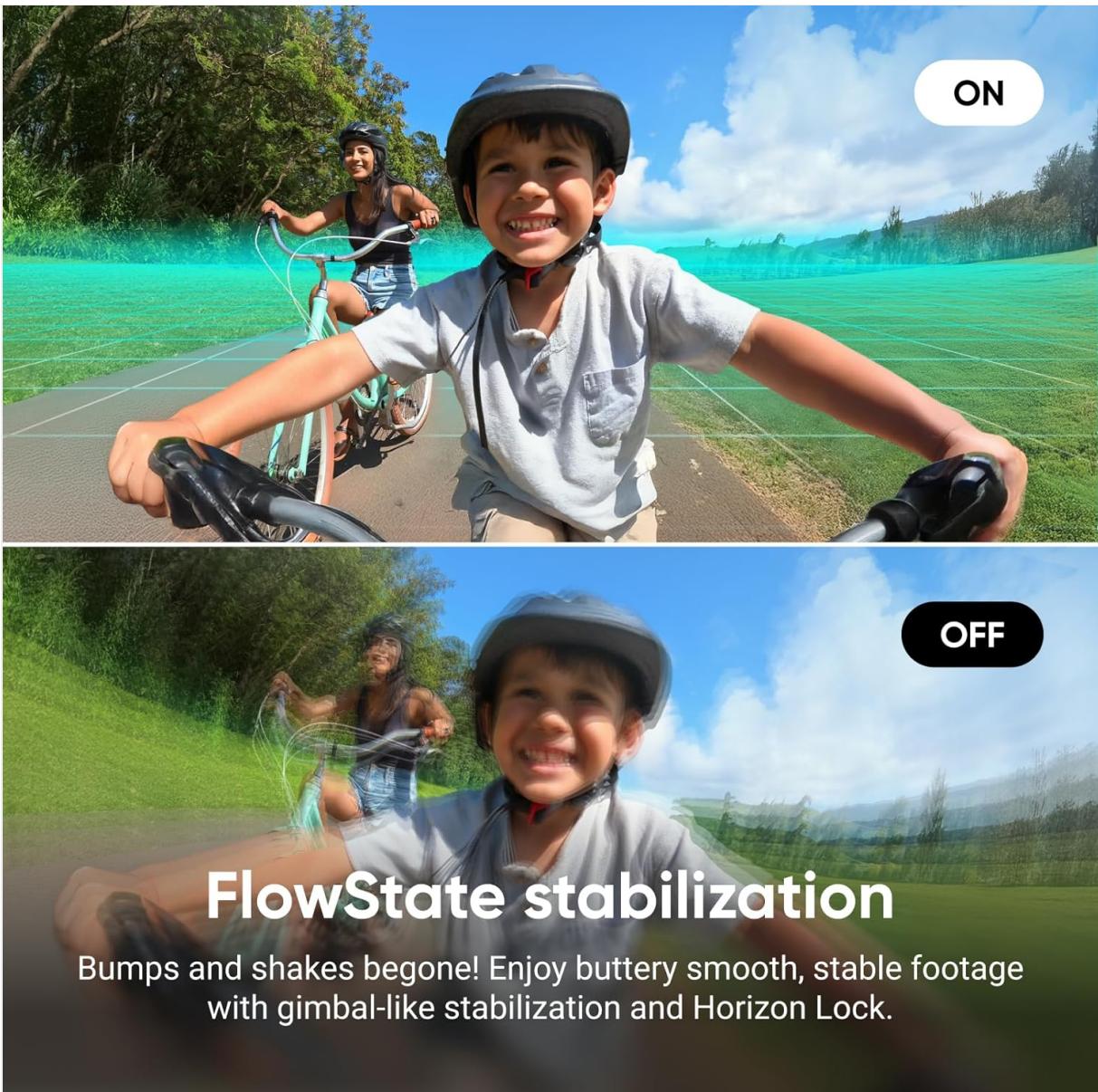


Image: A split image illustrating the effectiveness of FlowState Stabilization, with one side showing smooth video of people cycling and the other showing shaky, unstabilized footage.

### **Gesture Control & Voice Control 2.0**

For convenient operation when the camera is out of reach, use Gesture Control for group selfies or Voice Control 2.0 to initiate recording or take photos with simple commands.

### **Interval Video & AI Editing**

Capture highlights with Interval Video, which records at set intervals. The AI Editing feature in the Insta360 app can automatically find highlights and edit them to music, creating ready-to-share reels.



## Rugged & waterproof

GO 3S is waterproof up to 33ft (10m) on its own\*. The Action Pod is IPX4 splashproof against rain and splashes.

\*The included Lens Guard must be installed for underwater use.

Image: A graphic illustrating the Interval Video feature, showing a timeline with recorded segments and an AI editing icon, indicating automatic highlight detection and editing.

### Switch Aspect Ratio

The GO 3S allows you to switch between horizontal and vertical aspect ratios in seconds, ensuring you never miss a shot due to changing settings. Note that the aspect ratio cannot be changed during recording.

### Apple Find My Integration

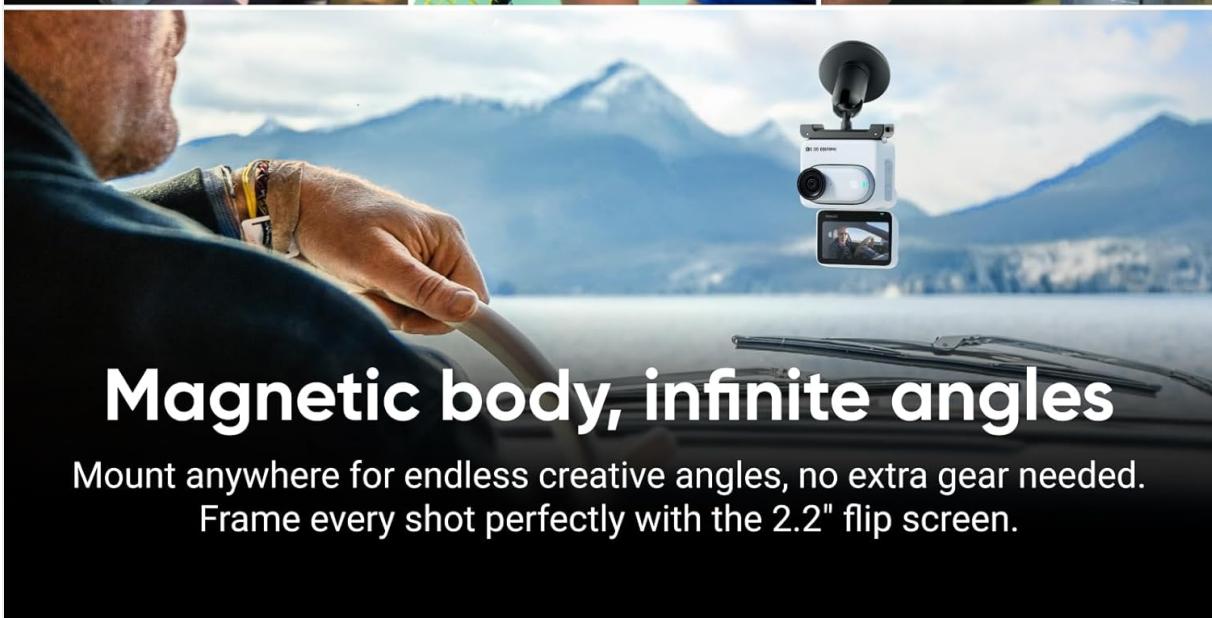
Relocate your GO 3S quickly using the Apple Find My network if it is misplaced. This feature provides peace of mind for tracking your device.

### MOUNTING OPTIONS

The magnetic design of the Insta360 GO 3S, combined with its array of accessories, enables diverse mounting possibilities for capturing unique perspectives.

- **Magnet Pendant:** Wear the camera on your chest for easy POV shots.
- **Easy Clip:** Attach the camera to a cap or pet's collar for unique angles.
- **Pivot Stand:** Stick the camera anywhere and capture creative angles.
- **Quick Release Mount:** Compatible with 2-prong and 1/4" screw mount accessories.

- **Pet Harness Mount:** Capture your pet's point of view comfortably.
- **Vertical & Horizontal Action Mount Set:** Provides extra protection and unlocks new shooting methods.



## Magnetic body, infinite angles

Mount anywhere for endless creative angles, no extra gear needed.  
Frame every shot perfectly with the 2.2" flip screen.

Image: Three examples of the Insta360 GO 3S being mounted: on a cyclist's helmet, on a person's visor, and magnetically to a metal pole, highlighting its versatility.

### DURABILITY & WATERPROOFING

The GO 3S camera is IPX8 waterproof down to 33ft (10m) on its own. The included Lens Guard must be installed for underwater use. The Action Pod is IPX4 splashproof, protecting against rain and splashes. For deeper underwater adventures, the Dive Case (sold separately) allows the camera to go down to 60m (197ft).

# In the Box



Insta360 GO 3S & Action Pod



Easy Clip



Pivot Stand



Magnet Pendant

## Everything you need

Standard Bundle includes the tiny mighty 4K cam and three essential accessories. Start creating with no extra gear needed.

Image: A woman is shown swimming underwater with the Insta360 GO 3S attached to a selfie stick, emphasizing its 10m waterproof capability.

### MEDIA INTEGRATION

#### Official Product Videos

Below are official videos from Insta360 demonstrating key features and usage scenarios of the GO 3S camera.

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Video: An overview of the Insta360 GO 3S camera, highlighting its compact size, 4K capabilities, and versatility for various shooting needs.

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Video: A demonstration of the Insta360 GO 3S's small size and powerful features, showcasing its ability to capture high-quality video in a tiny form factor.

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Video: A long-term review of the Insta360 GO 3S, discussing its performance and utility after several months of use.

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Video: A weight comparison between the Insta360 GO 3S and other action cameras, highlighting its lightweight design.

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Video: A short clip demonstrating the Insta360 GO 3S's utility for capturing POV video.

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Video: An honest review of the Insta360 GO 3S, covering its features and user experience.

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Video: An honest review of the Insta360 GO 3S 128GB model, detailing its performance and features.

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Video: A demonstration of the tiny 4K running action camera, showcasing its use for capturing dynamic footage during runs.

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Video: An unboxing video of the Insta360 GO 3S 128GB, showing the contents of the package.

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Video: A review of the pocket-sized 4K POV camera, highlighting its portability and video quality.

## STORAGE & TRANSFER

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The Insta360 GO 3S comes with 128GB of internal memory. To free up camera memory and facilitate easier transfer, consider using a Quick Reader (sold separately) which allows for quick file transfer to a microSD card or direct editing on your phone.

## MAINTENANCE

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### Cleaning

- Use a soft, lint-free cloth to clean the camera lens and Action Pod screen.
- For stubborn smudges, lightly dampen the cloth with lens cleaning solution.
- Ensure the camera and Action Pod are dry before closing or charging.

### Lens Guard

Always install the included Lens Guard when using the GO 3S underwater or in environments where the lens might be scratched or damaged.

### Battery Care

To prolong battery life, avoid exposing the device to extreme temperatures. Store the camera and Action Pod in a cool, dry place when not in use. If storing for extended periods, ensure the battery is charged to approximately 50-70%.

## TROUBLESHOOTING

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### Overheating

The Insta360 GO 3S may experience overheating during prolonged 4K recording or in high ambient temperatures. If the camera overheats, it may automatically stop recording or pause charging until it cools down. This is considered normal operation. To mitigate, reduce recording resolution/frame rate or allow the

camera to cool in a shaded area.

## Connectivity Issues

If you experience issues connecting to the Insta360 app, ensure Bluetooth and Wi-Fi are enabled on your mobile device and the camera/Action Pod. Try restarting both devices. Ensure the app is updated to the latest version.

## Battery Drain in Action Pod

Some users have reported battery drain when the camera is stored in the Action Pod for extended periods, as the pod may attempt to continuously charge the camera. To prevent this, remove the GO 3S camera from the Action Pod when not in active use or charging.

## SPECIFICATIONS

<b>Brand</b>	Insta360
<b>Model Number</b>	CINSAATA
<b>Item Weight</b>	4.5 ounces (127.5g)
<b>Color</b>	Arctic White
<b>Video Capture Resolution</b>	4K
<b>Flash Memory Type</b>	Internal memory (128GB)
<b>Maximum Aperture</b>	2.2 f
<b>Screen Size</b>	2.2 inches
<b>Connectivity Technology</b>	Wi-Fi
<b>Special Features</b>	Touchscreen

## WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the official Insta360 website or contact their customer service directly. Keep your proof of purchase for warranty claims.