Insta360 Insta360 Flow Pro

Insta360 Flow Pro User Manual

AI-Powered Gimbal Stabilizer for Smartphone

1. Introduction

The Insta360 Flow Pro is an advanced AI-powered gimbal stabilizer designed for smartphones, offering exceptional stability and intelligent tracking features. This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and longevity.

Key features include Apple DockKit compatibility, 360° infinite pan tracking, Deep Track 3.0 with animal tracking, 3-axis stabilization, and a portable, foldable design with a built-in selfie stick and tripod.

2. Safety Information

Please read all safety warnings and instructions before using this product to prevent injury or damage. Keep this manual for future reference.

- Do not expose the device to water or excessive moisture.
- Avoid dropping or subjecting the device to strong impacts.
- Keep the device away from extreme temperatures and direct sunlight.
- Use only the provided charging cable and a compatible power adapter.
- Do not attempt to disassemble or modify the device.
- Ensure your smartphone is securely mounted before operation.

3. Setup

3.1 What's in the Box

The standard bundle includes the following components:

- 1x Insta360 Flow Pro Gimbal
- 1x Protective Pouch
- 1x Magnetic Phone Clamp
- 1x Grip Cover
- 1x Type-C to A Charge Cable



Figure 3.1: Insta360 Flow Pro and included accessories.

3.2 Initial Charging

Before first use, fully charge your Insta360 Flow Pro using the provided Type-C to A Charge Cable. The 2900mAh battery provides up to 10 hours of operation.

3.3 Mounting Your Smartphone

Attach your smartphone using the Magnetic Phone Clamp. Ensure the phone is securely centered for optimal balance and stabilization.

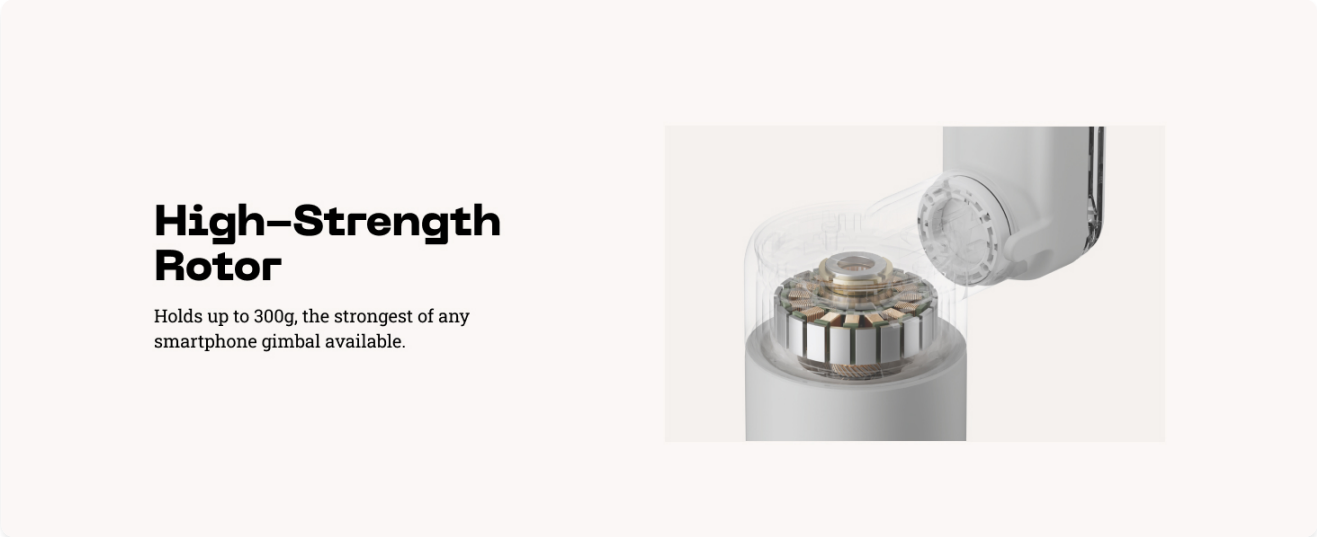


Figure 3.2: Magnetic Phone Clamp in use.

3.4 Power On/Off and Deployment

The Flow Pro unfolds in a single motion, auto-balances, and auto powers on, allowing for quick setup. To power off, fold the gimbal back into its compact form.

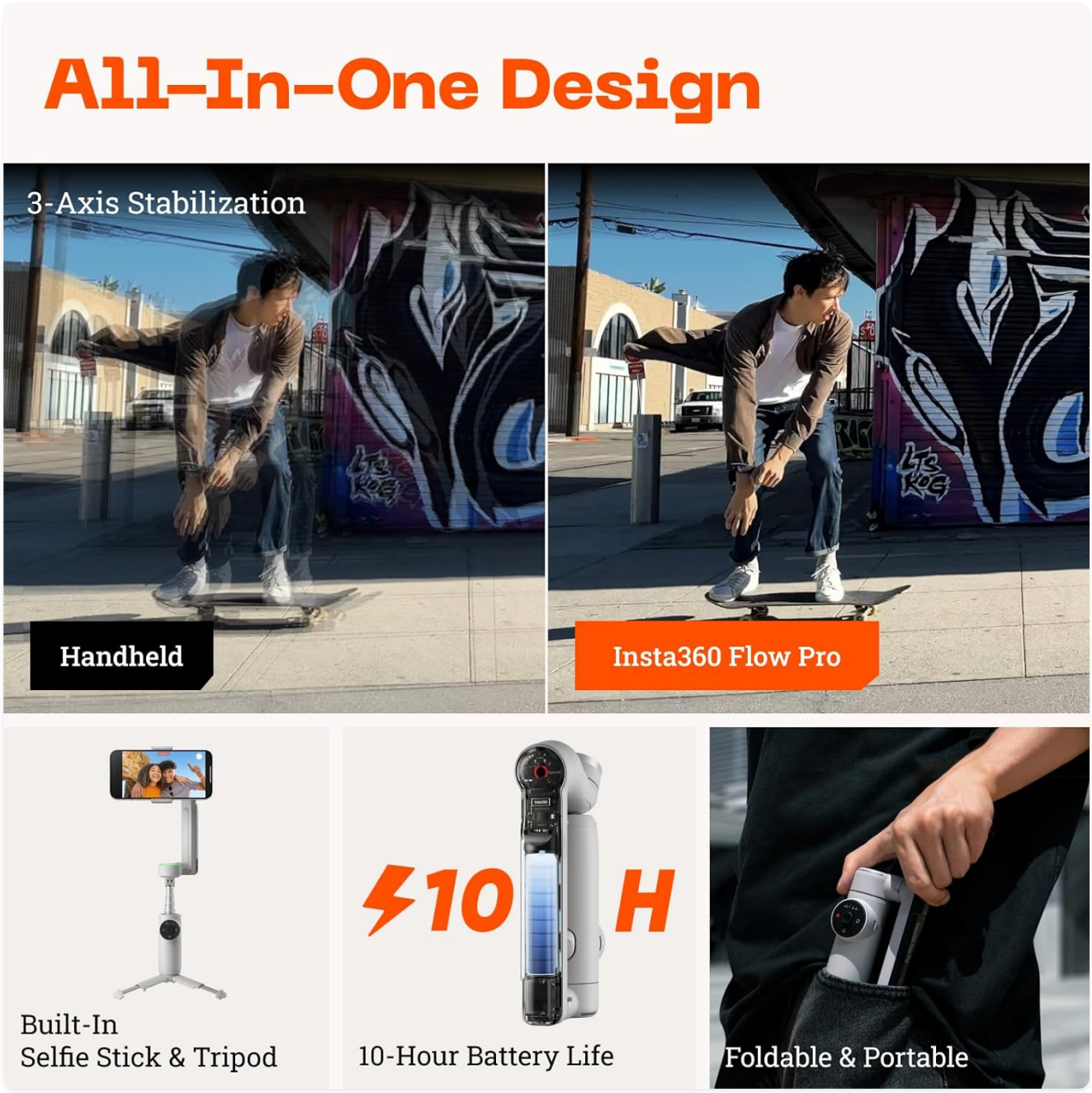


Figure 3.3: Effortless 1-Step Rapid Deploy.

3.5 Pairing with Your Smartphone

The Insta360 Flow Pro is the first gimbal with Apple DockKit enabled. Tap to pair via NFC for the smoothest first-time connection. The next time you use Flow Pro, it will auto-reconnect quickly.

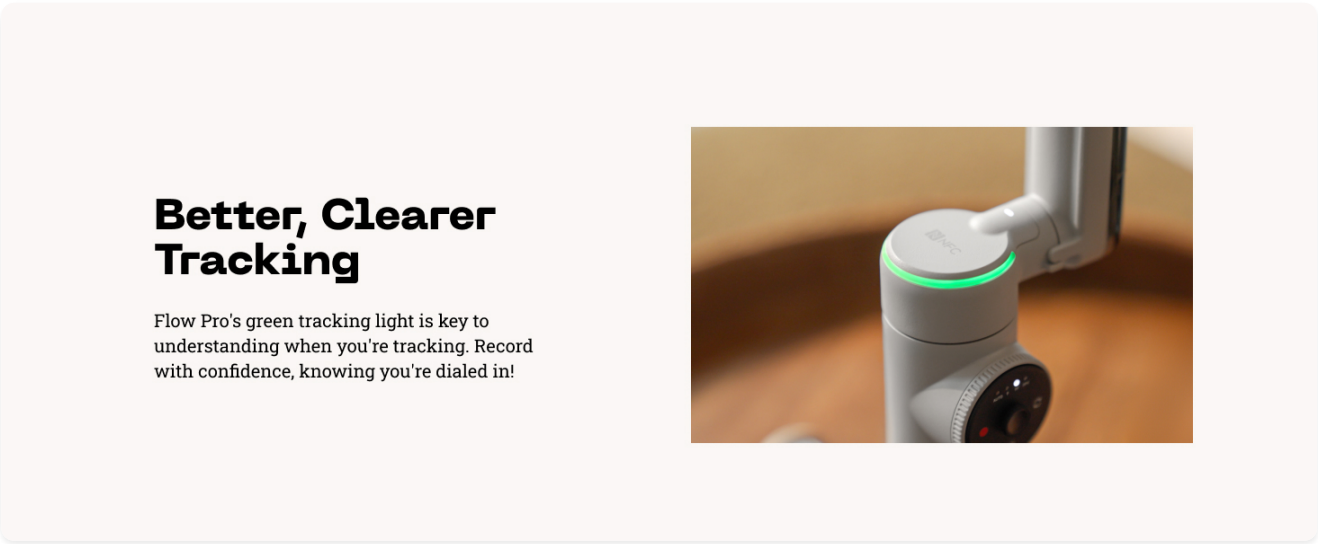


Figure 3.4: Smooth Connection via NFC.

4. Operating Instructions

4.1 Stabilization

The Flow Pro features 3-axis gimbal stabilization, which effectively cancels out shakes and vibrations, ensuring smooth and professional-looking footage.

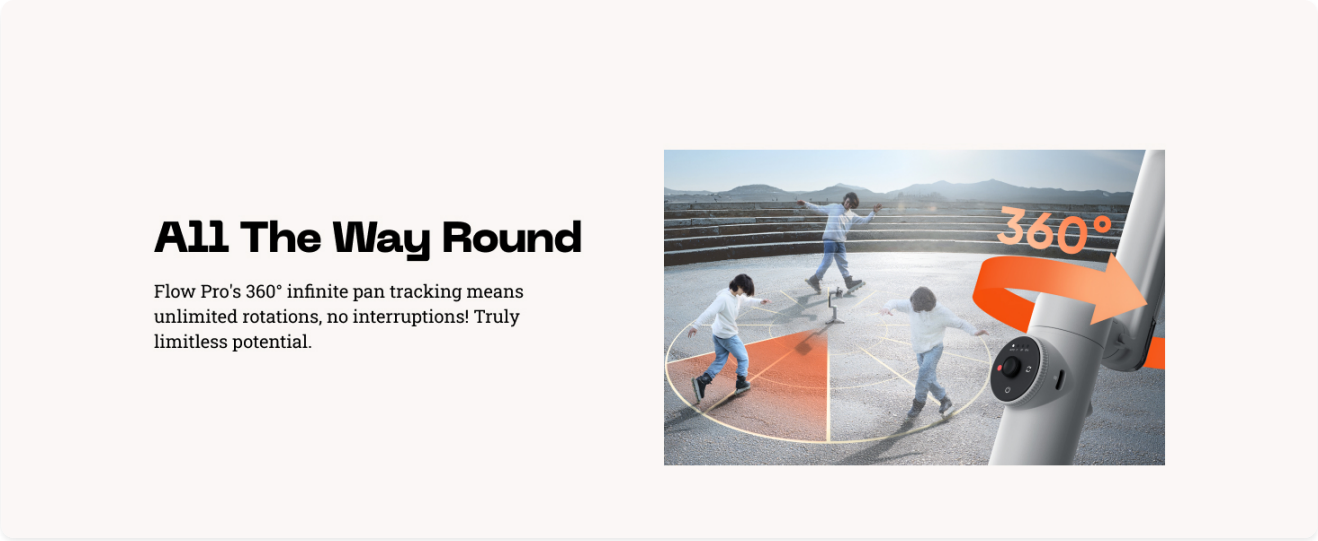


Figure 4.1: Professional-Level Stabilization.

4.2 Intelligent Tracking (Deep Track 3.0)

Deep Track 3.0 utilizes powerful AI to keep your subject in frame and in focus. It includes advanced features such as:

- **Person Re-Identification:** Stays locked on the subject even if they are temporarily blocked from view.
- **All-Angle Tracking:** Recognizes and tracks a subject from all angles, even if its shape changes.
- **Smarter Subject Recovery:** The gimbal will zoom out or follow the direction of a subject if they move out of the frame.
- **Animal Tracking:** Track pets like cats, dogs, and horses with enhanced recognition.



Figure 4.2: AI-Powered Deep Track 3.0 in action.

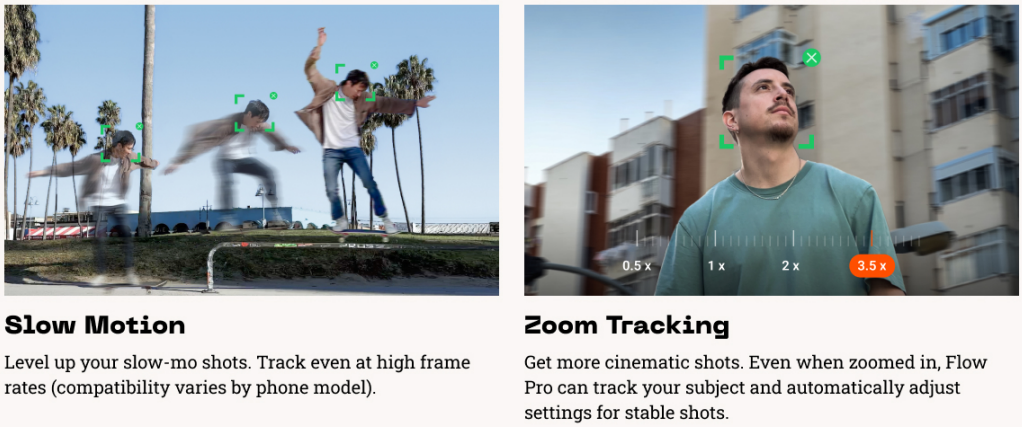


Figure 4.3: Animal Tracking capability.

4.3 360° Infinite Pan Tracking

The Flow Pro offers a full 360° pan rotation, enabling unlimited tracking without interruptions. This allows for capturing your surroundings and activities without limits.



Figure 4.4: 360° Infinite Pan Tracking.

4.4 Built-in Features

The Insta360 Flow Pro integrates essential tools directly into its design:

- **Selfie Stick:** Extend the gimbal arm to use it as a selfie stick for wider shots or group photos.
- **Tripod:** A built-in tripod allows for stable, hands-free shooting.
- **Power Bank:** The gimbal can act as a power bank to charge your smartphone during extended filming sessions.



Figure 4.5: All-In-One Design features.

4.5 Controls and Modes

The Flow Pro features intuitive controls for various shooting modes:

- **Auto Mode:** Beginner-friendly mode that automatically adjusts settings for shake-free shots.
- **Follow Mode:** Responds closely to your movements for precise control.
- **Pan Follow Mode:** Ideal for horizontal shooting or panning around a subject.
- **FPV Mode:** Simulates FPV drone-like movements with gimbal stabilization.

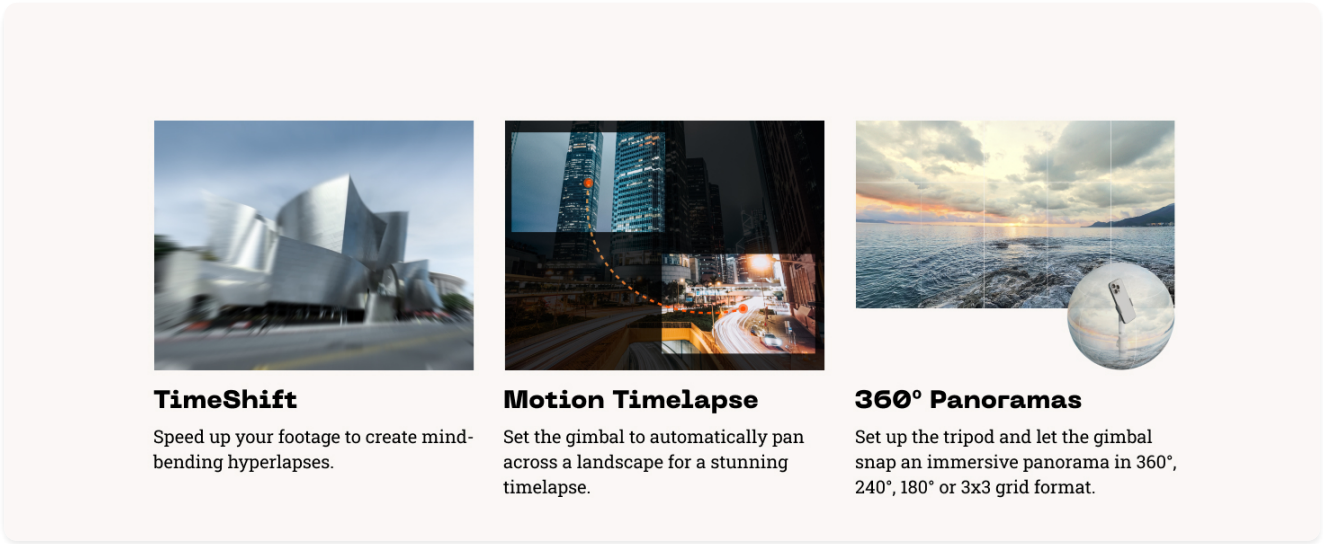


Figure 4.6: Gimbal Control Modes.

4.6 Insta360 App and AI Editing

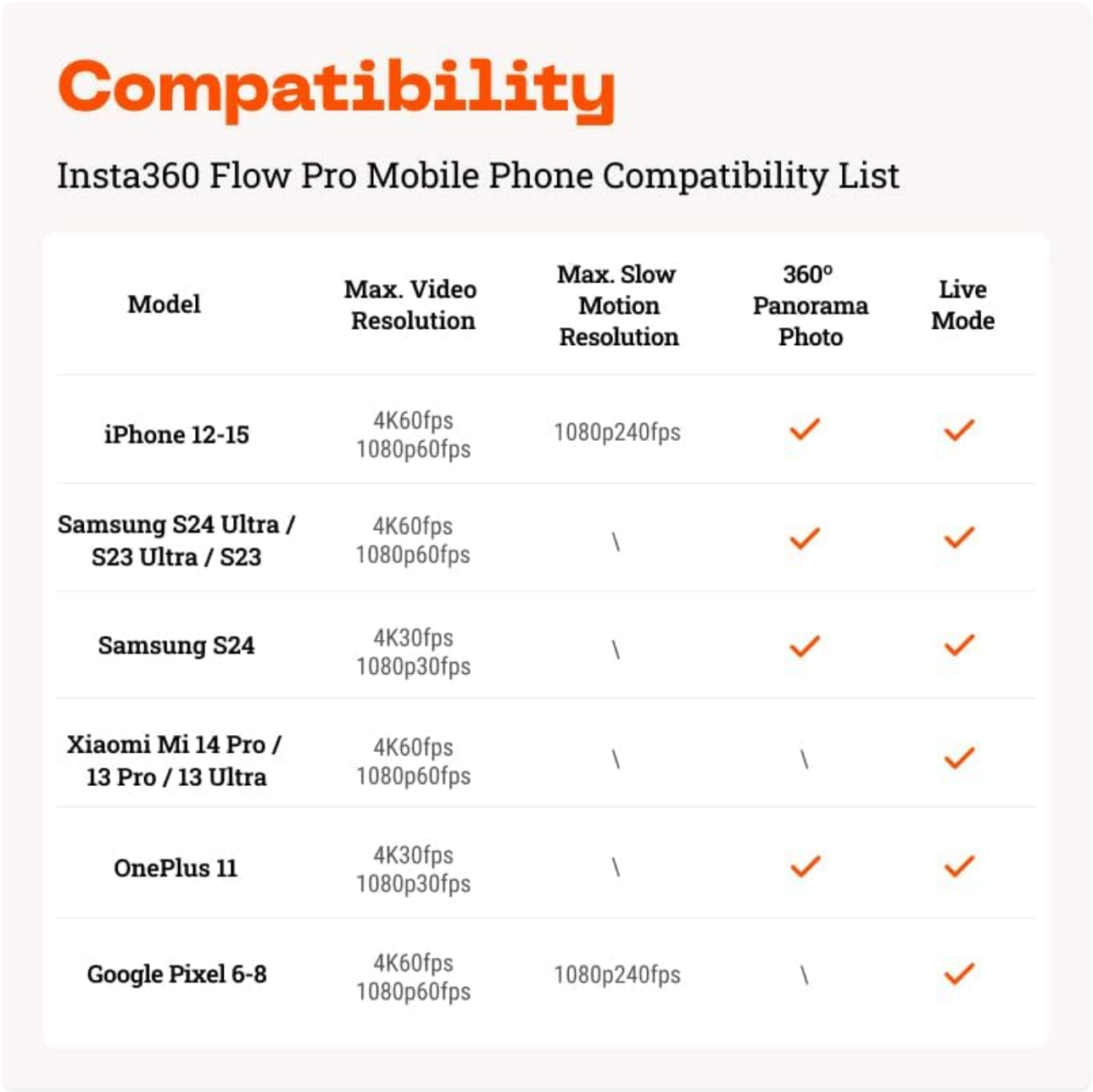
Enhance your footage with the Insta360 app's AI-powered editing tools. Features like FlashCut can automatically edit highlights to music.



Figure 4.7: AI Editing Suite in the Insta360 App.

4.7 Smartphone Compatibility

The Insta360 Flow Pro is compatible with a range of smartphones. Refer to the table below for specific model compatibility and supported features:



Compatibility

Insta360 Flow Pro Mobile Phone Compatibility List

Model	Max. Video Resolution	Max. Slow Motion Resolution	360° Panorama Photo	Live Mode
iPhone 12-15	4K60fps 1080p60fps	1080p240fps	✓	✓
Samsung S24 Ultra / S23 Ultra / S23	4K60fps 1080p60fps	\	✓	✓
Samsung S24	4K30fps 1080p30fps	\	✓	✓
Xiaomi Mi 14 Pro / 13 Pro / 13 Ultra	4K60fps 1080p60fps	\	\	✓
OnePlus 11	4K30fps 1080p30fps	\	✓	✓
Google Pixel 6-8	4K60fps 1080p60fps	1080p240fps	\	✓

Figure 4.8: Insta360 Flow Pro Smartphone Compatibility List.

5. Maintenance

Proper maintenance ensures the longevity and optimal performance of your Insta360 Flow Pro.

- **Cleaning:** Use a soft, dry cloth to wipe the gimbal. Do not use liquid cleaners or solvents.
- **Storage:** Store the gimbal in its protective pouch in a cool, dry place when not in use.
- **Battery Care:** For long-term storage, ensure the battery is charged to approximately 50-60%. Recharge every three months to prevent over-discharge.
- **Avoid Obstructions:** Ensure no foreign objects obstruct the gimbal's motors or joints.

6. Troubleshooting

If you encounter issues with your Insta360 Flow Pro, try the following solutions:

- **Gimbal not powering on:** Ensure the battery is charged. Connect to a power source and try again.
- **Unstable footage:** Ensure your smartphone is properly balanced and securely mounted in the clamp. Calibrate the gimbal via the Insta360 app if necessary.
- **Tracking issues:** Ensure there are no obstructions between the gimbal and the subject. Check lighting conditions. Update the Insta360 app and gimbal firmware to the latest version.
- **Connection problems:** Ensure Bluetooth is enabled on your smartphone. Restart both the gimbal and your phone. Try re-pairing via NFC.
- **App not responding:** Close and reopen the Insta360 app. Restart your smartphone.

If problems persist, contact Insta360 customer support for further assistance.

7. Specifications

Feature	Detail
Model Number	Insta360 Flow Pro
Dimensions (Folded)	36D x 79.6W x 162.1H millimeters
Item Weight	1.1 pounds (500 Grams)
Maximum Weight Recommendation	500 Grams
Battery Type	Lithium Ion (1 required, included)
Battery Life	Up to 10 hours
Color	Black
UPC	842126107405

8. Warranty

The Insta360 Flow Pro comes with a limited manufacturer's warranty. Please refer to the official Insta360 website or your purchase documentation for detailed warranty terms and conditions.

9. Support

For additional support, FAQs, firmware updates, and video tutorials, please visit the official Insta360 support page:

Insta360 Official Support

You can also contact Insta360 customer service directly through their website for personalized assistance.

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