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Insta360 CINSABMA-N

Insta360 X4 Action Camera

User Manual

Introduction

Welcome to the user manual for your Insta360 X4 Action Camera. This guide provides essential information on setting up, operating, maintaining, and troubleshooting your device. The Insta360 X4 is a versatile 8K 360 action camera designed to capture immersive video and stunning wide-angle footage with advanced stabilization and AI editing capabilities. Its rugged, waterproof design ensures durability in various environments.

What's in the Box

Upon unboxing your Insta360 X4 Standard Bundle, you will find the following items:

- 1x Insta360 X4 Camera
- 1x Type-C to Type-C Cable
- 1x Standard Lens Guards
- 1x Lens Cloth
- 1x Protective Pouch
- 1x User Guide





Figure 1: Contents of the Insta360 X4 Standard Bundle.

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Video 1: Insta360 X4 QuickStart Guide. This video provides a visual walkthrough of the unboxing and initial setup process.

Setup

1. Inserting MicroSD Card

1. Locate the battery compartment on the side of the camera.
2. Flick the battery cover switch inwards with two fingers to open and remove the battery.
3. Insert a compatible MicroSD card (V30 128GB recommended) into the card slot with the logo facing up.
4. Reinstall the battery and ensure the battery cover is securely closed. The orange indicator marks should not be visible to ensure waterproofing.

2. Charging

1. Locate the USB Type-C port cover on the side of the camera.
2. Push the switch upwards to open the USB cover.
3. Connect the camera to a power source using the provided Type-C to Type-C cable.
4. The indicator light will stay red while charging and turn off when fully charged.
5. Ensure the USB cover is securely closed after charging to maintain waterproofing.

3. Activating Your Camera

1. Download the Insta360 app from your device's app store.
2. Ensure your phone is connected to the internet and has both Wi-Fi and Bluetooth enabled.
3. Open the Insta360 app and power on your X4 camera.
4. The app will automatically detect nearby Insta360 cameras. Select your X4 to connect.
5. For the first connection, confirm the connection by tapping on the camera screen.
6. Follow the on-screen instructions in the app to complete the activation process.
7. If a firmware update prompt appears, click "Start Download" and follow the instructions to update your camera.

4. Installing Lens Guards

The Insta360 X4 comes with Standard Lens Guards for protection. To install them:

1. Align the markings on the lens guards with the tabs on the lower right side of the lens.
2. Rotate the lens guards clockwise to align the mark on the lens guards with the round hole in the camera's microphone. This will secure and install your lens guards.



Figure 2: Installing the Standard Lens Guards on the Insta360 X4.

Operating

Basic Controls

- **Power Button:** Short press to power on. Short press again to put the screen to sleep. Press and hold for 2 seconds to power off.
- **Quick Button:** Short press to enter the preset page, allowing quick switching between shooting modes.
- **Shutter Button:** Press to record video or take a photo. The indicator light will blink red during recording. Long press to cancel recording and delete the current footage.
- **Lens Button:** Press to switch between 360° and Single Lens modes, or other shooting modes.

Key Features & Modes

- **8K 360 Video:** Capture immersive 360° video in stunning 8K or 5.7K60fps. Utilize Active HDR for accurate colors.
- **4K Wide-Angle Video:** Use X4 as a traditional action camera with 4K60fps or 170° MaxView at 4K30fps.
- **Invisible Selfie Stick Effect:** Achieve third-person shots and drone-like angles with the automatically disappearing selfie stick.
- **FlowState Stabilization & 360° Horizon Lock:** Ensures smooth, level footage regardless of action intensity.
- **AI Editing:** The AI-powered Insta360 app allows for easy reframing and filtering of the best shots.
- **Waterproof & Cold Resistant:** X4 is waterproof down to 33ft (10m) without a dive case and can handle temperatures as low as -4ºF (-20ºC).



Figure 3: The Invisible Selfie Stick effect in action.



Figure 4: Demonstrating the effectiveness of FlowState Stabilization.

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Video 2: Insta360 X4 - Image Settings Guide. Learn how to adjust encoding, bitrate, sharpness, and frame rate for optimal results.

Maintenance

- Always ensure all port covers (battery, USB) are securely closed when not in use, especially before exposing the camera to water.
- Use the provided lens cloth to gently clean the camera lenses. Avoid abrasive materials that could scratch the lenses.
- Regularly check the Standard Lens Guards for scratches or damage. Replace them if necessary to maintain optimal image quality and protection.
- When filming underwater, always remove the Lens Guards for best results.

- Store the camera in its protective pouch when not in use to prevent dust and scratches.

Troubleshooting

For detailed troubleshooting steps and solutions to common issues, please refer to the official Insta360 X4 Troubleshooting Guide (PDF) available online:

Troubleshooting Guide (PDF)

Specifications

Feature	Specification
Brand Name	Insta360
Item Model Number	CINSABMA-N
Item Weight	1.59 pounds
Product Dimensions	1.5 x 4.9 x 1.8 inches
Batteries	1 Lithium Ion batteries required (included)
Special Features	Face Detection, 360 Degree Capture, Time Lapse
Photo Sensor Technology	CMOS
Video Capture Resolution	8K
Maximum Focal Length	1.24 Millimeters
Maximum Aperture	2.8 Millimeters
Flash Memory Type	Micro SD
Video Capture Format	MP4 INSV
Supported Audio Format	AAC
Screen Size	2.5 Inches
Connectivity Technology	USB

Warranty & Support

For information regarding product warranty, please refer to the warranty card included in your product packaging or visit the official Insta360 website.
For additional support and the full user manual, please visit:

User Manual (PDF)

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