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> [Insta360 Flow 2 Pro Grey - Foldable AI Phone Gimbal, Track in 200+ Apps with Apple DockKit, Multi-Person Tracking, 360° Pan Tracking, Built-in Tripod/Selfie Stick, iPhone/Android Portable Stabilizer Stone Grey - Standard Bundle](#)

Insta360 CINSABQB

Insta360 Flow 2 Pro User Manual

MODEL: CINSABQB

Brand: Insta360

Product Overview

The Insta360 Flow 2 Pro is an advanced foldable AI phone gimbal designed for stable and versatile content creation. It features AI tracking, multi-person tracking, 360° pan tracking, and a built-in tripod/selfie stick. Compatible with iPhone (including Apple DockKit) and Android, it offers cinematic brilliance with Dolby Vision and Apple ProRes, AI-powered editing, and a 10-hour battery life. The standard bundle includes the gimbal, magnetic phone clamp, USB-C charge cable, and protective pouch.

Key Features:

- Versatile Tracking in 200+ iOS Apps with Apple DockKit.
- Active Zoom Tracking and Multi-Person Tracking.
- 3-axis stabilization for silky smooth footage.
- All-in-One Design: Built-in tripod, selfie stick, selfie mirror, and power bank.
- 10-hour battery life for extended use.
- Creative Shots with Free Tilt Mode.
- AI-Powered Editing tools in the Insta360 app.

What's Included

- 1x Insta360 Flow 2 Pro Gimbal
- 1x Magnetic Phone Clamp
- 1x USB-C to USB-A Charge Cable
- 1x Protective Pouch

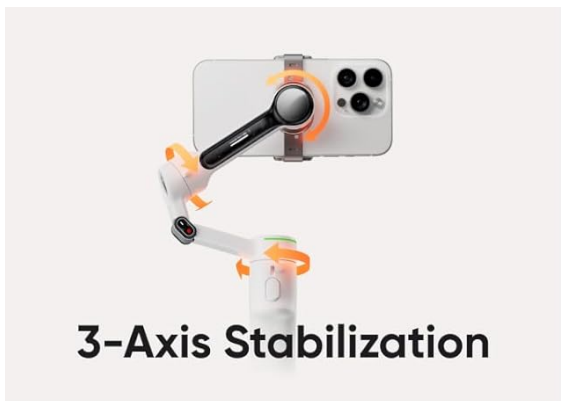


Image: The standard bundle includes the Insta360 Flow 2 Pro gimbal, a magnetic phone clamp, a USB-C to USB-A charging cable, and a protective pouch.

1. Setup and Activation

Attaching Your Phone:

Securely attach the magnetic phone clamp to the center of your smartphone, ensuring it aligns with your phone's camera direction. For iPhone users, ensure your iPhone or phone case supports MagSafe for easier installation.



Easy Setup

Start filming the second your creativity strikes. Fits in your pocket and cancels out any shakes for silky smooth shots.

Image: A visual guide demonstrating the easy setup process, including attaching the phone and unfolding the gimbal for immediate use.

Initial Activation:

Fully extend the gimbal to activate it. Ensure the auto mode indicator light is on. Download the latest version of the Insta360 app, open it, and follow the on-screen prompts to enable all necessary permissions. The app will automatically detect the gimbal for connection.

One-Tap NFC Pairing (Android & iPhone):

For quick pairing, ensure NFC is enabled on your phone. Hold your phone's NFC area close to the gimbal's NFC detection zone. The Insta360 app should open automatically, or you may need to tap a pop-up notification to open it. Your Flow 2 Pro will be activated the first time you use one-tap pairing.

Video: This official tutorial from Insta360 demonstrates how to use the one-tap NFC pairing feature for quick and seamless connection between your smartphone and the Insta360 Flow 2 Pro gimbal.

Quick Start Guide:

For a comprehensive visual guide on initial setup and basic operations, refer to the official Quick Start Guide video.

Video: The official Quick Start Guide for the Insta360 Flow 2 Pro, covering essential steps to get your gimbal ready for use, including assembly and initial power-on.

2. Operating Modes and Features

Stabilization and Tracking:

The Flow 2 Pro features 3-axis stabilization to ensure every shot is silky smooth. Its advanced AI tracking (DeepTrack 4.0) can lock onto subjects, including multiple people, and follow them flawlessly, even if they move out of frame. Active Zoom Tracking allows precise tracking of fast movements, even at up to 15x zoom (available for Pro & Pro Max models of iPhone 12-16).

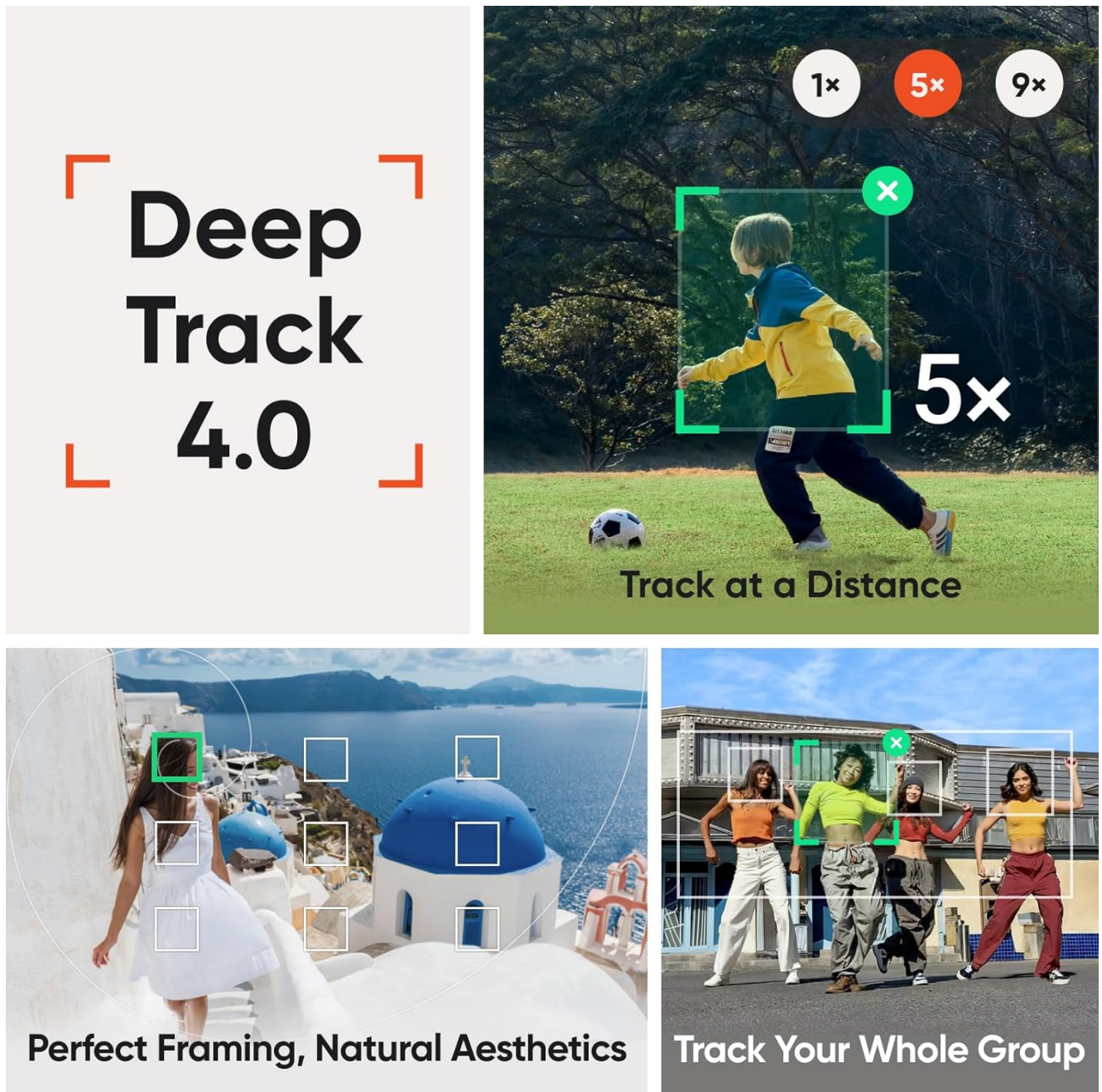


Image: Demonstrates the advanced Deep Track 4.0 and Multi-Person Tracking capabilities of the Insta360 Flow 2 Pro, showing precise subject framing.



360° Infinite Pan Tracking

Pure freedom. Track from any angle with 360° pan tracking that follows you all the way round—no limits.

Image: Illustrates the 360° Infinite Pan Tracking feature, allowing the gimbal to follow subjects with continuous rotation.

iPhone Native Camera Smart Tracking:

For iPhone users, the Flow 2 Pro supports Apple DockKit, allowing native tracking with your iPhone's built-in camera, FaceTime, and even third-party apps like TikTok and Zoom. There's no need to install additional apps to take advantage of these tracking features.

Video: This official video from Insta360 explains how the Flow 2 Pro enables smart tracking directly through the iPhone's native camera app, leveraging Apple DockKit for seamless integration.

Versatile Design:

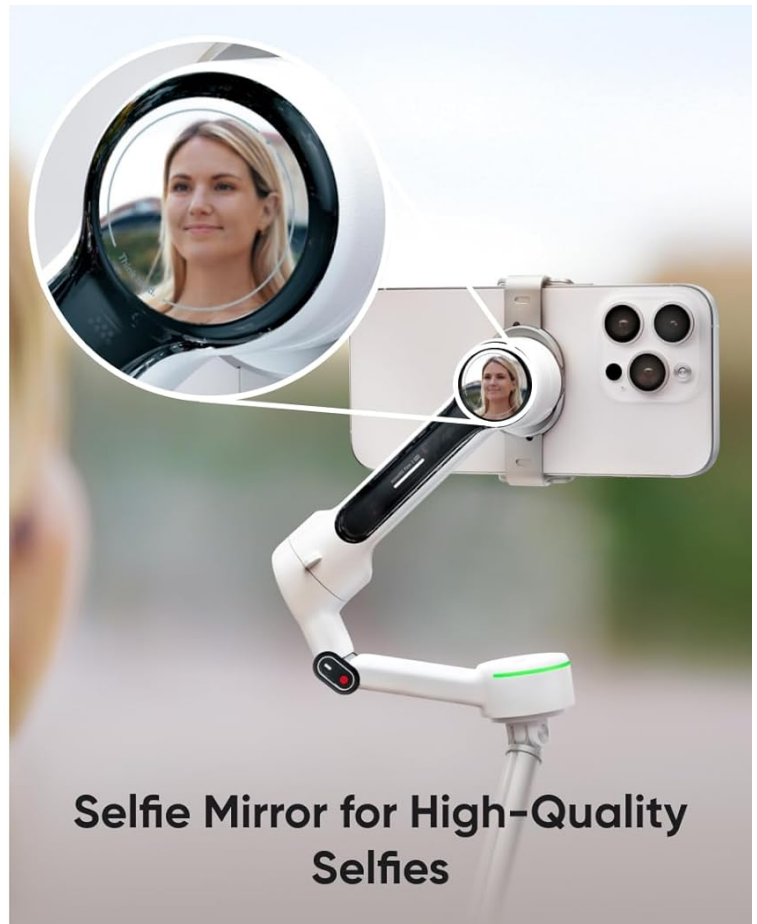
The Flow 2 Pro features an all-in-one design with a built-in tripod and selfie stick, eliminating the need for extra gear. It also includes a selfie mirror for high-quality selfies using the rear camera. With a 10-hour battery life, it can capture content from dawn till dusk, and can even double as an emergency power bank to charge your phone mid-shoot.

A green battery icon with the text "10H" inside, indicating 10 hours of battery life.

All-Day Battery Life



**Built-In Selfie Stick
& Tripod**



**Selfie Mirror for High-Quality
Selfies**

All-in-One Design

Solo shooting made easy. An all-in-one content creation tool with everything you need built-in, no extra gear needed.

Image: Highlights the all-in-one design of the Insta360 Flow 2 Pro, showcasing its built-in tripod, selfie stick, selfie mirror, and 10-hour battery life.

Creative Shots:

Utilize the Free Tilt Mode for a wider range of motion, maintaining the same angle as your phone moves up and down for continuous shots. Master your footage with AI-powered editing tools available in the Insta360 app, including FlashCut for automatic highlight editing to music.



Image: Illustrates the Free Tilt Mode, allowing for a wider range of motion and consistent angles during shooting.

Video: An official tutorial from Insta360 demonstrating how to effectively use the Free Tilt Mode on the Flow 2 Pro for dynamic and creative video shots.

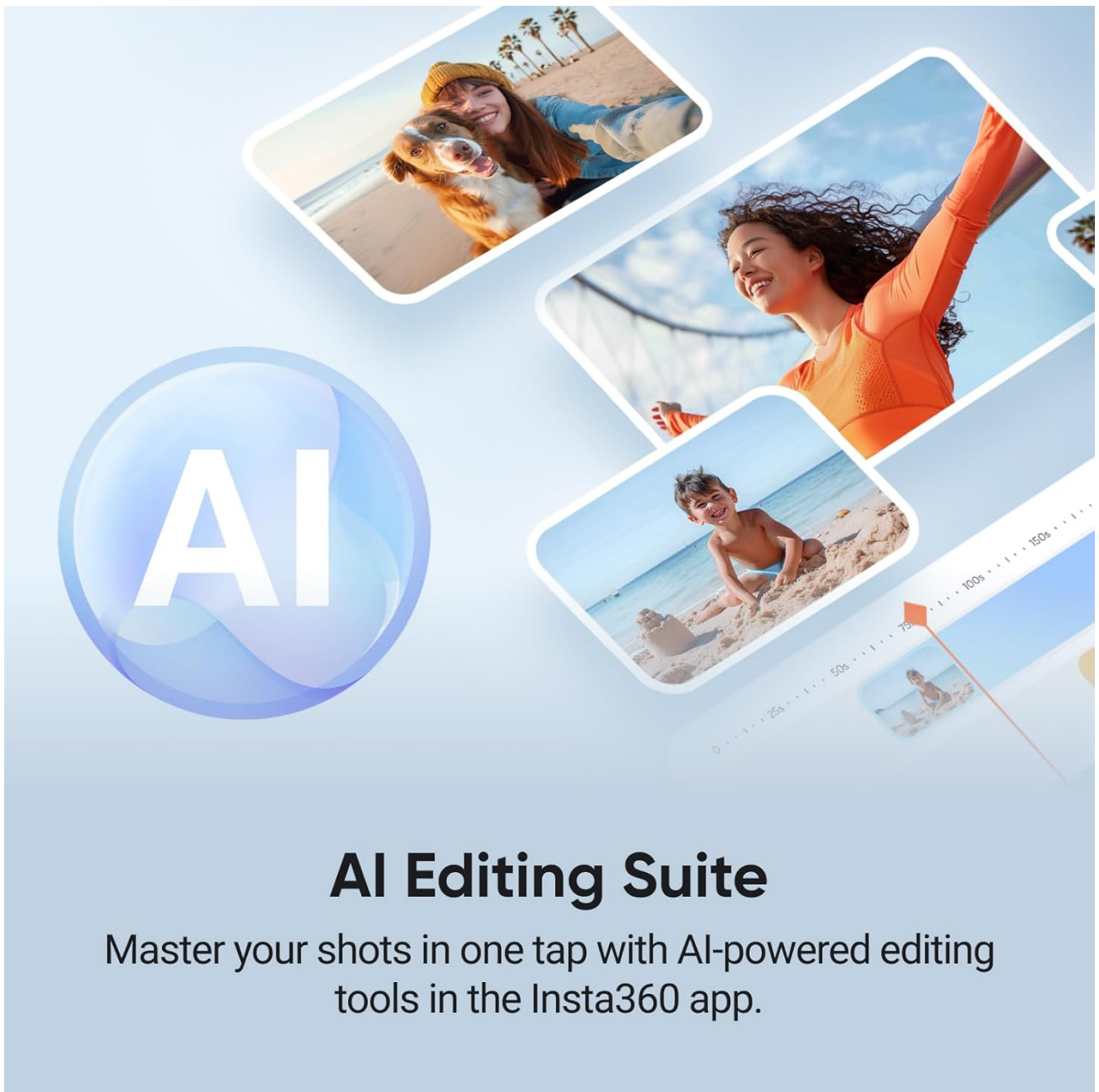


Image: Showcases the AI Editing Suite available within the Insta360 app, designed to help users master their shots with intelligent editing tools.

3. Care and Maintenance

To ensure the longevity and optimal performance of your Insta360 Flow 2 Pro, keep it clean and free from dust and debris. Use a soft, dry cloth for cleaning. Avoid exposing the device to extreme temperatures or moisture. When not in use, store the gimbal in its protective pouch in a cool, dry place.

Regularly check the magnetic phone clamp for any signs of wear and tear to ensure a secure grip on your smartphone.

4. Troubleshooting

If you encounter any issues with the stability or performance of your Insta360 Flow 2 Pro, refer to the troubleshooting guide below. Ensure your phone is properly balanced and the magnetic clamp is securely attached.

Stability Troubleshooting:

Video: This official troubleshooting video from Insta360 provides solutions and tips for resolving stability issues you might experience with your Flow 2 Pro gimbal.

5. Product Specifications

Specification	Value
Product Dimensions	4.76 x 2.13 x 11.1 inches
Item Weight	13.6 ounces
Item Model Number	CINSABQB
Batteries	1 Lithium Ion batteries required (included)
Manufacturer	Insta360
Country of Origin	China
Color	Gray
Compatible Devices	iPhone, Cellphone
Maximum Weight Recommendation	300 Grams
Folded Size	97.9x178.4x36.7mm
UPC	842126111402

6. Warranty and Support

For detailed warranty information and further support, please refer to the official documentation provided with your product or visit the manufacturer's website.

- [User Manual \(PDF\)](#)
- [User Guide \(PDF\)](#)
- [Insta360 Official Store](#)