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## Insta360 Flow 2

# Insta360 Flow 2 Plus AI Tracker Bundle User Manual

Model: Flow 2 (CINSABQA)

Brand: Insta360

## 1. INTRODUCTION

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The Insta360 Flow 2 Plus AI Tracker Bundle is an all-in-one smartphone gimbal designed to enhance your mobile videography and photography. It features advanced AI tracking, a built-in tripod and selfie stick, remote control capabilities, and AI-powered editing tools to help you capture smooth, professional-quality content with ease.

## 2. WHAT'S IN THE BOX

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



Image: Insta360 Flow 2 Pro/Flow 2 Carry Case with contents including gimbal, AI tracker, magnetic clamp, cable, and pouch.

## 3. SETUP

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### 3.1. Installation and Storage

The Insta360 Flow 2 is designed for quick setup and portability. It features a foldable design and a magnetic phone clamp for easy attachment.

1. **Attach the Magnetic Phone Clamp:** Ensure the camera icon on the magnetic phone clamp faces the direction of your phone's camera. Attach the magnetic clip to the center of your phone. Align the notch on the clip with the connector on the gimbal. Press the phone and clip down firmly onto the gimbal until the red indicator dot on the head disappears. This indicates a secure connection.

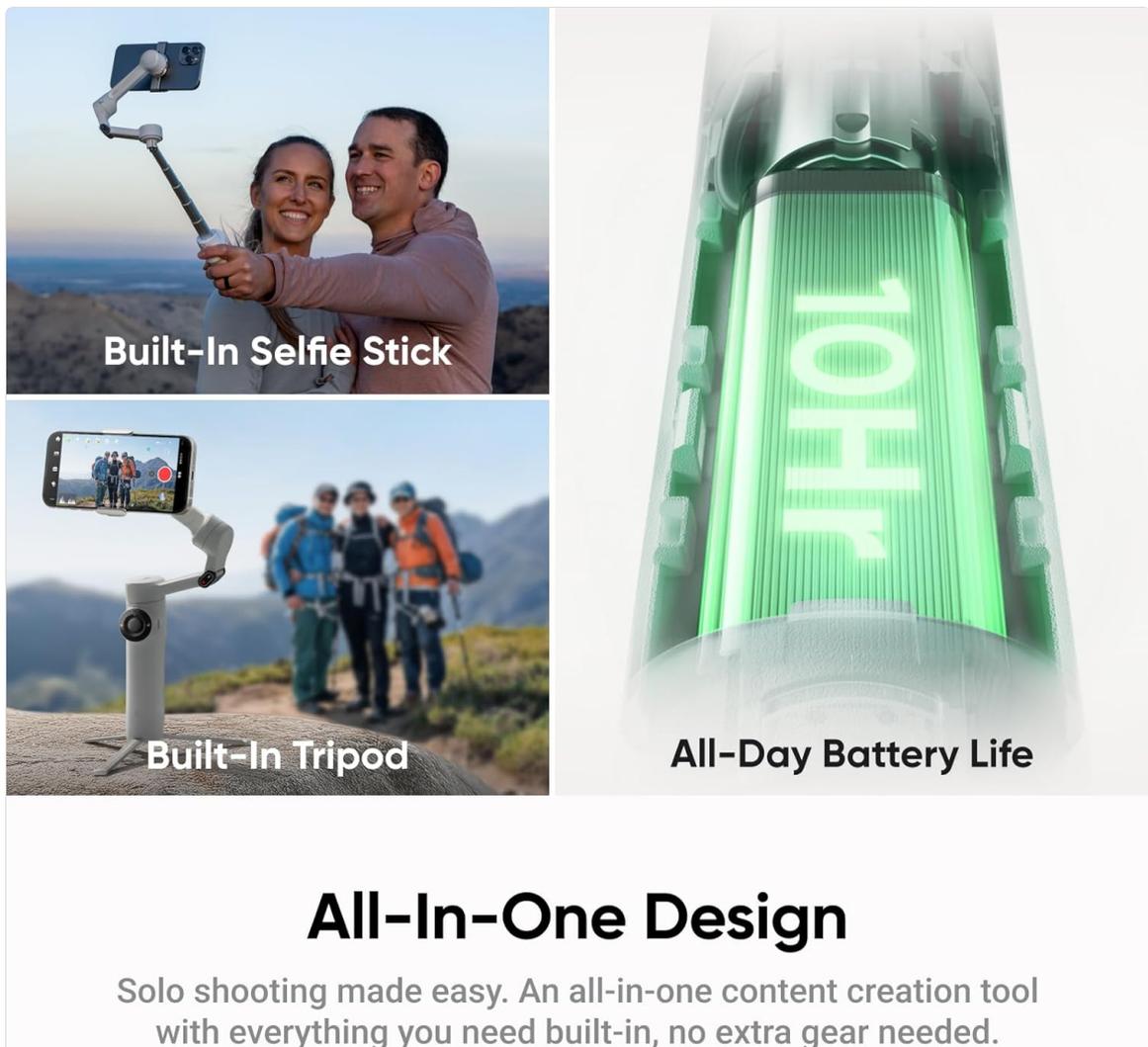
# Compatibility

## Insta360 Flow 2 Smartphone Compatibility List

Model	Max. Video Resolution	Max. Slow Motion Resolution	360° Panorama	Smartphone Remote Control	Active Zoom Tracking
iPhone 12-16 Pro/ Pro Max	4K60fps 1080p60fps	4K60fps	✓	✓	✓
iPhone 12-16	4K60fps 1080p60fps	4K60fps	✓	✓	\
Samsung Galaxy S24 Ultra/ S23 Ultra/S23	4K60fps 1080p60fps	\	✓	✓	\
Samsung Galaxy S24	4K30fps 1080p30fps	\	✓	✓	\
Google Pixel 9 Pro XL/9	4K60fps 1080p60fps	1080p240fps	✓	✓	\
Google Pixel 8 Pro/8	4K30fps 1080p30fps	1080p240fps	✓	✓	\

Image: Insta360 Flow 2 gimbal in its folded, portable state with a smartphone attached.

- 2. Unfold the Gimbal:** Hold the gimbal grip with your right hand. Use your left hand to pull the arm in the direction of the arrow to fully unfold the gimbal in one motion. The status light will stay white when ready to shoot. If the gimbal fails to unfold or the red light stays on, check that the magnetic mount is secured properly.



## 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: Insta360 Flow 2 gimbal unfolded with a smartphone mounted, showing the extended selfie stick and deployed tripod.

3. **Store the Gimbal:** To store, press and hold the power button. With your left hand, hold the phone, and with your right hand, gently fold the gimbal head back into place. Align the positioning pin on the head with the groove in the handle until it snaps into place.

### 3.2. Activating and Connecting

Before first use, activate and connect your Insta360 Flow 2 to the Insta360 app.

1. **Prepare your Phone:** Ensure your phone is connected to Wi-Fi and Bluetooth is turned on.
2. **Download the App:** Download the latest version of the Insta360 app from your phone's app store.
3. **Connect and Activate:** Open the Insta360 app and grant all necessary permissions. The app will automatically detect the gimbal. Tap to confirm and follow the on-screen instructions to complete activation.

Video: Insta360 Flow 2 First Use Tutorial. This video demonstrates the initial setup, including installation, activation, and connection procedures.

## 4. OPERATING THE INSTA360 FLOW 2

### 4.1. Basic Operation (Shooting and Playback)

Once connected, the Insta360 Flow 2 is ready for use. The gimbal's controls are intuitive for capturing photos and videos.

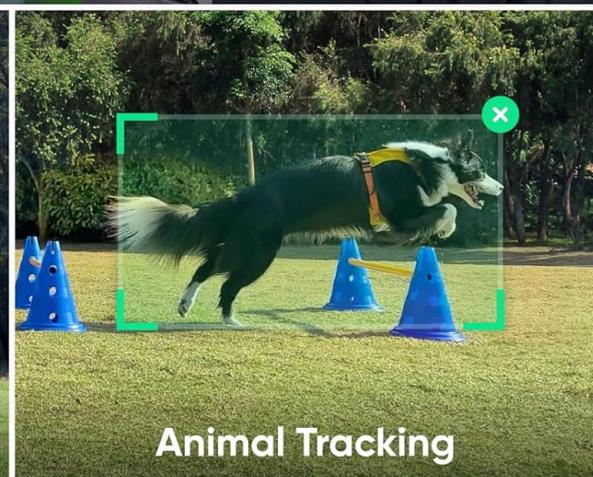
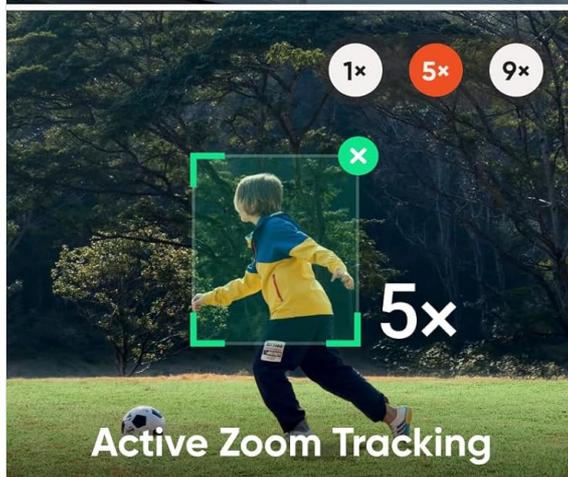
- **Shutter Button:** Press the shutter button on the gimbal to start or stop recording video, or to take a photo.
- **Mode Wheel:** Use the smart wheel control to switch between different shooting modes (e.g., Photo, Video, Timelapse).

- **Trigger Button:** Press the trigger button to enable Deep Track 4.0 subject tracking.

## 4.2. AI Tracking Features

The Insta360 Flow 2 excels in intelligent tracking, ensuring your subject remains in focus and perfectly framed.

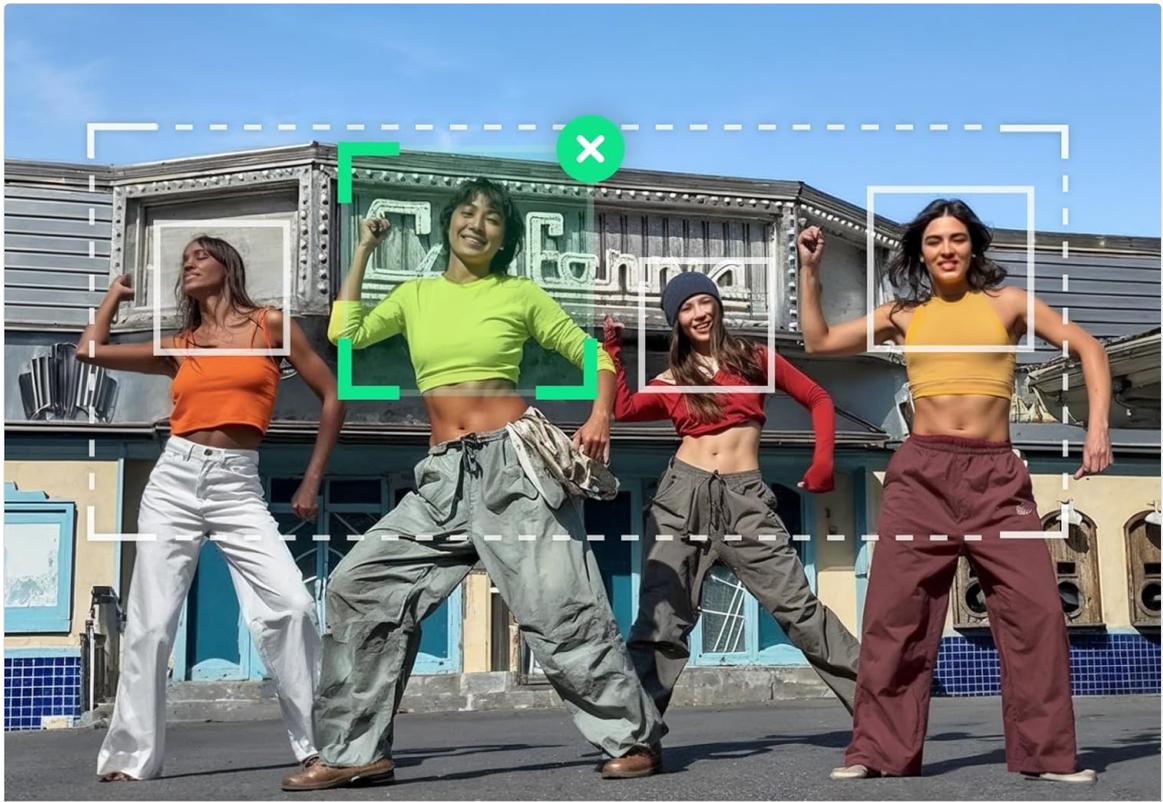
- **AI Tracker:** The included AI Tracker provides precise tracking compatible with various apps and devices. It also features a built-in spotlight for optimal lighting in low-light conditions.



## Industry-Leading AI Tracking

Image: Insta360 Flow 2 gimbal with a smartphone actively tracking a skateboarder, demonstrating precision tracking.

- **Active Zoom Tracking:** For iPhone 12-16 Pro & Pro Max models, the gimbal can track fast movements with up to 15x zoom, ideal for sports or performances.
- **Multi-Person Tracking:** This feature allows the gimbal to track and frame multiple subjects simultaneously, perfect for group shots.



## Multi-Person Tracking

The only<sup>1</sup> gimbal that perfects group shots like family, camping, meetups and more. Make sure everyone shines!\*

\*Supported on iPhone 12 and later models. For specific Android model compatibility, please refer to the compatibility list.  
<sup>1</sup>Use of "Only/Exclusive/First" refers to Insta360 Flow 2 Pro or Flow 2 being equipped with specific features that no other portable, foldable smartphone gimbal has, as of Flow 2's launch date of June 26, 2025.

Image: Insta360 Flow 2 gimbal with a smartphone tracking multiple individuals in a group setting, highlighting multi-person tracking.

- **Animal Tracking:** The AI tracking extends to pets, capturing their movements with precision.

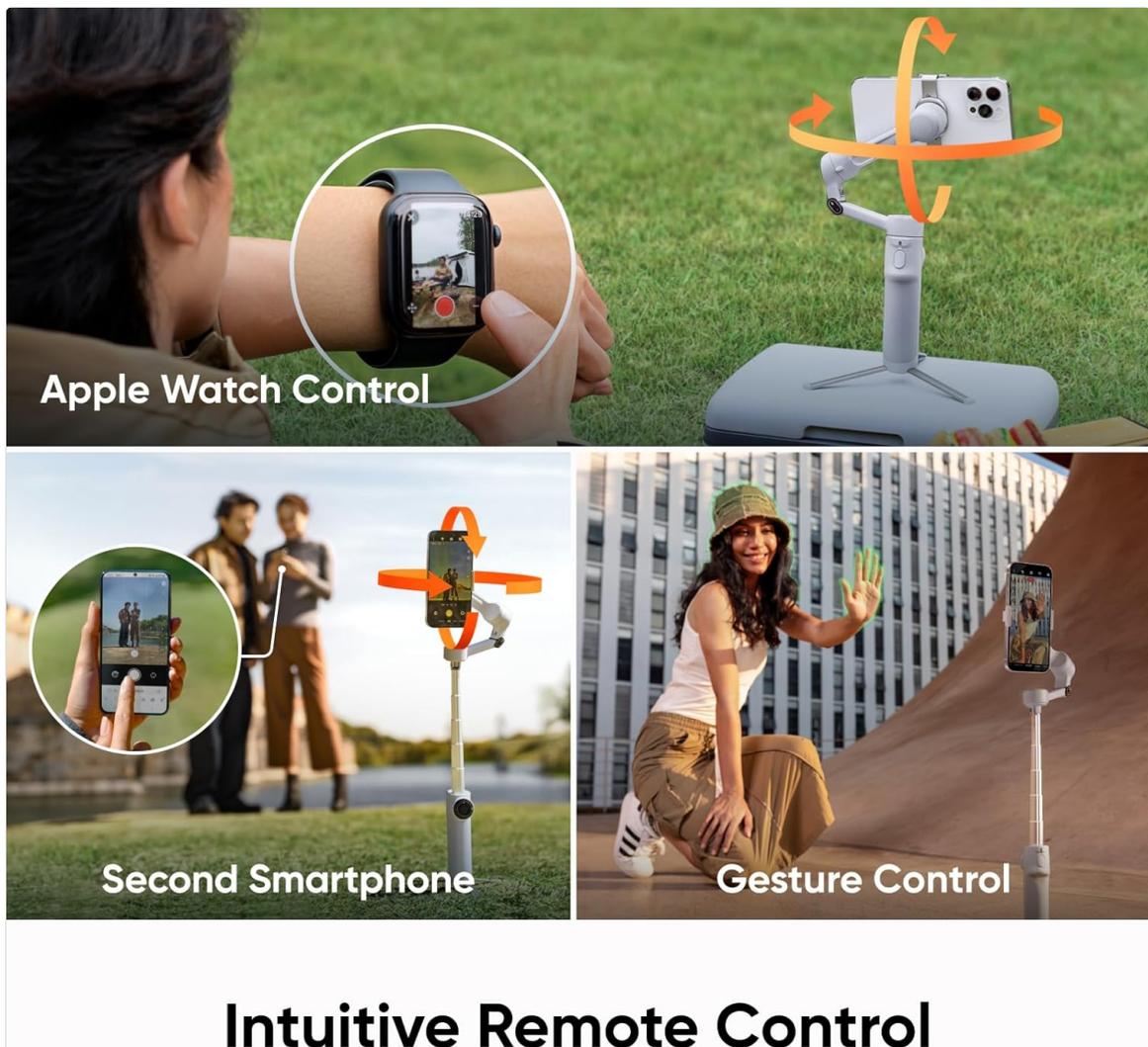
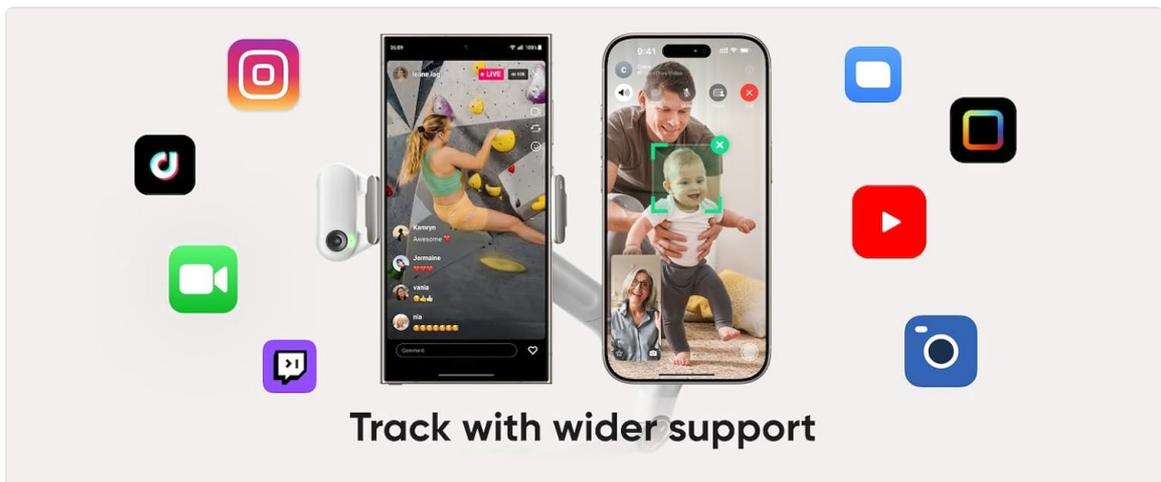


Image: Insta360 Flow 2 gimbal with a smartphone tracking a dog running through an obstacle course, showcasing animal tracking.

### 4.3. Built-in Versatility

The Flow 2 integrates several tools for a comprehensive content creation experience.

- **Built-in Tripod:** Extend the legs from the handle to use the gimbal as a stable tripod for hands-free shooting.
- **Built-in Selfie Stick:** The extendable arm functions as a selfie stick, allowing for wider shots and varied angles.



## AI Tracker

Better tracking in any environment, now compatible with more apps and phones, plus a built-in spotlight.

Apps shown are compatible with Insta360 AI Tracker but do not imply any partnership or affiliation with Insta360.

Image: Insta360 Flow 2 gimbal with a smartphone extended on its built-in selfie stick, held by a user.

- **3-Axis Stabilization:** Ensures every shot is smooth and stable, minimizing camera shake.
- **Perfect Framing:** Utilize the 9 golden ratio grid points in the Flow 2 series for naturally composed shots.

### 4.4. Remote Control Options

Control your gimbal and phone remotely for flexible shooting scenarios.

- **Gesture Control:** Use hand gestures to start and stop tracking or recording.
- **Smartphone Remote Control:** Use a second smartphone as a remote to preview and control your shots.
- **Apple Watch Control:** For Apple Watch users, full control is available from your wrist.

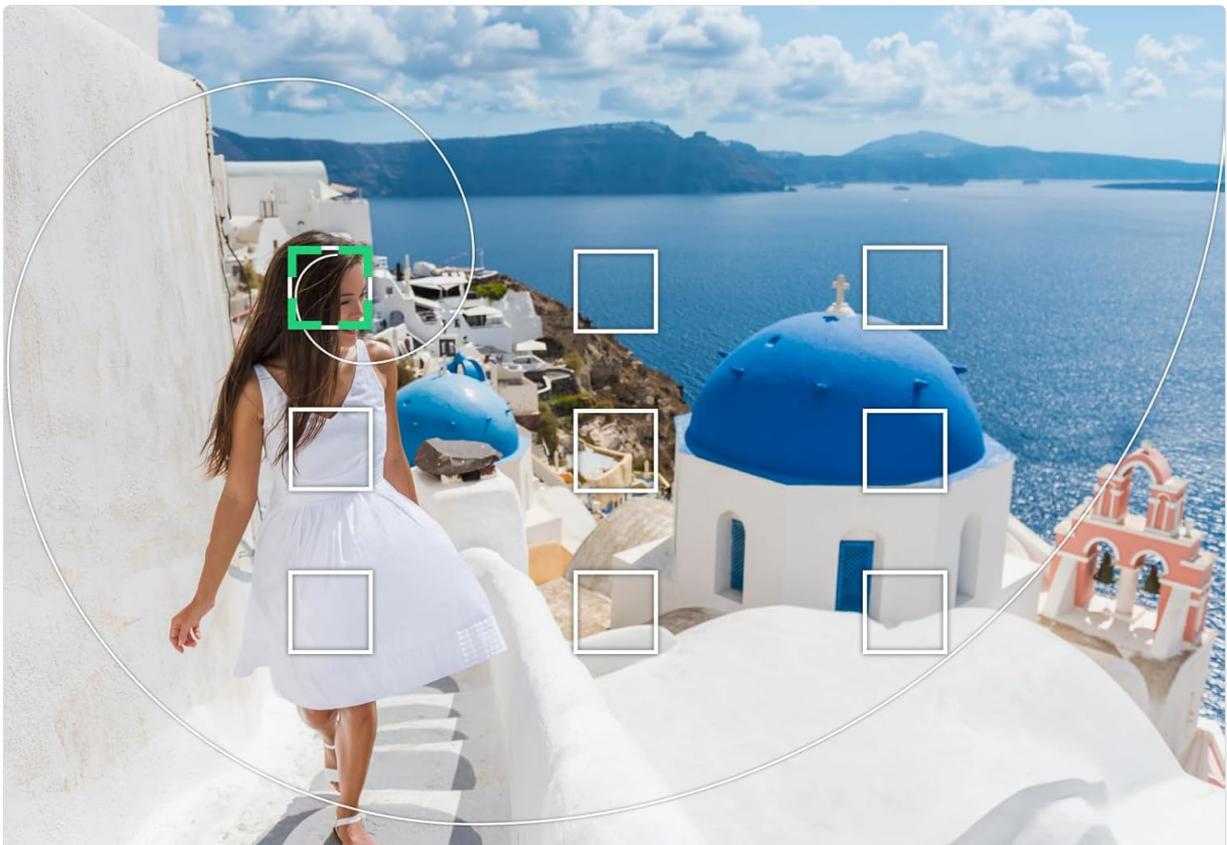


Image: Insta360 Flow 2 gimbal with a smartphone, illustrating gesture control for hands-free operation.

### 4.5. AI-Powered Editing

The Insta360 app provides powerful AI editing tools to refine your content.

- **FlashCut:** This feature automatically edits your clips, telling a story with highlights synchronized to music.



## Track With Perfect Composition

With 9 golden ratio grid points built into the Flow 2 series, perfect framing and positioning come naturally. Every shot is beautifully composed—no photography skills required.

Image: The Insta360 app interface displaying various AI editing options and templates for video creation.

### 5. CHARGING AND DISCHARGING

The Insta360 Flow 2 features a long-lasting battery and can also act as a power bank.

- **Charging the Gimbal:** The Flow 2 has two USB-C ports, labeled 'IN' and 'OUT'. Use the 'IN' port to charge the gimbal. While charging, the indicator lights will blink in sequence. Once fully charged, all lights will stay solid.
- **Power Bank Function (Reverse Charging):** The 'OUT' port allows you to use the gimbal as a power bank to charge external devices, such as your smartphone. To use this feature, connect your device to the gimbal via the USB-C 'OUT' port and press the M button to enable power output.

Video: Insta360 Flow 2 First Use Tutorial. This video includes instructions on charging and using the power bank function.

### 6. SPECIFICATIONS

Product Dimensions	3.82 x 1.42 x 7.01 inches
Item Weight	13.2 ounces (375 Grams)
Item Model Number	CINSABQA

<b>Batteries</b>	1 C battery required (included)
<b>Folded Size</b>	97.9x178.4x36.7mm
<b>Compatible Devices</b>	iPhone, Cellphone
<b>UPC</b>	842126113048

## 7. TROUBLESHOOTING

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- **Gimbal not unfolding/red light stays on:** Ensure the magnetic phone clamp is securely attached and fully pressed into place.
- **Connection issues:** Verify Bluetooth is enabled on your smartphone and the Insta360 app is updated to the latest version. Restart both the gimbal and your phone if problems persist.
- **Tracking performance:** Ensure the AI Tracker is clean and unobstructed. For optimal performance, ensure good lighting conditions.
- **Battery life concerns:** Fully charge the gimbal before use. Utilize the power bank function if your phone battery is low during extended shooting sessions.

## 8. MAINTENANCE

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- **Cleaning:** Use a soft, dry cloth to clean the gimbal and AI Tracker. Avoid using harsh chemicals or abrasive materials.
- **Storage:** Store the gimbal in its protective pouch when not in use to prevent dust and scratches. Keep it in a cool, dry place away from direct sunlight.
- **Firmware Updates:** Regularly check the Insta360 app for firmware updates to ensure optimal performance and access to new features.

## 9. WARRANTY AND SUPPORT

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For detailed warranty information, technical support, or to access additional resources, please visit the official Insta360 website or contact their customer service directly. Keep your proof of purchase for warranty claims.