



Insta360 CINRSGP One RS Twin Edition Camera User Guide

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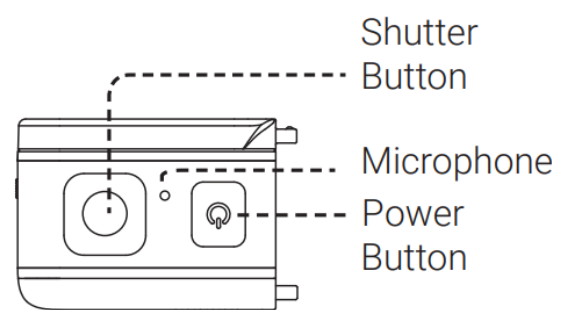
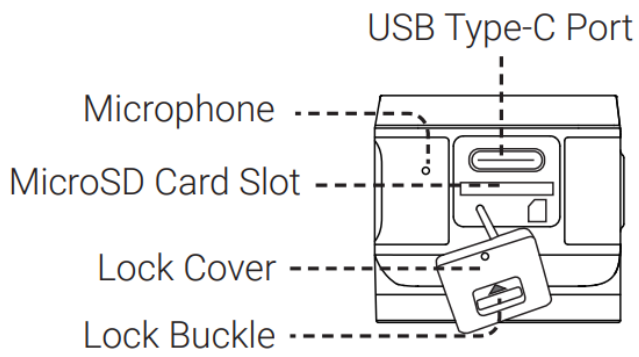
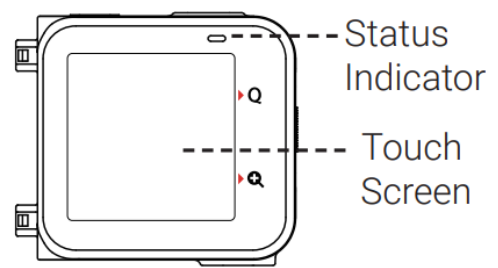
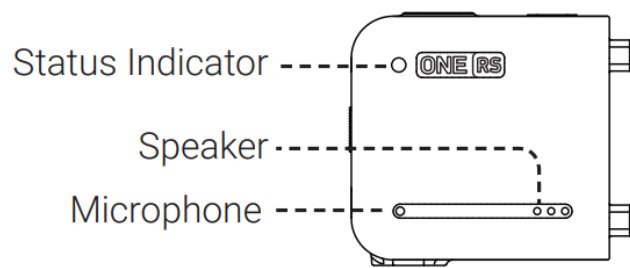
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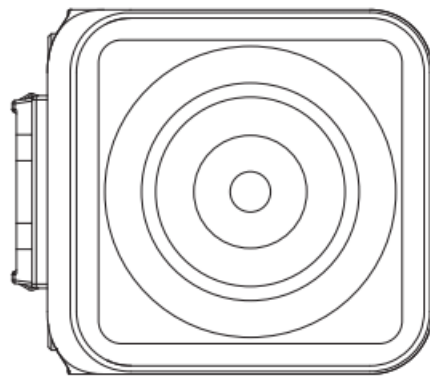
Names of Parts

* The number of parts varies in different ONE RS Editions. Please refer to the packing list of your purchased Edition.

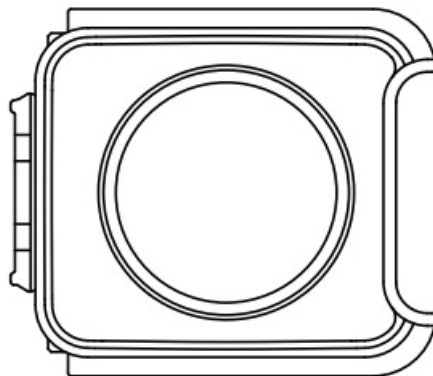
- **Core**



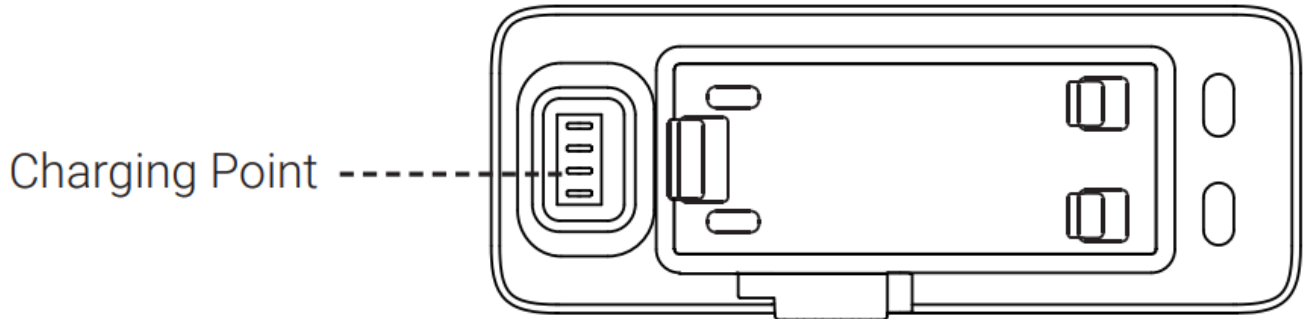
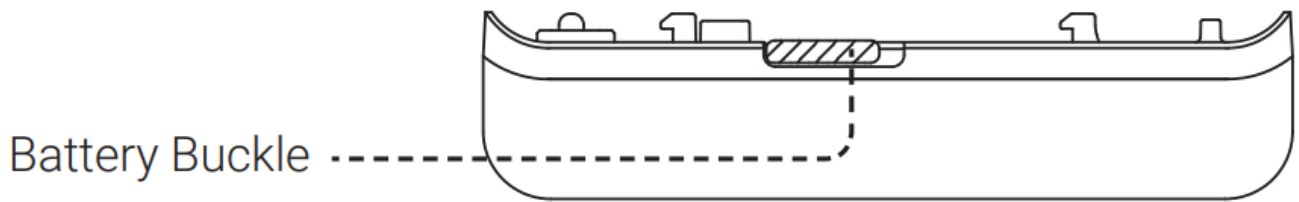
• 4K Boost Lens



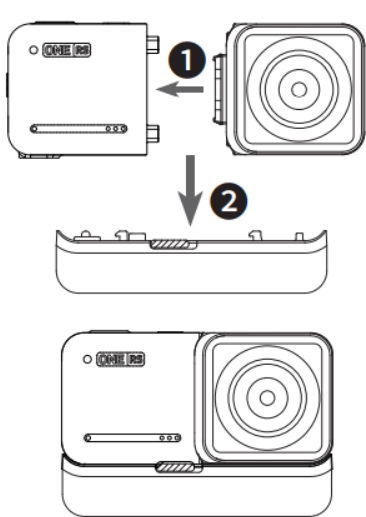
• 360 Lens



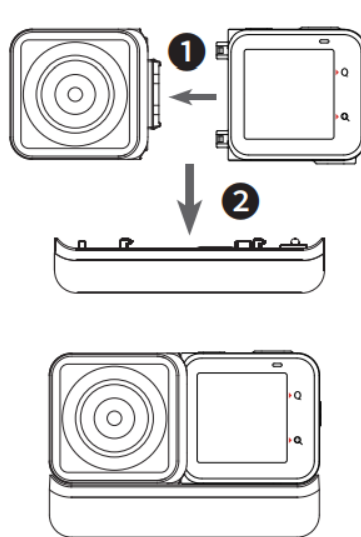
• Battery Base



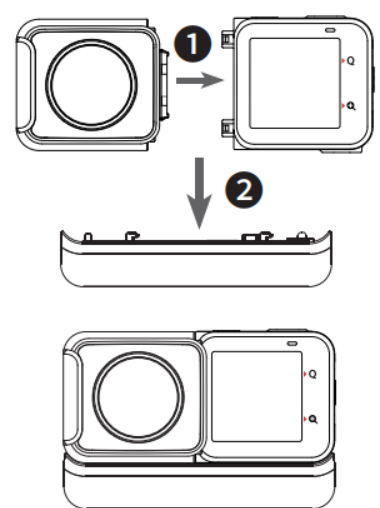
Camera Assembly



**4K Boost
Standard Build**



**4K Boost
Selfie Build**



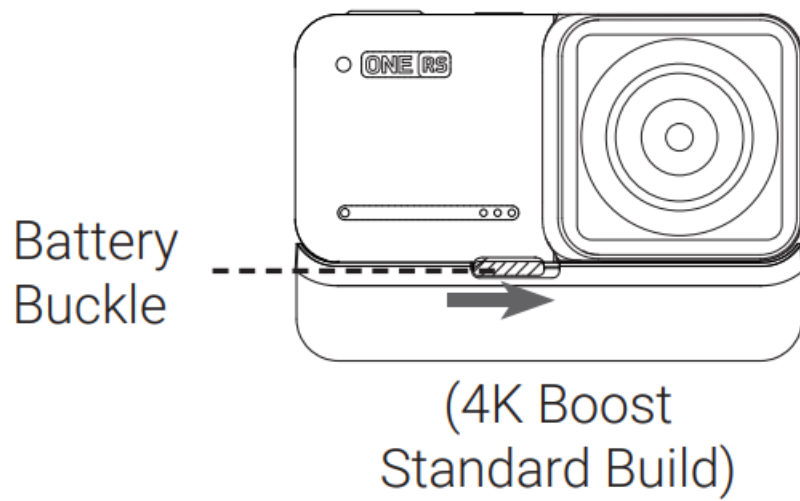
360 Build

Assembly Steps:

1. Align the holes on the side of the lens to the points on the Core and press the two together until they firmly connect.
2. Align the already assembled Core and lens to the connecting points of the Battery Base. Then press the two parts together until they firmly connect.

* Pro Tip:

- 1) Avoid disassembling or storing a disassembled ONE RS in high humidity environments, as camera could be damaged.
- 2) To remove the Battery Base, push the battery buckle to the right, then pull the Battery Base off.



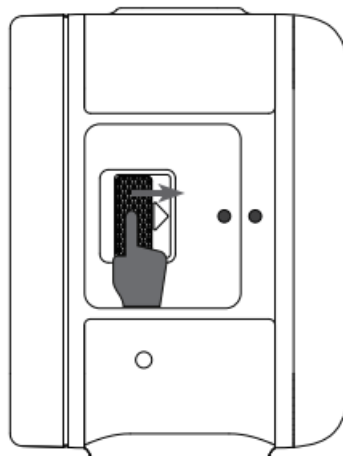
Before You Start

Note: The following instructions use the 4K Boost Lens as an example.

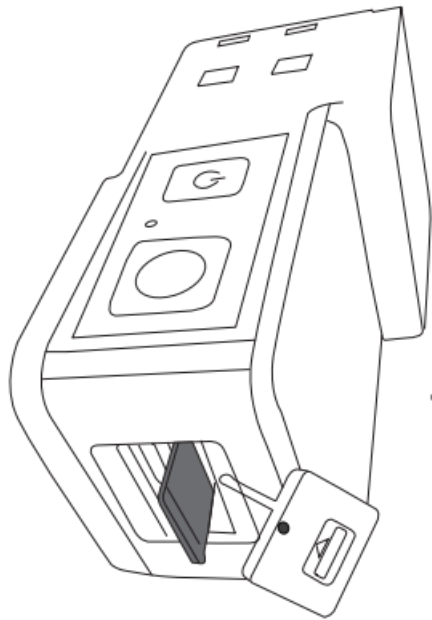
1. Ensure the battery has been assembled properly. Please connect the included charge cable to ONE RS in case of a low or depleted battery.

Note: Please use a 5V/2A power adapter to charge your ONE RS. You can also use the official Insta360 Fast Charge Hub (sold separately).

2. Before use, open the lock cover and insert a MicroSD card.



- ① Push the lock buckle to the right to open the lock cover

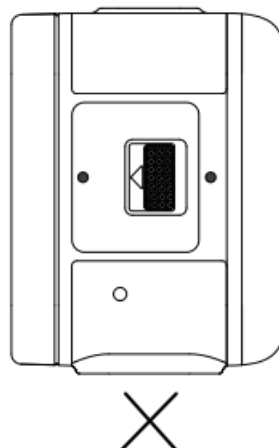
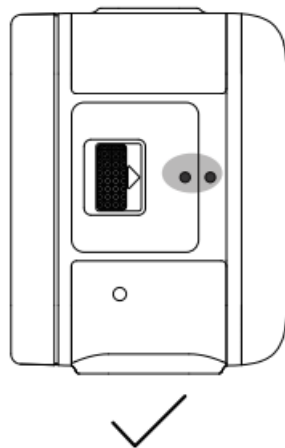


Front side of the
Core (without the
touch screen)

② Insert the MicroSD card (with the label facing the front side of the Core)

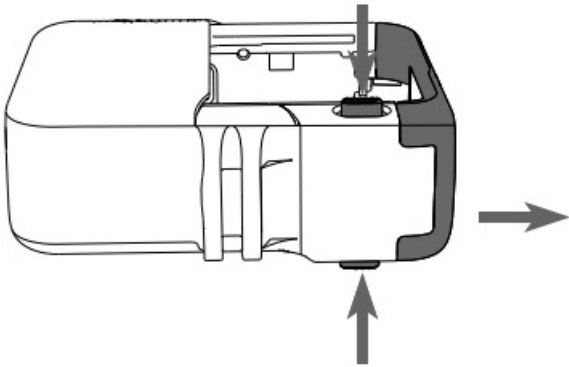
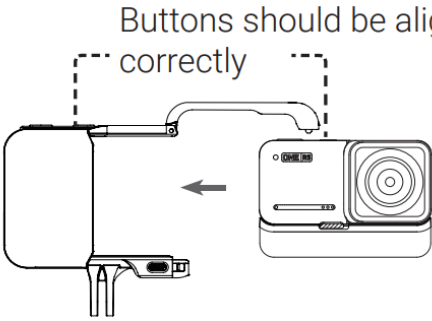
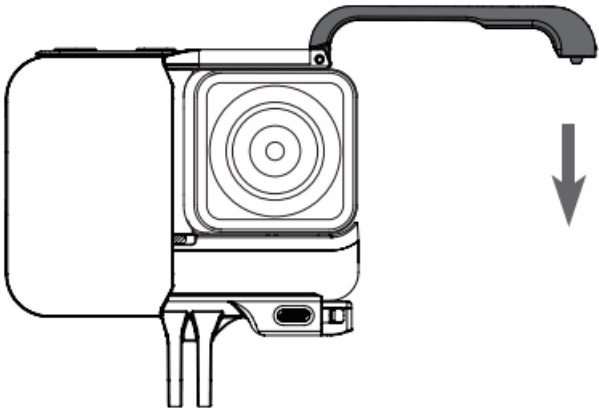
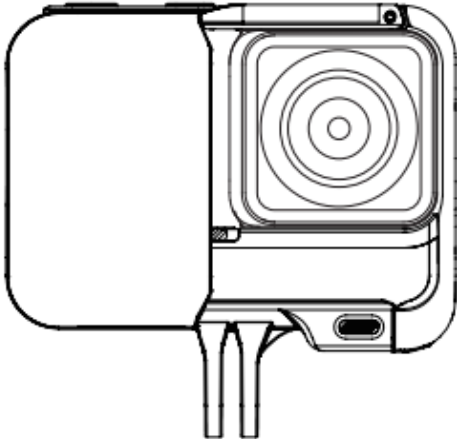
Note:

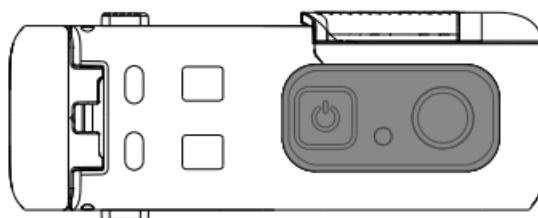
1. Please use exFAT formatted microSD cards with the UHS-I bus interface and Video Speed Class V30 rating (exactly this class, neither higher or lower) to ensure normal recording. The maximum supported storage space is 1TB. For specific info on supported MicroSD card models, see https://www.insta360.com/r/oners_microsd
2. Be sure to close the lock cover completely to ensure the waterproofing is not affected. Align the circular indication marks as shown to the right. The yellow indication mark near the lock buckle should be covered.



3. Install the Mounting Bracket on the ONE RS before capturing.

It will reinforce connections between the assembled camera mods, giving added protection and ensuring waterproofing. Please read the “Waterproofing: What to Know” manual for more waterproofing precautions.

	 <p>Buttons should be aligned correctly</p>
<p>① Open the Mounting Bracket To open the frame, press the two red unlocking buttons at the bottom of the Mounting Bracket at the same time.</p>	<p>② Insert ONE RS into the Mounting Bracket</p>
	
<p>③ Close the Mounting Bracket Push the open side of the frame down until its connecting points click in place.</p>	<p>④ Installed successfully</p>



Note: The button cover on the Mounting Bracket can be disassembled. If the cover or windproof foam is damaged, it can be removed and replaced. When reinstalling, the buttons should be aligned as in the picture. (Please contact Insta360's official customer service team for the replacement of this part.)

Know Your Insta360 ONE RS


- **Power On / Off**


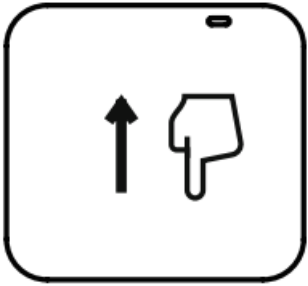

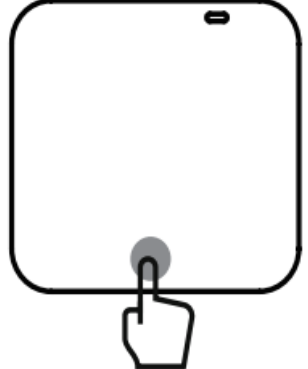
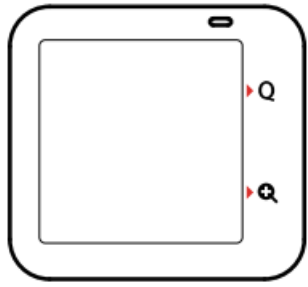

When the camera is turned off, press the Power Button to power it on.

In standby mode, press the Power Button to light off / on the touch screen.

In standby mode, long press the Power Button for 2 seconds to power it off.

- **Using the Touch Screen**

Note: When using ONE RS in water, please lock the touch screen () to avoid accidental presses. After locking the touch screen, you can use the Power Button to change modes.

	<p>Swipe down</p> <p>Open the Shortcut menu: Adjust screen brightness (☀️), touch screen on / off (🔒 ON / 🔒 OFF), LED on / off (💡 ON / 💡 OFF), grid (📐 ON / 📐 OFF), settings (⚙️), etc.</p>
	<p>Swipe up Access media gallery.</p>
	<p>Swipe left/right from the center Select capture mode.</p>
	<p>Tap the parameters at the bottom Set resolution and framerate settings.</p>
	<p>Tap the icon Q, Select preset capture modes.</p> <p>Tap the icon  Zoom in or out.</p>

* Start Shooting: After you've selected mode and settings, just hit the shutter button once to start a recording, and then again to stop.


Download Insta360 App

Scan the QR code on the right (<https://insta360.com/r/oners-download>) or search “Insta360” in the App Store / Google Play to download the companion app.



<https://www.insta360.com/r/oners-download>

Control via WiFi

1. Turn on the WiFi and Bluetooth of your smartphone.
2. When the camera is turned off, press the Power Button to power it on.
3. After installing the app, tap the camera icon  at the bottom of the app homepage and select “Connect now”.
Select the device you want to connect to and follow the onscreen instructions to complete the connection.
4. After successfully connecting the camera, you can take photos or shoot videos via the app.

Note:

1. The WiFi connection range is 10 meters (33 ft) in optimal conditions with no interference.
2. Cable connection is also supported for Android devices and desktop computers (Type-C and Micro USB).
Cable connection is not supported for iOS devices.
3. You can also visit <https://Insta360.com/r/oners-download> to download the Insta360 Studio desktop software to edit your photos and videos on your computer.

* For more product information, visit <https://www.insta360.com/r/onersdetail>

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Documents / Resources

