



Insta360 CINSRPHD/F Power Selfie Stick Instruction Manual

[Home](#) » [Insta360](#) » Insta360 CINSRPHD/F Power Selfie Stick Instruction Manual 

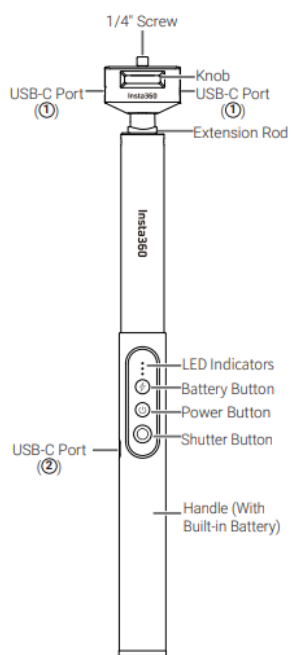
Contents

- [1 Insta360 CINSRPHD/F Power Selfie Stick Instruction Manual](#)
- [2 Overview](#)
- [3 Specifications](#)
- [4 Charging](#)
- [5 LED Indicators](#)
- [6 How to Use](#)
- [7 Notes:](#)
- [8 Disclaimer](#)
- [9 After-Sales Service](#)
- [10 Read More About This Manual & Download PDF:](#)
- [11 Documents / Resources](#)
 - [11.1 References](#)

Insta360 CINSPHD/F Power Selfie Stick Instruction Manual



Overview



Specifications

Maximum Length: 100cm

Minimum Length: 33cm

Weight: 280g

Weight-Bearing Restriction: 300g

Input: 5V/2A

Output: 5V/1.5A

Battery Capacity: 4500mAh

Use Environment: -20°C to 40°C (-4°F to 104°F)

Charging

- Fully charge the Power Selfie Stick (hereinafter referred to as selfie stick) before
Connect the USB-C Port (**2**) on the selfie stick to a 5V/2A adapter to charge the stick.
- The indicator lights will blink when the stick is All the indicator lights will be steady when fully charged. The
lights will remain steady as the stick discharges (see below).
Press the **Battery Button** once for the indicator lights to display the power

LED Indicators

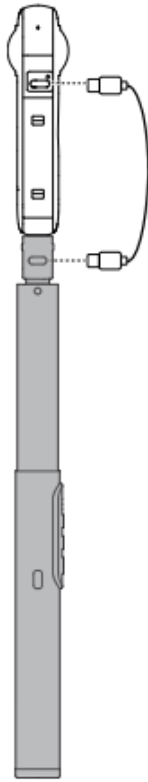
- LED is on.
- LED is off.
- ☀ LED is flashing.

Light Patterns	Battery Level
● ● ●	70% < Battery Level ≤ 100%
● ● ○	40% < Battery Level ≤ 70%
● ○ ○	10% < Battery Level ≤ 40%
☀ ○ ○	2% < Battery Level ≤ 10%
○ ○ ○	0% ≤ Battery Level ≤ 2%

How to Use

Before use, please remove the cap on the 1/4" screw.

1. Attach the camera to the selfie stick. Keep the camera screen level with the selfie stick's buttons and align the
screw hole on the bottom of the camera (or mount adapter) with the 1/4" screw on
the selfie stick. Turn the knob on the selfie stick to secure the camera onto the selfie stick.
2. Connect the camera to the selfie stick using the included USB-C cable.
The shutter button and power button on the selfie stick can be used to control the camera and shut down the
camera.
The selfie stick will start to charge the camera once connected.



3. Pull out the Extension Rod to adjust the length of the selfie stick.
4. Turn on the camera, and press the Shutter Button to start shooting.

Notes:

- The selfie stick should never come in contact with any kind of Do not use it in the rain. If the inside of the battery comes in contact with water, chemical decomposition may occur, potentially resulting in the battery catching on fire, and may even lead to an explosion.
- Do not drop or strike the selfie Do not place heavy objects on it.
- When mounting a camera (which should not weigh over 300g) onto the selfie stick, please hold the selfie stick firmly to prevent the camera from falling off.
- The two USB-C Ports (1) on the top have the same functions. You only need to connect the camera to one of them, not both at the same time.
- This product is designed mainly for hand-held Do not use it on vehicles (such as motorcycles, mountain bikes, etc.).
- The ideal charging environment is 0°C to 45° C (32°F to 113°F). The ideal storage environment is -20°C to 40°C (-4°F to 104°F). Do not use or store the selfie stick in high temperature Use of the battery in extreme high or low temperature environments can affect battery life and shorten its run time. Clean the USB-C ports with a clean, dry

Disclaimer

Please read this Disclaimer carefully.

Using this product means that you acknowledge and accept the terms of this disclaimer. By using this product, you hereby acknowledge and agree that you are solely responsible for your own conduct when using this product and any consequences thereof. You agree to use this product only for proper and lawful purposes. You understand and agree that Arashi Vision Inc. (hereinafter referred to as 'Insta360') accepts no liability for any and all misuse,

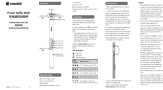
consequences, damages, injuries, penalties, or any other legal responsibility directly or indirectly incurred by your using this product and associated accessories. Before every use, make sure that your accessories are functioning properly. If there's any damage or irregularity, stop using them immediately. Within the scope of state laws and regulations, Insta360 reserves the right of final explanation and revision for the commitment.

After-Sales Service

The warranty period of the attached product is 6 months from the original retail purchase. Warranty service may vary according to the applicable laws of your state or jurisdiction. For detailed warranty policies, please visit <http://insta360.com/support>

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Documents / Resources

	Insta360 CINSPhD/F Power Selfie Stick [pdf] Instruction Manual CINSPhD F Power Selfie Stick, CINSPhD, CINSPhD Power Selfie Stick, F Power Selfie Stick, Power Selfie Stick, Selfie Stick
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References

- [🔗 Insta360 | Action Cameras | 360 Cameras | VR Cameras](#)
- [🔗 Insta360 - Support](#)