



Insta360 one RS 4K Edition Action Camera User Manual

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Dear customer,

Thank you for purchasing our product. Please read the following instructions carefully before first use and keep this user manual for future reference. Pay particular attention to the safety instructions. If you have any questions or comments about the device, please contact the customer line.

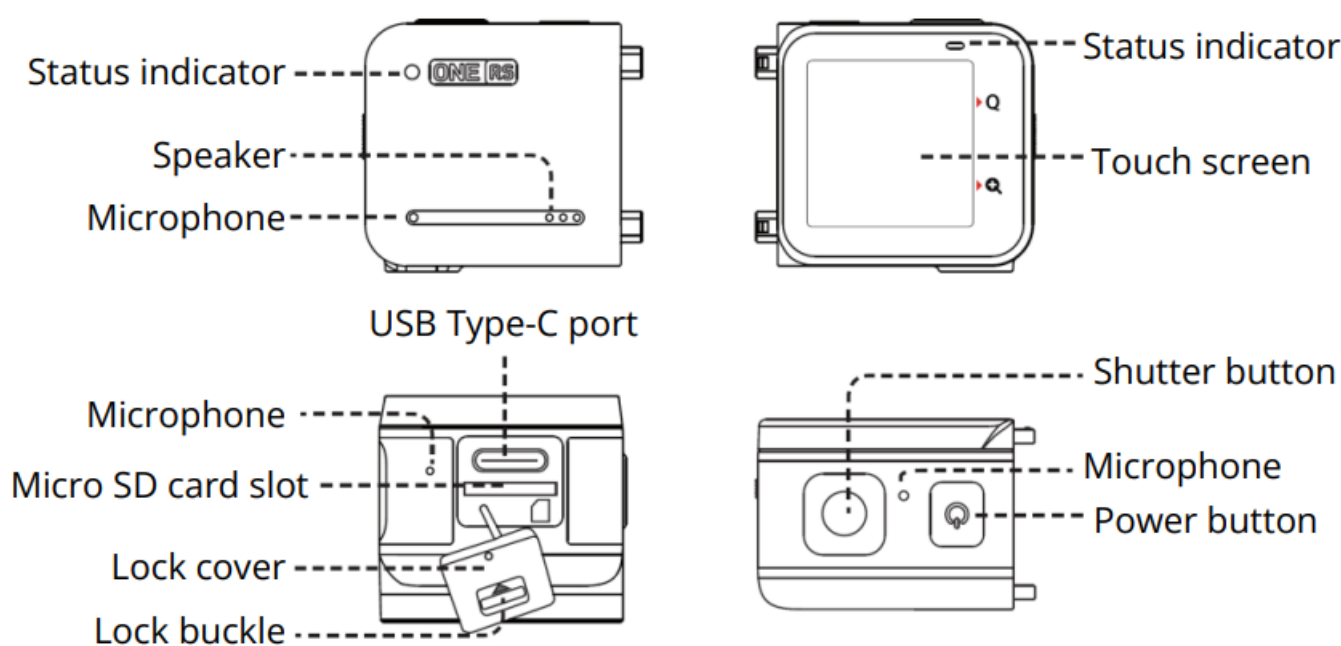
✉ www.alza.co.uk/kontakt

☎ +44 (0)203 514 4411

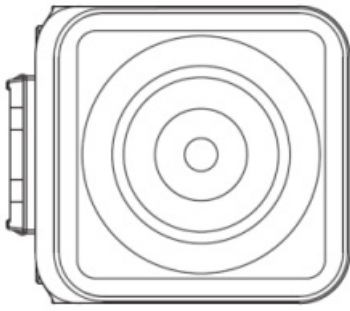
Importer Alza.cz a.s., Jankovcova 1522/53, Holešovice, 170 00 Praha 7, www.alza.cz

Names of the Parts

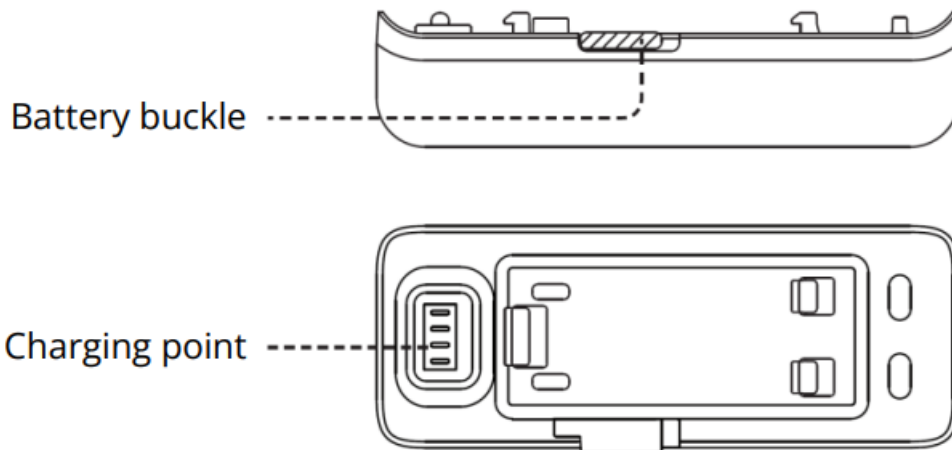
Core



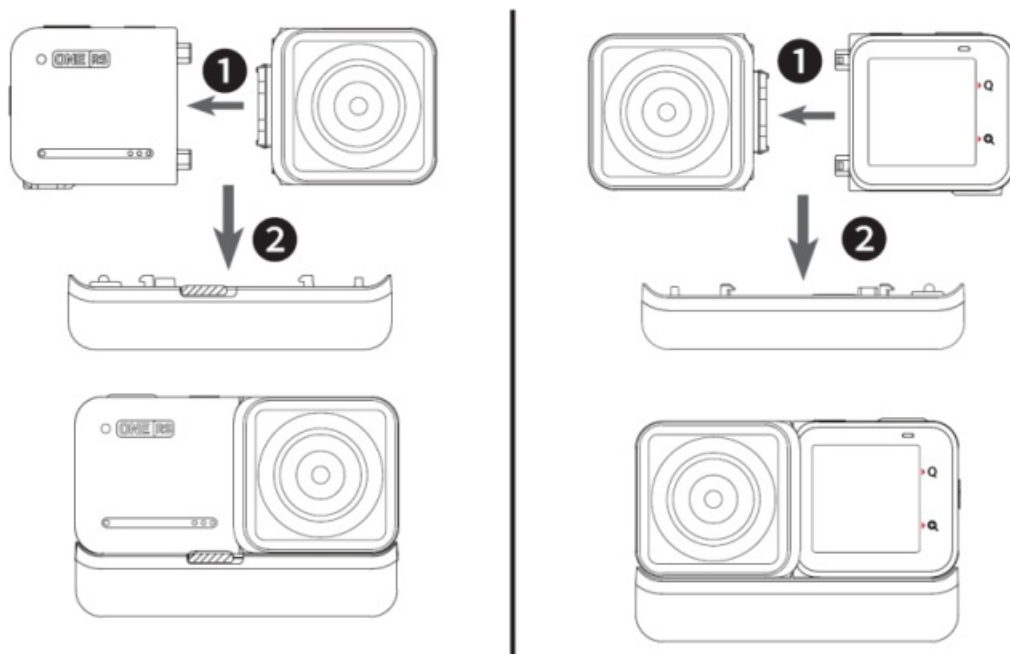
4K Boost Lens



Battery Base



Camera Assembly



4K Boost Standard Build

4K Boost Selfie Build

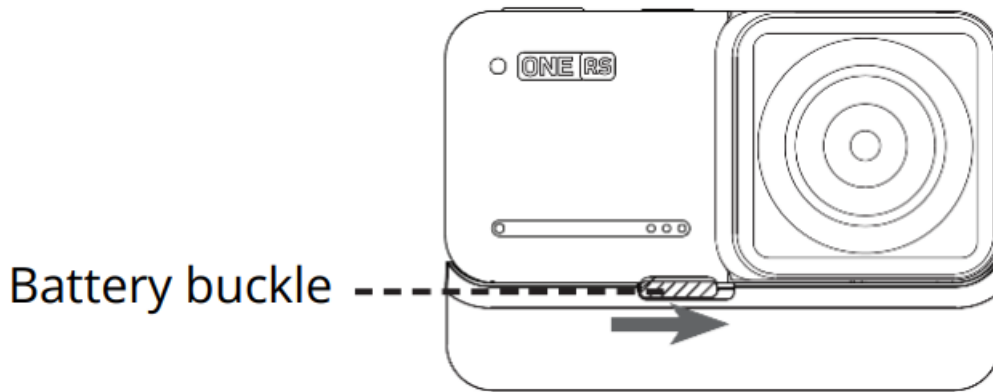
Assembly steps:

1. Align the holes on the sides 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 batterybase. Then press the two parts together until they firmly connect.

Tip:

- Avoid disassembling or storing a disassembled ONE RS in high humidity environments, as camera could be damaged.
- 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.

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

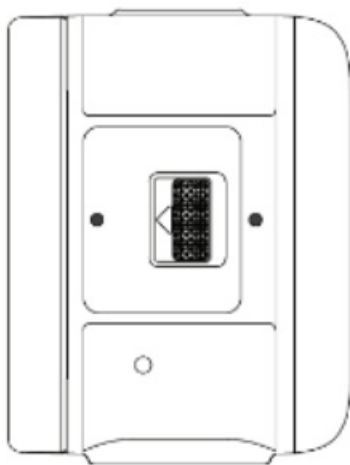
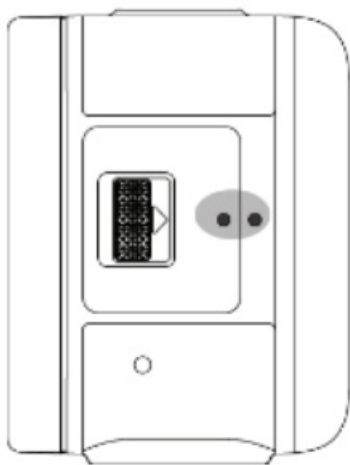
Note: Please use a 5V/2A power adapter to charge your ONE RS. You can also use the official Insta360 Fast Charge Hub (sold separately).

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

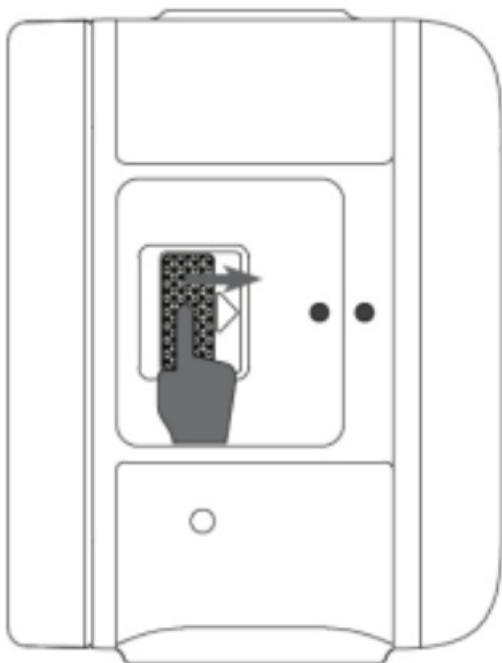
Note: Please use exFAT formatted microSD cards with the UHS-I bus interface and Video Speed Class V30 rating (exactly this class, neither higher nor lower) to ensure normal recording. The maximum supported storage space is 1 TB. For specific info in supported MicroSD card models, see

https://www.insta360.com/r/oners_microsd.

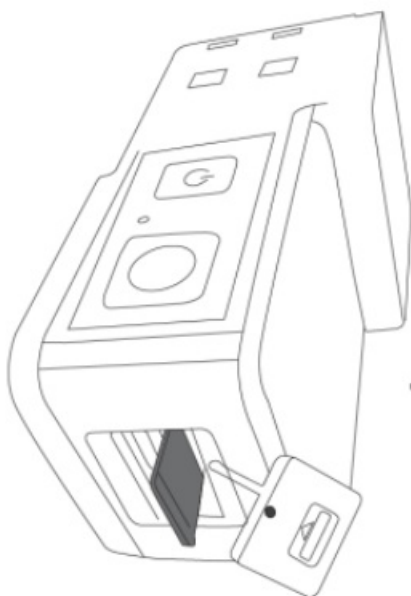
Note: Be sure to close the lock cover completely to ensure the waterproofing is not affected. Align the circular indication marks as shown on the picture. The yellow indication mark near the lock buckle should be covered.



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



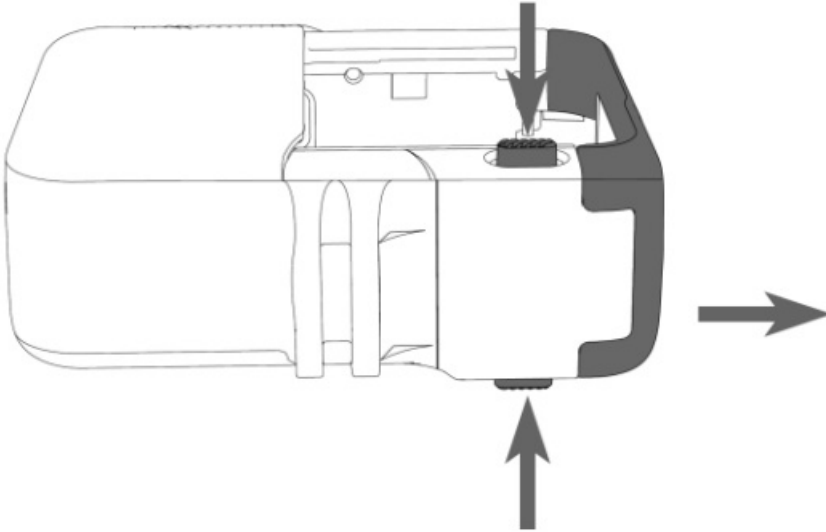
2. Insert the MicroSD card (with the label facing the front side of the core).



Front side of the core
(without the touch
screen).

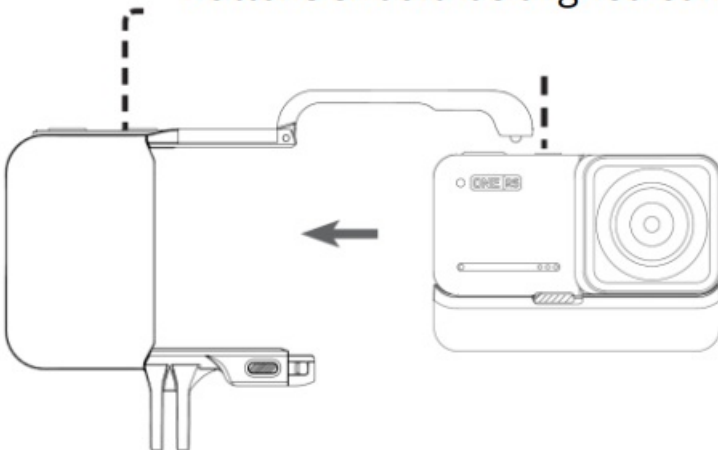
- Install the mounting bracket on the ONE RS before capturing. It will reinforce connections between the assembled camera mods, giving added protection and ensuring waterproofing. Please read the “Waterproofing: What to Know” manual for more waterproofing precautions.

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.

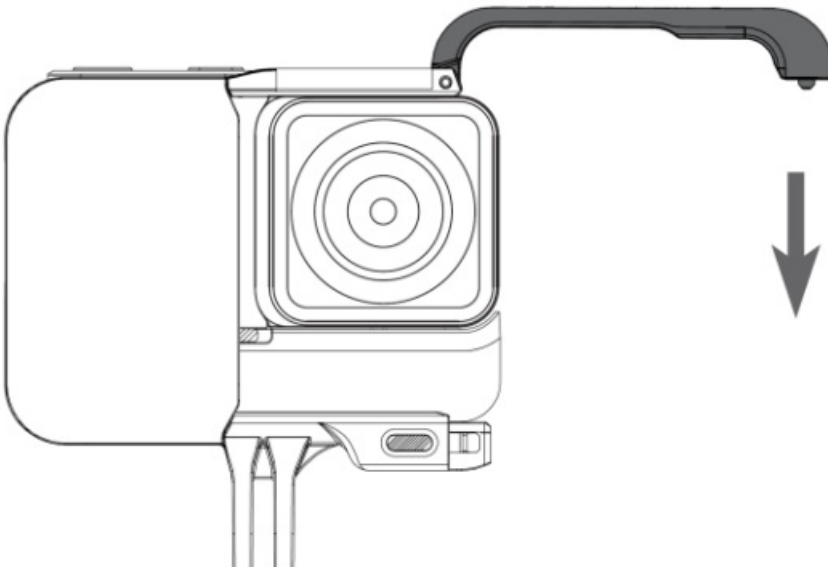


2. Insert ONE RS into the mounting bracket.

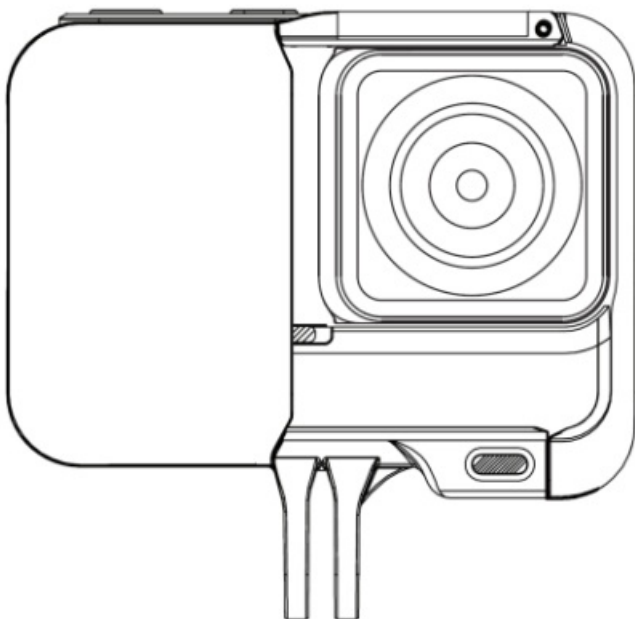
Buttons should be aligned correctly



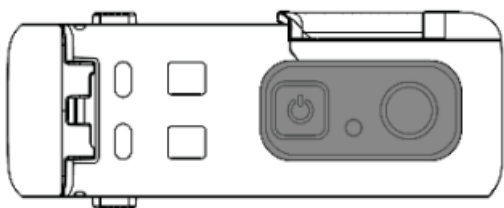
3. Close the mounting bracket. Push the open side of the frame down until its connecting points click in place.



4. Installed successfully.



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. If you need this part replaced, please contact Insta360's official customer service team.






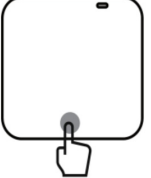

Know Your Insta360 ONE RS

Power on / Power 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 touchscreen. In standby mode, long press the power button for two 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, where you can adjust the screen brightness, toggle touch screen function, turn LED on/off, toggle grid, access settings and so on.</p>
	<p>Swipe up</p> <p>Access media gallery.</p>
	<p>Swipe left/right from the centre</p> <p>Select capture mode.</p>
	<p>Tap the parameters at the bottom</p> <p>Set the resolution and framerate settings.</p>
	<p>Tap the Q icon to select pre-set capture modes. Tap the + icon to zoom in or out.</p>

Download the Insta360 App

Scan the QR code or search for “Insta360” in the App Store / Google Play to download the companion app.



Control via Wi-Fi

- Turn on the Wi-Fi and Bluetooth on your smartphone.
- When the camera is turned off, press the power button to power it on.
- 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.
- After successfully connecting the camera, you can take photos or shoot videos via the app.

Notes:

- The Wi-Fi connection range is 10 meters in optimal conditions with no

interference.

- Cable connection is also supported for Android devices and desktop computers (Type-C and Micro USB). Cable connection is not supported for iOS devices.
- You can also visit <https://www Insta360.com/r/oners-downloadtodownload> the Insta360 Studio desktop software to edit your photos and videos on your computer.

Warranty Conditions

A new product purchased in the Alza.cz sales network is guaranteed for 2 years. If you need repair or other services during the warranty period, contact the product seller directly, you must provide the original proof of purchase with the date of purchase.

The following are considered to be a conflict with the warranty conditions, for which the claimed claim may not be recognized:

- Using the product for any purpose other than that for which the product is intended or failing to follow the instructions for maintenance, operation, and service of the product.
- Damage to the product by a natural disaster, the intervention of an unauthorized person or mechanically through the fault of the buyer (e.g., during transport, cleaning by inappropriate means, etc.).
- Natural wear and aging of consumables or components during use (such as batteries, etc.).
- Exposure to adverse external influences, such as sunlight and other radiation or electromagnetic fields, fluid intrusion, object intrusion, mains overvoltage, electrostatic discharge voltage (including lightning), faulty supply or input voltage and inappropriate polarity of this voltage, chemical processes such as used power supplies, etc.
- If anyone has made modifications, modifications, alterations to the design or adaptation to change or extend the functions of the product compared to the purchased design or use of non-original components.

EU Declaration of Conformity

Identification data of the manufacturer's / importer's authorized representative:

Importer: Alza.cz a.s.

Registered office: Jankovcova 1522/53, Holešovice, 170 00 Prague 7

CIN: 27082440

Subject of the declaration:

Title: Action camera

Model / Type: Insta360 ONE RS 4K Edition

The above product has been tested in accordance with the standard(s) used to demonstrate compliance with the essential requirements laid down in the Directive(s):

Directive No. 2014/53/EU

Directive No. 2011/65/EU as amended 2015/863/EU

Prague, 14.7.2022




WEEE

This product must not be disposed of as normal household waste in accordance with the EU Directive on Waste Electrical and Electronic Equipment (WEEE – 2012/19 / EU). Instead, it shall be returned to the place of purchase or handed over to a public collection point for the recyclable waste. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. Contact your local authority or the nearest collection point for further details. Improper disposal of this type of waste may result in fines in accordance with national regulations.



Documents / Resources

<div> ONE RS - 4K Edition <small>User Manual (Download) manual - Insta360</small></div>	<div>Insta360 one RS 4K Edition Action Camera [pdf] User Manual one RS 4K Edition Action Camera, Action Camera, one RS 4K Edition Camera, Camera, one R S</div>
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References

-  alza.co.uk
-  alza.sk
-  [ONE RS Support](#)