



Insta360 X3 360 Degree Camera User Manual

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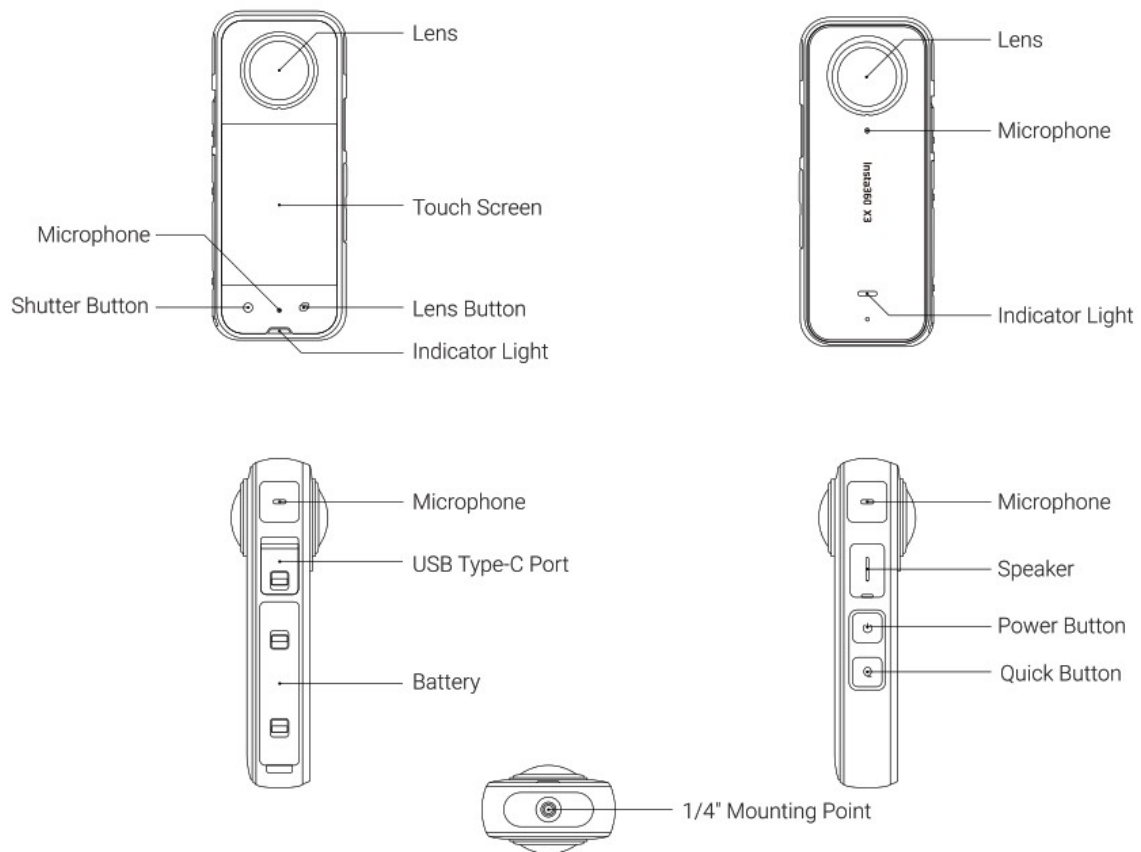


Insta3s60 X3
User Manual

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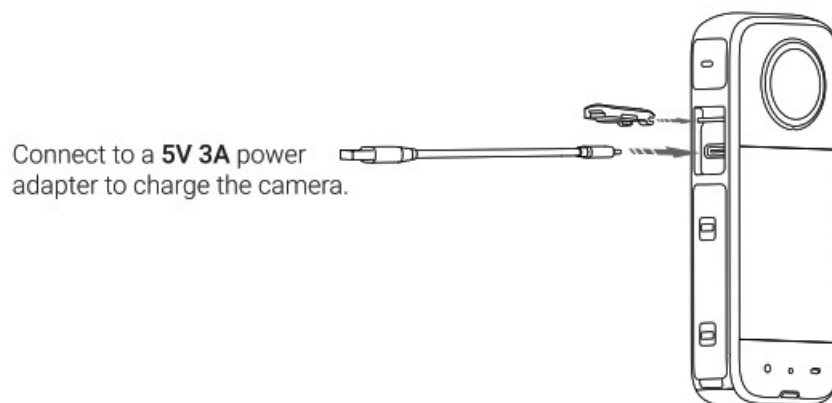
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Names of Parts



Before You Start

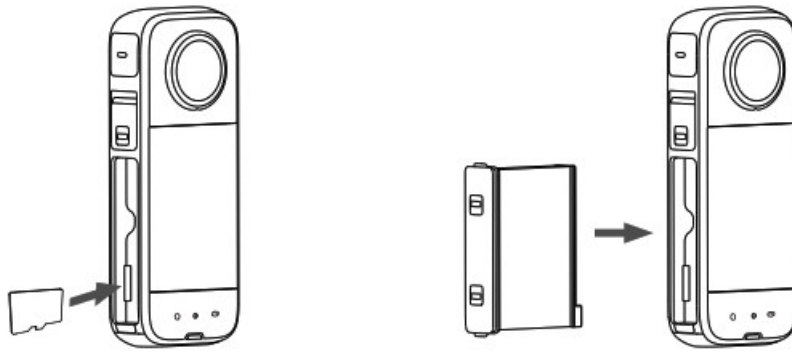
1. Ensure the battery has been fully charged. Please connect the included charge cable to X3 in case of low or depleted battery.



Note:

You can also use the official Insta360 X3 Fast Charge Hub (sold separately).

2. Insert a Micro SD card: remove the battery and then insert the SD card (With its label facing outward towards the touch screen).



Note:

1. Please use exFAT format microSD cards of speed classes UHS-I and V30 to ensure normal recording. The maximum supported storage space is 1TB.
2. Make sure that the orange indication marks are covered by the latch to ensure waterproofing is not affected.

Activation

X3 needs to be activated before use. Before activation, please ensure:

1. X3 has at least 10% battery remaining.
2. Your phone is connected to the Internet.

Steps:

1. Search “Insta360” in the App Store or Google Play Store to download the Insta360 app.
2. Press the Power Button to turn on X3.
3. Open the Insta360 app, then tap the yellow camera icon at the bottom of the page. Select the device you want to connect to in the pop-up window, then follow the on-screen instructions to complete the connection. The name of your camera is “X3 *****” by default, where ***** is the last six digits of the serial number on the box your X3 came in. The first time you connect to X3 you will need to confirm the connection on the camera screen.
4. After successfully connecting the camera, the app will prompt you to update the firmware if there is a new version available. Please follow the on-screen prompts to update the firmware. After updating, follow the app prompts to activate your camera.

Basic Use

• Button Instructions

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

Turn the touch screen on/off: In standby mode, press the Power Button to turn on or turn off the touch screen.

Power off: In standby mode, press the Power Button for 2 seconds to power off the camera.

Start shooting: In standby mode, hit the Shutter Button once to take a photo or start a recording, and then again to stop. When the camera is turned off, press the Power Button to start Quick Capture.

Switch shooting mode: In standby mode, press the Lens Button to switch the shooting mode.

Preset shooting mode: Press the Quick Button to preset shooting mode.

• Using the Touch Screen

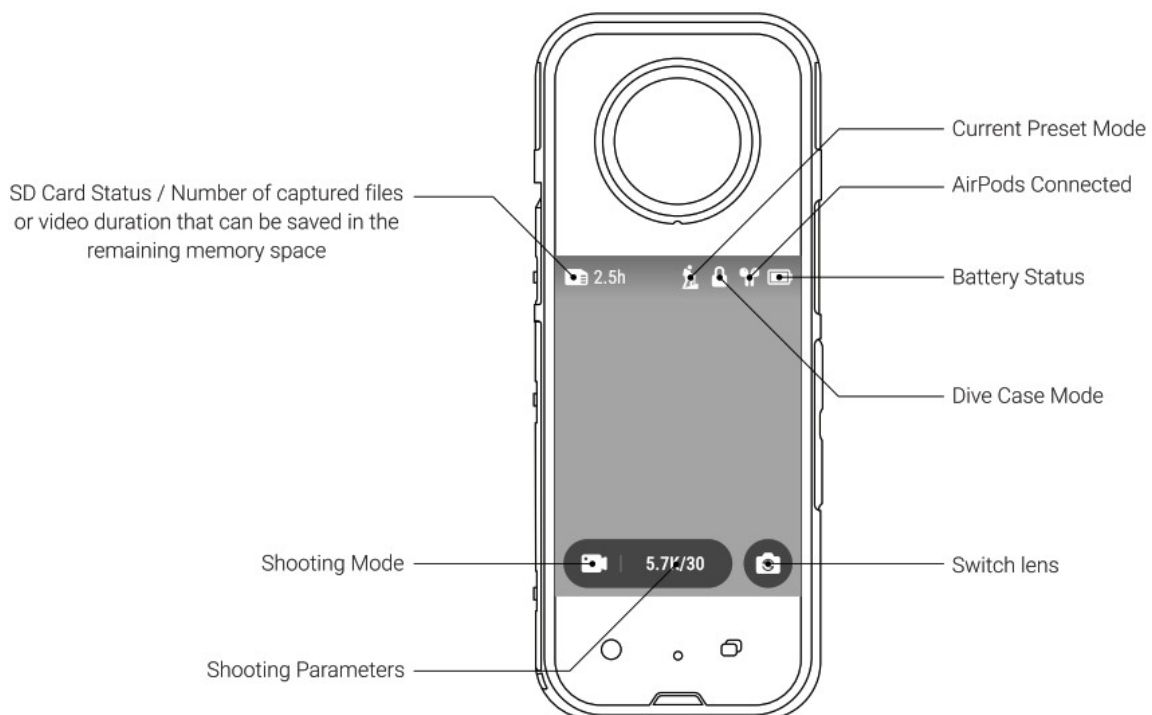
The touch screen's main display shows the current shooting mode and the information shown below. Parameter settings vary depending on the mode.

By tapping the screen, the following can be achieved:

- Tap the Switch Lens icon on the lower right corner to switch the lens to 360 Mode or Single Lens.
- In 360 Mode, long press the touch screen to enter the 360° preview, and you can swipe to adjust the viewing angle.
- Tap the shooting mode icon below to switch the shooting mode.
- Tap the shooting parameters below to set the resolution and frame rate; in photo mode, you can set the resolution and shooting countdown; in video mode, you can set the resolution, frame rate, and other parameters.

By swiping the screen, the following can be achieved:

- Swipe down from the top of the screen to open the Shortcut Menu.
- Swipe left or right in the center of the screen to switch shooting modes.
- Swipe right from the left edge of the screen to enter the album.
- Swipe left from the right edge of the screen to set parameters such as ISO and white balance.



• Shortcut Menu

Prompt Sound: Tap to turn on/off the prompt sound.

Indicator Light: Tap to turn on/off the indicator light.

Audio Setting: Tap to set the audio mode to Direction Focus, Wind Noise Reduction or Stereo.

Vibration: Tap to turn on/off vibration.

Quick Capture: Tap to turn on/off Quick Capture.

AirPods: Tap to connect to AirPods.

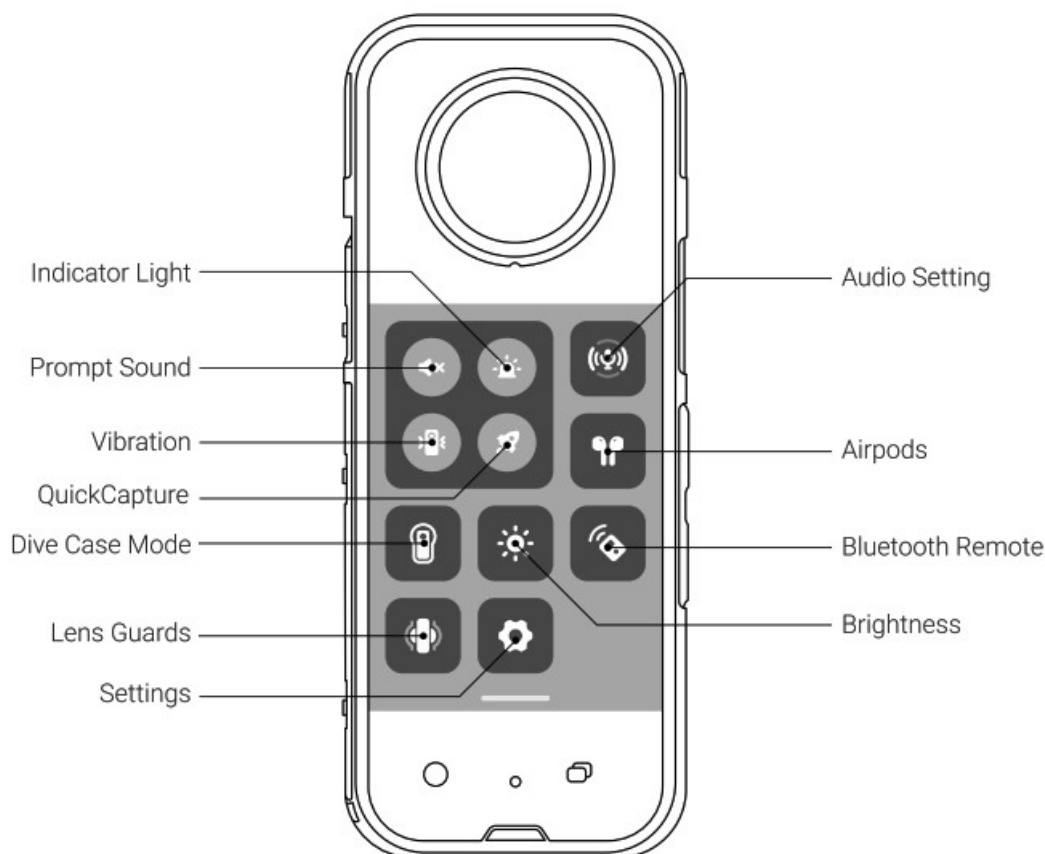
Dive Case Mode: Tap to turn on/off Dive Case Mode. With Dive Case Mode on, the touch screen is disabled; With Dive Case Mode off, the touch screen is enabled.

Brightness: Tap to adjust the touch screen brightness.

Bluetooth Remote: Tap to connect to the Bluetooth remote.

Lens Guards: Tap to apply Stabilization and stitching effects for Lens Guards.

Settings: Tap to enter the settings menu to make adjustments.



• Switch Shooting Mode

The shooting mode can be switched via the following two ways:

- Tap the shooting mode icon at the bottom of the screen
- Swipe left or right from the center of the screen

In 360 Mode, you can use the following shooting modes:

Photo, Video, Active HDR Video, Timelapse, TimeShift, Bullet Time, Loop Recording, Starlapse, Burst, Interval, HDR Photo.

In Single-Lens Mode, you can use the following shooting modes:

Photo, Video, Me Mode, Loop Recording.

• Adjust Shooting Parameters

The shooting parameters can be adjusted via the following ways:

- Tap the shooting parameters below to set the resolution or frame rate; in photo mode, you can set the resolution and shooting countdown; in video mode, you can set the resolution, frame rate, and other parameters.
- Swipe left from the right edge of the screen to set ISO, white balance and other parameters; in photo mode, you can set parameters such as color, white balance, exposure; in video mode, you can set color, shutter, ISO, white balance, and other parameters.

360 Mode

Shooting Mode	Ratio	Resolution/Frame Rate	Time
Photo	2:01	72MP, 18MP	Shooting countdown: Off/3s/5s/10s/15s
Video	/	5.7K@30/25/24fps, 4K@60/30fps	/
Active HDR Video	/	5.7K@30/25/24fps	/
Timelapse	/	8K@30/25/24fps, 5.7K@30/25/24fps	Interval: 0.5/1/2/5/10/30/60/120s
TimeShift	/	5.7K@30/25/24fps	/
Bullet Time	/	4K@120fps, 3K@180fps	/
Loop Recording	/	5.7K@30/25/24fps, 4K@60/30fps	Duration: 1/3/5/10/15/20/25/30 min
Starlapase	2:01	18MP	Shooting countdown: Off
Burst	2:01	18MP	Shooting countdown: Off/3s/5s/10s/15s
Interval	2:01	72MP, 18MP	Interval: 3/5/10/30/60/120s
HDR Photo	2:01	18MP	Shooting countdown: Off/3s/5s/10s/15s

Single-Lens Mode

Shooting Mode	Ratio	Resolution/Frame Rate	Time	FOV
Photo	16:9, 1:1, 9:16	36MP, 9MP	Shooting Countdown: Off/3s/5s/10s/15s	UltraWide (UW) / Wide (W) / Linear (L)
Video (Default FOV): FlowState can be applied in camera without being exported to the app or Studio	16:9, 9:16	4K@30/25/24fps, 3.6K@60/50/30/25/24fps, 2.7K@60/50/30/25/24fps, 1080P@60/50/30/25/24fps	/	UltraWide (UW) / Wide (W) / Linear (L)
Video (FOV+): FlowState, Aspect Ratio, and Horizon Lock can be applied with the app or Studio	16:9, 9:16	2.7K@60/50/30/25/24fps, 1080P@60/50/30/25/24fps	/	MaxView (MAX) / UltraWide+ (UW) / ActionView+ (ACT) / Wide+ (W) / Linear+ (L)
Me Mode	16:9, 9:16	1080P@60/30fps	/	MaxView (MAX) / UltraWide (UW) / ActionView (ACT) / Wide (W) / Linear (L)
Loop Recording (Default FOV): FlowState can be applied in camera without being exported to the app or Studio	16:9, 9:16	4K@30/25/24fps, 3.6K@60/50/30/25/24fps, 2.7K@60/50/30/25/24fps, 1080P@60/50/30/25/24fps	Duration: 1/3/5/10/15/20/25/30min	UltraWide (UW) / Wide (W) / Linear (L)
Loop Recording (FOV+): FlowState, Aspect Ratio, and Horizon Lock can be applied with the app or Studio	16:9, 9:16	2.7K@60/50/30/25/24fps, 1080P@60/50/30/25/24fps	Duration: 1/3/5/10/15/20/25/30min	MaxView (MAX) / UltraWide+ (UW) / ActionView+ (ACT) / Wide+ (W) / Linear+ (L)

Indicator Lights

Camera Status	Indicator Light Status
Powering on	Solid blue
Standby	Solid cyan
Charging when camera is off	Solid red
Fully charged when camera is off	Off
Photo taking	Off
Video recording	Flashing red
U-Disk mode	Solid cyan
Updating firmware	Slow flashing blue
Storage error	Flashing yellow
X3 needs to cool down	Quick flashing yellow

Note: The indicator light can be turned off in the camera's shortcut menu.

Connect to a Phone

Connect X3 to your phone via the Insta360 app to preview your shot, control shooting, playback footage, and more.

Steps:

1. Turn on WiFi and bluetooth on your phone.
2. Turn on X3.
3. Open the Insta360 app and tap the yellow camera icon at the bottom of the page.
4. Here you should see your camera listed. The name of your camera is "X3 *****" by default, where ***** is the last six digits of the serial number on the box your camera came in.
5. If connecting for the first time, a prompt will appear on the app and you will need to confirm the connection on the camera's touch screen.
6. If the above does not work, go to the phone's WiFi settings and search for your X3. Tap to connect, then return to the app.

After connection, you will be able to access many functions, like WiFi preview, Remote shooting, Playback, download & export footage.

Note: The effective distance of camera WiFi transmission (without interference and no obstruction) is 10 meters. The effective transmission distance will vary according to different usage scenarios.

Firmware Update

Before updating, make sure X3 has at least 10% battery remaining.

Update via PC:

1. Visit https://www.insta360.com/download/insta360-x3?r_from=%2Fcamera%2Ffirmwareupdate to download the latest firmware to your PC.
2. Connect X3 to a computer via the official Type-C cable, then the computer can directly access files on the X3.
3. Copy the Insta360X3FW.bin file to your X3 directly, rather than to a specific folder on X3's microSD card.
Note: please make sure you delete the old firmware bin file and keep the file name of the newly downloaded firmware unchanged. Otherwise, the system might not be able to identify the new firmware, which will cause issues when updating.
4. Disconnect X3 from your computer and press the power button to turn on the camera.
5. X3 will check the firmware and update automatically. The indicator will flash blue during the update.
6. X3 will restart automatically once the update is complete.
7. After all updates are complete, swipe down on the camera's touch screen to access the Shortcut menu, then go to [Settings] > [Camera Info] to check the firmware version.

Update via Insta360 app:

1. Connect X3 to your phone via the Insta360 app.
2. When you're due an update, the app will give you an update notice, then hit 'Download'.
3. After downloading, follow the on-screen instructions to connect to X3 again and upload the firmware.
4. After uploading, X3 will start updating automatically. The indicator will flash blue during the update, and the camera will restart automatically once the update is complete.
5. After all updates are complete, swipe down on the X3 touch screen to access the Shortcut menu, then go to [Settings] > [Camera Info] to check the firmware version.

Gyro Calibration

Perform gyroscopic calibration for X3 to ensure accurate stabilization for your shots.

Steps

1. Turn on X3.
2. Swipe down to enter the Shortcut menu, tap [Settings] icon, then select [Gyro Calibration].
3. Follow the on-screen instructions and place X3 vertically on a flat surface. The indicator light will flash green and blue during calibration.



Arashi Vision Inc.

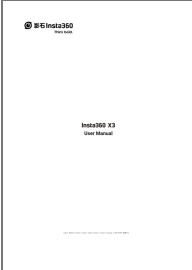
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Documents / Resources

 The image shows the cover of the Insta360 X3 User Manual. It features the Insta360 logo at the top left and the text 'Insta360 X3 User Manual' in the center.	<p>Insta360 X3 360 Degree Camera [pdf] User Manual X3, X3 360 Degree Camera, 360 Degree Camera, Camera</p>
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References

- [User Manual](#)