

Insta360 GO 3

User Manual



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Product Introduction



1. Flip Touchscreen
2. Action Pod Indicator Light
3. Shutter Button
4. Power Button
5. Charging Point
6. Quick Button
7. Mounting Latch
8. Release Switch
9. Type-C Charging Port

1. Microphone
2. Lens
3. GO 3 Button
4. Camera Indicator Light
5. Charging Point
6. Speaker



Standard Accessories

GO 3 and the Action Pod can be mounted on different accessories for flexible shooting wherever you go.

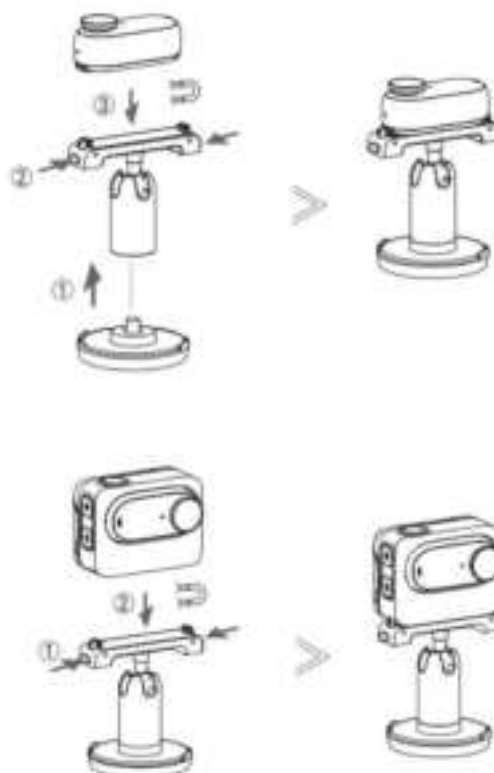
Accessories	Description	Figure
Magnet Pendant	Wear the Magnet Pendant by placing it inside your clothing. Then, attach the camera to the front of the Magnet Pendant. Attach the Angle Adjustment Insert to the back of the Magnet Pendant to adjust the angle. Note: If you have a pacemaker, do not use this accessory due to its magnetism. It is recommended to make the neck cord shorter for optimal shooting height.	

Pivot Stand

Can be used with GO 3 or the Action Pod.

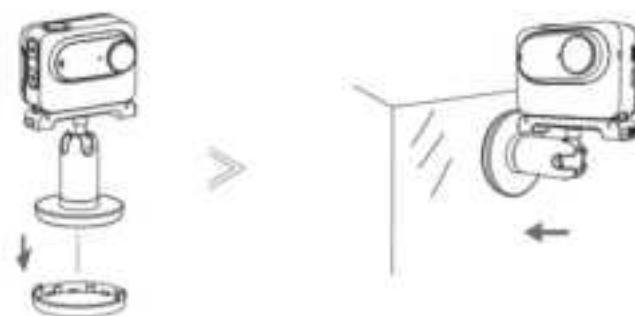
How to Use:

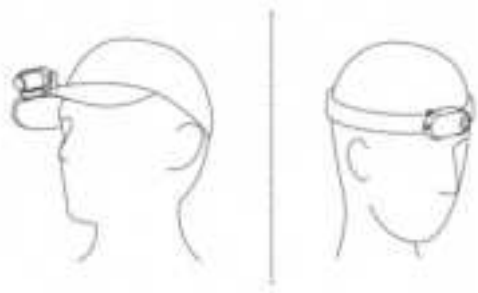
1. Press the buckles on the two sides of the Pivot Stand and attach GO 3 or the Action Pod onto it. Make sure the camera's direction is the same as the camera mark on the Pivot Stand.



2. Remove the silicone protective cover from the base of the Pivot Stand and stick the Pivot Stand onto a clean, flat surface.

Stick to a flat, clean surface. Press firmly for 10 seconds after sticking and leave it for around 30 minutes before use.



	Notes: The base of the Pivot Stand can be disassembled. The 1/4" mounting point on the bottom of the Pivot Stand supports use with other accessories.	
Easy Clip	Insert GO 3 into the Easy Clip and ensure it is secure. Attach the Easy Clip onto the edge of a hat or other object and adjust it to the desired angle.	

First Use

Charging

Use the Type-C to Type-A fast charging cable included in the box to connect the USB-C port of the GO 3 Action Pod to a USB-C charger. When charging while the device is powered off, the Action Pod Indicator Light will be red. The Indicator Light will turn off once the battery is fully charged. It takes approximately 47 minutes to charge up to 80% and around 65 minutes for a full charge.

GO 3 Charging Time

23 minutes - 80%

35 minutes - 100%

Action Pod Charging Time

47 minutes - 80%

65 minutes - 100%

Place GO 3 camera inside the Action Pod and connect the charging cable to the Action Pod. While charging, both the camera and the Action Pod's indicator light will be solid red. The corresponding indicator light will turn off when the device is fully charged. Once both indicator lights turn off, both devices are fully charged.

Note: It is recommended to use a dedicated charger for GO 3. If it's connected to a USB port on a computer or other portable power source, there may be an insufficient power supply to charge the camera and Action Pod simultaneously.

Activation

You need to activate GO 3 in the Insta360 app before using it for the first time.

Steps:

1. Click [here](#) to download the Insta360 app. Alternatively, search "Insta360" in the App Store or Google Play Store to download the Insta360 app.
2. Press the Power Button to turn on GO 3.
3. Enable Wi-Fi and Bluetooth on your smartphone.
4. Open the Insta360 app and click the camera icon at the bottom of the page [icon]. 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 "GO 3 *****" by default, where ***** is the last six digits of the serial number on the box your GO 3 came in. The first time you connect to GO 3, you will need to confirm the connection on the Action Pod screen.
5. After successfully connecting the camera, follow the on-screen instructions to activate your 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 of GO 3 and the Action Pod.

Basic Use

Action Pod Button Instructions:

Power Button:



- Press once:
 - Power on GO 3.
 - Wake GO 3 up (when GO 3 is not in the Action Pod) .
 - Turn the Action Pod's touchscreen on/off.
- Long press for 2 seconds: Power off (release the button when the power-off animation appears).
- Long press for 7 seconds: Force shutdown.

Shutter button



- Press once:
 - Take a photo or start/stop video recording.
 - Quickly power on the camera and start recording (if GO 3 is powered off and in the Action Pod).
 - Confirm connection on the app (when connecting for the first time).

Quick Button



- **Single press:**
Press once to enter the preset menu or switch shooting modes. Press again to switch between different modes or presets.
The first time you press this it will enter the Shooting Mode page by default. Tap the switch icon in the upper left corner to enter the Presets page.

GO 3 Button Instructions:

- **Press once:**
 - Take a photo or start/stop video recording.
 - Confirm connection on the app (when connecting for the first time).
 - Quickly power on the camera and start recording (if GO 3 is powered off and out of the Action Pod).
- **Long press for 2 seconds:** Power off.
- **Long press for 7 seconds:** Force shutdown.

Button functions can be customized through the app or the Action Pod.

Using GO 3 and Action Pod:

- Using them together:

When the camera is in the Action Pod, it functions as one action camera and the buttons on the camera body are disabled. You can control the camera with the buttons on the Action Pod or via the app.



- Using them separately:

When GO 3 is taken out of the Action Pod, you can use the Action Pod for remote control and live preview up to 16ft (5m) away. The buttons on the camera body are enabled.



Note: When using the Action Pod for remote preview, the data is transmitted via Bluetooth. The quality of preview footage is reduced. The actual footage will not be affected by remote use.

GO 3 Camera Button customization:

The button functions of the GO 3 camera can be customized according to your preferences.

You can adjust them through the app settings page or within the Action Pod.

Device Settings

Connect device	GO 3 100%  10%  >
Button Settings	>
Firmware Version	v0.4.131 >
Other Settings	>
Device Information	>



Using the Touchscreen

The touchscreen's main display shows the current camera shooting mode. The menu bar shows battery level, storage capacity, and current shooting parameters. By swiping or tapping the screen, you can achieve the following:



Tap the screen

Hide/show information on the touchscreen.



Swipe down from the top

Enter the camera settings.



Swipe left and right in the center

Switch shooting mode.



Swipe from the left

Enter the album page.



Swipe from the right

Enter the shooting parameter settings.



Swipe up from the bottom

Enter the shooting parameter settings.

Shortcut Menu



1. Storage: Shows the remaining number of photos or the length of video footage that can be stored on the microSD card.
2. Lock screen
3. Timed Capture
4. Preset
5. Wi-Fi Signal
6. Bluetooth: This will be displayed when the camera is not in the Action Pod.
7. GO 3 Battery Status
8. Action Pod Battery Status
9. Shooting Mode: Click the icon and swipe to select a different shooting mode.

Shooting mode	Description
Video	Shoot a normal video.
FreeFrame video	Shoot a video with the option to choose your aspect ratio after recording.
Timelapse	Suitable for shooting static timelapse videos.
TimeShift	Take a hyperlapse (sped-up) video while moving.
Slow Motion	Shoot a slow-motion video at 120fps.
Loop Recording	Video can be recorded continuously, but only the latest clip is kept to save storage space. This mode is suitable for situations where you are waiting for something to occur, and you are not sure when it will happen.
Photo	Take a normal photo.
Starlapse	Shoot videos with the star trails effect.
Interval	Take photos at specific intervals.
HDR Photo	Take photos with high-dynamic range.

10. Shooting specifications: See the current shooting mode parameters.
11. Field of View: Change the Field of View. There are three options: UltraWide, ActionView and Linear.

Camera Settings

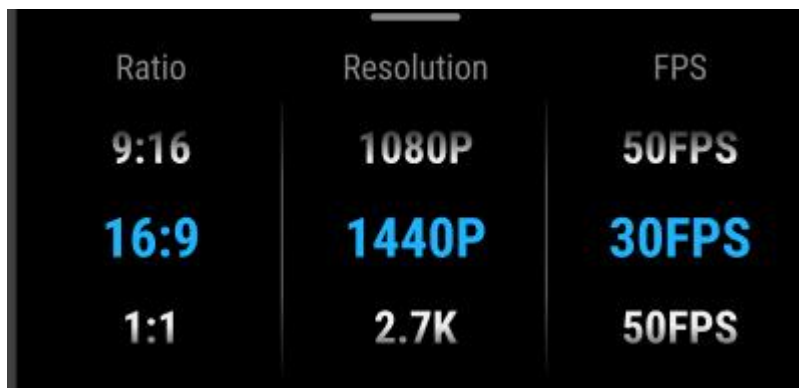
Swipe down on the touchscreen to view camera settings.



1. Screen Orientation: Turn on/off. It is turned on by default.
2. Lock Screen: Tap to lock screen. Swipe up on the touchscreen to unlock.
3. Volume Control: Set the camera speaker volume. There are four options: High, Medium, Low, and Mute. The default is Medium.
4. Adjust Brightness: Slide the bar to adjust the screen brightness.
5. QuickCapture: Turn on/off.
6. Voice Control: Turn on/off.
7. Stabilization: Change FlowState stabilization level based on the shooting scenario. There are four options: Level 1, Level 2, Level 3 and Off. The default is Level 1.
8. Timed Capture: Use the Timed Capture function. Supported in the following shooting modes: Video, FreeFrame Video, Photo, Interval and Timelapse.
9. Audio Settings: Switch audio mode. Choose between Wind Reduction, Stereo or Direction Focus.
10. Grid: Turn on/off.
11. Settings: See camera settings.

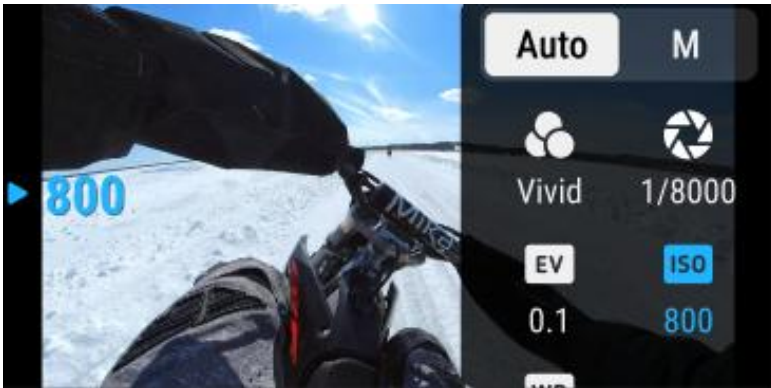
Shooting Specification Settings

Swipe up from the bottom of the touchscreen to view shooting specification settings.



Shooting Mode	Parameters
Photo	Ratio, Format, Timer
Video	Ratio, Resolution, Frame Rate, Stabilization
FreeFrame Video	Ratio, Resolution, Frame Rate
Timelapse	Ratio, Interval, Resolution, Frame Rate
TimeShift	Ratio, Resolution, Frame Rate
Slow Motion	Ratio, Resolution, Frame Rate
Loop Recording	Ratio, Loop Duration, Resolution, Frame Rate, Stabilization
Starlapse	Ratio, Format, Timer
Interval	Ratio, Photo Format, Interval
HDR Photo	Ratio, Format, Timer

Shooting Parameter Settings



Swipe left from the right edge of the touchscreen to see the shooting parameter settings.

- Shutter Speed: Choose between Auto Mode (Auto) and Manual Mode (M)
- Sensitivity (ISO)
- Exposure Compensation (EV): Available in Auto Mode (Auto) and Manual Mode (M)
- White Balance (WB)
- Metering: Choose between Face and Matrix
- Low-light Stabilization
- AEB

Shooting Mode	Parameters
Photo	Shutter, ISO, WB, EV
Video	Filters, Shutter, ISO, WB, EV, Low-light Stabilization
FreeFrame Video	Filters, Shutter, ISO, WB, EV, Low-light Stabilization
Timelapse	Filters, Shutter, ISO, WB, EV

TimeShift	Filters, Shutter, ISO, WB, EV
Slow Motion	Filters, Shutter, ISO, WB, EV
Loop Recording	Filters, Shutter, ISO, WB, EV, Low-light Stabilization
Starlapse	Shutter, ISO, WB, EV
Interval	Shutter, ISO, WB, EV
HDR Photo	AEB, WB, EVs

Album Page

Swipe right from the left of the Touchscreen to enter the Album page.



Storage

There are three options available for GO 3's internal storage capacity: 32GB, 64GB, and 128GB. The actual usable space for file storage will be slightly less than the total capacity due to the system occupying some space.

Indicator Lights

GO 3 and the Action Pod have separate LED status indicator lights.

Camera/Action Pod's Indicator Light Status	Camera/Action Pod Status
Slowly flashing cyan, then solid	Camera/Action Pod is powering on
Flashing cyan five times	Camera/Action Pod is powering off
Off	Camera/Action Pod is taking a photo
Flashing red	Camera/Action Pod is recording a video
Solid red	Camera/Action Pod is charging
Off	Camera/Action Pod is fully charged

Other states

Camera/Action Pod's Indicator Light Status	Camera/Action Pod Status
Slowing flashing blue	Camera/Action Pod is updating firmware
Rapidly flashing yellow	GO 3 needs to cool down
Solid cyan	Camera/Action Pod is in U-Disk Mode/Webcam Mode
Solid yellow	Camera/Action Pod storage space is full/file error/USB error
Rapidly flashing yellow	Insufficient card space
Camera/Action Pod's Indicator Light Status	Camera/Action Pod Status
Slowing flashing blue	Camera/Action Pod is updating firmware

Note: The indicator lights can be turned on/off through the camera's system settings.

Insta360 App

Connect to the Insta360 app

1. Click [here](#) to download the Insta360 app. Alternatively, search "Insta360" in the App Store or Google Play Store to download the Insta360 app.
2. Press the Power Button to turn on GO 3.
3. Enable Wi-Fi and Bluetooth on your smartphone.
4. Open the Insta360 app and click the camera icon at the bottom of the page . Follow the on-screen instructions to activate your camera.
5. If you connect to the Insta360 app for the first time, you need to authorize the connection on the touchscreen.

If you are unable to connect to the app, go to your smartphone's Wi-Fi settings, find your GO 3, enter the password (the password is "88888888" by default)and return to the app.

Note: You can change the camera's Wi-Fi password on the app settings page.

Still can't connect to the Insta360 app?

1. Check if the Insta360 app has permission for the following: network permission, Bluetooth permission, or local network permission,
2. In the Action Pod Settings, check the Wi-Fi option is enabled, and is turned on,
3. Make sure GO 3 is close enough to the phone.

Android Mode

1. Place GO 3 camera in the Action Pod and connect GO 3 to your Android phone with the USB-C cable.
2. A notification for Android Mode will pop up.
3. Open the Insta360 app to control the camera and access the camera's footage.

App Interface

Enter the shooting interface of the app and the following icon functions can be seen. Some of the icon functions are only available in some shooting modes.

File Transfer

You can download GO 3's files to your phone or PC, then use the Insta360 app or Insta360 Studio to edit and export.

Step

Download files from GO 3 to the Insta360 app

1. Connect GO 3 to your phone via the Insta360 app; Learn how to connect.
2. Enter the Album page, then select Camera.
3. Tap the multi-select icon in the upper right corner of the page and select the files you want to download. Tap the download icon in the bottom right corner to download (do not exit the app or lock the phone screen when downloading).

Download files from GO 3 to your PC

1. Connect GO 3 to your PC via the official cable.
2. Open the DCIM > Camera01 folder, then copy the photos/videos you want to your PC.

Transfer files between the Insta360 app and your Windows PC

- iPhone

1. Install iTunes on your PC. Connect your iPhone to your PC, open iTunes, then complete the authorization process according to the instructions.
2. After successful authorization, click the iPhone icon in the top left corner, and the iPhone's files will appear.
3. Click "File Sharing" and choose "Insta360" from the list. Then do one of the following:
 - Transfer from iPhone to Windows PC: Find the DCIM folder, then click Save. Choose your desired path and click Save.
 - Transfer from Windows PC to iPhone: Create a new folder and name it IMPORT, then copy the photos/videos to the IMPORT folder. Replace the IMPORT folder in the Insta360 app.

- Android

1. Connect your Android phone to your PC, then choose "Manage Files" under "USB Connected" on the phone.
2. Click "My Computer / This Computer", find your phone model, and click "Internal Storage".
3. Find "data > com.arashivision.insta360akiko > files > Insta360OneR > galleryOriginal", then do one of the following:
 - Transfer from Android to Windows PC: Copy the folder or files to your PC.
 - Transfer from Windows PC to Android: Copy files to this folder from your PC.

Transfer files between the Insta360 app and your Mac

iPhone

1. Connect iPhone to your Mac.
2. In the Finder window on your Mac, select your iPhone.
3. At the top of the Finder window, click Files, then do one of the following:
 - Transfer from Mac to iPhone: Drag a file or a selection of files from your Mac onto the Insta360 app in the list.
 - Transfer from iPhone to Mac: Click the small triangle beside the Insta360 app to see its files on your iPhone, then drag the desired files to a folder on your Mac.

Android

1. Install Android File Transfer on your Mac.
2. Connect your Android phone to Mac.
3. Open Android File Transfer.
4. Browse the files and folders on your Android device, then copy and paste to a folder on your Mac.

Maintenance

Firmware Update

Firmware updates will be regularly available for both GO 3 and the Action Pod to ensure that they run efficiently. Please update to the latest version for optimal results.

Before updating, make sure that GO 3 and the Action Pod have at least 25% battery remaining.

Update via Insta360 app:

Connect GO 3 to the Insta360 app. The app will notify you if there is a new firmware update available. Follow the on-screen instructions to update the firmware.

If the camera firmware update fails, check the following and try the update again:

1. Ensure GO 3 is in the Action Pod and close to your phone (remove the red sticker on the back of the GO3 camera) .
2. Keep the Insta360 app running and do not exit or minimize it.
3. Ensure your phone has a strong and stable network connection.

Update via Computer

1. Make sure GO 3 is in the Action Pod and powered on.
2. Connect the camera to the computer using the USB Type-C cable and select USB Mode.
3. Download the latest version of the firmware from the official Insta360 website on your computer.
4. Once the computer has recognized GO 3, copy the "Insta360GO3FW.pkg" file to GO 3's root directory.

Note: Do not change the file name.

5. Disconnect GO 3 from the computer. GO 3 will automatically power off.
6. Power on GO 3 and the firmware update will start. The indicator light will slowly flash blue.
7. GO 3 will automatically restart once the update is complete.

Waterproofing

1. GO 3 (when taken out of the Action Pod) is waterproof up to 16ft (5m). The included Lens Guard must be installed on the camera for underwater use.
2. The Action Pod is IPX4 water resistant only when GO 3 is installed. It protects against light rain and snow, but should not be submerged in water or used for activities involving high-velocity water, such as action sports during rainy weather, surfing, and waterskiing.
3. For extended underwater use, use the GO 3 Dive Case. Both the camera and the Action Pod are waterproof to 196ft (60m) with the GO 3 Dive Case.
3. After using the camera underwater, dry it thoroughly with a soft cloth. Do not place it in the Action Pod until the magnetic Charging Points are completely dry.

Note: After every use in seawater, soak the camera in fresh water for 15 minutes, gently rinse it, and then dry it thoroughly.

To maintain the waterproofing of GO 3:

- Do not use a hair dryer to dry the camera, as it may affect the microphone and speaker and damage the internal waterproofing ability.
- Avoid operating the GO 3 camera for extended periods (>1 hour) outside the recommended temperature range (-4°F to 104°F/-20°C to 40°C) or in humid environments.
- Do not store the camera in high-temperature or high-humidity environments.
- Do not disassemble the camera.

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