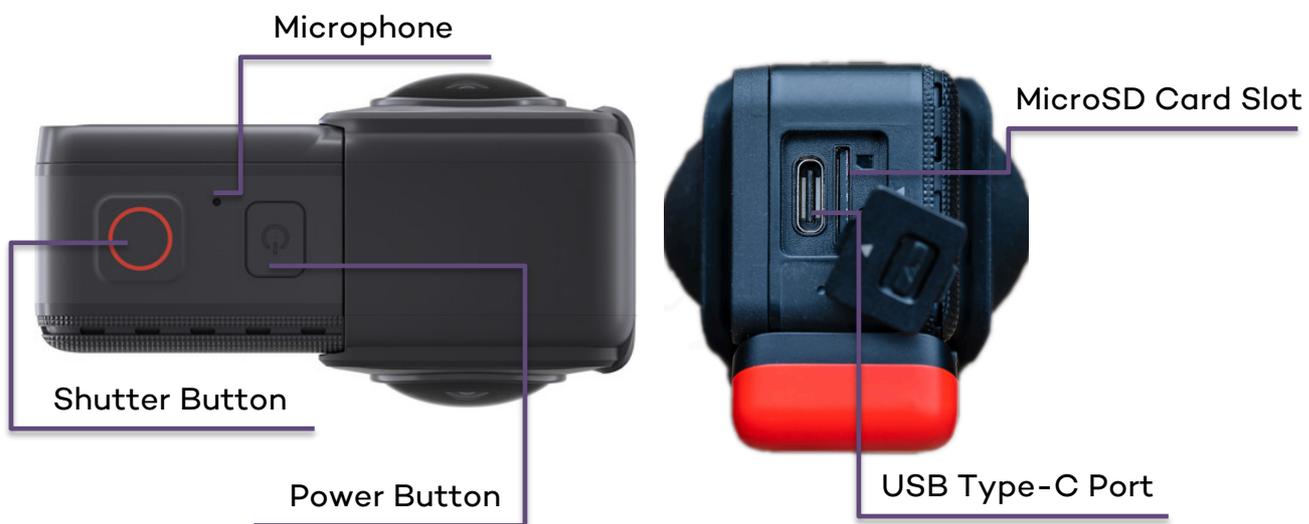# Insta360 OneR

Features

- Aperture F2.0

- Super 5.7K 360° Capture

- Video resolution: 5760*2880@30fps, 3840*1920@50fps, 3840*1920@30fps, 3008*1504@100fps

- Stabilization: Built-in 6-axis gyroscopic stabilization

- Video coding: H264
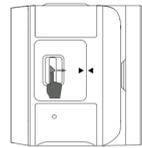
- Video Modes: Standard, HDR, Timelapse, Timeshift
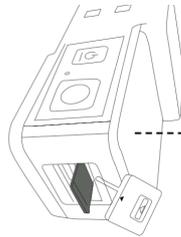
PARTS OF THE CAMERA

Speaker

Battery

Microphone

MicroSD Card Slot

Shutter Button

USB Type-C Port

Power Button

Touch Screen

SETTING UP THE CAMERA

Standalone Use

a. 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
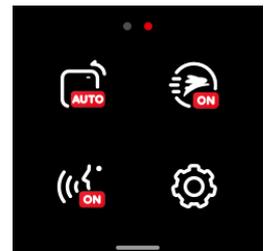Core (without the
touch screen)

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

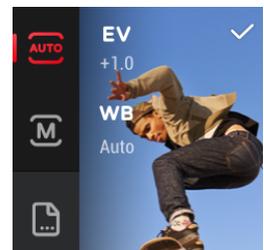b. Press the Power button to power it on.
Note: In standby mode, press the Power button to light off / on the touch screen.
In standby mode, long press the Power button for 2 seconds to power off.
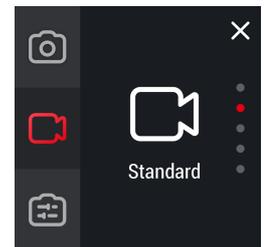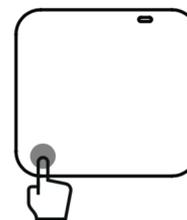
c. Using the Touch Screen
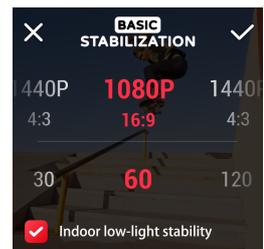Swipe down, Navigate to Settings (2nd page)
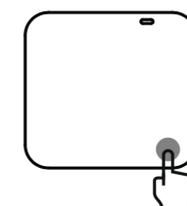SD Card > Format Card > Confirm

d. Swipe Left to Adjust camera settings
(WB, Exposure, Mode)

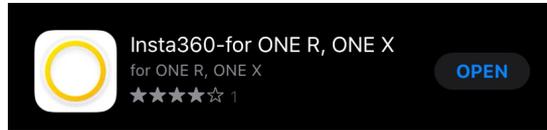e. Tap the icon at the bottom left corner
Select capture mode.

f. Tap the icon at the bottom right corner
Set resolution settings.

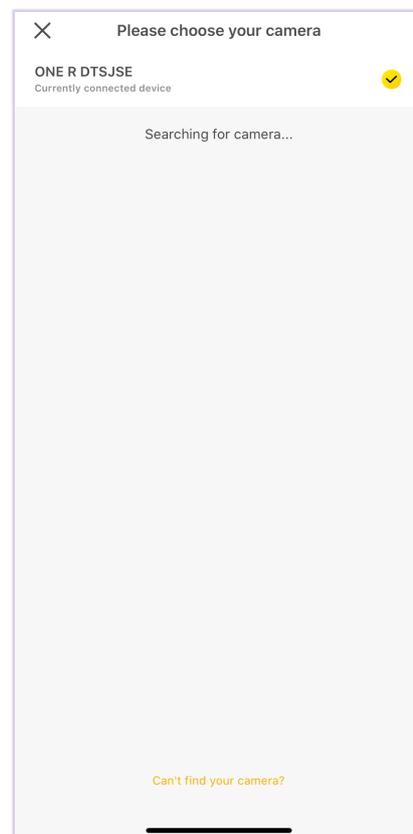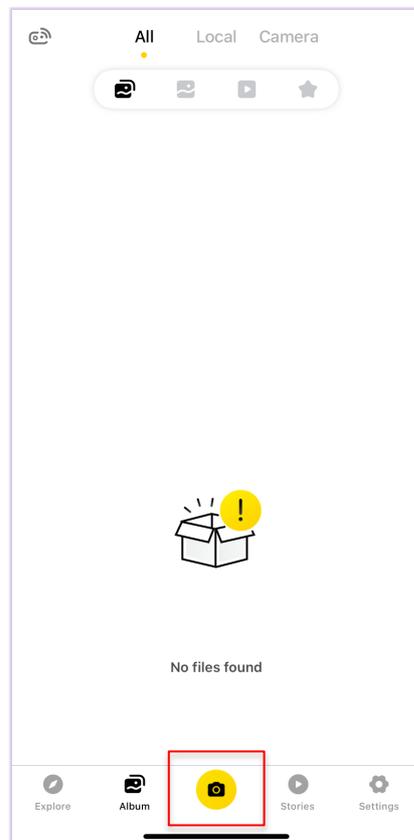g. Press the shutter button once to start a recording, and then again to stop.

Connecting via Insta360 OneR App

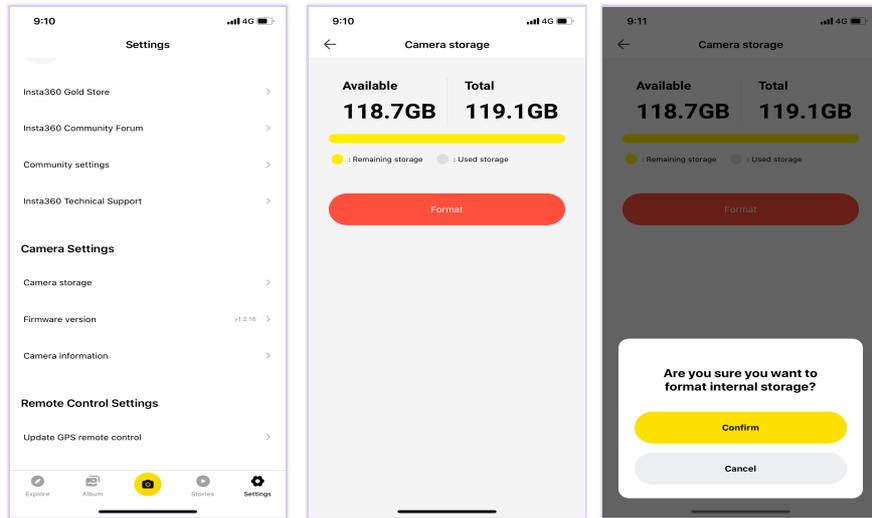a. Download and install the Insta360 OneR app (Apple Store / Google Playstore)

b. Turn on Wi-Fi and Bluetooth settings on your phone

c. Press and hold the power button to power on the camera.

d. Open the ONE R App, tap the camera icon at the bottom of the app homepage and select "Connect now" in the WiFi panel.

e. *Then, choose your ONE R and follow the onscreen instructions to connect your device.*
      Note: For Android device, after choosing your ONE R in the WiFi panel, App will pop up ONE R's WiFi and password. Please copy the password and go to phone's WiFi page, then choose ONE R WiFi to connect. The phone will prompt no network during the connection, which is normal.
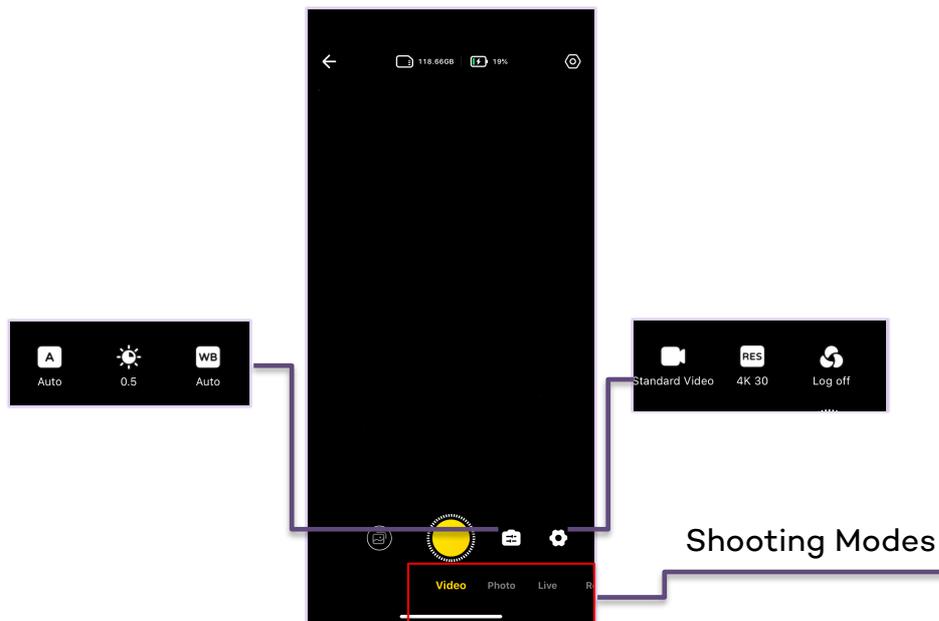
f. Format SD card

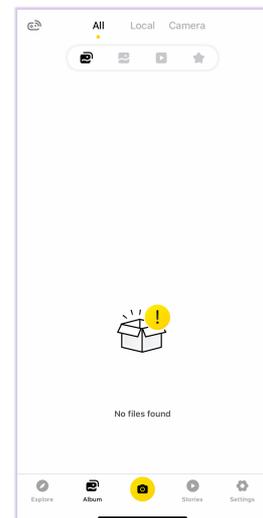Settings > Camera Storage > Format > Confirm

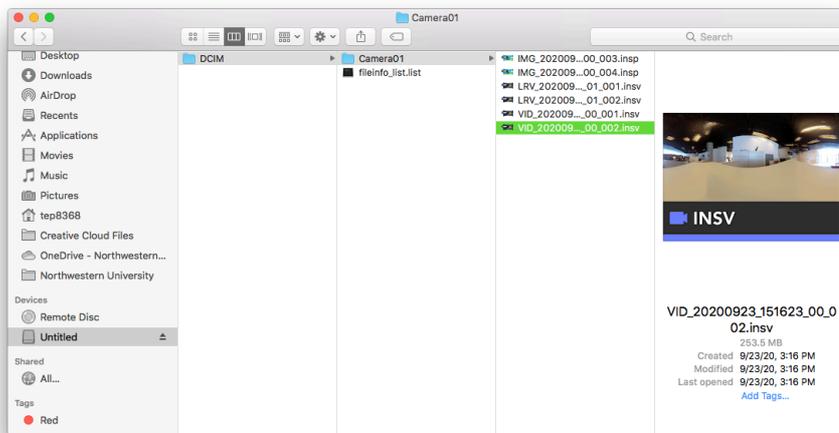g. Tap the camera Icon to adjust settings and modes

Shooting Modes

h. Tap Shutter to start a recording, and then again to stop.

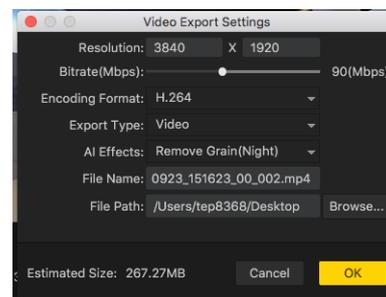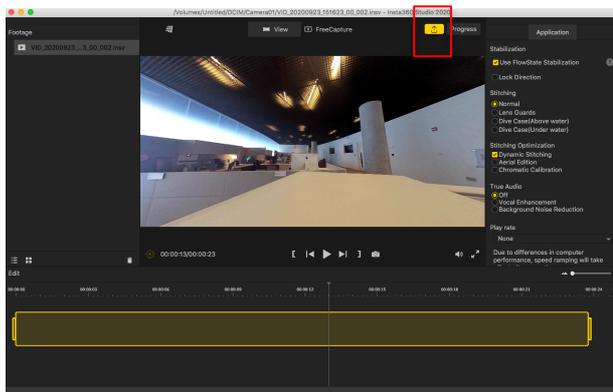i. Tap the album icon to preview, copy or delete files.

Transferring files to computer

a. Connect your camera to computer via USB-C cable.

b. Swipe down on the touch screen, go to
   Settings > General > USB Mode > U-Disk Mode

c. Choose Untitled and navigate to the contents of your MicroSD, copy files to your computer.
   Note: Insta360 uses a proprietary file format .insp(photo) .insv (video).

d. Install Insta360 Studio App on your computer to either convert to mp4 or preview your footages.

e. Drag and drop your footages to preview or convert. Click on the export button to convert your footage. Set resolution if needed and rename your file. Click Ok. The output file will be .mp4

f. Alternatively, you can directly import .insv files in Adobe Premiere Pro and edit your footages.