Insta360 One X

Features

- Aperture: F2.0
- Video resolution: 5760*2880@30fps, 3840*1920@50fps, 3840*1920@30fps, 3008*1504@100fps
- Stabilization: Built-in 6-axis gyroscopic stabilization
- Video coding: H264
PARTS OF THE CAMERA

- Tripod Mount
- Micro SD Slot
- Microphone
- Lens
- LCD Screen
- Shutter/Enter
- Power/Switch Mode
- Micro USB Interface
- Battery Compartment
- Speaker
SETTING UP THE CAMERA

1. Standalone Use

Power on: Press and hold the power button (small) to power on the camera.
Power off: Press and hold the power button to power off the camera.

Switching modes:
When the camera is on, press the power button to switch between camera modes e.g photo mode, video mode and settings.

Taking a photo:

• 1. Press and hold the power button (small button) to power on the camera, switch to photo mode.
• 2. Press and hold the shutter button (large button) to switch between standard photo, HDR photo and Interval shooting photo modes.
• 3. Press the shutter button (large button) to take a photo.

Shooting a video:

• Press and hold the power button (small button) to power on camera, switch to video mode.
• Press and hold the shutter button (large button) to switch between modes
• Press the shutter button to start / stop video recording.
2. Connecting via Insta360 OneX App

- Download and install the Insta360 One X app (Apple Store / Google Playstore)

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

- Press and hold the power button (small button) to power on the camera.

- Enter the ONE X App, open the album page and select "Using Wi-Fi Control". You should see a "Searching for camera" prompt pop up. Select the camera (The name of the camera is "ONE X ******" by default, where ****** is the last six characters of the camera’s serial number)

- Follow the on-screen instructions to complete the connection. The first time you connect to the camera via Wi-Fi, please press the shutter button to confirm your connection.
3. Checking and Changing the camera settings

- Go to Settings
  > SD Card Management > Format Card
  > Gyro Calibration > Follow the onscreen instruction
  > More camera settings > Calibrate Stitching > Follow the onscreen instruction

- Select Shooting button
- Select video mode
- Tap Settings to set Shooting Settings
- Set Video Size to 4K 30fps
- Press Shutter Button to begin Recording
4. Transferring files to your computer

- Download Insta360 Studio 2019 software for Mac OS
  - Go to https://www.insta360.com/download/insta360-onex

- Install the software
  (this also installs the Premiere Plugin which enables direct import to Premiere pro)

- Open Premiere Pro

- Create a New Project

- Import, Edit Footages

- Export as H.264 (mp4 format), Click Match Source