

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



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 :

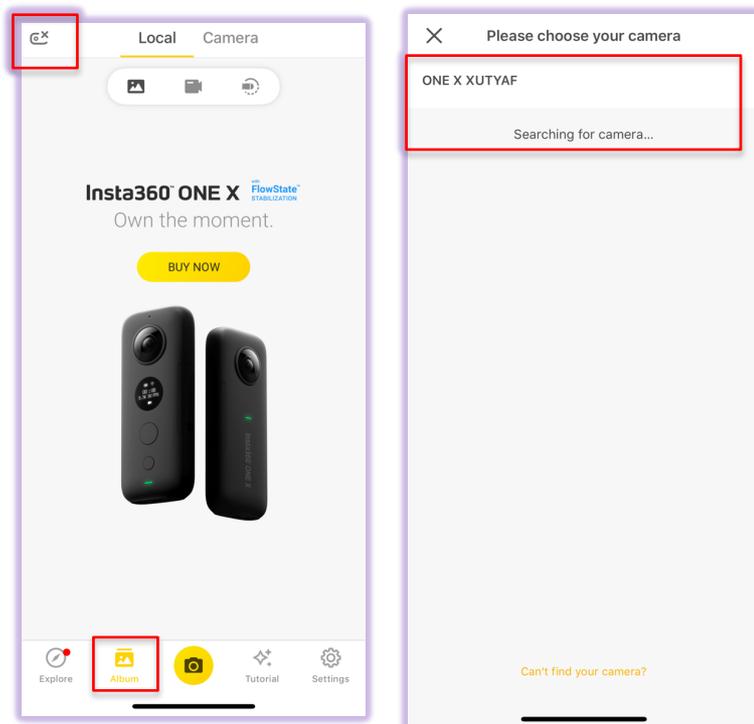
- Press and hold the power button (small button) to power on camera, switch to video mode.
- Press and hold the shutter button (large button) to switch between modes
- Press the shutter button to start / stop video recording.

2. Connecting via Insta360 OneX App

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

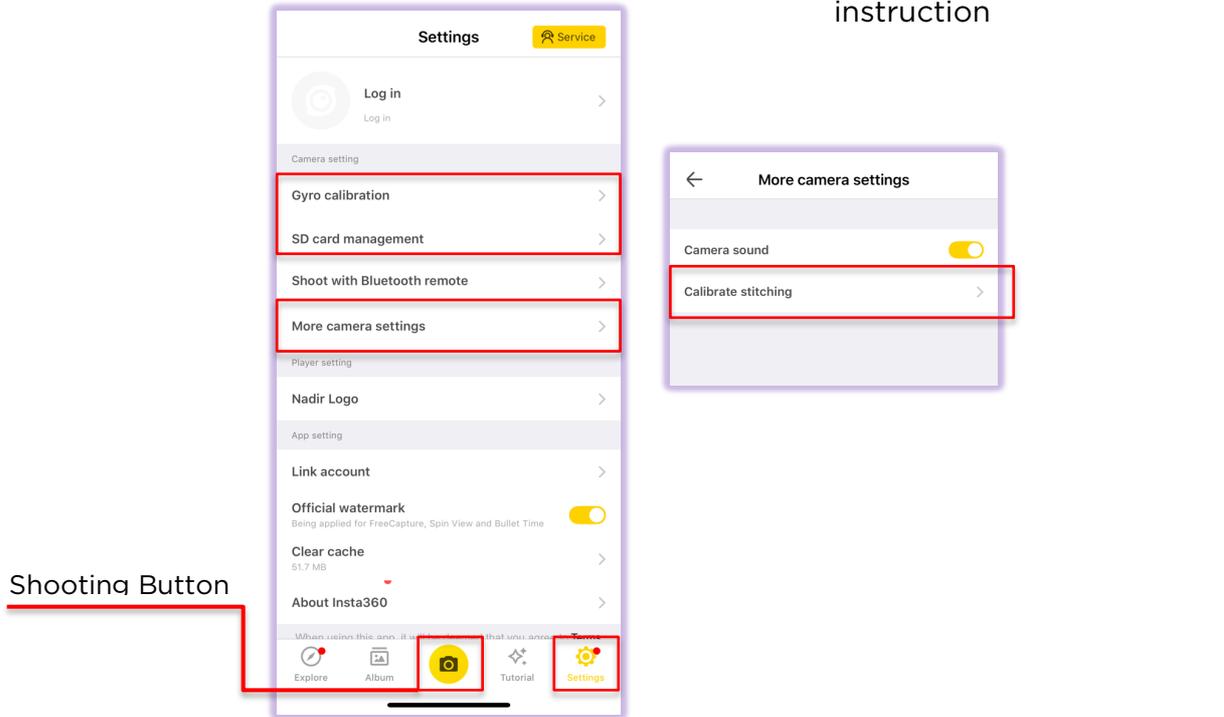


- Turn on Wi-Fi and Bluetooth settings on your phone.
- Press and hold the power button (small button) to power on the camera.
- Enter the ONE X App, open the album page and select "Using Wi-Fi Control". You should see a "Searching for camera" prompt pop up. Select the camera (The name of the camera 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.

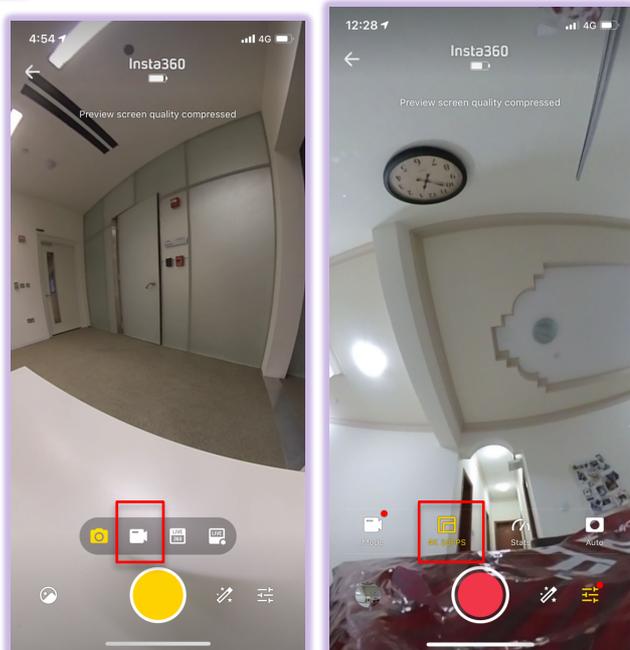


3. Checking and Changing the camera settings

- 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

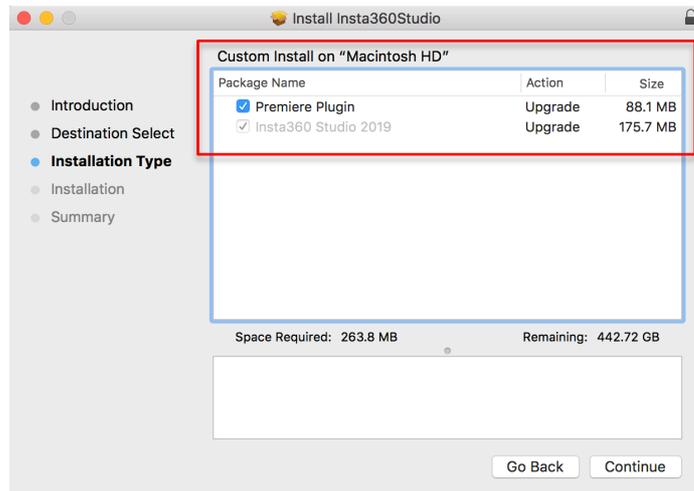


4. Transferring files to your computer

- 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

