Insta360 Insta360 X4

Insta360 X4-8K Waterproof 360 Action Camera User Manual

Model: Insta360 X4

Brand: Insta360

Introduction

Welcome to the user manual for your new Insta360 X4-8K Waterproof 360 Action Camera. This manual provides essential information on setting up, operating, and maintaining your camera to ensure optimal performance and longevity. The Insta360 X4 is designed to capture immersive 360-degree video and high-quality wide-angle footage, making it an ideal companion for all your adventures.

What's in the Box

Upon unboxing your Insta360 X4, please verify that all the following items are included:

- 1x Insta360 X4 Camera
- 1x Type-C to Type-C Cable
- 1x Standard Lens Guards
- 1x Lens Cloth
- 1x Protective Pouch
- 1x User Guide

Image: The Insta360 X4 camera and its standard accessories, including the charging cable, lens guards, lens cloth, protective pouch, and user guide.

Setup

Initial Charging

Before first use, fully charge your Insta360 X4 using the provided Type-C to Type-C cable. Connect the cable to the camera's USB-C port and a compatible power adapter (not included). The indicator light will show charging status.

Inserting a Micro SD Card

The Insta360 X4 requires a Micro SD card (not included) for storing footage. Open the side port cover and insert the Micro SD card with the contacts facing the front of the camera until it clicks into place. Ensure the card is a V30 or higher speed class for optimal performance, especially with 8K video.

Attaching Lens Guards

For added protection, attach the standard lens guards by twisting them onto the camera's lenses. These are easily removable when not needed.

Image: A close-up of hands attaching a removable lens guard to the Insta360 X4, demonstrating the twist-on mechanism.

Connecting to the Insta360 App

Download the Insta360 app from your device's app store. Power on your X4 and enable Bluetooth on your phone. Open the app, tap the camera icon, and follow the on-screen instructions to connect. The app allows for remote control, preview, editing, and firmware updates.

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Video: An overview of the Insta360 X4's features, including its waterproof design and 8K 360 video capabilities, demonstrating its versatility for various action scenarios.

Operating the Camera

Key Features

- **Immersive 360 Video:** Capture stunning 8K or 5.7K60fps 360-degree video. Active HDR ensures accurate colors even in challenging lighting.
- **Simple, Easy Reframing:** Shoot first and reframe later using the AI-powered Insta360 app, eliminating the need to perfectly line up shots during capture.
- **Invisible Selfie Stick Effect:** Achieve third-person shots that appear as if a drone or film crew is following you, as the selfie stick is automatically removed from footage.
- **4K & 170° MaxView:** Use the X4 as a wide-angle 4K action camera at 4K60fps, or get ultra-wide 170° views at 4K30fps.
- **Ultra Stable Footage:** FlowState Stabilization and 360° Horizon Lock deliver smooth, level shots regardless of intense action.

Image: The Insta360 X4's capability to capture 8K 360-degree video, highlighting the flexibility of reframing shots later in the app.

Invisible Selfie Stick

The Invisible Selfie Stick automatically disappears from your footage! Capture incredible third-person shots and drone-like angles with X4.

Image: A comparison showing footage before and after the invisible selfie stick effect, making the stick disappear for seamless third-person views.

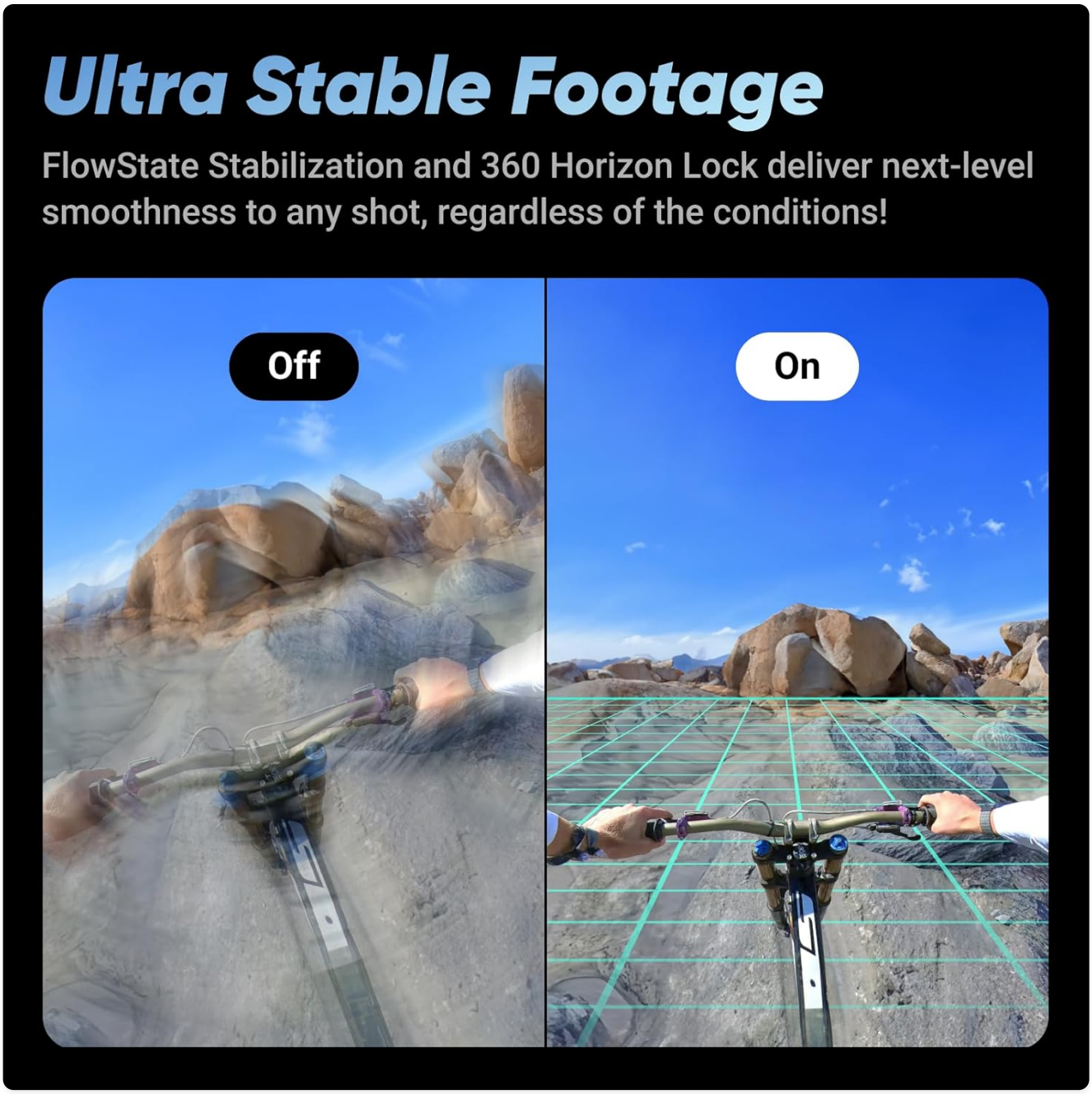

Image: A side-by-side comparison illustrating the effectiveness of FlowState Stabilization and 360 Horizon Lock for smooth footage.

Image: The Insta360 X4's large 2290mAh battery, providing up to 135 minutes of recording time in 5.7K30fps 360 mode.

Image: The Insta360 X4's ability to function as a 4K wide-angle action camera, including a 170° MaxView option.

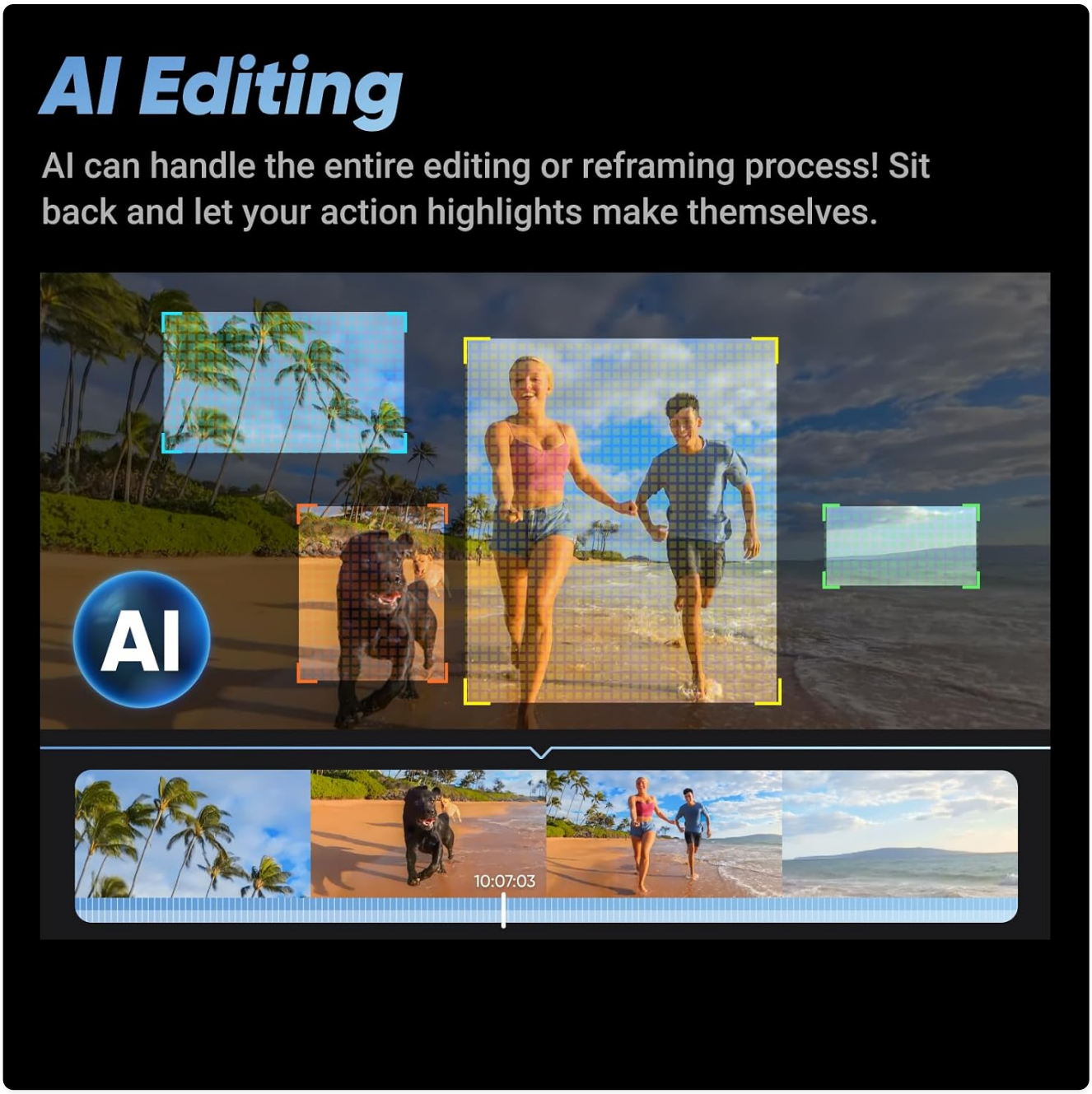

Image: The Insta360 X4's AI editing feature, which automates the reframing and editing process for highlight reels.

Shooting Modes

The Insta360 X4 offers a variety of shooting modes to suit different scenarios:

- **360 Video:** Standard 360-degree capture in 8K or 5.7K.
- **Single-Lens Mode:** Records traditional flat video at 4K60fps or 170° MaxView at 4K30fps.
- **Me Mode:** Keeps you centered in the frame while recording in 4K or 2.7K120fps, ideal for self-filming.
- **Bullet Time:** Creates cinematic slow-motion shots with 360° rotation at 5.7K120fps or 3K240fps.
- **TimeShift:** A hyperlapse mode that allows you to control perspective with keyframes.
- **Timelapse:** Captures time-lapse videos, now supporting up to 11K resolution.
- **Starlapse:** Specialized mode for capturing star trails and night skies.
- **Timed Capture:** Set the camera to power on, record, and shut off automatically at a scheduled time.

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Video: A demonstration of the Insta360 X4's 8K 360-degree video capture, showcasing its waterproof capabilities and high-resolution output.

Control Features

The Insta360 X4 offers convenient control options:

- **Gesture Control:** Use hand gestures to start/stop recording or take photos.
- **Voice Control 2.0:** Control the camera hands-free using voice commands.

Maintenance

Cleaning the Lenses

Always use the provided lens cloth to gently clean the camera lenses. Avoid using abrasive materials or harsh chemicals that could scratch the lens surface.

Battery Care

To prolong battery life, avoid exposing the camera to extreme temperatures. Store the camera with the battery partially charged (around 50%) if not using for extended periods. The camera may experience high temperatures during prolonged 8K recording, especially without sufficient airflow. It is recommended to ensure some breeze for cooling during such sessions.

Lens Guard Handling

While the standard lens guards offer protection, they are made of plastic and can mark easily. Keep them clean and handle with care. For more rigorous activities, consider purchasing premium tempered glass lens guards for enhanced durability and image quality preservation.

Troubleshooting

Overheating During 8K Recording

Recording in 8K resolution demands significant processing power, which can lead to the camera heating up. If the camera overheats, it may automatically shut down to prevent damage. To mitigate this, ensure adequate airflow around the camera during 8K recording sessions. Recording in cooler environments or taking short breaks between clips can also help.

Image Quality Issues (Banding/Blur)

If you notice banding or blur in your footage, especially in specific situations, ensure your lenses are clean and unobstructed. Verify that the lens guards are properly attached and clean. If issues persist, try updating the camera's firmware via the Insta360 app, as software improvements often address such concerns.

Editing Workflow Complexity

While the Insta360 app offers powerful AI editing and reframing tools, integrating footage with other professional editing software (like Premiere Pro) may require additional steps or pre-editing within the Insta360 Studio desktop application. Utilize the AI Edit and Quick Edit features in the app for simplified workflows, or explore the desktop Studio for more granular control.

Specifications

Brand Name	Insta360
Item Weight	7.2 ounces
Product Dimensions	14.8 x 18.11 x 48.66 inches
Item model number	Insta360 X4
Batteries	1 AAA batteries required. (included)
Special Features	360 Degree Capture
ASIN	B0CXPWMZQS
Photo Sensor Technology	CMOS
Video Capture Resolution	8K
Maximum Focal Length	30
Maximum Aperture	1.9 f
Flash Memory Type	Micro SD
Video Capture Format	MP4 INSV
Supported Audio Format	MP3, AAC
Screen Size	2.5 Inches
Connectivity Technology	Wi-Fi

Warranty and Support

For detailed warranty information and technical support, please refer to the official Insta360 website or the user guide included in your product packaging. You can also download the comprehensive user manual in PDF format for further assistance:
Download User Manual (PDF)
Consider purchasing an extended protection plan for additional coverage and peace of mind. Options such as 2-Year or 3-Year Protection Plans are available from authorized retailers.