Insta360 One X Quickstart Guide

The Large Button - - - - - - - - - - - - - -

The Small Button - - - - - - - - - - - - - -

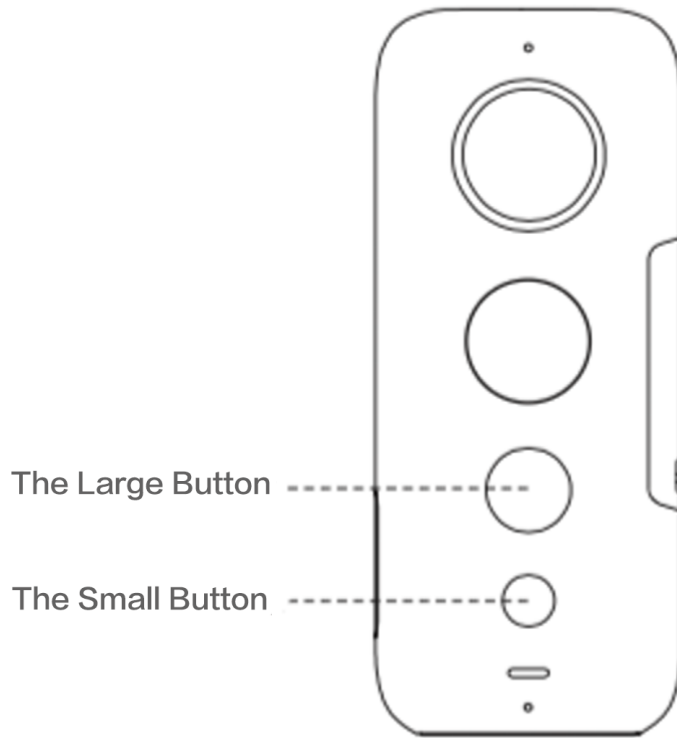**Button Functions:**

The Large One: Shutter / Enter button

The Small One: Power / Switch mode button

Basics：

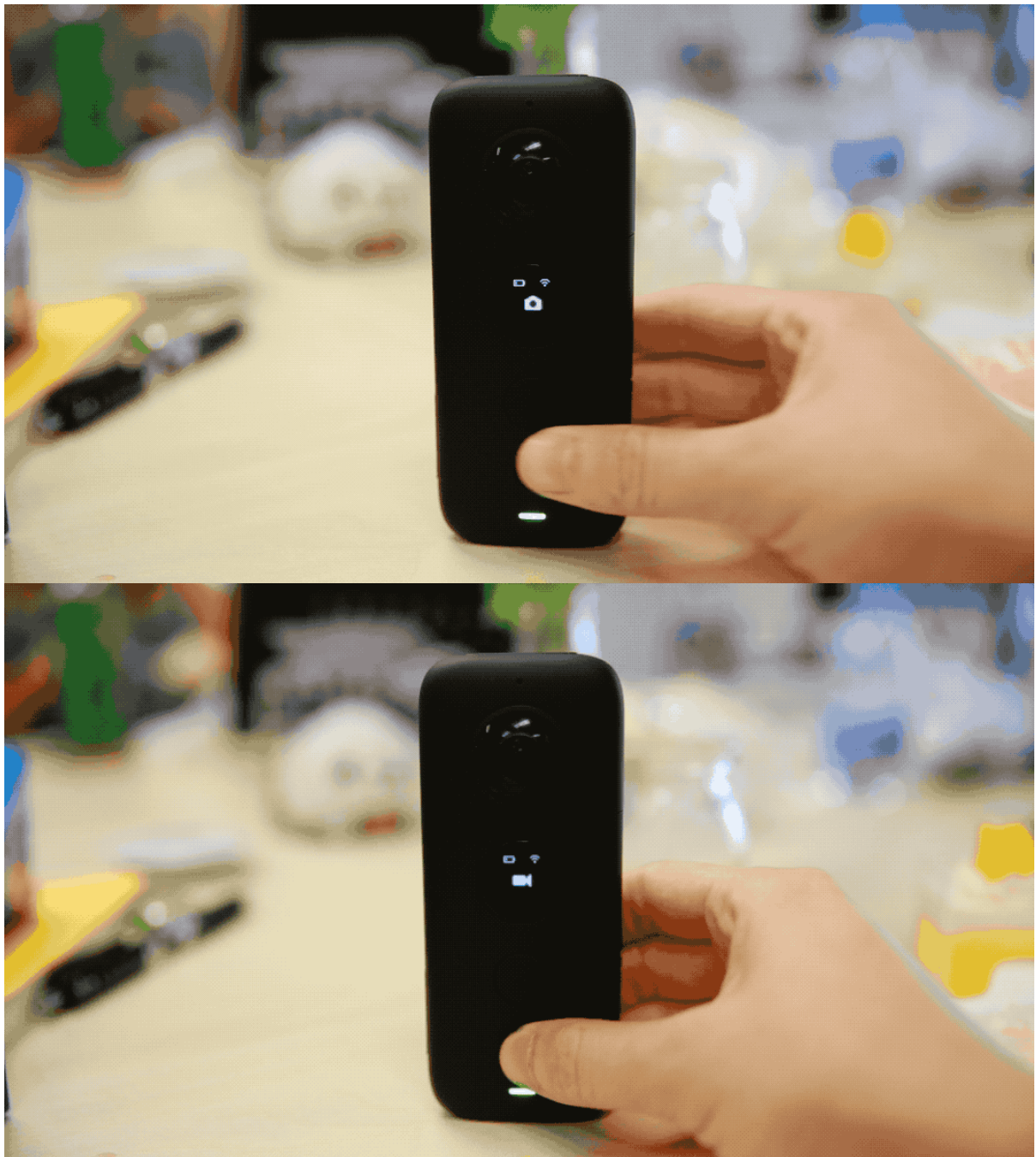Power on: Press and hold the power button (small) to power on the camera.

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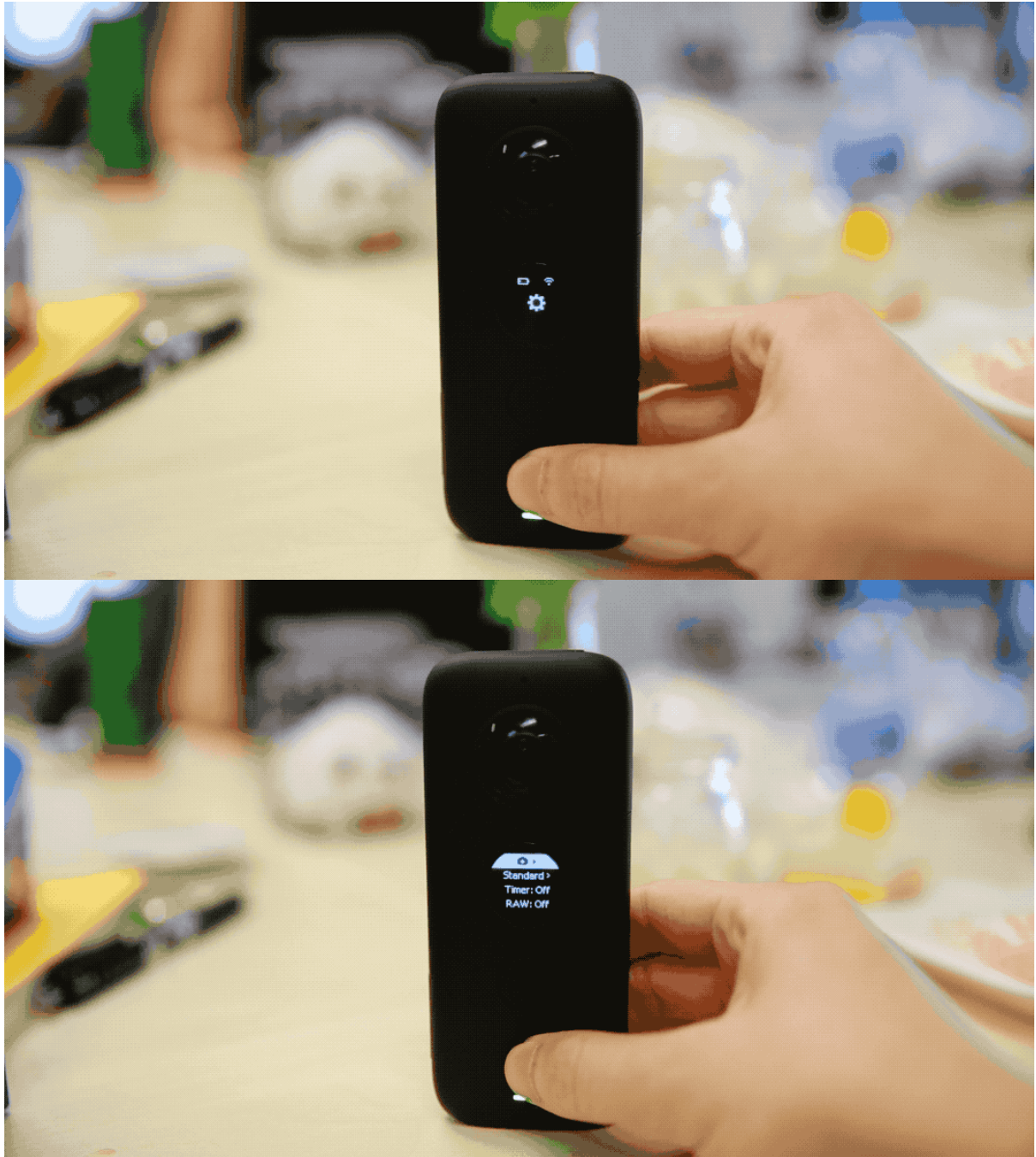
Switching modes：

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

In photo mode, press and hold the shutter button (large) to choose between standard photo, HDR photo and Interval shooting photo modes.

In video mode, press and hold the shutter button (large) to choose between standard video, Bullet Time video， Timelapse video and HDR video modes.

In settings, press the shutter button (large) to switch between photo, video, Wi–Fi and More settings, and press the power button (small) to select which option you'd like to view.

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：

- 1. Press and hold the power button (small button) to power on camera, switch to photo mode.
- 2. Press and hold the shutter button (large button) to switch between standard video, Bullet Time video and Timelaspe video modes.
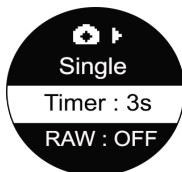- 3. Press the shutter button (large) to start / stop video recording.

QuickCapture

- 1.Press and hold the power button (small button) to power on camera, press the power button to switch to settings, then press the shutter button (large button) to enter settings.
- 2.Press the shutter button (large) to switch to "More Settings", press the power button (small) to select QuickCap, then press the shutter button (large) to switch ON / OFF.
- 3.When the camera is turned off, you can simply press and hold the shutter button (large) to turn it on and start recording and press the shutter button again to stop recording and turn it off when QuickCapture is enabled.

Timed photo：

- 1.Enter settings.
- 2.Press the power button (small button) to select "Timer".

- 3.Press the shutter button (large button) to change the length of the timer: 3s, 5s, 10s, 15s, 20s, 30s, 45s, 60s.
- 4.After selecting a timer, switch to photo mode, press the shutter button (large) to take a photo, you will hear a countdown sound emit from the camera. When the green indicator light blinks once, the photo captured successfully.
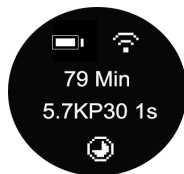- 5.Connect ONE X to Phone/Pad to review.

- 6.Please keep the camera still and avoid shaking or moving while you are taking a timed photo.

Time-lapse video：

- 1.Press and hold the power button (small) to power on the camera, then enter settings menu.
- 2.Press the shutter button (large button) to switch to video settings. Then press the power button (small button) to scroll to shooting modes, after, press the shutter button (large) to switch to Time-lapse
- 3.Press the power button to select parameters for Time-lapse shooting.

- 4.After choosing your parameters, switch to video mode, press and hold the shutter button (large) to switch to Time-lapse video.
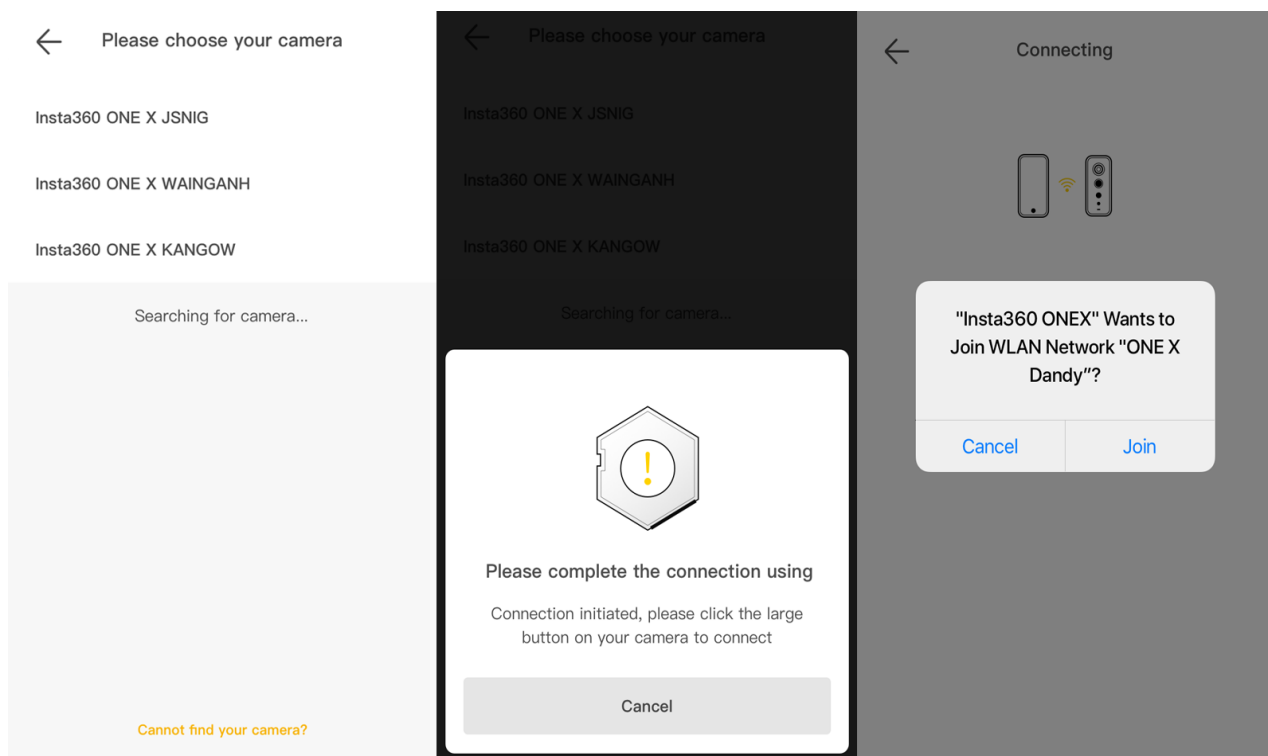

- 5.Press the shutter button (large) to start recording, the indicator will alternate between blue and green.
- 6.Wait until the indicator stops flashing. This means the time-lapse video has finished, or you can press the shutter button again to stop recording.
- 7.Connect ONE X to Phone/Pad to review.
- 8.For best results avoid shaking or moving vigorously while you are taking a Time-lapse photo.
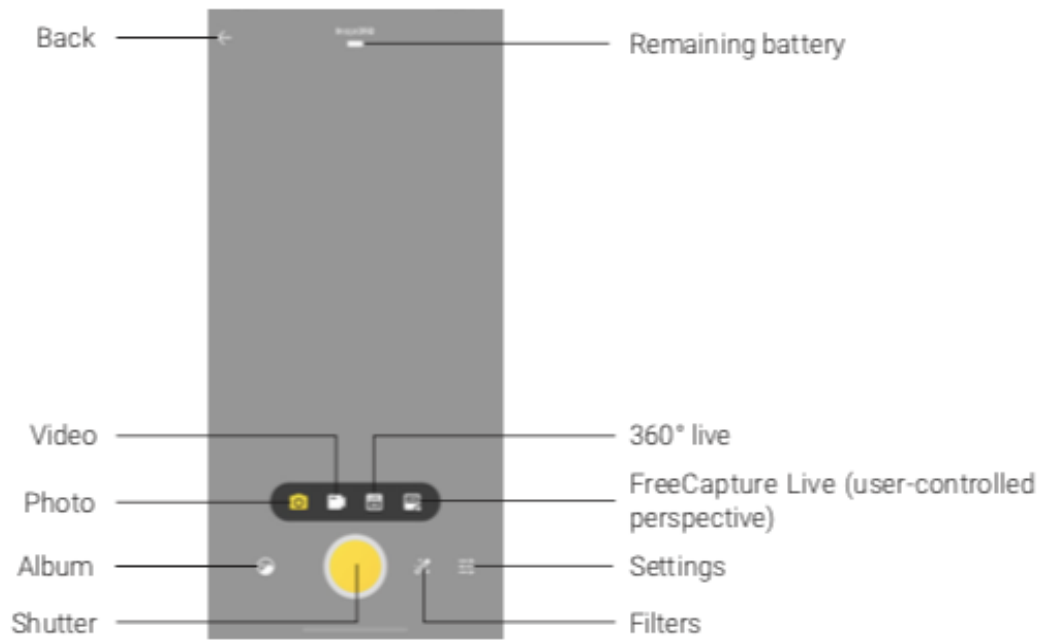
Connecting to Wi-Fi

You can either connect manually, or automatically to Wi-Fi.

1. ONE X App auto-connect (for iOS)

- 1) Turn on Wi-Fi and Bluetooth settings on your phone.
- 2) Press and hold the power button (small button) to power on the camera.
- 3) 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 (located at the side of the box); then, 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.
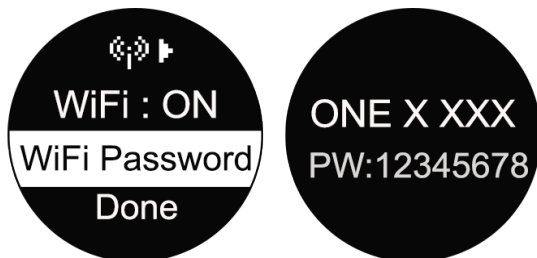

- 4) Having successfully connected to the camera, you can take photos or shoot videos via the ONE X app.

Back — Remaining battery

Video — 360° live

Photo — FreeCapture Live (user-controlled perspective)

Album — Settings

Shutter — Filters

2. Connect manually

- 1) Turn on Wi–Fi and Bluetooth settings on your phone.
- 2) Press and hold the power button (small) to power on camera, switch to Settings–>Wi–Fi–>Wi–Fi password to get the Wi–Fi name and password.

WiFi : ON
WiFi Password
Done

ONE X XXX
PW:12345678

- 3) Go to your Wi–Fi settings on your phone, select the ONE X's Wi–Fi and enter the password.

Enter the password for "ONE X XXX"

Cancel   **Enter Password**   Join

Password

You can also access this Wi-Fi network by bringing your
iPhone near any iPhone, iPad, or Mac which has
connected to this network and has you in their contacts.

| q | w | e | r | t | y | u | i | o | p |

| a | s | d | f | g | h | j | k | l |

| ⇧ | z | x | c | v | b | n | m | ⌫ |

| .?123 | space | Join |

- 4) Open the ONE X App, afterwards, your camera will be connected with your phone.

  Note:

- 1. After the first time you connect, your phone can connect to the camera automatically within the ONE X's Bluetooth effective range (33 feet) without pressing the shutter button to confirm your connection.
- 2. 360 Live and FreeCapture Live modes will only be enabled when connected to the camera via the sync cable.

How do I format the SD card?

Insta360 ONE X supports V30, exFAT(FAT64) SD cards (up to 128G). If an SD card error occurs, please follow these steps to format it:

Method 1: Format in the ONE X camera.

- 1. Press and hold the power button (small button) to turn it on, then switch to settings and press the shutter button (large button) to enter.
- 2. Press the shutter button (large) to switch to info.

- 3. Press the power button (small) to select "Format" and press the shutter button (large) to enter.

- 4. Press the shutter button to select " ✓ " to format.

Method 2: Format on the ONE X App.

- 1. Insert the SD card into the ONE X, then connect camera with your smartphone and press and hold the power button (small) to turn it on.
- 2. Open the ONE X App–> tap Settings –>select "SD card management".
- 3. Tap "Format" to format your SD card.

54.5GB storage space remaining

Estimated to take 148 min(s) video, or 11168 photo(s)

Video	Picture
148 minute(s)	11168 photo(s)

Format