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MANUAL



# How to use the Insta360 X4

# Table of contents

|                                      |          |
|--------------------------------------|----------|
| <b>Insta360 X4</b>                   | <b>2</b> |
| In the box                           | 2        |
| Check                                | 3        |
| Set-up                               | 3        |
| Basic screen                         | 4        |
| Important buttons                    | 5        |
| Choosing the right shooting settings | 5        |
| Edit and export videos               | 5        |
| Additional sources                   | 6        |

# Insta360 X4

## In the box



- **Insta360 X4**
- **Thermogrip (used to film in 8K)**
- **2 lens guards**
- **Storage bag**
- **USB-C to USB-C-cable (for charging and image transfer)**
- **Lens cloth**
- **Quick start guide**

## Storage

Remove the Lens Guards from the lenses, place them in the storage bag, and put the Insta360 X4 back in the box.

You learn to work with this material by doing, so this is a brief manual.

## Check

**Is all the necessary equipment present as previously described?**

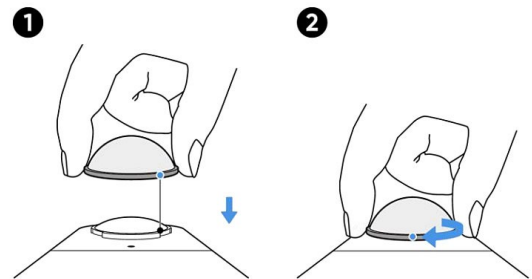
**Is the 360 camera ready for use?**

- Are there charged batteries in the Insta360? Charge with a USB-C cable if necessary.
- Is there an SD card in the Insta360?

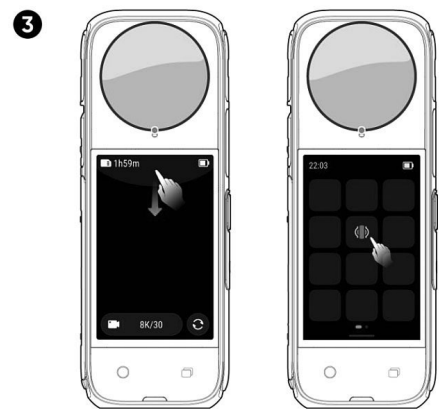
## Set-up

### 1. Lens protection

Use the included standard lens guards for extra protection. These are located in the storage pouch. Install them by aligning them and tightening them clockwise.



Enable Lens Guards Mode on the camera: swipe down from the top of the touchscreen to open the quick menu and tap the lens guards icon.



### 2. Download the Insta360 app

Before using the camera, download the Insta360 app from your app store or scan the QR code on the box to install it on your smartphone.

### 3. Turn on the camera

Press the power button to switch on the X4. Confirm the connection on the touchscreen when connecting for the first time.

### 4. Activate the camera

Follow the on-screen instructions in the app to activate the camera. If a firmware update is available, the app will ask you to update it.

## Basic screen

The camera must be connected to your smartphone via the Insta360 app (turn on Bluetooth).

**1. Storage:** displays the remaining number of photos or the length of video footage that can be stored on the microSD card.

**2. Battery status:** current battery level of the X4.

**3. Shooting mode:** tap the icon and swipe to select a different shooting mode.

**4. Shooting specifications:** view the current settings for the shooting mode.

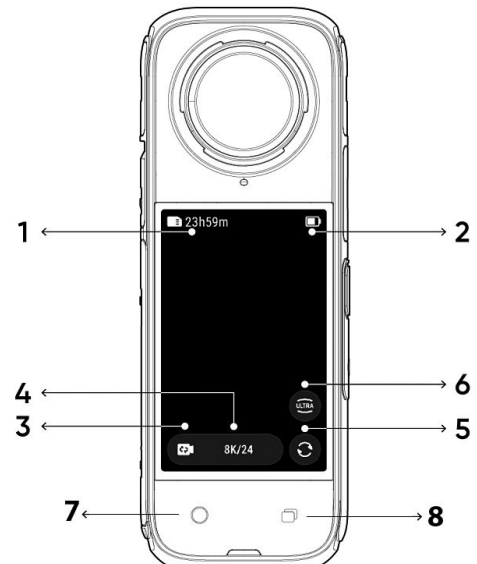
**5. Switch lens:** tap to switch between forward and selfie view. In 360 mode, you can also use this function to return to the original shooting position.

**6. Field of view:** change the field of view.

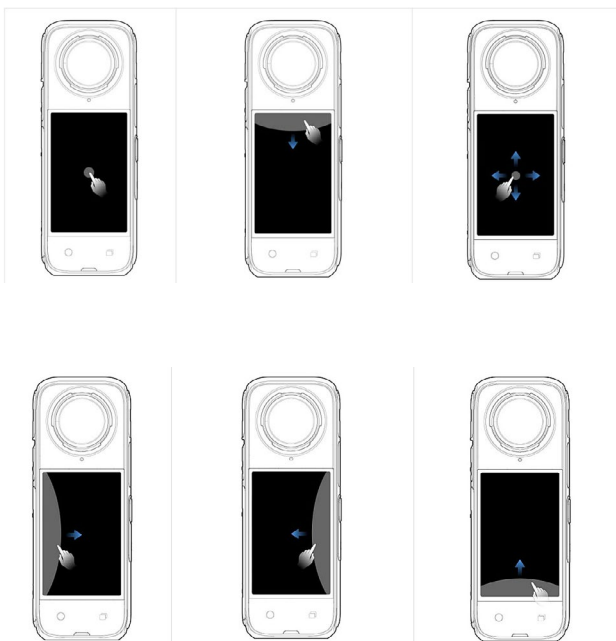
**7. Record:** press the button to start/stop recording or use the Quick Capture function, which must be enabled in the camera settings.

**8. Menu button**

Shortcut Menu



### Swiping in the basic screen



- 1. Tap the screen:** hide/show information on the touchscreen.
- 2. Swipe down from the top:** show quick menu.
- 3. Swipe from left to right or from top to bottom from the center:** adjust the shooting angle in 360 mode.
- 4. Swipe from the left:** go to the album page.
- 5. Swipe from the right:** settings for the shooting parameters.
- 6. Swipe up from the bottom:** more settings for shooting parameters.

## Important buttons

- **On/off button:** switches the camera on and off (side).
- **Shutter button:** start/stop recording, take a photo (bottom left).
- **Quick Button:** quick access to favorite functions (side of 'Q' button).
- **Indicator lights:**
  - A red indicator light (at the bottom) is illuminated while filming.
  - A red indicator light is illuminated while charging. The indicator light turns off when the battery is fully charged.

## Choosing the right shooting settings

### Select the video resolution

- **8K 30fps:** highest quality, ideal for 360°.  
Tip: take extra heat generation into account and use the Thermogrip cover
- **5.7K 30–60fps:** balance between quality and stability
- **4K 60–120fps:** sports or fast action

## Edit and export videos

### 1. With the Insta360 app

With the app you can:

- download videos
- reframe to 16:9/9:16/1:1
- use DeepTrack (AI tracking)
- make color and stabilization adjustments

### 2. With Insta360 Studio (desktop)

- Ideal for advanced editing, reframing, and export
- Suitable for high resolutions (5.7K–8K)

### 3. Plug-in for Adobe Premiere: Insta360 Reframe

## Additional sources



For a visual manual, you can watch the [INSTA360 X4 QuickStart Guide](#).



For more detailed information, check out the [official English extended manual](#).