

Insta360 One R

360-Degree camera

Kit contents

1. Battery base
2. Core (touchscreen) module
3. Dual-lens module
4. MicroSD card (SanDisk, 64GB)
5. MicroSD-to-SD adapter (SanDisk)
6. Insta360 USB cable (USB-C to USB-A)
7. Dual-lens cover
8. Mounting bracket with bracket hinge and thumb screw
9. Selfie stick
10. Bullet Time Handle tripod
11. Lens wipe
12. Manufacturer's quick-start guide
13. Carrying case

**Please ensure these contents are included when you return the device.
Kits with missing items will not be accepted.**



All items Included in the Kit

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i Before using the device

- i. You can use a mobile device to remotely control the Insta360 One R camera and change its settings. Download the free Insta360 mobile app from the Google Play Store or the Apple App Store.
- ii. You can edit videos and photos on a computer using the free Insta360 Studio software. Download it from the manufacturer's site: <https://onlinemanual.insta360.com/oner/en-us/studio/download>
Note: Insta360 Studio includes plugins that let you do editing with Adobe Premiere and Final Cut Pro. These third-party software might have limited functions for editing 360-degree video compared to Insta360 studio.
- iii. Understand that the One R, like most 360-degree cameras, use multiple lens to create a 360-degree image. So, an image that you see consists of two images (one from each lens) stitched together. The points where their images meet (known as stitch lines) can be obvious in some settings. See *Helpful tips and usage* (page 6) to minimize the appearance of stitching.
- iv. Be mindful that the One R, like most 360-degree cameras, has blind spots. These blind spots are the top, bottom, and narrow sides of the camera. The camera's software covers these gaps.

Instructions

1. Setting up the camera

1. Remove the camera from the mounting bracket:

- 1.1. Locate the buckle and its slide-lock on top of the bracket frame (Fig. 1a).
- 1.2. Hold the slide-lock in the direction of the arrow, then lift the front edge of the buckle from the bracket frame (Fig. 1b).
- 1.3. Lift the back edge of the buckle from the frame.
- 1.3. Pull down the ramp/door at the back of the frame and remove the camera (Fig. 1c).

2. Attach the battery base to the camera:

- 2.1. Place the battery under the camera and gently press them together until they lock. No yellow should be visible behind the battery slide-lock (Fig. 1d).

3. Reinsert the camera into the bracket:

- 3.1. Open the ramp/door at the back of the bracket.
- 3.2. Align the camera's top buttons with the bracket's top buttons, and insert the camera through the back of the bracket.
- 3.3. Close the ramp/door.
- 3.4. Latch the front edge of the buckle onto the hook edge of the bracket and press down. The buckle will click when locked into place.



Fig. 1a. Slide-lock of buckle



Fig. 1b. Buckle lifted from front of bracket



Fig. 1c. Opened ramp/door of bracket



Fig. 1d. Connected core-lens modules (left) and battery base (right)

2. Attaching the selfie stick and/or tripod

1. Attach the camera and the selfie stick:

- 1.1. Screw the narrow end of the selfie stick into the bottom of the mounting bracket (Fig. 2a).
- 1.2. (Optional) Grab the narrow section of the selfie stick (covering the screw) and pull to the desired length.



Fig. 2a. Mounting bracket and selfie stick

2. Attach the tripod to the selfie stick and/or camera:

- 2.1. Screw the top of the tripod into the bottom of the selfie stick (or the bottom of the mounting bracket) (Fig. 2b).
- 2.2. Hold the tripod body in place while you twist its ring-lock. Twist until the ring-lock tightens into place.



Fig. 2b. Top of tripod to bottom of selfie stick

3. Turning on the camera

1. Press and hold the power button (on top) to turn on the camera (Fig. 3a). The touchscreen will show an image, the indicator light turns blue, and a sound will play.



Fig. 3a. Power Button

4. Using the camera

1. Tap the touchscreen and the default (shooting interface) screen appears.

- 1.a. For photos, you can select **Standard**, **HDR**, **Interval**, **Burst**, or **Night** photography mode.
- 1.b. For videos, you can select **Standard**, **HDR**, **Timelapse**, or **Timeshift** mode.
- 1.2. To start/stop recording or to take a picture, press the Shutter button (on top of camera).



Fig. 4a. Record Button

5. (Optional) Recording with the Insta360 mobile app

You can use a mobile device and the Insta360 companion app to remotely capture videos/photos.

- 1. Open the *Insta360* mobile app (Fig. 5a).
- 2. Select the yellow-camera icon in the center of the toolbar (or *Settings* -> *Connect Camera*) to establish a connection with the camera (Fig. 5b).
Note: Make sure that your mobile device has Wi-Fi and Bluetooth enabled.
- 3. Click on the Capture button in the home screen after the camera is connected, and then the *Photo* and *Video* buttons to capture the desired media

Note: Any images and video taken are stored on the camera and not on your mobile device (Fig. 5c).



Fig. 5a. Insta360 app icon

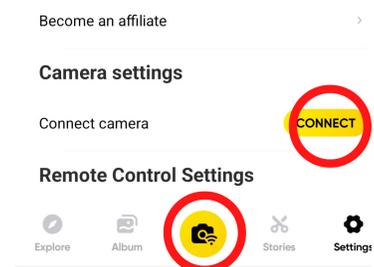


Fig. 5b. The *Settings* screen and its *Connect* button

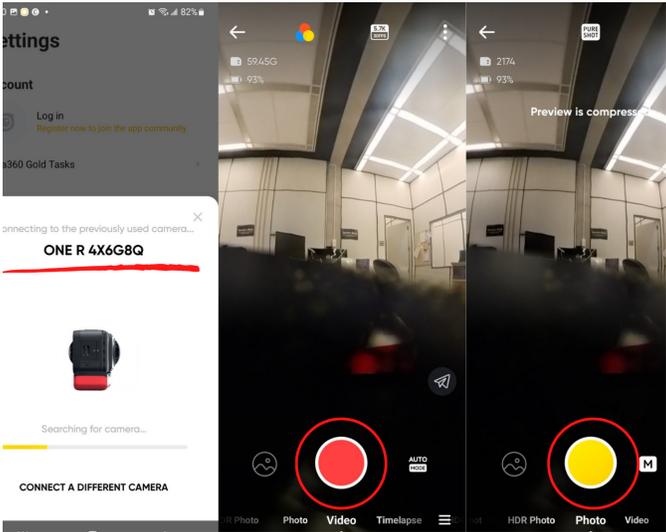


Fig. 5c. Left: Pop-up screen with the camera’s serial number; Right: Photo and Video capture buttons

6. (Optional) Exporting files with the Insta360 mobile app

1. Select *Album* from the app toolbar to view all of the camera's files.
Note: The camera must be turned on to remotely view its files on your mobile device.
2. For video, click the video to be exported, pause it, and click on the yellow export button in the top-right corner of the screen.
3. For photo, click the photo to be exported, click on the yellow export button in the top-right corner of the screen.

7. Storing the camera

1. Slide and hold the buckle's slide-lock on top of the mounting bracket.
2. Lift the front edge of the buckle, and then lift the back edge.
3. Pull down the ramp/door (back of bracket frame) and pull out the camera.
4. Remove the battery base by sliding and holding its slide-lock, then pulling the battery base.
Note: Detach the battery base from the camera when not in use. Otherwise, the battery will drain.
5. Place all components in the carrying case after exporting all content and media.



Fig. 7a. Slide-lock on battery base

8. Transferring videos/photos to a computer

This section explains how to transfer files to a computer using the provided USB cable.

A. Connect the camera to a computer using the provided USB cable:

A.1. Open the port cover on the side of the core module by sliding the lock in the direction of the arrow and then lifting the cover (Fig. 8a).

A.2. Insert the USB-C end of the cable into the camera. The USB-C end has an oval-shaped plug (Fig. 8b).

A.3. Insert the USB-A end of the cable into the computer. The USB-A end has a rectangle-shaped plug.

A.4. Turn on the camera. It will appear on the computer's operating system as an external disk-drive. It might be called *Untitled*.

A.5. Locate the desired file(s), then copy and paste them to your preferred location. The files are stored on the camera in the following path: **[Camera] / DCIM / Camera01** (Fig. 8c).



Fig. 8a. Side port with cover removed



Fig. 8b. USB-C in side port

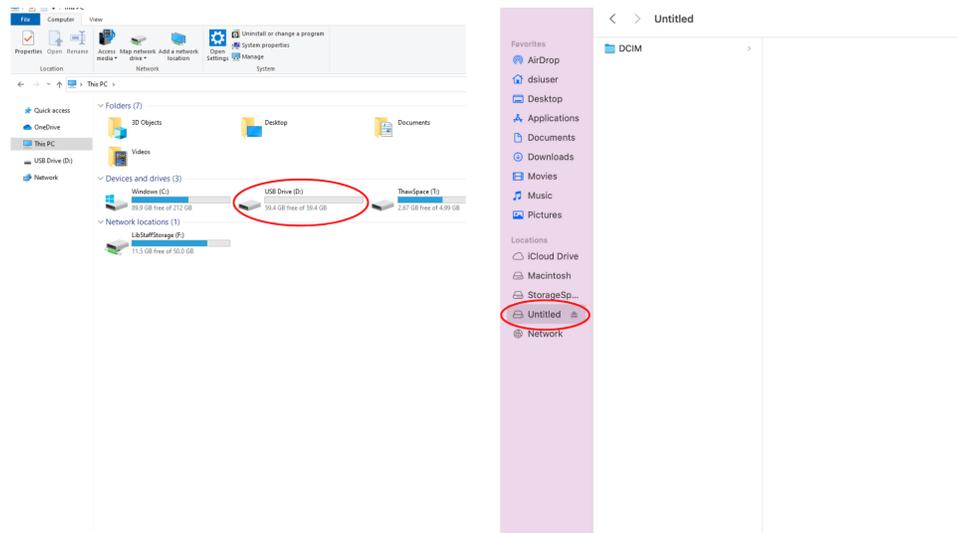


Fig. 8c. Left: Location of the desired file in Windows OS; Right: Location of the desired file in macOS

This section explains how to transfer files to a compatible computer using the provided microSD card with the microSD card adapter.

B. Connect the camera to a computer using the microSD card with microSD adapter.

B.1. Open the port cover on the side of the core module by sliding the lock in the direction of the arrow and then lifting the cover.

B.2. Press down on the microSD card to release it from its port and then remove it.

B.3. Insert the microSD card into the microSD adapter (Fig. 8d).

B.4. Insert the adapter (with the microSD card inside) into the SD-card slot of your computer. It will appear on the computer's operating system as an external disk-drive. It might be called *Untitled* or *SDXD*.

B.5. Locate the desired file(s), then copy and paste them to your preferred location. The files are stored on the camera in the following path: *[microSD] / DCIM / Camera01*

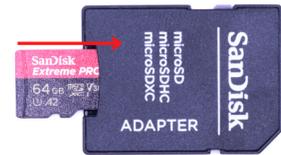


Fig. 8d. microSD card inserted into the microSD adapter



Fig. 8e. Adapter inserted into a Mac computer

9. Editing videos on a computer using Insta360 Studio

1. **Download and install Insta360 Studio, Insta360's free editing software:** <https://www.insta360.com/download/insta360-one>
2. **Open the software, and use the menu bar (top of screen) to select your desired files (Fig. 9a).**
3. **In the left-side panel of the software, double-click a file to select it.** Its imagery will appear in the central panel of the software interface.
4. **(Optional) Click and drag the preview area to change the camera angle.** This function is only possible with 360-degree videos and photos.
5. **(Optional) Use the toolbar in the lower-right corner of the preview area to change aspect-ratio and/or export the current frame as an image.**
6. **(Optional) Expand the right-side panel to view options and presets.** You can select presets and/or customize settings for colour filters, stitching, and other effects.
7. **Click and drag the start-point/end-point along the timeline.** The timeline portion(s) outside of these boundary points will dim (Fig. 9b).
8. **Click *Export* (yellow-square button) next to the timeline to start the publishing process (Fig. 9c).** The *Video Export Settings* window appears.
9. **Choose a video format by selecting either *Reframed Video* or *360 Video* at the top of the window.** You can also change other settings within this window.
10. **Click the *Start Export* button to export the edited video.** The window closes and an export-progress indicator appears at the bottom of the left-side panel.

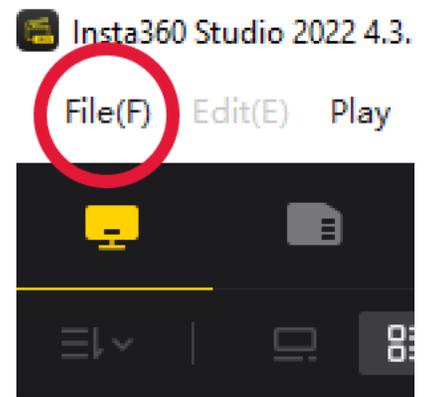


Fig. 9a. Menubar where *File* menu is located

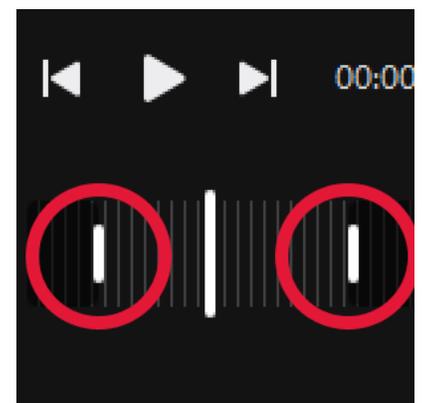


Fig. 9b. Start-point and end-point on timeline

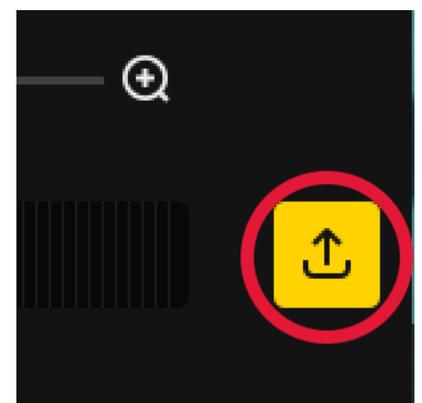


Fig. 9c. Export button to right of timeline

Helpful tips and usage notes

- * **Always disconnect the battery base from the core and lens modules when not recording.** Even if turned off, the camera is designed for remote wakeup. Disconnecting the battery is the only reliable way to prevent battery drain when not using the camera.
- * **Consider having a USB-compatible power source for extended field-recording.** The battery life is about 45 minutes of high-definition video recording. A portable power-bank or laptop computer can be useful.
- * **Point the narrow sides of the camera away from prominent subjects.** Otherwise, image-stitching can appear on prominent subjects in the environment.
- * **Point the narrow sides of the camera toward uniform surfaces and bright lights (like the sun).** Image-stitching is easier to overlook if it happens on a surface that has a uniform look. It's also less obvious if the lighting in each lens's image is similar, like on an overcast day. By contrast, image-stitching will be more obvious if you point one lens at the sun on a sunny day.
- * **Note that the camera will go into stand-by mode if left idle. The indicator light will turn blue.**

Attributions

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