

# Insta360 ONE

## QUICKSTART GUIDE

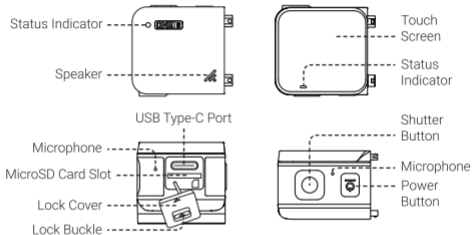
### 快速入门指南

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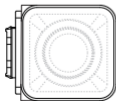
# 1 Names of Parts

\* The number of parts vary in different ONE R Editions. Please refer to the packing list of your purchased Edition.

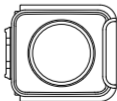
## ■ Core



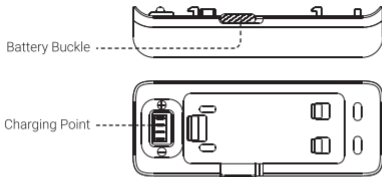
## ■ 4K Wide Angle Mod



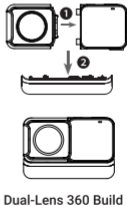
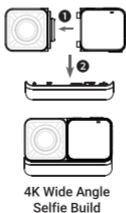
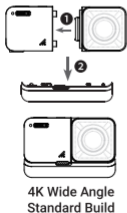
## ■ Dual-Lens 360 Mod



## ■ Battery Base



## 2 Camera Assembly

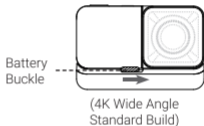


### Assembly Steps:

- 1) Align the holes on the side of the lens mod to the points on the Core, and press the two together until they firmly connect.
- 2) Align the already assembled Core and lens mods to the connecting points of the Battery Base. Then press the two parts together until they firmly connect.

#### \* Pro Tip:

- 1) Avoid disassembling or storing a disassembled ONE R in high humidity environments, as camera could be damaged.
- 2) To remove the Battery Base, push the battery buckle to the right, then pull the Battery Base off.



## 3 Before You Start

**Note:** The following instructions use the 4K Wide Angle Mod as an example.

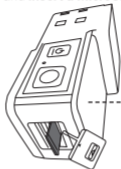
- 1) **Ensure the battery has been assembled properly.** Please connect the included charge cable to ONE R in case of low or depleted battery.

**Note:** Please use a **5V/2A** power adapter to charge your ONE R. You can also use the official Insta360 ONE R Fast Charge Hub (sold separately).

- 2 Before use, open the lock cover and **insert a MicroSD card**.



- 1 Push the lock buckle to the right to open the lock cover



Front side of the  
Core (without the  
touch screen)

- 2 Insert the MicroSD card (with the label facing the front side of the Core)

#### Note:

1) Please use exFAT Format MicroSD cards of speed classes UHS-I and V30 to ensure normal recording. The maximum supported storage space is 256GB. For specific info on supported MicroSD card models, see [https://www.insta360.com/r/oner\\_microsd](https://www.insta360.com/r/oner_microsd)

2) Be sure to close the lock cover completely to ensure the waterproofing is not affected. Align the triangle indication marks as shown to the right. The yellow indication mark near the lock buckle should be covered.

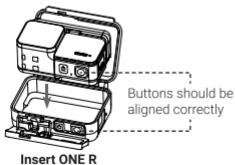


**3 Install the Mounting Bracket** before using the ONE R to capture dynamic action scenes. It will reinforce connections between the assembled camera mods, giving added protection.



### Open the Mounting Bracket

Push the lock buckle of the Mounting Bracket to the right ( ① ), then pull down the buckle ( ② ). Remove the buckle from the hook ( ③ ). When the buckle is completely disengaged, open the Mounting Bracket ( ④ ).



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**Note:**

For shooting with the Invisible Selfie Stick, attach the 1/4" Invisible Selfie Stick Adapter to the Mounting Bracket.



1/4" Invisible Selfie Stick Adapter

## 4 Know Your Insta360 ONE R

### ■ Power on / off


When the camera is turned off, press the Power button to power it on.

In standby mode, press the Power button to light off / on the touch screen.

In standby mode, long press the Power button for 2 seconds to power it off.

### ■ Using the Touch Screen

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**Note:** When using ONE R in water, please lock the touch screen (  ) to avoid accidental presses. After locking the touch screen, you can use the Power Button to change modes.



### Swipe down

Open the Shortcut menu: Adjust screen brightness (☀️), touch screen ON / OFF (🔒 / 📵), LED ON/OFF (💡 / 🚫💡), grid (📏 / 📏), overexposure warning (🚫 / 🚫), histogram (📊 / 📊), voice control (🗣️ / 🗣️), and settings (⚙️).



### Swipe right

Access Media Gallery.



### Swipe left

Adjust camera settings (WB, EV etc.).



### Tap the icon at the bottom left corner

Select capture mode.



### Tap the icon at the bottom right corner

Set resolution settings.


\* Start Shooting: After you've selected mode and settings, just hit the shutter button once to start a recording, and then again to stop.

## 5 Download ONE R App

Scan the QR code on the right (<https://insta360.com/r/oner-download>) or search "Insta360 ONE R" in the App Store / Google Play to download the companion app.



## 6 Control via WiFi

- 1 Turn on the WiFi and Bluetooth of your smartphone.
- 2 Long press the power button of the camera for 2 seconds to power it ON
- 3 After installing the app, tap the camera icon  at the bottom of the app homepage and select "Connect now" in the WiFi panel. Then, follow the onscreen instructions to connect your device.
- 4 After successfully connecting the camera, you can take photos or shoot videos via the app.

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### Note:

- 1) The WiFi connection range is 10 meters (33 ft) in optimal conditions with no interference.
- 2) Cable connections are also supported. Official compatible cables sold separately.

\* For more product information, visit <https://www.insta360.com/r/onerdetail>