Insta360 X4

User Manual

Content

Product Introduction

X4 Introduction
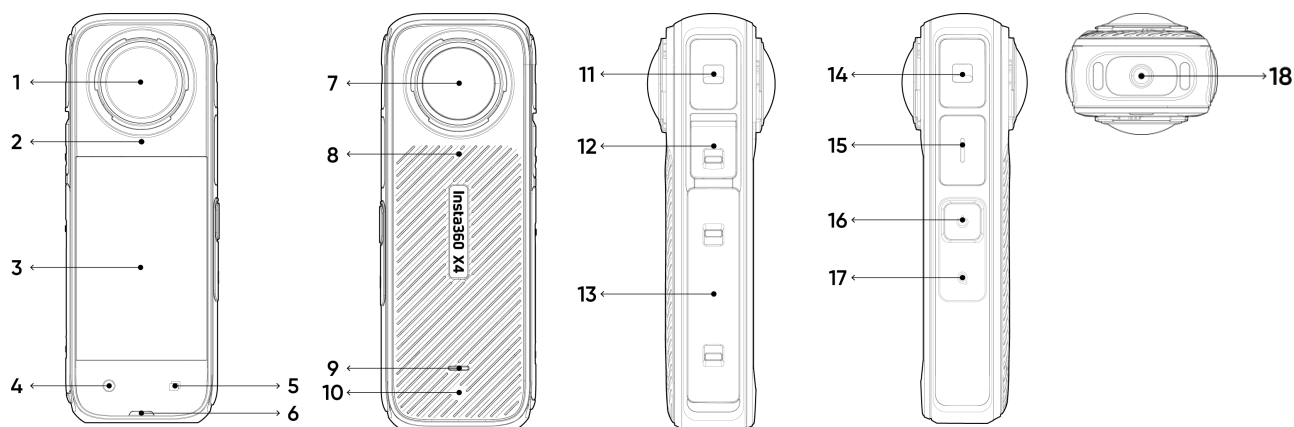
1. Front Lens
2. Microphone
3. Touchscreen
4. Shutter Button
5. Lens Button
6. Indicator Light
7. Rear Lens
8. Microphone
9. Indicator Light
10. Vent Hole
11. Microphone
12. USB Type-C Port
13. Battery
14. Microphone
15. Speaker
16. Power Button
17. Quick Button
18. 1/4" Thumb Screw

Standard Accessories (Thermo Grip Cover)

Insta360 X4 can record videos at a high resolution, up to 8K30fps. Recording at a higher resolution requires more power, which may cause the camera to heat up and feel hot. If you are recording 8K video for a long time, it is recommended to use the Thermo Grip Cover, which reduces the camera's surface temperature and makes it more comfortable to hold.

*Not recommended for skiing, water sports, motorcycling, cycling, and other sports.

How to Use:

1. Install the Thermo Grip Cover on the back of X4, starting from the top of the camera and lowering it towards the camera body.

2. Ensure the Thermo Grip Cover fits snugly on the back of the camera to reduce the temperature effectively.

3. Gently pull the Thermo Grip Cover from the top of the camera to remove it.
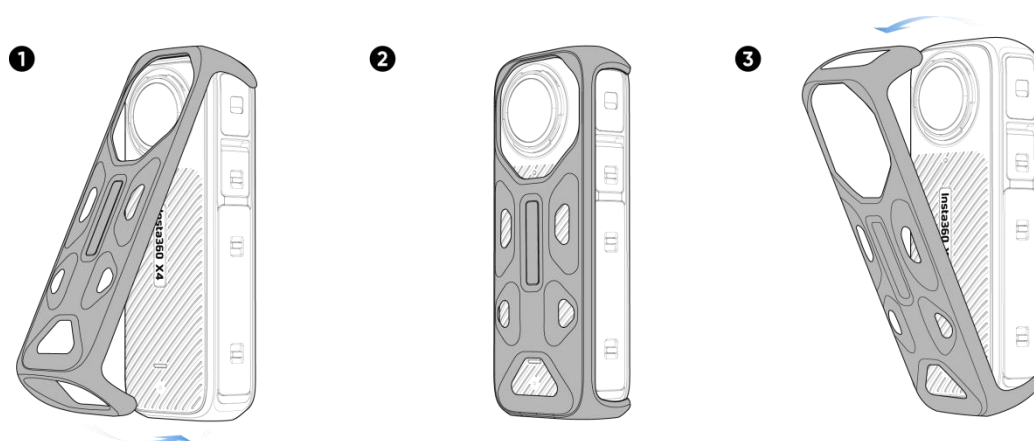
Precautions:

1. Install/remove the Thermo Grip Cover carefully to ensure the camera's lenses are not scratched or damaged.

2. Make sure the camera is dry before installing the Thermo Grip Cover. It is splashproof only and is not designed for use in and around water.

3. Do not install/remove the Thermo Grip Cover while recording to avoid affecting the stitching of the final image.

4. The Thermo Grip Cover cannot be used with the following Insta360 accessories: Invisible Dive Case, Utility Frame, Water Sports Rope Mount and Cold Shoe.

First Use

Install Lens Guards

Insta360 X4 comes with Standard Lens Guards for basic protection. If you're looking for more rugged protection, use the Premium Lens Guards (purchased separately).

Both front and rear Lens Guards are installed in the following way:

1. Align the mark on the Lens Guards with the slot on the lower right side of the lens.

2. Rotate the Lens Guards clockwise and align it with the camera's microphone. Make sure they are screwed on tightly.

3. Once installed, please turn on "Lens Guards Mode" in camera settings. Swipe down from the top of the touchscreen to access the Shortcut Menu and tap the Lens Guards icon.

If you film in "Auto" mode, the camera will automatically detect if the Lens Guards are installed and automatically adjust to get the best stitching in 360º footage.

4. To remove, hold down the edge of the base of the Lens Guards and twist counterclockwise. Then, turn off "Lens Guard Mode".
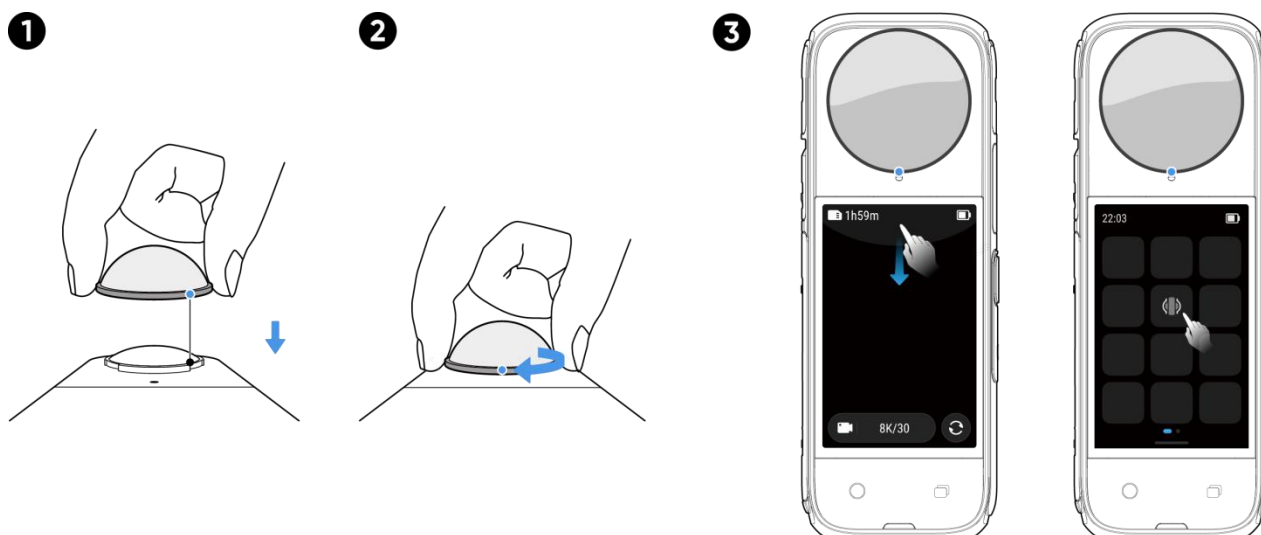
Auto is selected by default and will automatically detect if the Lens Guards are installed and removed. However, for the best stitching results, you should select the Lens Guards Mode according to the type of Lens Guards, Standard or Premium, you are using. After removing the Lens Guards, ensure the camera is set to "No Lens Guards", otherwise, you may experience stitching issues.

When reframing 360º footage, select Lens Guard Mode in the Insta360 app or Studio for the best stitching.

Notes:

● Do not squeeze or pull the base too hard when installing the Lens Guards, as this may change the shape or reduce the adhesiveness.

● Ensure the Lens Guards are securely installed before using yyour camera. The blue mark on the Lens Guards should be aligned with the camera's microphone.

● Enable "Lens Guard Mode" (||) when using the Lens Guards and turn it off after removing them.

● Dirty or worn Lens Guards may affect the final image result.

● Avoid using the Lens Guards in water or rain due to the non-sealed structure.

● To avoid fogging, dry the Lens Guards thoroughly with a soft cloth if they get wet from water, snow or fog.

Insert the MicroSD Card

1. First, remove the battery by pinching the latches on the cover towards each other.

2. Insert the memory card into the slot in the direction indicated.

3. Reinsert the battery and make sure the battery cover is locked. The orange indication marks should be covered by the latch to ensure waterproofing is not affected.
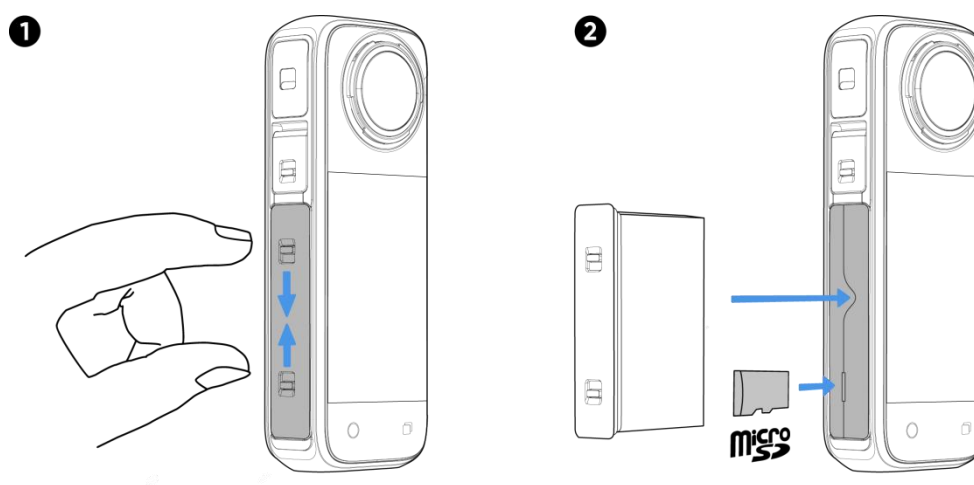
Note:

Please use exFAT format microSD cards of speed classes UHS-I and V30 or above to ensure normal recording. The maximum supported storage space is 1TB.

External Devices

1. You can remove the USB Port Cover to attach external devices. Open the USB Port Cover and pull it off.
2. Once removed, you can install the Insta360 X4 Mic Adapter, Quick Reader and other accessories.
3. When you're finished, reattach the USB Port Cover by hooking it onto the metal bar and closing it. Make sure it is tightly closed to ensure waterproofing is not affected.

Charging

1. Open the USB Port Cover.

2. Use the included Type-C to C Cable to connect X4 to the charger.
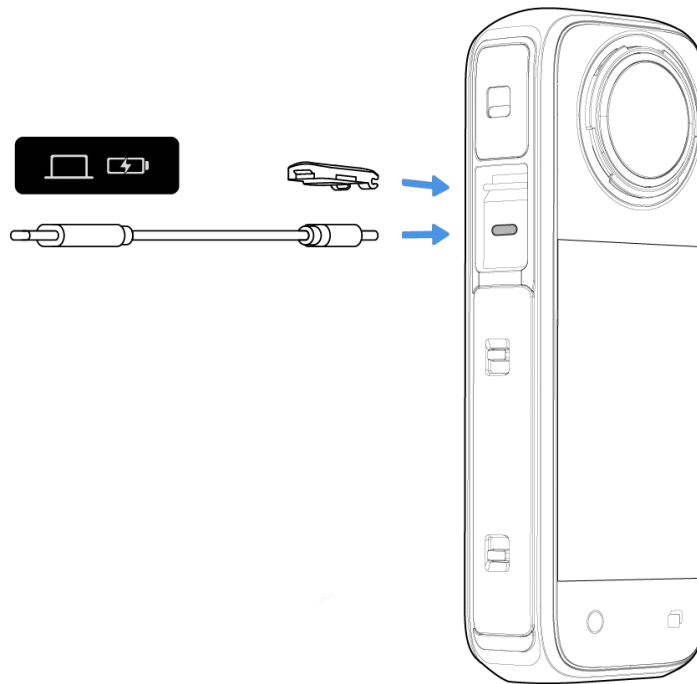
X4 supports PD fast charging with the official power accessories (X4 Battery and Fast Charge Hub), charging your camera to 80% in 26 minutes and 100% in 43 minutes. Please use a charging adapter that is compatible with PD protocol and has a charging capacity of at least 36W.

The Indicator Lights will be solid red when charging and will turn off once the battery is fully charged.

X4 Charging Time (9V/2A):

- 0-80% - 38 minutes

- 0-100% - 55 minutes

Find Your Serial Number

The camera's serial number is a unique code that can be used to quickly identify your camera, for example, if you need to submit a repair request. You can find the camera serial number in the following ways:

● **Product Box**

The camera's serial number is on the back of the original product box.

● **Camera settings**

1. Power on your camera.
2. Swipe down on the touchscreen to access the Shortcut Menu, then go to [Settings] > [Camera Info] to view the serial number.

● **Insta360 App**

1. Connect your camera to the Insta360 app.

2. Enter app Settings > [Device Information] to view the serial number.
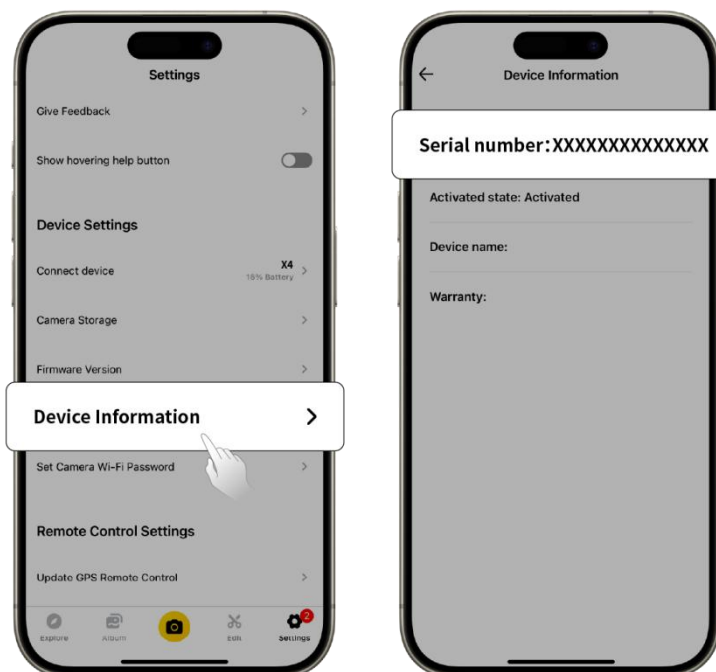
● **Insta360 Studio**

1. Launch Insta360 Studio on your computer and import any footage recorded by the camera.

2. Select the footage and click the info icon on the right side of your screen to access File Properties and view the serial number.
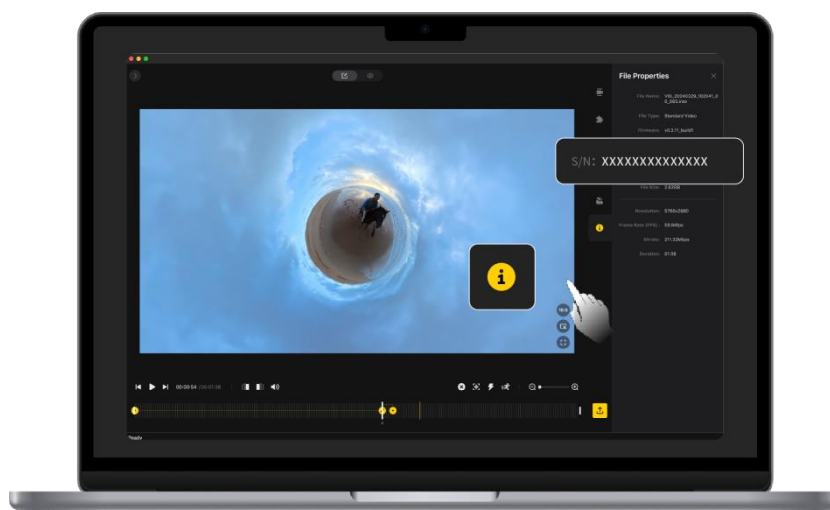
- **Camera Battery Sticker**

1. Remove the battery.

2. Find the barcode sticker on the battery. The serial number is written underneath.

Activation

You need to activate X4 in the Insta360 app before using it for the first time.

Steps:

1. Download the Insta360 app. Alternatively, search "Insta360" in any major app store or scan the QR code on the box.

2. Press the Power Button to turn on X4.

3. Enable Wi-Fi and Bluetooth on your smartphone.

4. Open the Insta360 app and click the camera at the bottom of the page. Select the device you want to connect to in the pop-up window, then follow the on-screen instructions to complete the connection. The name of your camera is "X4 ******" by default, where ****** is the last six digits of the serial number on the box your X4 came in. The first time you connect to X4, you will need to confirm the connection on the touchscreen.

5. After successfully connecting the camera, follow the on-screen instructions to activate your camera. The app will prompt you to update the firmware if a new version is available. Please follow the on-screen prompts to update X4's firmware.

Basic Use

Button Instructions

Power Button

Camera Status	Operation	Descriptions
Powered off	Press once	• Power on camera.
Powered on	Press once	• Turn touchscreen on/off.
	Long press	• 2 seconds: Power off. • 5 seconds: Force shutdown.

Quick Button

Camera Status	Operation	Descriptions
Powered on	Press once	• Quickly access preset shooting modes and parameters. Press again to switch between different presets. • Cycle through to the last icon to add or customize presets.

Lens Button

Camera Status	Operation	Descriptions
Powered on	Press once	• Switch between Single-Lens Mode and 360 Mode.

Shutter Button

Camera Status	Operation	Descriptions
Powered off	Press once	• Start shooting with QuickCapture*. *This function must be enabled in the camera first.*
Powered on	Press once	• During Preview: ○ Take a photo or start recording a video. ○ Stop recording. • In other pages: ○ Return to the preview page.
	Long press	• Quickly cancel and delete recording. *Enable "Long press Shutter Button to cancel recording" in Settings first.

You can also customize the Lens and Quick Button to start recording, switch shooting modes and more. Go to [Settings] > [Customize Button].

Using the Touchscreen

When the camera is powered on, the touchscreen displays the camera's home page and information about the shooting mode, battery level, and storage capacity. By swiping or tapping the screen, you can achieve the following:

Tap the screen Hide/show information on the touchscreen.	**Swipe down from the top** View Shortcut Menu.	**Swipe left to right or up and down from the center** Adjust the shooting angle in 360 Mode.
Swipe from the left Enter the album page.	**Swipe from the right** Enter shooting parameter settings.	**Swipe up from the bottom** More shooting parameter settings.
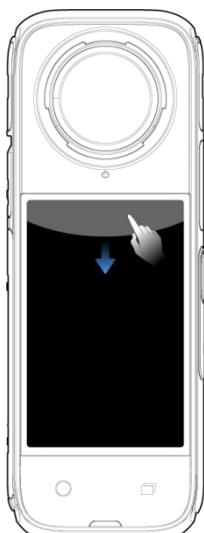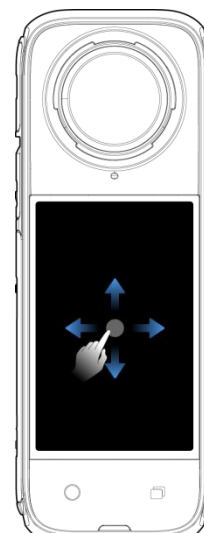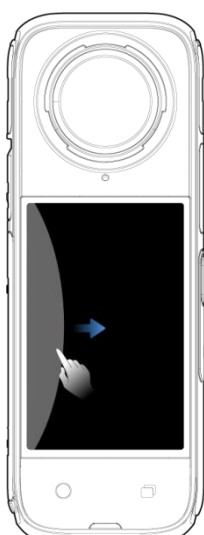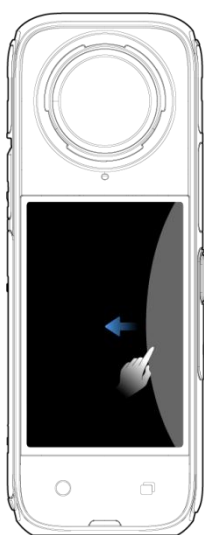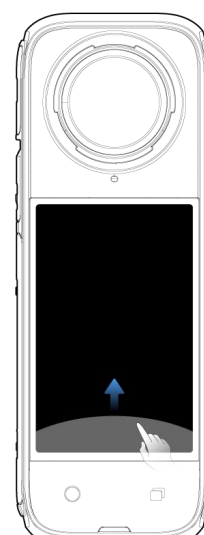
Shortcut Menu
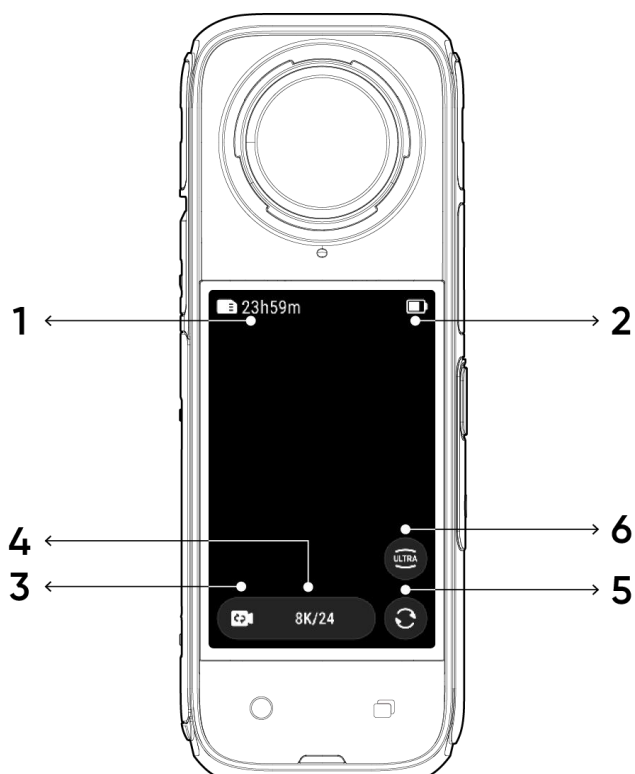
1. **Storage:** Shows the remaining number of photos or the length of video footage that can be stored on the microSD card.
2. **Battery Status:** Current battery level of X4.
3. **Shooting Mode:** Click the icon and swipe to select a different shooting mode.
4. **Shooting Specifications:** See the current shooting mode settings.
5. **Switch Lens:** Tap to switch between forward and selfie view. In 360 Mode, you can also use it to return to the original recording position.
6. **Field of View:** Change the Field of View.

Shooting Mode

Tap the shooting mode icon and swipe or swipe left and right from the center of the screen to select a different shooting mode.

● **In 360 Mode:**

Shooting Mode	Description
Video	Record 360° videos up to 8K30fps.
Active HDR	Record stabilized high dynamic range video. Recommended to shoot in clear daytime conditions with good lighting.
Timelapse	Suitable for shooting static timelapse videos.
TimeShift	Take a hyperlapse (sped-up) video while moving.
Bullet Time	Slow-motion video with 360º overhead rotation.
Loop Recording	Record continuously and save only the last fixed-length segment.
Starlapse	Shoot and store multiple photos and automatically combine Starlapse effects.
Burst Photos	Take multiple photos in a short space of time.
Interval	The camera automatically takes continuous photos at a specific time interval.
HDR Photo	For high dynamic range photos. Please keep the camera still while shooting.
Photo	Take a single photo.

- **In Single-Lens Mode:**

Shooting Mode	Description
Video	Record wide-angle videos from one lens up to 4K60fps.
Me Mode	Record 4K30fps or 2.7K120fps wide-angle videos with the Invisible Selfie Stick effect. It keeps you in the center without any reframing.
Loop Recording	Record continuously and save only the last fixed-length segment.
FreeFrame Video	Apply FlowState Stabilization and Horizon Lock with adjustable aspect ratio in post via the app or Studio.
Photo	Take a single photo.

- **In Single-Lens Mode:**

Shortcut Menu

Swipe down on the touchscreen to view the Shortcut Menu.

1. **Rotation Lock:** Turn on/off.

2. **Lock Screen:** Tap to lock screen. Swipe up on the touchscreen to unlock.

3. **Adjust Brightness:** Slide the bar to adjust the screen brightness.

4. **Lens Guards Mode:** Switch modes when the Lens Guards are installed/removed. Can be set as Auto, Standard Lens Guards, Premium Lens Guards or No Lens Guards.

5. **Screen Reader:** Turn on/off. When turned on, the camera provides voice prompts for certain camera commands or actions, like shooting, switching modes and low battery.

6. **Prompt Sound:** Set the camera speaker volume. There are four options: High, Medium, Low, and Mute.

7. **AI Highlights Assistant:** Turn on/off. The camera finds the best moments from a single video and shows you the highlights to review. Merge them into one video or save each of them as new files. View them on the Album page.

8. **Gesture Control:** Turn on/off.

9. **Voice Control:** Turn on/off.

10. **QuickCapture:** Turn on/off. Once enabled, press the Shutter Button when the camera is powered off to turn it on and start recording.

11. **Pre-recording:** Turn on/off. Save 10 or 15 seconds of footage before you start recording (duration varies in different shooting modes).

12. **Timed Capture:** Use the Timed Capture function.

13. **Indicator Light:** Turn on/off.

14. **Audio:** Switch audio mode. Choose between Stereo, Direction Focus, Auto Wind Reduction and Active Wind Reduction.

15. **Dive Case Mode**: Turn on/off when the Dive Case is installed/removed. When turned on, use the Power Button to switch between shooting modes.

16. **Bluetooth Headphones:** Search for and connect Bluetooth headphones and headsets.

17. **Bluetooth Remote:** Search for and connect a Bluetooth remote.

18. **Preset:** Switch between, add and modify preset shooting modes and parameters.

19. **Settings:** See camera settings.

Shooting Specification Settings

Swipe up from the bottom of the touchscreen to view shooting specification settings.

- In 360 Mode:

Shooting Mode	Parameters
Video	Resolution, Frame Rate
Active HDR	Resolution, Frame Rate
Timelapse	Resolution, Frame Rate, Interval
TimeShift	Resolution, Frame Rate, Speed
Bullet Time	Resolution, Frame Rate
Loop Recording	Resolution, Frame Rate, Loop Duration
Starlapse	Type, Resolution, Duration, Timer
Burst Photos	Resolution, Timer, Burst number/duration
Interval	Resolution, Duration, Interval
HDR Photo	Resolution, Timer
Photo	Resolution, Timer

● **In Single-Lens Mode:**

Shooting Mode	Parameters
Video	Ratio, Resolution, Frame Rate
Me Mode	Ratio, Resolution, Frame Rate
Loop Recording	Ratio, Resolution, Frame Rate, Loop Duration
FreeFrame Video	Ratio, Resolution, Frame Rate, Horizon Lock
Photo	Ratio, Resolution, Timer

Shooting Parameter Settings

Swipe left from the right edge of the touchscreen to see the shooting parameter settings.

Parameters	Descriptions
Shutter Speed	Controls the time it takes for light to enter the camera. The faster the shutter speed, the clearer the image. Make this higher for dynamic shots and lower for low light conditions.
Sensitivity (ISO)	Reflects how sensitive the sensor is to light. A higher sensitivity means the camera can capture more light for a brighter image.
Exposure Compensation Value (EV)	In Auto Mode, you can adjust the EV to help with overexposure or underexposure.
White Balance (WB)	Removes unrealistic colors and tones so colors are accurately captured in the image. A higher white balance produces warmer tones, lower results in cooler tones.

Low Light Stabilization	Improves motion blur and stabilization in low light environments. In extreme environments, the image will be darker and may have some flickering.
Filters	Add different color tones and effects.
Metering Mode	Face Priority prioritizes the face for brightness. Matrix ensures accurate exposure of the whole image.
Balanced Exposure	The screen will automatically equalize the exposure according to the environment.

360 Mode and Single-Lens Mode support different parameters in different shooting modes.

● 360 Mode:

Shooting Mode	Parameters	
	Auto	**Manual**
Video	Filters, EV, Low Light Stabilization, WB, Balanced Exposure	Filters, Shutter, ISO, WB
Active HDR	WB	
Timelapse	Filters, EV, Low Light Stabilization, WB, Balanced Exposure	Filters, Shutter, ISO, WB
TimeShift	Filters, EV, Low Light Stabilization, WB, Balanced Exposure	Filters, Shutter, ISO, WB
Bullet Time	Filters, EV, WB	Filters, WB
Loop Recording	Filters, EV, Low Light Stabilization, WB, Balanced Exposure	Format, Shutter, ISO, WB
Starlapse	EV, WB, Balanced Exposure	Shutter, ISO, WB
Burst Photos	Format, EV, WB, Balanced Exposure	Format, Shutter, ISO, WB
Interval	Format, EV, WB, Balanced Exposure	Format, Shutter, ISO, WB
HDR Photo	Format, WB	WB
Photo	Format, EV, WB, Balanced Exposure	Format, Shutter, ISO, WB

● **Single-Lens Mode:**

Shooting Mode	Parameters	
	Auto	**Manual**
Video	Filters, EV, Metering Mode, Low Light Stabilization, WB	Filters, Shutter, ISO, WB
Me Mode	Filters, EV, Metering Mode, Low Light Stabilization, WB	Filters, Shutter, ISO, WB
Loop Recording	Filters, EV, Metering Mode, Low Light Stabilization, WB	Filters, Shutter, ISO, WB
FreeFrame Video	Filters, EV, Metering Mode, Low Light Stabilization, WB	Filters, Shutter, ISO, WB
Photo	Format, EV, Metering Mode, WB	Format, Shutter, ISO, WB

Album Page

Swipe right from the left of the touchscreen to enter the Album page.
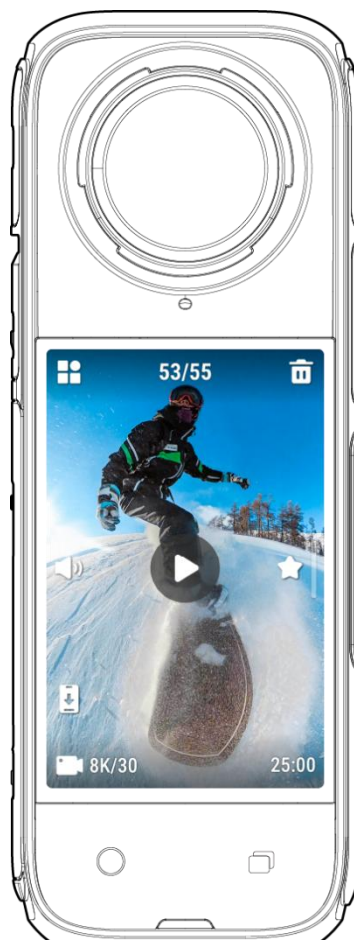
Indicator Lights

X4 has two LED Indicator Lights, one on the front of the camera and one on the back. Both display the same information. You can turn the Indicator Lights on/off in Settings > General.

Camera Status	Indicator Light Status
Powered on Standby/Standby (charging)/Standby (fully charged) Pre-recording/U-Disk Mode	Solid cyan
Start shooting with QuickCapture	Flashing cyan three times
Power off	Flashing cyan five times
Charging (powered off)	Solid red (turns off when fully charged)
Recording a video	Flashing red
Updating firmware	Flashing blue
Insufficient storage/File error/USB error	Solid yellow
No SD card	Flashing yellow
Low battery	Flashing yellow three times every 5 seconds
Temperature too high/too low	Flashing yellow three times
Reverse charging/Downloading to app	Flashing green

File Storage

Please use exFAT format microSD cards of speed classes UHS-I and V30 or above to ensure normal recording. The maximum supported storage space is 1TB.

We recommend using the official memory card available on the Insta360 Store. If you use another memory card, the following have also been tested to be compatible with X4:

Micro SD Cards	Model Number	Capacity	Speed Class
Insta360 MicroSD V30 A1	64GB	64GB	U3, A1, V30
	128GB	128GB	U3, A1, V30
Sandisk Extreme V30 A1	SDSQXVF-032G-GN6MA	128GB	V30
Sandisk Extreme Pro V30 A1	SDSQXCG-064G-GN6MA	64GB	V30
Sandisk Extreme V30 A2	SDSQXAH-064G-GN6GN	64GB	U3, A2, V30
	SDSQXAA-128G-GN6GN	128GB	U3, A2, V30
	SDSQXAV-256G-GN6GN	256GB	U3, A2, V30
	SDSQXA1-512G-ZN6MA	512GB	U3, A2, V30
	SDSQXA1-1T00-ZN6MA	1TB	U3, A2, V30
Sandisk Extreme Pro V30 A2	SDSQXCU-064G-GN6MA	64GB	U3, A2, V30

Format MicroSD Card

It is recommended to regularly transfer camera files to a phone or computer for backup and format the microSD card via the camera or Insta360 app to avoid any storage issues.

● Format via X4:

1. Insert the microSD card into X4.

2. Power on X4.

3. Swipe down on the touchscreen to enter the Shortcut Menu, tap [Settings] > Camera Storage > Format Storage.

● Format via Insta360 app:

1. Connect X4 to your phone via the Insta360 app.

2. Enter app Settings > Other Settings > Camera Storage > Format Storage.

Note: When formatting the card by computer, it needs to be in exFAT format, and the allocation unit size should be left as the default setting.

Insta360 App

Connect to the Insta360 App

1. Download the Insta360 app. Alternatively, search "Insta360" in the App Store or Google Play Store to download the Insta360 app.

2. Press the Power Button to turn on X4.

3. Enable Wi-Fi and Bluetooth on your smartphone.

4. Open the Insta360 app and click the camera icon at the bottom of the page. Follow the on-screen instructions to activate your camera.

5. If you connect to the Insta360 app for the first time, you need to authorize the connection on the touchscreen.

If you are unable to connect to the app, go to your smartphone's Wi-Fi settings, find your X4, enter the password and return to the app.

Note: You can change the camera's Wi-Fi password on the app settings page.

Still can't connect to the Insta360 App?

1. Check if the Insta360 app has permission for the following: network permission, Bluetooth permission, or local network permission.

2. Check if Wi-Fi is enabled on your camera.

3. Make sure X4 is close enough to the phone.

Editing

You can view and edit your 360º and flat footage in the Insta360 app or Insta360 Studio.

Insta360 App

● **Edit Page**

1. Connect your X4 to the Insta360 app.

2. Head to the Edit page. You can open and edit your material in "Create a Video", or use AI to automatically edit your clips with "Auto Edit". Try out the AI templates, themes and effects with FlashCut and Shot Lab for viral videos in seconds.

● **Album Page**

1. Connect X4 to the Insta360 app.

2. Enter the Album page to view all your clips.

3. Open your flat or 360º footage and edit them in the player.

Reframing 360º Footage

In the Album Page player, you can reframe your 360º footage to find your best angles and perspectives with Quick Edit, Pro, AI and Deep Track.

● **Quick**

1. Swipe the screen with your finger, move your phone or use the joystick to change the angle. The app will record these movements in your video.

2. Quick Edit will automatically generate the viewpoint from the forward, backward and 360º perspective for you to quickly choose from on the left-hand side. You can change this at any time.

*To improve the algorithm, turn on AI Highlights Assistant in the camera before recording. If the algorithm fails to analyze and generate different viewpoints, they will appear grey and cannot be used for that clip.
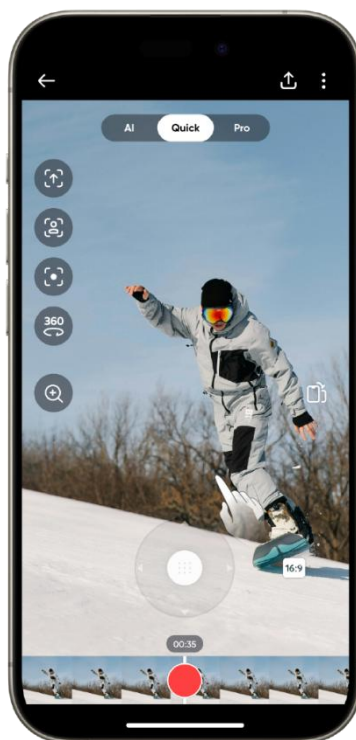
● **Pro**

1. Scroll through the video timeline and find the point you want to edit.

2. Change perspective and angle by swiping around the screen and pinching to zoom.

3. Click the yellow 'plus' icon on the timeline to add a keyframe. Holding down the screen will continuously play footage from the chosen perspective.

● **AI**

With AI Edit, AI analyzes your footage, chooses the highlights and automatically edits them with different perspectives in your video. This is a great option when you're short on time.

● **Deep Track**

1. Tap the icon to automatically recognize and follow the subject throughout the video.

2. You can also long press the screen to select your suject and tap 'Start tracking'. AI will automatically follow them throughout the video.

Insta360 Studio

1. Download and open Insta360 Studio on your computer from the Insta360 website.

2. Connect your camera or SD card to your PC and import your media.

3. Edit with Studio's extensive tools and library, or use its Abobe Premiere plugin for even more options.

File Transfer

Connect X4 to a mobile phone or computer with the included Type-C Cable for file transfer. You can download X4's files to your phone or PC, then use the Insta360 app or Insta360 Studio to edit and export them.

File transfer from camera to phone

Wireless Connection (iOS/Android)

1. Connect X4 to the Insta360 app.

2. Open the app's album page.

3. Tap the top right icon to select the files you want to transfer.

4. Tap the export icon to save it to your phone's album.

5. Do not exit the app or lock your phone while exporting. Tap the download icon to download the materials to the app's gallery.

If your camera can't connect to the Insta360 app, try the following:

1. Update the camera and app to the latest version.

2. Check your phone's Wi-Fi settings to see if it's connected. If not, enter the Wi-Fi password and restart your camera and phone before trying again. If it's still not connecting, forget the camera's Wi-Fi network in your phone settings and attempt to reconnect.

3. Make sure the Insta360 app has GPS and Bluetooth permissions enabled. On Android devices, disable WLAN+ or auto-switch Wi-Fi (if available). On iOS devices, go to system settings, select Insta360, and turn on "Local Network."

File transfer from camera to computer

(Mac/Windows)

1. Use the official Type-C cable to connect X4 to your computer.

2. Power on the camera and select 'USB Drive Mode'. Wait for the computer to recognize the X4 drive.

3. Open DCIM > Camera01 folder and copy photos/videos from this folder to your computer.

If your camera can't connect to the camera, try the following:

1. Ensure the camera firmware is up to date.

2. Use the official data cable for transfer, as non-official cables may have compatibility issues.

3. Make sure the camera is powered on.

4. Make sure the SD card is compatible and working.

Transfer files between the Insta360 app and your Mac

iPhone

1. Connect your iPhone to your Mac.

2. In the Finder window on your Mac, select your iPhone.

3. At the top of the Finder window, click Files, then do one of the following:

   ○ Transfer from Mac to iPhone: Create a new folder and name it IMPORT on your desktop, drag your files to the IMPORT folder, and then into the Insta360 app folder on your device.

   ○ Transfer from iPhone to Mac: Click the small triangle beside the Insta360 app to see the DCIM folder, then drag the desired files to a folder on your Mac.

Notes:

● The folder must be named IMPORT with capital letters.

● You may not be able to see the transfer progress. Please wait patiently for it to finish.

● After transferring, restart the Insta360 app on your phone to see the files.

Android

1. Install Android File Transfer on your Mac.

2. Connect your phone to the Mac and open Android File Transfer.

3. Find "data > com.arashivision.insta360akiko > files > Insta360OneR > galleryOriginal", then do one of the following:

4. Browse the files and folders on your Android device, then copy and paste or drag them to a folder on your Mac.

Transfer files between the Insta360 app and your Windows PC

iPhone

1. Install iTunes on your Windows PC. Connect your iPhone to your PC, open iTunes, then complete the authorization process according to the instructions.

2. After successful authorization, click the iPhone icon in the top left corner, and the iPhone's files will appear.

3. Click "File Sharing" and choose "Insta360" from the list. Then do one of the following:

    ○   Transfer from iPhone to Windows PC: Find the DCIM folder, then click Save. Choose your desired path and click Save.

    ○   Transfer from Windows PC to iPhone: Create a new folder and name it IMPORT, then copy the photos/videos to the IMPORT folder. Replace the IMPORT folder in the Insta360 app.

Notes:

*   The folder must be named IMPORT with capital letters.

*   After transferring, restart the Insta360 app on your phone to see the files.

Android

1. Connect your Android phone to your PC. Choose "Manage Files" under "USB Connected" on the phone if required.

2. Click "My Computer/This Computer", find your phone model, and click "Internal Storage".

3. Find "data > com.arashivision.insta360akiko > files > Insta360OneR > galleryOriginal", then do one of the following:

    ○   Transfer from Android to Windows PC: Copy the folder or files to your PC.

    ○   Transfer from Windows PC to Android: Copy files to this folder from your PC.

Maintenance

Firmware Update

Firmware updates will be regularly available for X4 to ensure it runs efficiently. Please update to the latest version for optimal results.

Before updating, ensure X4 has at least 20% battery remaining.

Update via Insta360 App:

Connect X4 to the Insta360 app. The app will notify you if there is a new firmware update available. Follow the on-screen instructions to update the firmware.

If the camera firmware update fails, check the following and try the update again:

1. Ensure the camera is close to your phone.

2. Keep the Insta360 app running and do not exit or minimize it.

3. Ensure your phone has a strong and stable network connection.

Update via Computer

1. Make sure X4 is powered on.

2. Connect the camera to the computer using the USB Type-C cable and select USB Mode.

3. Download the latest firmware version from the official Insta360 website on your computer.

4. Once the computer has recognized X4, copy the "Insta360X4FW.bin" file to X4's root directory.

Note:

1. Do not change the file name.

2. Disconnect X4 from the computer. X4 will automatically power off and the Indicator Lights will slowly flash blue.

3. X4 will automatically restart once the update is complete.

Lens Guards

X4 comes with Standard Lens Guard in the box. Use the Premium Lens Guard (purchased separately) for better protection and clearer shots. They are easy-to-apply tempered glass lens guards for complete protection against bumps and scratches.

1. Ensure the lenses and Lens Guards are clean and dry before installing, and always install them in a clean, dry environment. If dust or other foreign objects are stuck on the surface of the Lens Guards, it will affect the final image results. Clean the Lens Guards with clean water and a soft cloth before installing.

2. Enable "Lens Guard Mode" 📶 when using the Lens Guards and turn it off after removing them.

3. Dirty or worn Lens Guards may affect the final image result.

4. The Lens Guards are not designed for underwater use. Be sure to remove them and turn off Lens Guards Mode before you use the camera underwater, even when using a Dive Case.

5. To avoid fogging, dry the Lens Guards thoroughly with a soft cloth if they get wet from water, snow or fog.

6. Be careful not to scratch the camera lens when removing the Lens Guards.

Waterproofing

1. Insta360 X4 is waterproof up to 33ft (10m) without a Dive Case. The Lens Guards are not recommended for underwater use, so remove them before using the camera in water.

2. Use the official X4 Invisible Dive Case for the best stitching effect underwater. The design compensates for light refraction and keeps X4 waterproof to 164ft (50m).

3. After every use in seawater, soak the camera in fresh water for 5-10 minutes, gently rinse it and then dry it thoroughly with a soft cloth. Wait until it is completely dry before using it again.

4. Check that the battery compartment and USB Port Cover are free from dirt or foreign objects. Ensure both are securely closed to ensure waterproofing is not affected. The orange indication marks on the battery compartment should be completely covered.

To maintain the waterproofing of X4 :

1. Do not use a hair dryer to dry the camera, as it may affect the microphone and speaker and damage the internal waterproofing ability.

2. Avoid operating the camera for extended periods (>1 hour) outside the recommended temperature range (-4°F to 104°F/-20℃ to 40℃) or in humid environments.

3. Do not store the camera in high-temperature or high-humidity environments.

4. Avoid entering water at high speeds, as excessive water impact and pressure may damage the device.

5. Ensure the camera's Battery Cover and USB Port Cover are installed and securely closed.

Cleaning

1. If there are foreign objects, such as dirt or hair, on the Lens Cover, clean it with clean water or use a lens pen, air blower or cloth.

2. If there are foreign objects, such as dirt or hair, on the lens, use a lens pen, air blower or cloth to clean it.

3. Ensure the Battery and Battery Cover is free of dirt and foreign objects like sand or hair. Clean it with a soft, dry cloth or paper if necessary.

Battery Precautions

1. Only use batteries provided by Insta360 designed for X4. Insta360 is not responsible for any accidents or failures that occur due to using unofficial batteries. If you need to replace the battery, please purchase it from the Insta360 official store.

2. Avoid using the battery outside the recommended temperature range (-4°F to 104°F/-20℃ to 40℃). Temperatures outside of this may cause the battery to expand, catch fire or even explode. Before using the camera in a low-temperature environment, fully charge the battery in a regular-temperature environment first to extend the battery life.

3. If the battery is not used for a long time, its performance will be affected.

4. Recharge and discharge the battery every three months to maintain optimal working conditions.conditions.

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