

Insta360 OneX Camera Guide



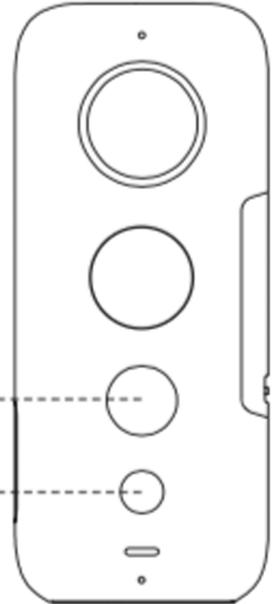
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Insta360 One X Camera

Button Functions:

Large button	Small button
<ul style="list-style-type: none"> • Shutter • Enter 	<ul style="list-style-type: none"> • Power • Switch mode



The Large Button

The Small Button

01 Press and hold the power button (small button) to turn on and off the camera.

Press the power button (small button) to switch between camera modes.

02
Camera modes

- Photo mode
- Video mode
- Settings



03
Photo mode
 Press and hold the the large button to select:

- Standard photo
- HDR photo
- Interval shooting

Video mode
 Press and hold the the large button to select:

- Standard video
- Bullet Time video
- Time-lapse video
- HDR video mode



TIP
 Connect the ONE X to your phone. Use the phone as a remote control to take photos and videos.

Connecting to Wi-Fi

Connecting manually

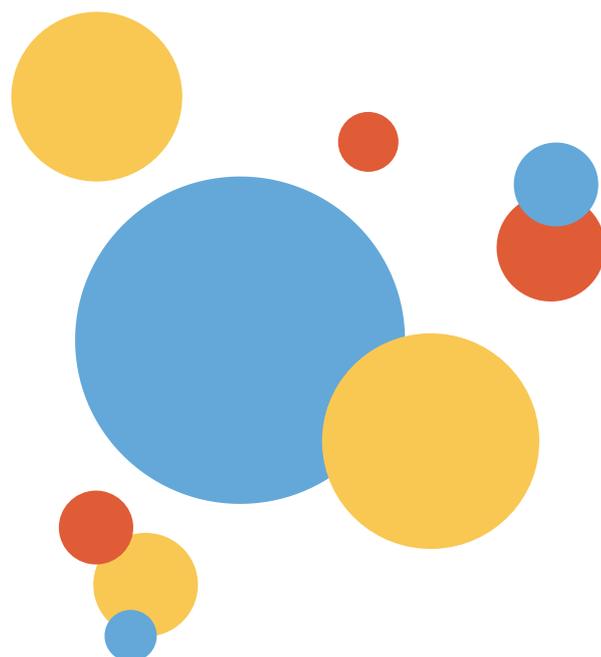
1. Turn on Wi-Fi and Bluetooth settings on your phone.
2. Press and hold the power button to turn on the camera.
3. Switch to *Settings > Wi-Fi > Wi-Fi password* to get the Wi-Fi name and password.
4. Go to your Wi-Fi settings on your phone.
5. Select ONE X's Wi-Fi and enter the password.
6. Open the ONE X App, afterwards, your camera will be connected with your phone.



How to Shoot with the Insta360 One X

Taking a photo

1. Switch to photo mode.
2. Press and hold the shutter button (large button) to switch between the various photo modes.
3. Choose a photo mode.
4. Press the shutter button on the camera or on your phone app to take a photo.
5. Review the photo on your phone.



Shooting a video

1. Switch to video mode.
2. Press and hold the shutter button (large button) to switch between the various video modes.
3. Choose a video mode.
4. Press the shutter button on the camera or on your phone app to start and stop the video recording.
5. Review the video on your phone.

How to Shoot with the Insta360 One X

Tips for Shooting

1. Keep your camera still and avoid shaking or moving while you are taking a photo. Consider using a tripod.
2. Imagine the camera is a person's head. Where you position the camera and the height of the camera will be the view of the world that the audience sees. For example:
 - a. To show the world from the point of view of a child, position the camera low to the ground.
 - b. To show the world as an adult, position the camera higher.
3. 360-degree cameras will capture everything around them, so when you are taking a photo or video, you'll need to find a good hiding spot, if you do not wish to be in the scene. Use your *Insta360 One X* app on your mobile phone to operate the camera.
4. Consider taking a couple of shots for each position just in case one of the shots is not suitable.
5. Refer to your storyboard to determine the different locations and positions that you need to film to create your desired experience.
6. The ideal distance from the camera for objects or people to be positioned is between 2m to 3m away. Anything closer will have a slightly warped effect. Anything further away will start to get pixelated.
7. Remember to bring a soft cleaning cloth or cleaning wipe to keep your camera lens clean.
8. Always keep an eye on your camera, especially when you are hiding to take a photo. People may accidentally walk into your camera or knock it over.



Exporting Photos

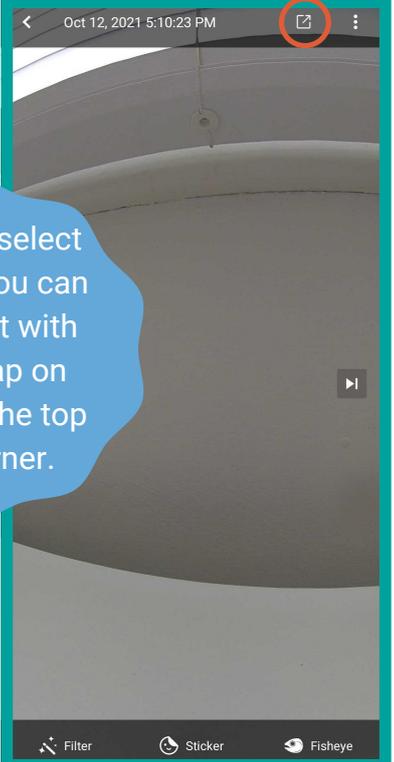
Export to phone gallery album

01 Connect the ONE X to phone and open the Insta360 ONE X App.

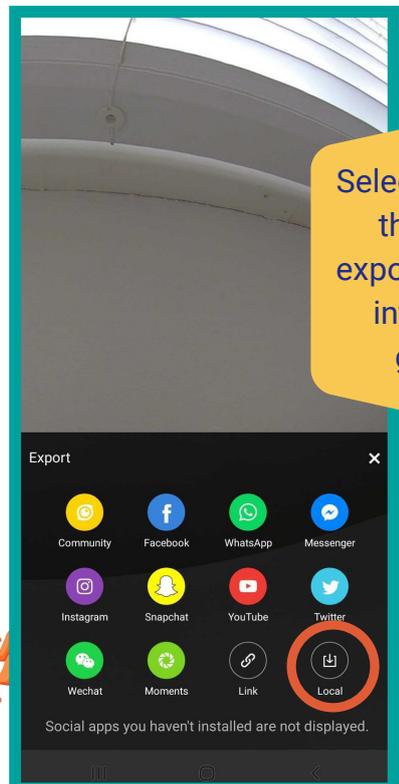



02 Tap on **Album**. Select **Camera** in the top tab menu. Select a photo to export.

03 Once you select a photo. You can then edit it with filters. Tap on **Export** at the top right corner.

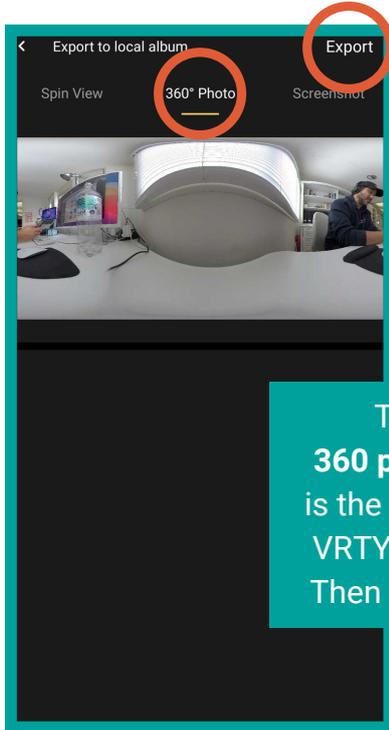


04 Select **Local**. This way the photo that is exported will be saved into your phone's gallery album.




Exporting Photos

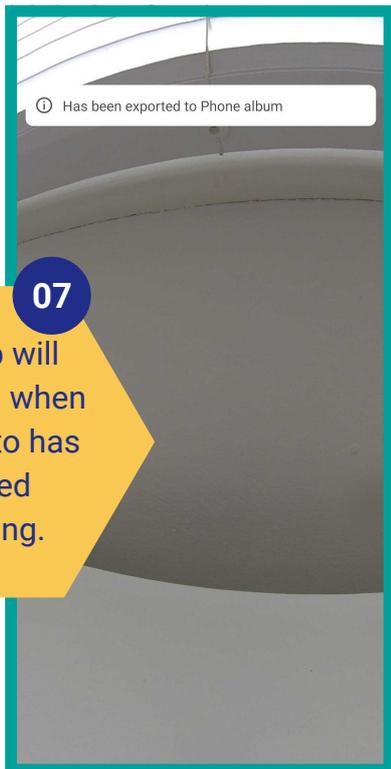
Export to phone gallery album



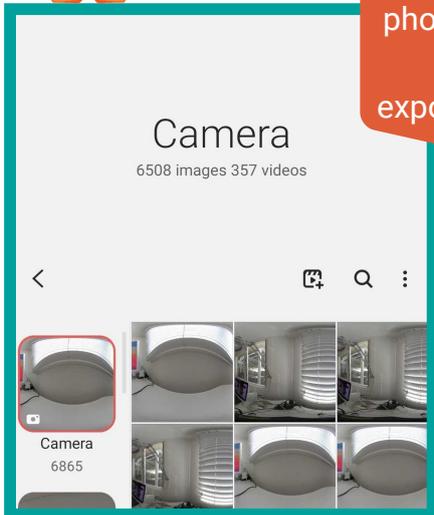
05 Tap on **360 photo**. That is the format that VRTY supports. Then tap **Export**.



06 Be patient when the photo exports. It usually takes a couple of minutes.



07 The app will notify you when your photo has finished exporting.



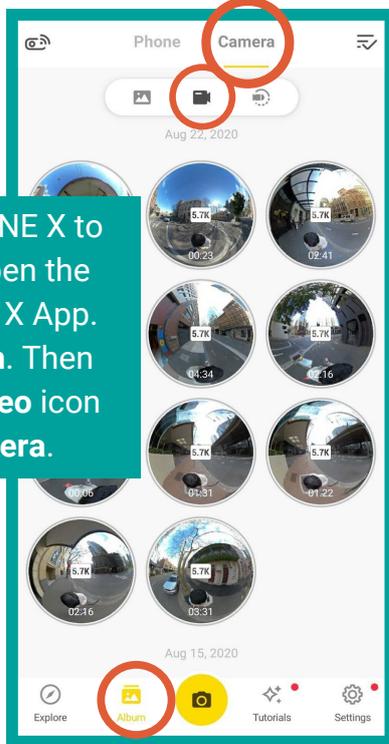
08 Check your phone's gallery for your exported photo.

Exporting Videos

Export to phone gallery album



01 Connect the ONE X to phone and open the Insta360 ONE X App. Tap on **Album**. Then tap on the **Video** icon under **Camera**.



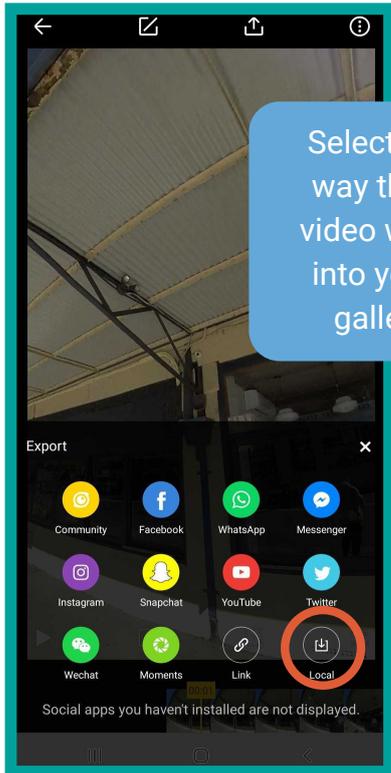
02 Select a video. Here you can trim the video to your liking. Tap on the **download** button on the top right corner.



03 Preview the video. Then, tap on **export**.

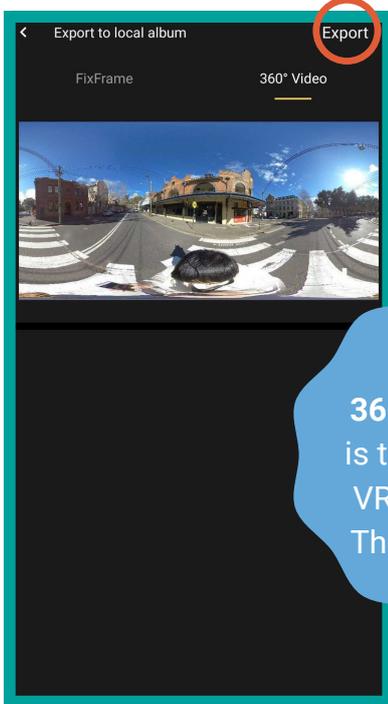
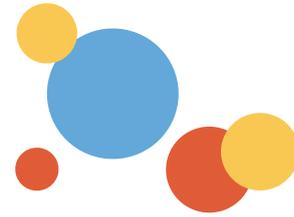


04 Select **Local**. This way the exported video will be saved into your phone's gallery album.



Exporting Videos

Export to phone gallery album



05

Tap on **360° video**. That is the format that VRTY supports. Then tap **Export**.

06

Be patient when the video exports. It usually takes a few minutes.



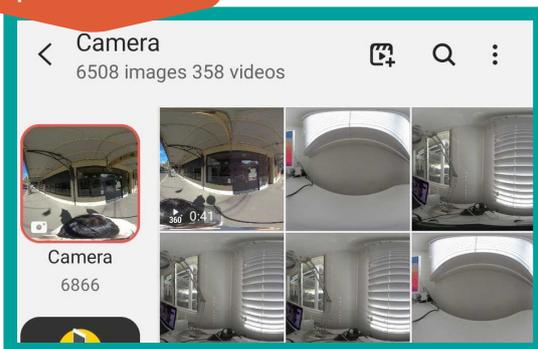
07

The app will notify you when your video has finished exporting.



08

Check your phone's gallery for your exported video.



Exporting Photos or Videos

Export to computer

01

Connect the ONE X and computer with USB cable/remove micro SD card and plug it into a card reader.



02

Open the Micro SD folder "DCIM-Camera01" and export the files.

03

You can download **Insta360 Studio** for editing/viewing.

(Read the next page on how to edit and view your 360° image.)



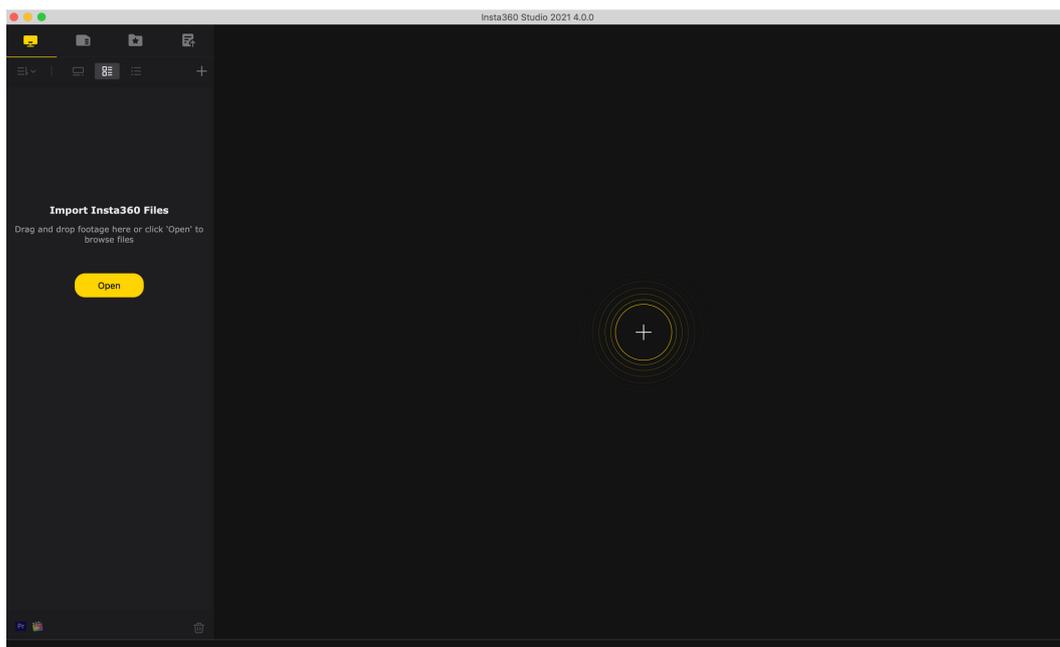
*Insta360 Apps
Download Links*



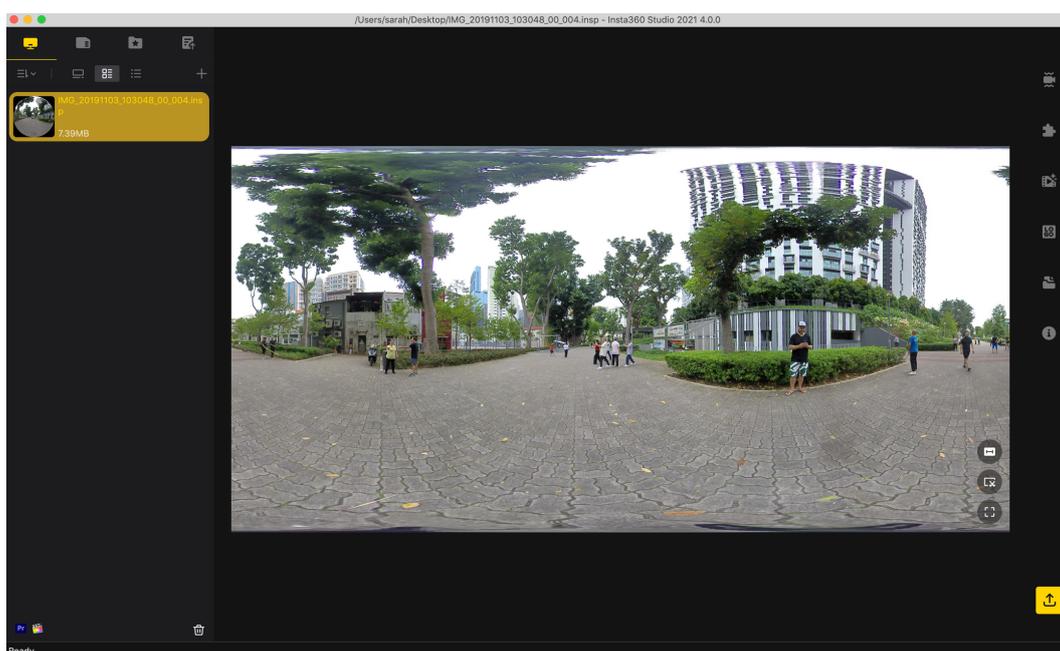
Editing 360° Photos or Videos

with Insta360 Studio 2021

- 01 Download and open the **Insta360 Studio 2021 app** onto your desktop/laptop.

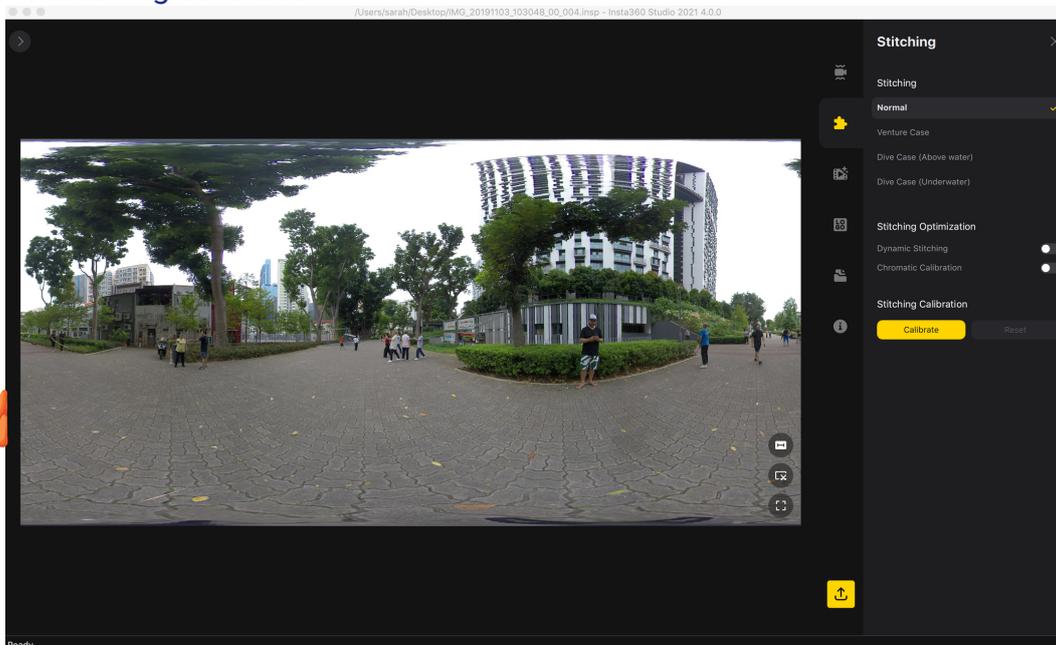


- 02 Drag and drop to upload the raw insp file(s) into the Insta360 Studio App.

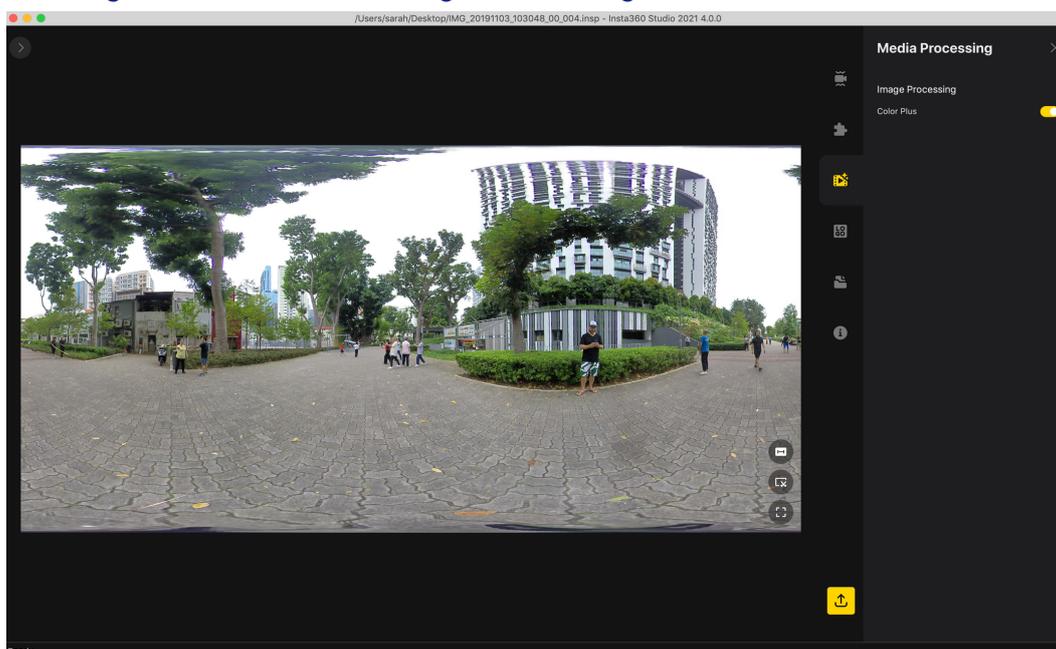


Editing 360° Photos or Videos

- 03 Click over to the stitching menu. Set stitching to normal. Click calibrate on the stitching calibration.

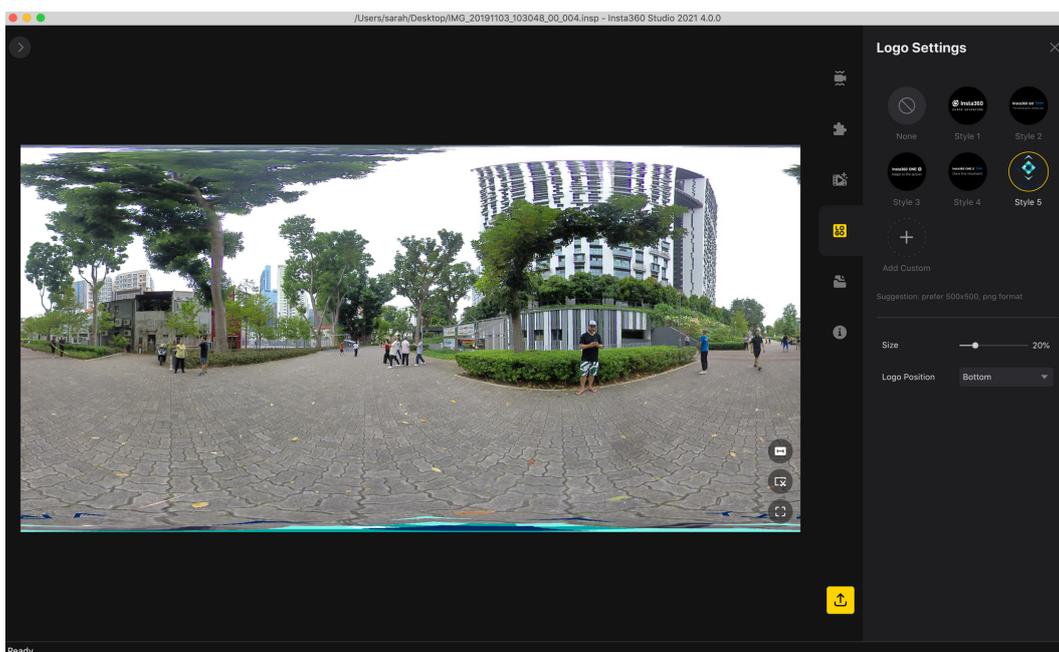


- 04 If you would like to enhance your 360° image/video. In Insta360 Studio, there is an option to automatically colour correct the selected images by selecting *Colour Plus* in the *Image Processing* menu.

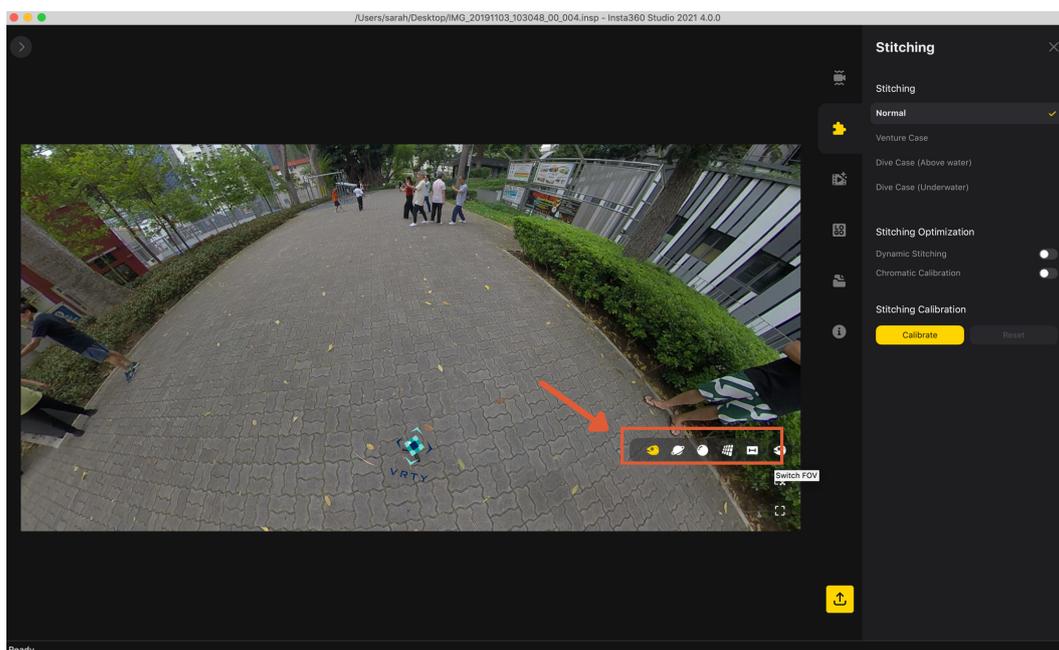


Editing 360° Photos or Videos

05 There is an option to cover the bottom of the camera with a logo. Just upload a logo and the app will automatically place it in the 360° image/video.

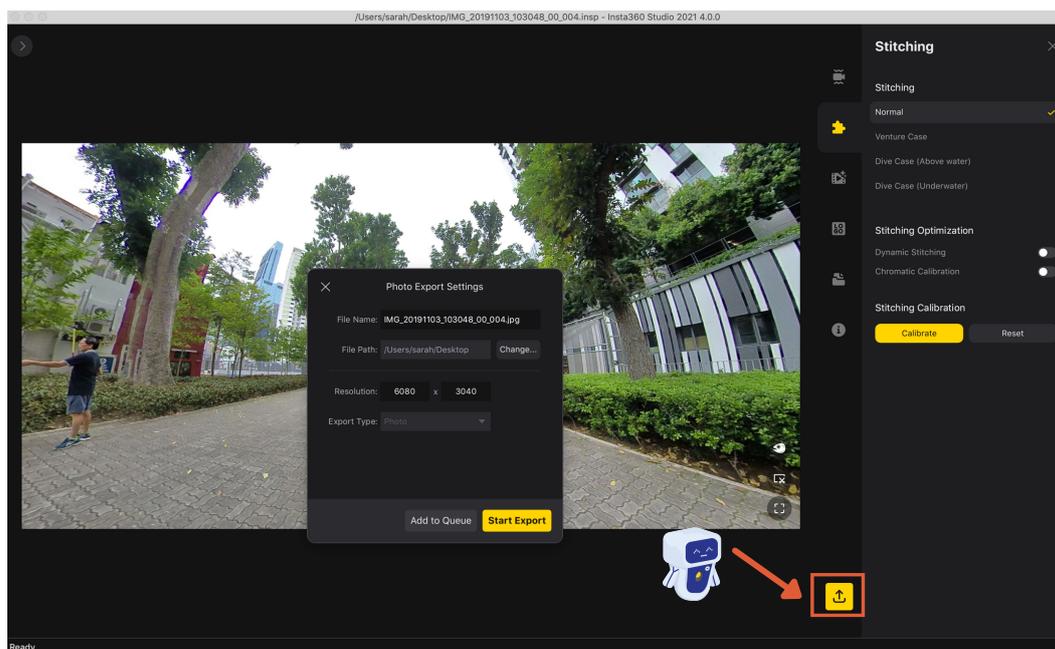


06 Review the image/video. There are different fields of view, click and drag the image/video to review.



Exporting 360° Photos or Videos

- 07** Once you are ready to export the 360° image or video. At the bottom right corner of the screen (highlighted in the image), click on the export button and a pop-up box will appear. Once the details are accurate, click *start export*.



- 08** The export process will begin. You can track your export process in the menu on the left-hand side of the screen. Once it is done, you can find the exported image/video in the file you selected.

