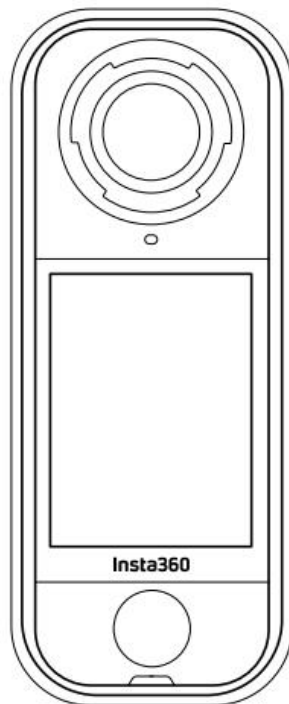


Insta360 X4 Air

User Manual

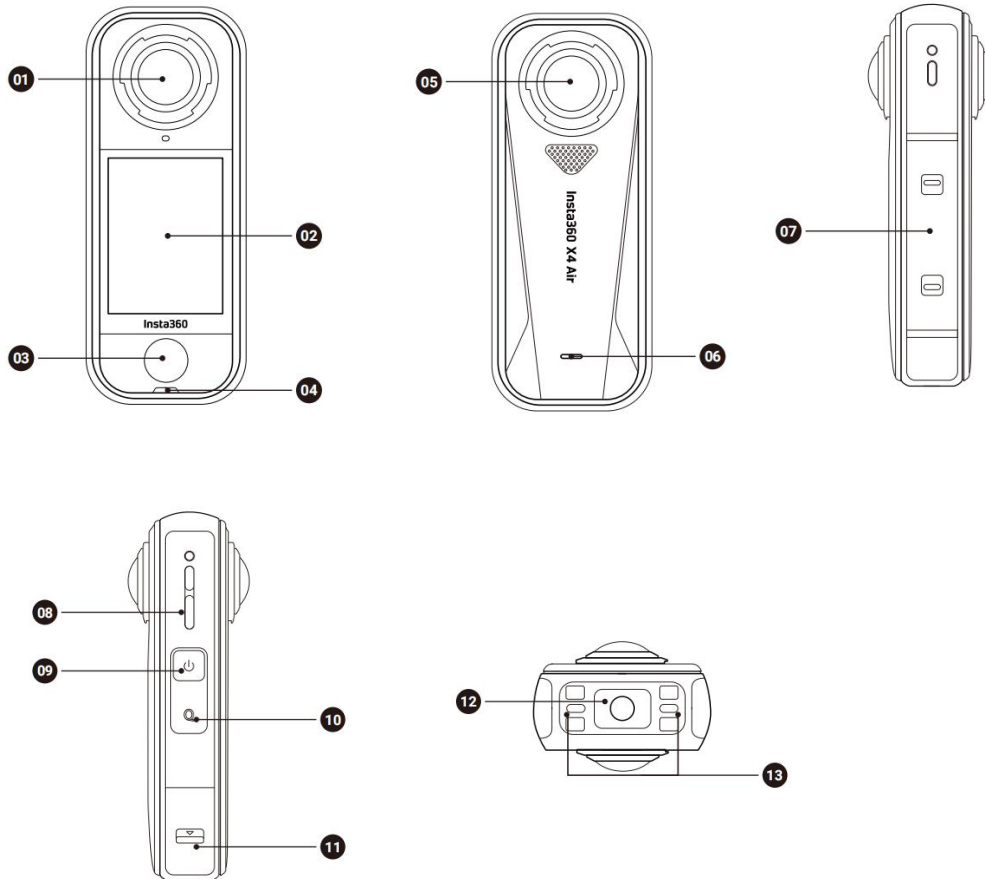


Content

PRODUCT OVERVIEW	1
X4 Air Introduction	1
FIRST USE	2
Insert the MicroSD Card	2
Charging	3
Activation	4
BASIC USE	5
Button Instructions	5
Using the Touchscreen	7
Indicator Lights	20
File Storage	21
Format MicroSD Card	23
Attach External Devices	24
INSTA360 APP	25
Connect to the Insta360 app	25
File Transfer	26
Editing	29
Live Streaming	30
MAINTENANCE	33
Find Your Serial Number	33
Firmware Update	36
Replacing the Lenses	37
Lens Guards	38
Waterproofing	39
Cleaning	40
Battery Precautions	40

Product Overview

X4 Air Introduction



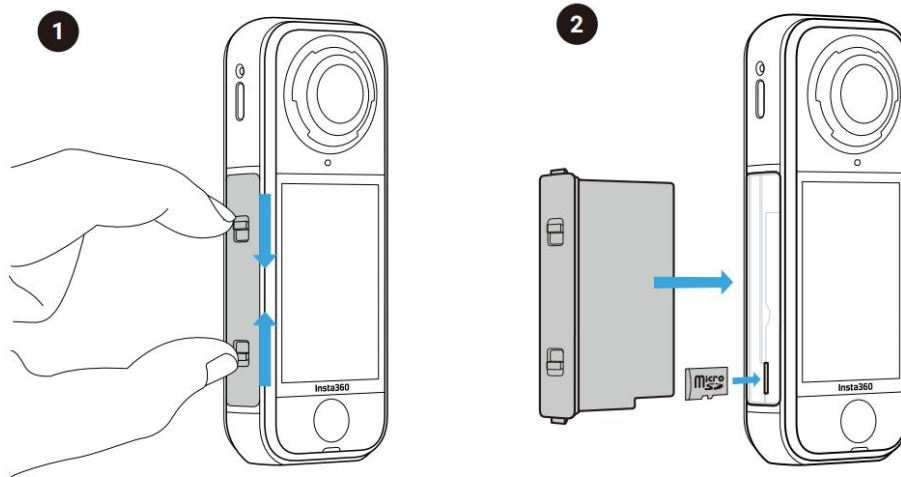
- | | |
|----------------------------|----------------------------------|
| 1. Front Lens (Removable)* | 8. Speaker |
| 2. Touchscreen | 9. Power Button |
| 3. Shutter Button | 10. Quick Button |
| 4. Indicator Light | 11. USB-C Port |
| 5. Rear Lens (Removable)* | 12. 1/4" Mounting Point |
| 6. Indicator Light | 13. Quick Release Mounting Point |
| 7. Battery | |

The white dot on the lens shows where to align it during replacement. See the "Replacing the Lenses" section for details.

First Use

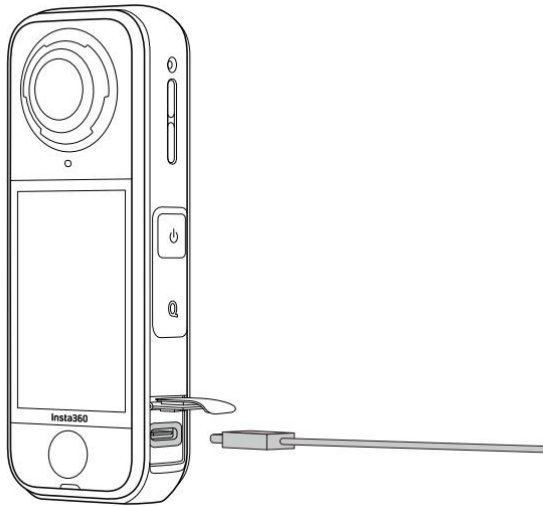
Insert the MicroSD Card

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.



Charging

1. Open the USB Port Cover.
2. Use the included USB-C Cable to charge X4 Air.



X4 Air Charging Time: (9V/3A Adapter)

- 0-80%: 36min
- 0-100%:57min

The indicator light will be solid green once fully charged.

Activation

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

Steps

1. Download the Insta360 app. Just search "Insta360" in any major app store or scan the QR code on the box.
2. Press the Power Button to turn on X4 Air.
3. Enable Wi-Fi and Bluetooth on your smartphone.
4. Open the Insta360 app and tap the camera icon 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 Air*****" by default, where ***** is the last six digits of the serial number on the box your X4 Air came in. The first time you connect to X4 Air, 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 Air's firmware.

Basic Use

Button Instructions

Power Button



Camera Status	Operation	Description
Powered off	Press once	<ul style="list-style-type: none"> Power on camera.
Powered on	Press once	<ul style="list-style-type: none"> Turn touchscreen on/off.
	Long-press	<ul style="list-style-type: none"> 2 seconds: Power off. 8 seconds: Force shutdown.

Quick Button



Camera Status	Operation	Description
Powered on	Press once	<ul style="list-style-type: none"> Switch between video recording and photo modes. You can set it to other functions by yourself in "Settings" - "Custom Keys".
Charging (powered off)	Press once	<ul style="list-style-type: none"> Check charging status.

Shutter Button

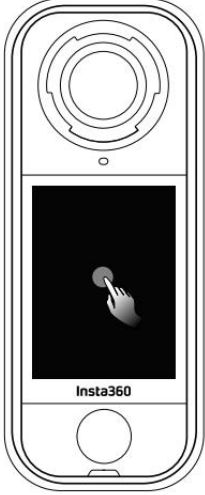
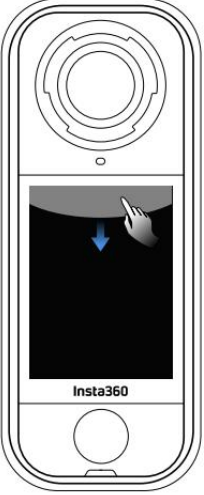
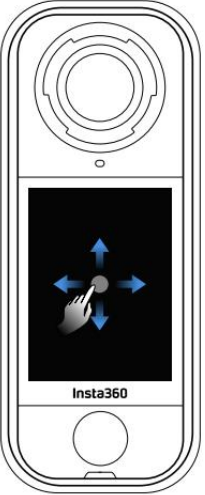
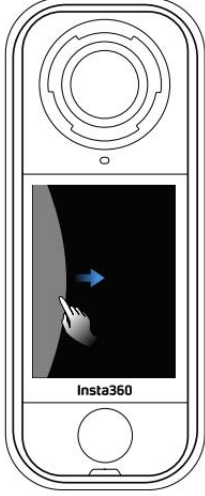
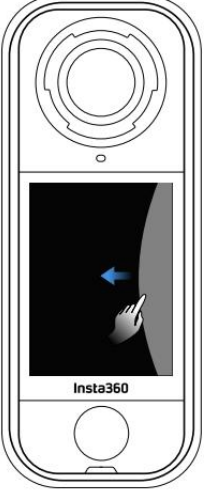
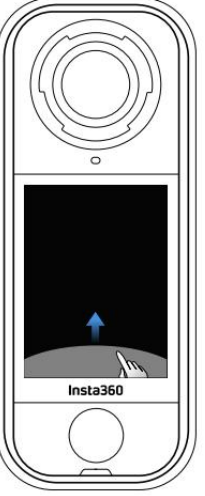


Camera Status	Operation	Description
Powered off	Press once	<ul style="list-style-type: none"> • Start shooting with QuickCapture. <p>* Must be enabled on the camera first.</p>
Powered on	Press once	<ul style="list-style-type: none"> • During Preview: <ul style="list-style-type: none"> - Take a photo or start recording a video. - Stop recording. • In other pages: <ul style="list-style-type: none"> - Return to the preview page.
	Long Press	<ul style="list-style-type: none"> • While recording, long press to quickly cancel and delete the recording. <p>* Enable "Long press Shutter Button to cancel recording" in Settings first.</p>

Using the Touchscreen

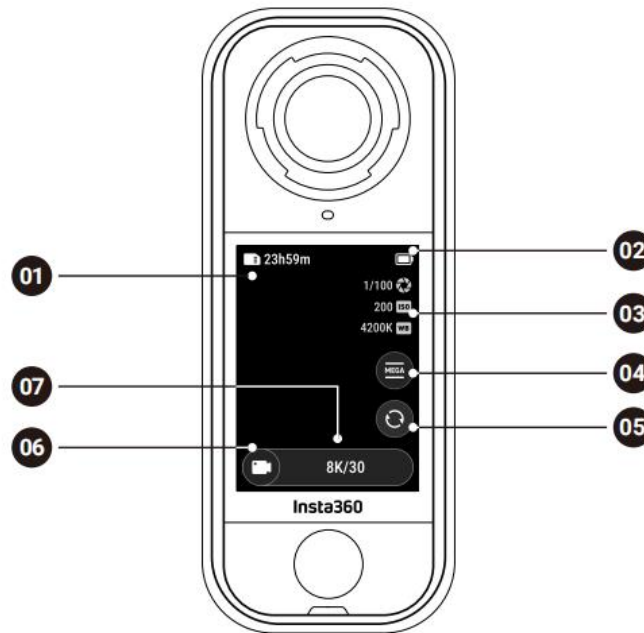
Touchscreen operation

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:

 <p>Tap the screen Hide/show information on the touchscreen</p>	 <p>Swipe down from the top View Shortcut Menu</p>	 <p>Swipe left to right or up and down from the center Adjust the angle in 360 Mode</p>
 <p>Swipe from the left Enter the album page</p>	 <p>Swipe from the right Enter shooting parameter settings</p>	 <p>Swipe up from the bottom More shooting parameter settings</p>

Shooting Interface

The example below shows the shooting interface in Single-Lens Mode recording in regular Video Mode.



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.
3. Shooting parameters: Shutter speed, ISO and white balance. Displayed in Manual Mode is selected.
4. Field of View: Change the field of view (Single-Lens Mode only).
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. Shooting Mode: Click the icon and swipe to select a different shooting mode.
7. Shooting Specifications: See the current shooting mode settings.

Depending on the specific settings and status of the camera, icons may also be displayed at the top and left side of the touchscreen. Due to the limited space, not all icons may be fully displayed.

Shooting Mode

Tap the shooting mode icon and swipe left or right from the center of the screen to cycle through the shooting modes.

- In 360 Mode:

Shooting Mode	Description
Video	Record 360 videos up to 8K30fps.
InstaFrame	Simultaneously record an auto-framed flat video and a 360 video. Gesture Control is not supported in this mode.
Timelapse	Shoot static timelapse videos.
TimeShift	Take a hyperlapse (sped-up) video while moving.
Loop Recording	Record continuously and save only the last fixed-length segment.
Road Mode	Loop recording within a certain storage space, overwriting the earliest recording when the space is full.
Starlapse	Shoot and store multiple photos and automatically combine Starlapse effects.
Burst Photo	Take multiple photos in a short space of time.
Interval	The camera automatically takes continuous photos at a specific time interval.
Photo	Take a single photo.

360 Shooting Technique

For 360 cameras, the Insta360 stitching algorithm automatically combines the images from each fisheye lens to create a seamless 360 image. For the best stitching effect, stand facing one of the lenses while filming, rather than positioning yourself between the two lenses and have the other lens directly facing the subject.

- In Single-Lens Mode:

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

Is it normal for the camera to heat up while shooting?

When shooting in 8K resolution, the camera uses a lot of processing power, so it's normal for the camera to warm up. You can try the following to reduce power consumption, extend battery life, and improve your shooting experience:

- Adjust the screen timeout. In the Shortcut Menu, go to: Settings > Screen Auto Sleep, and set a shorter timeout duration.

Shortcut Menu

Swipe down on the touchscreen to view the Shortcut Menu.



1. Rotation Lock: Turn on/off.
2. Lock Screen: Tap to lock the screen. Swipe up on the touchscreen to unlock.
3. Settings: See camera settings.
4. Adjust Brightness: Slide the bar to adjust the screen brightness.
5. Prompt Sound: Set the camera speaker volume. There are five options: Adaptive, High, Medium, Low, and Mute.
6. Indicator Light: Turn on/off.
7. Sync files to the cloud: Subscribe to Insta360+ for automatic file backup, online playback, easy sharing, on-the-go editing and convenient cloud export.
8. 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.
9. Pre-Recording: Turn on/off. The footage from a certain duration before pressing the shutter button can be saved. (duration varies in different shooting modes). Supported up to 8K.

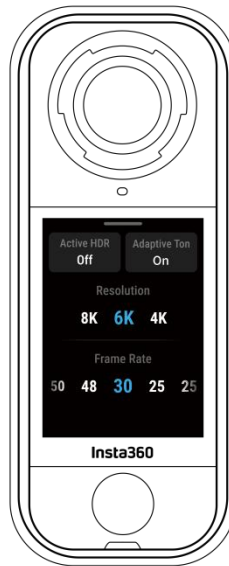
10. Gesture Control: Turn on/off. After being turned on, you can use hand gestures to start/stop recording a video or take a photo.
11. Voice Control: Turn on/off. After being turned on, use voice commands to start/stop recording a video, take a photo, and power off the camera.
12. Twist to Shoot: When the camera is powered on, twist the selfie stick back and forth twice to shoot or take a photo.



13. Accessories: You need to adjust the settings for certain accessories before using them with X4 Air, such as the Invisible Dive Case.
14. Preset: Switch between, add and modify preset shooting modes and parameters.
15. Bluetooth: Search for and connect a Bluetooth remote or Bluetooth headset/microphone.
16. Audio Settings: Switch audio mode.
17. QuickCapture: Turn on/off. Once enabled, press the Shutter Button when the camera is powered off to power it on and start recording.
18. Timed Capture: When turned on, the camera will shoot according to the time specified.

Shooting Specification Settings

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



- In 360 Mode:

Shooting Mode	Parameters
Video	Active HDR, AdaptiveTone*, Resolution, Frame Rate.
InstaFrame	Flat Video Resolution, Ratio, 360 Resolution, Frame Rate.
Timelapse	Resolution, Frame Rate, Interval.
TimeShift	Resolution, Frame Rate, Speed.
Loop Recording	Resolution, Frame Rate, Loop Duration.
Road Mode	Loop Space, Power-off Charging, Time Watermark, Resolution, Frame Rate.
Starlapse	Type, Resolution, Duration, Timer.

Burst	Timer, Format, Resolution, Burst number/duration.
Interval	Resolution, Duration, Interval, Format.
Photo	HDR Photo, Format, Resolution, Timer.

* When AdaptiveTone is enabled, it can automatically optimize brightness and color from each lens for the best image quality.

- In Single-Lens Mode:

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

Shooting Parameter Settings

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



The parameters supported for different shooting modes in panoramic and single-lens modes may vary. Please refer to the screen display for details.

Shooting Mode	Parameters
Portrait Mode	Intelligently recognizes faces, brightens skin, softens textures, and preserves details. Ideal for selfies, group photos, or talking-head videos.
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. The larger the value, the brighter the picture.
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.
Jitter Blur Reduction	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.
Balanced Exposure	The screen will automatically equalize the exposure according to the environment.
Metering Mode	Face Priority prioritizes the face for brightness. Matrix ensures accurate exposure of the whole image.

- 360 Mode:

Shooting Mode	Parameters	
	Auto	Manual
Video	Filters, Portrait Mode, EV, WB, Jitter Blur Reduction, Balanced Exposure	Filters, Portrait Mode, Shutter, ISO, WB
InstaFrame	Filters, EV, WB, Jitter Blur Reduction	
Timelapse	Filters, EV, WB, Jitter Blur Reduction, Balanced Exposure	Filters, Shutter, ISO, WB
TimeShift	Filters, EV, WB, Jitter Blur Reduction, Balanced Exposure	Filters, Shutter, ISO, WB

Loop Recording	Filters, EV, WB, Jitter Blur Reduction, Balanced Exposure	Filters, Shutter, ISO, WB
Road Mode	Filters, EV, WB, Jitter Blur Reduction, Balanced Exposure	Filters, Shutter, ISO, WB
Starlapse	EV, WB	Shutter, ISO, WB
Burst Photos	Portrait Mode, EV, WB	Portrait Mode, Shutter, ISO, WB
Interval	Portrait Mode, EV, WB	Portrait Mode, Shutter, ISO, WB
Photo	Portrait Mode, EV, WB	Portrait Mode, Shutter, ISO, WB

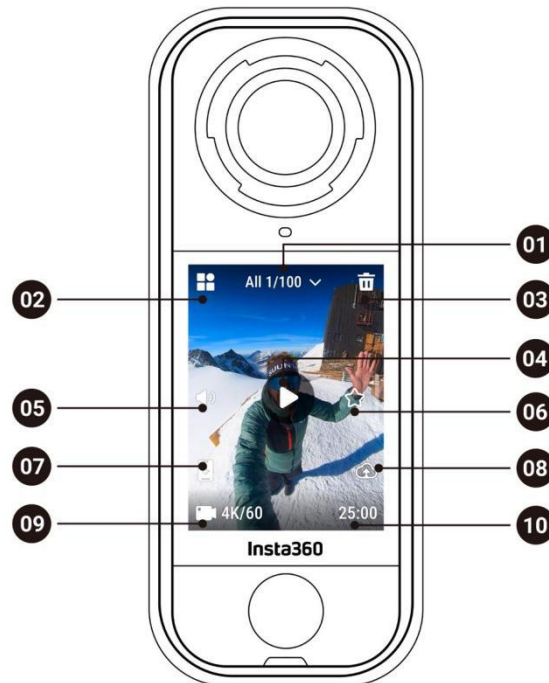
When AdaptiveTone is enabled in Video Mode, only Portrait Mode, EV, WB, and Jitter Blur Reduction can be adjusted.

- Single-Lens Mode:

Shooting Mode	Parameters	
	Auto	Manual
Video	Filters, EV, WB, Metering Mode, Jitter Blur Reduction	Filters, Shutter, ISO, WB
FreeFrame Video	Filters, EV, WB, Metering Mode, Jitter Blur Reduction	Filters, Shutter, ISO, WB
Me Mode	Filters, EV, WB, Jitter Blur Reduction	Filters, Shutter, ISO, WB
Loop Recording	Filters, EV, WB, Metering Mode, Jitter Blur Reduction	Filters, Shutter, ISO, WB
Photo	EV, WB, Metering Mode	Shutter, ISO, WB

Album Page

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



- Buttons
1. All Files: View all files. Tap the Multi-Select button in the top-right corner to batch delete, favorite, or download files to the App Album.
 2. File Categories: Displays the sequence number of the current file and the total number of files (a smaller number indicates a more recent capture). Tap to view detailed file statistics, including the total count, number of videos, photos, and favorites.
 3. Delete Button: Tap to delete the currently displayed file. Deleted files cannot be recovered.
 4. Volume Button: Tap and slide the indicator up or down to adjust the playback volume.
 5. Play Button: When you enter the Album page, files are paused by default. Tap the button to start playback, and tap again to pause.
 6. Favorite Button: Tap to favorite the current file. Tap again to remove it from favorites.
 7. Download to App Album: When the camera is connected to the Insta360 app, tap

this button to download the selected files to the app's album.

8. Sync files to the cloud: If you have an active Insta360+ subscription, tap to upload your files to the cloud. If you're not subscribed, you'll be redirected to the subscription page.
9. Shot Info: Displays the shooting mode and key specifications of the current file. Tap to view detailed parameters such as file name, shooting time, size, duration, and other metadata.
10. Duration: Shows the total duration of the current file.

- Gesture Controls

1. Swipe up or down on the screen to switch to the previous or next file.
2. While playing a video, drag the progress bar at the bottom to scrub through the video.
3. While a video is playing, long-press the screen to fast-forward playback. Release to resume normal speed.
4. While playing a 360 video or viewing a 360 photo, swipe with one finger in any direction (up, down, left, or right) to adjust the viewing angle.

Indicator Lights

Camera Status	Indicator Light Status
Powered on / Standby / Standby (charging) Pre-recording / USB Mode	Solid cyan.
Start shooting with QuickCapture	Flashing cyan three times.
Power off	Flashing cyan five times.
Charging (powered off)	Solid orange.
Recording a video	Flashing red.
InstaFrame (Selfie View) Recording	Flashing green.
InstaFrame (Selfie View) 360 spin/barrel roll (Standby or recording)	Flashing green rapidly.
InstaFrame (Custom View) 360 spin/barrel roll (Recording)	Flashing red.
InstaFrame (Custom View) 360 spin/barrel roll (Standby)	Flashing cyan rapidly.
Updating firmware	Flashing blue.
Insufficient storage/File error/USB error	Solid yellow.
Low battery/Charging error	Flashing yellow three times every five seconds.
Temperature too high or too low/Recording stopped due to slow card speed/Battery too low to power on	Flashing yellow three times.
Reverse charging	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 Air:

Model Name	Model Number	Capacity	Speed Class
Insta360 microSD V30 A1	-	64GB	U3, A1, V30
	-	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
	SDSQXCY-128G-ZN6MA	128GB	U3, A2, V30
	SDSQXCD-256G-GN6MA	256GB	U3, A2, V30
	SDSQXCZ-512G-ZN6MA	512GB	U3, A2, V30

	SDSQXCD-1T00-GN6MA	1TB	U3, A2, V30
Lexar 1066x microSD UHS-I SILVER Series	LMS1066064G-BN	64GB	V30
	LMS1066128G-BN	128GB	V30
	LMS1066256G-BN	256GB	V30
	LMS1066512G-BN	512GB	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 Air:
 1. Insert the microSD card into X4 Air.
 2. Power on X4 Air.
 3. Swipe down on the touchscreen to enter the Shortcut Menu > Settings > SD Card > Format.

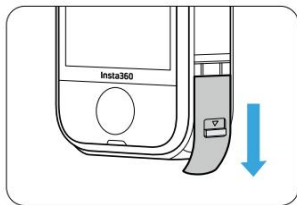
- Format via Insta360 app:
 1. Connect X4 Air to your phone via the Insta360 app.
 2. Enter app Settings > Device Settings > Camera Storage > Format.

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.

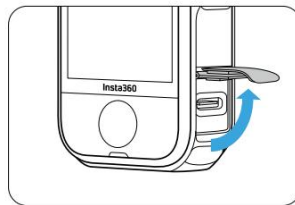
Attach External Devices

You can remove the USB Port Cover to attach external devices.

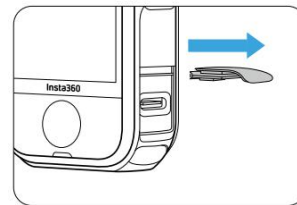
1. Open the USB Port Cover and pull it off.
2. Once removed, you can install external mics, the X4 Air Quick Reader, and other accessories.
3. When you're finished, reattach the USB Port Cover by hooking it onto the metal bar and closing it. Make sure it is tightly closed to ensure waterproofing is not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



1



2



3

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 Air.
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.

The first time you connect to the Insta360 app on your X4 Air, you need to authorize the connection on the touchscreen or press the Shutter Button. If you are unable to connect to the app, go to your smartphone's Wi-Fi settings, find your X4 Air, 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 and camera firmware are up to date and that the app has the following permissions: network permission, Bluetooth permission, or local network permission.
2. Go to your phone's system settings and make sure Wi-Fi is connected. If it isn't, enter your Wi-Fi password, then restart both your camera and your phone before trying again. If the connection still fails, go to your phone's Wi-Fi settings, select your camera's Wi-Fi, forget the network, and then reconnect.
3. Make sure your phone has granted the Insta360 app access to GPS, Bluetooth, and other required permissions. On Android devices, turn off WLAN+ or Automatic Wi-Fi Switching (if available). On an iPhone, go to Settings > Insta360 and confirm that Local Network is enabled.
4. Make sure X4 Air is close enough to the phone.

File Transfer

You can download camera files to your phone or PC, then use the Insta360 app or Insta360 Studio to edit and export.

File transfer from camera to phone

Wireless Connection (iOS/Android)

1. Connect the camera 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.
 - Tap the export icon to save it to your phone's album. Do not exit the app or lock your phone while exporting.
 - Tap the download icon to download the footage to the app's gallery.

File transfer from camera to computer

(Mac/Windows)

1. Use the official USB-C cable to connect the camera to your computer.
2. Power on the camera and select File Transfer. Wait for the computer to recognize the camera drive.
3. Open DCIM > Camera01 folder and copy photos/videos from this folder to your computer.

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

1. Ensure the camera's firmware is up to date.
2. Use the official USB-C cable for transfer, as non-official cables may have compatibility issues.
3. Make sure the camera is powered on.
4. Check whether the model of the microSD card meets the requirements and whether its status is normal.

File transfer from Insta360 app to Mac

- **iPhone**

1. Connect your iPhone to your Mac.
 2. In the Finder window on your Mac, select your iPhone.
 3. Click the small triangle next to "Insta360" to open the folder.
- 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.
 - 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. After transferring, restart the Insta360 app on your phone to see the files.

Notes:

1. The folder must be named IMPORT with capital letters.
2. You may not be able to see the transfer progress. Please wait for it to finish.
3. 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".
4. Browse the files and folders on your Android device, then copy and paste or drag them to a folder on your Mac.

File transfer from Insta360 app to 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. After transferring, restart the Insta360 app on your phone to see the files.

Notes:

1. The folder must be named IMPORT with capital letters.
2. 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.

Editing

You can view and edit your 360 or flat footage using the Insta360 app (mobile) or Insta360 Studio (desktop). To watch a tutorial video, [click here](#) or scan the QR code below.



Live Streaming

If you're using an Insta360 X5, X4, X4 Air, X3, X3, ONE RS (with 360 lens), ONE R (with 360 lens) or ONE X, you can connect it to the Insta360 app and utilize live streaming.

*Please update the camera firmware and the Insta360 app to the latest version.

The Insta360 app supports live streaming to the following platforms:

	Kwai	Facebook	YouTube	RTMP
Reframe Live	✓	✓	✓	✓
360 Live	✓	✓	✓	✓

Notes:

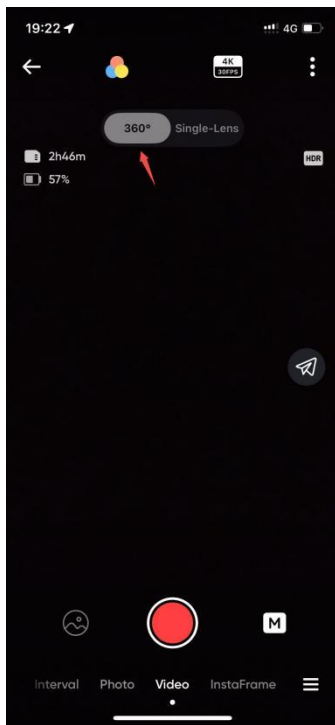
- For the following models, there is a 30-minute live stream time limit: ONE RS (with 360 lens) or ONE R (with 360 lens).

Steps

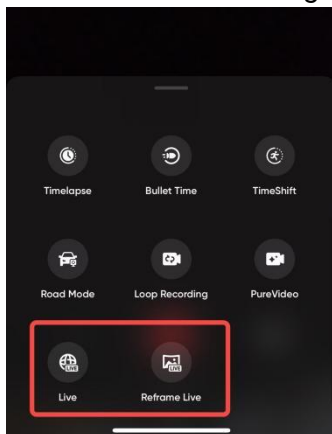
- Mobile livestreaming:
 1. Connect your phone to the Insta360 app.
 2. Tap the "Camera" icon to enter the shooting preview interface.



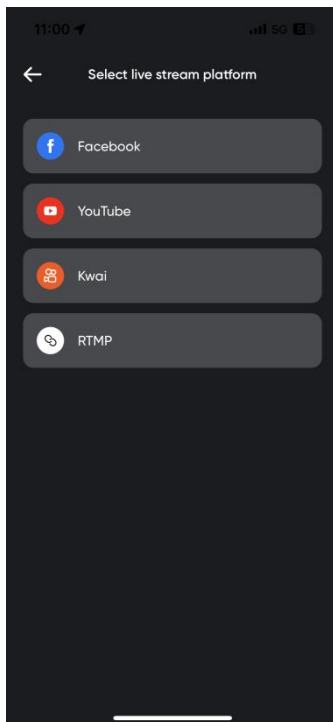
3. Ensure the camera is in 360 Mode.



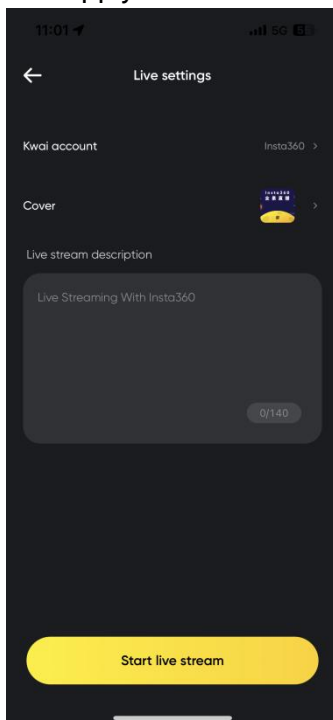
4. Switch the shooting mode to "Live" or "Reframe Live".



5. Select the live stream platform you wish to use.



6. Apply for the account authorization of the corresponding live stream platform.



7. After completing the account authorization, tap the shutter button and start livestreaming. During the live stream, please keep the app running in the foreground.
8. To stop live streaming, tap the shutter button again.

Maintenance

Find Your Serial Number

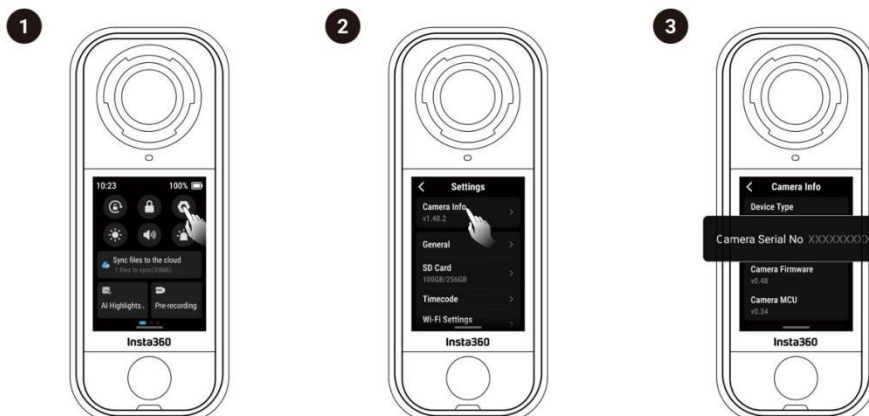
1. Product Box

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



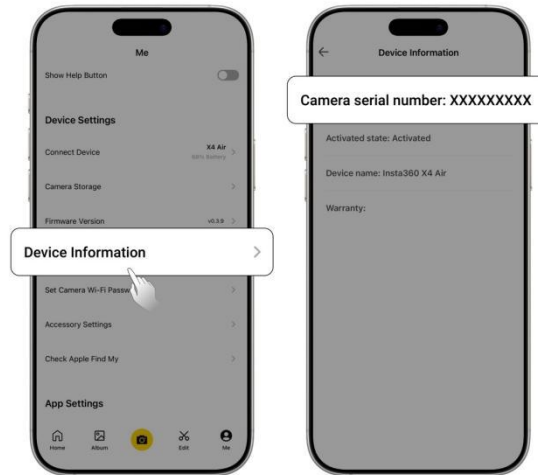
2. Camera Settings

- (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.



3. Insta360 app

- (1) Connect your camera to the Insta360 app.
- (2) Enter app Settings > Device Information to view the serial number.



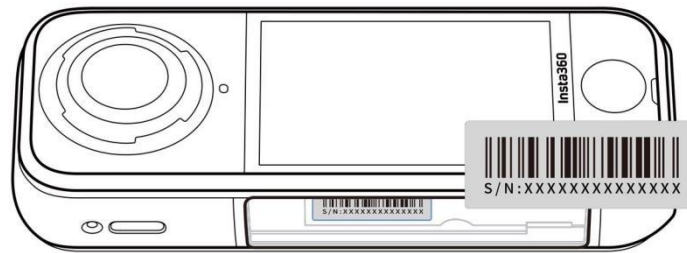
4. Insta360 Studio

- (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.



5. Battery Compartment Label

After removing the battery, you can find the camera's serial number below the barcode on the label.



Firmware Update

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

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

- **Update via Insta360 app**

Connect X4 Air to the Insta360 app. The app will notify you if a new firmware update is 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.

Once the above conditions are confirmed, restart the camera and try the firmware update again. If it still fails, try to update the firmware via a computer.

- **Update via Computer**

1. Power on the camera.
2. Connect the camera to your computer using the official USB cable and select "File Transfer" mode.
3. Download the latest firmware version from the official website to your computer. Copy the downloaded "Insta360X4AirFW.bin" update file to the root directory of the camera's storage on your computer. Be careful not to change the file name.
4. Disconnect X4 Air from the computer. The firmware update will begin, indicated by a slowly flashing blue indicator light.
5. X4 Air will automatically restart once the update is complete.

Replacing the Lenses

X4 Air's lenses are fully replaceable with the Replacement Lens Kit, so you can easily swap out damaged lenses in a few simple steps.

1. Align the orange mark on the lens grip tool with the white mark on the lens ring.
2. Rotate the lens grip tool twice counterclockwise until the lens ring is loose, then lift the tool to remove the ring.
3. Use the removal tool to gently lift the edge of the old lens and remove it. Check that the inner lens is clean and free from debris.
4. Pinch the suction cup with your fingers to pick up the new lens from the lens case and install it.
5. Align the lens ring with the camera and rotate the lens grip tool twice clockwise to install. Remove the suction cup. The white mark on the front lens ring should align with the microphone. The white mark on the rear lens ring should align with the center of the wind guard.
6. After replacing the lens, use the in-camera Stitching Calibration feature in settings for the best stitching effect. Swipe down on the touchscreen, tap Settings, and scroll down.

The Replacement Lens Kit must be purchased separately.

Notes

- Place a lens cloth under the camera to avoid scratching the lens.
- If the rubber seal around the inner lens comes loose, place it back in its original position before continuing.
- Clean the inner lens carefully, as dust, dirt, or debris can affect image quality. If needed, use the included lens blower, brush, cleaning wipes, and lens cloth to clean it.
- Do not press the lens grip tool down too hard to avoid misalignment.
- Use the corresponding lens rings for the front and rear camera lenses.
- The new lens is installed correctly if the lens ring is level with the camera and not misaligned.

Lens Guards

The Premium and Standard Lens Guards can be purchased separately for more comprehensive lens protection.

1. Before use, please clean the area around the lens and the surface of the lens to ensure everything is clean and dry before installation. Any dirt on the lens or lens guard may affect the shooting results.
2. After installing the lens guard on the touchscreen side, the camera will automatically detect the lens guards and display the 'Premium Lens Guard' or 'Standard Lens Guard' icon. After removing the lens guards, the icon disappears.
3. Keep the lens guards clean, as dirt or scratches on the surface may affect image quality.
4. The lens guards do not have a sealed structure. Please avoid using them in water-related activities such as surfing or on rainy days.
5. For underwater shooting, please use a dedicated dive case or relevant accessories for the camera. When using a dive case, remove the lens guards before use.
6. Keep the lens guards and surrounding area completely dry. If exposed to snow, water, or fog, use a soft cloth to wipe them dry before using. Otherwise, fogging may appear on the inside of the lens guards.
7. When removing the lens guards, be careful not to scratch the camera lens.

Waterproofing

1. Insta360 X4 Air is waterproof up to 49 feet (15 meters). Remember to remove the lens guards before use in/around water.
2. Due to the difference in the refractive indices of water and air, shooting with X4 Air underwater in 360 Mode may have stitching issues. To ensure optimal stitching, it is recommended to use the Invisible Dive Case for underwater shooting.
3. Before use, please check and ensure that the camera's battery compartment waterproof seal and the USB Port Cover seal are:
 - Intact and free from dirt or debris.
 - Tightly closed with the orange indicator fully hidden.

Failure to do so may affect waterproofing. If necessary, clean with a lint-free cloth.

4. After using X4 Air in seawater, please follow these precautions:
 - Rinse the camera with fresh water.
 - Soak the camera in fresh water for 5–10 minutes.
 - Finally, wipe it dry with a soft cloth and place it in a well-ventilated area to air dry.Only when the camera surface is dry should you proceed with removing the battery or other operations.

To maintain X4 Air's waterproofing:

1. Do not use a hair dryer to dry the camera, as it may affect the microphone and speaker and/or damage the internal waterproofing.
2. Avoid operating the camera for extended periods (>1 hour) outside the recommended temperature range (-4°F to 104°F/-20°C to 40°C) or in humid environments.
3. When using the camera, avoid sudden changes in temperature or humidity, as this may cause condensation on the camera's surface or inside, affecting the shooting quality.
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 lenses or lens guards, clean them with a lens pen, air blower or cloth.
2. Ensure the Battery and Battery Cover are free of dirt and foreign objects like sand or hair. Clean it with a soft, dry cloth or paper if necessary.
3. Ensure the MicroSD Card slot is free of dust, dirt, and sand.

Battery Precautions

1. Only use batteries provided by Insta360 designed for X4 Air. 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°C to 40°C). 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.

Arashi Vision Inc.

ADD: 11th Floor, Building 2, Jinlitong Financial Center, Bao'an District, Shenzhen,
Guangdong, China

WEB: www.insta360.com

TEL: 400-833-4360 +1 800 6920 360

EMAIL: service@insta360.com

V1.0