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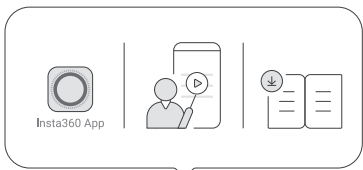
印刷说明 :

风琴折 , 63*74mm , 铜版纸 105g , 单色双面印刷 , 保证印刷清晰

封面 →

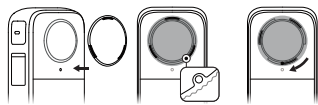
Insta360 X4
QUICKSTART GUIDE

1 Scan to get detailed tutorial

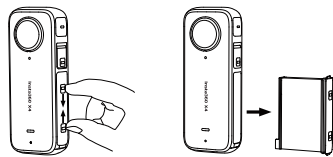


<https://insta360.com/x4/guide>

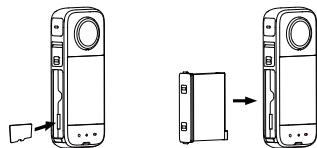
2 Installation of protective lens



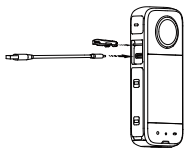
3 Remove the battery



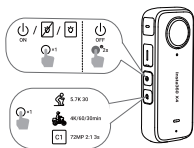
4 Insert SD card, install battery



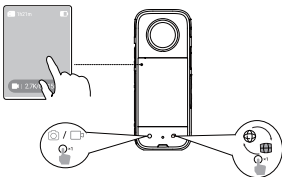
5 Connect to power for charging



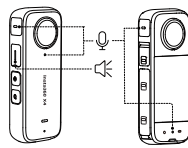
6 Functions of the body buttons



7 Screen usage



8 Speaker and microphone locations



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

72 mm

189 mm

Insta360 X4

Safety Guidelines

安全概要

Safety Information

* Disclaimer

Please read this Disclaimer carefully. Using this product means that you acknowledge and accept the terms of this disclaimer. By using this product, you hereby acknowledge and agree that you are solely responsible for your own conduct when using this product and any consequences thereof. You agree to use this product only for proper and lawful purposes. You understand and agree that Arashi Vision Inc. (hereinafter referred to as 'Insta360') accepts no liability for any and all misuse, consequences, damages, injuries, penalties, or any other legal responsibility directly or indirectly incurred by your using this product and associated accessories. Before every use, make sure that your accessories are functioning properly. If there's any damage or irregularity, stop using them immediately. Within the scope of state laws and regulations, Insta360 reserves the right of final explanation and revision for the commitment.

Warnings

- ① Before using the camera, ensure that: the battery is installed correctly, the Battery Cover and USB Cover are properly closed. The camera is not waterproof without

these measures. In addition, ensure the camera is dry before removing the battery. If there is water in the Type-C port slot under the USB cover, open the USB cover, wipe it and let it dry naturally before use.

- ② The camera should only be used in temperatures from -4°F to 104°F (-20°C to 40°C).
- ③ Do not charge the battery immediately after use, as the temperature may be too high. It is advised to wait until the battery cools to room temperature before charging. Charging the battery in environments above 104°F (40°C) or below 32°F (0°C) may lead to charging failure, battery expansion, leakage, overheating, or battery damage.
- ④ The battery can be charged while installed in the camera or with the official Insta360 Fast Charge Hub. Use a power adapter that complies with the charging specifications. Remember to disconnect the camera or battery after it is fully charged.
- ⑤ If the camera has not been used for three months or longer, the battery may be depleted. Please charge the camera to turn it on.
- ⑥ The storage temperature of the battery is -22°F to 140°F (-30°C to 60°C). The optimal temperature is 77°F (25°C). Do not leave the battery near heat sources such as a heater, cooker, or in a vehicle on a hot day.
- ⑦ Store the camera in a dry environment to prevent fog from building up and

affecting the camera.

- ⑧ Do not store or transport camera batteries together with metal objects such as watches, keys, and jewelry.
- ⑨ Do not drop or strike the camera or battery, and do not place heavy objects on it.
- ⑩ Do not disassemble or repair the camera and battery by yourself.
- ⑪ If the battery falls into water, place it in a safe open area and keep away from the battery until it is completely dry. Do not use the battery again.
- ⑫ Do not use batteries that are deformed or show any signs of damage. Batteries cannot be disposed of together with household refuse. They must be placed in a designated recycling bin. Please abide by local regulations on battery recycling and dispose of the batteries contained in this product correctly.
- ⑬ It is prohibited to use batteries that are not officially supplied by Insta360. If you need to replace the battery, please purchase from the official Insta360 website or our recommended channels. Insta360 will not be responsible for battery accidents or product failures caused by the use of batteries not officially supplied by Insta360.

Notes

- ① Dropping the camera may damage its internal components and cause it to perform abnormally.

- ② Keep the camera away from sand and dust.
- ③ Do not use in extreme weather conditions such as heavy storms.
- ④ Do not leave the camera or battery in an extremely hot or cold environment. Cold or high temperatures may temporarily shorten battery life or cause the camera to stop working.
- ⑤ Avoid dramatic temperature or humidity changes as condensation may form on or within the camera.
- ⑥ In low-temperature environments, it is recommended to warm the camera up before use.
- ⑦ It is recommended to install the Lens Guards to protect the lens. Keep the Lens Guards clean and dry to avoid foreign objects such as dirt and dust from scratching the lens, as this can affect image quality.
- ⑧ To clean the camera, use only a soft dry cloth. Do not use any liquid cleaning products.
- ⑨ If you are not planning to use the camera for a long time, it is recommended to remove the battery from the camera and store it separately.

Specifications

Name	Insta360 X4
Input	5V $\equiv$ 3A , 9V $\equiv$ 2A
Bluetooth	Operation Frequency: 2402~2480MHz Transmitter Power (E.I.R.P): < 10dBm
Wi-Fi	2.4GHz : 2400~2483MHz Operation Frequency: 5.1GHz : 5150~5250MHz 5.8GHz : 5725~5850MHz
	2.4GHz : <16 dBm (FCC/CE/SRRC/MIC) Antenna (E.I.R.P): 5.1GHz : <16 dBm (FCC/CE/SRRC/MIC) 5.8GHz : <16 dBm (FCC/CE/SRRC)
Battery	Capacity: 2290 mAh Energy: 8.82 Wh
Operating temperature	-20°C to 40°C
Charging temperature	0°C to 40°C
Operating humidity	$\leq$ 80%RH

安全信息

免责声明

请仔细阅读本声明，一旦使用本产品，即视为对本声明的全部认可和接受。每次使用前，请仔细检查产品，若出现破损、变形，请勿使用。使用本产品，就意味着您认可并同意，您将对使用本产品的行为和可能产生的后果负全部责任。您承诺仅会出于正当合法的目的使用本产品。您理解并同意，对于直接或间接因使用本产品而造成的滥用、不利影响、损害、伤害、惩罚或者其他法律后果，影石创新科技股份有限公司（以下简称“影石 Insta360”）将不承担任何责任。用户应遵循包括但不限于本文提及的使用注意事项。在国家法律法规范围内，本承诺解释权、修改权归影石 Insta360 所有。

警告

- ① 使用前，请确保电池安装到位，并确保电池仓保护盖及 USB 保护盖已完全锁紧，防止产品进水。机身表面有水时，必须先擦干才能进行拆卸电池等操作。USB 盖内的 Type-C 接口等位置有水时，需要擦干，静置后再使用。
- ② 请在温度为 -20°C ~ 40°C 的环境中使用产品。
- ③ 刚结束使用的电池处于高温状态，请等待电池降至室温后再充电。充电环境温度高于 40°C 或低于 0°C ，可能导致无法充电或电池性能下降、膨胀、漏液、过热等损坏。

- ④ 电池必须通过相机或官方提供的充电管家进行充电。必须使用符合充电规格的电源适配器。充电完成后，请断开与电源适配器的连接。
- ⑤ 若长时间不使用（如三个月），可能导致电池电量耗尽，请及时给产品充电并开机，以免电池过放造成电芯损坏。
- ⑥ 禁止将电池放在靠近热源之处（火炉或加热器等）以及将电池置于热天的汽车内。电池储存温度为 $-30^{\circ}\text{C} \sim 60^{\circ}\text{C}$ ，理想的储存温度为 25°C 。
- ⑦ 请在干燥的环境中存储相机，防止相机起雾。
- ⑧ 请勿将电池与手表、钥匙、首饰等金属物体一起存储或运输。
- ⑨ 禁止机械撞击、碾压、或抛掷相机与电池。请勿在相机与电池上放置重物。
- ⑩ 请勿自行拆解和维修相机与电池。
- ⑪ 若电池进水，请立即拆下电池并将其置于安全的开阔区域，远离电池直至完全晾干。晾干的电池不可再使用。
- ⑫ 禁止使用鼓包、破损或漏液的电池。废弃的电池不能与生活垃圾一同弃置，须置于指定的电池回收箱。请自行了解与遵守当地关于电池回收的规定，正确弃置本产品所含的电池。
- ⑬ 禁止使用非 Insta360 官方提供的电池。如需更换新电池，请在 Insta360 官网或指定渠道购买。因使用非 Insta360 官方提供的电池而引发的电池事故及产品故障，Insta360 不予负责。

注意

- ① 摔落或碰撞可能会损坏相机，导致工作异常。
- ② 使用相机时，请注意防尘防沙。
- ③ 雷雨天气请勿使用相机。
- ④ 请勿将相机与电池放在极冷或极热的环境中。低温或高温条件可能会暂时缩短电池的使用寿命，或导致相机暂时停止正常工作。
- ⑤ 使用相机时，应避免温度或湿度出现急剧变化，否则可能会在相机表面或内部引发冷凝现象。
- ⑥ 低温环境下，建议先捂热相机再使用。
- ⑦ 为保护镜头，建议安装镜头保护镜。请保持保护镜清洁干燥，以免异物划伤镜头或有水汽影响拍摄效果。
- ⑧ 请勿对其使用任何带清洁功能的液体。建议使用柔软的干布清洁。
- ⑨ 长期不使用时，尽量将电池从相机中取出，单独存储。

规格

产品名称	Insta360 X4
充电输入	5V  3A, 9V  2A
蓝牙	工作频率： 2402~2480MHz 输出： <10dBm
Wi-Fi	2.4GHz : 2400~2483MHz 工作频率： 5.1GHz : 5150~5250MHz 5.8GHz : 5725~5850MHz
	2.4GHz : <16 dBm (FCC/CE/SRRC/MIC) 发射功率 (EIRP) : 5.1GHz : <16 dBm (FCC/CE/SRRC/MIC) 5.8GHz : <16 dBm (FCC/CE/SRRC)
电池	电容量： 2290 mAh 能量： 8.82 Wh
工作环境温度	-20°C至 40°C
充电环境温度	0°C至 40°C
工作环境湿度	≤ 80%RH

Compliance Information

FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC SAR:

1. The radiated output power of this device is below the FCC radio frequency exposure limits. Nevertheless, the device should be used in such a manner that the potential for human contact is minimized during normal operation.

The exposure standard for wireless devices employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6 W/Kg. Tests for SAR are conducted using standard operating positions accepted by the FCC with the device transmitting at its highest certified power level in all tested frequency bands. Although the SAR is determined at the highest certified power level, the actual SAR level of the device while operating can be well below the maximum value. This is because the device is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a wireless base station antenna, the lower the power output. To avoid the possibility of exceeding the FCC radio frequency exposure limits, human proximity to the antenna should be minimized.

For body worn operation, this model device has been tested and meets the FCC RF exposure guidelines when used with an accessory designated for this product or when used with an accessory that contains no metal and that positions the handset a minimum of 0mm from the body.

For body-worn operation, the device has been tested and meets the FCC RF exposure, the maximum SAR value is 0.482 W/kg at 0mm.

IC STATEMENT

This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

IC SAR

For body-worn operation, the device has been tested and meets the IC RF exposure. The maximum SAR value is 0.482W/kg when the device used 0mm close to user.

Pour un fonctionnement porté sur le corps, l'appareil a été testé et répond à l'exposition aux RF IC, la valeur maximale de DAS est de 0.482W/kg lorsque l'appareil a utilisé 0mm près de l'utilisateur.

The device for operation in the band 5150–5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems. les dispositifs fonctionnant dans la bande de 5150 à 5250 MHz sont réservés uniquement pour une utilisation à l'intérieur afin de réduire les risques de brouillage préjudiciable aux systèmes de satellites mobiles utilisant les mêmes canaux.



Declaration of Conformity

Arashi Vision Inc. hereby declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. A copy of the EU Declaration of Conformity is available online at <https://www.insta360.com/euro-compliance>

Konformitätserklärung

Arashi Vision Inc. erklärt hiermit dass dieses Produkt die grundlegenden Anforderungen und andere relevante Bestimmungen der Richtlinie 2014/53/EU erfüllt. Eine Kopie der EU Konformitätserklärung ist online unter <http://www.insta360.com/euro-compliance> verfügbar.

Déclaration de conformité

Arashi Vision Inc. déclare par la présente que ce produit est conforme aux exigences essentielles et autres dispositions pertinentes de la directive 2014/53/EU. Une copie de la déclaration de conformité UE est disponible en ligne à l'adresse <http://www.insta360.com/euro-compliance>

Dichiarazione di conformità

Arashi Vision Inc. dichiara che questo prodotto è conforme ai requisiti essenziali e ad

altre disposizioni pertinenti della direttiva 2014/53/UE. Una copia della dichiarazione di conformità UE è disponibile online all'indirizzo <http://www.insta360.com/euro-compliance>

Declaración de Conformidad

Por la presente Arashi Vision Inc. declara que este producto cumple los requisitos esenciales y otras disposiciones relevantes de la Directiva 2014/53/EU. Una copia de la Declaración UE de conformidad está disponible online en <http://www.insta360.com/euro-compliance>

Declaração de Conformidade

Arashi Vision Inc. declara que este produto está em conformidade com os requisitos essenciais e outras disposições relevantes da diretiva 2014/53/UE. Uma cópia da Declaração de Conformidade da UE está disponível online em <http://www.insta360.com/euro-compliance>

Декларация о Соответствии

Настоящим, Arashi Vision Inc. заявляет что данный продукт соответствует основным требованиям и другим соответствующим положениям директивы 2014/53/ЕС. Копия Декларации о Соответствии ЕС доступна в Интернете по адресу <http://www.insta360.com/euro-compliance>.

GB Compliance Statement

Arashi Vision Inc. hereby declares that this product is in compliance with the essential

requirement and other relevant provisions of Radio Equipment Regulations 2017. A copy of the GB Declaration of Conformity is available online at <http://www.insta360.com/euro-compliance>

GB Compliance-Erklärung

Arashi Vision Inc. erklärt hiermit dass dieses Produkt die grundlegenden Anforderungen und andere relevante Bestimmungen der Radio Equipment Regulations 2017 erfüllt. Eine Kopie der GB Konformitätserklärung ist online unter <http://www.insta360.com/euro-compliance> verfügbar.

Déclaration de conformité GB

Arashi Vision Inc. déclare par la présente que ce produit est conforme aux exigences essentielles et aux autres dispositions pertinentes du Règlement sur les équipements radio de 2017. Une copie de la déclaration de conformité GB est disponible en ligne à l'adresse <http://www.insta360.com/euro-compliance>

Dichiarazione di conformità GB

Arashi Vision Inc. dichiara che questo prodotto è conforme ai requisiti essenziali e ad altre disposizioni pertinenti alle leggi sulla apparecchiatura radio del 2017. Una copia della dichiarazione di conformità (GB) è disponibile online all'indirizzo <http://www.insta360.com/euro-compliance>

Declaración de cumplimiento de GB

Por la presente Arashi Vision Inc. declara que este producto cumple los requisitos

esenciales y otras disposiciones relevantes de la "Radio Equipment Regulations 2017". Una copia de la Declaración de cumplimiento de GB está disponible online en <http://www.insta360.com/euro-compliance>

Declaração de Conformidade GB

A Arashi Vision Inc. declara que este produto está em conformidade com os requisitos essenciais e outras disposições relevantes dos Regulamentos de Equipamentos de Rádio de 2017. Uma cópia da Declaração de Conformidade GB está disponível online em <http://www.insta360.com/euro-compliance>

Заявление о Соответствии Великобритании

Настоящим Arashi Vision Inc. заявляет что этот продукт соответствует основным требованиям и другим соответствующим положениям Правил Радиооборудования 2017 года. Копия Декларации Соответствия Великобритании доступна в Интернете по адресу <http://www.insta360.com/euro-compliance>

The device is restricted to indoor use when operated in the European Community using frequency 5150MHz~5250MHz to reduce the potential for interference.

	BE	BG	CZ	DK	DE	EE
	IE	EL	ES	FR	HR	IT
	CY	LV	LT	LU	HU	MT
	NL	AT	PL	PT	RO	SI
	SK	FI	SE	UK(NI)	TR	NO
	CH	IS	LI			

	UK
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WEEE Directive

Correctly dispose of this product. This marking indicates that this product should not be disposed with other household wastes throughout the EU/UK. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle responsibly to promote the sustainable reuse of material resources. To safely recycle your device, please use return and collection systems or contact the retailer where the device was originally purchased.

WEEE-Richtlinie

Entsorgen Sie dieses Produkt ordnungsgemäß. Diese Kennzeichnung weist darauf hin, dass dieses Produkt in der EU/im Vereinigten Königreich nicht zusammen mit anderen Haushaltsabfällen entsorgt werden darf. Um eventuelle Schäden an der

Umwelt oder der menschlichen Gesundheit durch unkontrollierte Abfallentsorgung zu vermeiden, recyceln Sie verantwortungsvoll, um die nachhaltige Wiederverwendung von Materialressourcen zu fördern. Um Ihr Gerät sicher zu recyceln, nutzen Sie bitte Rückgabe- und Sammelsysteme oder wenden Sie sich an den Händler, bei dem Sie das Gerät ursprünglich gekauft haben.

Directive DEEE

Veillez jeter correctement ce produit. Ce marquage indique que ce produit ne doit pas être jeté avec les autres déchets ménagers dans toute l'UE/le Royaume-Uni. Pour éviter tout dommage lié à l'environnement ou à la santé humaine dû à une élimination incontrôlée des déchets, recyclez de manière responsable afin de promouvoir la réutilisation durable des ressources matérielles. Pour recycler votre appareil en toute sécurité, veuillez utiliser les systèmes de retour et de collecte ou contacter le revendeur auprès duquel l'appareil a été acheté.

Direttiva WEEE

Come smaltire correttamente questo prodotto. Questo marchio indica che questo prodotto non deve essere smaltito con altri rifiuti domestici in tutta l'UE/Regno Unito. Per prevenire possibili danni all'ambiente o alla salute dovuti allo smaltimento abusivo dei rifiuti, assicurati di riciclare responsabilmente questo prodotto al fine di riutilizzare i materiali. Per riciclare in sicurezza il tuo dispositivo, utilizza i sistemi di ritiro e restituzione o contatta il rivenditore dal quale hai acquistato il prodotto.

Directiva WEEE

Desecha correctamente este producto. Esta marca indica que este producto no

debe desecharse con otros residuos domésticos en la UE/UK. Para evitar posibles daños al medio ambiente o a la salud humana por la eliminación no controlada de desechos, recicla de manera responsable para promover la reutilización sostenible de los recursos materiales. Para reciclar tu dispositivo de manera segura, utiliza los sistemas de devolución y recolección o comunícate con el minorista donde compraste originalmente el dispositivo.

Diretiva WEEE

Descarte corretamente este produto. Esta marcação indica que este produto não deve ser descartado com outros resíduos domésticos em toda a UE/UK. Para evitar possíveis danos ao meio ambiente ou à saúde humana decorrentes do descarte descontrolado de resíduos, recicle com responsabilidade para promover a reutilização sustentável dos recursos materiais. Para reciclar seu dispositivo com segurança, use os sistemas de devolução e coleta ou entre em contato com o revendedor onde o dispositivo foi comprado originalmente.

Директива WEEE

Правильно утилизируйте этот продукт. Эта маркировка указывает на то, что данное изделие не следует утилизировать вместе с другими бытовыми отходами на всей территории ЕС/Великобритании. Чтобы предотвратить возможный вред окружающей среде или здоровью человека в результате неконтролируемой утилизации отходов, ответственно относитесь к переработке, чтобы способствовать устойчивому повторному использованию материальных ресурсов. Чтобы безопасно утилизировать устройство,

используйте системы возврата и сбора или обратитесь к продавцу, у которого было первоначально приобретено устройство

Japan Warning message

5.2 GHz band is restricted to indoor use only
電波法により 5.2 GHz 帯は屋内使用に限ります。

NCC Compliance Notice

取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前述合法通信，指依電信管理法規定作業之無線電通信。

低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。應避免影響附近雷達系統之操作。

使用過度恐傷害視力

注意：

- 使用 30 分鐘請休息 10 分鐘。
- 未滿 2 歲幼兒不看屏幕，2 歲以上每天看屏幕不要超過 1 小時。

To find camera's Regulatory Information, please swipe down touch screen on your camera, then tap Settings > Certification.

相机屏幕预览页面下拉快捷菜单，点击进入设置 > 法规认证，即可看到认证信息。

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

Insta360 GmbH **EC REP**  **CARTA**

Gartenfelder Straße 29-37, Gebäude 31/31.12
1.OG, 13599, Berlin, Germany

+49 177 856 7813 service@insta360.com



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