

Insta360 ONE RS

QUICKSTART GUIDE

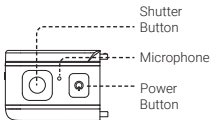
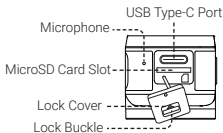
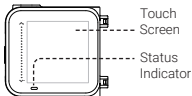
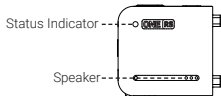
快速入门指南



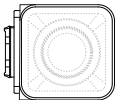
1 Names of Parts

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

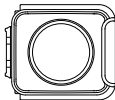
■ Core



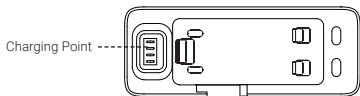
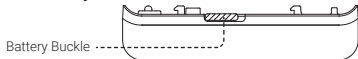
■ 586 Wide Angle Mod



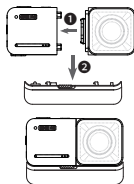
■ Dual-Lens 360 Mod



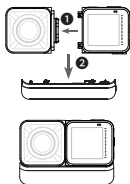
■ Battery Base



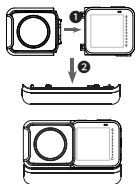
2 Camera Assembly



**586 Wide Angle
Standard Build**



**586 Wide Angle
Selfie Build**



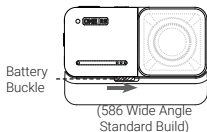
Dual-Lens 360 Build

Assembly Steps:

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

* Pro Tip:

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



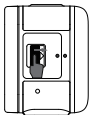
3 Before You Start

Note: The following instructions use the 586 Wide Angle Mod as an example.

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

Note: Please use a **5V/2A** power adapter to charge your ONE RS.

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



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

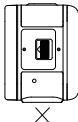
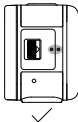


Front side of the
Core (without the
touch screen)

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

Note:

- 1) Please use exFAT Format MicroSD cards of speed classes UHS-I and V30 to ensure normal recording. The maximum supported storage space is 1TB.
- 2) Be sure to close the lock cover completely to ensure the waterproofing is not affected. Align the triangle indication marks as shown to the right. The yellow indication mark near the lock buckle should be covered.



4 Know Your Insta360 ONE RS

Power on / off

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

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

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

Using the Touch Screen

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



Swipe down

Open the Shortcut menu: Adjust screen brightness (), touch screen ON / OFF ( / ), LED ON/OFF ( / ), grid ( / ), settings (), etc.

**Swipe right**

Access Media Gallery.

**Swipe left**

Adjust camera settings (WB, EV etc.).

**Tap the icon at the bottom left corner**

Select capture mode.

**Tap the icon at the bottom right corner**

Set resolution settings.

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

5 Download the App

Search "**Insta360**" in the App Store / Google Play to download the app.

6 Control via WiFi

- ❶ Turn on the WiFi and Bluetooth of your smartphone.
- ❷ When the camera is turned off, press the Power button to power it on.
- ❸ After installing the app, tap the camera icon  at the bottom of the app homepage and select "**Connect now**" in the WiFi panel. Then, follow the onscreen instructions to connect your device.
- ❹ After successfully connecting the camera, you can take photos or shoot videos via the app.

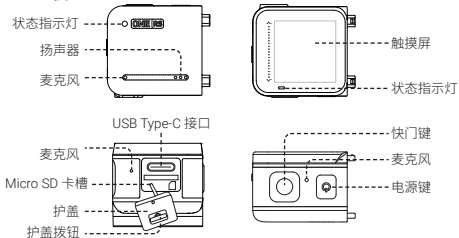
Note:

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

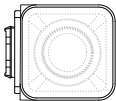
1 认识部件

* 不同套装版本包含部件数存在差异，请以实际购买的物品清单为准。

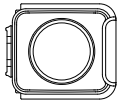
■ 主机



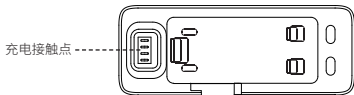
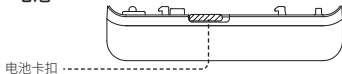
■ 586 广角镜头



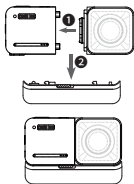
■ 360° 全景镜头



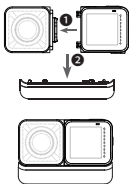
■ 电池



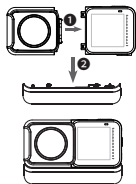
2 组合相机



586 广角 - 通用模式



586 广角 - 自拍模式



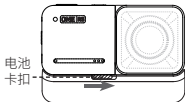
360°全景模式

安装步骤：

- ❶ 将镜头一侧的定位孔准确对应至主机上的四个定位柱，然后用力按压，直至两部分完全锁合。
- ❷ 将安装好的主机和镜头模块对准电池的金属槽，并用力按压，确保电池卡扣完全卡住镜头和主机。

* 提示：

- ❶ 在高湿环境下，尽量避免拆分相机。
- ❷ 拆卸电池时，请按如右图所示（以 586 广角镜头为图例），向右拨动电池卡扣的同时，稍微用力将电池取下。



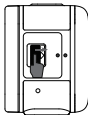
3 使用前准备

* 下文以 586 广角镜头为例进行示意说明。

- ❶ 使用前，请**确保电池已正确安装**。若无法开机或开机后提示低电，请使用随附的充电线连接机身一侧的 USB Type-C 接口，对相机进行充电。

注意：请使用 **5V/2A** 电源适配器对相机进行充电。

② 使用前，请打开护盖，插入 Micro SD 卡。



- ① 向右拨动护盖拨钮，
打开护盖



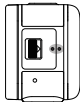
主机正面（非屏幕面）

- ② 插入 Micro SD 卡
(标签朝向相机没有屏幕的一侧)

注意：

1) 请使用 **UHS-I、V30** 及以上和 **exFAT** 格式的 Micro SD/TF 存储卡，速度过低可能导致无法正常录像；Micro SD 卡最大内存可支持 **1TB**。如需了解 Micro SD 卡支持型号，请访问：https://www.insta360.com/r/oner_microsd

2) 关闭护盖时，请确保护盖完全锁紧（注意按图示三角形标识对齐，并确保护盖拨钮处的黄色标识显示不可见），否则将影响整机的防水性能。



4 了解 Insta360 ONE RS

■ 开机 / 关机

相机关机状态下，点按电源键，相机开机。

相机开机状态下，点按电源键，相机熄屏 / 亮屏。

相机开机状态下，长按电源键 2s，相机关机。

■ 使用触摸屏

注意：当 ONE RS 模块相机在水下使用时，请使用锁屏功能，将屏幕锁定（），以防误触屏幕。此时，使用机身电源键可切换拍摄模式。



从上往下滑动屏幕

进入快捷菜单：调节屏幕亮度（）、锁屏开关（ / ）、指示灯开关（ / ）、网格（ / ）、设置（）等菜单。

**从左往右滑动屏幕**

访问媒体库。

**从右往左滑动屏幕**

进入拍摄参数设置页面。

**点击左下角图标**

进入拍摄模式页面，可切换拍摄模式。

**点击右下角图标**

设置分辨率。

* 开始录像：完成模式和相关参数设置后，单击相机快门键，即可开始录像。
再次单击快门键，结束录像。

5 App 下载

前往 App Store、应用宝搜索“**Insta360**”下载安装 App。

6 WiFi 连接

- ① 打开手机蓝牙和 WiFi 功能。
- ② 相机关机状态下，点按电源键，相机开机。
- ③ 打开 app，点击 app 页面下方的相机图标 ，在“使用 WiFi 连接”一项点击“**立即连接**”。当 app 页面跳转至提示【**搜寻相机中**】，选择你需要连接的相机，然后按照 app 页面提示完成操作。
- ④ 连接成功后，可在 app 页面进行拍照、录像、设置等操作。

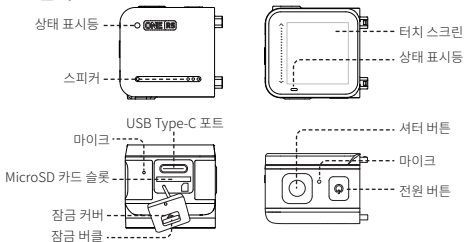
注意：

- 1) WiFi 连接有效距离为 10 米（无干扰无遮挡）。
- 2) 相机还支持有线连接，可前往官方商城购买相应手机连接线。

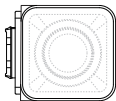
1 부품 이름

* 번들 구성은 패키지에 따라 다르기 때문에 실제 구매하신 리스트를 참조해 주십시오.

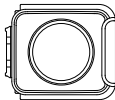
■ 본체



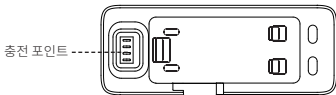
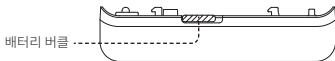
■ 586 광각 렌즈



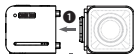
■ 360 도 듀얼 렌즈



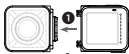
■ 배터리 베이스



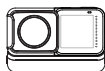
2 카메라 조립



586 광각 - 일반
모드



586 광각 - 셀피
모드



360 도 듀얼 모드

조립 절차 :

- 1) 렌즈 측면에 있는 구멍을 터치 디스플레이에 위치해 있는 고정 포인트에 맞춰 두 부품이 서로 단단히 연결될 때까지 함께 누르십시오 .
- 2) 조립된 디스플레이와 렌즈 모듈을 배터리 베이스의 연결 지점에 맞춰 두 부품이 단단히 연결될 때까지 함께 누르십시오 .

* 팁 :

- 1) 습도가 높은 환경에서는 ONE RS 을 분해하는 것을 권장 드리지 않습니다 .
- 2) 배터리 베이스를 제거하려면 배터리 버클을 오른쪽으로 누른 다음 배터리 베이스를 분리하십시오 .



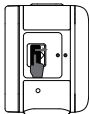
3 시작 전 준비

참고 : 다음 설명은 586 광각 앵글 모듈을 예로 사용했습니다 .

1) 사용하기 전에 배터리가 올바르게 장착됐는지 확인하시길 바랍니다 . 기기가 안 켜지거나 저전력인 경우 , 본체 한쪽에 있는 USB Type-C 포트를 통해 카메라를 충전하십시오 .

참고 : 5V/2A 전원 어댑터를 사용하여 ONE RS 을 충전하십시오 .

- ② 사용하기 전에 잠금 커버를 열고 MicroSD 카드를 삽입하십시오 .



- ① 잠금 버클을 오른쪽으로 밀어 잠금 커버 여십시오 .



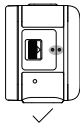
본체 정면 (터치
스크린 반대편)

- ② Micro SD 카드 삽입
(라벨은 본체의 앞쪽을 향함)

참고:

1) UHS-I, V30 및 그 이상과 exFAT 포맷의 Micro SD/TF 메모리 카드를 사용하여 속도가 너무 낮으면 정상적인 비디오 녹화가 불가능할 수 있습니다 ; Micro SD 카드 최대 메모리는 1TB 까지 지원됩니다 .

2) 커버를 닫을 때 커버가 완전히 잠기지 않으면 방수가 안 될 수 있습니다 . 그림에 표시된 대로 삼각형 표시가 맞춰지도록 주의하고 커버의 노란색 표시가 보이지 않도록 해야 합니다 .



4 인스타 360 ONE RS 설명

전원 켜기 / 끄기

카메라가 꺼진 상태에서 전원 버튼을 한번 눌러 카메라를 켤 수 있습니다.

카메라가 켜진 상태에서 전원 버튼을 한번 눌러 카메라 스크린을 켜기 / 끄기 할 수 있습니다.

카메라가 켜진 상태에서 전원 버튼을 2 초 동안 눌러 카메라를 끌 수 있습니다.

터치 스크린 사용

참고 : 물에서 ONE RS 을 사용할 때는 실수로 누르지 않도록 터치 스크린을 잠그십시오 . 물에서 ONE RS 을 사용할 때 전원 버튼을 사용하여 모드를 변경하실 수 있습니다 .



스크롤 다운

바로 가기 메뉴 열기 : 화면 밝기 조정 (☀), 터치 스크린 ON/OFF (🔌/🔌), LED ON/OFF (💡/💡), 그리드 (📏/📏), 및 설정 (⚙).



오른쪽 스와이프

미디어 갤러리 방문



왼쪽 스와이프

촬영 파라미터 설정 페이지 시작



왼쪽 하단 아이콘 클릭

촬영 모드 선택



오른쪽 하단 아이콘 클릭

해상도 설정

촬영 시작 : 모듈을 조립 및 세팅 후 셔터 버튼을 한번 눌러 촬영을 시작할 수 있습니다. 버튼을 한번 더 누르면 촬영이 종료됩니다.

5 App 다운로드

스토어에서 "Insta360" 를 검색하여 동반 앱을 다운로드합니다 .

6 WiFi 연결

- ① 스마트폰의 WiFi 및 Bluetooth 를 켜십시오 .
- ② 카메라가 꺼진 상태에서 전원 버튼을 한번 눌러 카메라를 켤 수 있습니다 .
- ③ 앱을 성공적으로 설치한 후 화면 하단에 있는 카메라 아이콘  를 누르고 WiFi 설정에서 " 지금 연결 " 을 선택하십시오 . 그런 다음 화면의 설명에 따라 장치를 연결하십시오 .
- ④ 카메라에 성공적으로 연결된 후 앱을 통해 사진을 찍거나 동영상을 촬영할 수 있습니다 .

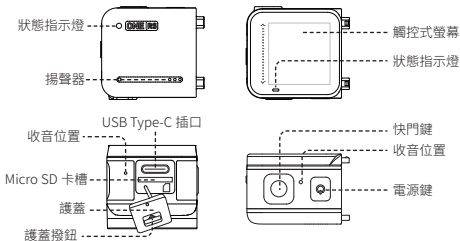
참고 :

- 1) 사용 가능한 와이파이의 최적 범위는 10M 입니다 .(장애물이 없는 경우)
- 2) 유선 케이블 연결도 지원됩니다 . 호환되는 케이블은 별도로 판매합니다 .

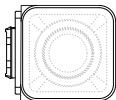
1 零件介紹

* 不同套裝版本包含部件數存在差異，請以實際購買的物品清單為準。

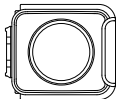
■ 主機



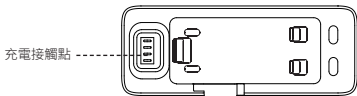
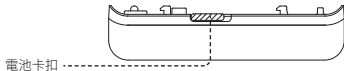
■ 586 廣角鏡頭



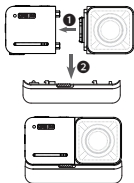
■ 360°全景鏡頭



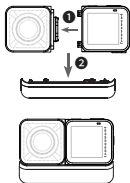
■ 電池



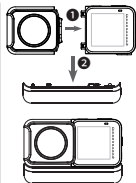
2 組合相機



586 廣角 - 通用模式



586 廣角 - 自拍模式



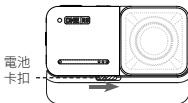
360°全景模式

安裝步驟：

- 1) 將鏡頭一側的定位孔準確對應至主機上的四個定位柱，然後用力按壓，直至兩部分完全鎖合。
- 2) 將安裝好的主機和鏡頭模組對準電池的金屬槽，並用力按壓，確保電池卡扣完全卡住鏡頭和主機。

* 提示：

- 1) 在潮濕環境下，儘量避免拆解相機。
- 2) 拆卸電池時，請按如右圖所示（以 586 廣角鏡頭為圖例），向右撥動電池卡扣的同時，稍微用力將電池取下。



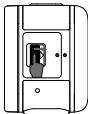
3 使用前準備

* 下文以 586 廣角鏡頭為例進行示意說明。

- 1) 使用前，請**確保電池已正確安裝**。若無法開機或開機後顯示低電量，請使用隨附的充電線連接機身一側的 USB Type-C 插口，對相機進行充電。

注意：請使用 **5V/2A** 電源適配器對相機進行充電。

2 使用前，請打開護蓋，插入 Micro SD 卡。



- ① 向右撥動護蓋撥鈕，
打開護蓋



主機正面（非螢幕面）

- ② 插入 Micro SD 卡（標籤朝向相機沒有螢幕的一側）

注意：

1) 請使用 UHS-I、V30 及以上和 exFAT 格式的 Micro SD/TF 存儲卡，速度過低可能導致無法正常錄影；Micro SD 卡最大記憶體可支援 1TB。

2) 關閉護蓋時，請確保護蓋完全鎖緊（注意按圖示三角形標識對齊，並確保護蓋撥鈕處的黃色標識顯示不可見），否則將影響整機的防水性能。



4 了解 Insta360 ONE RS

開機 / 關機

相機關機狀態下，點按電源鍵，相機開機。

相機開機狀態下，點按電源鍵，相機熄屏 / 亮屏。

相機開機狀態下，長按電源鍵 2 秒，相機關機。

使用觸控式螢幕

注意：當 ONE RS 模組相機在水下使用時，請使用鎖屏功能，將螢幕鎖定（），以防誤觸螢幕。此時，使用機身電源鍵可切換拍攝模式。



從上往下滑動螢幕

進入快顯功能表：調節螢幕亮度（）、鎖屏開關（ / ）、指示燈開關（ / ）、網格（ / ）、設定（）。



從左往右滑動螢幕
查看媒體庫。



從右往左滑動螢幕
進入拍攝參數設定頁面。



點擊左下角圖示
進入拍攝模式頁面，可切換拍攝模式。



點擊右下角圖示
設定解像度

* 開始錄像：完成模式和相關參數設置後，按一次相機快門鍵，即可開始錄像。
再按一次快門鍵，結束錄像。

5 App 下載

前往 App Store、应用宝搜索「**Insta360**」下載安裝 app。

6 WiFi 連接

- ❶ 打開手機藍牙和 WiFi 功能。
- ❷ 相機開機狀態下，點按電源鍵，相機開機。
- ❸ 打開 app，點擊 app 頁面下方的相機圖示 ，在“使用 WiFi 連接”一項點擊“立即連接”。當 app 頁面跳轉至提示【搜尋相機中】，選擇你需要連接的相機，然後按照 app 頁面提示完成操作。
- ❹ 連接成功後，可在 app 頁面進行拍照、錄影、設定等操作。

注意：

- 1) WiFi 連接有效距離為 10 米（無干擾無遮擋）。
- 2) 相機還支持有線連接，可前往官方商城購買相應手機連接線。

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.

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

operate the equipment.

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.

IC Statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject

to the following two conditions:

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

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

5.2 GHz band is restricted to indoor use only.

La bande de 5,2 GHz est réservée à l'usage intérieur.

低功率射頻器材技術規範

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。

高增益指向性天線只得應用於固定式點對點系統。

Portable Device Warning Statements

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.