

Insta360

GPS 图传遥控器

使用说明

1. 产品外观



- A. 快门按键
- B. 电源按键
- C. 屏幕显示区域
- D. 扬声器
- E. 心率传感器工作区域
- F. 磁吸充电接口触点

2. 对手表进行充电

充电接口有磁吸功能，充电时候需注意磁吸方向，且充电口对齐触点。



3. 佩戴

3.1. 将手表带佩戴至手腕



3.2. 将手表安装至自拍杆

将绑带放置在自拍杆手把上，拉紧绑带，将调节孔与反扣扣合，绑带具有一定弹性，可以适当拉长后扣合保证松紧。



3.3. 将手表安装至自行车 / 摩托车车把

4. 使用

4.1 开机关

遥控器关机状态下，长按电源键，遥控器开机。

遥控器开机状态下 & 未连接相机，长按电源键 3 秒，遥控器关机。

遥控器开机状态下 & 已连接相机，长按电源键 3 秒，弹出关机选择：关闭遥控器、关闭相机或者两者一起关机。

4.2. 连接和唤醒相机

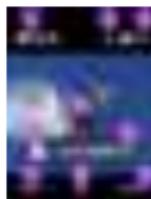
4.2.1 连接相机

在遥控器应用中心点击连接设备卡片，使遥控器进入配对模式；然后进入相机「快捷中心 - 设置 - 遥控器」开始搜索并连接遥控器，连接成功后手表端提示连接成功页面。

4.3. 控制相机

连接相机后，可通过遥控器的屏幕或者按键对相机进行一系列的操作，具体如下。

4.3.1 拍摄预览页



连接相机后遥控器会同步相机信息，在预览页显示对应的信息：

- | | |
|-------------|-------------|
| 1. 相机容量信息 | 2.GPS 信号强度 |
| 3. 相机电量信息 | 4. 相机预览画面 |
| 5. 相机拍摄模式图标 | 6. 相机当前拍摄规格 |
| 7. 当前速度 | 8. 当前方向 |
| 9. 当前心率 | |

4.3.2 切换拍摄模式

屏幕操作：在预览页左右滑动可以唤出拍摄模式切换页，在模式切换页左右滑动即可切换想要的模式。

按键操作：单击电源键可唤出拍摄模式切换页，在模式切换页单击电源键可切换想要的模式。

4.3.3 拍摄规格设置

在预览页点击拍摄规格参数或从下向上滑动可进入拍摄规格设

置页，可对所连接相机当前档位的拍摄规格进行设置。

4.3.4 3A 参数设置

在预览页从右向左滑可进入 3A 参数设置页，可对对所连接相机当前档位的 3A 参数进行设置。

4.3.5 控制拍摄

在预览状态时，短按快门键，可控制相机开始录制 / 拍摄；
相机在录制中状态时，短按快门键，可控制相机停止录制。

4.4. 应用中心

4.4.1 心率、仪表盘和指南针应用

在应用中心点击“心率”、“仪表盘”和“指南针”可分别进入三个应用。

4.4.2 遥控器设置

在应用中心点击“设置”可进入设置列表，可查看或操作以下内容：显示与亮度、显示方向、声音与振动、时间、定位服务、心率服务、地磁服务、语言、关于相机、恢复出厂设置。

5. 遥控器固件升级

进入 Insta360 App - 设置 - 遥控器升级，搜索并连接遥控器。

连接成功后，如果有新版固件，App 会弹出升级提示。请根据 App 提示完成遥控器固件升级。

GPS 圖傳遙控器

使用說明

1. 產品外觀



- A. 快門按鍵
- B. 電源按鍵
- C. 屏幕顯示區域
- D. 揚聲器
- E. 心率傳感器工作區域
- F. 磁吸充電接口觸點

2. 對手表進行充電

充電接口有磁吸功能，充電時候需註意磁吸方向，且充電口對齊觸點。



3. 佩戴

3.1. 將手表帶佩戴至手腕



3.2. 將手表安裝至自拍桿

將綁帶放置在自拍桿手把上，拉緊綁帶，將調節孔與反扣扣合，綁帶具有一定彈性，可以適當拉長後扣合保證松緊。



3.3. 將手表安裝至自行車 / 摩托車車把

4. 使用

4.1 開關機

遙控器關機狀態下，長按電源鍵，遙控器開機。

遙控器開機狀態下 & 未連接相機，長按電源鍵 3 秒，遙控器關機。

遙控器開機狀態下 & 已連接相機，長按電源鍵 3 秒，彈出關機選擇：關閉遙控器、關閉相機或者兩者一起關機。

4.2. 連接和喚醒相機

4.2.1 連接相機

在遙控器應用中心點擊連接設備卡片，使遙控器進入配對模式；然後進入相機「快捷中心 - 設置 - 遙控器」開始搜索並連接遙

控器，連接成功後手表端提示連接成功頁面。

4.3. 控製相機

連接相機後，可通過遙控器的屏幕或者按鍵對相機進行一系列的操作，具體如下。

4.3.1 拍攝預覽頁



連接相機後遙控器會同步相機信息，在預覽頁顯示對應的信息：

- | | |
|-------------|-------------|
| 1. 相機容量信息 | 2. GPS 信號強度 |
| 3. 相機電量信息 | 4. 相機預覽畫面 |
| 5. 相機拍攝模式圖標 | 6. 相機當前拍攝規格 |
| 7. 當前速度 | 8. 當前方向 |
| 9. 當前心率 | |

4.3.2 切換拍攝模式

屏幕操作：在預覽頁左右滑動可以喚出拍攝模式切換頁，在模式切換頁左右滑動即可切換想要的模式。

按鍵操作：單擊電源鍵可喚出拍攝模式切換頁，在模式切換頁單擊電源鍵可切換想要的模式。

4.3.3 拍攝規格設置

在預覽頁點擊拍攝規格參數或從下向上滑動可進入拍攝規格設置頁，可對所連接相機當前檔位的拍攝規格進行設置。

4.3.4 3A 參數設置

在預覽頁從右向左滑可進入 3A 參數設置頁，可對對所連接相機當前檔位的 3A 參數進行設置。

4.3.5 控製拍攝

在預覽狀態時，短按快門鍵，可控製相機開始錄製 / 拍攝；相機在錄製中狀態時，短按快門鍵，可控製相機停止錄製。

4.4. 應用中心

4.4.1 心率、儀表盤和指南針應用

在應用中心點擊「心率」、「儀表盤」和「指南針」可分別進入三個應用。

4.4.2 遙控器設置

在應用中心點擊「設置」可進入設置列表，可查看或操作以下內容：顯示與亮度、顯示方向、聲音與振動、時間、定位服務、心率服務、地磁服務、語言、關於相機、恢復出廠設置。

5. 遙控器固件升級

進入 Insta360 App - 設置 - 遙控器升級，搜索並連接遙控器。

連接成功後，如果有新版固件，App 會彈出升級提示。請根據 App 提示完成遙控器固件升級。

GPS 그래픽 리모컨

사용 설명

1. 제품 외관



- A. 셔터 키
- B. 전원 키
- C. 화면 디스플레이 영역
- D. 스피커
- E. 심박센서 작업영역
- F. 자석 충전 접점

2. 시계를 충전한다

충전포트에 자기흡착 기능이 있어 충전할 때 자기흡착 방향에 주의 하여야 하며 충전포트는 접촉점에 정렬하여야 한다 .



3. 착용

3.1. 손목시계를 손목에 착용한다



3.2. 손목시계를 셀카봉에 끼운다

봉반을 셀카봉손잡이에 놓고 봉반을 당겨서 조절구멍과 반큐큐를 맞물리면 일정한 탄성이 있어 적당히 늘인후 닫아주어 느슨함을 보증한다.



3.3. 시계를 자전거 / 오토바이 핸들에 설치한다

4. 사용

4.1 스위치

리모컨이 꺼진 상태에서 전원버튼을 길게 누르면 리모컨이 켜집니다.

리모컨이 켜진 상태 & 카메라가 연결되지 않았습니다. 전원 버튼을 3초 동안 길게 누르면 리모컨이 꺼집니다.

리모컨이 켜진 상태에서 카메라와 연결되어 있습니다. 전원 버튼을 3초 동안 길게 누르면 끄기 옵션을 깨냅니다. 리모컨 끄기, 카메라 끄기 또는 둘다 함께 끄기.

4.2. 카메라 연결하고 깨우기

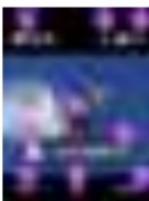
4.2.1 카메라 연결

리모컨 응용 센터에서 장치 연결 카드를 누르면 리모컨이 페어링 모드로 들어간다. 그리고 카메라의 "단축센터 - 설정 - 리모컨"으로 이동하여 리모컨을 검색하고 연결합니다. 연결이 성공하면 시계 끝부분에서 연결 페이지를 표시합니다.

4.3. 카메라를 제어한다

카메라를 연결한후 리모컨의 화면이나 버튼을 통해 카메라를 조작 할수 있는데 구체적으로 아래와 같다.

4.3.1 미리 페이지 촬영



카메라를 연결하면 리모컨은 카메라 정보를 통기화하고 미리 보기 페이지에 해당 정보를 보여준다 .:

- | | |
|------------------|-----------------|
| 1. 카메라 용량 정보 | 2.GPS 신호의 강도 |
| 3. 카메라 전력량 정보 | 4. 카메라 미리 보기 화면 |
| 5. 카메라 촬영 모드 아이콘 | 6. 현재 카메라 촬영 규격 |
| 7. 당면 속도 | 8. 당면 방향 |
| 9. 당면 심장박동수 | |

4.3.2 촬영 모드 전환

화면 동작 : 미리 보기 페이지를 좌우로 움직이면 촬영 모드 전환을 할 수 있고 , 모드 전환 페이지를 좌우로 움직이면 원하는 모드로 전환할 수 있습니다 .

키 동작 : 전원 키를 누르면 촬영 모드 전환 페이지를 호출할 수 있으며 , 모드 전환 페이지에서 전원 키를 누르면 원하는 모드를 전환 할 수 있습니다 .

4.3.3 촬영 사양 설정

미리 보기 페이지에서 촬영 사양을 클릭하거나 아래에서 위로 이동 하면 촬영 사양을 설정할 수 있습니다 . 연결한 카메라의 현재 위치에 대한 촬영 사양을 설정할 수 있습니다 .

4.3.4 3a 파라미터 설정

미리보기 페이지에서 오른쪽에서 왼쪽으로 미끄러지면 3a 설정 페이지로 이동하며 , 연결된 카메라의 현재 위치에서 3a 설정을 할 수 있습니다 .

4.3.5 촬영 제어

미리보기에서 샤타버튼을 짧게 누르면 카메라를 제어하여 녹화 / 촬영을 시작할수 있다 .

카메라가 록화중에 있을 때 셔터버튼을 짧게 누르면 카메라를 제어하여 록화를 정지시킬수 있다 .

4.4. 응용 센터

4.4.1 심박수 , 계기판 및 나침반 응용 프로그램

앱센터에서 '심장박동수 ', '계기판 ', '나침반 '을 클릭하면 각각 3개의 앱에 접속할 수 있다 .

4.4.2 리모컨 설정

응용 프로그램 센터에서 설정을 클릭하면 설정 목록으로 들어가 디스플레이 및 밝기 , 디스플레이 방향 , 사운드 및 진동 , 시간 , 위치 서비스 , 심장 박동수 서비스 , 지자기 서비스 , 언어 , 카메라 정보 , 공장 설정 복원 등 다음 내용을 보거나 조작할 수 있습니다 .

5. 리모컨 펌웨어 업그레이드

insta360 app- 설정 - 리모컨 업그레이드로 가서 리모컨을 검색하고 연결합니다 .

연결 후 , 새 버전의 펌웨어가 있을 경우 , 앱에서 업그레이드 안내 메시지가 나타난다 . 앱 도움말에 따라 리모컨 펌웨어 업그레이드 완료하세요 .

Insta360

GPS Preview Remote

Instructions for Use

1. Overview



- A. Shutter Button B. Power Button C. Led Screen
- D. Speaker E. Heart rate sensor F. Magnetic charging points

2. Charging

The charging port has the magnetic suction function. Pay attention to the magnetic direction and align the charging port with the Magnetic charging points.



3. Assembly

3.1. Install the Remote onto the hand strap, then wear it on your hand.



3.2. Install the Remote to a selfie stick

Install the Remote onto the hand strap. Position the strap to the selfie stick, stretch the strap properly and fasten it on the selfie stick.



3.3. Install the Remote to a bicycle or motorbike.

4. How to use

4.1. Power on/off

When powered off, long press the power button to power on. When powered on and the Remote does not connect with a camera, long press the power button for 3 seconds to power off.

When powered on and the Remote connects with a camera, long press the power button for 3 seconds to prompt a popup and choose from Power off the remote, Power off the camera or Power off both.

4.2. Connection and Wake up

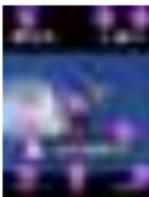
4.2.1 Connecting a camera

Tap the connected device card in the remote control application center to make the remote control enter the pairing mode. Then enter the camera's "Shortcut Center - Settings - remote control" and start to search and connect the remote control. If the connected successfully, the watch will prompt the connection success page.

4.3. Control the camera

After connected, users could remote the camera by operating the Remote.

4.3.1. Preview page



After connected, the remote will synchronize the camera's information, and the corresponding information will be displayed on the preview page:

- | | |
|--------------------------------------------|------------------------|
| 1.Camera's capacity information | 2.GPS signal intensity |
| 3.Camera's battery level | 4. Camera preview page |
| 5. Camera's shooting mode icon | |
| 6. Camera's current shooting specification | |
| 7. Current speed | 8. Current direction |
| 9.Current heart rate | |

4.3.2 Switch shooting modes

Screen operation: Swipe from left to right or reverse on the preview page to switch shooting modes.

Button operation: Press the power button once to display the shooting mode, press the power button repeatedly to choose a desired mode.

4.3.3 shooting specification

Swipe from bottom to top or reverse on the preview page to enter shooting specification setting page.

4.3.4 3A parameters

Swipe from left to right or reverse on the preview page to enter 3A parameter page.

4.3.5 Shooting

In the preview state, short press the shutter button to control the camera to start recording/shooting;

When the camera is in recording, short press the shutter

button to control the camera to stop recording.

4.4. App center

4.4.1 Heart rate, dashboard and compass

In the App center tap Heart rate, dashboard or compass to enter the corresponding App.

4.4.2 Remote settings

Tap "Settings" in the App Center to enter Settings. Users can view or operate the following contents: Display and brightness, display direction, Sound and vibration, time, location service, heart rate service, geomagnetic service, language, About Camera, and Restore factory Settings.

5. Firmware updating

Access Insta360 App- Settings - Remote Upgrade, search for and connect the remote.

After connected successfully, the App will pop up an update prompt if there is a new version of the firmware. Please complete upgrading according to the App prompts.

Insta360 GPS Preview Remote

Safety at a Glance

1. The battery is suggested to be used in temperatures ranging from -4°F to 104°F. Use of the battery in high or low temperature environments can affect battery life and shorten its running time.
2. Never disassemble or pierce the product in any way or the battery may leak, catch fire, or explode.
3. Do not drop or strike the product. Do not place heavy objects on the product.
4. Do not leave the battery near heat sources such as a furnace or heater. Do not leave the batteries inside of a vehicle on hot days.
5. Always use an Insta360 approved adapter or the special Fast Charge Hub served by Insta360.
6. Do not store the battery fully discharged for long periods of time, otherwise it will over discharge and lead to permanent damage.

Specifications

Name	Insta360 GPS Preview Remote
Model	CINSAAVG
Input	5V=1.5A
Bluetooth	
Operation Frequency	Bluetooth: 2402~2480MHz
Output Power (E.I.R.P.)	<10dbm
Battery Model	ZWD642833S
Capacity	950 mAh
Energy	3.677 Wh
Operation Temperature	-20°C - 40°C

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.

This 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 limbs.

2. The maximum SAR value is 0.325W/kg when the device used 0mm close to user.

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 standards RSS-102, Issue 5 & IEC/IEEE 62209-1528:2020 of IC RF exposure, The maximum SAR value is 0.325W/kg when the device used 0mm close to user.

Pour un fonctionnement porté sur le corps, l'appareil a été testé et répond aux normes RSS-102, Issue 5 & IEC/IEEE 62209-1528:2020 d'exposition aux RF IC, la valeur maximale de das est de 0.325W/kg lorsqu'il est utilisé à proximité de l'utilisateur.



Declaration of Conformity

Arashi Vision Inc. hereby, declares that this product is in compliance with the essential requirement and other relevant provisions of the directive 2014/53/EU.

A copy of the EU Declaration of Conformity is available online at <http://www.insta360.com/cn/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/cn/euro-compliance>



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.

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。

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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。

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