Insta360 X6

User Manual

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1. Product Introduction

Insta360 X6

1. Front Lens
2. Windproof Microphone
3. Ambient Light Sensor (Front)
4. Touchscreen
5. Indicator Light
6. Windproof Microphone
7. Power Button
8. Shutter Button
9. USB Cover
10. Rear Lens
11. Windproof Microphone
12. Ambient Light Sensor (Back)
13. Quick Button
14. Indicator Light
15. Windproof Microphone
16. Speaker
17. Battery Cover
18. Magnetic Connector Pins
19. 1/4" Mounting Point
20. Quick Release Mounting Point

In the Box (Standard Bundle)

The Standard Bundle includes the following items:

- Insta360 X6 × 1
- USB-C Cable × 1
- Protective Pouch × 1
- Lens Cloth × 1

2. First Use

Insert the microSD Card

1. Press the lock buckle on the battery cover and slide it in the direction indicated by the arrow to open the cover.
2. The microSD card slot is located next to the battery compartment. Orient the microSD card so that the metal contacts face the slot, then insert it in the correct direction.
3. Close the battery cover and slide it back to lock it in place. Ensure that the orange indication mark near the hinge is completely covered and no longer visible to guarantee proper waterproofing performance.

Note: X6 features 47 GB of built-in storage, allowing for recording without a microSD card. For more storage management operations, please refer to

the "File Storage" section.

Charging

1. Slide down the cover switch to open the USB cover.
2. Connect the camera to a charger using the official cable to start charging.
3. When the cable is first inserted, the charging progress will be displayed, and the touchscreen will then turn off. Once the screen turns off, tap the screen to view the current charging progress.

Download & Activation

X6 must be activated via the Insta360 App before its first use.

You can download the Insta360 App through any of the following methods:

- Scan the QR code displayed on the camera touchscreen when turning it on for the first time.
- Scan the QR code printed on the accessories box.
- Visit the "Downloads" on the official Insta360 website to download the Insta360 app.

Activation Steps

1. Turn on the camera.
2. Enable Wi-Fi and Bluetooth on your smartphone.
3. Open the Insta360 App, tap the camera icon at the bottom of the page, and select your X6 based on the camera name and the last 6 digits of the serial number displayed in the pop-up window. For the first connection, tap "Confirm" on the camera touchscreen.
4. Follow the on-screen instructions to activate the device.

3. Camera Basics

Button Instructions

Power Button

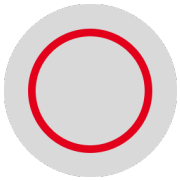
Camera Status	Button Operation	Function
Powered Off	Press	• Power on
Powered On	Press	• Turn the touchscreen on/off
	Press and hold for 1s	• Power off
	Press and hold for 7s	• Force shutdown (in the event of an exception)

Quick Button

Camera Status	Button Operation	Function
Powered On	Press	• Switches between 360 Video, Flat Video, and InstaFrame 2.0

		by default. • This can be customized to other functions in **Settings** > **Quick Button Customization**.
Charging (Powered Off)	Press	• Views charging status. *(Note: "Charging" may still be displayed when fully charged; please refer to the actual battery level shown.)*

Shutter Button



Camera Status	Button Operation	Function
Powered Off	Press	• Starts QuickCapture. Press again to stop recording and return to the preview page. The camera will automatically power off if no operation is performed within 5 seconds after QuickCapture ends. **QuickCapture must be enabled in the camera: Swipe down on the screen to enter the **Shortcut Menu**, then tap **"QuickCapture"** to configure the settings.*
Powered On	Press	• **On the preview page:** Press to start

		taking photos or recording. • **In video mode:** Press again to stop recording.

Virtual Buttons

Preview Page

Icon	Operation	Function
	Press (with pressure)	• Video Mode: Starts/stops recording. • Photo Mode: Takes a photo or stops shooting (specific modes only).
	Press (with pressure)	• Enters the Mode Selection Page.

Mode Selection Page

Icon	Operation	Function
	Press (with pressure)	Enters the Presets List.
	Press (with pressure)	360° Mode: Quickly switches between Photo and Video modes. Flat Mode: Quickly switches between Photo, Video and InstaFrame 2.0 modes.

Using the Touchscreen

Tapping or Swiping the Touchscreen

The touchscreen displays the camera homepage once the camera is powered on, showing essential information such as the shooting mode, battery level, and remaining storage capacity. You can operate the camera by tapping or swiping the touchscreen.

Swipe down from the top edge of the screen Enters the Shortcut Menu.	**Swipe across the center of the screen** Adjusts the shooting perspective in 360 Mode.

Swipe right from the left edge of the screen Enters the Album Page.	**Swipe left from the right edge of the screen** Enters the Shooting Parameter Settings.	**Swipe up from the bottom edge of the screen** Enters the Shooting Specification Settings.

Shooting Interface

The following description uses the touchscreen display in Video Mode and Flat Mode as an example.

1. **Storage Capacity**: Displays the remaining number of photos or video recording time available for the currently selected storage medium.
    - "SD" displayed: Indicates that the footage will be saved to an external microSD card.
    - X6 Camera icon displayed: Indicates that the footage will be saved to the camera's built-in storage.
2. **Battery Level**: Displays the remaining battery power of the camera.
3. **Shooting Parameters**: Displays settings such as filters, EV (Exposure Compensation), and ISO. (Note: This is only displayed when manually adjusting parameter settings.)
4. **Zoom Ratio**: Tap to zoom in/out or to enable/disable horizon lock and distortion correction (supported in specific modes only).
5. **Shooting Specification**: Tap to select the resolution and frame rate.
6. **Lens Switching**: Tap to switch between the front and rear lenses.
7. **Virtual Shutter Button**: Press (with pressure) to start or stop recording.
8. **Shooting Mode Icon**: Press (with pressure) to switch between different shooting modes in 360 or Flat mode.

Depending on the camera's settings and status, icons for the Bluetooth Selfie Stick, Remote, Headset, Microphone, Gesture Control, and AI Highlights may also appear at the top of the screen. Due to limited display space, some icons may not be fully shown.

Other operational icons, such as the countdown timer, HDR status, or zoom ratio, may also be displayed based on the specific camera settings and status. Please refer to the actual display on your screen.

Shooting Mode

Press the Shooting Mode Icon at the bottom right of the preview page with pressure, then swipe left or right to select different shooting modes.

The following options are available at the bottom of the interface:

- **Presets**: Quickly applies custom parameter combinations optimized for

different scenarios.

- **Quick Switch**: Switches rapidly between Video and Photo modes.

360 Mode:

Shooting Mode	Description
Video	Records ultra-high-definition 360 video at up to 8K resolution for most scenarios.
Photo	Ideal for capturing 360 photos in most scenarios.
PureVideo	Suitable for shooting night videos to obtain a cleaner and clearer image.
Timelapse	Keep the camera stationary. Suitable for recording the passage of time, such as sunrises, sunsets, and heavy traffic.
TimeShift	Move with the camera. Suitable for capturing hyperlapse videos while walking, cycling, or traveling.
Bullet Time	Captures low-speed, cinematic wrapping videos. It is recommended to use Bullet Time accessories for shooting.
Loop Recording	Continuous recording that only saves the last fixed duration of video.
Road Mode	Records continuously within a set storage space. The earliest recorded footage will be overwritten once the storage is full.
Starlapse	Continuously shoots and stores starry night photos, automatically creating a starlapse effect.

Interval	Automatically takes photos at specified intervals, suitable for manually compiling timelapse videos during post-editing.

360 Shooting Tips:

The 360-degree frame is compiled by stitching together footage captured by the front and rear fisheye lenses. To ensure an optimal automatic stitching effect, it is recommended to face either of the lenses directly (front or back) during shooting. Avoid standing too close to the side stitching line of the camera body.

Flat Mode:

Shooting Mode	Description
Video	Records high-definition video at up to 5K resolution for most scenarios.
PureVideo	Suitable for shooting night videos to obtain a cleaner and clearer image.
FreeFrame Video	Requires stabilization processing in the Insta360 App/Studio during post-editing. Supports aspect ratio adjustments and horizon lock post-shoot.
Loop Recording	Continuous recording that only saves the last fixed duration of video.
InstaFrame 2.0	Exports flat video directly with built-in camera movements and advanced tracking effects. It simultaneously records a 360 video, allowing for free framing and reframing later in the Insta360 App/Studio.
Photo	Captures photos in most scenarios.

Is it normal for the camera body to become hot during shooting?

When recording at 8K resolution, high-performance computing power is required, and an increase in body temperature is normal. To lower power consumption, extend battery life, and improve the shooting experience, you can adjust your screen's auto-sleep setting. Swipe down to enter the Shortcut Menu, then go to **Settings** > **Display Setup** > **Screen Auto-Sleep** to select a shorter duration.

Shortcut Menu

Swipe down from the top of the touchscreen to enter the Shortcut Menu.

- **Storage Management**: Selects either the built-in storage or an external microSD card as the storage location for your footage, or formats the storage space.
- **Screen Rotation Lock**: Enables or disables Screen Rotation Lock.
- **Lock Screen**: Locks the touchscreen. Once locked, swipe across the screen to unlock it.
- **Settings**: Tap to enter more camera settings.
- **Brightness Adjustment**: Opens the brightness slider. Swipe to adjust the screen brightness manually, or select Auto-Brightness.
- **Volume**: Adjusts the camera speaker volume. Options include Adaptive, High, Medium, Low, and Mute (Default is Medium).
- **Indicator Light**: Enables or disables the camera indicator lights.
- **QuickCapture**: Once enabled, press the Shutter Button when the camera is powered off to quickly start recording. You can specify a shooting mode or use the last used mode.
- **Accessories**: Adds or manages Bluetooth accessories (such as wireless microphones and remotes).
- **Quick Capture**: Triggers the camera to start/stop recording or take photos using specific actions, gestures, or voice control without pressing any buttons.

- **AI Director**: Automatically identifies and marks highlights in each piece of footage, speeding up editing once connected to the Insta360 App.
- **Audio Settings**: Configures audio effects and camera audio backup options.
- **Presets**: Quickly accesses custom modes and specific parameters for efficient shooting across different scenarios.
- **Pre-Recording**: Once enabled, saves a set duration of video before the Shutter Button is pressed. Supports up to 8K video pre-recording. The supported modes are as follows:
  - **360 Mode**: Video, PureVideo
  - **Flat Mode**: Video, PureVideo, FreeFrame Video
- **Endurance Mode**: Restricts certain functions to save power and extend battery life.
- **Auto PureVideo**: Automatically switches to PureVideo Mode for a cleaner image in low light conditions. Supports up to 30fps in 360 Video and up to 60fps in Flat Mode. The camera will not automatically switch if higher specifications are set.
- **Full Screen Press:** Firmly press anywhere on the screen to start/stop video recording or take a photo.

Shooting Specification Settings

Swipe up from the bottom of the touchscreen to enter the Shooting Specification Settings.

360 Mode:

Shooting Mode	Adjustable Parameters
Video	Resolution, Frame Rate
PureVideo	Resolution, Frame Rate

Timelapse	Resolution, Frame Rate, Recording Duration, Scene, Interval
TimeShift	Shooting Duration, Speed, Resolution, Frame Rate
Bullet Time	Resolution, Frame Rate
Loop Recording	Loop Duration, Resolution, Frame Rate
Road Mode	Storage Limit, Charging & Shutdown Settings, Time Stamp, Resolution, Frame Rate
Starlapse	Output Type, Countdown, Photo Format, Resolution, Shooting Duration
Interval	Interval, Countdown, Photo Format, Resolution, Shooting Duration
Photo	Active HDR, Photo Format, Resolution, Countdown

Flat Mode:

Shooting Mode	Adjustable Parameters
Video	Ratio, Resolution, Frame Rate
FreeFrame Video	Ratio, Resolution, Frame Rate
PureVideo	Ratio, Resolution, Frame Rate
InstaFrame 2.0	Ratio, 360 Video Backup, Flat Video Resolution, Frame Rate
Loop Recording	Ratio, Resolution, Frame Rate, Loop Duration
Photo	Ratio, Photo Format, Countdown, Custom Frames

Shooting Parameter Settings

Swipe left from the right edge of the screen to enter the Shooting Parameter Settings.

Available parameters vary depending on the selected shooting mode in 360 or Flat mode. Please refer to the actual on-screen display.

Parameter	Description
Shutter	Controls the duration of light entering the camera, affecting image brightness and sharpness.
Color Mode	Selects the color presentation and post-production flexibility of the video.
ISO	Determines the sensor's sensitivity to light. A higher ISO increases exposure and brightens the image.
EV (Exposure Compensation)	Manually adjusts exposure values when ISO and Shutter Speed are set to Auto, helping to prevent overexposure or underexposure. Higher values result in a brighter image.
White Balance (WB)	Adjusts color reproduction and tone processing to avoid color temperature deviations.
Jitter Blur Reduction	Reduces motion blur and improves image stability when enabled. Anti-Flicker will be disabled, and image brightness may decrease in low-light environments.
Filters*	Applies different color styles to enhance visual expression.
Metering	Selects between Face Metering and Multi-Segment

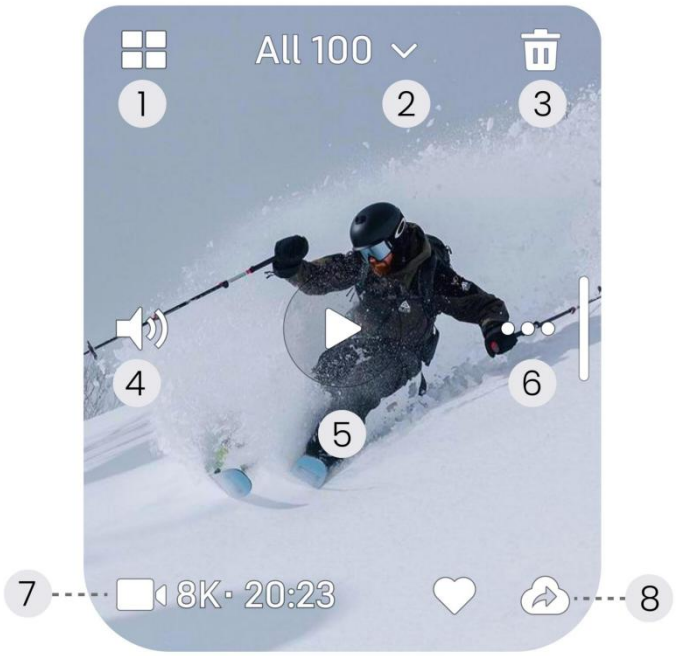
	(Global) Metering.
Sharpness	Adjusts the edge contrast of details in photos or videos, making outlines more defined and visually crisper.
Low Night Enhancement	Enhances the image quality of footage captured in low-light scenarios.

**The Filters function is only supported in Flat Mode.*

***Note**: Adjustable parameters may vary between Standard and Pro modes depending on the selected shooting mode. Please refer to the actual display on your camera.*

Album Page

Swipe right from the left edge of the screen to enter the Album Page to view your captured footage.



Function Buttons

1. **Gallery**: Displays all captured footage as thumbnails and supports

batch operations.

2. **Categories**: Filters videos, photos, or favorites under different storage media.
3. **Delete**: Deletes the currently displayed file. Deleted files cannot be recovered.
4. **Volume**: Adjusts or mutes the audio volume during playback.
5. **Play/Pause**: Footage is paused by default upon entering the Album Page. Tap to play, and tap again to pause.
6. **Favorite**: Tap to favorite the current footage, and tap again to unfavorite.
7. **Duration**: Displays the total duration of the current footage.
8. **Send to Phone**: Transfers the footage to the Insta360 App album or your local phone gallery.

Gestures

1. Swipe up or down on the screen to switch to the previous or next file.
2. Swipe across the progress bar at the bottom to adjust video playback progress.
3. Press and hold the screen during playback for fast-forwarding; release to resume normal speed.
4. Swipe a single finger in any direction during playback to adjust the perspective. *(Note: This feature is only applicable to 360 videos and 360 photos.)*

LED Indicator Status

Category	Status / Operation	LED Color	LED Status (General Description)
Basic Operations &	Powering on triggered	Cyan	Flashes quickly 3 times, then turns off

Standby	Powering on	Cyan	Solid
	Standby - Idle (Storage card inserted)	Cyan	Solid
	Pre-recording	Cyan	Solid
	Powering off triggered	Cyan	Flashes quickly 5 times, then turns off
	Critically low battery (Cannot power on)	Yellow	Flashes quickly 3 times, then turns off
Type-C Charging	Standby charging	Cyan	Solid
	Fully charged in standby mode	Cyan	Solid
	Charging while powered off	Orange	Solid
	Reverse charging (Powering other devices)	Green	Breathes slowly
	Fully charged while powered off	Green	Solid
	Charging prohibited while powered off	Off	N/A
Tracking & Standby	Preview - Tracking target (Standby)	Green	Solid

	Tracking target lost (Standby)	Yellow	Breathes slowly
Photo & Video	Countdown shooting (Remaining time > 1s)	Cyan	Flashes continuously (Once per second)
	Countdown shooting (Remaining time ≤ 1s)	Cyan	Flashes quickly 5 times, then turns off
	Video - Normal recording / Live streaming	Red	Flashes slowly at a constant rate (Once every 2s)
	Video - Tracking recording	Green	Flashes slowly at a constant rate (Once every 2s)
	Tracking target lost (Recording)	Yellow	Breathes slowly
	Taking photo / Saving photo / Saving video	Off	N/A
Camera Movement Mode	Camera movement with tracking (Recording/Standby)	Green	Flashes quickly continuously (5 times per second)
	Camera movement in standby	Cyan	Flashes quickly continuously (5 times per second)
	Camera movement in normal recording	Red	Flashes quickly continuously (5 times

			per second)
File Transfer	U-disk file transfer mode	Cyan	Solid
Data Transfer & Quick Reader	Cloud sync / Phone Quick Transfer	Green	Flashes rhythmically
	Connected to Quick Reader successfully (Standby)	Cyan	Solid
	Quick Reader: Backing up data	Green	Flashes rhythmically
	Quick Reader: Insufficient storage / Backup failed	Yellow	Flashes quickly 3 times, then turns off
	Quick Reader: No storage card detected	Yellow	Solid
Alerts & Maintenance	Exception: Battery too low	Yellow	Flashes quickly 3 times, repeating every 5s
	Exception: Charging failure/abnormal	Yellow	Flashes quickly 3 times, repeating every 5s
	Exception: Card full / Card error / USB error	Yellow	Solid
	Exception: No card / High or low temperature alert	Yellow	Solid

	Exception: Card speed insufficient (Recording stopped)	Yellow	Flashes quickly 3 times, then turns off
	Recovery system upgrade / Abnormal recovery mode	Magenta	Flashes rhythmically
Firmware Update	Firmware update in progress	Blue	Breathes slowly

File Storage

The camera features built-in storage, and users can also choose to insert a microSD card. To ensure smooth shooting, X6 requires a microSD/TF card that complies with the UHS-I standard (V30 speed class or above), and is formatted as exFAT. Otherwise, recording may be interrupted or files may be corrupted due to insufficient card speed.

Do not use UHS-II, UHS-III, or storage cards exceeding 1TB. Doing so may cause recording to stop due to compatibility issues.

Selecting Storage Media

Auto-Detection

1. Insert a microSD card and power on the camera.
2. Once the camera detects the microSD card, a prompt will appear asking whether to switch footage storage to the microSD card.
3. Tap Confirm to switch to the microSD card.

Manual Switch

1. Swipe down to enter the **Shortcut Menu**.
2. Swipe right to enter the leftmost screen (Storage Page) to display the current storage medium.

3. Tap either storage option (Built-in Storage or microSD Card), then tap **Confirm** to complete the switch.

Formatting the Camera Storage Card

It is recommended to regularly transfer camera files to a phone or computer for backup and format the camera storage card to prevent insufficient storage or related exceptions.

The following guides describe how to format the storage card via X6 or the Insta360 App.

Via X6

1. Insert the storage card into X6.
2. Press the Power Button to power on the camera.
3. Swipe down from the top of the screen to enter the Shortcut Menu, then swipe right to enter the leftmost screen. Tap Storage Management and select Format.

Via the Insta360 App

1. Connect X6 to the Insta360 app.
2. Enter the Insta360 App settings page, and go to **Device Settings** > **Camera Storage** > **Format** to format the card.

***Note**: If formatting the storage card via a computer, ensure it is formatted to exFAT with the default allocation unit size.*

External Devices

X6 supports a variety of accessories to meet unique shooting needs across different scenarios.

1. **Removable USB Cover**: The USB cover is hot-swappable. Open the cover, then pull it directly and firmly outward to detach it.
2. **Accessory Installation**: Once the USB cover is removed, official accessories such as the Charge Audio Adapter and Quick Reader can be installed.

3. After use, or when using camera alone, ensure that the cover is tightly closed and the orange indication mark is completely hidden, so as not to compromise its waterproofing performance.

4. File Transfer & Footage Management

Connecting to the App and Transferring Files

Manual Connection

1. Power on the camera and enable Bluetooth on your phone.
2. Open the Insta360 App to complete the connection to X6.

NFC Connection

To enable rapid interconnection between the camera and your phone, Insta360 X6 supports NFC touch connection:

1. Enable both Wi-Fi and Bluetooth on your phone.
2. Bring your phone's NFC detection area close to the NFC sensing zone on the lower half of the camera touchscreen. This will quickly wake the camera, launch the Insta360 App, and complete the connection. The system will automatically jump to the Album page.

Transferring Files

1. Enter the App Album page.
2. Tap the "Multi-Select" icon in the upper right corner and choose the footage you wish to transfer.
    - Tap the export icon at the bottom to save the footage to your phone's local gallery. Do not exit the App or lock your phone screen during the export process.
    - Tap the download icon at the bottom to download the footage into the App album.

Notes:

- *The position of the NFC sensor chip varies depending on the smartphone brand and model. Please locate the specific sensing area based on your actual phone model.*
- *NFC compatibility and connection experience depend on your phone's*

hardware support.

- *Tip for Apple (iOS) Users: If the touch connection fails, try tilting the phone slightly upright while pressing it against the camera's sensing zone for a more reliable connection.*

Connecting to Studio and Transferring Files

- **U-Disk Transfer Mode**: Power on the camera and connect it to your computer using the official Type-C cable. Select **"File Transfer" (U-Disk Mode)** from the pop-up prompt on the camera touchscreen. The computer will recognize the camera as a removable storage device. You can then copy the raw footage in **.insv** (360 video) or **.insp** (360 photo) format directly to your local computer drive.
- **High-Speed Card Reader Transfer**: For a high-speed transfer experience (especially when handling ultra-large 8K files), it is recommended to power off the camera, remove the microSD card, and insert it into a high-speed card reader connected to a USB 3.0 or Thunderbolt port on your computer.

Troubleshooting：What should I do if the camera cannot connect to the Insta360 app?

Check the following items:

1. Ensure both the camera firmware and the App are updated to the latest versions, and that the Insta360 App has been granted Network, Bluetooth, and Local Network permissions.
2. Go to your phone's system settings page to verify if the camera's Wi-Fi is connected.
    - If not connected, enter the Wi-Fi password, restart both the camera and phone, and try again.
    - If the connection still fails, go to your phone's Wi-Fi settings, select the camera's Wi-Fi network, forget this network, and try reconnecting.
3. Confirm that the Insta360 App has been granted Location (GPS) and

Bluetooth permissions in your phone's system settings (this setting is not required for iOS devices).

- For Android users, ensure that options like WLAN+ or Auto-Switch Wi-Fi are turned off (if available in your system settings).
- For iOS users, go to the phone's system settings, locate Insta360, and verify that Local Network permission is enabled.

4. Place X6 closer to your phone.

NOTE: This manual is subject to change without notice. Please visit Insta360's official website for the latest version.