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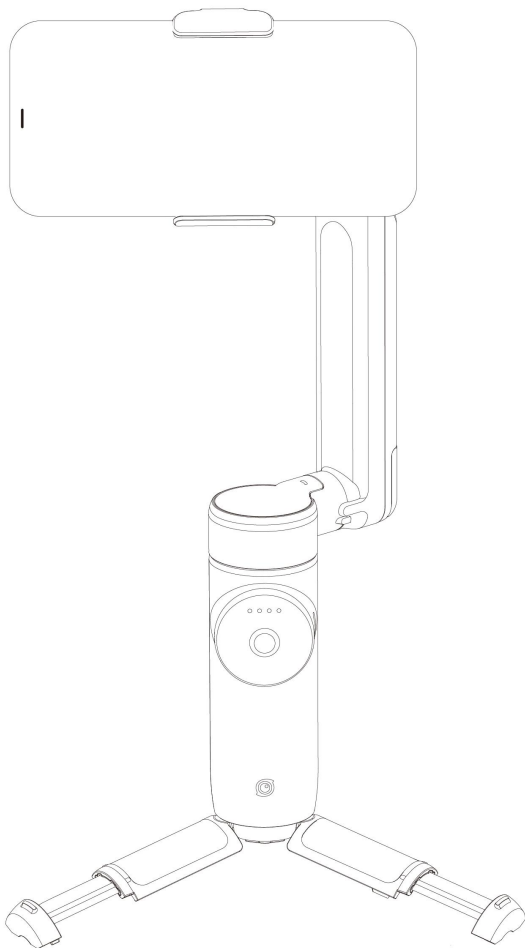


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Flow Pro User Manual

Insta360 Flow Pro

User Manual

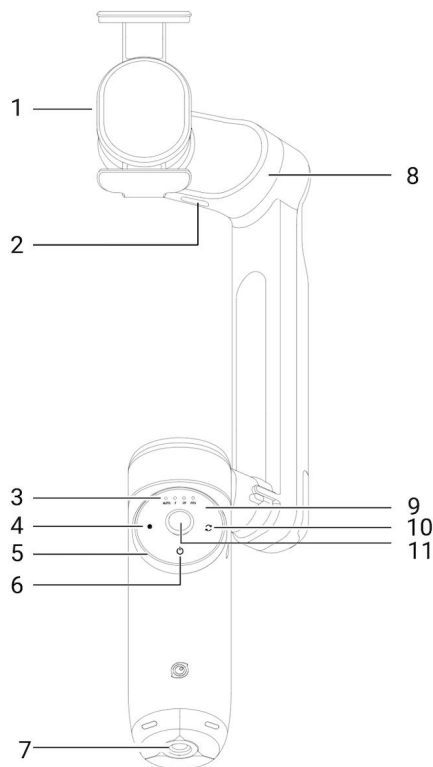


Content

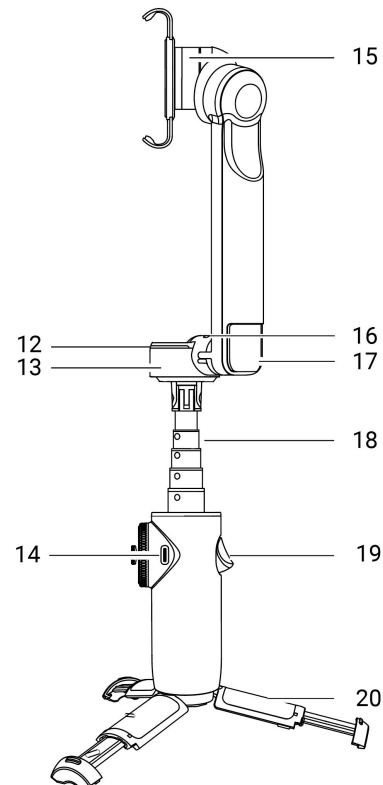
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Product Introduction

Flow Pro Introduction



1. Magnetic Phone Clamp
2. Power Output Port (Type-C)
3. Battery Level/Gimbal Mode Indicator Lights
4. Shutter Button
5. Zoom Wheel
6. Power Button
7. 1/4" Mounting Point
8. Tilt Axis Motor
9. Touch Panel
10. Switch Button
11. Joystick



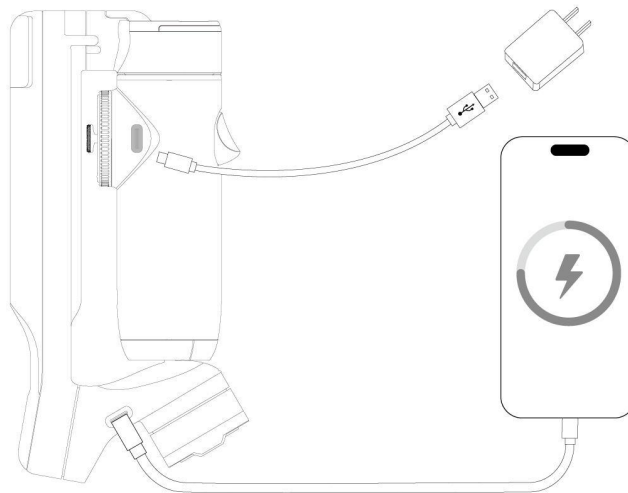
12. Tracking Ring Light
13. Pan Axis Motor
14. Power Input Port (Type-C)
15. Roll Axis Motor
16. NFC Pairing LED
17. Built-in Cold Shoe
18. Built-in Selfie Stick
19. Trigger Button
20. Built-in Tripod

The SmartWheel includes the Touch Panel, Gimbal Mode Indicator Lights, Joystick, Power Button, Shutter Button, Switch Button and Zoom Wheel.

First Use

Charging

Please use the included Type-C Cable to connect the USB Port on the handle to the charger. The battery level indicator lights will cycle from left to right during charging according to the remaining power level. A solid indicator light means charging is complete.



Flow Pro Charging Time

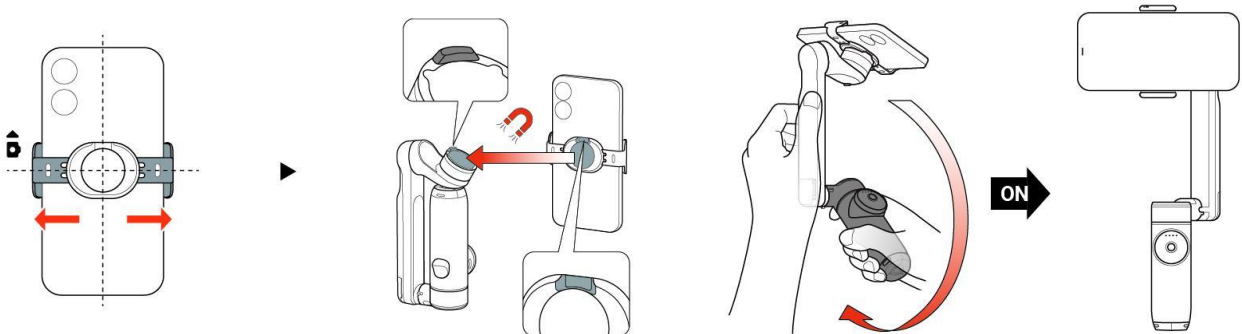
- 0–80% - 78 minutes
- 0–100% - 120 minutes

*Measured at 77°F (25°C) using a 10W charger.

Unfolding and Folding

Install Your Phone

1. Following the direction indicated by the icon on the right side of the Magnetic Phone Clamp, stretch the Magnetic Phone Clamp around the middle of your phone.
2. Align and attach the magnetic notch on the back of the Magnetic Phone Clamp to the raised bump on the gimbal's magnetic surface.
3. Hold the transparent battery shell and pull the handle downwards in the direction indicated by the arrow to unfold it. The gimbal will automatically power on, and the indicator lights will turn on.

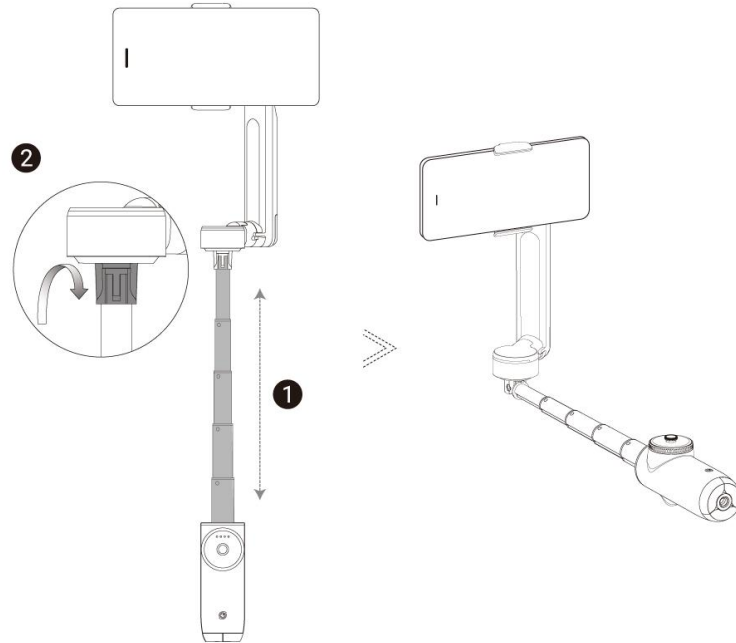


Notes:

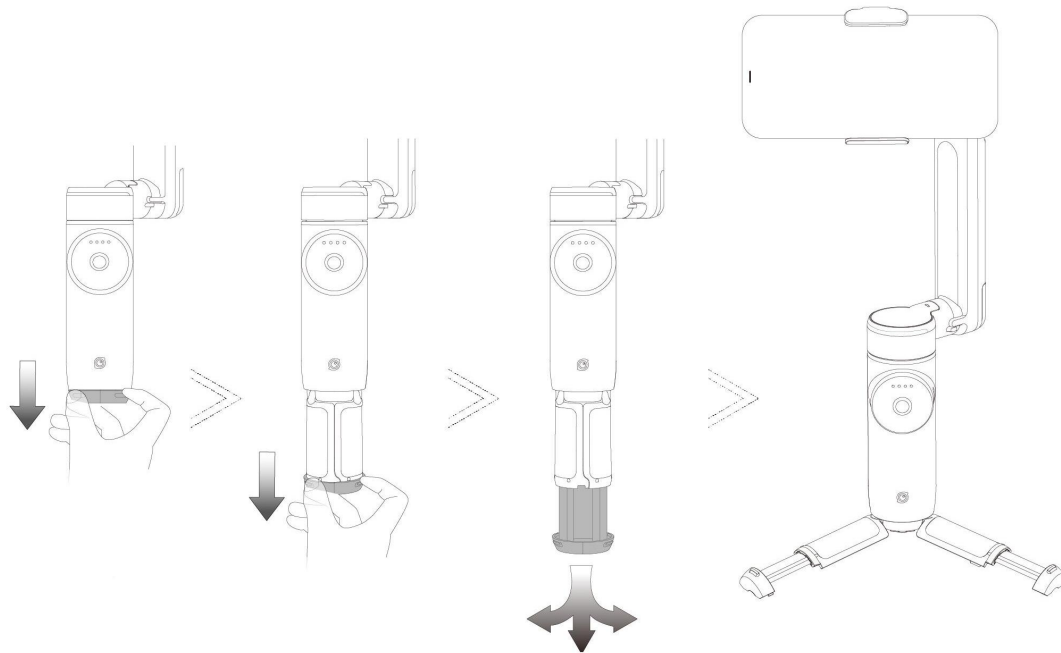
- Ensure the direction of your phone's camera is the same as the direction marked on the Magnetic Phone Clamp.
- Position the Magnetic Phone Clamp in the middle of your phone so that both sides stretch the same distance and fit around the phone.
- Attach your phone to the Magnetic Phone Clamp first, then attach and unfold Flow Pro.
- Each time Flow Pro is powered on, it automatically detects if a phone is mounted within 30 seconds. If no phone is detected, it automatically enters standby mode.

Built-In Selfie Stick and Tripod

Flow Pro comes with a built-in selfie stick and tripod. The selfie stick has five sections and extends to a maximum length of 215mm. The angle adjustment range is 0-90°.



Once fully extended and unfolded, the tripod can be used to temporarily place Flow Pro on a windless, stable and flat surface. It should not be placed on sand.

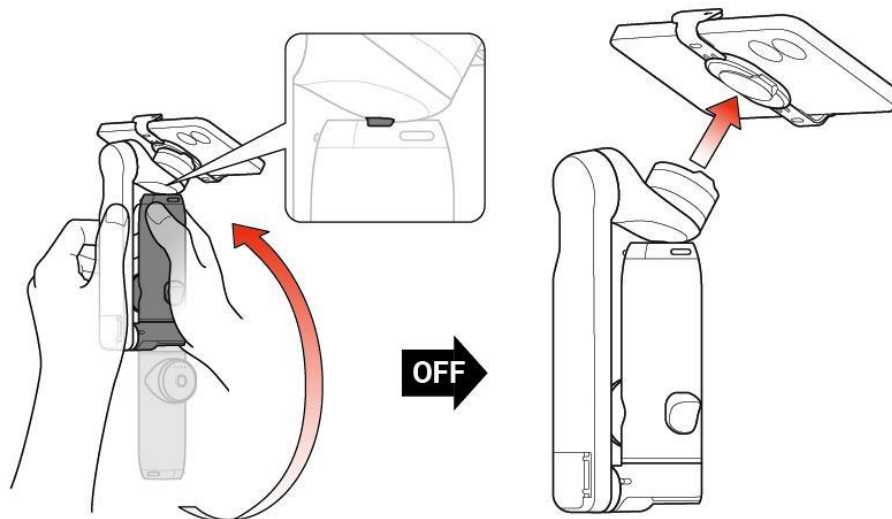


Notes:

- When pulling out the tripod, it is recommended to pull out all legs together, not individually.
- When storing the tripod, you need to fold it first, then slowly push it back in with the palm of your hand.
- If you have the selfie stick extended for a long time, it's recommended to attach an external tripod through the 1/4" screw hole at the bottom of Flow Pro's handle for more support and use in a wider range of scenarios.
- Use the silicone grip cover to make the handle more comfortable to hold and protect it.

Folding Up

1. Fold the handle up and Flow Pro will automatically shut down.
2. Take off the Magnetic Phone Clamp, then remove it from your phone.

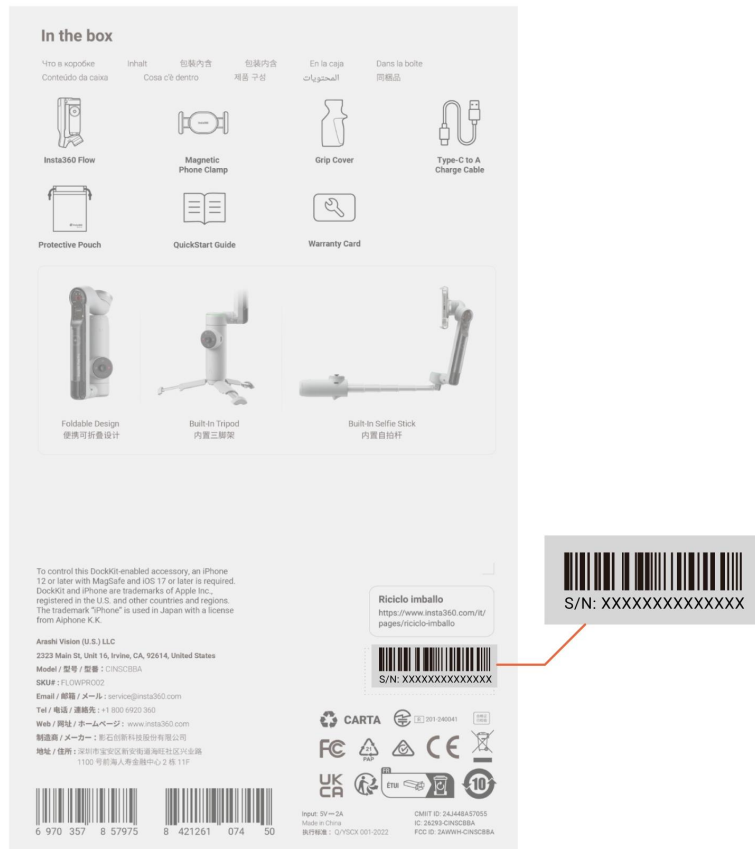


Find Your Serial Number

The serial number is a unique code that can be used to quickly identify your gimbal. You can find the serial number in the following ways:

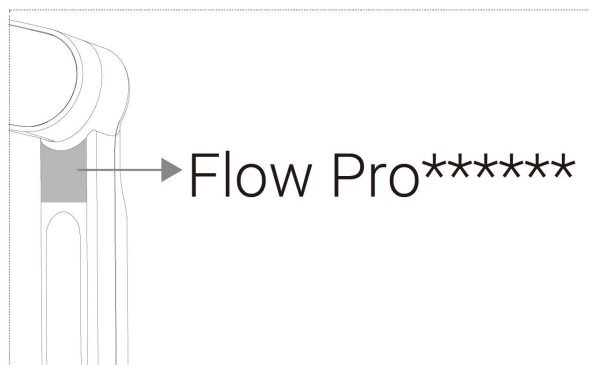
1. Product Box

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



2. Transparent Battery Shell

The serial number can be viewed inside the transparent battery shell.



Activation

You need to activate Flow Pro in the Insta360 app before using it for the first time.

Steps:

1. Download the Insta360 app. Alternatively, search "Insta360" in any major app store or scan the QR code on the box.
2. Enable Wi-Fi and Bluetooth on your phone.
3. Open the Insta360 app. The pop-up window should automatically display "Discover New Devices". Select your device (the name is "Flow Pro *****" by default, where ***** is the last six digits of the serial number, which can be found on the product box or the transparent battery shell), and then follow the on-screen instructions to connect and activate your gimbal.
4. The app will prompt you to update the firmware if a new version is available. Please follow the on-screen prompts to update Flow Pro's firmware. Do not power off Flow Pro or exit the Insta360 app during the update.
5. After successful activation, download the analysis resources to shoot with the Insta360 app.

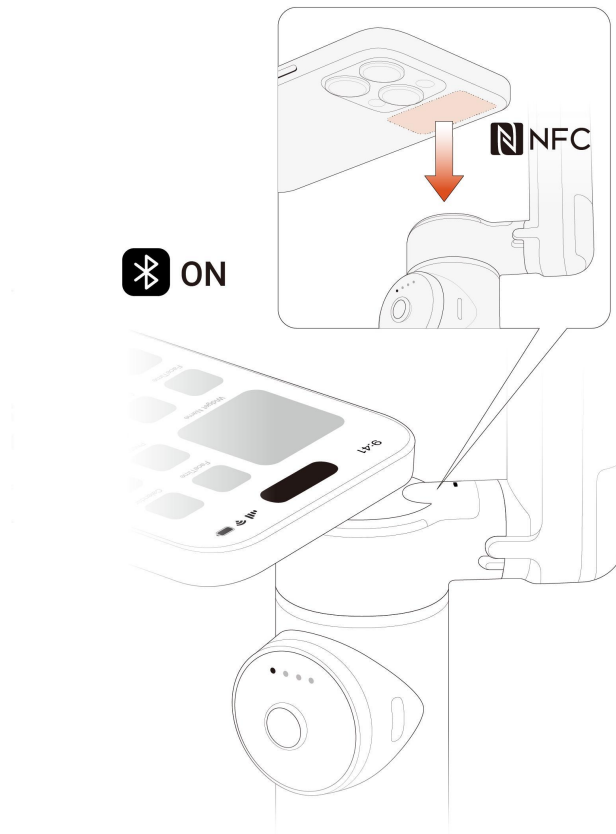
One-Tap Pairing Via NFC

Flow Pro supports NFC pairing with NFC-enabled phones to quickly connect and start tracking with DockKit.

*This feature is currently only supported on iOS.

If you are an iOS user, you can quickly connect your iPhone via NFC:

1. Power on Flow Pro.
2. Unlock your phone and turn on Bluetooth.
3. Touch your phone's NFC area to the gimbal, wait for the pop-up window, then tap Connect.
4. Attach your phone to Flow Pro and wait until the head nods to indicate a successful connection. Do not remove the phone from the gimbal during the pop-up pairing process, as this will result in pairing failure.
5. Once connected, you can control the phone's native camera or use it with a number of third-party apps, or connect to the Insta360 app.
 - To use Apple DockKit native camera tracking, turn on your iPhone's native camera and switch to "Video" mode, point it at the subject, and tracking will turn on automatically.
 - When Flow Pro is tracking, the tracking ring light will be green and flash slowly. To stop tracking, press the trigger button once. The tracking ring light will turn off. To start tracking again, press the trigger button once. The tracking ring light will turn on to indicate that tracking has resumed.



Notes:

1. Ensure your iOS software is up to date with at least iOS 17 (iOS 17.4 or higher is recommended) and the NFC function is turned on.
2. Unlock your phone and exit any apps.
3. After the first successful connection, Flow Pro will automatically reconnect to the phone without needing to pair via NFC when your Bluetooth is turned on and your phone is attached to the gimbal.

If you cannot connect via NFC, please check the following:

1. Ensure the NFC area on your phone is close to the NFC mark on Flow Pro. If there is no response, move the phone a few millimeters away, wait for around 10 seconds, then try again.
2. Ensure your phone has NFC enabled.
3. Remove any metal objects other than your phone away from Flow Pro's NFC area.
4. Ensure only one phone is in contact with Flow Pro at a time.
5. Turn off any other NFC-enabled applications running on your phone.

Native Camera and Third-Party App Tracking

- iOS: After pairing your iPhone with Flow Pro via NFC, you can control or track with the native camera app or third-party iOS apps without connecting to the Insta360 app. Additionally, you can use Deep Track 3.0 when the gimbal is connected to the Insta360 app, as well as tracking in third-party apps through the Live Mode feature in the Insta360 app.
- Android: Tracking on the native camera app is not supported, but Flow Pro can control the native camera. Additionally, you can use Deep Track 3.0 when the gimbal is connected to the Insta360 app, as well as tracking in third-party apps through the Live Mode feature in the Insta360 app.

	Features	iOS Devices	Android Devices
Tracking	DockKit Native Tracking (Tracking with native camera app) *Requires an NFC connection to pair your iPhone with Flow Pro.	Supported	Not Supported
	DockKit Native Tracking (Tracking in third-party iOS apps) *Requires an NFC connection to pair your iPhone with Flow Pro.	Supported	Not Supported
	Insta360 app Deep Track 3.0	Supported	Supported
	Insta360 app Live Mode	Supported	Supported
NFC Pairing	One-Tap Pairing Via NFC	Supported	Not Supported

Notes:

1. Use Deep Track 3.0 in the Insta360 app for greater tracking accuracy and subject recovery in more complicated scenarios.
2. Some Joystick functions are unavailable when tracking with the phone's native camera or third-party apps. For full details, please refer to the [phone compatibility list](#) on the official Insta360 website.

- Native Camera and Third-Party Apps:

1. Apple DockKit Native Tracking (iOS)

Flow Pro is integrated with Apple DockKit to track with the phone's native camera without the need to connect to the Insta360 app. You can also track using third-party apps like TikTok and Facetime for easier content creation and video calls. It also allows you to switch the tracking between Apple devices, so you can use your iPhone as your webcam for your Macbook or Apple TV and track people during video calls or online meetings.

Notes:

1. Using DockKit tracking requires an Apple device compatible with DockKit, specifically an iPhone 12 or later model, running iOS 17 or higher (we recommend iOS 17.4 or higher.)
2. Insta360 Flow Pro is designed to be used with DockKit-compatible apps, such as iPhone's camera app and FaceTime®, please refer to the tested compatible applications on the official Insta360 website.

2. Insta360 App Tracking with Live Mode (iOS/Android)

Android phones don't support tracking in the native camera app. Both iOS and Android devices support tracking in third-party apps such as live streaming apps and video calling apps through Live Mode on the Insta360 app. Head to the shooting page once Flow Pro connects to the Insta360 app.

- Native Camera (iOS/Android):

- iOS: Record and track with the phone's native camera.
- Android: Record with the phone's native camera, switch between front and rear lenses, switch shooting modes, adjust zoom and more.

Note: Settings and supported functions vary depending on the phone model and system. For full details, please refer to the [phone compatibility list](#) on the official Insta360 website.

Basic Use

Button Instructions

*When tracking with the iPhone native camera and third-party iOS apps, some of the button operations are temporarily unavailable, and full button functionality is available through the Insta360 app.

Power Button



Gimbal Status	Operation	Description
Powered off	Long press	1 second: Power on. (Does not work when the gimbal is folded.)
	Press once	Check the battery level or charge a phone connected via Type-C cable.
Powered on	Long press	1 second: Power off. 5 seconds: Force shutdown.
	Press once	Check current battery level.
	Press twice	Enter standby mode. (To exit, press the Power Button, Switch Button, Shutter Button or Trigger Button.)
Insta360 app open on the preview page	Press once	Return to the shooting page.

Switch Button



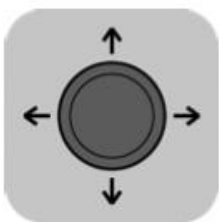
Gimbal Status	Operation	Description
Powered on	Press twice	• Switch the phone's orientation between horizontal and vertical.
Insta360 app open on the shooting page	Press once	• Switch between the front and rear cameras.
	Press three times	• Switch between video and photo mode.
	Long press	• Return to the preview page.
Insta360 app open on the preview page	Press once	• Return to the previous file.

Shutter Button



Gimbal Status	Operation	Description
Insta360 app open on the shooting page	Press once	Take photo or start recording video.
	Long press	Start shooting in Burst Mode.
Insta360 app open on the preview page	Press once	Switch to the next file.

Joystick



Gimbal Status	Description
Powered on	Push to the left and right to change the direction of the pan axis. Push up and down to change the tilt axis direction.

Battery Level/Gimbal Mode Indicators



Gimbal Status	Operation	Descriptions
Powered on	Press once	Check current battery level.
	/	Shows current gimbal mode: AUTO = Auto, F = Follow, PF = Pan Follow, FPV = FPV.

LED Indicator Lights Status

LED Indicator status

- LED on.
- LED off.
- ⦿ LED blinking.

Charging	Battery Level	Not Charging	Battery Level
⦿ ⦿ ⦿ ⦿	5% - 6%	● ● ● ●	75% - 100%
● ⦿ ⦿ ⦿	7% - 25%	● ● ● ○	50% - 74%
● ● ⦿ ⦿	26% - 50%	● ● ○ ○	25% - 49%
● ● ● ⦿	51% - 95%	● ○ ○ ○	6% - 24%
● ● ● ●	96% - 100%	⦿ ○ ○ ○	< 6%

All four LEDs blink slowly when Flow Pro is in standby mode.

All four LEDs blink quickly when an error has occurred. The two most common reasons are:

- Flow Pro is physically prevented from moving or is experiencing a technical error. Remove any obstacles, then press any button.
- The phone is not centered or secure in the phone clamp. This may lead to abnormal motor heating and trigger Flow Pro's overheating protection. Please recenter and secure the phone.

Touch Panel



There are two ways to switch gimbal and shooting modes on the Touch Panel. You can choose via the "Custom" button in gimbal settings in the Insta360 app.

Gimbal Status	Description
Powered on	Option A • Swipe: Swipe a semicircle clockwise or counterclockwise to switch gimbal modes. The indicator lights will show the current selected mode. Quickly change between different modes by continuously swiping. • Double Tap: Tap the Switch or Shutter Button twice to switch shooting modes. Option B • Swipe: Swipe clockwise or counterclockwise to switch shooting modes. Quickly change between different modes by swiping continuously. • Double Tap: Tap the Switch or Shutter Button twice to switch gimbal modes.
Viewing a video on the preview page	Swipe clockwise to fast-forward the video. Swipe counterclockwise to rewind the video.

Zoom Wheel



Gimbal Status	Operation	Description
FPV Mode	Turn the Wheel	• Turn clockwise: Rotate roll axis clockwise. • Turn counterclockwise: Rotate roll axis counterclockwise. (Zoom is not available in FPV Mode.)
Connected to Insta360 app in Auto, F, and PF Mode	Turn the Wheel	Zoom: ○ Turn clockwise to the end and hold: Camera zooms in. ○ Turn counterclockwise to the end and hold: Camera zooms out. Switch Lens: ○ Turn clockwise to the end and release: Switch camera lens. ○ Twist counterclockwise to the end and release: Switch to the previous lens. Preview Page: ○ Turn clockwise: Zoom in on photos/videos. ○ Turn counterclockwise: Zoom out on photos/videos.

Trigger Button



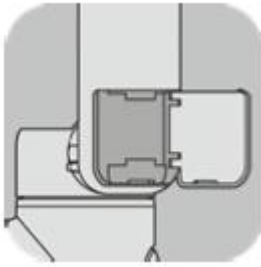
Gimbal Status	Operation	Description
Powered on	Press twice	Recenter the gimbal.
	Press three times	Change phone between forward-facing and backward-facing.
	Long press	Enter Lock Mode (release button to exit).
	Press once and then long press	Enter Active Plus Mode (release button to exit).
Connected to Insta360 app	Press once on the shooting page	Start/stop tracking.
	Press once on the preview page	Play/pause a video.
	Press once on the home page	Enter shooting interface.
Apple DockKit Native Tracking (iOS)	Press once	Start/stop tracking. *Supported when tracking with iPhone native camera app and third-party iOS apps.

Combination Button: To reset Bluetooth, press and hold the Trigger and Shutter Buttons for 3 seconds simultaneously.

Interfaces

Interface Type	Function
Power Input Port (Type-C) 	Connect the charging cable to charge Flow Pro. Flow Pro can be used while charging.
Power Output Port (Type-C) 	Use Flow Pro as a power bank. Connect the cable to a phone or other device to charge.
1/4" Mounting Point 	Connect to other accessories, such as a tripod.

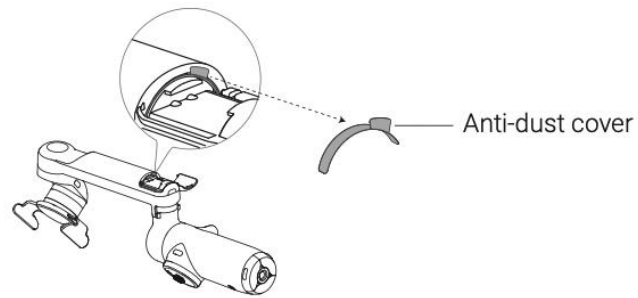
Built-In Cold Shoe



Connect to other accessories, such as a microphone.

Notes:

- Do not remove the cold shoe door when connecting accessories.
- Ensure the Anti-Dust Cover remains in place.



Gimbal Modes

When Flow Pro is turned on, you can choose from five gimbal modes: Auto (on by default), Follow, Pan Follow, FPV and Lock Mode.

- **Auto Mode (AUTO):**

Beginner-friendly mode that automatically adjusts tilt and pan axis settings based on your movements (e.g., running vs stationary), making it easier to shoot stable videos.

- **Follow Mode (F):**

The tilt and pan axes follow the movement of the handle, and tracking is more sensitive than Auto Mode. It is suitable for vertical movements from a view to a subject and tilt and pan movements.

- **Pan Follow Mode (PF):**

The pan axis follows the movement of the handle while the tilt and roll axes are locked. It is suitable for shooting horizontally or around a subject with a locked horizon.

- **FPV Mode (FPV):**

The gimbal can rotate freely to follow the movements of the handle in any direction, making it suitable for a wider range of creative shots. Turn the Zoom Wheel to control the roll axis and spin the phone.

- **Lock Mode (L):**

Press and hold the Trigger Button to lock all three axes, great for follow shots and hyperlapses. Release the Trigger Button to exit Lock Mode.

The phone screen does not follow the rotation of the gimbal handle and is locked. It is suitable for follow shots, long-distance movements or shots that need to keep a subject centered for a long time.

In this mode, the three-axis motors are locked, and the mobile phone remains unchanged in its movement.

Switch on **Active Plus Mode** for fast-moving scenes. It provides a faster response speed in any of the four gimbal modes on the touch panel.

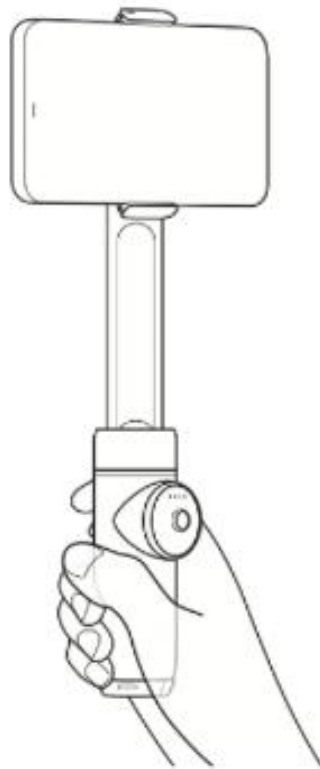
Press the Trigger Button once, then immediately press it again and hold to enable Active Plus. The indicator lights blink in the current gimbal mode. Release the Trigger Button again to exit.

Gimbal Grips

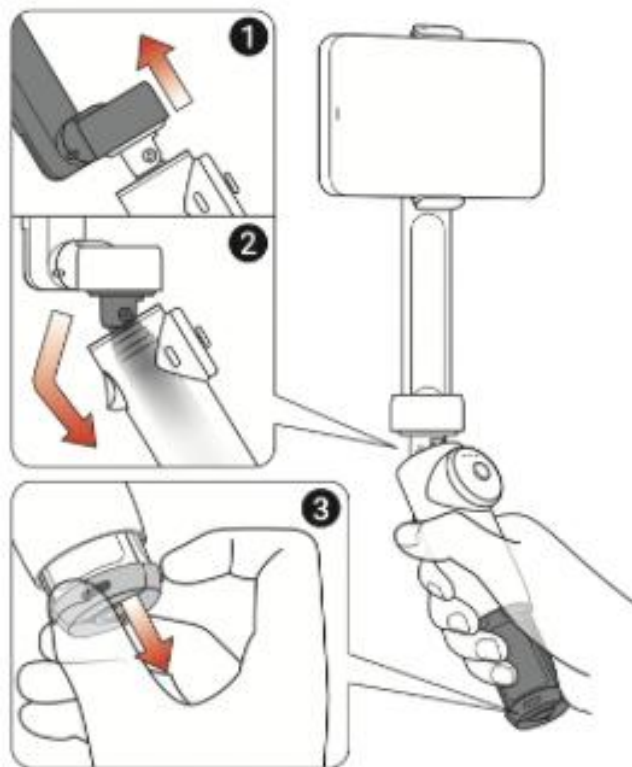
Flow Pro has the following five grip positions:

- **Quick Grip:** Unfold the gimbal in one motion for quick, on-the-go shooting.

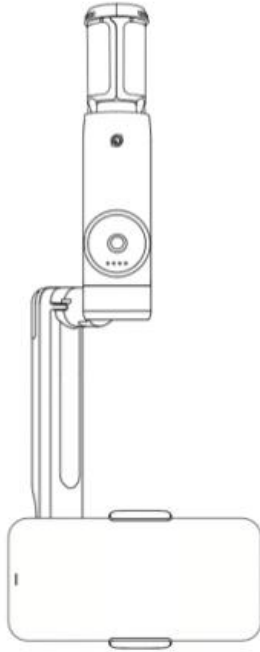
Do not extend the tripod or selfie stick.



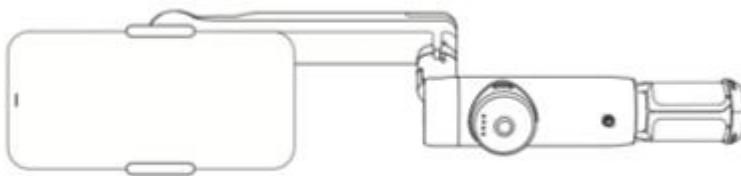
- **Classic Grip:** Provides a more comfortable grip with an improved shooting angle.
1. Slightly pull the selfie stick out.
 2. Tilt the hinge area.
 3. Pull out the tripod to extend the handle. Do not pull out the legs.



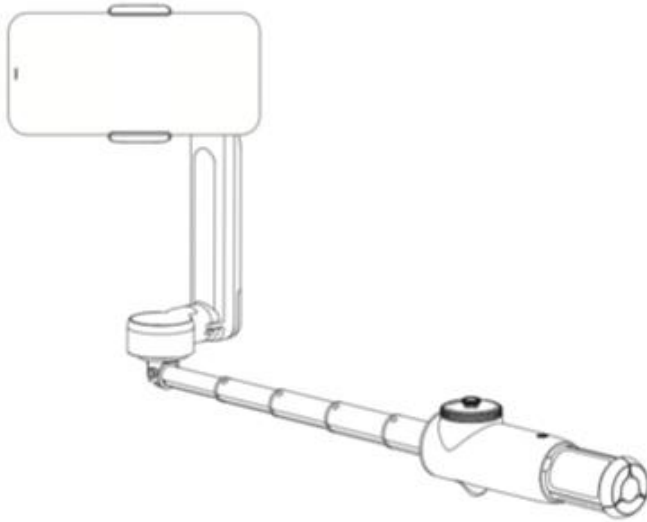
- **Underslung Grip:** Provides a more comfortable grip. Shoot close to the ground for low-angle shots.
 1. Pull out the tripod and selfie stick.
 2. Turn Flow Pro upside down 180°.



- **Side Grip:** Provides a more comfortable grip. Suitable for sliding and low-angle shots.
 1. Pull out the tripod.
 2. Tilt Flow Pro 90° left or right.



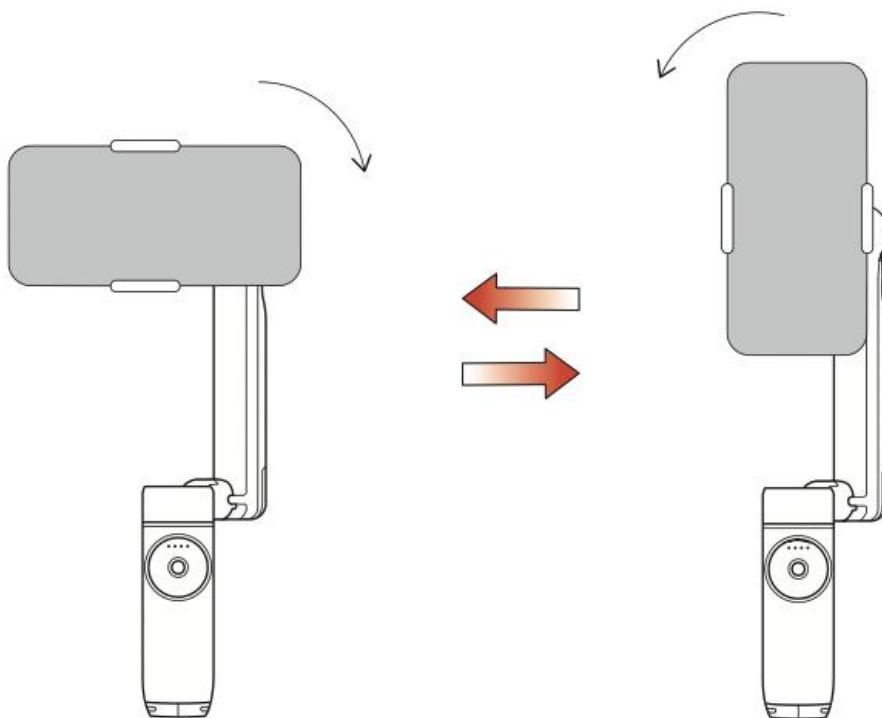
- **Low Grip:** Provides a more comfortable grip. Suitable for push-through and low-angle shots.
1. Pull out the tripod and selfie stick.
 2. Adjust the selfie stick to a low-angle position.



Manual Rotation

1. You can manually adjust the direction of the roll axis by moving the gimbal. When the angle of the mobile phone clamp is less than 30° , the gimbal will rotate to the position where it is swung.
2. The gimbal can be rotated horizontally or vertically by turning it. When the angle of the mobile phone clamp to the gimbal exceeds 30° , the gimbal will automatically rotate to the next 90° position according to the current rotation direction.

Note: The gimbal cannot rotate in four directions. It can only rotate horizontally or vertically in a fixed direction. If forced to move, the motor might stall and consume more power.



Indicator Lights

Status	Indicator Light Status																								
Power on	Gimbal Mode Indicator Lights light up one by one from left to right																								
Power off	Gimbal Mode Indicator Lights light up at the same time and then go out one by one from right to left																								
Pairing	NFC Pairing LED: Slowing flashing																								
Pairing success	NFC Pairing LED: Solid																								
Pairing failure	NFC Pairing LED: Slowing flashing, return to pairing status																								
Tracking started	Tracking Ring Light: Solid																								
Tracking stopped	Tracking Ring Light: No light																								
Tracking	Tracking Ring Light: Slowing flashing																								
Tracking failed	Tracking Ring Light: Solid																								
Charging	LED Indicator status ● LED on. ○ LED off. ⚙ LED blinking. <table><tr><th>Charging</th><th>Battery Level</th><th>Not Charging</th><th>Battery Level</th></tr><tr><td>⚙⚙⚙⚙</td><td>5% - 6%</td><td>●●●●</td><td>75% - 100%</td></tr><tr><td>●⚙⚙⚙</td><td>7% - 25%</td><td>●●●○</td><td>50% - 74%</td></tr><tr><td>●●⚙⚙</td><td>26% - 50%</td><td>●●○○</td><td>25% - 49%</td></tr><tr><td>●●●⚙</td><td>51% - 95%</td><td>●○○○</td><td>6% - 24%</td></tr><tr><td>●●●●</td><td>96% - 100%</td><td>⚙○○○</td><td>< 6%</td></tr></table> The Gimbal Mode Indicator Lights will display the charging status light. If you switch the shooting mode, the lights will display the selected mode for 3 seconds and then return to indicate charging. The Gimbal Mode Indicator Lights display the charging status light when the gimbal is charging. You can press the power button to check the battery level, which will be displayed for 3 seconds, and then the indicator lights will return to indicate charging.	Charging	Battery Level	Not Charging	Battery Level	⚙⚙⚙⚙	5% - 6%	●●●●	75% - 100%	●⚙⚙⚙	7% - 25%	●●●○	50% - 74%	●●⚙⚙	26% - 50%	●●○○	25% - 49%	●●●⚙	51% - 95%	●○○○	6% - 24%	●●●●	96% - 100%	⚙○○○	< 6%
Charging	Battery Level	Not Charging	Battery Level																						
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●●●⚙	51% - 95%	●○○○	6% - 24%																						
●●●●	96% - 100%	⚙○○○	< 6%																						

Firmware Update	Gimbal Mode Indicator Lights light up one by one from left to right, with a 0.2-second interval. Once the update is complete, all four will light up at the same time, then turn off. Flow Pro will reboot after 1 second.
Low battery	Gimbal Mode Indicator Lights: Left indicator light blinks rapidly when the battery level falls below 6%
Gimbal abnormality	Gimbal Mode Indicator Lights: All 4 lights rapidly flashing at the same time

Insta360 App

Connect to the Insta360 app

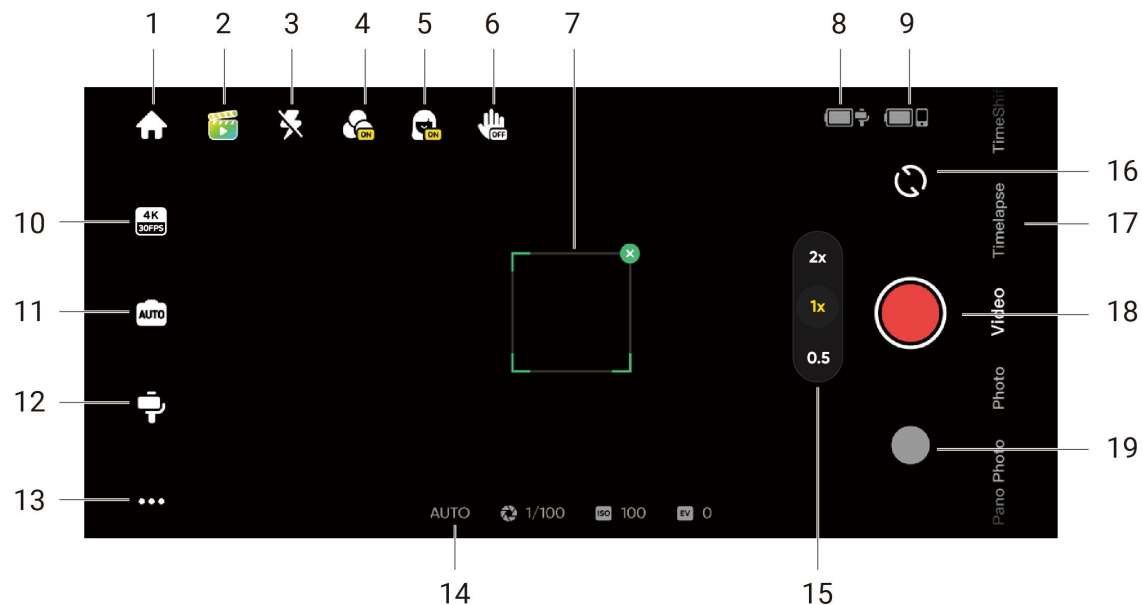
1. Turn on Flow Pro.
2. Turn on the phone's Bluetooth and Wi-Fi.
3. Open the Insta360 app and tap the camera icon at the bottom of the page. Follow the on-screen instructions to activate your gimbal.
4. The first time you connect to the Insta360 app, you need to authorize the connection and provide information. This requires an internet connection.
5. After successful activation, download the analysis resources to shoot with the Insta360 app.

Can't connect to the Insta360 app?

1. Ensure the Insta360 app is updated to the latest version, restart Flow Pro and the app and reconnect.
2. If you still can't connect, cancel the Bluetooth pairing, turn off your phone's Bluetooth, and try again.

If the connection fails, press the Trigger Button and the Shutter Button at the same time for 3 seconds to reset the Bluetooth. Once successful, you will hear three beeps. Then, try to connect to the app again.

Shooting Interface



1. Home: Return to the home page.
 2. Shot Genie: Provides AI shooting tutorials and ideas tailored to the environment. There are two ways to access Shot Genie templates:
 - Scene Recognition: Enable or disable in General Settings. AI will analyze the current scene and match it to a shooting scenario.
 - Voice Control: Enabled by default. Tap the icon and it will provide suitable shooting suggestions based on the keywords you provide. Enable or disable in General Settings.
 3. Flash: Adjust the flash.
 4. Filter: Select a photo or video filter.
 5. Face Filter: Turn the Face Filter function on or off.
 6. Gesture Control: Display Gesture Control settings and select from photo, video, photo with tracking or video with tracking. When Gesture Control is enabled, face the camera with your full face visible and raise your palm (make sure your palm does not cover your face). Briefly hold this position to trigger the chosen function. Raise your palm again to stop shooting if you choose video with tracking.
- Note: Gesture Control works up to 13.1ft (4m) away from Flow Pro. This feature consumes more power and may cause the gimbal to heat up.
8. Tracking Box: Flow Pro can automatically track selected targets so they stay in a frame within the tracking box. The default position is in the center of the screen, but it can be adjusted manually

using the Joystick while tracking.

9. Flow Pro Battery Level: Displays Flow Pro's current battery level.
9. Phone Battery Level: Displays the phone's current battery level.
10. Resolution and Frame Rate: Set resolution and video frame rate.
11. Phone Camera Settings: Adjust settings such as shutter speed, ISO, EV, and WB.
12. Flow Pro Settings: Tap to display the gimbal mode and related settings.
 - Gimbal Mode: Select from Auto, F, PF and FPV.
 - Mode Change Method: Choose between two options for how to switch gimbal modes and shooting modes.
 - Follow Speed: Controls how fast the gimbal reacts to movement. Set to fast, medium or slow.
 - Joystick Speed: Set to fast, medium or slow.
 - Zoom Speed: Set to fast, medium or slow.
 - Tracking Sensitivity: Set to Normal or Sensitive. Adjust the framing of the target.
 - Horse Tracking: Turn on/off. Once turned on, press the trigger button or manually draw a box around the horse you wish to track. Flow Pro will turn on horse tracking as a priority.
 - Front Cam Auto Tracking: When turned on, Flow Pro will track subjects using the front camera instead of the rear camera.
 - Always-On Tracking: When turned on, Flow Pro keeps tracking the subject (people only) until they reappear in the shot.
 - Reverse Joystick Horizontally: Turn on to reverse the direction of the pan axis movement when using the Joystick.
 - Reverse Joystick Vertically: Toggle on to reverse the direction of the tilt axis movement when using the Joystick.
 - Flow Pro Sound and Vibration: Turn Flow Pro's sound and vibration on or off (the Bluetooth reset tone cannot be turned off).
 - Tracking Ring Light: Turn on/off. When it is turned on, adjust the brightness to low, medium or high.
 - Auto Calibration: If the phone alignment seems off and you've attached your phone correctly, try auto calibration to correct the position. Follow the on-screen prompts to complete the process. Do not touch Flow Pro during calibration.

- Adjust Horizontal Axis: Another option to fix incorrect alignment. Unfold the tripod and place Flow Pro on a flat surface. Attach your phone, then start the adjustment process. The axis can be tuned in units of 0.1° and the maximum adjustable angle is 10°.
- 13. General Settings: Adjust settings such as the Grid, Histogram, Scene Recognition and Voice Control, show tutorials and the Flow Pro Button Operation Guide, access product information, and more.
- 14. Shooting Parameters: Displays the current exposure, WB, shutter speed, ISO and EV settings.
- 15. Zoom: Displays the current zoom. Long press the icon to show the zoom dial. Zoom can also be adjusted by placing two fingers on the screen and moving them apart or together.
- 16. Switch Front and Rear Cameras: Switch between the front and rear cameras. After switching to the front camera, Flow Pro automatically tracks the subject visible from that camera. This option can be disabled in settings.
- 17. Shooting Modes: Scroll to select a shooting mode:
 - Pano Photo: Tap to take a 3x3, 180°, 240°, or 360° panorama photo. Flow Pro automatically takes multiple photos and edits them into one panorama photo.
 - Photo: Supports regular photos and photos with a countdown. Long press the Shutter Button to start shooting in Burst Mode.
 - Video: Shoot a normal video.
 - Timelapse: Shoot a stationary or motion timelapse. Choose from Fixed Angle, Left to Right, Right to Left, and Custom Track modes. Tap the icon to set the interval duration and length.
 - TimeShift: Record a hyperlapse (sped up) video while moving.
 - Slow Motion: Shoot a slow motion video at 120fps or 240fps.
 - Dolly Zoom: The app automatically zooms in or out of the background to keep the subject the same size in the frame throughout, recreating the classic Hollywood effect.
 - Widescreen Mode: The phone automatically adjusts to a horizontal position and starts recording in a 2.35:1 widescreen ratio. Filters are turned on by default.
 - Live Mode: Use Flow Pro's tracking capabilities in third-party apps with video streams, such as instant messaging apps, camera apps, video conferencing apps, and live streaming apps. Follow the on-screen instructions for correct use. During this mode, only people can be tracked.
 - Hoop Mode: Set Flow Pro down to record a half-court basketball game. The AI automatically recognizes your best baskets and saves the highlights as individual clips for easy editing. Currently only supports a half-court.
- 18. Shutter Button: Take a photo or start/stop shooting a video.
- 19. Album: View your previous photos and videos in the album.

Notes:

- Flow Pro and the Insta360 app are updated regularly with new features. Please refer to the interface in the latest version of the Insta360 app.
- Settings and supported functions vary depending on the phone model and system. For full details, please refer to the [phone compatibility list](#).

Firmware Update

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

1. Connect Flow Pro to the Insta360 app. The app will prompt you to update the firmware if a new version is available. Please follow the on-screen prompts to update Flow Pro's firmware.
2. If the app does not send a prompt, open the Insta360 app, go to Settings, "Firmware Version," and check for a new version.
3. Once the update is complete, Flow Pro will automatically reconnect to the app. You can check if the firmware version is correct by opening the Insta360 app, going to the shooting page and tapping General Settings to view Flow Pro's current firmware version, or going to Settings and checking it in "Firmware Version".

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V1.0