Apple DockKit (iPhone 12+, iOS 17+)

Seamless Tracking with Native Camera & 200+ Apps

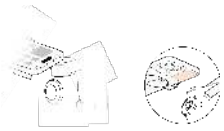
1

Unfold the gimbal to power on.



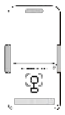
2

Unlock your iPhone and stay on the home screen. Hold the iPhone's NFC area close to the gimbal's NFC zone.



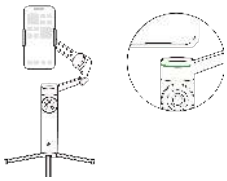
3

When the pop-up appears, move the phone away and follow the prompt to connect.Pairing isn't required next time.



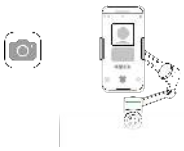
4

Mount the phone on the gimbal.
Green ring light stays on = connected successfully.



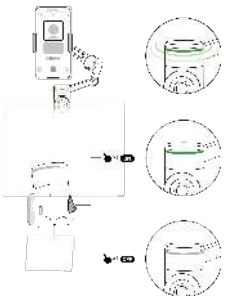
5

Open the Camera app or a supported iOS app.
Aim at a subject to start tracking automatically.



6

During tracking, the ring light pulses green.
Single-press the Trigger Button to start/stop tracking.



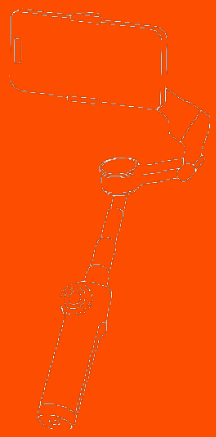
Help Center

Having issues? We ' re here to help.

- Online Support
- FAQs
- Repair Service
- Feedback

Insta360 Flow 2 Pro

Start Shooting



Insta360 Flow 2 Pro

Before Shooting 1

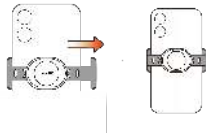
Scan the QR code to watch the tutorial.

Download the Insta360 app
to pair and unlock more features.

Assembly 2

2-1

Keep the logo facing up and attach centered on phone.



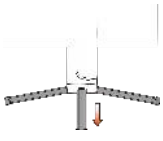
2-2

Align the red dot (•) with the notch. Press firmly to attach.



2-3

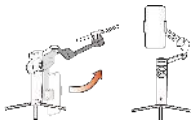
Pull out the tripod from the bottom.



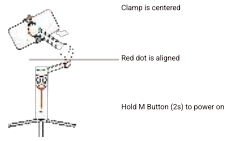
Power On & Pairing 3

3-1

Unfold outward, white light = power on.

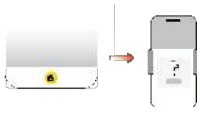


If loose or the red light stays on, check:

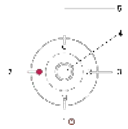


3-2

Connect the gimbal to the Insta360 app.



Basic Controls



1	M Button	Long Press (2s): Power on/off
2	Shutter Button	Single Press: Take a photo or start/stop video
3	Switch Button	Double Press: Switch phone orientation (horizontal/vertical)
4	Joystick	Control pan/tilt angles
5	C Button	Single Press: One-click 360 capture (connected to Insta360 app)



1	Zoom Wheel	Zoom in/out
2	Trigger Button	Single Press: Start/cancel tracking Double Press: Recenter the gimbal

Storage

Hold M Button to power off.



Fold the arm in toward the handle.



Insert the latch into the slot.

