Digital 4K Video Camera Recorder
Digital HD Video Camera Recorder

Startup Guide

This guide describes the necessary preparations to start using the camera, the basic operations, and so on. For details, refer to the “Help Guide” [web manual].
http://rd1.sony.net/help/cam/1640/h_zz/

For the detailed information on how to use the camera and software, visit the following Web site.
http://www.sony.net/actioncam/support/

Getting Started

What is needed to make an appealing movie with the camera

1. Getting Started
2. Shooting
3. Setting
4. Connecting to the smartphone
5. Creating your movie

Checking the bundled items

The number in the parentheses indicates the quantity of that item bundled.
• Camera (1) / Underwater Housing (MPK-UWH1) (1)
Camera is set in the Underwater Housing. Open the cover of the case as illustrated below.
• Micro USB cable (1)
• Rechargeable battery pack (NP-BX1) (1)
• Attachment Buckle (1)
• Startup Guide (this document) (1)
• Reference Guide (1)

Name of main parts

1 (on/standby) button
2 IR remote receiver (FDR-X3000 only)
3 MENU button
4 Display panel
5 UP/DOWN buttons
6 REC lamp
7 REC (Movie/Still image) button/ENTER (Menu execute) button
8 REC/LIVE lamp
9 (N mark)
10 Lens
11 Speaker
12 Microphones
13 Battery cover
14 GPS sensor
15 Connector cover (HDMI OUT, Multi/Micro USB Terminal, Mic jack)
16 REC lamp
17 Lock lever
18 Memory card cover

Getting Started

Charging the battery pack

1. Slide the lock lever down to open the battery cover, then insert the battery pack. Align the direction of the arrows on the camera and the battery pack
2. Close the cover securely, then slide the lock lever up to lock. Confirm that the yellow mark on the lock lever is not visible.
3. Open the connector cover, then connect the inactivated camera to an activated computer with the micro USB cable (supplied).

Inserting a memory card

Printed side
Terminal side
Memory Stick Micro™ (Mark2) media

Memory cards that can be used with the camera

<table>
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<th>Memory card</th>
<th>MP4</th>
<th>XAVC S</th>
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<td>Memory Stick Micro™ (Mark2) media</td>
<td>○ (Mark2 only)</td>
<td>–</td>
</tr>
<tr>
<td>microSD memory card</td>
<td>○*</td>
<td>–</td>
</tr>
<tr>
<td>microSDHC memory card</td>
<td>○*</td>
<td>○*</td>
</tr>
<tr>
<td>microSDXC memory card</td>
<td>○*</td>
<td>○*</td>
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* A memory card that fulfills all the following specifications:
  • SD Speed Class 4 (Class6) or faster, or UHS Speed Class 1 (U3) or faster
  • A memory card that is UHS Speed Class 3 (U3) is required when you record at 100 Mbps or faster (FDR-X3000 only).

Notes

• Operation with all memory cards is not assured. For details about memory cards other than cards manufactured by Sony, contact the individual makers.
• Confirm the direction of the memory card. If you forcibly insert the memory card in the wrong direction, the memory card, memory card slot, or image data may be damaged.
• Format the memory card with the camera before use.
• Confirm that the connector cover and the battery pack/memory card cover are securely closed and any foreign matter is not stuck in the cover before use. Otherwise, it may result in water immersion.

Setting the clock

When the camera is turned on for the first time by pressing the (on/standby) button, the area/daylight saving time (summer time)/date and time setting screen is displayed.
Press the UP or DOWN button to select an item, then press the ENTER button to execute.

Hints

• The date and time/area/daylight saving time (summer time) setting screen is also displayed after the settings are reset.
• Regions are defined by the time difference between Greenwich Mean Time (GMT) and the standard time of your home. For details on the time difference, refer to “The list of time differences for world capitals” in the “Help Guide” [web manual].

Setting the shooting mode

Press the MENU button, then select (Shooting Settings) → the shooting mode.

List of modes

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<td>Photo mode</td>
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<td>Time-lapse capture mode</td>
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<td>Live streaming mode</td>
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<td>⌚️</td>
<td>Loop recording mode</td>
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Setting the movie format

Press the MENU button, then select (Shooting Settings) → the movie format (default: [ ]).
Select [ ] to shoot images in 4K quality (FDR-X3000 only).
Notes

• During periods of extended shooting, camera temperature may rise to a point where shooting stops automatically.
• If you use the camera while it is connected to an external power supply with the micro USB cable (supplied), you can reduce the battery consumption for shooting or playing back images. In this case, a charged battery pack is required.

Setting

Press the MENU button, press the UP or DOWN button to select the item, then press the ENTER button to execute.

1 Shooting screen

2 MENU screen

3 Shooting settings screen

4 Settings screen

Shooting Settings*1

Icons Setting items

16:9 HP HQ MPEG Movie format
ON Time-lapse capture image size
ON Loop recording time
OFF Still image mode switching
ON Still image shooting interval
ON Self-timer
ON 1 s Time-lapse shooting interval
ON 300 Time-lapse shot number
ON SteadyShot (Movie)
ON SteadyShot (Still)
OFF Angle setting
OFF Zoom setting
OFF Flip
OFF AE shift
OFF Time-lapse AE mode
ON SCN Scene
ON AWB White balance
OFF WB Color mode
OFF ON Audio recording setting
OFF Wind noise reduction

Camera Settings

Icons Setting items

ON OFF Airplane mode
ON OFF Wi-Fi connection setting
ON OFF Wi-Fi Hi Power Setting*
ON OFF Bluetooth setting
ON OFF Bluetooth remote controller power setting
ON OFF GPS log
OFF ON Format
OFF ON Time code/user bit*5
OFF ON IR remote*4
OFF ON HDMI settings*4
ON HDMI Back ground music*
ON USB power supply
ON OFF Bleep
ON OFF Bleep volume
OFF ON Lamp setting
OFF One touch recording
OFF Auto power off
OFF Switching NTSC/PAL
ON Date & time setting
OFF GMT Area setting
OFF Daylight saving time (summer time) setting
OFF Version
OFF Resetting the settings

For details about setting items, refer to “Changing the Settings” in the “Help Guide” (web manual).

Connecting to the smartphone

Installing PlayMemories Mobile™ on your smartphone

Android OS

Search for PlayMemories Mobile on Google Play, then install it.

iOS

Search for PlayMemories Mobile on App Store, then install it.

• When using iOS, One-touch functions (NFC) are not available.

Notes

• Update PlayMemories Mobile to the latest version if you have already installed it on your smartphone.
• The Wi-Fi function described in this manual is not guaranteed to work with all smartphones and tablets.
• The operation methods and display screens for the application are subject to change without notice by future upgrades.
• For more information about PlayMemories Mobile, refer to the following website.
  (http://www.sony.net/pm/)
• Google play may not be supported depending on country or region. In this case, search for “PlayMemories Mobile” on the internet then install it.

Recalling your user ID and password without the sticker

If the sticker has peeled off or is unreadable, you can recall your user ID and password by the following procedure.

1. Insert a charged battery pack into the camera.
2. Connect the camera to a computer with the micro USB cable (supplied).
3. Press the on (on/standby) button to turn the camera on.
4. Display [Computer] → [PMHOME] → [INFO] → [WIFI_INF.TXT] on your computer, then confirm your ID and password.

Creating your movie

Editing a movie with the Action Cam App

The Action Cam App allows you to import movies to your smartphone to edit them easily. In addition, you can create time-lapse movies. For more information about the Action Cam App, refer to the following website.
http://www.sony.net/acap/

Installing the Action Cam App that is compatible with your smartphone.

Note

• Google play may not be supported depending on country or region.

Editing a movie with Action Cam Movie Creator

Action Cam Movie Creator allows you to import movies and images to your computer and to edit the movies. In addition, you can add effects (such as Multi View, variable speed playback, and so on) and create time-lapse movies.

For more information about Action Cam Movie Creator, refer to the following website.
http://www.sony.net/acmc/