



# User Manual

Version: X1-CHI-EN-v1001

## Camera Specification

Resolution Ratio: 1080P/30FPS 720P/30FPS  
 Video Format: .MP4 (H.264 Codec)  
 Sensor: CMOS  
 Dept of Field: 0.8 Meter - Infinite  
 Angle of Lens (Opposite Angle): 87°  
 Pixel: 8 Megapixel  
 Microphone: Built-in Microphone  
 USB: Micro-USB  
 External Memory: Micro SD, SDHC MAX Memory 32 GB  
 Compatibility: Windows 7 or above/MAC OSX10.5 or above  
 Size: 176.5X174.8X27mm (Belt not include)  
 Weight: 97g  
 Power Supply: Built-in Lithium Battery, 1160 mAh  
 Shooting Time: Continuous 180 Minutes of HD Video Shooting after Full-charged

## Maintenance

Thanks for Purchasing the Foream X1 wearable sport camera

Customer Service & Support:

- Please visit our website for the latest software, user support, product information and shared videos.
- If you have any issue or suggestion, please send an e-mail to our customer support team: support@foream.com

To enjoy our warranty services, please register your product on our website [www.foream.com](http://www.foream.com)

## Start Using

### Camera

Please charge the camera before the first use of it.

### Charge the Camera

- Take out the camera and the Micro-USB cable.
- Connect the USB cable to computer to start charging the camera;
- During charging, if the battery is not fully charged, the battery indicator lamp blinks green twice successively; but if the battery is fully charged, the indicator lamp keeps green lighted on.

### Install Micro SD Card

- Open the USB lid on Micro SD card slot;
- Insert a Micro SD/SDHC card with Class 6 or higher (max memory of 32 GB) in the direction of sign on the camera and push the lid until it is closed.
- Put on the USB slot protection cover.
- Do not apply or remove the Micro SD card during the camera is switched on.

### Use the Camera

- Be sure the battery is fully charged and Micro SD card is inserted before using the camera.
- Press and hold the power/mode button for a while to turn on the camera.
- When the camera is on, press the power/mode button once to convert its shooting mode.
- The shooting modes include Video, Photo, and Timelapse shooting mode;
- After choosing the video shooting mode, press the shooting button to start recording or shooting. Press it again to stop.
- When the Photo mode is chosen, press the shooting button once to take photo.

### Use WIFI

When the camera starts up but doesn't start recording or shooting, press WIFI button once to turn on or off WIFI.

## Package Include



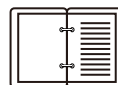
Camera



Magic Stripe



Micro USB Cable



User Manual



Camera Bag

## Wearing Method



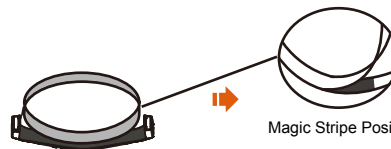
Magic Stripe



Positioning



Camera



Magic Stripe Position



Lens in Middle, Correct



USB Facing Bottom, Correct

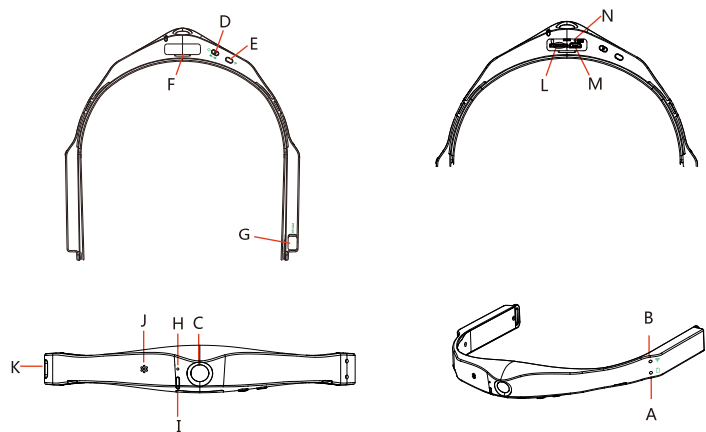


Not Balance, Wrong



USB Facing Up, Wrong

# About Your Camera



# Functions

	Functions	Introduction
A	Battery Indicator Lamp	When the battery is charged 0%, no light on; When the battery is charged 0-25%, it will be blinking green; When the battery is charged 25-100%, it will be lit green; During its charging, the indicator lamp will blink green twice successively
B	WiFi Indicator Lamp	When WiFi is off, no light on; When you turn on or off WiFi, it will be blinking red; When WiFi is on, it will be lit red.
C	Lens	
D	Power/Mode Button	Press and hold for 2 seconds to turn on or off the camera; when the camera is on, press the button once to switch the Video, Photo and Time Shifting shooting mode.
E	WiFi Button	When the camera is on and WiFi is already registered, press and hold WiFi button for two seconds to switch the AP/Cloud modes. The WiFi will close automatically if the Cloud mode connection fails.
F	USB Lid	Include charging port, Micro SD slot, and reset button
G	DC Power Plug Lid	5V power port and Microphone/Speaker slot
H	Microphone	
I	Status Indicator Lamp	When the camera is in the Video mode, it will lit red; while the video is recording, it will blink red; When the camera is in the Photo mode, it will lit blue; while the photo shooting, it will blink blue once; When the camera is in the Timelapse shooting mode, it will lit yellow; and whenever you take a photo, then the yellow light will blink once; When updating the software, it will blink pink.
J	Loudspeaker	
K	Shooting Button	When the camera is on, press shooting button once to start or stop shooting.
L	MicroSD Card Slot	
M	Micro-USB Interface	Standard charging port. Standard computer transfer connector.
N	Reset Button	

# Connect to Camera

## Connect to MAC

1. When you connect the camera to MAC with (provided) USB cable, the green light is lit on the camera.
2. The files in the camera can be opened automatically, but if not, please open Finder.
3. The Camera may be regarded as an external device, which you can double-click to open.
4. Open the DCIM folder to browse your files.

## Connect to Windows PC

1. When you connect the camera to PC with (provided) USB cable, the green light is lit on the camera
2. The files in the camera can be opened automatically, but if not, open "my computer";
3. The camera may be regarded as a removable disk, which you can double-click to open.
4. Open the DCIM folder to browse your files.

# Software Updates

Please download the latest version of the software on the Foream's website and copy X1.bin file to a formatted micro SD card;

Insert a micro SD card into the camera and turn on the camera, and the status indicator lamp will be lit pink. The camera will restart automatically when update is completed.

To check if the software is successfully updated, turn on the camera and WiFi. Connect the camera to mobile phone and open Foream mobile application. In the Setting Menu, you can see its latest updated version.

# WiFi

## Turn On/Off

When camera is on, press WiFi button once to turn on WiFi, and then select "X1" in your mobile device WiFi setting menu.

Please launch web browser in the mobile phone to visit [www.foream.com](http://www.foream.com), or scan below QR code to download "foream connect".



Mobile Phone WiFi  
Connect Live  
Broadcasting Auto  
Cloud Synchronisation  
Publish to Community  
Video Editing

Prompt:  
WiFi initial password is " foreamx1".When WiFi activated, Shooting button and Mode button will be no function, need to use mobile phone to operate, if manual operation of the camera is needed, please press WiFi key once to turn off WiFi.

**FCC Warning:**

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

Note: 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.

**FCC Radiation Exposure Statement:**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment .

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.