SONY
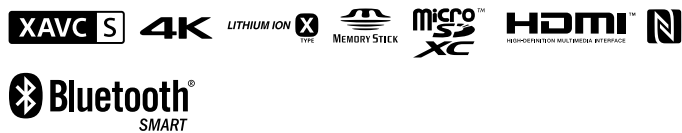
Digital 4K Video Camera Recorder
Digital HD Video Camera Recorder

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/

XAVC S **4K** LITHIUM ION MEMORY STICK microSDXC HDMI N

Bluetooth SMART

FDR-X3000/HDR-AS300

Read This First

What is needed to make an appealing movie with the camera

| 1 | Getting Started | 2 | Shooting |

| 3 | Setting | 4 | Connecting to the smartphone |

PlayMemories Mobile

| 5 | Creating your movie |

You can edit movies by using Sony's application software.
• Action Cam App (For smartphone/tablet)
  http://www.sony.net/acap/
• Action Cam Movie Creator (For PC)
  http://www.sony.net/acmc/

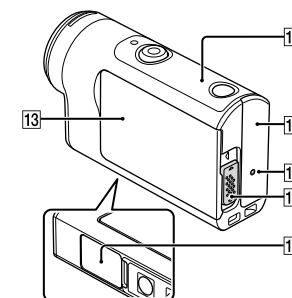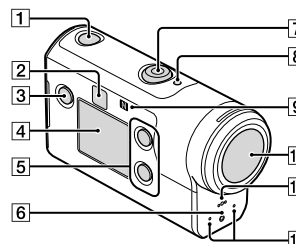Action Cam

4586864110

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)
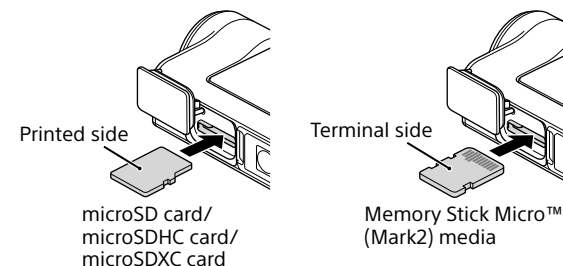• Startup Guide (this document) (1)
• Reference Guide (1)
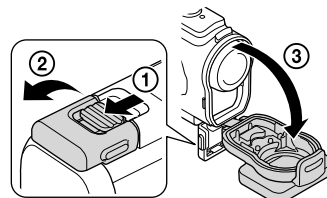
Name of main parts

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 (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

Lock lever

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).

CHG (Charge) lamp lights in amber while charging

Connector cover

Micro USB cable

Inserting a memory card

Printed side

Terminal side

microSD card/
microSDHC card/
microSDXC card

Memory Stick Micro™
(Mark2) media

Memory cards that can be used with the camera

Memory card	MP4	XAVC S
Memory Stick Micro™ (Mark2) media	◯ (Mark2 only)	–
microSD memory card	◯*1	–
microSDHC memory card	◯*1	◯*2
microSDXC memory card	◯*1	◯*2

*1 SD Speed Class 4 (CLASS4) or faster, or UHS Speed Class 1 (U1) or faster
*2 A memory card that fulfills all the following specifications:
  – 4 GB or more of memory
  – SD Speed Class 10 (CLASS10), or UHS Speed Class 1 (U1) 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.
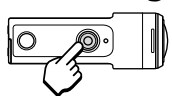
Hints
• The date and time/area/daylight saving time (summer time) setting screen is also displayed after the settings are reset.
• Regions are defined by the time difference between Greenwich Mean Time (GMT) and the standard time of your home. For details on the time difference, refer to "The list of time differences for world capitals" in the "Help Guide" (web manual).

Shooting

Setting the shooting mode

Press the MENU button, then select MODE → the shooting mode.
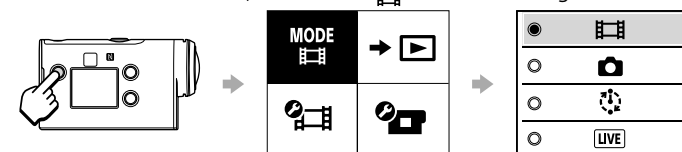
List of modes

Icons	Shooting modes
🎬	Movie mode
📷	Photo mode
⏱	Time-lapse capture mode
LIVE	Live streaming mode
🔁	Loop recording mode

Setting the movie format

Press the MENU button, then select (Shooting Settings) → the movie format (default: MP4).
Select 4K to shoot images in 4K quality (FDR-X3000 only).

Shooting

Press the REC button to start shooting.
To stop shooting, press the REC button again.
* When you press the REC button while the "One touch recording" setting is "ON," recording starts with the last shooting mode set before the camera was turned off.

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.
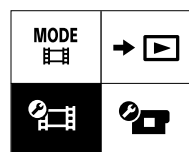
Setting

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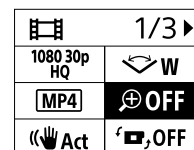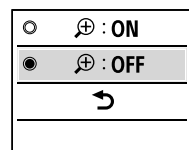
1 Shooting screen
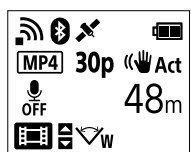
MENU button

2 MENU screen

3 Shooting settings screen

ENTER button

ENTER button

4 Settings screen

Shooting Settings*1

Icons	Setting items
1080 30p HQ	Image quality setting
MP4	Movie format
Time-lapse	Time-lapse capture image size
5 min	Loop recording time
	Still image mode switching
10f 1s	Still image shooting interval
OFF	Self-timer
1 s	Time-lapse shooting interval
300	Time-lapse shot number
Act	SteadyShot (Movie)
ON	SteadyShot (Still)
W	Angle setting
OFF	Zoom setting
OFF	Flip
± 0.0	AE shift
AE-T	Time-lapse AE mode
SCN N	Scene
AWB	White balance
Vivid	Color mode
ON	Audio recording setting
OFF	Wind noise reduction

Camera Settings

Icons	Setting items
OFF	Airplane mode
ON	Wi-Fi connection setting
Hi OFF	Wi-Fi Hi Power Setting*2
ON	Bluetooth setting
	Bluetooth remote controller power setting
ON	GPS log
FORMAT	Format
TC/UB	Time code/user bit*3
OFF	IR remote*3
HDMI	HDMI settings*4
BGM	Back ground music*2
USB ON	USB power supply
ON	Beep
	Beep volume
3	Lamp setting
REC OFF	One touch recording
AUTO OFF 60 s	Auto power off
NTSC → PAL	Switching NTSC/PAL
	Date & time setting
GMT	Area setting
OFF	Daylight saving time (summer time) setting
Ver.	Version
RESET	Resetting the settings

*1 Which items can be set depends on the shooting mode.
*2 This setting is only available in some countries and regions.
*3 This setting is only available with FDR-X3000.
*4 A portion of this setting is only available with FDR-X3000.

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/pmm/)
- Google play may not be supported depending on country or region. In this case, search for "PlayMemories Mobile" on the internet then install it.

Connecting

### ◆ Using the One-touch Function to connect to an NFC-enabled Android smartphone

Set Wi-Fi to ON on the camera, and touch the ℕ (N mark) of the smartphone against the ℕ (N mark) of the camera.
When PlayMemories Mobile starts, settings are automatically applied to establish Wi-Fi connection.
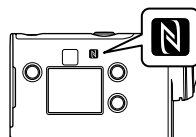
◆ Using the QR Code to connect to a smartphone via Wi-Fi
① Turn on the camera, and set Wi-Fi to ON on the camera.
② Select the shooting mode:
③ Start PlayMemories Mobile on the smartphone.
④ Select [Scan QR Code of the Camera] displayed on the PlayMemories Mobile screen.
⑤ Select [OK] (If a message is displayed, select [OK] again).
⑥ Read the QR Code that is printed on the sticker attached to the rear of the camera's battery cover.
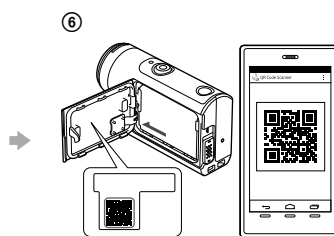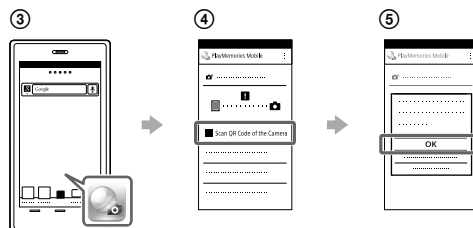
Android
⑦ When [Connect with the camera?] is displayed on the smartphone, select [OK].

iPhone/iPad
⑦ Install a profile (setting information) to your smartphone according to the on-screen directions.
⑧ On the Home screen, select [Settings] → [Wi-Fi].
⑨ Select the SSID.
⑩ Return to the Home screen, then start PlayMemories Mobile.
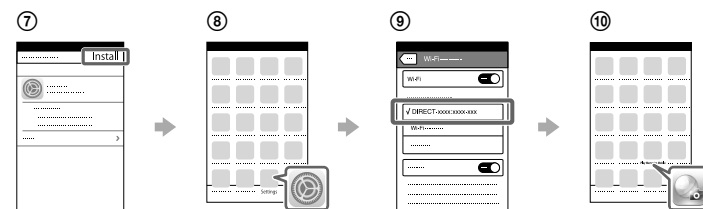
Recalling your user ID and password without the sticker
If the sticker has peeled off or is unreadable, you can recall your user ID and password by the following procedure.
① Insert a charged battery pack into the camera.
② Connect the camera to a computer with the micro USB cable (supplied).
③ Press the ⏻ (on/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/

Install 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/