



CONTOUR

CONTOUR **4K**

CONNECTED >> WATERPROOF >> 4K UHD VIDEO CAMERA

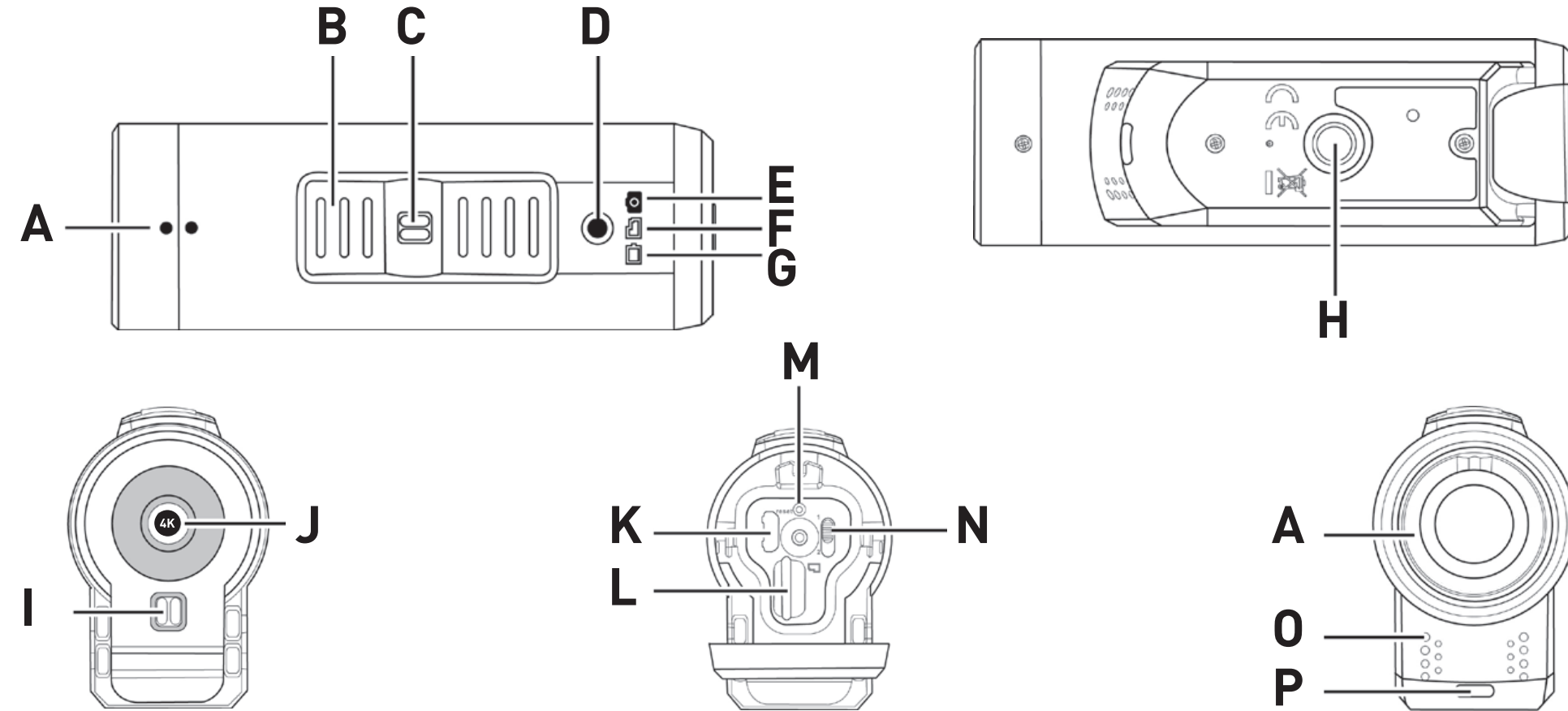
**USER MANUAL**



# CONTOUR

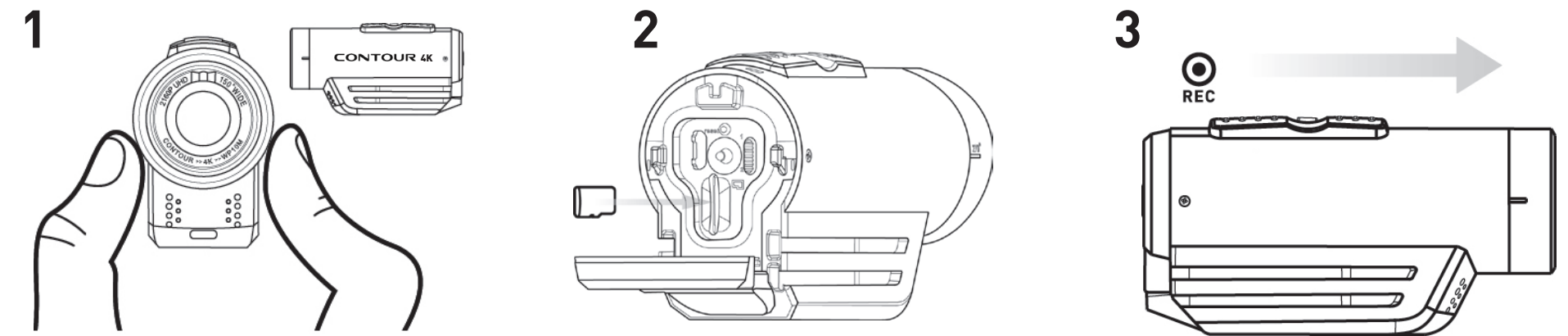
## 1. CAMERA DIAGRAM KEY

- A** Rotating Lens
- B** Record Slider
- C** Record Slider Lock
- D** Recording Indicator
- E** Photo Mode Status
- F** Memory Status
- G** Battery Status
- H** Tripod Hole
- I** Door Lock
- J** Status Button
- K** USB
- L** MicroSD Card Slot
- M** Reset Button
- N** 1-2 Settings Switch
- O** Microphone
- P** Laser Line & Recording Indicator



## 2. QUICK START

- 1** Slide the Door Lock to the left so the red square isn't showing
- 2** Slide the camera door up to open
- 3** Insert the microSD Card(not included)
- 4** Close the camera door
- 5** Slide the Door Lock to the right to lock it closed
- 6** Slide the Record Slider forward to record. Slide it back to stop recording
- 7** Hold status button for three seconds to engage photo mode



### 3. SETTING UP

- 1 Download CONTOUR 4K App for your iOS/Android device from the relevant App Store.
- 2 Turn ON Contour 4k camera by pressing Status button, on rear of camera.
- 3 Open Contour 4k app
  - i) PRESS "Device Set-up" from Main Menu, this pops up automatically
  - ii) PRESS "Wake-up" Bluetooth button next to "Bluetooth Set Up".
  - iii) Select CONTOUR 4k from options on the next page.
- 4 Go to Settings Menu on your iOS/Android device
  - i) Select 'WIFI' settings
  - ii) Select Contour 4k from Menu of available wifi networks.
  - iii) Enter Password when prompted - 12345678
- 5 Return to Contour 4k app
  - i) Press Activate

**The app is now ready to use.**

### 4. CHARGING THE BATTERY

1. Slide the door up to open.
2. Connect your camera to a PC/Mac using the supplied USB Cable.
3. The Battery Status LED indicates the charge level of the battery. It will change colors from red to green as the battery charges.
4. Charge is fully complete when the Battery Status LED turns green and LED will eventually switch off.

**PLEASE NOTE:** It can take up to three hours for the camera to fully charge.

### 5. FORMATTING THE microSD CARD

Format the microSD Card prior to recording so your camera is able to properly read and write to it.

**CAUTION:** Formatting the card will erase everything on it

### WINDOWS

Download the CONTOUR 4K App for your iOS/Android device from the relevant App Store. Your camera can connect to a mobile device using Bluetooth & Wi-Fi connection. Open the application and follow the on screen instructions in order to connect your device. Once connected, you will be able to customize your cameras settings to your preference as well as use your camera remotely.

1. Connect your CONTOUR 4K camera to your PC. (You may need to press camera status button for computer to recognize device).
2. Go to "My PC" and Right-Click "Removable Disk".
3. Make sure that the card is formatting to FAT32 type and select "Quick Format".

**Your Memory Card is now formatted and ready to use.**

### MAC

1. Connect your CONTOUR 4K camera to your PC. (You may need to press camera status button for computer to recognize device).
2. Go to Search
3. Launch Disk Utility.
4. Click the icon for your external hard drive in the sidebar on the left.
5. Click the Erase tab along the top of the window.

It will ask you what format you want to format the disk. Please ensure this is "FAT32" Or "FAT". Select Format.

Your Memory Card is now formatted and ready to use.

The CONTOUR 4K is compatible with:  
- SDXC (standard capacity) 4GB class 4 card minimum.  
- SDHC (high capacity) class 4, 6, or 10 microSD Cards up to a maximum capacity of 64GB.

**An SD card is required to operate the camera, not included.**

## 6. CAMERA STATUS

Pressing the Status Button will:

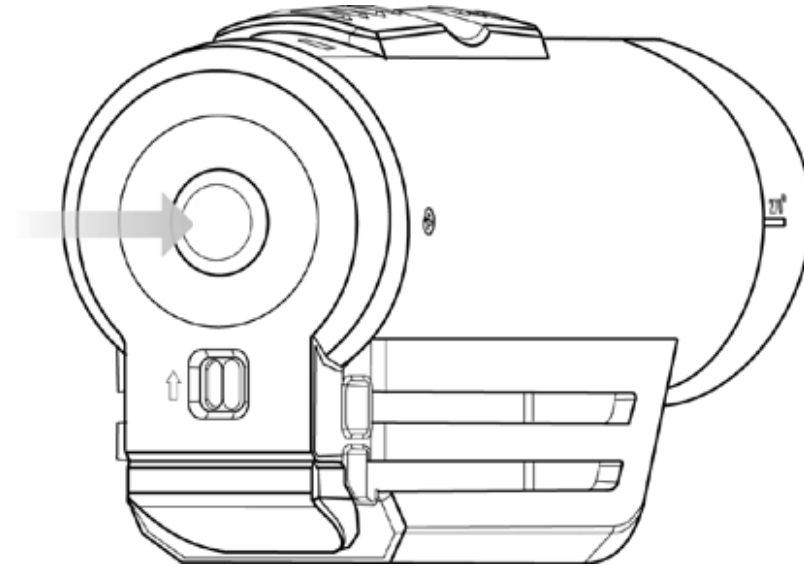
1. Activate the Laser Line for 15 seconds.
2. Display the current battery and memory status.

### MEMORY STATUS LED

Green: 51% or more  
Yellow: 20 to 50%  
Red: 20% or less

### BATTERY STATUS LED

Green: 51% or more  
Yellow: 20 to 50%  
Red: 20% or less



## 7. ACCESING PHOTOS & VIDEOS

1. Battery LED flashes red: the battery is almost empty.
2. Memory LED flashes and there are continuous beeps: the microSD Card cannot be accessed because there is no memory card inserted, a card error, a format error, Memory card is full, incompatible card or a folder cannot be created.

Power on the camera by pressing and holding the status button for 3-5 seconds.

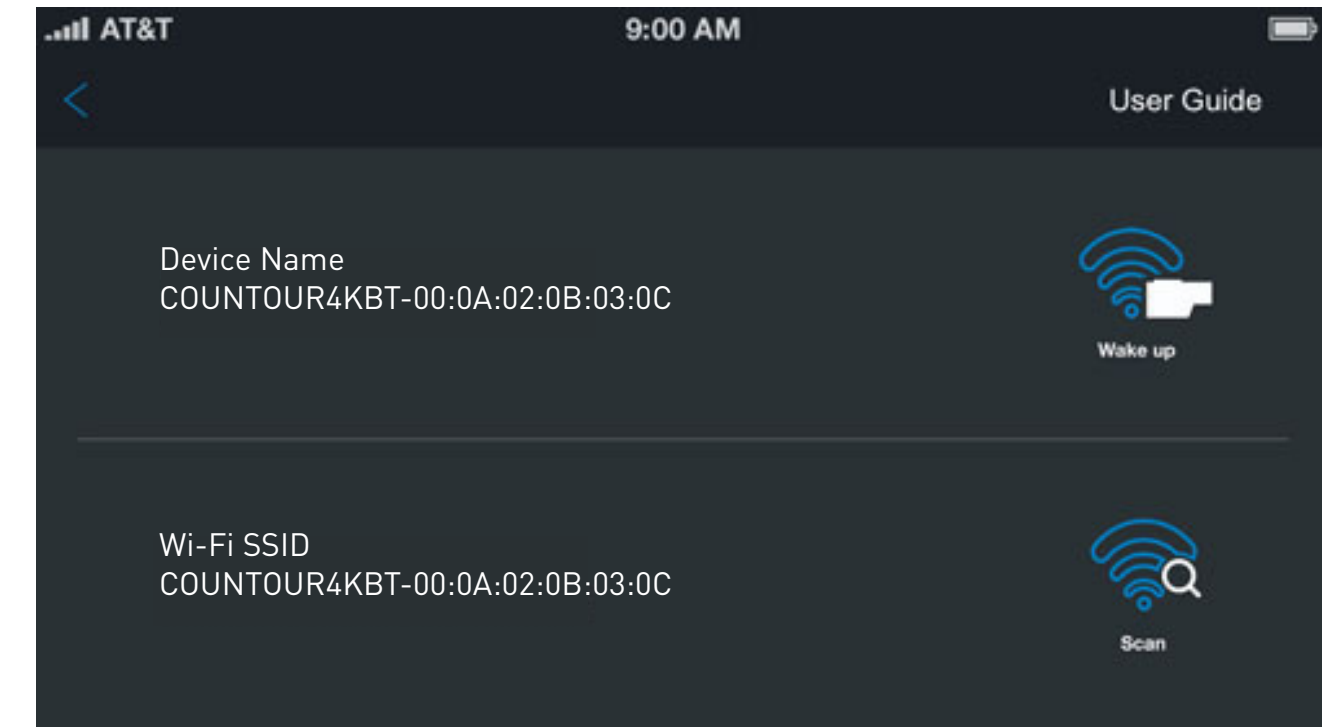
Using the USB cable provided, connect your camera to your PC/MAC.

Via My PC (Windows) or Finder (MAC), you will now be able to view the removable disk drive which contains the photo/video files to play back through various media players.

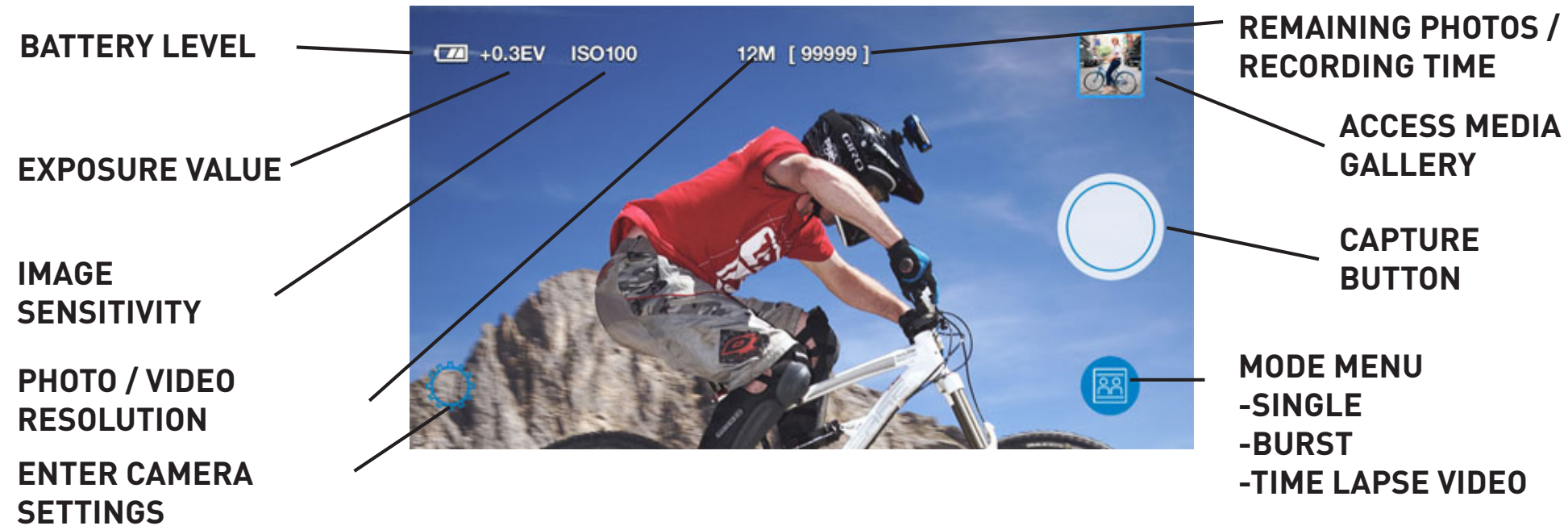
## 8. USING THE CONTOUR 4K MOBILE APP

In order to get the most out of your camera, it is advised you download the CONTOUR 4K mobile app (available on iOS and Android devices),  
With the CONTOUR 4K app, you can customize the way that your camera functions as well as use the camera remotely with live view. It is also possible to view/download files directly from the camera to your mobile device.

When initially starting up the app, you will be prompted to pair your CONTOUR 4K with your device through the connection options menu. Please ensure that your Bluetooth and Wi-Fi connection enabled.



Once these settings have been confirmed and your camera is connected to your device, you will now be able to access Live View and use your camera remotely.



## 9. CAMERA SETTINGS

To adjust the settings on your camera, download and install the CONTOUR 4K app to your iOS/Android Device. With the camera connected to your mobile device, go to the Live View and enter the Settings menu within the CONTOUR 4K mobile app.

## VIDEO

2160p video at 30/25 frames per second  
1080p video at 120/60/30/100/50/25 frames per second  
720p video at 120/60/30/100/50/25 frames per second  
WVGA (480p) at 240/30/200/25 frames per second  
Continuous Photo Mode (with photos taken single shot, burst (2, 5, 10 and 10/2 seconds))

## PHOTO

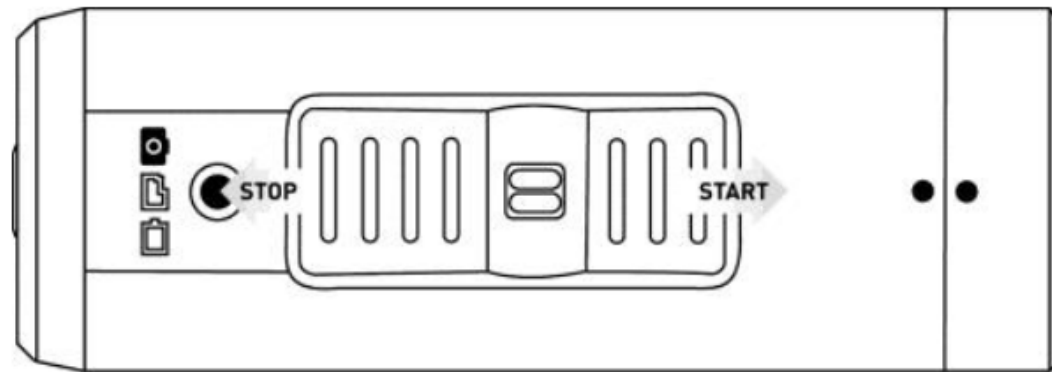
12MP, 8MP, 5MP, 2MP  
Burst Shot  
Time Lapse Interval

## 1-2 SWITCH

The 1-2 Switch on the back of your camera allows you to preset your CONTOUR 4K with two different configurations that can be easily changed in the field. The settings for each switch position can be set-up using CONTOUR 4K Mobile App. Within the Settings menu you can also format your memory card, change network settings and turn off the cameras beeping functions.

## 10. RECORDING

- 1. Start Recording:** Move the Record Slider Lock to the left to unlock, red square should not show, Slide the Record Slider forward to record. Your camera will power on, beep twice and the Record Status LED will turn red, indicating that the camera is now recording a video.
- 2. Stop Recording:** Slide the Record Slider back. Your camera will beep three times, and the Record Status LED will switch off, indicating that your camera has stopped recording and is powered off.
- 3. Record Slider Lock:** The small switch on top of the Record Slider is used to keep the Record Slider from turning on or off. To move the Record Slider forward or back, have the Record Slider Lock moved so that the red square is not showing.



## 11. PHOTO MODE

Activate Instant Photo Mode: Press and hold the Status Button for three seconds. You will hear two beeps and see the photo LED will turn green, indicating that Instant Photo Mode has been activated.

- 1. Taking a Single Photo:** press the Status Button can take a single photo. You will hear a beep and the photo LED will flash to indicate that a photograph has been taken.
- 2. Turn off Instant Photo Mode:** Turn off Instant Photo Mode by pressing and holding the status button for two to four seconds. The camera will beep three times and the photo LED will flash and then turn off, indicating that Instant Photo Mode is turned off.
- 3. The camera will shut down automatically** if no photo has been taken within 60 seconds.

## 12. MOUNTING

Getting the best shot depends only on your creativity. CONTOUR offers a wide range of mounts that let you put the camera just about anywhere, so be creative. Remember that your CONTOUR 4K has a wide-angle lens and objects that are far away will seem smaller than you expect in your videos.

## 13. ALIGNMENT

Your CONTOUR 4K has a Laser Line that helps ensure you have the horizon properly aligned in your videos. To use, activate the Laser Line by pressing the Status Button; place your hand in front of the Laser Line or aim it on to a flat surface a few feet in front of you and rotate the lens (up to 270°) until the Laser Line is horizontal. When mounting the camera on your helmet or goggles, you may discover that you look down more than you thought. It may take a few practice videos to find the right alignment.

## 14. ADHESIVE MOUNTS

Clean and dry the mounting surface before applying an adhesive mount. We suggest cleaning the surface with a small amount of alcohol and applying the mount at room temperature. Let the adhesive cure for 24 hours before use.

**Read all safety information below and operating instructions before using CONTOUR 4K camera to avoid injury**

## WATERPROOF

Your CONTOUR 4K is waterproof to a depth of 10 meters (30 feet) without the use of a waterproof case.

## CAUTIONS AND WARRANTY

This Important Product Information Guide contains regulatory, safety, handling, disposal and recycling information, as well as the 1 year limited warranty for your CONTOUR 4K camera. Read all safety information below and operating instructions before using CONTOUR 4K camera to avoid injury.

**WARNING:** Failure to follow these safety instructions could result in fire, electric shock, or other injury or damage.

## BATTERY AND HANDLING

CONTOUR 4K uses a non-removable, non-changeable, rechargeable lithium-ion, 3.7V, 1500mAh battery. The battery may present a hazard if mistreated. Do not disassemble or crush the camera. To charge, only use the USB Cable with a high power USB port on a computer or other device that is compliant with the USB 2.0 or 1.1 standards, car, or battery charger.

## Correct Disposal of this product



This marking indicates that this product should not be disposed with other household wastes throughout the U.S. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use proper return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

## DISPOSAL INFORMATION

Do not dispose of the CONTOUR 4K camera in a fire. Dispose of the camera and its internal battery in accordance with local laws and regulations.

**SAFETY STRAP USE:** DO NOT ATTACH THE SAFETY STRAP TO THE CAMERA WHEN THE CAMERA IS MOUNTED ON HELMET OR GOGGLES, WHEN THE CAMERA WILL BE USED IN HIGH WINDS OR AT HIGH VELOCITIES, OR IN ANY OTHER CIRCUMSTANCES WHEREBY THE CAMERA COULD CAUSE INJURY OR HARM IN THE EVENT THAT IT COMES LOOSE FROM THE MOUNT AND REMAINS TETHERED BY THE SAFETY STRAP. BY ATTACHING THE SAFETY STRAP TO THE CAMERA, YOU AGREE TO WAIVE ANY CLAIMS AGAINST iON, INC. AND ANY OF ITS AFFILIATES, AGENTS, EMPLOYEES, OFFICERS OR DIRECTORS ARISING FROM THE USE OF THE SAFETY STRAP. ANY CLAIMS AGAINST iON, INC. ANY OF ITS AFFILIATES, AGENTS, EMPLOYEES, OFFICERS OR DIRECTORS ARISING FROM THE USE OF THE SAFETY STRAP.



## FCC STATEMENT

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 device complies with FCC SAR exposure limits set forth for an uncontrolled environment. 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.

## CAUTION!

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



## CE

Hereby, World Wide Licenses Limited declares that this device is in compliance with the essential Requirements and other relevant provisions of Directive 1999/5/EC. The full text of the EU declaration of conformity is available at  
The following internet address: [www.contour.com](http://www.contour.com)

## CE SAR:

RF exposure (SAR): The device can safely be used with a distance of 0 mm to the human body.  
"Complies with 21 CFR 1040.10 and 1040.11 except for deviations pursuant to Laser Notice No.50 dated June 24 2007"





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