

7Days Action Cam

Operation Guide



Water Proof
Outdoor Sports
HD1080P Camera

Main Features

- ◆ 1080P HD video recording
 - ◆ Built-in 1.5" TFT display screen, real-time display
 - ◆ Professional waterproof housing: IP68 under water 30 meters
 - ◆ Wide view angle 150 degree
 - ◆ Turn on/off on the waterproof case directly by long press DC button 3 seconds
 - ◆ Mini size and portable to take
 - ◆ Replaceable and rechargeable lithium battery
 - ◆ 1/2.5 CMOS sensor, 5.0 Mega Pixels
 - ◆ Auto white balance and automatic exposure
 - ◆ F/3.0 and night shots
 - ◆ Supports 3X Digital zoom
 - ◆ Auto stand-by for power saving
 - ◆ Review, delete, fast forward, reverse and skip
 - ◆ USB2.0
 - ◆ Built-in speaker and microphone
 - ◆ HDMI output, AV-OUT
 - ◆ Supports Micro SD card up to 32G
 - ◆ Low battery alert
 - ◆ Memory capacity alert
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◆ LCD power save

Packing Accessories



1. Camera x 1

2. Waterproof Case x 1

3. Case Mount x 1

4. Curved Adhesive Mountx2

5. Bike Mount x 1(optional)

6. HDMI Cable x 1(optional)

7. A/V Cable x 1

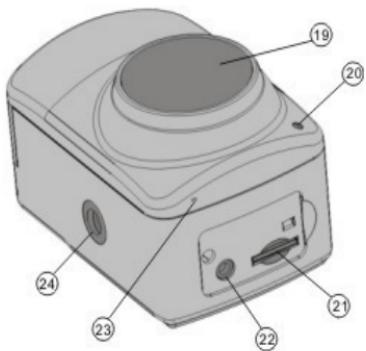
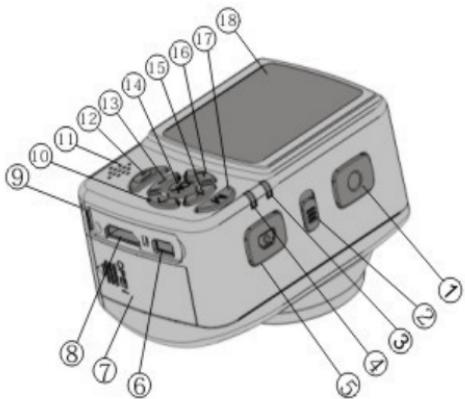
8. Screw Connector x1

9. Chest harness mount x 1(optional) 10. Headstrap Mount x 1(optional)

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|-------------------------------------|-----------------------------------|
| 11. Belts x3 | 12. USB Cable x 1 |
| 13. Power Adapter x 1 (optional) | 14. Charge Cable x 1 |
| 15. Car Charger x 1(optional) | 16. Pouch x 1 |
| 17. Micro SD Card x 1 (optional) | 18. Handline x 1 |
| 19. Li-battery x 1 | 20. Manual x 1 |
| 21.Surfboard x 1(optional) | 22. Flat Adhesive Mount(optional) |
| 23.Remote Controller x 1 (optional) | 24. Rollbar Mount x 1(optional) |

Note:The photos may vary from the actual objects

Quick Look



1. Record Button
2. Power on/off switch
3. LED Indicator for Power/Charge (red)
4. LED indicator for Record/photo(Green)

- | | |
|---|----------------------------|
| 5. DC button | 6. USB Socket |
| 7. MIC | 8. Battery slot |
| 9. HDMI interface | 10. Right button |
| 11. Speaker | 12. Playback Button |
| 13. Down Button | 14. OK Button |
| 15. Up button | 16. Left Button |
| 17. Menu Button | 18. TFT Screen |
| 19. Lens | |
| 20. Self-timer/Auto REC indicator (red) | |
| 21. Micro SD card slot | 22. AV OUT socket |
| 23. Built-in Microphone | 24. Screw thread interface |
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Quick Start

This Quick-start Guide introduces the basic operations and functions of HD 1080P Video Camera.

Preparations

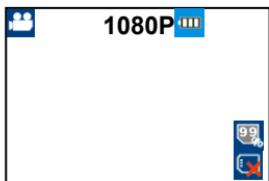
- 1. Install the battery.**
- 2. Charge the battery**

Connect the camera to power with adapter. The LED will be flashing red. When the battery is fully charged, the LED will be red.

TIPS:User can charge the camera with either USB cable or power Adapter. The Camera can work while recharging with Power Adapter which connecting With Adapter Cable

- 3. Insert the memory card.**

4. Slide the power switch to ON. The following symbols will be shown on LCD:



Record	Battery Capacity Status
Photo	Micro SD Card Capacity Status
Audio	Without Micro SD Card
00:00:00 Recording Time	With Micro SD Card
1080P Video Resolution	Playback

5. Set Date and Time

- ❖ Under the preview mode, press **M** to go to the main Menu.
- ❖ Press **>**.
- ❖ Then press the button — to select “**date and time**”
- ❖ Press **< ok >** to choose the date or time to set, then press **OK**.
- ❖ Press **+** or **—** to set the digits of the date and time, press **OK** again to confirm the set.
- ❖ Finally, press — to select the icon **[√]** or **[X]**, and press **OK** to confirm that date and time to be stamped or not.

6. Set the Parameters

- ❖ Power on the camera. Press **M**, then press **< or >** to turn left or right, press **+** or **-** to go up and down, press **OK** to set the menu you select, then press **M** again to exit the setting.
- ❖ **REC modes:** video mode or audio recording mode
 - 1080P (1920 x 1080) @ 30fps
 - 720P (1280 x 720) @ 60fps
 - WVGA (848 x 480) @ 60fps
 - QVGA (320 x 240) @ 30fps
- ❖ **Photo parameter:** single shot mode, Triple shot mode, Self shot mode
- ❖ **Photo resolution:** optional :3M/5M/8M
- ❖ **System parameters:**
 - **Date and Time:** please set the time before using. The time will be stamped at the below right corner of the video file while recording if choosing [].
 - **Time display:** Choose the time stamp for LCD and photo/video
 - **Beep:** turn on [] / off [] the sound.
 - **Loop record:** when it is in “Loop record” mode, the videos will be saved separately every 15 minutes.
 - **LCD standby:** Press OK button, then press **< or >** to set LCD Power Save Time: 0, 2, 5 and 10 minutes later to activate the function. Press REC or DC button to wake up it.
 - **Auto Standby:** Set the video came in auto standby mode in 0, 2, 5 or 10 minutes. When video camera is in the Auto Standby mode, press the REC or DC button to wake up it.
 - **Language:** English,French,German and more

- **TV standard:** NTSC、PAL. Choose TV OUT format, if changing the format, it needs to re-plug the AV extension cable to make the change efficient.
- **Frequency:** 50Hz, 60Hz; select it according to the local frequencies to avoid the flicker caused by the mismatched frequency.
- **Format:** Press **OK** button, then press < or > to choose [√] or [X]. It will delete all files, including protected files.
- **Default:** this operation will resume to the default setting

Note:

- When the camera is on, long press DC button on waterproof case for 3 seconds, the camera will turn off(standby). Long press DC button on waterproof case for 3 seconds, the camera will turn on (wake up) again.
- Under Loop Record mode, the video files will be saved separately automatically every 15 minutes. Otherwise, the video files will be saved separately automatically every 30 minutes.
- If using the digital zoom function while recording, the video file will be bigger. It will be saved separately less than 15 or 30 minutes.

Video Recording

The Compression Technique —H.264 ensures high quality videos.

1. Make sure the memory card is high speed, then slide the power switch to **ON**. The LED will lights red. The video will be shown on the LCD.
2. Under the preview mode, press the button **REC**, the video camera

begins recording, the recording time will appear on the screen, the recording LED indicator flicks green slowly and the Self-timer/Auto REC indicator flicks red slowly.

When the video camera is recording, press the button + or - to zoom in or out (only under 720P mode). Press **REC** again to stop the recording.

Note:

- **Mirror:** at preview mode, Press **OK** button, then press < or > to activate the Mirror function.

Photo Taking

Set the image resolution:

press the button **M**, then press the button > to select the icon **PHOTO**, click the icon **Resolution**, and then press **OK** to set the image resolution.

Image resolution: 2048×1536 (3M); 2560×1920 (5M); 3200×2400 (8M)

1. Self shot:

Press the button **M**, then press the button > to select the icon **PHOTO**, choose **Self shot**. Press the button **OK** to set the time interval: 0 sec / 5sec /10sec. In that time, press the button **DC**, the camera will take pictures according to the time interval you have set.

2. Time lapse:

Press the button **M**, then press the button **>** to select icon **PHOTO**, choose **Time lapse Mode**, press the button **OK** to set the time interval: 0 sec/2 sec /3 sec /5 sec /10 sec/20 sec /30 sec /60 sec, then press the button **M** to exit from the setting. Then if you press the button **DC**, the camera will take pictures according to the time interval you have set. Press the button **DC** again will cancel or stop photo taking.

3. Single shot:

When the video camera is power on, press the **DC** button, the camera will take one picture, the indicator light will flick one time.

4. Triple shot:

Press the button **M**, then press the button **>** to select the icon **PHOTO**, choose **Triple shot Mode**. Then if you press the button **DC**, the camera will take three pictures consecutively.

Audio Recording

1. Press the button **M**, then press **OK**, press the button **< or >** to select **REC**, press **OK** to confirm it, and then press the button **M** to exit.
2. Press the button **REC**, the green indicator light flicks slowly, the recording time will be displayed on the screen.

Display videos photos

Under the preview mode, press the **playback** button to go to the interface of playback.

- **Video files:** select the menu **Video File**, press **OK** to preview the recorded video files or audio files, press the button **-** to go to the thumbnail preview of files. When viewing the video files or audio files, press the button **M**, you can delete or protect the files: <**Delete**> <**delete all**> <**protect**>

The functions of the buttons when the camera is playing video files:

1. +: increase volume
2. -: reduce volume
3. <: Fast Backward (X2 or X4)
4. >: Fast Forward (X2 or X4)
5. Playback: pause/play
6. OK: start/stop

- **Audio files:** press the button < or >, select the audio file you want to play, press the button **OK** to start/stop playing the file. In this situation, press the button **+** or **-** to increase or reduce the volume, press the button **PLAYBACK** to pause or stop playing the file.
- **Photo files:** press the button < or >, select the photo files you want to display.

The functions of the buttons when the camera is displaying photo files:

1. +: zoom in
2. -: zoom out, thumbnail
3. < : select left pictures; in “ZOOM IN” mode, it can move up the pictures .

4. >: select right pictures; in “ZOOM IN” mode, it can move down the pictures.

5. Playback: exit

6. Press **M** button to delete the photos.

<Delete One>: Press **OK** button twice, then choose **YES** or **NO**.

<Delete All>: If you choose **YES**, all of the unprotected photos /videos will be deleted.

<Protect>: If the files are protected, the **LOCK** icon will be shown on the files. You can choose the function once again to unprotect it. The protected files cannot be deleted but can be formatted.

<AutoPlay>: The files will be played every 5 seconds.

<DPOF>: The icon **DPOF** will be shown on the files if you chose this function.

DPOF: Digital Prints groups Format

7. **OK**: at “ZOOM IN” mode, press the button **OK**, press the buttons UP, DOWN, LEFT and RIGHT to move the pictures vertically and horizontally.

Play videos or display photos on TV

You can enjoy HD videos on the ordinary TV or HD TV.

1. Connect TV Out: under the preview mode, connecting AV cable, the pictures/video will display on the TV's screen.
2. Connect HDMI OUT: under the preview mode connecting HDMI cable, the pictures/video will display on the screen of HD TV.

View the videos and photos on the computer

A simple but interesting step, enjoy it!

1. Connecting the camera and computer with USB cable, you can upload the videos or photos to the computer, editing them and sharing them with your family and friends.

Tips:

- ★ Make sure the video camera is power off before you plug the USB cable.
- ★ When the power is OFF, inserting a USB can recharge the video camera.
- ★ When the power is ON, connecting the camera to the computer, you can copy the content in the memory card.

Specification

sensor	5.0 Mega CMOS SENSOR (2592x1944)
Lens Angle	150 degrees
Photo Resolution	3M(2048x1536)/5M(2560x1920)/8M(3200x2400)
Video Resolution	1080P (1920x1080) 720P (1280x720) WVGA (848x480) QVGA (320x240)
frame Rate	1080P/30fps 720P/60fps WVGA/60fps QVGA/30fps
video Format	MOV (H.264 compression)
Photo Format	JPEG
Storage medium	Micro SD/MMC card (up to 32GB SDHC,high speed)

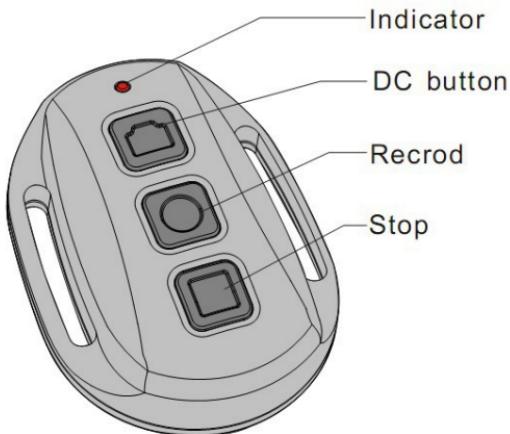
Storage capacity (2GB micro SD card)	Photos:: 3M(1900) 5M(1160) 8M(770)
	Video: H.264 1080p: about 40 minutes ; H.264 720p: about 60 minutes ; WVGA: about 135 minutes
digital zoom	3x digital zoom(under 720p)
AV OUT	support NTSC/PAL analog video output & HDMI output, support analog audio output
PC Port	USB2.0(USB'S FUCNTIONS)
Microphone	Built-in MIC、Speaker
power dissipation	400mA@3.7V(MAX)
lithium battery	1000mAh
Recording time	2.5 hours (one battery)
operation System	Windows XP SP2/Vista or Above/Mac OS
CPU	≥Pentium 4 1.5GHZ
RAM	≥1GB
RTC	support
storage temperature	-20°C-50°C
working temperature	-10°C—50°C
working humidity	15~85%RH

Trouble Shooting

Trouble	Reason	Solution
LCD and LED does not light when power on	Check the POWER Switch	Make sure the Power Switch was slide to ON position.
	Check the battery	<ol style="list-style-type: none">1. Make sure the battery is installed correctly.2. Make sure the battery is full recharged before using. To charge it with the power adapter.
LED light red, LCD does not display when power on	Check the micro SD card	<ol style="list-style-type: none">1. If the micro SD card is damaged, the camera system will not work.2. Format the micro SD card with Card Reader on computer. Then reinstall the micro SD card to the camera. If still not work, change it to high speed micro SD card please.
Cannot record or take photos	Check the micro SD card	Format micro SD card in the camera
	System Error	Restart the camera
video or photo is not clear	Hand Shake or the light is not enough	<ol style="list-style-type: none">1. When the light is not enough, the system will adjust the light automatically. You should hold the camera for longer time.2 . Hold the camera firmly while recording for taking photos. You are suggested to use Tripod.
	Lens is dirty	Clean the lens with special paper.
	The video or photo mode is not set properly	You are suggested to set the video at HD 1080P mode and 8M for photos.
Buttons response	System Error	Take out the battery, then reinstall to power on the camera

Remote Controller Simple Guide

Basic Operation:



- “DC button” for camera
- “Record” for video
- “Stop” for stop. And the red indicator shows the work status. (Note: For changing mode from Video to Camera, “Stop” button must be pressed firstly.)
- Press any key to wake up the camera in the standby mode.
- Remote Distance: Max. 5 meters in all direction(in open area)
- Waterproof Level: IP67, 1m under water

Accessory:

Belt:



When the cam does not response to the remote controller, how to do?

- 1,When the camera is off, press the camera's "recording" button, at the same time turn on the camera.
- 2,After the camera is on(hearing beep),release the "recording" button.
- 3,Make the camera and remote controller face to face.
- 4,Then press both the controller's "recording" and "stop" buttons for 3 seconds.
- 5,Press "DC" or "Record" button on the remote controller, the camera will work.