SJCAM

EMPOWER YOUR DREAMS

C400 Pro Action Camera

Please carefully read this manual before using the device

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Precautions

1. Waterproof Instructions

The camera body is not water-resistant on its own. Before submerging it in water, please ensure that the waterproof housing is properly and securely sealed. After use in water, fully dry the waterproof case before opening it and removing the camera.

2. Memory Card Requirements

The camera does not have built-in storage and requires a high-speed memory card (supports up to 512GB). Before first use, please format the memory card in the camera to ensure compatibility.

Important: If a memory card is inserted while the device is powered on, it will automatically shut down. This is normal. You can simply turn it back on.

3. Overheating Notice

The action camera may become warm during use. This is normal and does not affect performance.

4. Battery Notes

Actual battery life varies depending on usage conditions and settings. For first-time use, please fully charge the camera before turning it on.

5. Shooting Performance Notice

Actual shooting results may vary depending on lighting conditions, camera settings, and user operation. If you encounter any issues, please contact customer support for assistance.

6. Lens Protection

When not using the waterproof housing, avoid scratching the lens, as this may affect image quality. If the lens becomes damaged or scratched during use, replacement parts can be purchased through customer support.

7. Additional Notes

Please be aware that due to continuous product upgrades and improvements, the packaging appearance and certain functions or operational details described in the manual may slightly differ from the actual product.

Product Overview

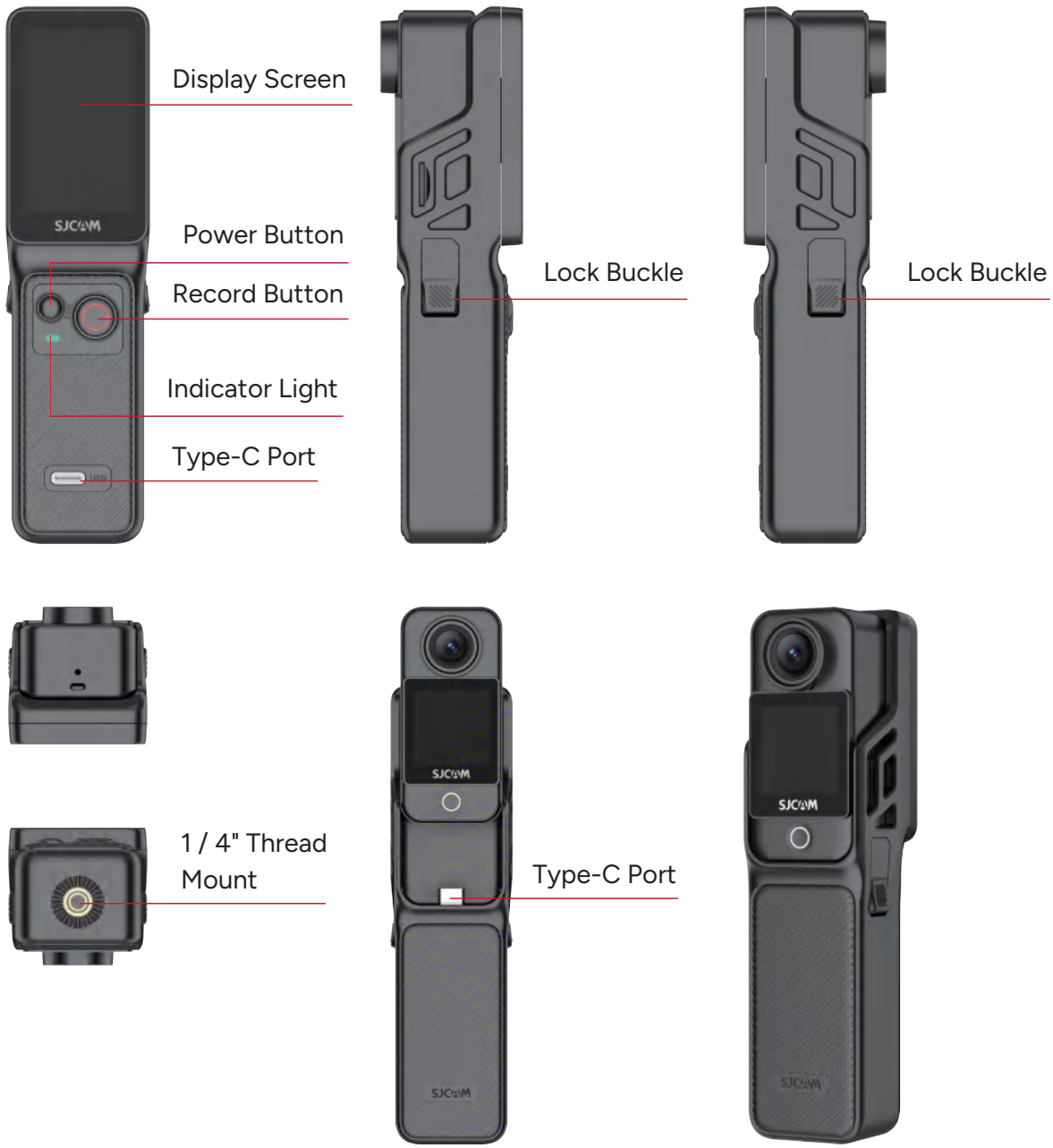
C400 Pro Pocket



Camera Indicator Light Status

	Indicator Status	Description
—	Solid blue	Powered on
·····	Flashing blue	Recording
·····	Flashing green	Wi-Fi turning on, waiting for connection
—	Solid green	Wi-Fi connected successfully
—	Solid red	Charging

C400 Pro



Handle Indicator Light Status

	Indicator Status	Description
—	Solid red	Charging
—	Solid green	Powered on

Installing and Removing the Handheld Controller

Installing the Handheld Controller

1. Press and hold the lock buckles on both sides of the handle simultaneously.

2. With the C400 Pro Pocket lens facing outward, insert it vertically into the handheld controller until it reaches the bottom.

3. Release the lock buckles, and the installation is complete.

Removing the Handheld Controller

1. Press and hold the lock buckles on both sides of the handheld controller simultaneously.

2. Pull the standalone camera upward to remove it.



Basic Operations

Installing the microSD Card

Insert the microSD card (contacts facing inward) into the slot and push it in fully.

Note: microSD card sold separately.



Power On / Off

C400 Pro Pocket

When powered off: Press the power button once to turn on.

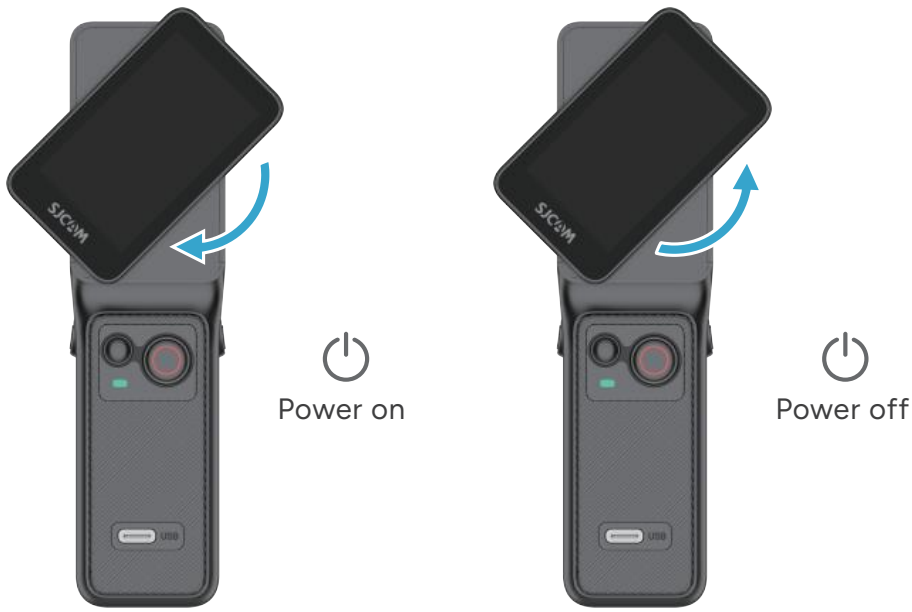
When powered on: Press and hold the power button for 3 seconds to turn off.



C400 Pro

When powered off: Rotate the handheld controller display clockwise, or press and hold the handheld controller power button for 3 seconds to turn on.

When powered on: Rotate the handheld controller display counterclockwise, or press and hold the handheld controller power button for 3 seconds to turn off.



Start / Stop Recording

C400 Pro Pocket

When powered on, press the power button once to start recording / shooting. Press again to stop.



C400 Pro

When powered on, press the record button on the handheld controller once to start recording / shooting. Press again to stop.



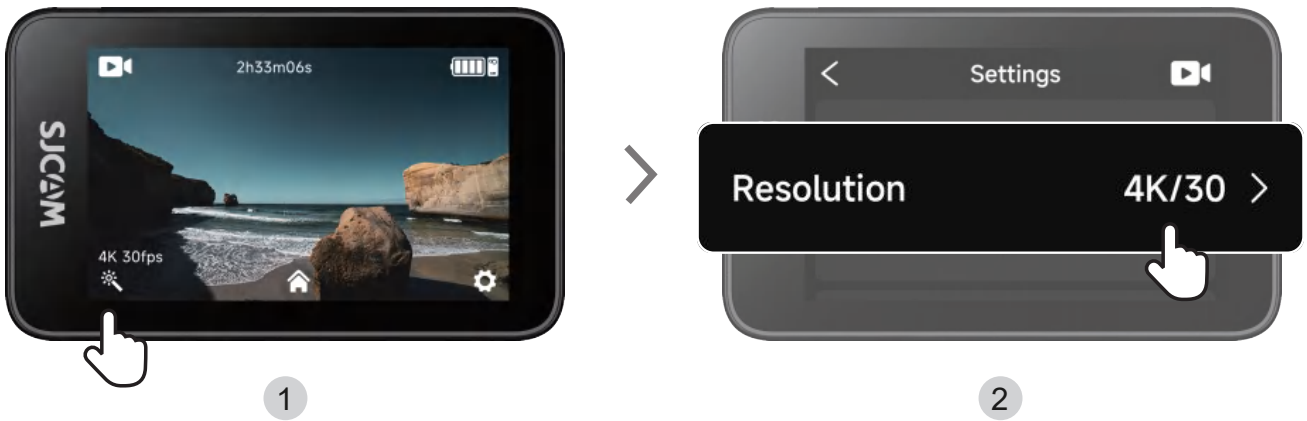
Switch Shooting Modes

Tap the “Mode Switch” icon at the bottom center of the screen to enter the mode selection page, then swipe left or right to change modes.



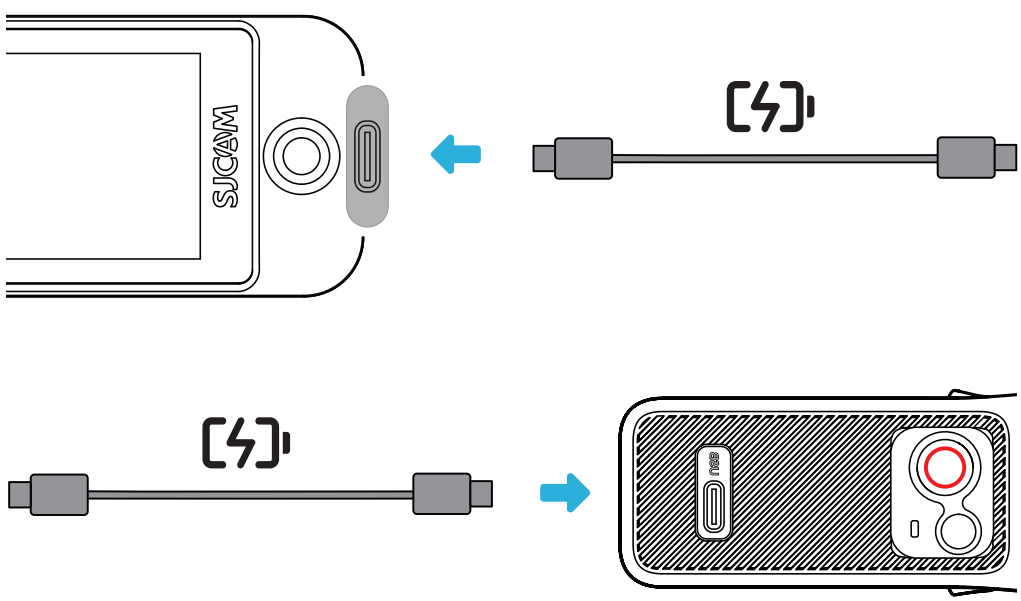
Switch Resolution

Tap “Settings” icon at the bottom left to enter the mode settings page, then tap “Resolution” to change the recording resolution.



Charging

You can charge the camera via the Type-C port on either the camera or the handheld controller.



Format Memory Card

Tap “System settings” icon at the bottom right of the camera screen, go to the Settings page > scroll down to “Format” > tap “Yes” to format the memory card.

Change Language

Tap “System settings” icon at the bottom right of the camera screen, go to the Settings page > find “Language” > tap to select and change the display language.



1 2

Voice Control

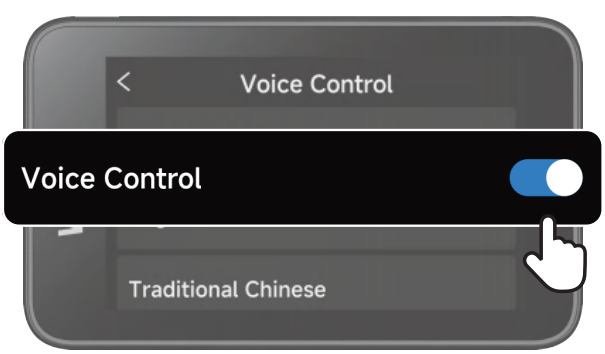
The camera supports voice control in 6 languages, allowing the camera to be operated using specific voice commands.

Tap “System settings” icon at the bottom right of the camera screen, go to the Settings page > scroll down to “Voice Control” > tap to enable the feature. Then continue scrolling to select different languages for voice commands.

Note: Only one language can be used at a time.



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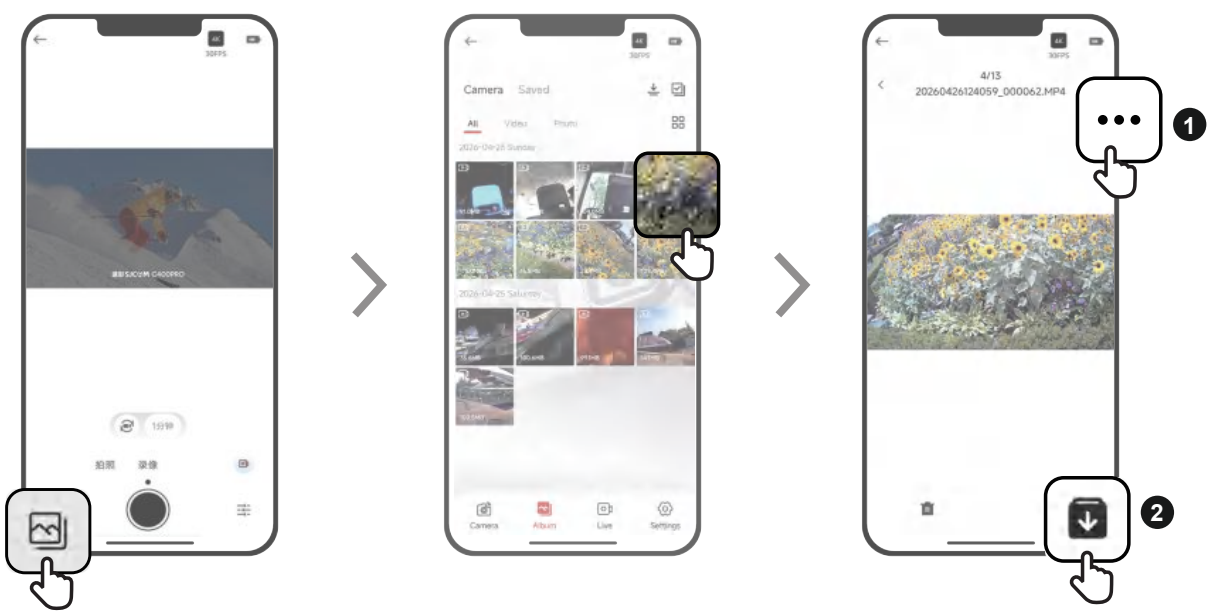
中文	English	Русский	日本語	Tiếng Việt	
我要拍照	take photo	Сделать фото	写真を撮る	chụp hình	ถ่ายรูป
我要录像	Video Start	записать на видеомагнитофон	ビデオスタート	quay video	บันทึกวิดีโอ
关闭录像	Video Stop	*	ビデオ停止	*	*
打开热点	Turn On Wi-Fi	Включить Wi-Fi	Wi-Fiを開く	mở Wi-Fi	เปิดใช้ Wi-Fi
关闭热点	Turn Off Wi-Fi	Выключить Wi-Fi	Wi-Fiを閉じる	đóng Wi-Fi	ปิด Wi-Fi

Media Download

There are three ways to download media files :

1. Via App

Connect to the SJCAM X App, enter the album page, and tap the icon in the top right corner to download files to your phone.



2. Via USB Cable

Connect the camera to a computer using a USB cable. A menu will appear on the camera screen with three options: USB Storage, Webcam, and Only charging. Select “USB Storage” to access and download files on the computer.

3. Via Card Reader

Insert the microSD card into a card reader and connect it to a computer to download all files.

Restart Camera

C400 Pro

Press and hold the Power Button and Record Button for 1 second to restart the camera.



C400 Pro Pocket

Use a pin to press the Reset Hole vertically to power off the camera. Then press and hold the Power Button for 3 seconds to turn it on to complete the restart.



Camera Interface Overview





1. Current Shooting Mode
2. Remaining Recording Time / Number of Photos
3. Battery Level
4. Current Mode Settings
5. Mode Switch Button
6. System Settings

Touchscreen Operation



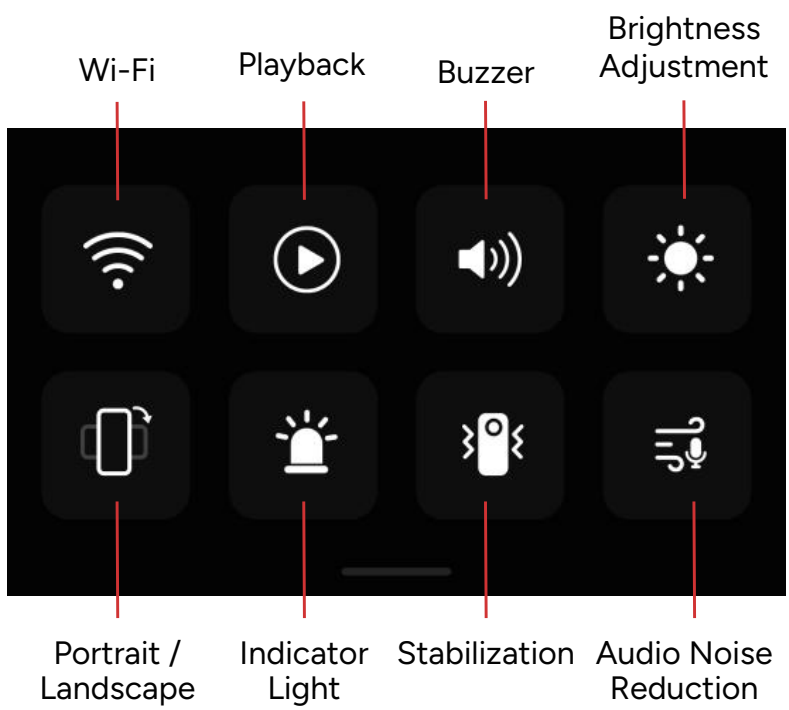
Swipe down ↓ Enter Quick Menu

Swipe up ↑ Select Shooting Modes

Swipe left / right ← → Switch between Photo and Video modes

Quick Menu Overview

Swipe down from the top of the screen



App Download & Connection

Download and Install the SJCAM X App

Method 1: Scan the QR code below to download the app.

Method 2: Search for “SJCAM X” in your app store or the App Store, then install the app.

Tips: 1. Before connecting your phone to the “SJCAM X” app, disconnect other Wi-Fi connections and make sure your phone’s Wi-Fi is turned on.

2. Viewing and downloading photos or videos captured by the camera through the “SJCAM X” app will not use your mobile data.

3. This camera only supports the SJCAM X app and does not support the SJCAM Zone app. If you have previously installed the SJCAM Zone app, please download the SJCAM X app instead.

This Camera supports three Wi-Fi connection methods: Bluetooth Quick Connect, QR Code Connection, and Manual Connection. Choose one connection method based on you actual needs.

1. Bluetooth Quick Connect (Recommended)

Make sure the camera is powered on.

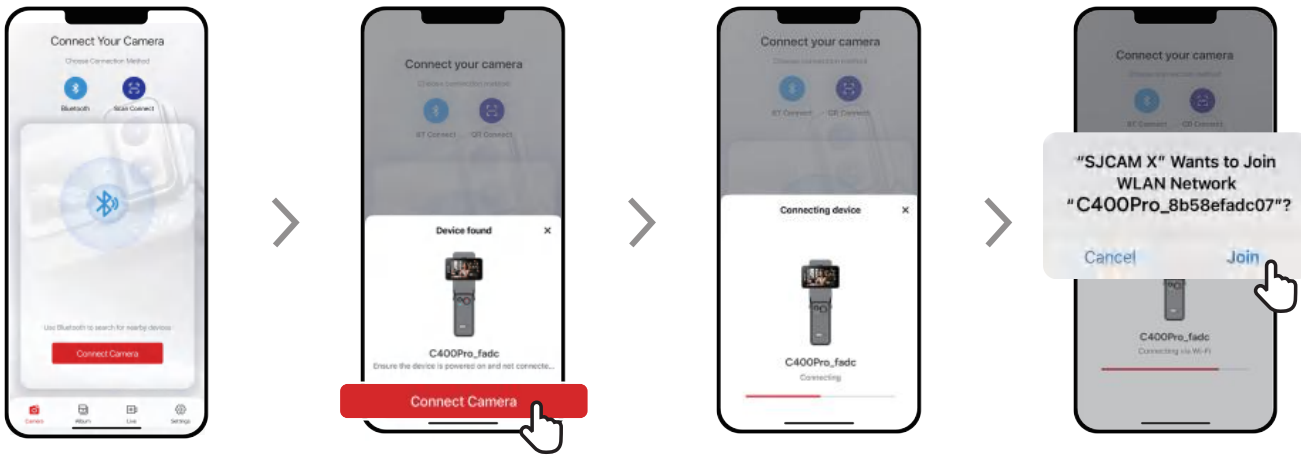
1.1. On your phone, go to Settings, find the Wi-Fi and Bluetooth options, and turn on both Wi-Fi and Bluetooth.

1.2. Open the SJCAM X app and allow the required permissions when prompted.

1.3. Tap Connect Camera in the SJCAM X app and wait for the camera to connect automatically.

1.4. Tap Connect to Wi-Fi or Join Network to complete the connection.

Note: The requested permissions are only used for connecting the app to the camera and will not be used for any other purpose.



2. QR Code Connection

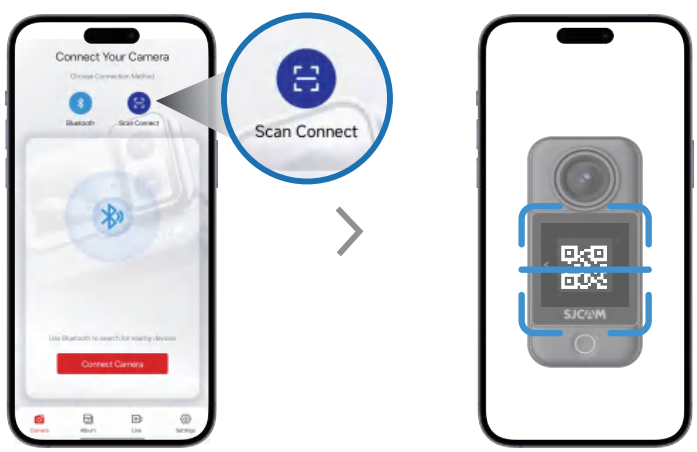
2.1. Power on the camera. Swipe down from the top edge of the screen to enter the Quick Menu, then tap the Wi-Fi icon. Wait for the QR code to appear on the camera screen.



1 2

2.2. Open the SJCAM X app on your phone, tap Scan, then scan the QR code on the camera screen and wait for the connection to complete.

Note : When the camera indicator light flashes green quickly, the camera Wi-Fi is enable and waiting to connect.



3. Manual Connection

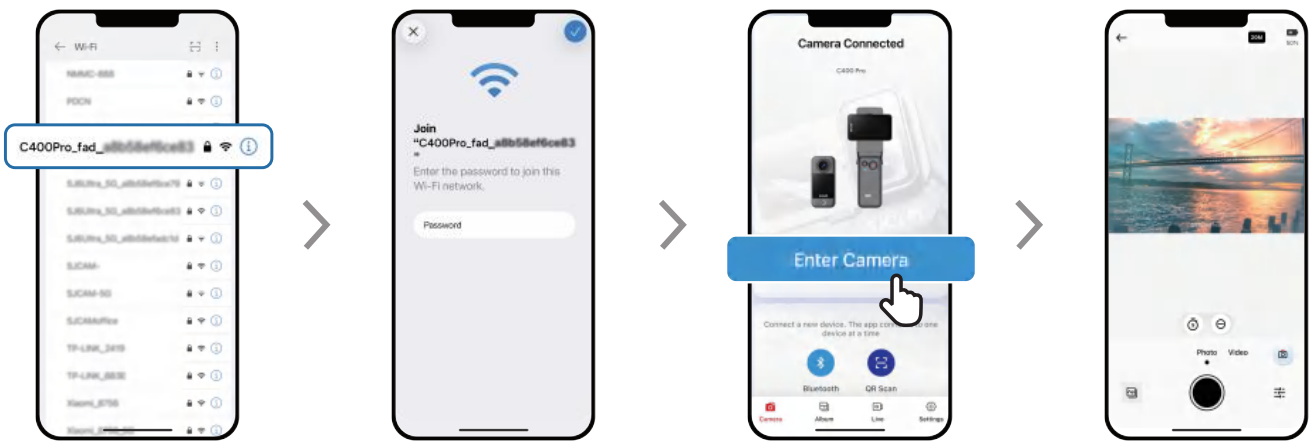
3.1. After powering on the camera, swipe down on the camera screen to open the Quick Menu, then tap the Wi-Fi icon.

3.2. On your phone's home screen, open Settings, then go to Wi-Fi.

3.3. Select the Wi-Fi network named after your C400 Pro, such as "C400 Pro_a8b58e410d80".

3.4. Enter the Wi-Fi password "12345678", then tap Connect and wait for your phone to connect to the camera Wi-Fi.

3.5. After your phone is connected to the camera Wi-Fi, return to the SJCAM X app home screen and tap Enter Camera to start using the camera.



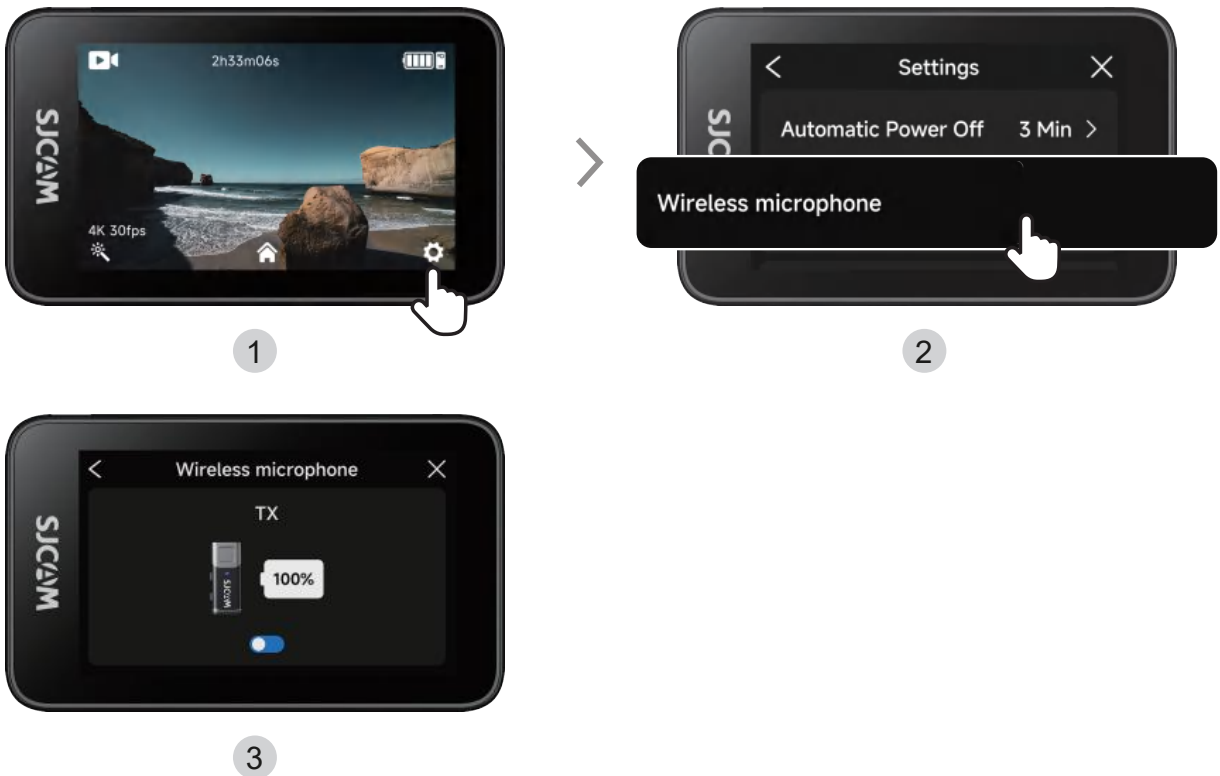
Scan the QR code to find out
more about connection options

Wireless Microphone Connection

1. Enable Wireless Microphone Function on Camera

Tap “system settings” icon at the bottom right of the screen to enter the settings page, then enable the “Wireless Microphone”option. The camera will enter pairing mode.

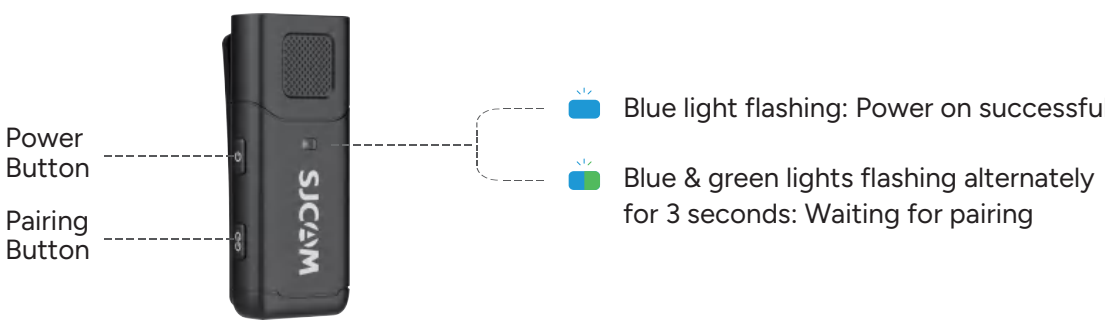
Note: This camera currently only supports the SJCAM M4 wireless microphone.



2. Turn on M4 Wireless Microphone and Start Pairing

2.1. Press and hold the M4 Power Button for 3 seconds to turn on the microphone.
2.2. Press and hold the M4 Pairing Button for 3 seconds to enter Wi-Fi pairing mode.
2.3. Wait for the camera and microphone to pair automatically.

Note: If pairing fails, tap “Reconnect” on the camera.



Firmware Update

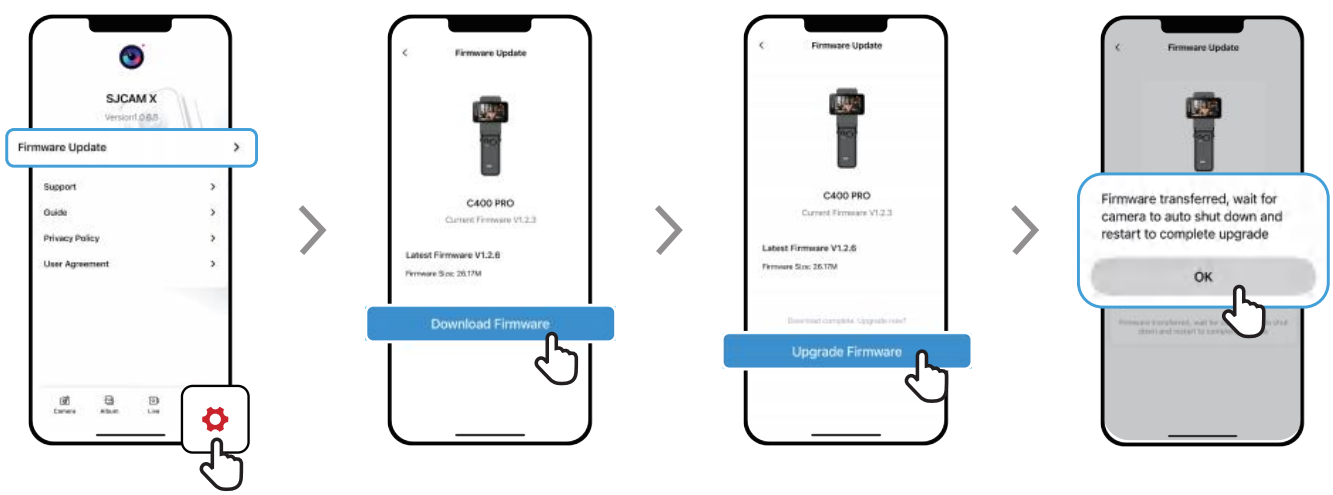
Note: Before updating the firmware, connect the camera to the SJCAM X app, make sure the camera has sufficient battery power, and ensure your phone has a stable network connection. For connection instructions, refer to the “App Download & Connection” section.

1. After connecting the camera to the app, open the app and tap Settings in the lower-right corner, then go to Firmware Update.

2. The app will automatically check the current firmware version. If a new version is available, tap Download Latest Firmware. If the current version is already up to date, the app will show: “The current firmware is up to date.”

3. After the firmware is downloaded, tap Update Firmware. The app will automatically transfer the update file to the camera. Please wait patiently.

4. After the firmware transfer is complete, the camera will automatically start the update. During the update, do not operate the camera, turn it off, or disconnect it. After the update is complete, the camera will restart automatically and can be used normally with the latest firmware.



Shooting Modes

No.	Mode	Description
1	Video	Regular video recording
2	Time Lapse	Captures frames at set intervals and automatically combines them into a fast-motion video. Suitable for recording slow-changing scenes, such as sunsets, cloud movement, and city traffic.
3	Slow Motion	Records video at a higher frame rate and plays it back in slow motion. Suitable for capturing sports, jumps, splashes, and other fast-moving details.
4	Photo	Takes standard photos.
5	Timer Photo	After the countdown is set, the camera automatically takes a photo when the countdown ends.
6	Burst Photo	Press the Shutter Button to take multiple photos continuously. Suitable for capturing fast-moving action.
7	Grabs from Video	During recording, the camera automatically takes photos at the set interval.
8	Dashcam Mode	After power is connected, the camera automatically powers on and starts recording. After power is disconnected, the camera automatically saves the video and powers off. Note: After installing the charging handheld controller, the C400 Pro Pocket does not support Car Mode.
9	Live Streaming	After connecting to the livestreaming app, RTMP streaming can be used for live broadcasting.

Video Menu Settings

No.	Menu	Settings	Description
1	Resolution	4K (16:9) 3840×2160 30fps 2K (16:9)2560×1440 60/30fps 1080P (16:9)1920×1080 120/60/30fp 720P (16:9)1280×720 120/60/30fps	Higher resolution and frame rate settings create larger files. Stabilization is not supported when recording at 120fps.
2	Video Encoding	H.264 / H.265	H.265 is a newer encoding format and an upgraded version of H.264. It provides better image quality and smaller file sizes than H.264.
3	Loop Recording	3 min / 5 min / 10 min / Off	Records video in segments based on the selected duration. When storage is full, the oldest video clips will be overwritten automatically.
4	Distortion Correction	Off / On	Corrects fisheye distortion when enabled.
5	Stabilization	Off / Standard Stabilization / Horizon Stabilization	Improves video stability when enabled. Standard Stabilization and Horizon Stabilization cannot be enabled at the same time.
6	Pre-Recording	Off / On	When enabled, the camera automatically records a short period of footage before the Shutter Button is pressed.
7	Field of View	Wide / Medium / Narrow	Adjusts the field of view as needed.
8	Exposure Compensation	+3EV--3EV	Adjusts exposure according to the shooting environment.
9	White Balance	Auto / Daylight / Cloudy / Tungsten / Fluorescent / Underwater	Corrects color temperature and helps restore more natural colors under different lighting conditions. It can also be adjusted manually to create photos with different color effects.

10	Color	Normal / Black & White / Retro / Warm Tone / Cool Tone	Select different color effects based on your shooting style.
11	Sharpness	High / Standard / Soft	Adjusts edge sharpness. Higher sharpness makes the image look clearer, but noise may become more noticeable. Standard is recommended by default.
12	Saturation	High / Standard / Soft	Adjusts color vividness. Higher saturation makes colors more vivid, while lower saturation makes colors softer. Standard is recommended by default.
13	Contrast	High / Standard / Soft	Adjusts the contrast between light and dark areas. Higher contrast makes the difference between highlights and shadows more noticeable, while lower contrast creates a softer image. Standard is recommended by default.
14	Image Noise Reduction	High / Standard / Soft	Adjusts image noise reduction. High reduces more noise, while Soft keeps more detail but may show more noise. Standard is recommended by default.
15	ISO	Auto / 100 / 200 / 400 / 800 / 1600 / 3200	Higher ISO increases image brightness, but may also increase noise. Auto is recommended for daily shooting.
16	WDR	Off / On	Improves image detail in both bright and dark areas. Suitable for scenes with strong contrast between light and shadow.
17	Record Audio	Off / On	Sets whether the microphone is enabled during video recording.
18	Recording Volume	1/2/3/4/5/6/7/8	Adjusts the microphone recording volume.
19	Audio Noise Reduction	Off / On	Reduces some ambient noise when enabled.
20	Date Stamp	Off / Date / Date & Time	Displays date information on the video when enabled.
21	Logo Watermark	Off / On	Displays the SJCAM logo watermark on the video when enabled.
22	Motion Detection	Off / On	When enabled, the camera automatically starts recording when motion is detected.

23	Delay Recording	Off / 5s / 10s / 15s / 30s	When enabled, after the recording button is pressed, the camera delays recording for the selected duration before starting.
24	Metering	Average Metering / Center Metering / Spot Metering	Select different metering modes based on the shooting environment.
25	Bitrate	High / Medium / Low	A higher bitrate provides better video quality but creates larger files. A lower bitrate creates smaller files, but image quality may be reduced.

Note: Stabilization, Distortion Correction, Field of View, and Digital Zoom cannot be enabled at the same time.

Photo Menu Settings

No.	Menu	Settings	Description
1	Photo Resolution	24M (5664*4248) 16M (5376*3024) 12M (4640*2608) 8M (3840*2160) 5M (2592*1944) 2M (1920*1088)	Adjusts the photo resolution as needed.
2	Shutter Speed	Auto / 30s / 1s	Adjust the shutter speed according to the shooting conditions to achieve the best results. The default setting is “Auto”.
3	Distortion Correction	Off / On	Corrects fisheye distortion when enabled.
4	Countdown	Off / 3s / 5s / 10s	After the countdown is set, the camera automatically takes a photo when the countdown ends.
5	Image Quality	High / Medium / Low	Adjusts photo quality. High provides better image quality, Medium provides standard quality, and Low provides lower image quality.

6	Color	Normal / Black & White / Retro / Warm Tone / Cool Tone	Select different color effects based on your shooting style.
7	Exposure Compensation	+3EV--3EV	Adjusts exposure according to the shooting environment.
8	White Balance	Auto / Daylight / Cloudy / Tungsten / Fluorescent / Underwater	Corrects color temperature and helps restore more natural colors under different lighting conditions. It can also be adjusted manually to create photos with different color effects.
9	Sharpness	High / Standard / Soft	Adjusts edge sharpness. Higher sharpness makes the image look clearer, but noise may become more noticeable. Standard is recommended by default.
10	Saturation	High / Standard / Soft	Adjusts color vividness. Higher saturation makes colors more vivid, while lower saturation makes colors softer. Standard is recommended by default.
11	Contrast	High / Standard / Soft	Adjusts the contrast between light and dark areas. Higher contrast makes the difference between highlights and shadows more noticeable, while lower contrast creates a softer image. Standard is recommended by default.
12	Image Noise Reduction	High / Standard / Soft	Adjusts image noise reduction. High reduces more noise, while Soft keeps more detail but may show more noise. Standard is recommended by default.
13	ISO	Auto / 100 / 200 / 400 / 800 / 1600 / 3200	Higher ISO increases image brightness, but may also increase noise. Auto is recommended for daily shooting.
14	WDR	Off / On	Improves image detail in both bright and dark areas. Suitable for scenes with strong contrast between light and shadow.
15	Metering	Average Metering / Center Metering / Spot Metering	Select different metering modes based on the shooting environment.

16	Time Stamp	Off / Date / Date & Time	Displays date or date and time information on photos when enabled.

Note: Stabilization, Distortion Correction, Field of View, and Digital Zoom cannot be enabled at the same time.

System Settings

No.	Menu	Settings
1	Language	Set the camera language.
2	Date / Time	Set the date and time.
3	Auto Power Off	Select a time period. If there is no operation within the selected time, the camera will power off automatically.
4	Wireless Mic	When enabled, the camera enters Bluetooth microphone pairing mode, allowing connection with a supported wireless microphone for clearer and more professional audio recording.
5	Image Rotation	When enabled, the screen automatically rotates 180°. This is typically used when the camera is used as a dash cam.
6	Voice Control	When enabled, the camera can be controlled using specific voice commands, such as taking photos, starting recording, and stopping recording.
7	Indicator Light	Turn the indicator light on or off.
8	Prompt Tone	Turn the buzzer sound on or off.

9	Voice Broadcast	Voice prompts for camera operations.
10	Screen Saver	If there is no screen operation within the selected time, the screen will automatically turn off. When the screen is off, tap the screen to wake it up.
11	Anti-Flicker	Set the light frequency. 50Hz is PAL, commonly used in China. 60Hz is NTSC, commonly used in Taiwan Province of China and other regions.
12	Wi-Fi Band	5G / 2.4G. If 5G Wi-Fi cannot be found, switch to 2.4G.
13	Format	Tap to format the internal storage. This will erase all content in the internal storage. Please proceed with caution.
14	Reset	Restore factory settings. This will not erase content in the internal storage.
15	Version	View the camera model and firmware version information.

Warranty Terms

1. The camera warranty period is 12 months from the date of purchase, or a longer warranty period as required by applicable local laws and regulations. If a quality issue occurs within the warranty period, the user is entitled to free repair service.

2. When warranty service is provided, all replaced main units, parts, components, and accessories shall become the property of SJCAM. Before returning the product for warranty service, be sure to back up the data stored in the product and delete any confidential or personal information. SJCAM is not responsible for any loss caused by data loss or disclosure of personal information.

3. The following situations are not covered by the warranty:

3.1. Product failure or damage not caused by SJCAM, including but not limited to: use, maintenance, or storage not in accordance with the user manual; disassembly or repair by the user or an unauthorized service provider; use of accessories or parts not supplied by SJCAM; damage caused by foreign objects or substances, such as sand, insects, liquids, or food, entering the product; use in high-temperature or corrosive environments; crushing, dropping, or other damage caused by human error or accident.
3.2. Natural wear and tear of the product, including but not limited to the housing, display, buttons, accessories, and related periodic inspection, maintenance, repair, or replacement of parts.
3.3. The information on the valid invoice or warranty card does not match the actual product, or has been altered.
3.4. The product body serial number, barcode, or SN is unclear, altered, damaged, removed, or difficult to identify; or the anti-tamper label or waterproof label is damaged or removed.
3.5. Battery shell damage caused by human error, or device failure caused by continued use after a short circuit.
3.6. Damage caused by human error, including but not limited to accidental dropping, liquid ingress, or improper use.
3.7. Damage caused by force majeure, such as natural disasters.

4. The warranty will be void in the following situations:
4.1. Failure to use the product correctly in accordance with the user manual.
4.2. Unauthorized disassembly, repair, or modification.
4.3. Damage caused by human error or intentional damage to the product.
4.4. Use of the product in violation of applicable laws or regulations.

5. Important Notice:

Please keep your valid proof of purchase properly during the warranty service period so that it can be provided when needed.

SJCAM

EMPOWER YOUR DREAMS

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Made in China

V1.1