



## Nikon 4500 Instructions for OneShot360

### Recommended Camera Settings for OneShot360

- Attach the Oneshot360 unit, and power the camera on.
- Use the Zoom to exactly fill the digital camera LCD viewer screen with the circular image. Use the zoom lever on the top of the camera, around the shutter button. **If you zoom in too much, you will lose part of the field of view.** If you zoom in too little, you will not get maximum resolution. Note also that the OneShot image may not be exactly centered in the LCD screen – this is normal.
- **Make sure the flash is disabled** by pressing the flash/ISO button (lightning bolt symbol) to the left of the LCD screen on the back of the camera. Press button until you see the “flash off” icon on the LCD.
- Focus: We recommend shooting in **macro mode with autofocus on**. Press the MF button on the back of the camera a few times until the flower symbol (macro) is shown on the LCD panel. Pressing the MF button once more at this point will activate the self timer feature. Please note, when using Macro, any dust or fingerprints on the OneShot 360 will show up clearly in the final image to be careful in your handling of this lens. To Manually set the Focus, hold the “MF” button down and dial in a distance with the command dial. A distance which is nearer to the mountain symbol rather than the flower is recommended for most shots.
- Put your Nikon 4500 in **aperture priority mode** by holding down the MODE button on the top of the camera while turning the Command Dial until the “A” shows up in the LCD screen.
- Then adjust the Command Dial left/right to adjust to an f-stop of 7.1. A setting of less than f7.1 will result in an unevenly focused image.
- Press the flash/ISO button (lightning bolt symbol) to the left of the LCD screen on the back of the camera and turn the Command Dial until the **ISO feature is set to 100**.

NOTE: You can use shutter priority mode, as long as you use a shutter speed that would give you the desired f# of 7.1. Also, make sure you are using a tripod when shooting with a slow shutter speed.

Press the MENU button and use arrow buttons to:

- Under the REC menu, set the white balance. Auto is usually fine for most shots.
- Use the SIZE button on the back of the camera to set the camera to **Full/Fine**.

Contact:

Metropole360

Email: [support@metropole360.com](mailto:support@metropole360.com)

Web: <http://www.metropole360.com>

Phone: 212-980-2427