

HERO4 Session Specifications:

Weight

Camera: 2.6oz (74g)

Video Modes

Video

Captures video.

Video Resolution	Frames per Second (fps)	Field of View (FOV)	Screen Resolution
1440p	30, 25	Ultra Wide	1920 x 1440
1080p	60, 50, 30, 25	Ultra Wide, Medium	1920 x 1080
1080p SuperView	48, 30, 25	Ultra Wide	1920 x 1080
960p	60, 50, 30, 25	Ultra Wide	1280 x 960
720p	100, 60, 50, 30, 25	Ultra Wide, Medium	1280 x 720
720p SuperView	60, 50, 30, 25	Ultra Wide	1280 x 720
WVGA	120, 100	Ultra Wide	848 x 480

Looping

Records a continuous video loop that overwrites itself until you press the shutter button to stop it and save.

SuperView™

SuperView captures a tall perspective (4:3), which allows you to capture more of yourself and your surroundings in the shot. The content is then dynamically stretched to a wide perspective (16:9) for full, immersive widescreen playback. Learn more [here](#).

Video Format

H.264 codec, .mp4 file format

Advanced Video Capture Settings

Auto Low Light

Automatically adjusts frame rates according to lighting conditions for enhanced low-light performance. Frame rates are adjusted in medium- and low-light conditions. Playback occurs at the selected resolution and frame rate.

Photo Modes

Photo Resolutions

Resolution	Field of View (FOV)	Screen Resolution
8MP (Default)	Wide	3264 x 2448
5MP	Medium	2720 x 2040

Multi-Shot Mode

Burst

Captures up to 10 photos in 1 second—perfect for fast-action photography.

Burst Rate

3 photos/1 second

5 photos/1 second

10 photos/1 second (Default)

10 photos/2 seconds

Time Lapse

Automatically captures a series of photos at timed intervals. Ideal for capturing photos when the camera is out of reach.

Time Lapse Photo Intervals

0.5, 1, 2, 5, 10, 30 and 60 seconds

Advanced Video Capture Settings

Protune™

Protune unlocks the camera's full potential, delivering cinema-caliber video optimized for professional productions and advanced manual control. Flex your creativity with customizable settings for ISO Limit and Sharpness—and enjoy the manual control of your GoPro camera.

- Protune enables manual control of **ISO Limit** and **Sharpness** for advanced control and customization of your video.
- Available for 1440p, 1080p and 960p60/50. Not available for Looping Video or photos.

Protune Settings:

ISO Limit

ISO Limit adjusts the camera's sensitivity in low-light environments, and creates a balance between brightness and resulting image noise. Image noise refers to the degree of graininess in the image.

Setting	Resulting Video Quality
1600 (Default)	Moderately bright video in low light, moderate image noise
400	Darker video in low light, reduced image noise

Sharpness

Sharpness controls the sharpness of your video footage.

Setting	Resulting Video Quality
On (Default)	Moderately sharp video
Off	Softer video that allows for more flexibility in post-production

Spot Meter

Spot Meter is good for filming into a setting where the lighting is different from where you are, such as filming the outdoors from within a car or filming a shaded environment while standing in the sun. Spot Meter automatically sets the exposure based on a single spot in the middle of the image.

Image Quality + Optics

- Ultra sharp image quality with all-glass lens
- Ultra wide-angle field of view with reduced distortion

Battery + Charging

- Rechargeable lithium-ion battery
- Rated at 1000mAh, 3.8V, 3.23Wh
- Integrated with camera

Battery Life

The chart below indicates the approximate continuous recording time (hr:min) you can expect when shooting in various video modes using a fully charged battery.¹

Video Mode	With Wi-Fi Off Estimated Time	With Wi-Fi On + Using Wi-Fi Remote Estimated Time	With Wi-Fi On + Using GoPro App Estimated Time
1440p30 fps	1:55	1:45	1:35
1080p60 fps	1:45	1:35	1:30
1080p48 fps	1:50	1:40	1:30
1080p30 fps	2:05	2:00	1:45
720p100 fps	1:50	1:45	1:35

¹ Actual performance may vary based on settings, environmental conditions and other factors. Maximum battery capacity will normally decrease with time and use.

Audio

- Format: 32kHz sampling rate, AAC compression
 - AGC (automatic gain control)
 - Internal mic: Mono x 2
 - External mic: Not supported
-

Ports

Micro USB

- Charging battery
- Using external power during recording
- Connecting to a computer for playback/file transfer/charging

microSD

- Memory card
-

Storage

- microSD memory card with at least a Class 10 or UHS-I rating required. [Recommended microSD cards](#)
 - Up to 64GB capacity supported
 - Record times vary with resolutions and frame rates
-

Photo + Video Playback

GoPro App (free)

Use the GoPro App to access all modes and adjust settings, and preview and play back videos and photos.

Computer

Use the included USB cable to transfer files to a computer. Use GoPro Studio to play back videos and photos.