GoPro

HERO 12 BLACK

PREFERRED SETTINGS

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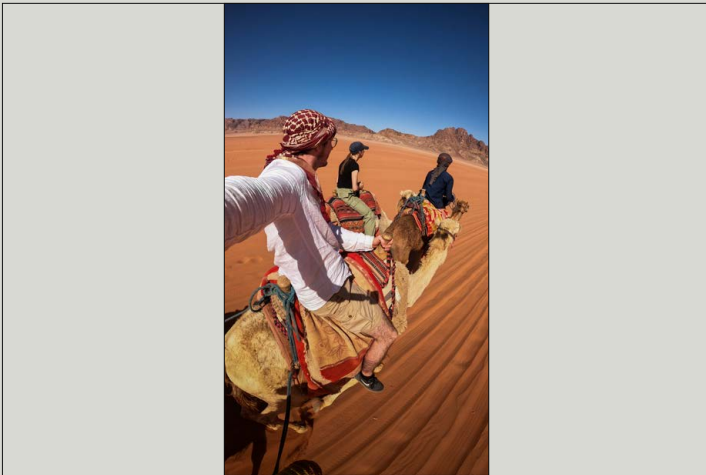
For more info, head over to **GoPro Tips** on YouTube.

Easy Controls

Comes preloaded with ultra versatile capture settings that are great for most shots. You can also adjust the video quality, framing, digital lenses and more with just a few taps to get exactly the shot you want.

Easy Control's vertical 9:16 framing option ⬍ is ideal for playing back footage on your phone or posting to social media.

For more info, head over to **GoPro Tips** on YouTube.

Pro Controls

Toggling Pro Controls

You can switch to Pro Controls for full camera control using your camera's dashboard (accessible via the rear LCD screen) or the GoPro Quik app.

Swipe down > Camera Dashboard

Swipe Left > Toggle Pro Controls

For more info, head over to **GoPro Tips** on YouTube.

Video

Perspective	Resolution + Aspect Ratio	Frame Rate	Digital Lens	HDR
POV	4K 8:7	60	Wide	-
	4K 16:9	30	HyperView	✓
Self Capture	5.3K 8:7	30	Wide	-
	4K 8:7	30	Wide	✓
Follow-Cam	2.7K 4:3	120	Linear + Horizon Leveling	-
	4K 16:9	120	SuperView	-

For more info, head over to **GoPro Tips** on YouTube.

Video

Pro Tips

Slo-Mo Guide

Standard video plays back at 30 fps. Try a higher frame rate for epic slo-mo shots.

60 FPS = 2x slo-mo	120 FPS = 4x slo-mo	240 FPS = 8x slo-mo

Keep the Horizon Locked + Steady

Use the Linear + Horizon Lock digital lens to keep your footage steady and straight even if your camera rotates 360° during capture.

Not Sure Which Level of Stabilization to Use? Use HyperSmooth AutoBoost.

HyperSmooth AutoBoost gives you maximum video stabilization and the widest field of view possible by dynamically cropping your footage based on the speed and movement of your shot.

Quik App: Lens Tool

Easily change the digital lens in your photos and videos after capture using the GoPro Quik app.

Learn more **here**.

Try High Dynamic Range (HDR) Video

Great in environments with both shadows and bright light, HDR captures the subtle details of the scene that might typically blend into the darkness of shadows or disappear in the bright spots of your shot.

10-Bit + Log Encoding

10-bit color delivers enhanced color depth, smoother gradations and more realism in 5.3K and 4K videos. You can also use GP-Log to get more detail out of your footage while making necessary color adjustments in post production.

For more info, head over to **GoPro Tips** on YouTube.

Advanced Settings

Shutter	Auto
EV Comp	-0.5
White Balance	Auto
ISO Min	100
ISO Max	1600
Sharpness	Low
Color	Natural
Wind	Auto

Rear Screen Grid
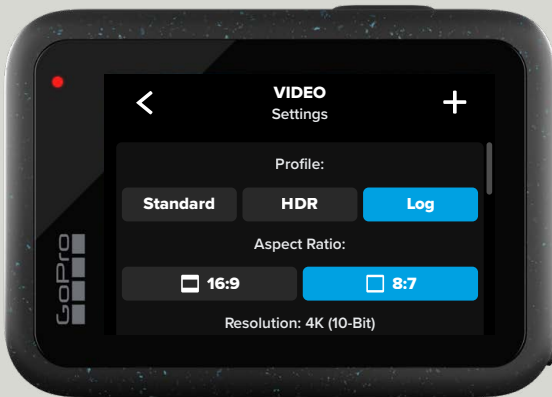
Dashboard > Preferences > Display > Rear Screen Grid

For more info, head over to **GoPro Tips** on YouTube.

Advanced Settings

Toggling GP-Log

Dashboard > Preferences > Video > Bit Depth

BIT DEPTH
Uses 10-bit HEVC for more post-production flexibility and color depth.

Also enables Log Profile.

10-Bit ◀

8-Bit

VIDEO
Settings

Profile:

Standard   HDR   Log

Aspect Ratio:

▭ 16:9   ▭ 8:7

Resolution: 4K (10-Bit)
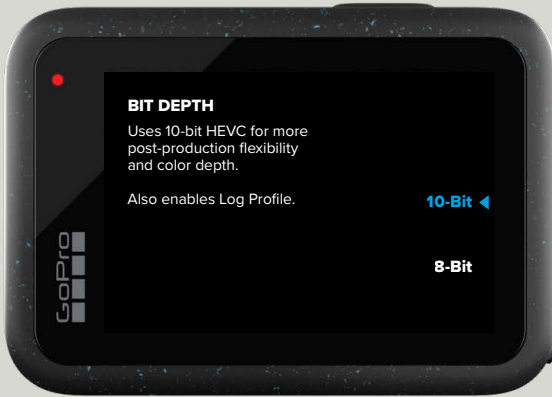
Pro Tip: Pair 10-bit HEVC encoding with GP-Log to get more detail in your footage with more post-flexibility to adjust colors.

For more info, head over to **GoPro Tips** on YouTube.

HERO 12 BLACK   GoPro

Max Lens Mod 2.O
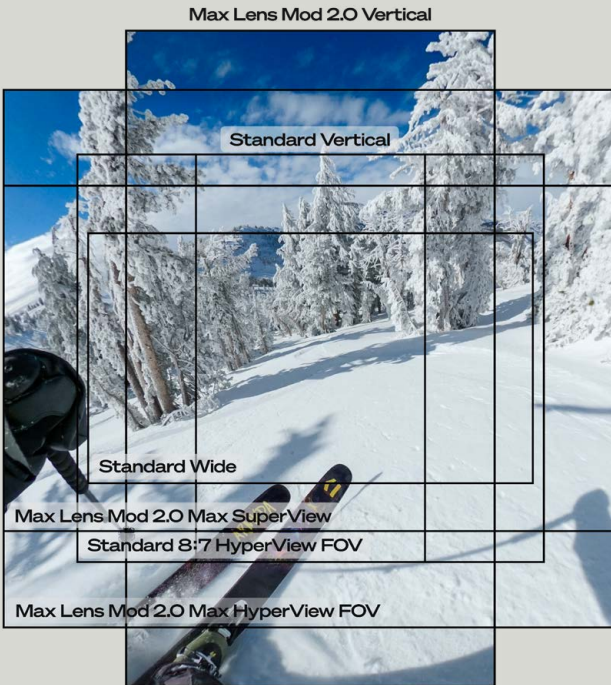
Transform your HERO12 Black into the ultimate POV camera, dramatically expanding your field of view up to an incredible 177° in 4K60 with Max HyperSmooth.

MAX LENS MOD

Be sure to use the correct Max Lens Mod setting. Max Lens Mod 2.0 is labeled in blue.

Max Lens 2.0 ◀

Max Lens

None

Max Lens Mod 2.O Vertical

Standard Vertical

Standard Wide

Max Lens Mod 2.O Max SuperView

Standard 8:7 HyperView FOV

Max Lens Mod 2.O Max HyperView FOV

For more info, head over to **GoPro Tips** on YouTube.

Photo

Photo Output + Features

HDR Photo 🄷🄳🄧

Captures photos using High Dynamic Range processing. Great for shooting high-contrast scenes with minimal motion.

SuperPhoto 🌄

Automatically analyzes the scene and intelligently applies the best image processing for the shot.

Interval Photo ❄

Snap photos at fixed intervals, from 0.5 seconds all the way up to 120 seconds, while you stay focused on your favorite activities.

Frame Grab Resolution

Resolution	Aspect Ratio	Frame Grab Resolution
5.3K	8:7	24.7MP
5.3K	16:9	15.8MP
4K	8:7	12.9MP
4K	16:9	8MP

For more info, head over to **GoPro Tips** on YouTube.

Time Lapse

Time Lapse vs. TimeWarp

Did you know 8:7 aspect ratio is now available across all time lapse modes?

What Is It?

Time Lapse Video	TimeWarp
Transforms long events into short sharable moments by taking a frame of video at set intervals.	Speeds up time to create an ultra smooth time lapse video while you're on the move.

When to Use It

Time Lapse Video	TimeWarp
When your camera is mounted to a tripod or stationary object.	Body-mounted footage or any shot when your GoPro is in motion.

Recommended Settings

Time Lapse Video	
	The longer the interval, the faster time will appear to pass, and your resulting video will be shorter.
	0.5 - 1 sec: Fast Action > Busy Streets
	2 sec or more: Slow Action > Sunsets

Time Lapse Video Pro Tip: Tap and hold the screen to toggle Exposure Control to ensure that the selected part of the screen is always well exposed.

TimeWarp	
	Auto: Automatically adjusts capture speed based on lighting and other conditions.
	5x - 10x: Shorter or Limited-Motion Activities
	15x - 30x: Longer or Higher-Motion Activities

TimeWarp Pro Tip: Tap Speed Ramp 🜁 while recording to slow your video down to Real Speed.

For more info, head over to **GoPro Tips** on YouTube.

Time Lapse

Night Effects

Light up the night with three amazing new night effects. Did you know each night effect setting also provides a photo jpg of your shot?

	What Is It?	Preferred Settings
Star Trails	Captures beautiful trails of lights across the sky. When on a tripod, point the camera north or south to better capture the earth's rotation.	Trail Length: **Maximum or Long**
Light Painting	Uses long exposure to create brilliant brush stroke effects with moving lights. Mount your camera to a stationary object or tripod, grab a flashlight, glow stick or other light source, and get creative.	Trail Length: **Maximum or Long**
Vehicle Lights	Record night-time traffic and transform it into stunning light trail footage. Mount your camera to a stationary object or tripod and point your camera at moving vehicles to create stunning light trail footage.	Trail Length: **Short**

Pro Tip: Choose a longer exposure (up to 30 seconds) and bump up the ISO (up to 1600) for darker environments.

Scheduled + Duration Capture

Pro Tip: Use Scheduled Capture to set a start time for your shot. Use Duration Capture to set how long your camera records before it automatically stops.

For more info, head over to **GoPro Tips** on YouTube.