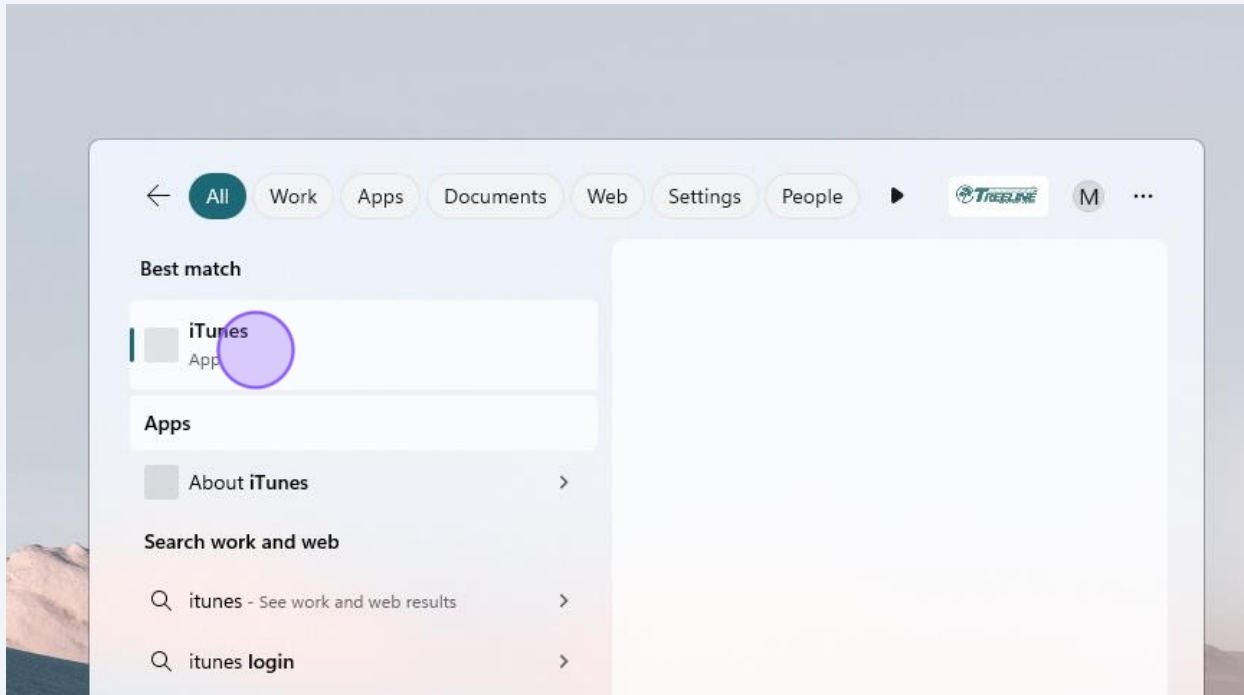# Putting Treeline 3D Video onto Phone

This step-by-step covers the part needed to transfer the 3D Video from your computer to your iPhone.
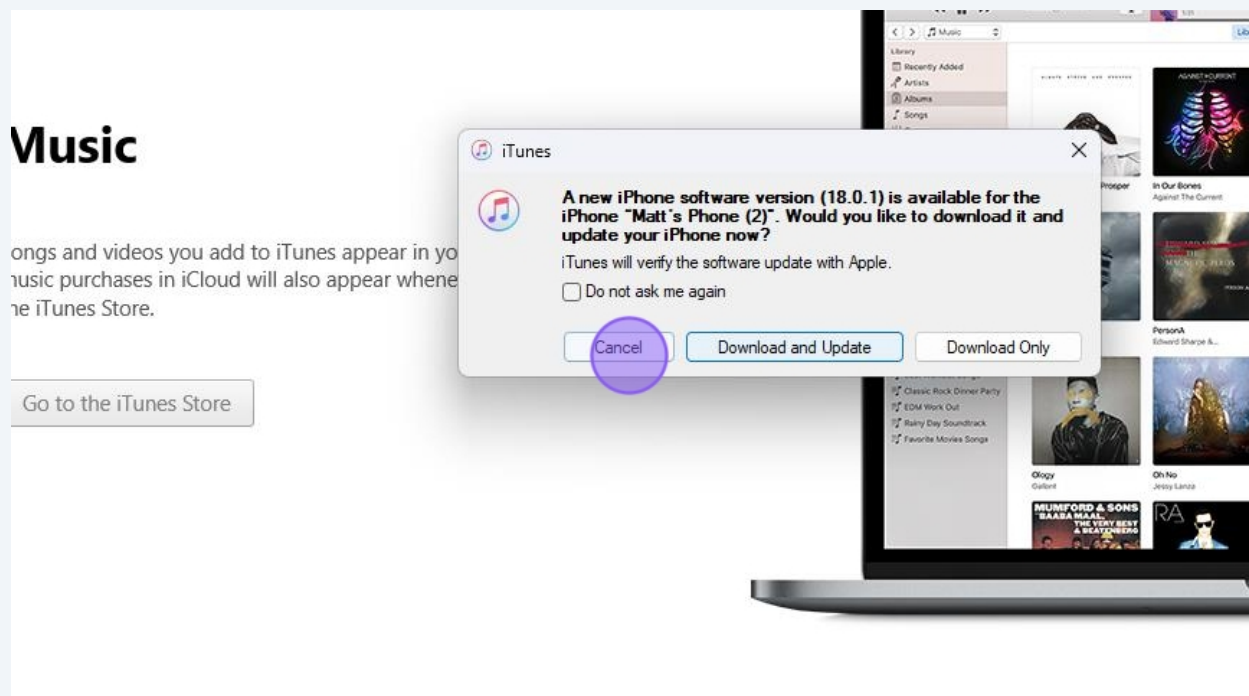
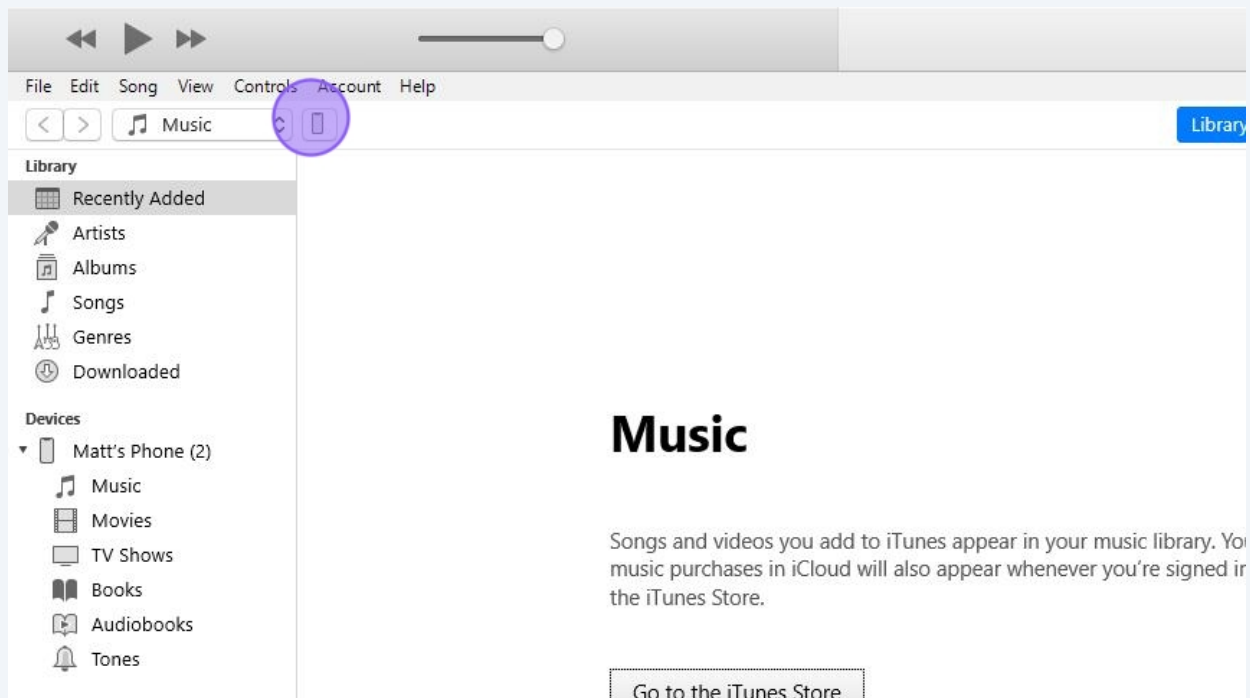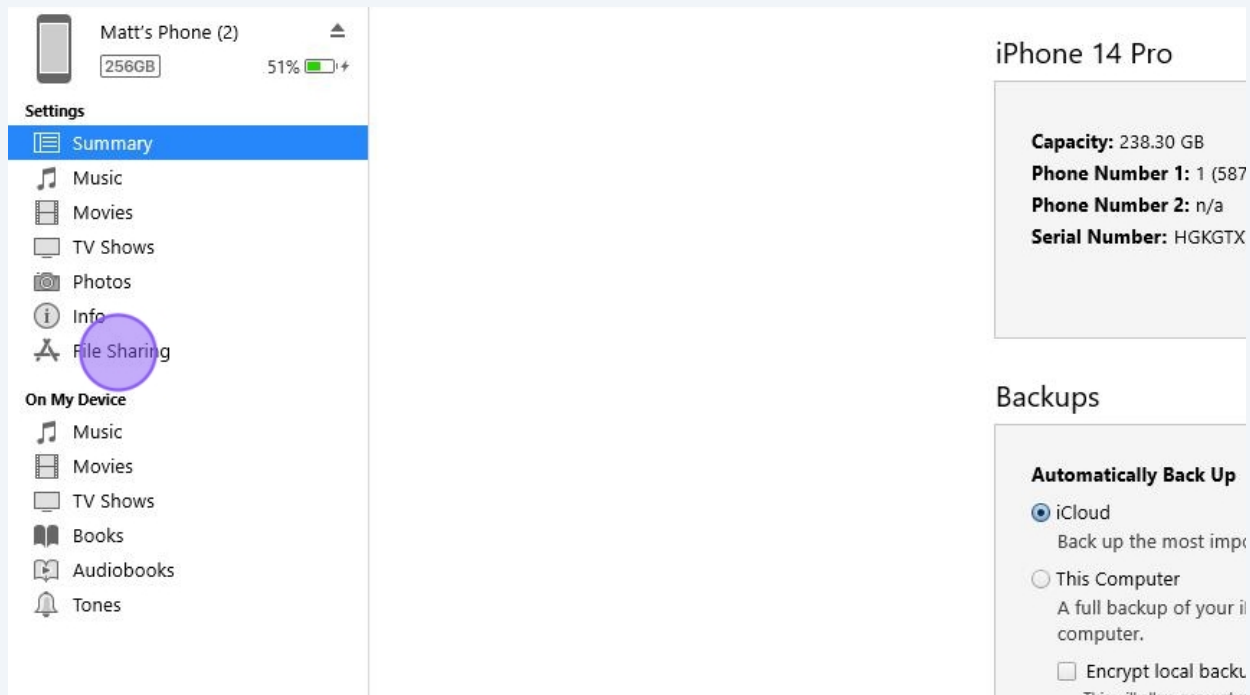**1**   Click here.

2 Open "iTunes".

3 Plug in your phone (no need to update iTunes at this point).
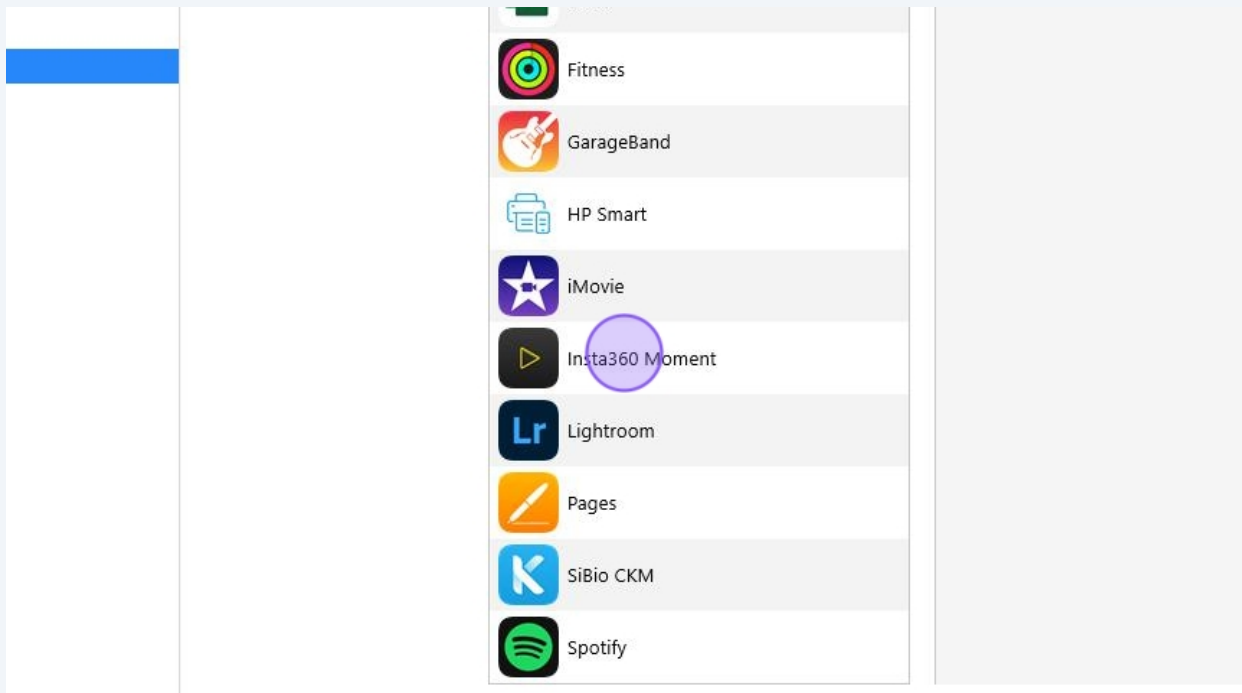
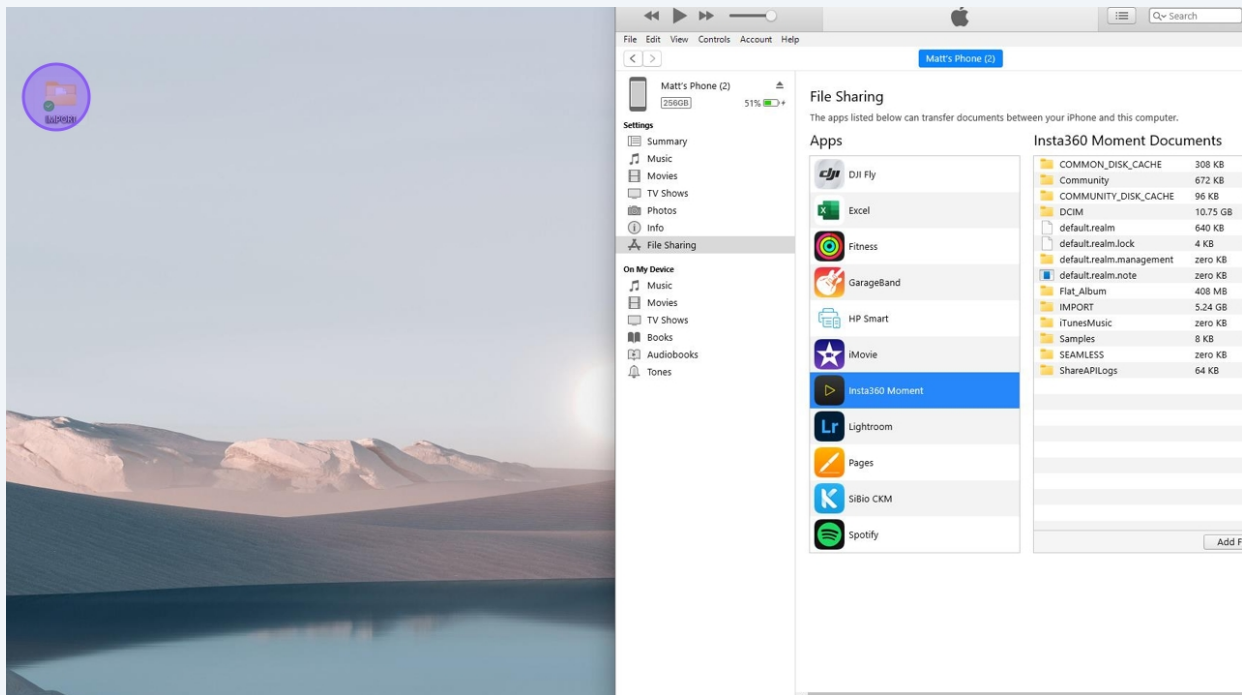**4**   Click on the cell phone button.

5   Click "File Sharing".

6 Click on "Insta360 Moment" App

7 Drag "IMPORT" file into "Insta360 Moment Documents"

8 Click "Replace" and allow the blue progress bar to finish.