Plug in the DC Power if you want to not use Batteries

Turn the Camera On

Put the SDHC cards in the slots. One or two cards.
You have to close the doors of the card slots or else the camera won't recognize the cards.

Click the Menu Button

Also use the joystick to navigate the menus.
Navigate to the "wrench" icon and choose Reset
Resetting the menus gets the camera back to a default state so you know everything is reset to a starting point.

Choose System Setup > Reset > All Settings

OK

Set the Date and Time
Navigate to the Media icon page 1
Set the System Frequency to 59.94

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Set the System Frequency to 59.94

Same menu page 2
set the Frame Rate to 23.98

Next format the SDHC cards
Same Media Menu Page 1
Choose Initialize Media
Choose which card to format

Choose Complete formatting

Click OK to confirm

Same media page choose the Main Recording Format as MP4

Same media page choose the Main Recording Format as MP4
Media Menu

Page 2 choose Resolution as UHD
3840 x 2160 YCC420 8bit

Go to Media Menu Page 3 and Choose to turn on Relay Recording this will enable the recording to span the two SD cards if you have two loaded

Navigate over to the Image menu and choose to turn on Canon Log 3 if you want to record in Log Or BT709 if you don't want that log setting
Auto Focus On or Off

Turn ON if you want to use the Face Detection.
That is useful to make sure you keep faces in focus.

Auto Focus ON
Go to the Camera Menu Page 5
Face Detection Turn it ON

Face Auto Focus choose Face Priority

Back One page on page 4 on the Camera Menu
Choose AF Frame Size Large

To change Brightness ISO/Gain

Click on the ISO/Gain on the side of the camera

wait till you see the red scale on the display

Then use the Joystick on the LED display and
move it up and down to adjust the level of light coming into the camera

Use on the Joystick on the display
Move it up and down to adjust camera brightness
You can also use the Joystick on the back of the camera and move it up and down to adjust the brightness level.

Audio Settings on the side of the camera you can plug in XLR cables for external 2 Audio inputs

Input 1 set on Analog
Choose Mic +48 for a microphone that needs phantom power

If a Mic has a power source like a battery choose Mic

Mixer Board input would be Line Level
Input 2

Audio Settings on the side of the camera you can plug in XLR cables for external microphone inputs

Input 1 set on Analog

Choose Mic +48 for a microphone that needs phantom power

If a Mic has a power source like a battery choose Mic

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Then click Menu again and look at the "Audio" page

Joystick 3 tabs over on Page 1

Select Ch1/Ch2 Input here

Good advice is to set channels 3/4 to the on camera microphone Manaural Mic

Good advice is to set channels 3/4 to the on camera microphone Manaural Mic
Finally Record Button press to record and to stop recording

If you want to look at the recorded data on the card
Switch the Power button to Media

Here you will get Thumbnails of all the media
Use the Joystick to toggle through the clips and press selected clip to play the clip