

Hero4 session Video Transcript

An image of two small cameras with a large square lens is visible on a black background. One is mounted on a pivot arm. On the left side of the cameras, white text reads "Hero 4 session. So small. So stoked."

ON SCREEN TEXT: HERO4
 session
 So small. So stoked.

Water rushing loudly. Atmospheric rhythmic drum and bass music plays.

A person's hand grips a rope as their feet walk backwards down a mossy rock wall, the camera mounted to their head. A waterfall rushes on the person's right side.

A woman sits on a cot supported by a series of ropes dangling on a sheer cliff face. A person wearing a camera mounted on their head turns to look down over the side of the suspended cot, revealing a green canyon floor far below the cot.

A motorbike leans against a scrubby tree on a beach. A person wearing a camera mounted to their head approaches the bike, reaching out gloved hands, straddling the seat, and gripping the handlebars.

A person wearing a camera mounted to their head walks through pristine snow carrying a snowboard, their board, feet, legs, and shadow visible on the crisp white surface.

A narrow rock ledge juts out from a very high perch above a tall canyon. A hand reaches out and dusts gravel and dirt from the surface.

A close-up of a blond man wearing a white Nissan-emblazoned racing jacket as he lowers a helmet onto his head. In another shot, legs clad in white racing pants and red, white and black shoes walk toward a red race car.

ON SCREEN TEXT: NISSAN

In the foreground, a hand pulls a glove onto its partner as a man in the background dons his gloves. A Red Bull emblazoned helmet rests in front of the hands in the foreground. The camera pans out, revealing a man with shaggy brown hair in the foreground.

ON SCREEN TEXT: Red Bull

In sparkling water, a girl smiles and slides toward the camera mounted on her surfboard as men in a boat look on behind her.

A man wearing a BMX helmet points with his right hand over a vast forest backed by low mountains before him.

A blue sleeved arm reaches out from beneath a head-mounted camera and into a small vertical crevice set in a sheer cliff face. The camera looks up the red cliff face to where the sun is peeking out over the horizon.

In a series of shots, a person's arms paddle a kayak toward the rushing waterfall, pushing another kayak underneath the rappelling man. The snowboarder summits a pristine crest, a snow-capped mountain range visible below. A foot kicks down to start a motor bike on the beach. Two motor bikers ride onto the beach, kicking up sand. A hand pulls a device attached to large tubing away from the side of the red race car.

ON SCREEN TEXT: NISSAN
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In a series of shots, the red race car speeds along a smooth race track. The camera hovers above as three BMX bikers race along a curved dirt path. A pair of snowboarders carve, flip, and race their way down a snowy mountain holding selfie sticks and head-mounted cameras. They high-five at high speed.

In a series of shots, the red race car speeds along the race track, the driver inside gripping the steering wheel tightly, maneuvering the car around curves.

In a forest, the BMX bikers speed along heavily wooded dirt paths and elaborately planked tracks, flying over jumps and around tilted curves.

A ski jumper holds a selfie stick before him and looks into the camera then away. In another shot, the camera reveals him approaching a snowy ski jump. In a series of shots, the camera reveals him hitting jumps, sailing up, flipping head over heel, and landing gracefully.

The camera pans up from a clear pool on a forested path just before two motorbikers splash through it. In a series of shots, the motorbikers race along grassy and gravel paths, splashing through puddles and kicking up sand and dust.

Two surfers dive under a wave gripping surfboards beneath them and surface.

In a series of shots, a hand points to the apex of a sail from beneath it. A hand points to computer monitors showing flight times and destinations. The camera reveals the back of a blonde girl's head as she walks down the aisle of a crowded airplane. A shot out an airplane window reveals the propeller and a bright green island in a deep blue ocean. A shot speeding along a railroad truss bridge.

In a series of shots, a girl holds a selfie stick pointed back from the cockpit of a small plane. The pilot eyes the camera warily. She smiles. A small plane touches down on a rural airstrip. Two blond girls ride with a man on his motorbike, one holds a camera on a selfie stick. A man sticks out his tongue open-mouthed and punches the camera from within a car as his friend looks on from the back seat, smiling.

A fabric flap pulls back to reveal four jacketed skiers looking down at the camera with mirrored goggles. They reach down to the camera. A skiing man smiles into the camera. A woman's blond hair billows in the wind as she looks down from high above a body of blue water. A person wearing a BMX helmet with a mirrored visor nods boisterously into the camera as they speed along a sandy plain.

In a series of shots, the hatch of a race car closes. The driver looks into the door-mounted camera. A hand turns a metal crank on a sailboat. A man tosses his paddle-mounted camera which flies over mossy rocks and rushing water. A snowboarder wearing a white felt mustache holds a selfie stick out to reveal himself perched on a snowy mountain crest.

In a series of shots, a hand points up at a lush waterfall. a woman snorkels in a reef with brightly colored fish. A rotor-mounted camera spins around a helicopter. A motorbiker turns on a beach. The red race car speeds along the race track. A mirrored visor wearing motorbiker shakes the camera. A surfer grooves in the ocean. Arms swim through a rocky pool from beneath a head-mounted camera.

In a series of shots, a woman climbs a rocky ledge beneath a waterfall. A surfer shreds a wave. A motorbiker and then a snowboarder land a jump. A kayaker flips in white water rapids. A surfer flies off her surfboard. A kayaker speeds through rapids, ducking under a fallen log. Two hands extend beneath a head-mounted camera, looking up and into a lush waterfall.

In a series of shots, a snowboarder smiles into the camera as he races down a mountain. A kayaker leans back and shouts inaudibly from beside a rushing river. A girl smiles gleefully beneath a lush waterfall. A surfer carves a wave. A snowboarder slides down a pipe toward the camera. A man parachutes. A pair of arms under a head-mounted camera snap together to dive into a rocky pool.

In a series of shots, a paddle-mounted camera captures a submerged kayaker. A group of kayakers portages through a forest. A man steps tentatively to the edge of the narrow rock ledge high above a canyon floor. A BMX biker walks a bike along a dirt path. A girl suspended high on a cliff face looks up into a camera, the canyon floor far below. A hand grips a crevice in the cliff face. The camera looks down at the girl climbing up.

In a series of shots, a BMX biker speeds along a dirt path. Two men ride a Jet Ski. A surfer looks up into a wave. A man steps off the edge of the narrow rock ledge and into the canyon, flipping head over heel as he falls. In another shot, a parachute opens above him, and he smiles. The ski jumper hits jumps and lands gracefully. He fist-bumps another skier.

In a series of shots, two motorbikers race on a beach, popping wheelies, and flinging sand. A surfer paddles then stands on his surfboard, catching and surfing inside the tube. He smiles. A kayaker paddles furiously through white water rapids and over a waterfall, high-fiving another kayaker on the other side.

In a series of shots, the motorbikers race along the beach beneath a flock of seagulls. The race car driver's hand points and squeezes into a fist. A snowboarder waves at the camera. The ski jumper flips over a jump. Two surfers carrying their boards along the beach smile and wave at the camera.

An image of a small camera with a large square lens is visible on a black background. White text appears on the right side of the camera which reads, "GoPro. Be a Hero."

ON SCREEN TEXT: GoPro
 Be a HERO.

The text disappears, the camera slides over, and new text and another camera appear on either side.

ON SCREEN TEXT:

HERO4

session

So small. So stoked.