



# CONTENT SPECS

## Dimensions:

Instagram Feed 1:1 or 1080:1350 (portrait) or 1080:608 (landscape)

Instagram Story: 1080:1920

## Length + File

Instagram Feed: min 3 seconds, max 60 seconds

Instagram Story: 15 seconds

IGTV: min. 1 minute

All must be MP4 or MOV



LEVEL UP YOUR INSTAGRAM