



Instagram

Instagram Grid Post

Images:

- Size: 1080 x 1080 pixels
- Allows up to 10 images in one post

Video:

- Vertical (1080 x 608 pixels)
- Horizontal (1080 x 1350 pixels)

Instagram Story

Images:

- Size: 1080 x 1920 pixels
- Can do multiple stories in a row
- Direct link can be added

Video:

- Size: 1080 x 1920 pixels
- Max 15 seconds in one story



Facebook

Facebook Post

Images:

- Size: 1200 x 628 pixels
- JPG files less than 10 MB
- Max 10 photos in one post

Videos:

- Max 240 minutes long
- Max file size 10 GB
- Resolution 1080p or less
- MP4 format recommended

Facebook Story:

- Size: 1,080 x 1,920 pixels
- Can do multiple stories in a row



Twitter

Images:

- Size: 900 x 450 pixels
- File size: 10 MB (max)
- File type: JPG, GIF, or PNG file
- Up to 4 images at one go

Videos:

- Max size is 512MB
- Max length is 2 mins 20 secs
- File type: MP4
- Size: 1920x1200 pixels and 1200x1900 pixels



LinkedIn

LinkedIn Post

Images:

- Size: 1350 x 440 pixels
- File size: 10 MB (max)
- Up to nine images in one post

Videos:

- File Type: MP4
- Max 30 minutes long
- Vertical (1080 x 1920 pixels)
- Horizontal (1920 x 1080 pixels)