

Post Download Instagram NEW!



How to Download Instagram Posts: A Complete Guide

Instagram is one of the most popular social media platforms in the world, with over 1 billion monthly active users. It's a great place to share your photos and videos, discover new trends and inspirations, and connect with your friends and followers.

But sometimes, you might want to download Instagram posts for various reasons. Maybe you want to save your favorite posts for offline viewing, backup your own posts for safekeeping, or repost someone else's content with credit and permission.

Whatever your reason is, downloading Instagram posts is not as straightforward as it seems. Unlike other platforms like Facebook or YouTube, Instagram does not have a built-in option to save or download posts directly from the app or website.

Fortunately, there are some ways around this limitation. In this article, we'll show you how to download Instagram posts using different tools and methods. We'll also explain the benefits of saving Instagram posts and how they can boost your engagement. Plus, we'll share some of the best Instagram downloader apps that you can use for this purpose.

Introduction

Why you might want to download Instagram posts

There are many reasons why you might want to download Instagram posts, such as:

- You want to save a post that you like or find useful for later reference.
- You want to backup your own posts in case you lose access to your account or delete them by mistake.
- You want to repost someone else's post on your feed or stories with credit and permission.
- You want to edit or remix a post to create a new content piece.
- You want to use a post as a source of inspiration or research for your own content creation.

Whatever your reason is, downloading Instagram posts can help you enjoy the content you love, preserve your memories, and enhance your creativity.

What are the benefits of saving Instagram posts

Saving Instagram posts is not only convenient, but also beneficial for your Instagram growth and engagement. Here are some of the benefits of saving Instagram posts:

- It helps you organize your content into collections that you can access anytime from your profile.
- It helps you discover new content and accounts that are relevant to your interests and niche.
- It helps you increase your reach and visibility by showing up in the insights of the original poster.
- It helps you boost your algorithm ranking by signaling to Instagram that you are interested in the content and the account.
- It helps you generate more ideas and insights for your own content strategy and creation.

To save an Instagram post, all you have to do is tap the bookmark icon at the bottom right corner of the post. You can also create and name different collections to categorize your saved posts. To view your saved posts, go to your profile and tap the menu icon at the top right corner. Then, tap Saved and browse through your collections.

What are the best Instagram downloader apps

While saving Instagram posts is a great feature, it has some limitations. For instance, you can only save posts that are public and not archived or deleted. You also need an internet connection to view your saved posts. And you can't download or reshare them without using a third-party tool.

That's why you might want to use an Instagram downloader app to download Instagram posts to your device. An Instagram downloader app is a tool that allows you to save Instagram posts as images or videos on your computer or phone. You can then view them offline, edit them, or repost them with ease.

There are many Instagram downloader apps available online, but not all of them are reliable, safe, or easy to use. Some of them may require you to log in with your Instagram account, which can compromise your privacy and security. Some of them may not support all types of posts, such as stories, reels, IGTV, or carousel posts. And some of them may have annoying ads, pop-ups, or watermarks that ruin your experience.

To help you choose the best Instagram downloader app for your needs, we've compiled a list of some of the most popular and trusted ones. These apps are:

- **Toolzu:** A web-based tool that allows you to download any public Instagram post by simply pasting its URL. It supports all formats, including stories, reels, IGTV, and carousel posts. It also has a hashtag generator and an influencer finder feature.
- **Inflact:** Another web-based tool that lets you download any public Instagram post by entering its URL. It also supports all formats and has a built-in video editor and a story viewer feature.
- **Image Downloader for Instagram:** A browser extension that adds a download button to every Instagram post on your browser. It works with Chrome, Firefox, Opera, and Edge. It also allows you to download multiple posts at once.
- **4K Stogram:** A desktop software that allows you to download any public or private Instagram post by entering the username, hashtag, or location. It works with Windows, Mac, and Linux. It also allows you to backup your entire account and subscribe to updates from other accounts.
- **iTubeGo:** Another desktop software that enables you to download any public Instagram post by copying and pasting its URL. It works with Windows and Mac. It also allows you to convert videos to different formats and resolutions.
- **FastSave:** A mobile app that allows you to download any public Instagram post by copying its URL and opening the app. It works with Android devices. It also allows you to view downloaded posts in a built-in gallery and repost them with one tap.
- **Reposter:** A mobile app that allows you to download any public Instagram post by copying its URL and pasting it in the app. It works with iOS devices. It also allows you to edit downloaded posts and repost them with credit.

How to Download Your Own Instagram Posts

How to request a data download from Instagram

If you want to download all of your own Instagram posts in one go, you can request a data download

from Instagram. This is a feature that allows you to get a copy of everything you've shared on Instagram, including your photos, videos, stories, messages, comments, likes, followers, and more. This is a good way to backup your account or transfer your data to another platform.

To request a data download from Instagram, follow these steps:

1. Go to your profile and tap the menu icon at the top right corner.
2. Tap Settings and then tap Security.
3. Tap Download Data and enter your email address.
4. Tap Request Download and enter your password.
5. Wait for an email from Instagram with a link to download your data. This may take up to 48 hours.
6. Click the link in the email and download the ZIP file containing your data.

How to access and extract your downloaded data

Once you have downloaded the ZIP file containing your data, you can access and extract it using a file manager or a compression tool. The file will contain several folders and files with different types of data, such as:

- `media.json`: A file that contains information about your photos and videos, such as captions, comments, likes, locations, and timestamps.
- `photos`: A folder that contains all of your photos in JPG format.
- `videos`: A folder that contains all of your videos in MP4 format.
- `stories`: A folder that contains all of your stories in MP4 format.
- `messages.json`: A file that contains information about your direct messages, such as participants, content, and timestamps.
- `comments.json`: A file that contains information about your comments, such as text, media, and timestamps.
- `likes.json`: A file that contains information about your likes, such as media, users, and timestamps.
- `profile.json`: A file that contains information about your profile, such as username, bio, website, phone number, email address, and profile picture.
- `contacts.json`: A file that contains information about your contacts, such as name, phone number, and email address.
- `followers.json`: A file that contains information about your followers, such as username, full name, and profile picture.
- `following.json`: A file that contains information about the accounts you follow, such as username, full name, and profile picture.

To extract your data from the ZIP file, follow these steps:

1. Locate the ZIP file on your device and open it with a file manager or a compression tool.
2. Select the folders and files that you want to extract and choose a destination folder on your device.
3. Wait for the extraction process to complete and then open the destination folder to view your data.

How to Download Other People's Instagram Posts

How to use web-based tools like Toolzu and Inflact

If you want to download other people's Instagram posts, you can use web-based tools like Toolzu and Inflact. These tools allow you to download any public Instagram post by simply pasting its URL. They also support all formats, including stories, reels, IGTV, and carousel posts. They also have other features that can help you grow your Instagram account, such as a hashtag generator and an influencer finder.

To use web-based tools like Toolzu and Inflact, follow these steps:

1. Go to the Instagram post that you want to download and copy its URL. You can do this by tapping the menu icon at the top right corner of the post and selecting Copy Link.
2. Go to the website of the tool that you want to use, such as Toolzu or Inflact, and paste the URL in the search box.
3. Click the Download button and wait for the tool to process the URL and generate the download link.
4. Click the Download link and save the file to your device. You can also preview the file before downloading it.

How to use browser extensions like Image Downloader for Instagram

If you want to download other people's Instagram posts from your browser, you can use browser extensions like Image Downloader for Instagram. This is a tool that adds a download button to every Instagram post on your browser. It works with Chrome, Firefox, Opera, and Edge. It also allows you to download multiple posts at once.

To use browser extensions like Image Downloader for Instagram, follow these steps:

1. Go to the website of the extension that you want to use, such as Image Downloader for Instagram, and add it to your browser.
2. Go to the Instagram website and log in with your account.
3. Browse through the posts that you want to download and click the download button at the bottom right corner of each post. You can also select multiple posts by clicking the Select button at the top right corner of the page.
4. Choose a destination folder on your device and save the files. You can also change the file name and format before saving them.

How to use desktop software like 4K Stogram and iTubeGo

If you want to download other people's Instagram posts from your computer, you can use desktop software like 4K Stogram and iTubeGo. These are tools that allow you to download any public or private Instagram post by entering the username, hashtag, or location. They work with Windows, Mac, and Linux. They also allow you to backup your entire account and subscribe to updates from other accounts.

To use desktop software like 4K Stogram and iTubeGo, follow these steps:

1. Download and install the software that you want to use, such as 4K Stogram or iTubeGo, on your computer.
2. Open the software and enter the username, hashtag, or location of the posts that you want to download in the search box.
3. Click the Download button and wait for the software to fetch and download the posts. You can

also adjust the settings and preferences of the software according to your needs.

4. Open the destination folder on your computer and view your downloaded files. You can also play them with a built-in media player or convert them to different formats and resolutions.

How to use mobile apps like FastSave and Reposter

If you want to download other people's Instagram posts from your phone, you can use mobile apps like FastSave and Reposter. These are apps that allow you to download any public Instagram post by copying its URL and opening the app. They work with Android and iOS devices. They also allow you to view downloaded posts in a built-in gallery and repost them with one tap.

To use mobile apps like FastSave and Reposter, follow these steps:

1. Download and install the app that you want to use, such as FastSave or Reposter, on your phone.
2. Open the app and enable the service by tapping the switch button.
3. Go to the Instagram app and find the post that you want to download.
4. Tap the menu icon at the top right corner of the post and select Copy Link.
5. Go back to the app and wait for it to detect and download the post. You can also paste the link manually in the app.
6. Open the gallery in the app and view your downloaded file. You can also repost it with credit by tapping the Repost button.

How to take screenshots of Instagram posts

If you want to download other people's Instagram posts without using any tool or app, you can take screenshots of them. This is a simple and quick way to save Instagram posts as images on your device. However, this method has some drawbacks, such as:

- It does not work for videos, stories, reels, or IGTV posts.
- It does not preserve the original quality or resolution of the post.
- It may include unwanted elements, such as notifications, icons, or borders.
- It may violate the original creator's rights or preferences if you use it without their permission or credit.

To take screenshots of Instagram posts, follow these steps:

1. Go to the Instagram post that you want to download and adjust it to fit your screen.
2. Press the power and volume down buttons simultaneously on your device to capture a screenshot. Alternatively, you can use a gesture or a shortcut depending on your device model and settings.
3. Open the gallery on your device and view your screenshot. You can also edit it or crop it if needed.

How to Reshare Instagram Posts on Your Feed or Stories

How to repost Instagram posts with credit and permission

If you want to reshare Instagram posts on your feed or stories, you should always do it with credit and permission from the original poster. This is not only respectful and ethical, but also beneficial for your engagement and reputation. By giving credit and permission, you can:

- Avoid potential legal issues or complaints from the original poster or Instagram.
- Build trust and rapport with your audience and the original poster.
- Increase your exposure and reach by tagging or mentioning the original poster.
- Provide value and context to your followers by sharing relevant and quality content.

To repost Instagram posts with credit and permission, follow these steps:

1. Contact the original poster and ask for their permission to repost their content. You can do this by sending them a direct message or leaving a comment on their post. Explain why you want to repost their content and how you will give them credit.
2. Wait for their response and respect their decision. If they agree, thank them and proceed to the next step. If they decline, apologize and do not repost their content.
3. Download their post using one of the methods mentioned above. Alternatively, you can use a screenshot if it's an image post.
4. Open the Instagram app and tap the plus icon at the bottom center of the screen. Then, select Feed or Story depending on where you want to repost the content.
5. Select the downloaded file or screenshot from your gallery and edit it if needed. You can also add filters, stickers, text, or other effects.
6. Add a caption or a message that gives credit to the original poster. You can do this by tagging them with @username, mentioning them with [username](^i^), or using hashtags like #repost or #credit. You can also include a link to their profile or post if possible.
7. Publish your post or story and enjoy!

Conclusion

In this article, we've shown you how to download Instagram posts using different tools and methods. We've also explained why you might want to download Instagram posts, what are the benefits of saving Instagram posts, and how to reshare Instagram posts on your feed or stories with credit and permission.

Downloading Instagram posts can help you enjoy the content you love, preserve your memories, and enhance your creativity. However, you should always respect the original creator's rights and preferences and ask for their permission before downloading or resharing their content. You should also use reliable, safe, and easy-to-use tools and apps to download Instagram posts without compromising your privacy and security.

We hope you found this article helpful and informative. If you have any questions or feedback, please let us know in the comments below. And if you want to learn more about Instagram marketing and growth, check out our other articles on [our website](^i^).

FAQs

Q: Does Instagram notify someone if you save their post?

A: No, Instagram does not notify the original poster if you save their post. However, they can see how many people have saved their post in their insights.

Q: Is it legal to download Instagram posts?

A: It depends on the copyright status of the post and how you use it. Generally, you should only download Instagram posts for personal use and not for commercial or public purposes. You should

also respect the original creator's rights and preferences and ask for their permission before downloading or resharing their post.

Q: How can I download Instagram stories and reels?

A: You can use some of the same tools mentioned in this article to download Instagram stories and reels, such as Toolzu, Inflact, 4K Stogram, and iTubeGo. However, some tools may not support these formats or may require a premium subscription to access them.

Q: How can I download Instagram posts in bulk?

A: Some tools allow you to download multiple Instagram posts at once, such as 4K Stogram, iTubeGo, and Hashtags For Likes. You can also use the data download option from Instagram to get all your own posts in one file.

Q: How can I improve my Instagram engagement with saves?

A: You can increase your chances of getting more saves on your Instagram posts by creating valuable, informative, or entertaining content that your audience would want to refer back to later. You can also use infographic-style images, catchy captions, call-to-actions, hashtags, and stickers to encourage more saves.

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