

How to adjust the speed of Instagram Story videos

Instagram Story has 6 speed control modes where 1x is normal speed, while 2x, 3x and 4x make the video speed faster.

If you like to create slow or fast motion videos on Instagram Stories, you don't need a supporting app, just use the available options on the app. Currently, Instagram Story has 6 speed control modes (0.5x, 1x, 2x, 3x, 4x), in which 1x is the normal speed, while 2x, 3x and 4x make the video speed faster. On the other hand, if you choose 0.5x, your video will be recorded in slow motion. Here is a guide to adjust the speed of Instagram Story videos.

How to adjust Instagram Story video speed

Step 1:

On the Instagram application interface, **click on the plus sign** and then switch to **the Instagram Story video recording interface** .

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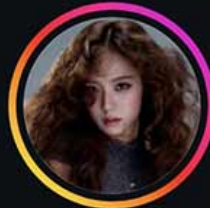
Instagram



Tin của bạn



irmaysfly187



sooyaaa_



somsomi03



superjunior

SUPER JUNIOR · Black Suit



73,8K 733 1.639

irmaysfly187 và những người khác đã thích superjunior #2025BOF Feelin' it... xem thêm

6 ngày trước · Xem bản dịch



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Thêm vào tin

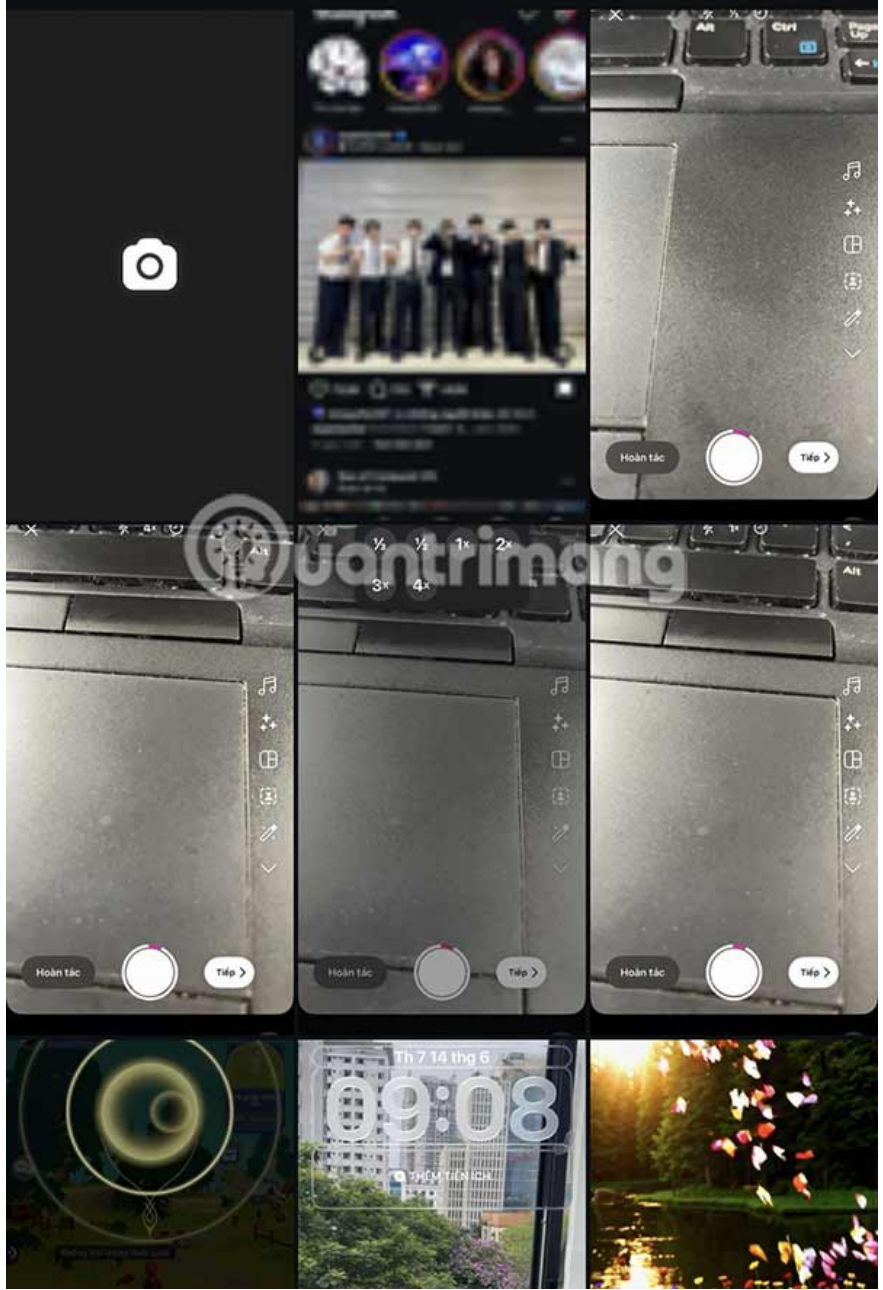


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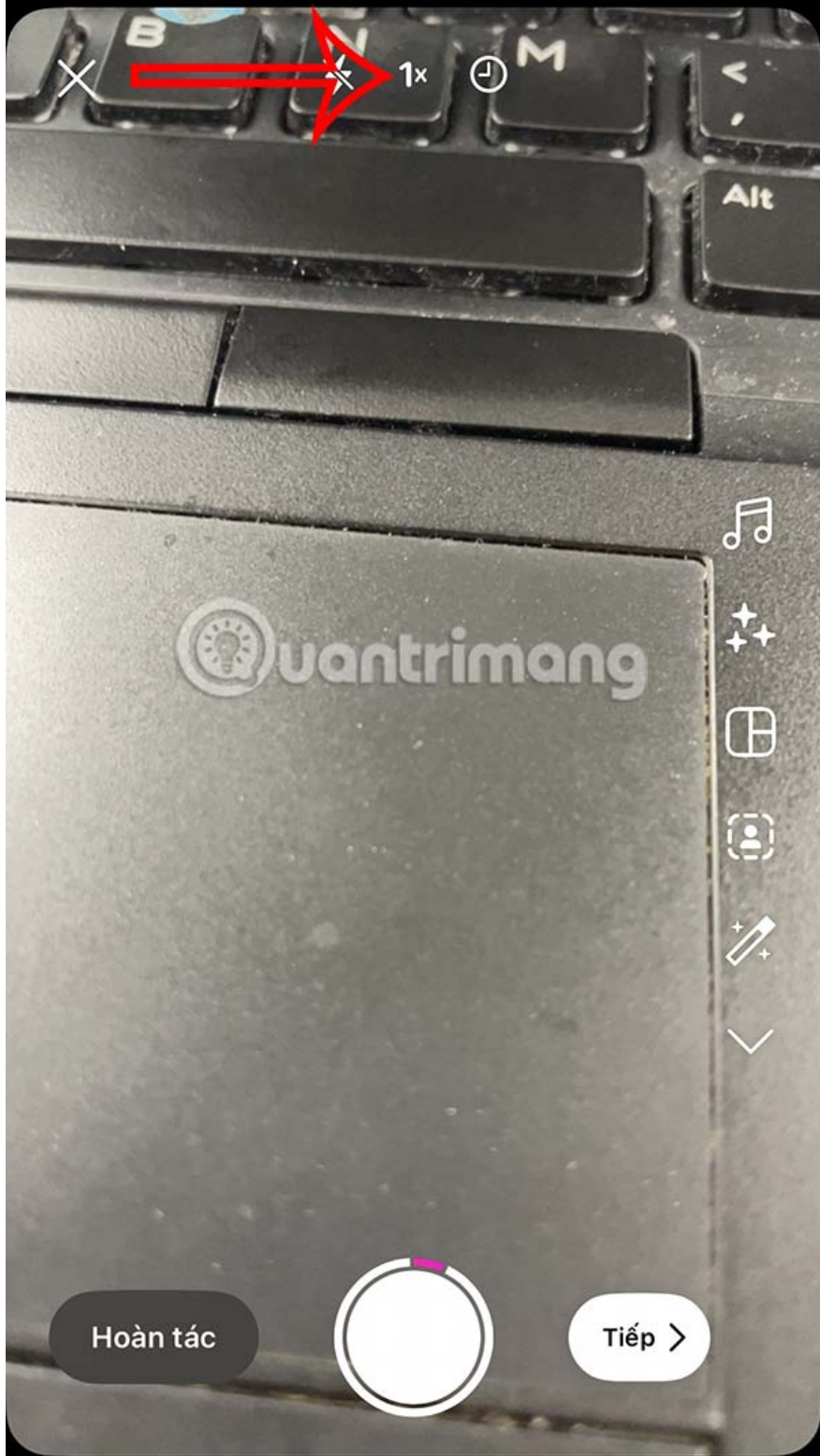


Step 2:

Switch to the Instagram Story interface, users click on **the speed icon** at the top to **change the speed of the Instagram Story video** before recording.

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Tiếp >



Step 3:

To **increase the speed of Instagram Story videos** , **click on speeds greater than 1x** . After selecting the speed you want, record the video as usual, edit and upload it to your account.

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✕

$\frac{1}{3}$ $\frac{1}{2}$ 1x 2x

3x 4x

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Tiếp >



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Hoàn tác

Tiếp >



In case you want to **slow down the Instagram Story video** , we **choose a speed less than 1x** .

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