



HOW TO POST

YOUR GEARUP TV VIDEOS EFFECTIVELY

ON SOCIAL MEDIA ✈️



HOW TO DOWNLOAD FROM OUR VIMEO

STEP 1

**LOCATE THE VIDEO YOU
ARE LOOKING TO
DOWNLOAD ON OUR
CHANNEL**



HOW TO DOWNLOAD FROM OUR VIMEO

STEP 2



**CLICK ON THE
THREE DOTS ON THE TOP RIGHT
HAND SIDE OF THE PAGE**

HOW TO DOWNLOAD FROM OUR VIMEO

STEP 3

Download ×

240p	426 × 240 / 13.808MB	Download
360p	640 × 360 / 20.172MB	Download
540p	960 × 540 / 32.636MB	Download
720p	1280 × 720 / 44.616MB	Download
1080p	1920 × 1080 / 70.127MB	Download

Download captions and subtitles

**CHOOSE THE VIDEO SIZE YOU
REQUIRE AND CLICK ON
DOWNLOAD**

HOW TO DOWNLOAD FROM OUR VIMEO

STEP 4

**SAVE TO YOUR DESK TOP AND
START SHARING!**

HOW TO SHARE FOR YOUTUBE

STEP 1

**LOCATE THE VIDEO YOU
ARE LOOKING TO
DOWNLOAD AND USE**



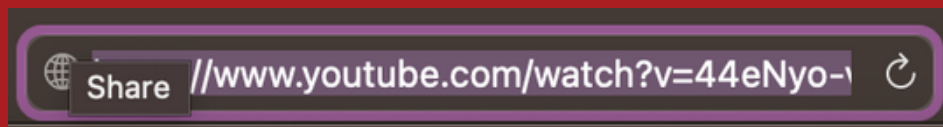
GearUp TV

1.16K subscribers

HOW TO SHARE FOR YOUTUBE

STEP 2

**COPY THE URL OF THE
VIDEO**



HOW TO SHARE FOR YOUTUBE

STEP 3

**PASTE THE URL INTO YOUR
SOCIAL MEDIA FEED, TAG
US ON #GEARUPTVSPARK
AND ADD YOUR
COMMENTS**

SOCIAL MEDIA DIMENSIONS

INSTAGRAM

**SQUARE POSTS IS 1080PX BY 1080PX
AT A 1:1 ASPECT RATIO**

**LANDSCAPE POSTS, USE AN IMAGE
THAT IS 1080PX BY 566PX, WITH AN
ASPECT RATIO OF 1.91:1.**

**VERTICAL IMAGES SHOULD BE
SIZED AT 1080PX BY 1350PX WITH A
4:5 ASPECT RATIO.**

FACEBOOK

**1200 X 630 PIXELS. MINIMUM SIZE:
600 X 315 PIXELS.**

LINKEDIN

1200 X 628 PIXELS

YOUTUBE

1920X1080 PIXELS

TERMS AND CONDITIONS

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