

Forum:[Hack Forums](#)

Thread: [\[TUT\] How to Get FREE Instagram Traffic! - \[EASY\]](#)

TheVBScripter - October 15, 2015, 7:52 am

I hope you're all doing fine. The reason I created this thread is, that I am a member since a long time (10-01-2010) and I never really shared something useful for my opinion!

So today will not be a regular, read & continue day for me, but I am showing you in this thread: How to get FREE Instagram traffic!

This is NOT about EXCHANGE sites like AddMeFast, YouLikeHits, etc.

Things I'd recommend to get Fast Traffic:

- Instagram account (new or old, never used or active, that doesn't really matter)
- Facebook/Gmail/Email Account for signing up
- PayPal account or Credit/Debit Card for future payments (not required)
- Common sense I guess

Sign Up

Visit: <https://instagress.com/> and click at "Get 3 free days" as you see here below.

you'll then see a Sign Up box, which gives you the choice of signing up with your Facebook account, Google or just your email address.

Add your Account

When you're signed in, click at the "Add Account" button.

You'll see a box where you can login with your Instagram account. If you got any issues with that part, there is a "Sign in Help" that shows you the possible reasons you couldn't login, such as: Wrong username or password, Instagram reseted your password or Integrity checkpoint. The box looks as the picture here below.

Once you've set up your account, click at "Settings" and you'll see a list with things you can do with your Instagram account (100% automatically).

Feature list: (picture per feature)

- Main Settings (keep testing with this for better results)

<https://i.gyazo.com/a038fdbbc4976e103b5951e4ff830671e.png>

- Comment (editable)

<https://gyazo.com/c714e75fb70d053ec25554f87400b04b.png>

- Follow

<https://i.gyazo.com/dfc15a7c78a5a78354692e3beaa54cb8.png>

- Unfollow

<https://i.gyazo.com/98cfbb07ea84bcea881122a9f8666f85.png>

- Tags (look good and you'll see my niche ^^)

<https://i.gyazo.com/f5b0dc58d7662de3f16a5cbfc7f1baad.png>

- Locations

<https://i.gyazo.com/99cb28d774ee327008bed1196bd1dcec.png>

- Usernames

<https://i.gyazo.com/45a085705c2c83f18c6127c4c843776e.png>

- Blacklists

<https://i.gyazo.com/abe7e564518f99ac22247d08e5e0b6ca.png>

- Autostop

<https://i.gyazo.com/d3035b2da502bad9aa1e25f46e02afac.png>

As you can see, there is a lot what you can do with Instagress.
So those 3 days will definitely not be a waste of time!

START or SCHEDULE

Now that you've adjusted the settings, created comments and tags for better targeting perhaps. It's now time for you how to decide, how you are going to use those "3 days free".

I can assure you, it's 100% for free and no "auto subscribe" or anything like that.

Anyway, you can just click at the "Start" button or you're going to schedule your /comments/likes/follows or whatever.. by clicking at the grey button next to "Start".

My Time is up/I need more Time

As you can see here above, there is an explanation what Time is and how to purchase a package. Here are the prices for the packages, so you can see how "expensive" they are for every feature the site has got!

and for the "more expensive packages"

How does an Instagress account look like?

Here you see one of my test accounts..

Can I "Cheat" on this site for extra time or such?

No. If you're using another Email/Facebook/Gmail account for signing up, you still have to add in an Instagram account. When you're adding the same account to your email address, you'll see "Times over" or "Times up".

TIP: You could add another Instagram account, refer those posts to a previous account and that way you'll increase more and more traffic!

I hope you all enjoyed this small tutorial "How to Get FREE Instagram Traffic".

Please leave a thanks below, to show appreciation for making this public instead of an eBook ?

propsta - October 15, 2015, 8:15 am

Nice one.. Going to try this method out tonight..

FRANKIE - October 15, 2015, 8:16 am

I would not pay a dime to make my instagram account more popular unless it was for a shoutout. You shouldn't have to log into a third party site & risk your account.

St?Ik?r - October 15, 2015, 8:31 am

Trying it right now I hope this works well ;)

TheVBScripter - October 15, 2015, 8:35 am

(Oct 15, 2015 08:15 AM)propsta Wrote: [\[CITE\]](#) Nice one.. Going to try this method out tonight..Thank

you! You'll definitely see results when you wake up :)

(Oct 15, 2015 08:16 AM)FRANKIE Wrote: [\[CITE\]](#) I would not pay a dime to make my instagram account more popular unless it was for a shoutout. You shouldn't have to log into a third party site & risk your account. You don't have to pay \$0,01 to get your Instagram more popular, also it's 100% safe, since I never heard anybody complain and I tested it with EN, NL and FR niches. Anyway, whatever you feel like, it's just a tip not a request :)

(Oct 15, 2015 08:31 AM)?Stalker Wrote: [\[CITE\]](#) Trying it right now I hope this works well ;) It worked for me, so I hope it'll work as well for you :)

Thank you all for the kind feedback, appreciate it!?

Generals - October 15, 2015, 8:37 am

thanks for the tut man, i'ma try this now. :D

TheVBScripter - October 15, 2015, 9:03 am

(Oct 15, 2015 08:37 AM)Generals Wrote: [\[CITE\]](#) thanks for the tut man, i'ma try this now. :D Thanks for leaving a message, have fun with the 3 days and free features :)

karagarga - October 15, 2015, 11:01 am

i know this site. its very expensive for this app. but your method nice. thank you for share :)

SIM-611976 - October 15, 2015, 1:06 pm

Looks like a good starter guide for this topic, thanks for the effort :)

i don't even know why someone 1-starred this thread

whatsupguys - October 15, 2015, 1:46 pm

Is this fake traffic? I mean fake accounts? Like you can buy on the internet or its with real people?

TR.Gen - October 15, 2015, 3:12 pm

this is gold, thanks for sharing.

me3ikan2 - October 16, 2015, 5:05 am

This is not fake traffic. You just like, comment and follow/unfollow others to get attention! You can easily get targeted traffic by selecting hashtag, media age, location and more! I have tried this in 2 accounts one being completely new and the other being 10 days old. Even on fast speed they did not get banned but I didn't run 24/7. I run it about 8-12 hours a day. After the end of trial period I was getting 60+ likes to my first account and 100+ on the other one! I think this was pretty good for free and 100% autopilot!

Internet Explorer. - October 16, 2015, 5:07 am

Thought everyone knew this site :P

Oh well, good tutorial OP.

TheVBScripter - October 16, 2015, 5:34 am

(Oct 15, 2015 11:01 AM)karagarga Wrote: [\[CITE\]](#) i know this site. its very expensive for this app. but your method nice. thank you for share :) Expensive? I think 3 days for \$3 isn't that much, however, it's your opinion so I appreciate your comment :) Glad I could share something useful

(Oct 15, 2015 01:06 PM)Draguny Wrote: [\[CITE\]](#) Looks like a good starter guide for this topic, thanks for the effort :)

i don't even know why someone 1-starred this thread! I have no idea either buddy, thanks for replying! Appreciate it :)

(Oct 15, 2015 01:46 PM)whatsupguys Wrote: [\[CITE\]](#) Is this fake traffic? I mean fake accounts? Like you can buy on the internet or its with real people?

(Oct 15, 2015 03:12 PM)Rosham Wrote: [\[CITE\]](#) this is gold, thanks for sharing. You're welcome & thank you for leaving a comment!

(Oct 16, 2015 05:05 AM)me3ikan2 Wrote: [\[CITE\]](#) This is not fake traffic. You just like, comment and follow/unfollow others to get attention! You can easily get targeted traffic by selecting hashtag, media age, location and more! I have tried this in 2 accounts one being completely new and the other being 10 days old. Even on fast speed they did not get banned but I didn't run 24/7. I run it about 8-12 hours a day. After the end of trial period I was getting 60+ likes to my first account and 100+ on the other one! I think this was pretty good for free and 100% autopilot! Indeed me3ikan2, I tested the site with a few accounts and I'm satisfied. Thanks for the detailed comment, I hope more members will understand it now :)

(Oct 16, 2015 05:07 AM)Internet Explorer????? Wrote: [\[CITE\]](#) Thought everyone knew this site :P Oh well, good tutorial OP. Me too, but apparently not, so I'm glad I could attribute something to HF!

@ALL

Thanks for the comments! I appreciate it ?

Illevas - October 16, 2015, 9:30 am

Is this how much followers/likes you got on your account or what?

Thanks btw!! ?

TheVBScripter - October 17, 2015, 4:56 am

(Oct 16, 2015 09:30 AM)Vito Corleone Wrote: [\[CITE\]](#) Is this how much followers/likes you got on your account or what?

Thanks btw!! ?

No, those are the statics what one of my test accounts had done.

The amount of members he followed, photo's he liked and comments he made.

You can set the speed at Fast, Normal or Slow, I recommend to use Slow for new accounts, and Normal for accounts with a few followers and Fast if you just need things fast to be done and you don't care about your account.

Thanks for leaving a comment, I wanted to write a tutorial you couldn't refuse, Corleone haha ?