

# THE INSTAGRAM WARM-UP GUIDE



Welcome to [ToyBoxAccounts.com](https://ToyBoxAccounts.com) : official guide to warming up and managing Instagram accounts safely and effectively. This guide will walk you through step-by-step strategies to avoid bans, blocks, and shadowbans while building authentic and reliable Instagram profiles. **This Only Applies to REAL-DEVICE Automation:** [Onimator.com](https://Onimator.com)

**Disclaimer:** While this guide is designed to significantly reduce the chances of suspensions and maximize account performance, it's important to understand that occasional bans or restrictions may still occur, even if all steps are followed perfectly. Instagram frequently rolls out new updates and algorithm changes that can affect account behavior. The purpose of this guide is to help limit these risks and keep your accounts running at optimal speed.

## STEP 1.

After you purchasing the accounts, you will get them in this format:

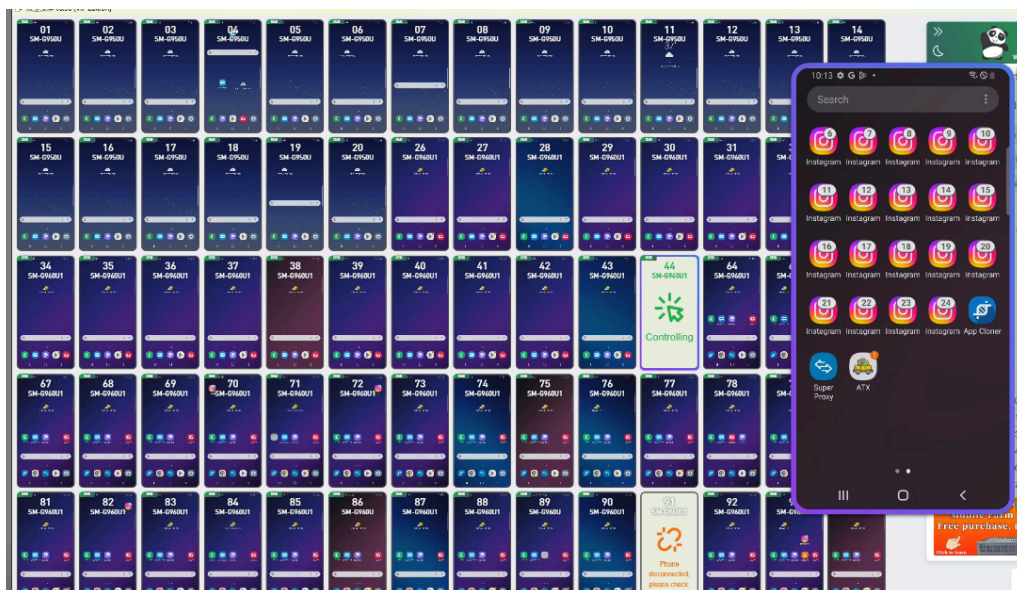
Username | Password | Email | Email Password

The best thing to do is Add all the accounts to a Google Spreadsheet so you can simply "Copy and Paste" the credentials without having to manually type each character out. This will help save time and make the whole "Logging In" process more seemingless.

	A	B	C	D
1	Username	Password	Email	Password
2				
3				
4				
5				

## STEP 2. DEVICE SCREEN CASTING

An efficient way of logging into multiple accounts on instagram is to simply download a screen sharing software like CloudPhones. If you are using Onimator, the software has a built-in screen sharing button in the corner. However, for agencies working on 100+ Devices, we highly recommend downloading a third party screen sharing software to make the logging in process more seemingless: [CloudPhones Download Link](#)

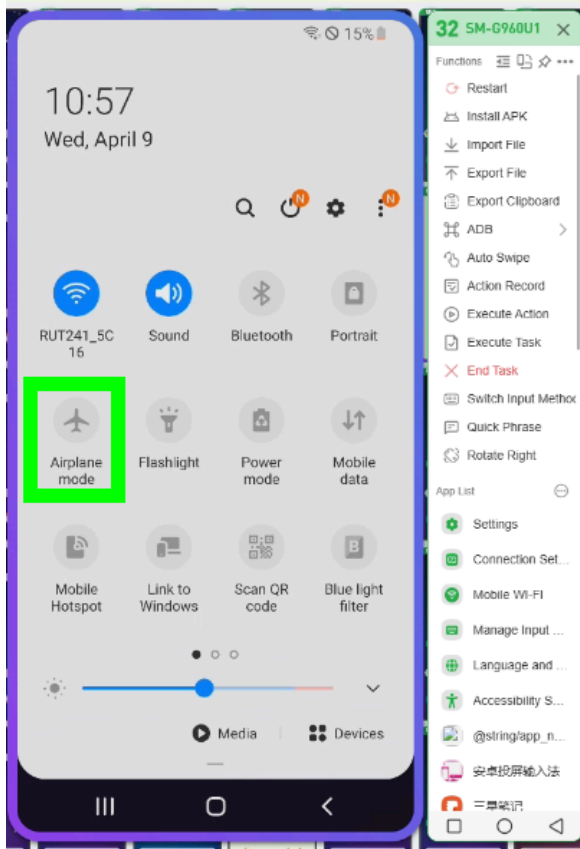


## STEP 3. LOGGING IN PROCESS - 8-12 ACCOUNTS/CLONES PER DEVICE

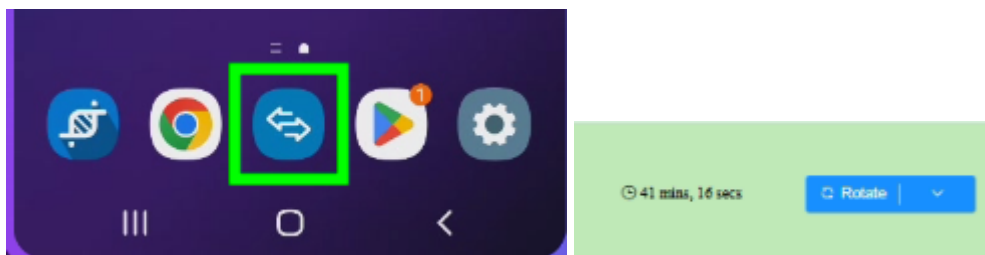
It's essential to use a unique IP address for each account login. In other words, make sure there's an IP rotation between every login session. This helps prevent accounts from getting linked together, especially during the warmup process. There are two effective ways to rotate IP addresses between logins:

1. SIM Card Method: If each device has its own SIM card, toggling airplane mode on and off will refresh the network connection and assign a new IP address. After logging into one account, toggle airplane mode before proceeding to log into the

next account. This ensures each login has a unique IP, even if the accounts end up sharing one afterward. The key point is that each account logs in from a different IP, sharing can happen later.



**2. Proxy Method:** Alternatively, you can use a proxy service to manually rotate IP addresses between logins. We recommend the Superproxy app, available on the Android App Store. This method involves purchasing a 4G proxy, connecting it to the Superproxy app, and using your proxy provider's dashboard to manually rotate the IP each time you log into a new account. This ensures that each login uses a different IP address, helping to prevent account linking.



For agencies managing 100 or more devices, the proxy method is typically the preferred choice.

#### **STEP 4. WARMUP SETTINGS**

Day 1: Login + (10-15 Story Views)

Day 2: Story Views (10-15)

Day 3: Story Views (10-15)

Day 4: Story Views (10-15)

Day 5: Change Username + Story Views **(MUST TURN PROXY ON, ROTATE EVERY ACCOUNT)**

Day 6: Change Name + Story Views **(MUST TURN PROXY ON, ROTATE EVERY ACCOUNT)**

Day 7: Change Bio/Profile Picture + Add Pictures (1 Per Day) + Story Views **(MUST TURN PROXY ON, ROTATE EVERY ACCOUNT)**

Day 8: 5 Follows

Day 9: 6 Follows

Day 10: Rest

Day 11: Rest

Day 12: 7 Follows

Day 13: 8 Follows

Day 14: 9 Follows

Day 15: 10 Follows

Day 16; Rest + [Add Link in bio](#) (1 Link can be used across 4 Accounts: **(MUST TURN PROXY ON, ROTATE EVERY ACCOUNT)**)

Day 17: Rest

Day 18: Account should be warmed up; Refer to New Limits Below:

At every stage, all accounts can safely share the same IP. However, it's crucial to activate your proxy (or toggle airplane mode if you're using the SIM card method) whenever making changes to account credentials, such as username, name, bio, or profile photo. The goal here is to avoid raising red flags with Instagram by preventing them from associating multiple account modifications with the same IP, a common trigger for suspicion around automation. Instagram generally doesn't mind if multiple accounts share one IP and perform standard actions like liking posts or viewing stories, as that's typical behavior on a 4G network. The concern arises when they detect bulk profiling actions from a single IP. That's why, whenever this guide mentions rotating the proxy, simply open the Superproxy app, enable the proxy, make your changes, and then disable it afterward before continuing with your usual actions. Keep in mind that every setup is different, some agencies may see varied results, so it's always best to test and adjust based on your own experience.

#### **Post-Warmup Limits :**

Follow : 4-6/Hour and 20-30/Day

Unfollow : 8-12/Hour and 20-30/Day

Likes : 10-15/Hour and 70-90/Day

Comments : 2-3/Hour and 5-10/Day

DM to New Followers : 3-5/Hour and 10-15/Day

#### **Resources:**

Aged Instagram Accounts: [ToyBoxAccounts.com](https://ToyBoxAccounts.com) | Telegram [@ToyBoxAccounts](https://t.me/ToyBoxAccounts)

Instagram Real-Device Software: [Onimator.com](https://Onimator.com)

Screencasting Software: [CloudPhones Download Link](#)