

20pounds in kg

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Instagram

Create an account or log in to Instagram - Share what you're into with the people who get you.

About Instagram | Capture, Create & Share What You Love

Instagram makes it easy to capture, create and share what you love. Discover more about Instagram's features and commitment to community, safety and...

Instagram

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Instagram

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Explore photos and videos on Instagram

Discover something new on Instagram and find what inspires you

Instagram

Instagram Reels lets you create and discover short, entertaining videos with audio, effects, and creative tools to share with friends or the community.

Help Center

Find answers to your questions and get help with Instagram features, account settings, privacy, and more at the Help Center.

Instagram

12M likes, 0 comments - taylorswift on August 13, 2025: "And, baby, that's show business for you. New album The Life of a Showgirl. Out October 3 Album Producers: Max Martin, Shellback and Taylor Swift : Mert Alas & Marcus Piggott".

Help Center

Find answers to your questions and get help with your Instagram account.

Instagram

3M likes, 17K comments - debbyryan on December 13, 2025: "We sat under the full moon— the cold supermoon— reminiscing on our life as a family of two, and told the child I was harboring that we were ready to become three. By midday, Felix was born under christmas lights with snow outside our bedroom window, right into her father's hands. Joshua was an incredible teammate, and somehow didn ...