

Tools Needed

- (1) Blank 1GB+ USB Flash Drive
- Desktop or Laptop Computer
- Internet Connection

Performing Update

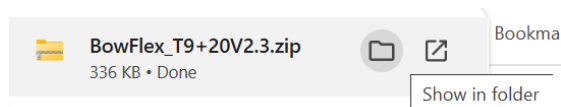
1. Firmly plug your flash drive into your computer's USB port. Ensure the flash drive does not have any other files on it. (It is helpful to know the 'name' of your flash drive, as we will need to locate this drive in a later step. In this example, the drive is named "FLASH DRIVE (E:).")

2. From your web browser, visit the appropriate site for your brand of machine.

BowFlex: <https://support.bowflex.com/hc/en-us/articles/31696107596813-Software-Updates>

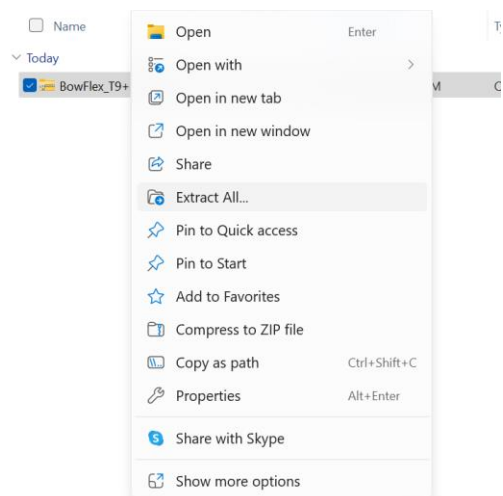
3. Locate your unit or console type and then click the software version link to initiate the software download.

4. The download will say that it has (x) seconds left until complete. Once the download is complete, click the symbol next to the file, then select "Show in folder".

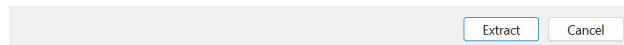
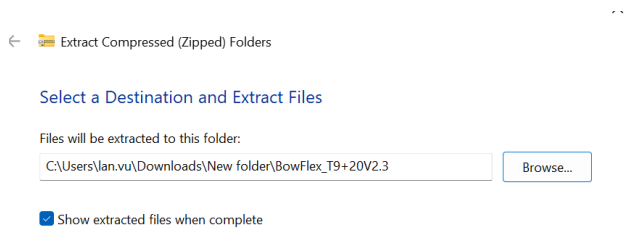


This will open your computer's Downloads folder, where you will see a zipped folder.

5. Click the folder to highlight it, and then right-click the folder to open the drop-down menu; select "Extract All..."



6. Click “Browse...” USBDrive/Horizon/FWF/EFM.bin



7. Power cycle the machine. When you are on the screen that says Select User, Insert the USB into the USB port on console.

8. Console will ask user to press Enter to start the update process.

9. Machine will return Select User after completing the update.

10. Remove USB from console USB port, an power cycle the machine.