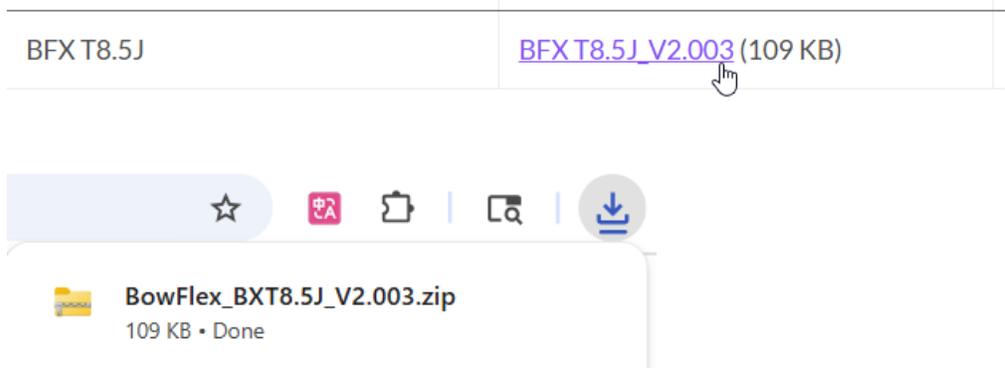
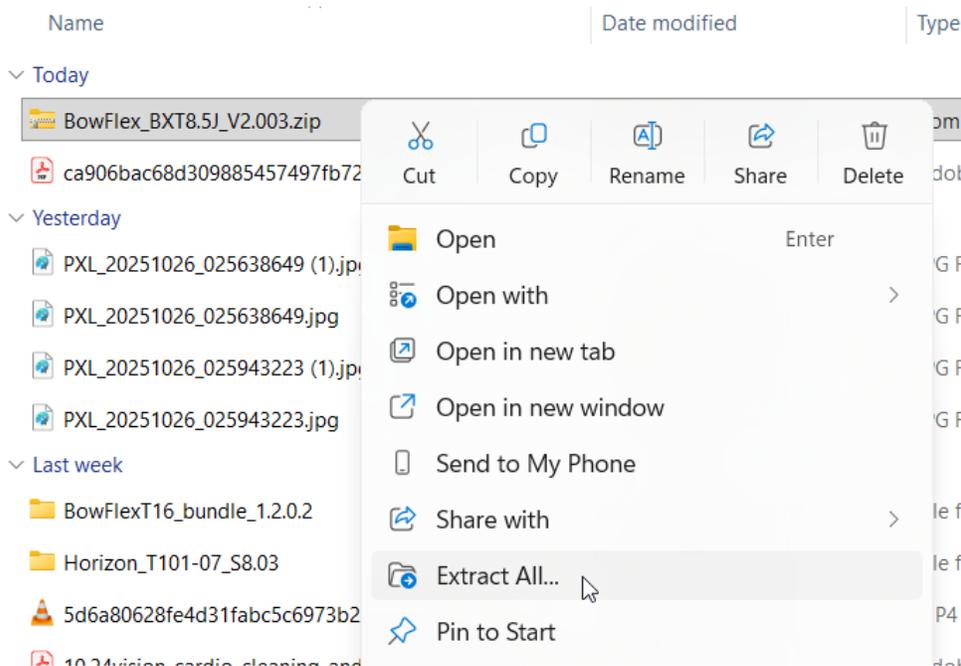


Updating Your BowFlex Console

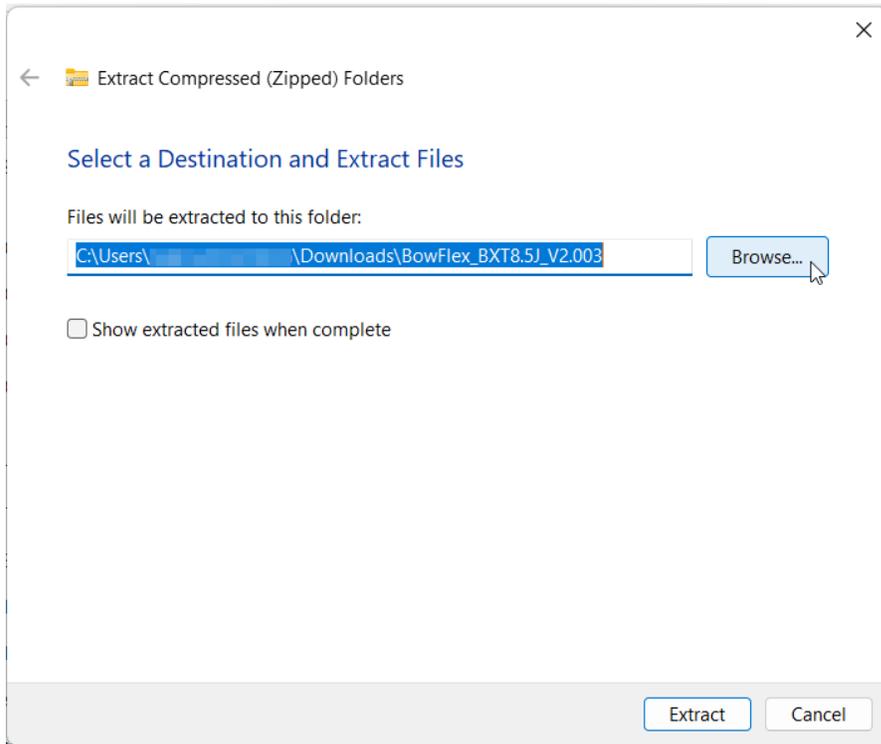
1. On the [BowFlex Software Updates](#) page, click the software link for your model to download the newest software package.



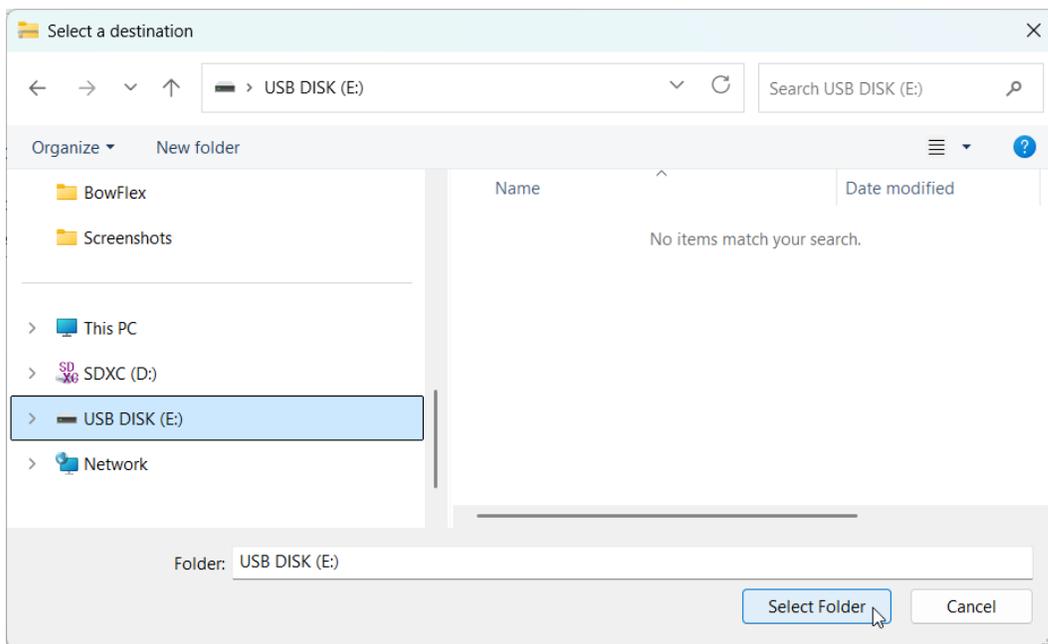
2. Insert a USB flash drive (blank, formatted to FAT32) into your computer's USB port.
3. Within your computer Downloads folder, select and then right-click the zipped software folder. Select "Extract All..."



4. Click **Browse** to find the USB disk drive where you will extract the files.

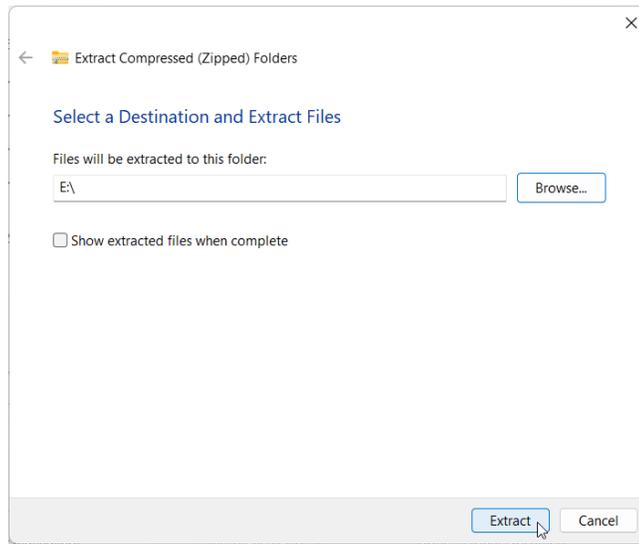


5. Click "USB DISK", then click **Select Folder**.



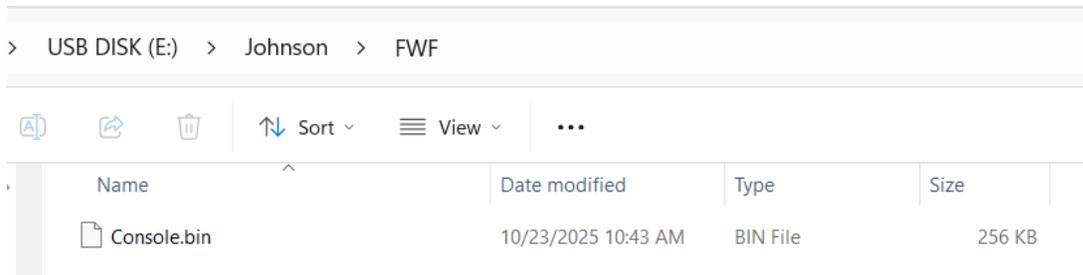
Note: The flash drive shown in this example is USB DISK (E:), but flash drives can have different names (like Disk or Drive) and letters (like D, E, or F), depending on the computer.

6. Click **Extract**.

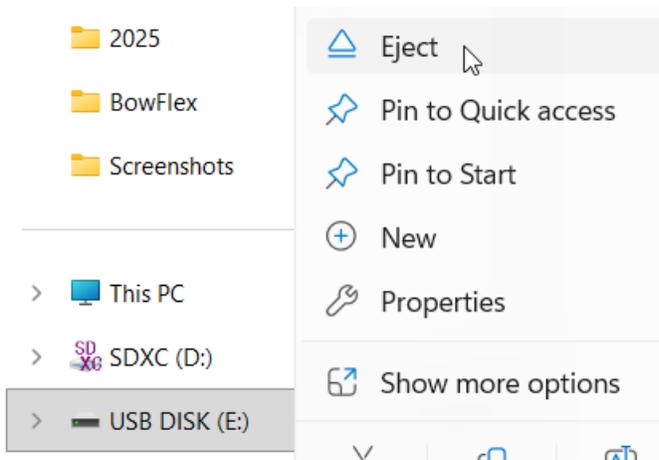


The software extracts to your flash drive.

Important: Do not change or rename the file path or your update will fail.



7. Right-click on USB DISK (E:) and select “Eject”. Remove the flash drive from your computer.



8. Power on your BowFlex equipment.

9. With the console on the “Select User” screen, insert the flash drive into the console USB port.

The console displays “Press Enter to Update from USB.”

10. Press **Select**.

The console displays “Rebooting...” After a few seconds, it will display the new software version, then automatically go to the “Select User” screen.

11. Remove the flash drive from the USB port.

Your software update is complete.

12. Power cycle your equipment.