For The Long Run®

WOODWAY®

ProSmart BIOS 1.90 Update

Installation Manual

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WOODWAY

For The Long Run

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Table of Contents

1 Introduction

1.1 Materials

QUANTITY	DESCRIPTION
1	USB Keyboard
1	USB Hub
1	BIOS USB Drive

1.2 Tools

i.   Phillips head screwdriver No.1
ii. Screw gun

2 Preparation

2.1 Hidden USB Cable

1. Remove the (2) screws on the front USB port

2. CAREFULLY pull the cable through the opening.
3. If there is a USB extension cable skip to Section 3, if not continue to Step 4

.

4. Remove the back of the head.

NOTE
DO NOT REMOVE THE WHITE SAMSUNG FLASH DRIVE! Shown by the Red arrow below.

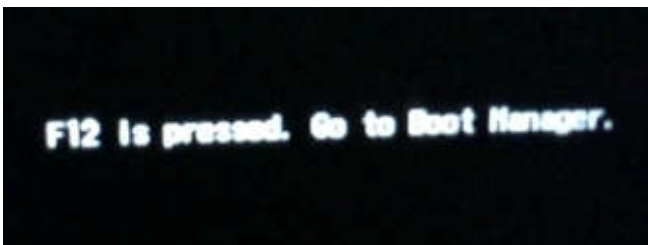5. Plug the USB hub in to the open port (blue arrow).

3 BIOS Update
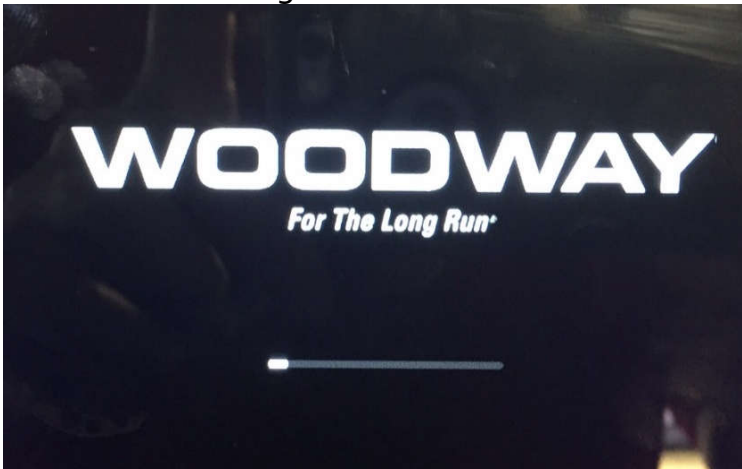
3.1 Updating the BIOS

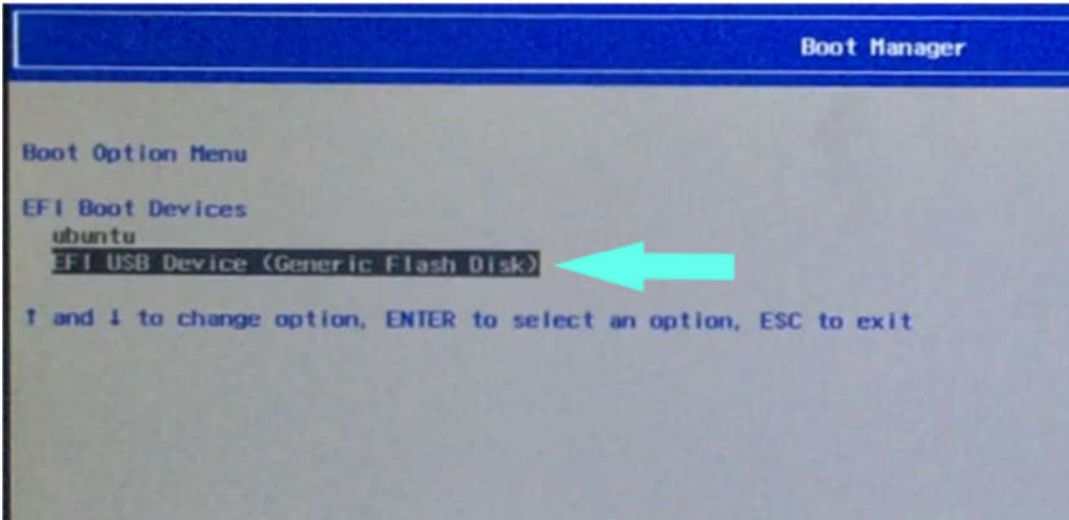1. Plug the USB hub into the hidden USB cable or the USB hub

2. Turn the treadmill OFF then back ON.
3. Press F12 REPEATEDLY on the keyboard immediately after powered back ON. If successful, the screen will read "F12 is pressed. Go to Boot Manager."

4. If the Woodway logo pops up the Boot Manager window was missed. The system must be restarted again.

5. Select "EFI USB Device (Generic Flash Disk)" from the boot manager screen.

NOTE

Do not press any keys. A key press will disrupt the BIOS flashing process. If a key is hit restart from Step 1. If successful the process with proceed to the following screen. **DO NOT UNPLUG THE MACHINE AT ANY POINT IN THIS PROCESS.**

6. After the machine reboots the BIOS upgrade is complete.