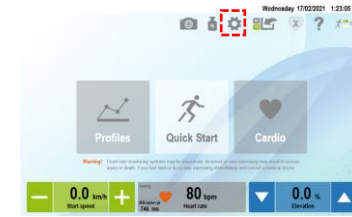




**Step 1:**  
Download the necessary update file.  
Request on: [service@hpcosmos.com](mailto:service@hpcosmos.com)



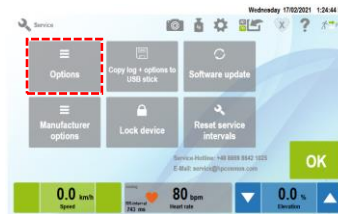
**Step 2:**  
Put the downloaded files into a USB stick.  
Connect the USB Stick to the treadmill user terminal.



**Step 3:**  
Push the "setting" button.



**Step 4:**  
Push the "Service" button.



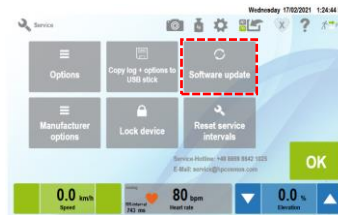
**Step 5:**  
Push the "Option" button.



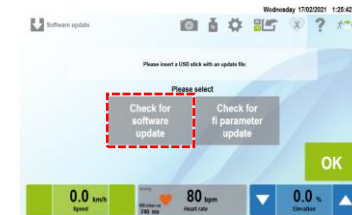
**Step 6:**  
Push the "Export" button.



**Step 7:**  
Push the "OK" button.



**Step 8:**  
Push the "Software update" button.



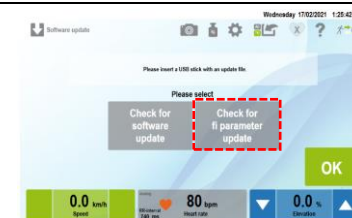
**Step 9:**  
Push the "Check for software update" button.



**Step 10:**  
Push the „Update“ button.



**Step 11:**  
If the installation process are finished, restart the treadmill.



**Step 12:**  
Repeat step 3, 4 and 8 and push the "Check for fi parameter update". (If a update are possible, install it)