FCM upgrade

- 1. Copy the upgrade file (e.g. fcm0_5_16dfr_EM1_06e_mach1_26fr_setup0.2.2_upgrade.zip) to a USB memory stick.
- 2. Create a new person using SmartCard, set both the First Name and Last Name to SETUP for this person, also enter some Login name and password for this person,
- 3. Remove all but one exercise from the SETUP person and enter some values for the remaining exercise (the values does not matter, but there have to be some values before the training program can be saved)
- 4. Save the changes and write a card for this person. The card can also be written using Kiosk (using the Login name and password entered eralier).
- 5. Insert the card into a machine which is to be upgraded and wait for the FCM System Setup to start.
- 6. Remove the display from the machine carefully without unpluggin any cables.
- 7. Unplug one of the USB cables and insert the USB memory stick containing the upgrade file.
- 8. Select the Update page.

General Hur Machines Monark Bikes Network Update	m Setup	🛃 Keyboard
Update File: (None) Upgrade Info: No information	6	❤ Update FCM System
	USE	media status: Connected 🛋
	🕞 Save and Exit	ve: 026

Update page

- 9. Check the lower right corner for a "USB Media Status: Connected" message and click on the button with the text "(None)" below the "Update File" text.
- 10. Select the upgrade file from the new window and click Open to confirm your selection. If the contents of the USB memory stick does not show up click on the "mnt" button in the top left corner to refresh the view.
- 11. Click "Upgrade FCM System" to perform the upgrade.
- 12. After the upgrade is complete a notification will be shown, close this using the Close button.
- 13. Close the FCM System Setup with the Quit button.
- 14. Unplug the USB memory stick and replug the USB cable.
- 15. Wait for the display to start and close any notifications with the Close button.