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Tools Needed


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

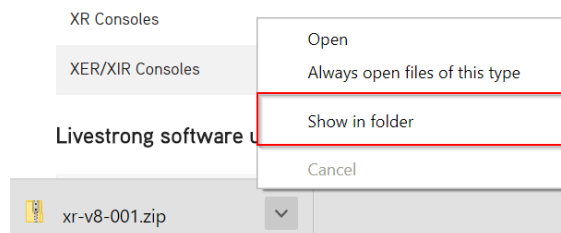
Performing Update

For the Matrix XR Console, [go to page 5](#). For all other models, follow the directions below.

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:).")

Note: In order to update software on a Horizon Elite T7-02, the safety key must be removed before inserting the flash drive.

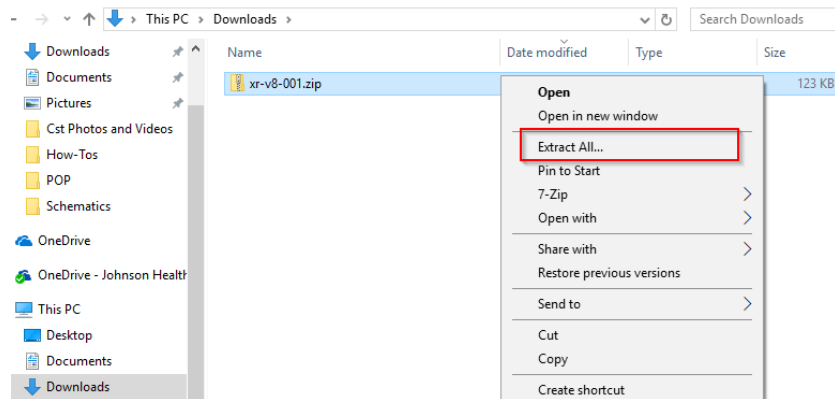
2. From your web browser, visit the appropriate site for your brand of machine.
Horizon or Livestrong - <https://www.horizonfitness.com/support/software-updates>
Vision - <https://www.visionfitness.com/support/software-updates>
Matrix - <https://www.matrixfitness.com/en/home/support/software-updates>
AFG - <http://www.afgfitness.com/support/software-update>
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.

Note: For Livestrong software, the file will be either .bin or .exe, not a zipped folder. Simply move the file to your flash drive and then skip to Step 9.

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



- Click “Browse...”

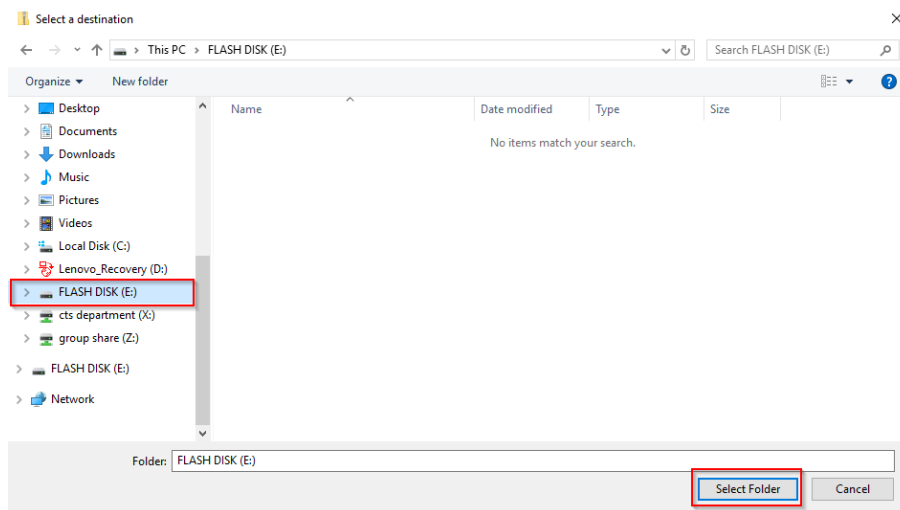
Select a Destination and Extract Files

Files will be extracted to this folder:

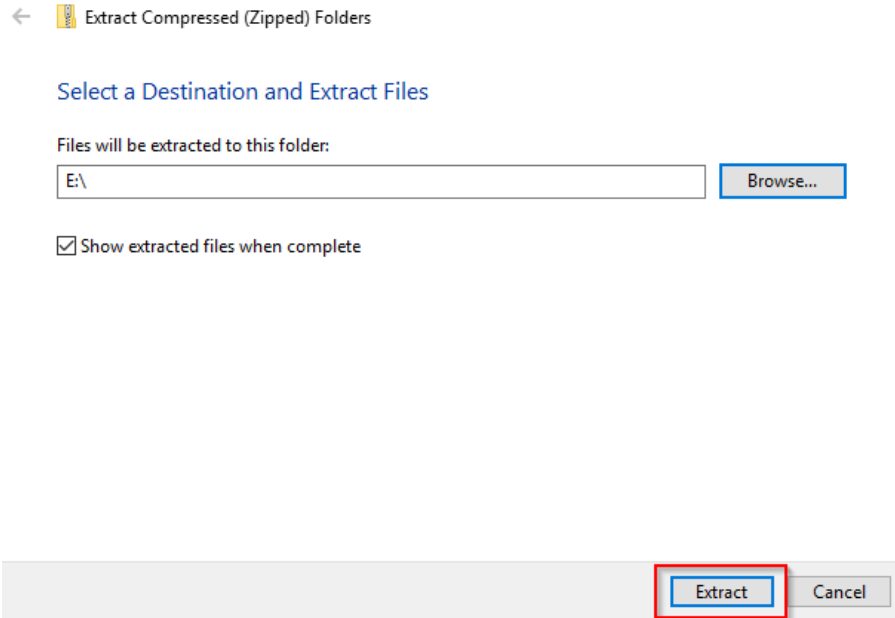


Show extracted files when complete

- On the left side of the window, locate your flash drive (remember the name from Step 1); click it to highlight it, and then click “Select Folder”.



8. Select "Extract".



Once the extraction is complete, the contents of the zipped folder will appear on the next screen.
Do not make any changes to these files.

9. Right-click your flash drive and select "Eject" to safely remove it from your computer.

Pages 4 and 5 contain instructions for updating the software on the console.

Follow the correct instructions for your model:

Matrix XER/XIR (Touch Screen) Consoles	Vision Classic Treadmill Console
<p>10. From the home/GO screen on your XER/XIR console, tap the gear in the top-right corner, then tap 'Machine Settings'. (Do NOT plug your flash drive into the console's USB port until Step 12.)</p> <p>11. On the left-hand side of the screen that appears, tap 'Update'.</p> <p>12. Firmly plug your flash drive into the console's USB port.</p> <p>13. Tap 'Update from USB'.</p>	<p>10. Power off the unit.</p> <p>11. Remove the safety key.</p> <p>12. Insert the USB drive.</p> <p>13. Power on the unit with the USB drive inserted and the safety key removed. The new software will be installed after the console finishes powering on.</p>

Horizon EX59-3 and HT5.0 Peak Trainer Consoles	All Other Units and Consoles
<p>10. Power off the unit.</p> <p>11. Insert the USB drive.</p> <p>12. Power on the unit with the USB drive inserted.</p> <p>13. Press Enter on the keypad to start the software update. (The display will go black for a few seconds.)</p> <p>14. Confirm the software update was successful: Turn the unit off and then on again. The new software version should show on the console.</p>	<p>10. With your console powered on, firmly plug your flash drive into the console's USB port (See the Owner's Manual if you are unsure of the location of this port.)</p> <p>11. Monitor your console throughout the software update. Some consoles will automatically begin the update as soon as the flash drive is inserted, however others may require some user input.</p>

Note: If your console states "no updates found" after you have inserted the flash drive, this indicates that your software version was current prior to attempting the update. No further action is required.

Matrix XR (LED) Console

1. Go to <https://www.matrixfitness.com/en/home/support/software-updates> and download XR software to a USB flash drive.

2. Turn on the unit and open the console back cover. Insert the USB flash drive into the upper control board.



3. The console will show a message “SOFTWARE UPDATE PRESS ENTER”. Press Enter. The software will automatically update and reboot the console.



After reboot, the console will show the current version of the console.

The update is complete.

Note: If the update fails, perform the process again with a different USB flash drive.

