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## Tools Needed

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

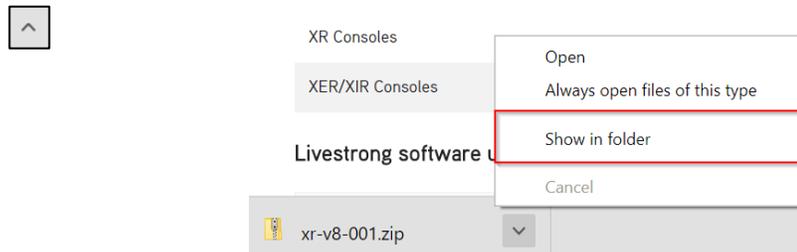
1. Firmly plug your flash drive into your computer's USB port. Ensure the flash drive does not have any other files on it. (It is helpful to know the 'name' of your flash drive, as we will need to locate this drive in a later step. In this example, the drive is named "FLASH DRIVE (E:).")

**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.

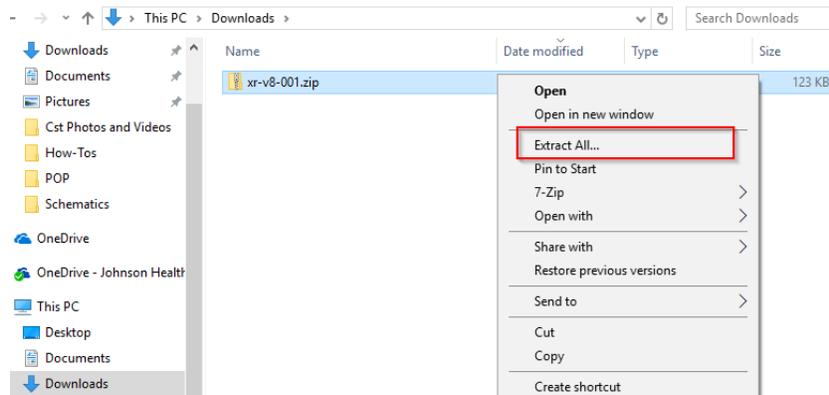
Horizon, Livestrong, or AFG - <https://www.horizonfitness.com/support/software-updates>

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.

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



- Click “Browse...”

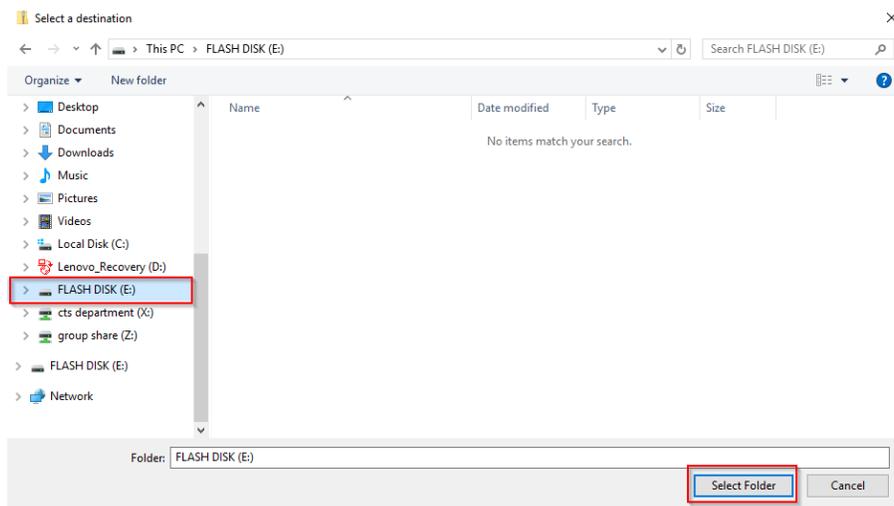
### Select a Destination and Extract Files

Files will be extracted to this folder:

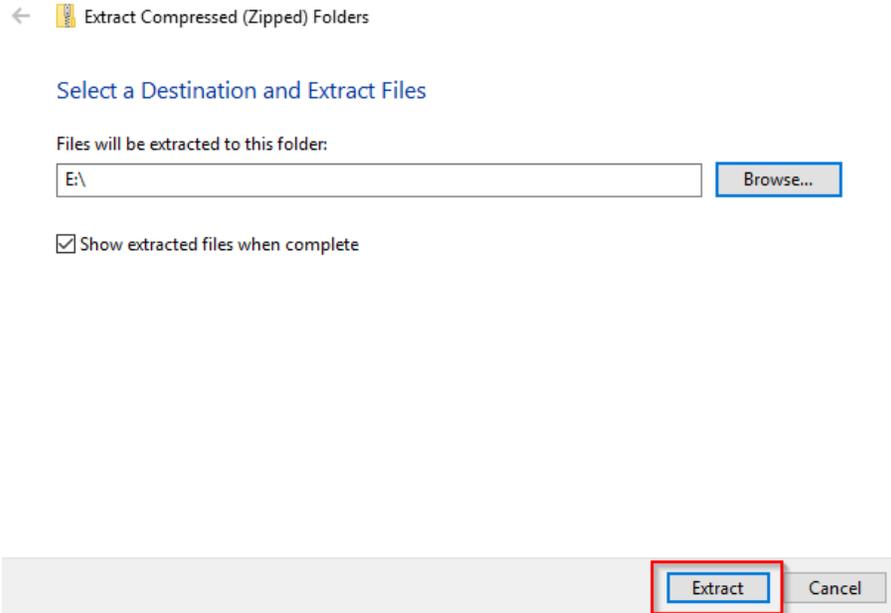


Show extracted files when complete

- 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.

## Update Instructions:

### Horizon Consoles

1. Power off the unit.
2. Insert the USB drive.
3. Power on the unit with the USB drive inserted.
4. Press Enter on the keypad to start the software update. (The display will go black for a few seconds.)
5. Confirm the software update was successful: Turn the unit off and then on again. The new software version should show on the console.

**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.