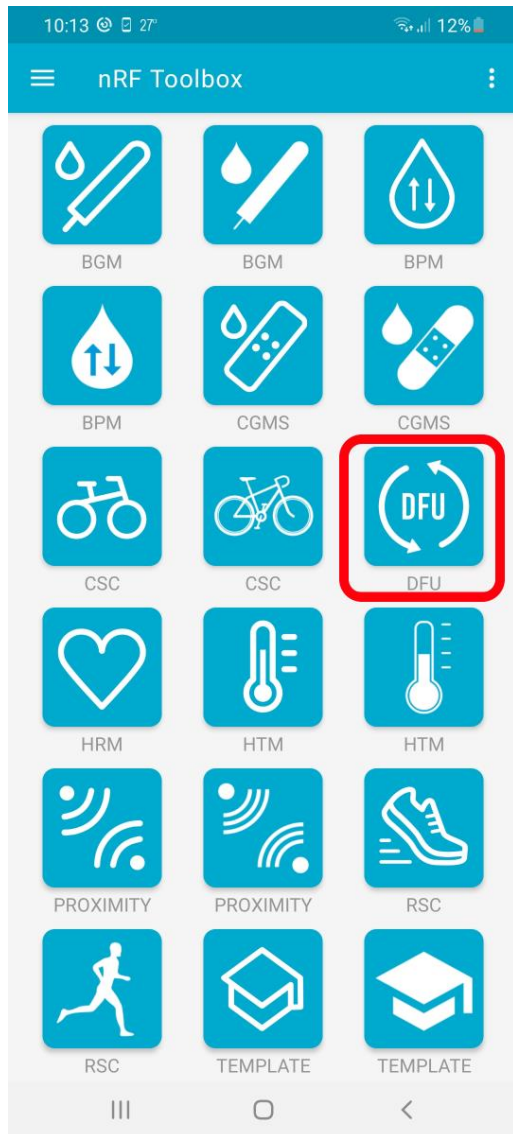
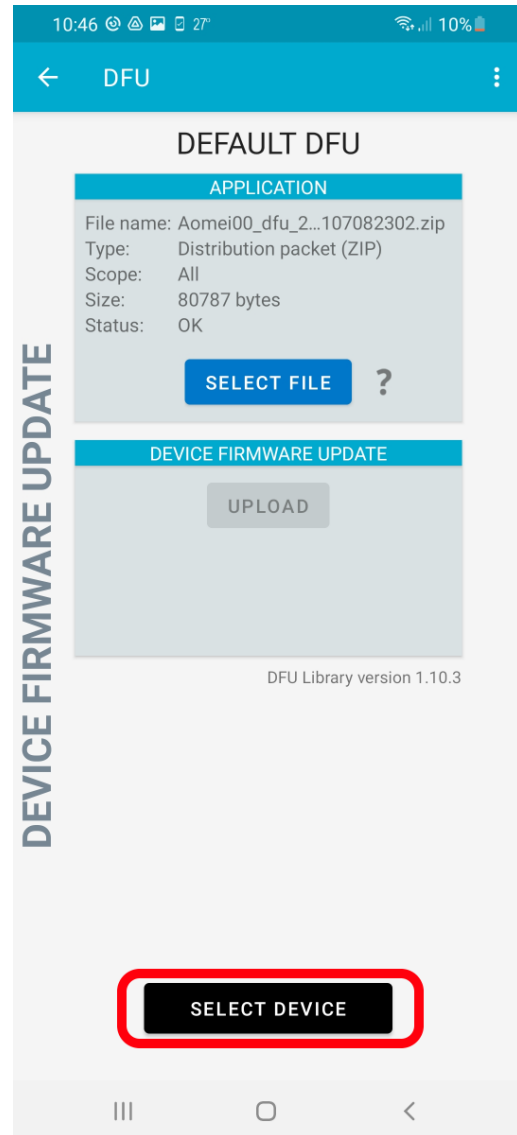


Manual Firmware Update Instructions for Android and iOS using nRF Toolbox

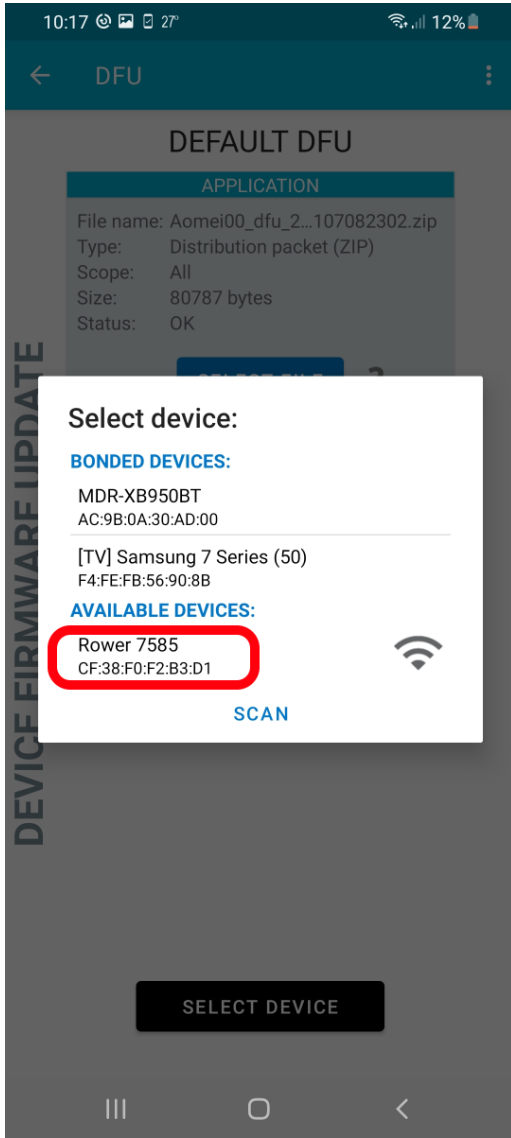
1. Download and install nRF Toolbox onto your mobile device
 - Download nRF Toolbox for Android [HERE](#)
 - Download nRF Toolbox for iOS [HERE](#)
2. Download the current firmware to your mobile device from our website (or link sent separately in an email)
3. Run the nRF Toolbox app
4. Click *DFU* then *SELECT FILE*



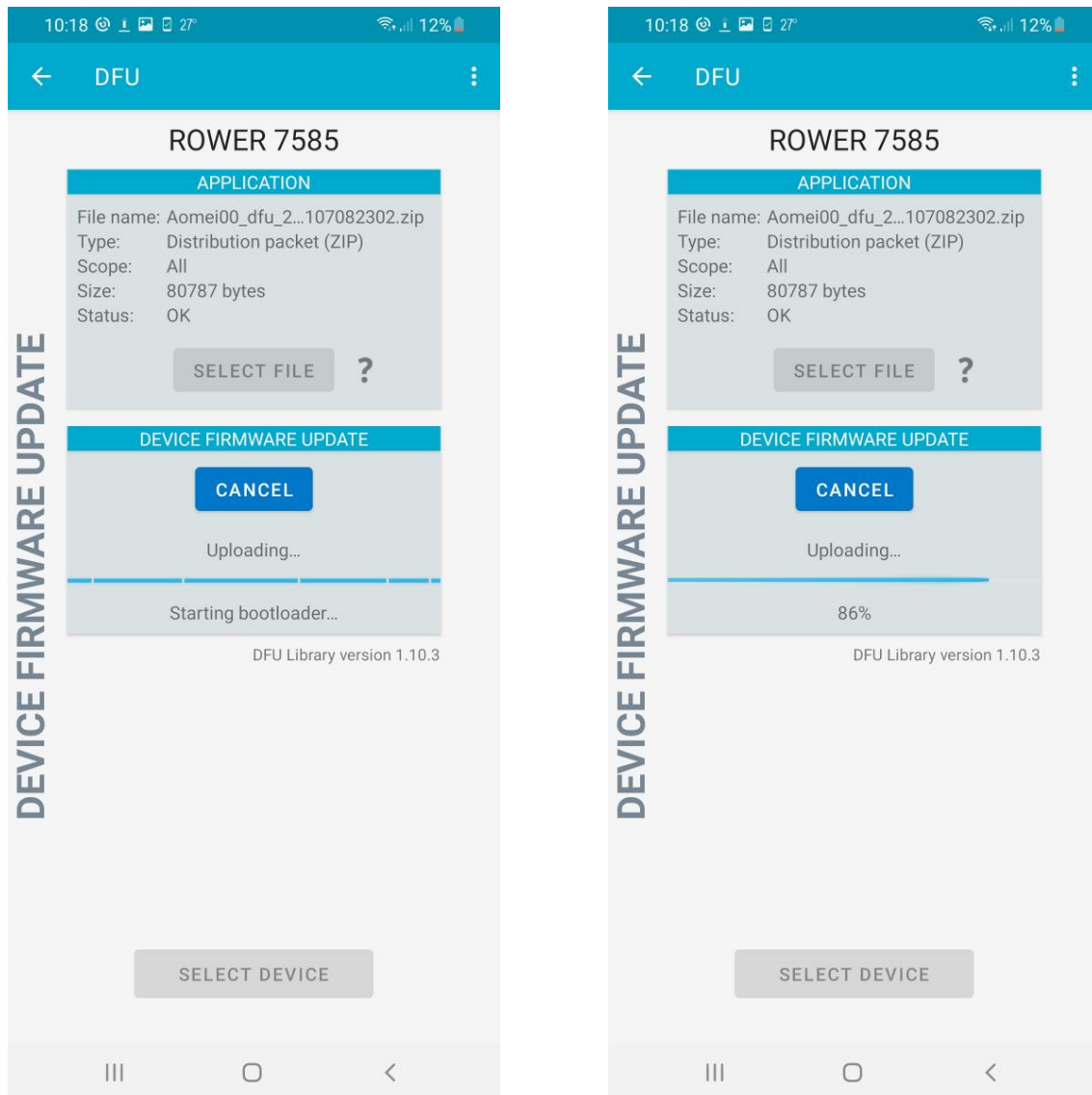
5. Locate and select the previously downloaded firmware zip file then click *SELECT DEVICE*



6. Select your device from the list, e.g., Rower XXX, UBE XXX, etc., then click **UPLOAD**



7. The app will show DFU progress and a notification when complete (*This is where the iOS and Android versions differ*)



8. Firmware update is complete when 100% is reached.