

## You will need to format a 1 or 2 GB SD card in order to perform the update.

Please back up the SD card before you format it. Formatting the card **completely erases** everything on the SD card.

**1**

Turn the POV Recording unit on by pressing the power button

**2**

Press the SETTINGS button to enter the settings menu.

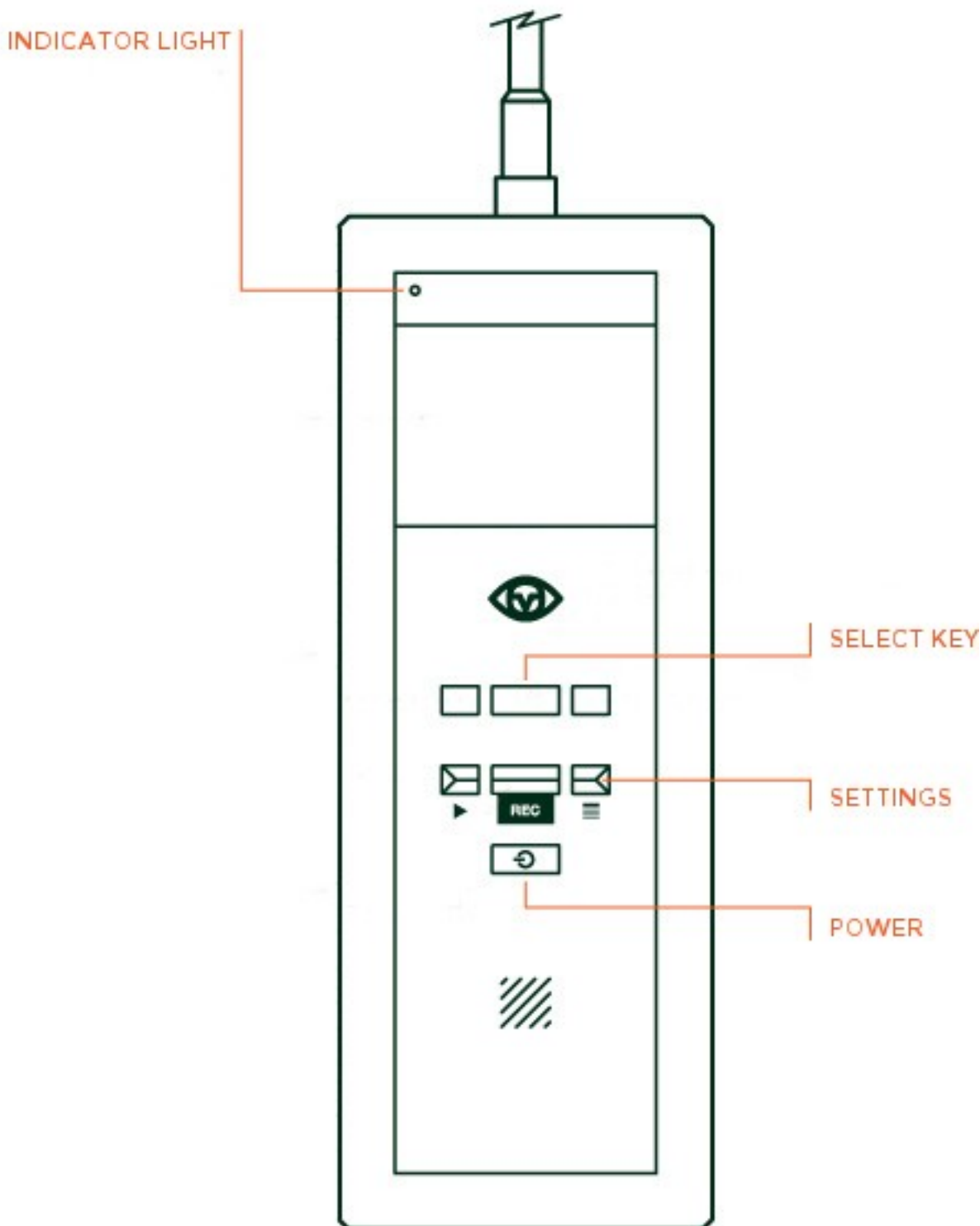
**3**

Press the left (PREV) or the right (NXT) soft key until the settings menu gives you an option to format the SD card.

**4**

Press the SELECT KEY. Next press the right (NXT) soft key to change the selection to YES, when it is highlighted in red press the select key.

The screen will display "FORMATTING".

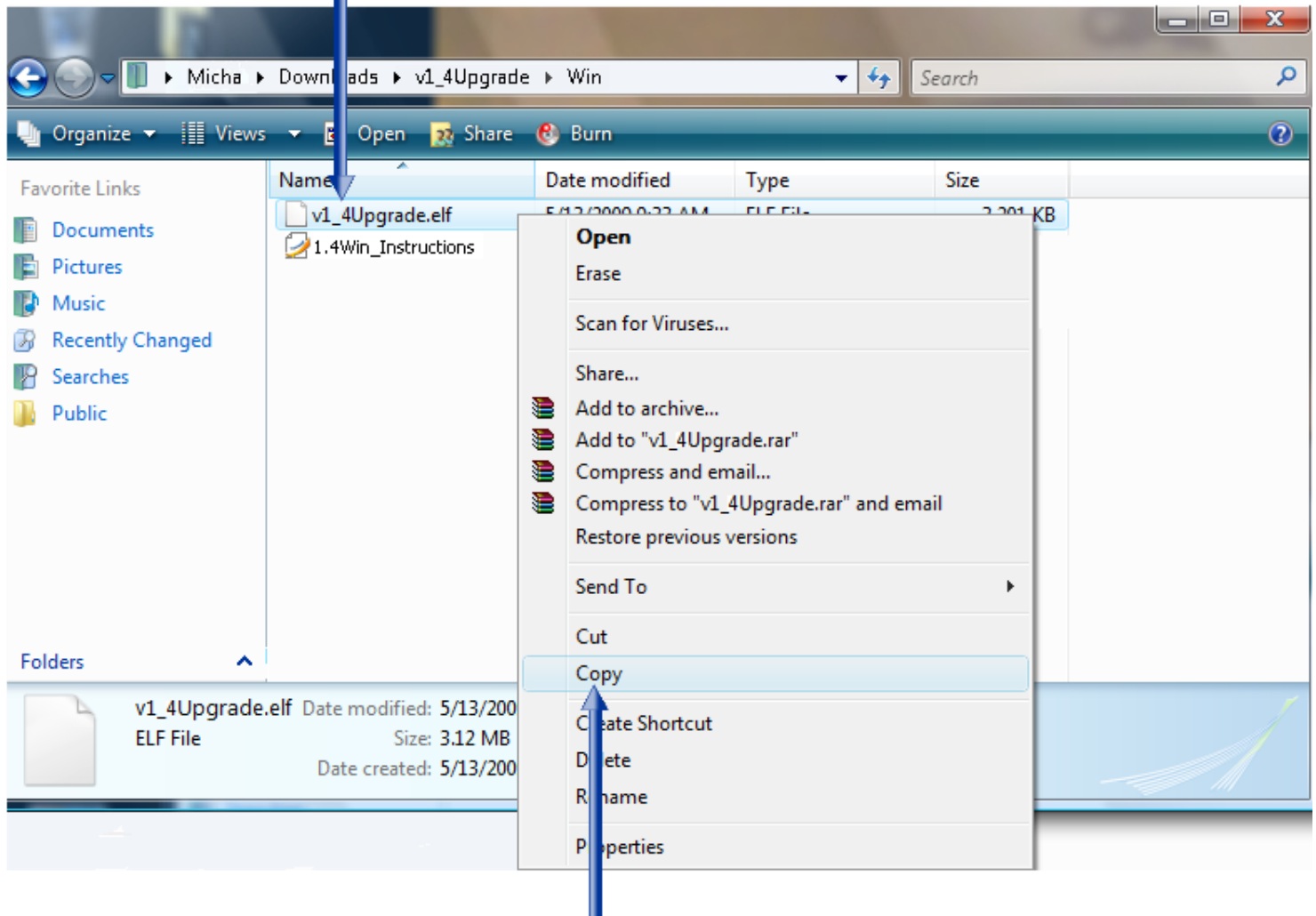


When the settings menu reappears connect the POV to the computer via a USB cable.

Once you have connected the POV Recording unit to your computer go to the folder this document is in and copy the file as described below:

Left click on the file, so that it is highlighted.

Next right click to bring up the menu.

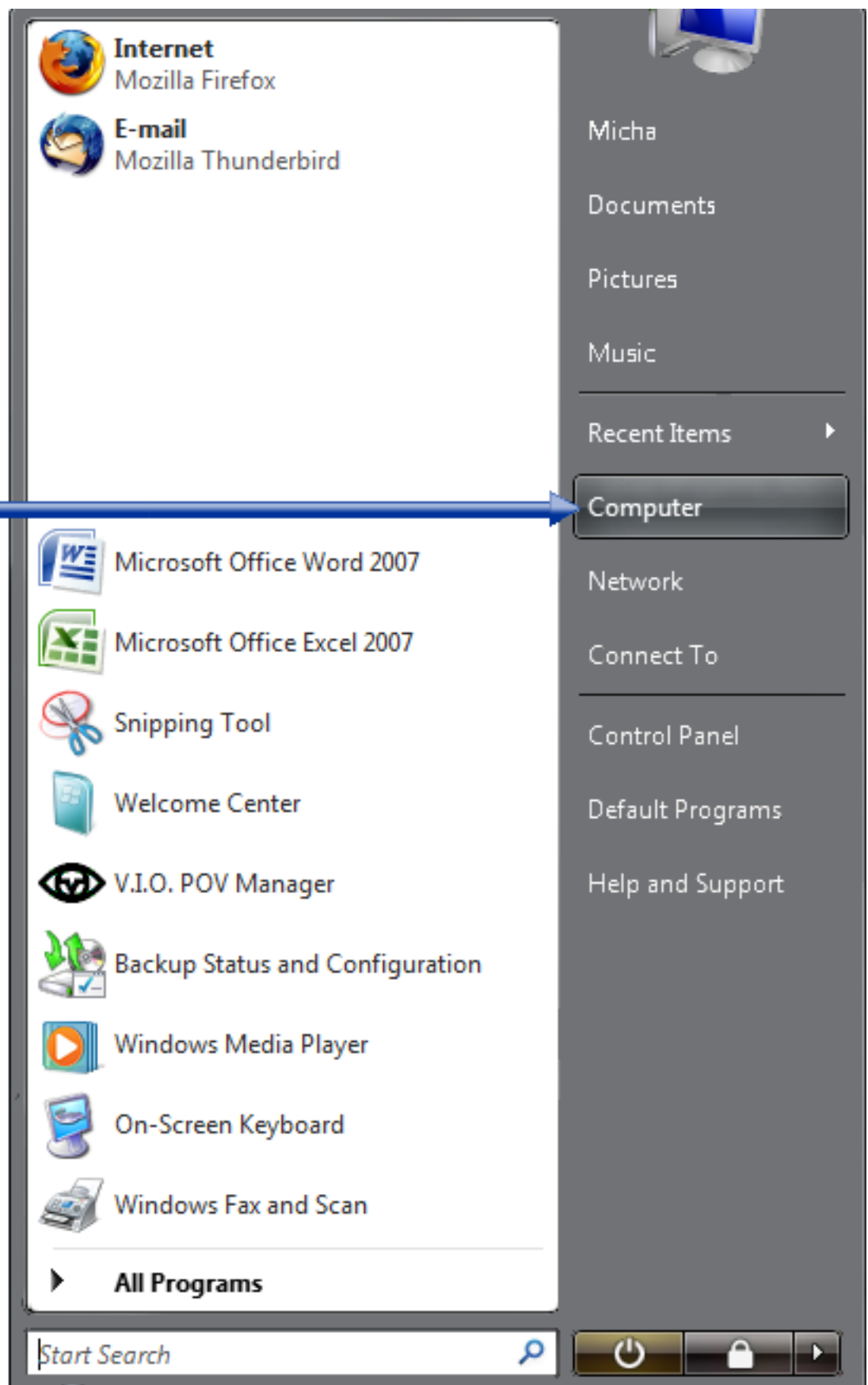


Click on the copy command on the menu.

**After you have copied the file you may close this window.**

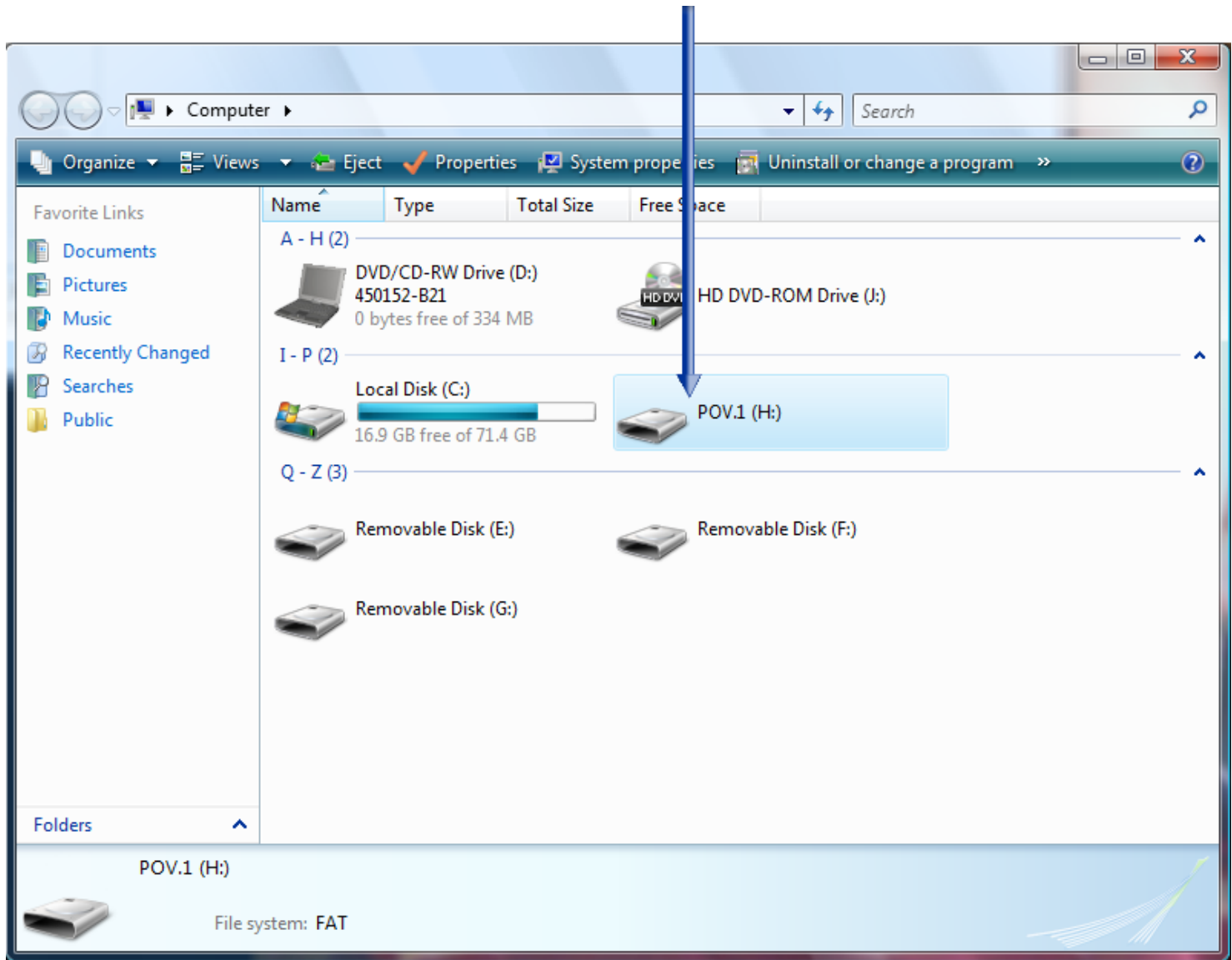
Next you will need to open the computer menu. To do this:  
Click the **Start** Button, and press the **Computer** button.

Click here to bring up the  
Computer window.



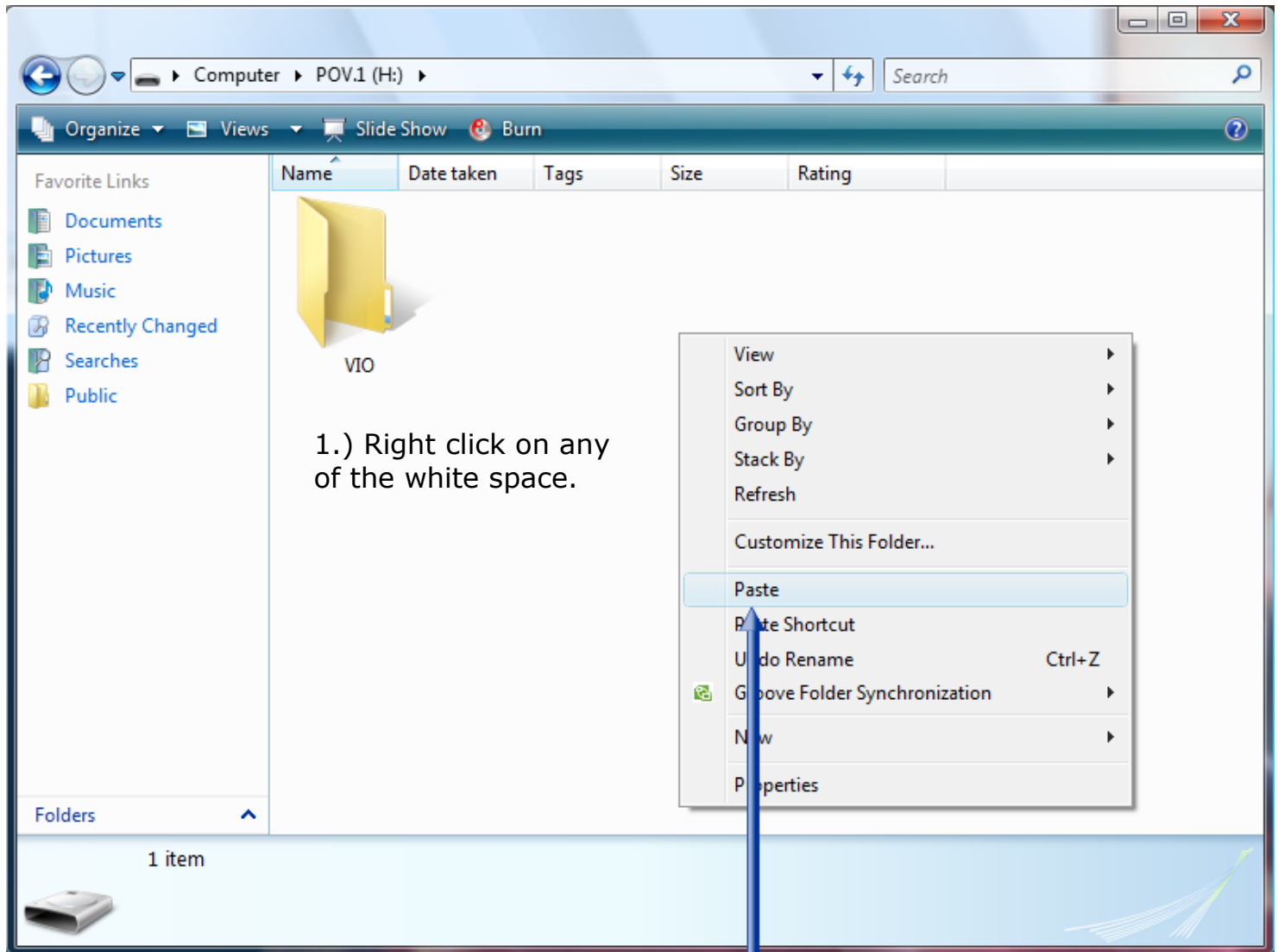
Next access the SD card by clicking on the drive labeled POV.1.

The drive letter (H: in this case) may be different on your computer.



Now just paste the .elf file to the SD card and you are done with the computer based steps.

**Note: The file should appear NEXT to the VIO folder.**



2.) Click paste command on the menu.

Now that you have placed the .elf file on the SD card please remove the SD card from the POV Recording unit and lock it.

To do this move  
this tab down to  
put the SD card  
into the locked  
position.



Next you will have to flash the firmware on the POV  
Recording Unit

**1**

First you will have to press and hold the **SETTINGS** button. Hold is the button until the third step.

**2**

Next power the POV on. Press the power button once, while still holding the **SETTINGS** button.

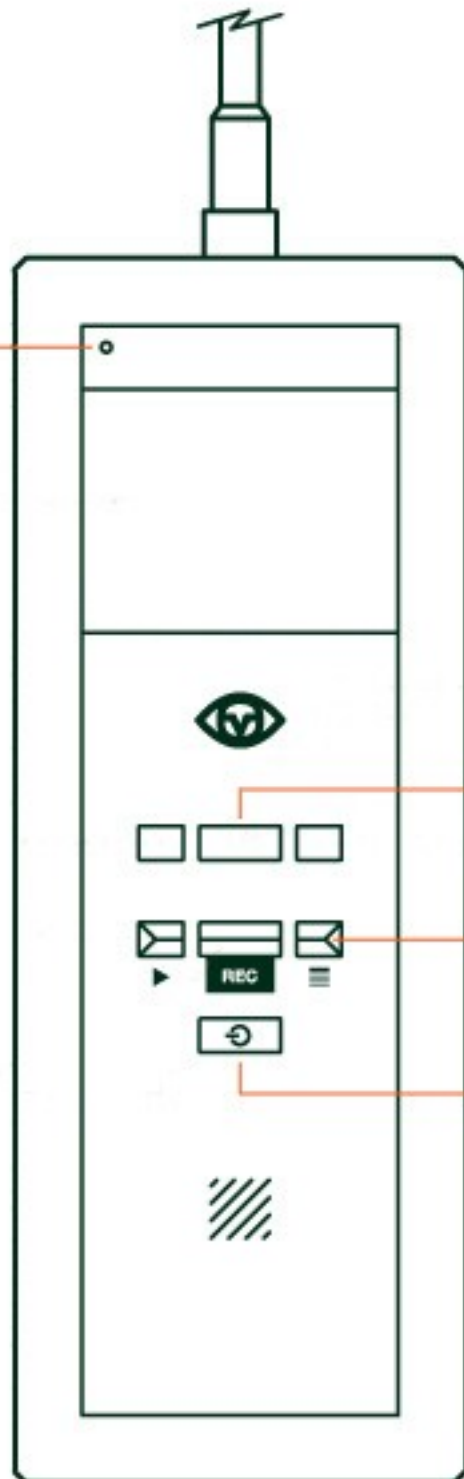
**3**

The indicator light will flash. You may now stop pressing the **SETTINGS** button.

**4**

Once the light has stopped flashing you may remove the SD card and your firmware will be updated.

INDICATOR LIGHT



SELECT KEY

SETTINGS

POWER