**Manuals+** — User Manuals Simplified.

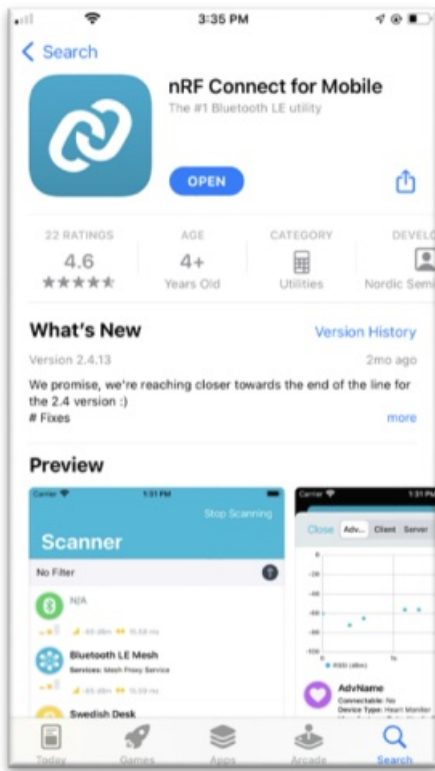# FLUID POWER Manual Firmware Update for iOS using nRF Connect Instructions

**FLUID POWER Manual Firmware Update for iOS using nRF Connect Instructions**

**Contents**
**1 Using Instructions**
**2 Documents / Resources**
**3 Related Posts**

## Using Instructions

1. Download the nRF Connect for Mobile app from the Apple App Store HERE

2. Download the attached firmware update file to your mobile device from our website (or link sent separately in an email)

3. Enable Bluetooth on your mobile device then open the nRF Connect app
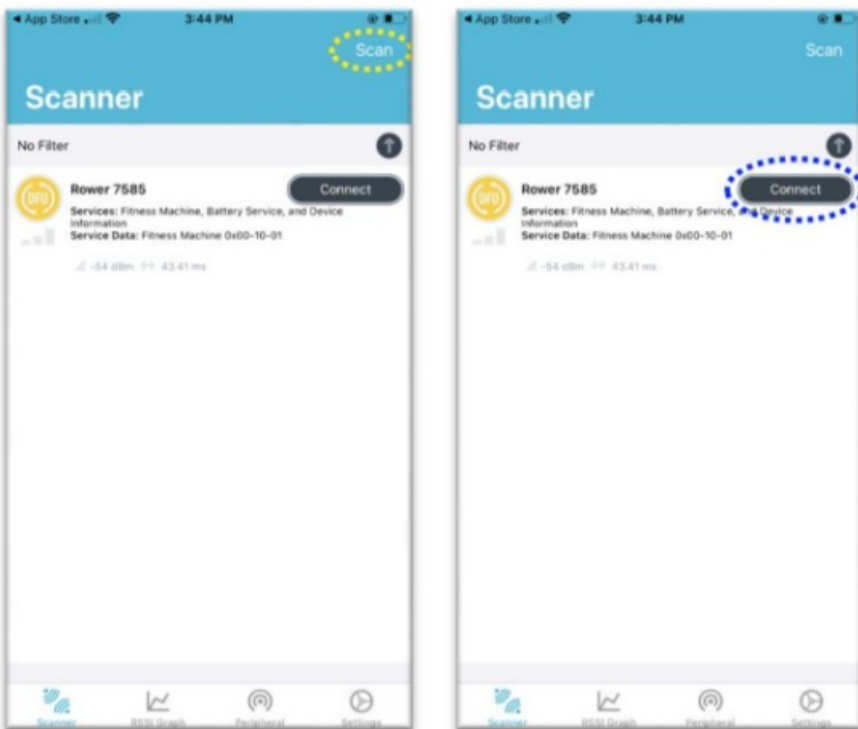


4. Power on your Fluid Rower console – the following 2 steps are only required for pre July 2021 firmware.

- Press and hold the UP and DOWN buttons for 3+ seconds
- When you see the above display, click the UP button – This puts the console into Bluetooth Connect Mode
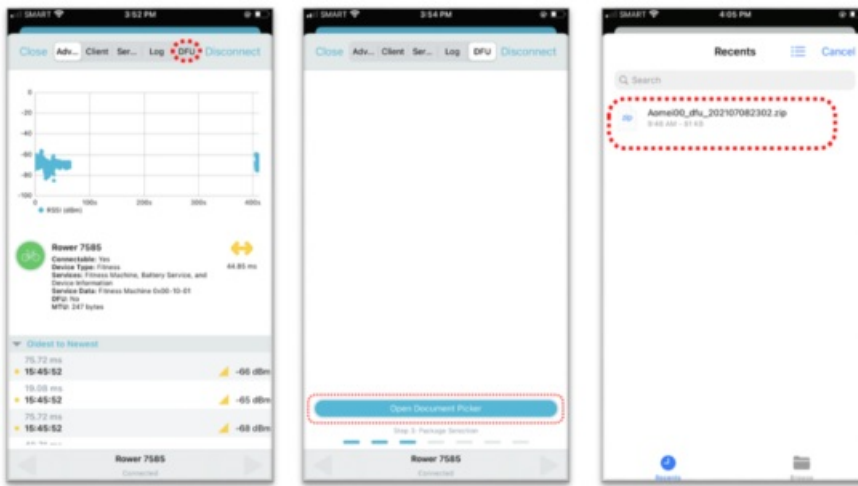
5. Go back to the nRF Connect App. If your device is not listed, click SCAN



6. Your console device should be listed as shown (XXXX or Rower XXXX). Click CONNECT on the app screen.
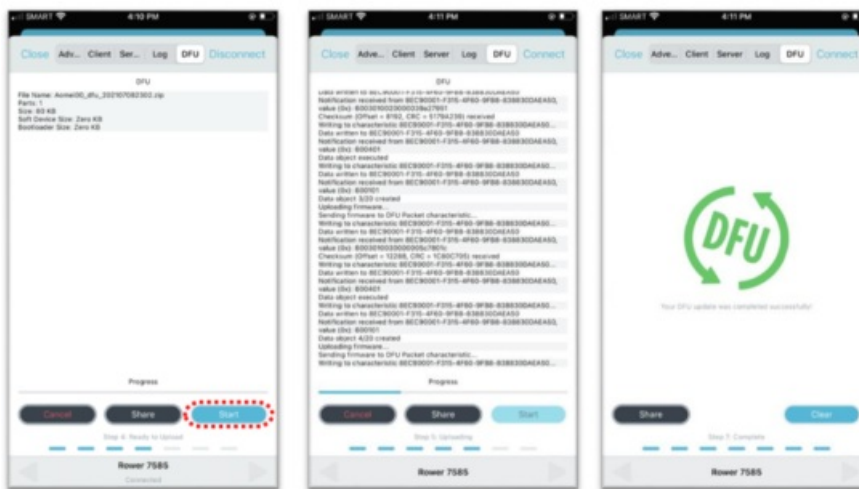7. Your console is now connected to the app by Bluetooth



8. On the App screen click the DFU tab and locate the firmware update file on your mobile device.

9. Click Start to begin the update.
   - Note – this may take a minute or so. The console screen will go blank while the process is ongoing, and the device will reboot once the update is complete.



10. Check the console firmware version, shown when console is powered on.



**Documents / Resources**

|  | **[FLUID POWER Manual Firmware Update for iOS using nRF Connect](#)** [pdf] Instructions<br>Manual Firmware Update for iOS using nRF Connect |