


Integrity C Console Software & Firmware Updating Process

7 Step Software Updating Checklist

- Locate your Integrity C Console software using the [Halo Software Download Link](#), click the  button under your console's image and download the software to your computer
- Format your USB flash drive using instructions provided in this Job Aid
- Copy and paste the downloaded software file icon to your USB stick
- Insert your USB flash drive into the console
- Press R-Up, R-Down, R-Up, R-Down, Time
- Wait for a check mark to appear on the console
- Remove your USB stick




<https://www.halo.fitness/web/softwareDownload.html>

Software Download Address and Link



**Total Tools Required
for the procedures on this
Job Aid.**



**Total Time Required
for the procedures on this
Job Aid.**



**Total People Required
for the procedures on this
Job Aid**

For additional information, parts or service within the United States, please contact the
 Life Fitness Contact Center at 1-800-351-3737 or customersupport@lifefitness.com.
 For customers outside of the U.S., please contact your local Life Fitness customer service team.


Integrity C Console Software & Firmware Updating Process

Formatting your USB Flash Drive

1. Connect your USB flash drive to your computer by inserting it into one of your PC's USB ports
2. Locate your USB flash drive in File Explorer
3. Right-click on your USB flash drive's icon and select "Format" from the drop-down menu. Doing so will open the Format window.
4. Within the file system pull-down tab, make sure the setting is "FAT32". This should be the default setting.
5. Within the format options section, check the Quick Format box if available. This will speed up the process.
6. Click Start and then click OK to format and erase all data on your USB flash drive. Doing this will cause Windows to begin formatting your flash drive for you
7. Click OK when prompted that the format is complete. Your flash drive has been successfully formatted.



Copy and Paste & Console Updating

1. Locate the folder containing your recently downloaded Integrity C Console software. Open the file window containing the download, but do not click on the downloaded software file yet.
2. Locate your USB flash drive in File Explorer & open that window.
3. You should now have 2 open window on your computer.
4. Right-click on the downloaded software file icon and select "Copy" from the drop-down menu.  integrityc.lfupd
5. Right-click anywhere within your USB flash drive blank window and select "Paste" from the drop-down menu. Doing so will copy all of the software into your USB flash drive.
6. Right-click on your USB flash drive icon and select "Eject" from the drop-down menu.
7. Your USB flash drive is now ready to update your console's software
8. As stated in your "7 Step Software Updating Checklist", insert your USB flash drive into the console
9. Press R-Up, R-Down, R-Up, R-Down, Time
10. Wait for a check mark to appear
11. Remove your USB stick from the console

Firmware Updating Process

If there are no LEDs after your software update, you will need to manually load the firmware files.

1. Contact our Contact Center at 1-888-PLANET5 to acquire the *duplo_app.bin* file.
2. Format a different USB flash drive using the instructions provided above.
3. Copy and Paste the *duplo_app.bin* file into your newly formatted USB flash drive using the instructions provided in this Job Aid and "Eject" as instructed.
4. Insert your USB flash drive into the console and press R-Up, R-Down, R-Up, R-Down, Units.
5. When complete the console with flash back to the LF logo.
6. Remove your USB flash drive from the console.

