Plug in dragon avr connecter

Open Device Programming in AtmelStudio

Apply the Atmega32U4-ISP Settings

Go to Memory

Browse for the Caterina-LilypadUSB hex file (in the folder this document is in) or download most recent version from <https://github.com/sparkfun/SF32u4_boards/tree/master/sparkfun/avr/bootloaders/caterina>

Program the fuses per:  
Fuse settings:

* Lock byte 0xFF
* Extended byte: 0xCE
* High byte: 0xD0
* Low byte: 0xFF

To validate the fuse settings, look at the oscillator with power turned on. It should look like an 8MHz sine wave.