

# ASSAULT FITNESS

## Technical Service Bulletin

Document #: TSB 25Feb22\_Console\_Firmware\_Update

Bulletin Date:	02/25/2022		
Models Affected:	Assault Pro/Elite Console 23-AS-314 / 23-AS-514 / 23-AS-1114	Posted by:	Ryan Gray
Short Description:	How to update the firmware on the Assault Fitness console		

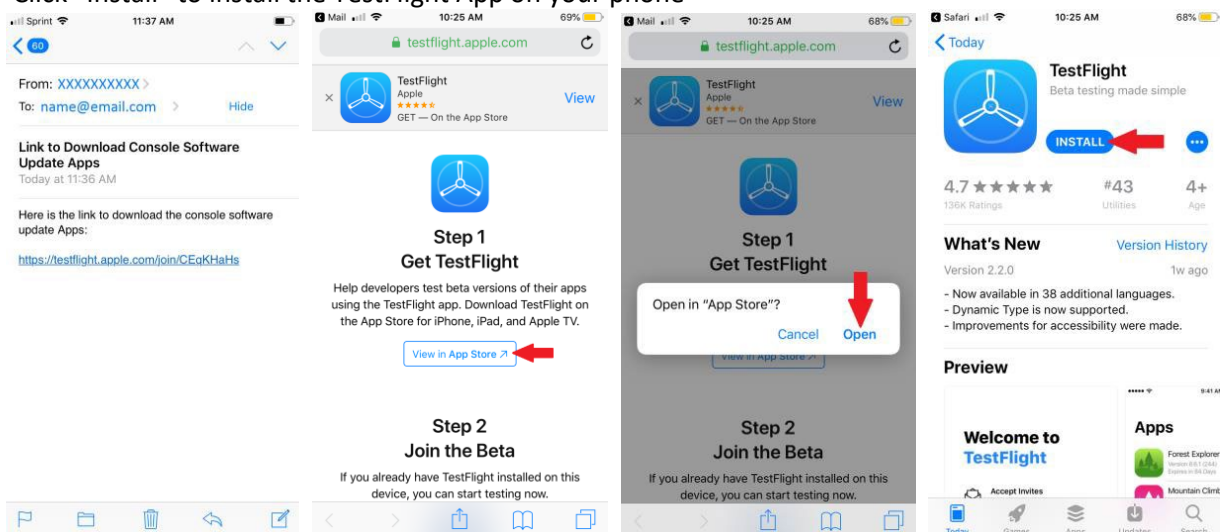
### Tools Required:

- ASSAULT Fitness console with batteries installed (console does not need to be attached to the treadmill)
- iPhone with Bluetooth turned on
- TestFlight App (link provided in email and below)
- GEM Connect Demo APP (link provided in email and below)
- Software update .BIN file (file provided in email)

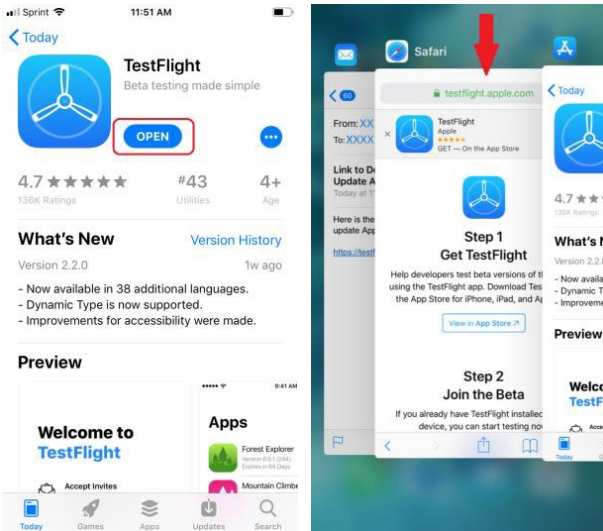
### Directions:

#### Step 1: Install the TestFlight App

1. Download the TestFlight APP by clicking on the link provided in the email on your iPhone, or type this link into the browser on your iPhone.
2. <https://testflight.apple.com/join/q0QWs5Id>
3. After clicking on the link the iPhone browser will launch and show a site giving a step by step instructions for getting TestFlight (i.e. Step 1) and joining the BETA (i.e. Step 2) which will allow you to add the GEM Connect Demo APP to TestFlight. For now we will focus on installing TestFlight.
4. Click on "View in App Store"
5. Click "Open" to proceed to App Store
6. Click "Install" to install the TestFlight App on your phone

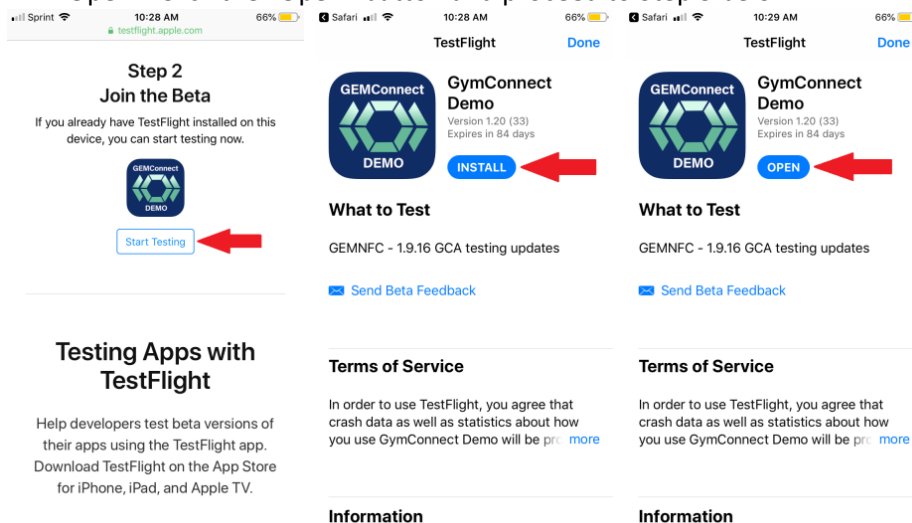


7. After the APP is installed the “Install” button will change to “Open” but do not open the APP yet
8. Double click the Home button or swipe as necessary to bring up the APP chooser and then select Safari



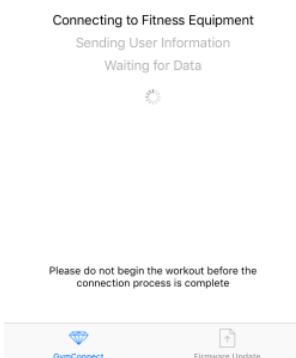
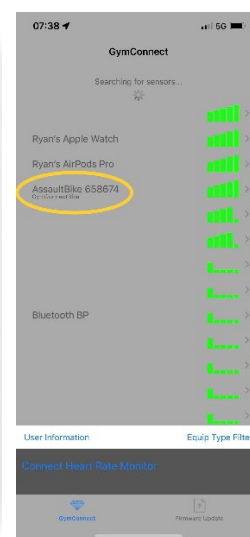
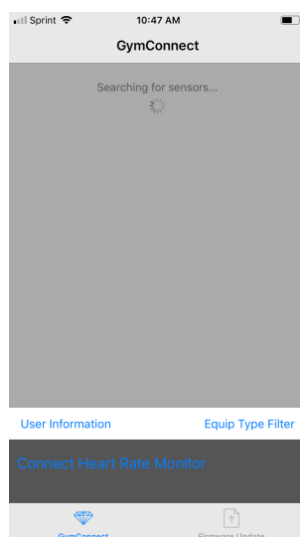
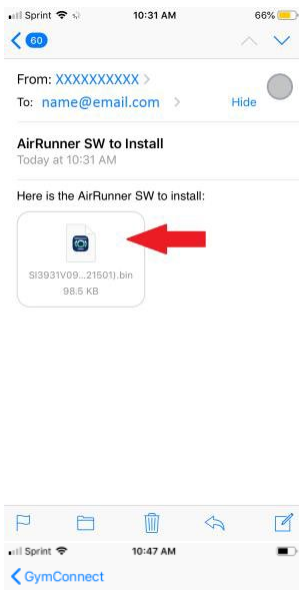
## Step 2: Install the GEM Connect Demo APP

1. With the TestFlight APP installed you can then install the GEM Connect Demo APP. With Safari open scroll down to Step 2 Join the Beta. Click on “Start Testing”.
2. Next click “Install” to install the GEM Connect Demo App.
3. Once the GEM Connect Demo App has completed the install process the “Install” button will change to “Open”. Click the “Open” button and proceed to Step 3 below.



## Step 3: Save the Software update .BIN file and pair your iPhone to the console

1. Go to your email and locate the Software update .BIN file attached to the email
2. Tap and hold on the attachment icon until an action menu is displayed.
3. Tap "Save to Files"
4. Open The GEM Connect APP, it will immediately begin searching for a console.
5. Press the CONNECT Bluetooth button on the console.
6. Within a few seconds the console name and unique code will be displayed on your iPhone.
7. A number will also be displayed on the console, if those numbers match tap the console name within the APP to pair your iPhone.
8. Once paired an information screen will be displayed, proceed to Step 4.



## Step 4: Upload the Software update to the console

1. Tap the menu icon in the top right corner of your screen.
2. When the activity menu is displayed tap UPLOAD.
3. Set the value for "Item Type Value (decimal):" to 200.
4. Tap "Choose" to select the file to upload. The file you copied from the email will show up in the file list. Select that file and then click "Back".
5. Verify the .BIN file is now shown, and then tap "Begin Upload".
6. While the upload is in process you can see the progress on the line next to the word "Uploading", it will take several minutes to finish.
7. When complete, "Upload Successful" will be displayed followed by "Disconnected" will be displayed, tap OK to complete the update process.
8. The console will restart by itself and then be ready for use.

