To install firmware:
-Download the latest Arduino IDE from https://www.arduino.cc/.
-Run the Arduino IDE.
-Install the SoftwareWire library using the library manager (Tools/Manage Libraries...).
-Unzip the firmware.
-In the Arduino IDE, use the File/Open command and browse the unzipped firmware source code.
-Upload the firmware to the Arduino using Sketch/Upload.

To run PC host software:
-Download the latest Processing IDE from https://processing.org/.
-Run the Processing IDE.
-Unzip the host software.
-In the Processing IDE, use the File/Open command and browse to the unzipped host software code.
-Run the software using Sketch/Run.