

# FOR BETA USE ONLY



# **Tools Installation**

In order to update your beta device firmware, you must install a mobile app (Android or iOS) and a PC app.

Install the **nRF Loader** app by Nordic Semiconductor:

# Android

Requires Android 4.3 or greater device from Google Play:

https://play.google.com/store/apps/details?id=no.nordicsemi.android.nrftoolbox&hl=en



## iOS

Requires iOS 8.0 or later from iTunes:

https://itunes.apple.com/us/app/nrf-toolbox/id820906058?mt=8

# nRF Toolbox

#### By Nordic Semiconductor ASA

Open iTunes to buy and download apps.



#### Description

The nRF Toolbox works with a wide range it contains applications demonstrating BLE Rate Monitor, Blood Pressure Monitor, Hea

nRF Toolbox Support +

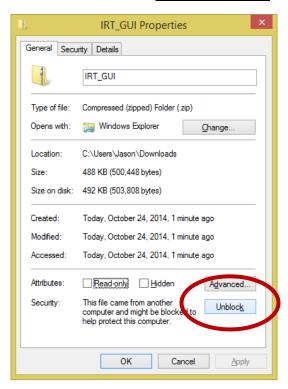
#### What's New in Version 1.4

Fixed bug in Hex to Ilin converter in DFU p Also fixed some GUI for IOS8.



# E-Motion Test Tool Installation

- 1. Download the zip file containing the <u>E-Motion Test Tool</u> app on a PC with Windows 7 SP1 or greater that has an ANT+ USB key & drivers installed.
- 2. You will need to **Unblock** the downloaded file before extracting it:



3. Extract IRT\_GUI.zip to a location on your computer, i.e. C:\IRT\



4. Launch the application by double clicking on IRT\_GUI





**PLEASE NOTE:** More detailed instructions on use of the E-Motion Test Tool are available here.



# Firmware Update

1. Download the latest firmware from <a href="http://www.insideride.com/beta-downloads">http://www.insideride.com/beta-downloads</a> and save to your device.

# Android

The easiest way to get the file on Android is to navigate to the above URL from your device, click the link next to **Latest** and save to your device.





The .hex file should appear in **Downloads** or **Google Drive** on your device depending on your settings.

## iOS

You will need to download the file to your PC or Mac and use iTunes to load the file on your device.

Follow the instructions from the app screen:





 From your device, launch the nRF Toolbox App and tap the icon **DFU** (Device Firmware Update).



 Tap SELECT FILE and select the Application radio button. Then press OK





4. Locate the firmware file you downloaded





- 5. Ensure your E-Motion Roller device is ON. The rollers will automatically sleep when there is no motion. If you do not see any lights on or blinking, jiggle the rollers and the device should wake. If they still do not wake, push the button on the side.
- Launch the E-Motion Test Tool app,
  i.e. C:\IRT \IRT\_GUI.exe if not already running.
- 7. If the app was already running, you may need to press **Search** to connect with your device again.
- 8. The tool should find your rollers and display the Device ID.
- 9. Press the **DFU** button. You should see this updated status to the right.

If not, press **DFU** again.



Sending DFU command, channel should disconnect. E-Motion channel status changed: Searching

E-Motion channel status changed: Searching

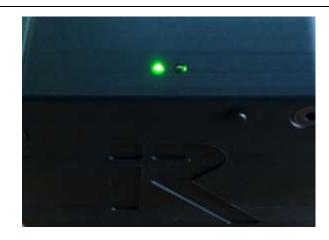


You will know the device is in DFU mode when the **front** LED turns solid green.

It will stay this way until timeout after several minutes if a connection is not established.

Repeat from step 7 if the DFU times out.

11. From the **nRF Toolbox** app on your Android device, tap **Select Device** and tap **E-Motion** under **Available Devices**.







- 12. Press the **UPLOAD** button. If the button is not available or greyed out, ensure that you've selected a valid file (ends in .hex) and selected a device.
- 13. The upload has now started and you should see a single solid red LED on the device.
- 14. Progress towards 100% should take only a few moments. If the process does not complete or it takes more than a few minutes to complete, restart from step 6.
- 15. Once the firmware upload completes the device should blink and reset.



