1/ Disconnect BOX from power.

2/ Connect USB stick with the correct software in ZIP file.

3/ Insert a Pin into the AV connection (back) and keep it pressed.

4/ Connect BOX to Power (HOLD PIN PRESSED)

5/ Until this screen appears.

6/ Then select Apply update from EXT"

7/ Then select "Update from udisk"

8/ Select ALPHA or NITRO Software, PRESS OK.

9/ This screen appears and your box is updating.

10/ Press OK on "Reboot System Now"

11/ Box is ready for use