

# Proform Upgrade

V1.92 build.1

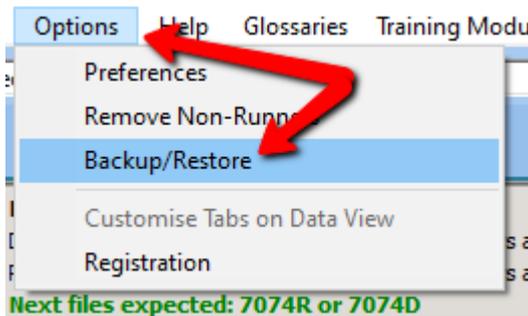
**This version contains everything in from v1.91 build 7, build 8, build 9 and build 10 and v1.92 build 0, so if you have not installed any of those builds, then it does not matter just go straight to this one**

New Features Release Notes

[Click here to Download](#)

How to Install (Simple instructions) (more details instructions below)

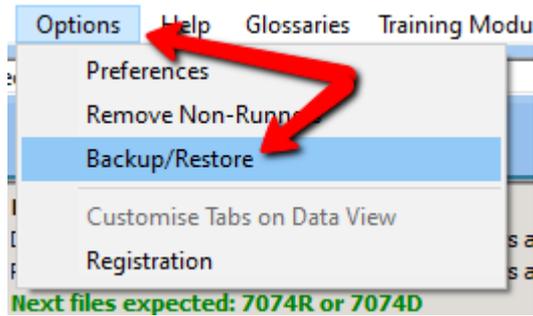
1. Open Proform and perform a backup from the options menu at the top of the software



2. Then Close Proform.
3. Login to the Proform website (you can't download unless you are logged into your Platinum account).
4. Download the following file [v1.92.build.1.exe](#)
5. Save it.
6. Run it.
7. Following Install Instructions.
8. When finished run Proform from the new shortcut on the desktop.
9. When you run Proform further upgrades will run
10. Run Proform again and will say v1.92.build 1 on top title bar on top left.
11. You will have a new shortcut on your desktop and any older shortcuts can be removed.
12. DONE

## How to Install (Detailed instructions)

1. Open Proform and perform a backup from the options menu at the top of the software



2. Then Close Proform
3. Login to the Proform website (you can't download unless you are logged into your Platinum account).
4. Download the following file [v1.92.build.1.exe](#)

5. Save it

6. Run it

You may receive this message

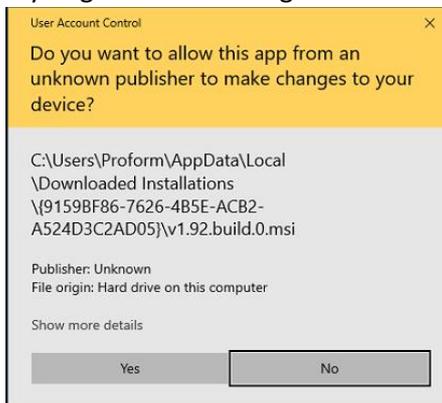


If you do just click on More Info

Then click on Run Anyway



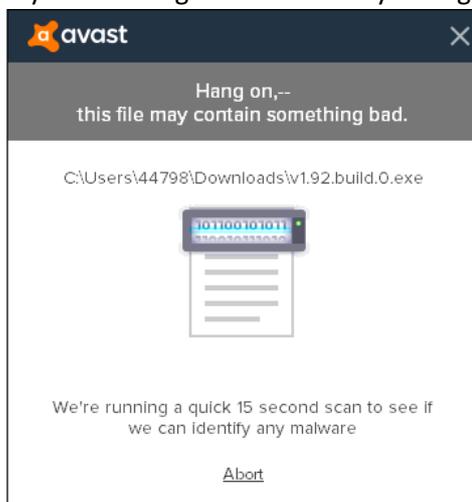
If you get a UAC message similar this, click YES



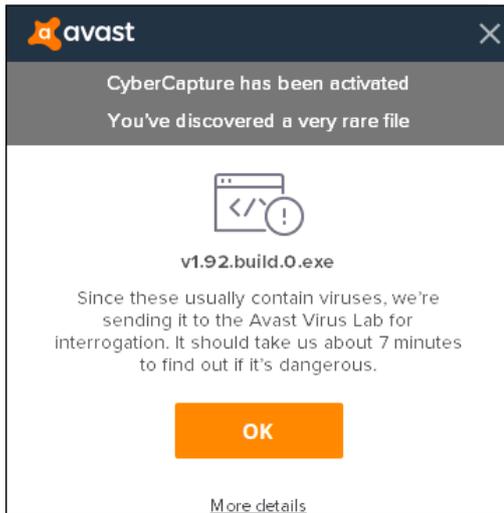
7. Following Install Instructions

8. When finished run Proform from the new shortcut on the desktop

If you are using avast antivirus you might see this



Just let it run and it will either be fine and open the setup or you might see this

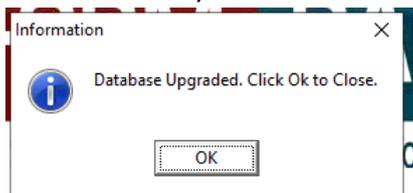


Just wait for the test at avast to come back or click on more details and run anyway

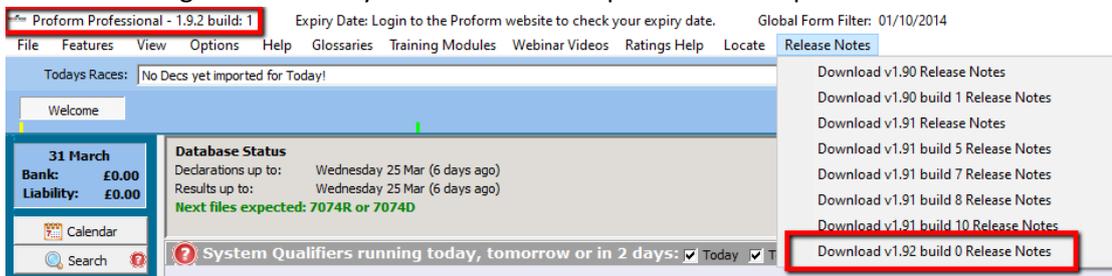
13. When you run Proform further upgrades will run



and will then say



14. Run Proform again and will say v1.92.build 1 on top title bar on top left



15. You will have a new shortcut on your desktop and any older shortcuts can be removed.

16. DONE