

Proform Upgrade

V1.92 build.3

Contents

- LOGIN to the Proform Website..... 2
- Check Your Proform Version..... 3
- Release Notes 4
- How to Install (quick instructions) 5
- How to Install (detailed instructions) 7

Proform Upgrade

V1.92 build.3

LOGIN to the Proform Website

First task is to log into the Proform website.

You will receive a permission error trying to download the install file if you are not logged into the Proform website.

Proform Upgrade

V1.92 build.3

Check Your Proform Version

NOTE: If you are still using v1.91 then

DO NOT PROCEED

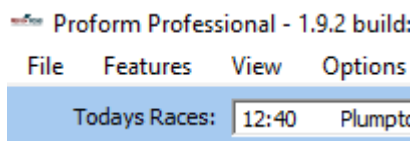
with any of the below.

Please get in touch with Simon at Proform using email proformracing@gmail.com

To find your Proform version number.

Run Proform and look in the top left corner of the title bar.

It should say v1.92 and the build should be either 1 or 2.



If you are on v1.92.build.1 or v1.92.build.2 then you CAN CONTINUE with these instructions.

Proform Upgrade

V1.92 build.3

Release Notes

[Click HERE to view the Release Notes for v1.92.build.3](#)

Proform Upgrade

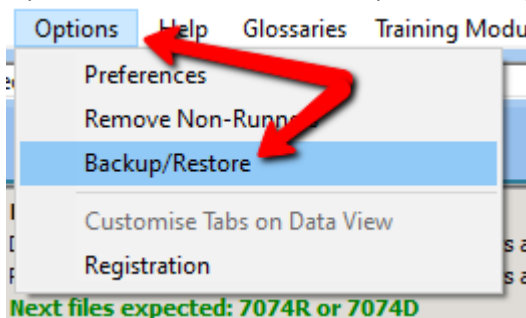
V1.92 build.3

How to Install (quick instructions)

What follows are quick instructions and then more detailed instructions.

● BACKUPS FIRST

- Open Proform and run a backup from the options menu at the top of the software



- Then Close Proform.
- Now backup the Proform application.
- This is in c:\proformp and called **Proform** or it may be called **Proform.exe**. It will have a little proform icon at the side of it and it is the application that opens the Proform program.
- Make a copy of this by selecting it (left click once) and then right clicking and choose copy from the pop-up menu.
- Then right click inside the white part of the folder and choose paste from the pop-up menu.
- This will make a copy of the program will be called **Proform (Copy)** or **Proform (Copy).exe**
- Login to the Proform website (you cannot download unless you are logged into your Platinum account).
NOTE you are not login into the website to navigate to a download page, that is the next item in the link below. You are just logging in so that you have permissions to download the upgrade in the link in the next step below.
- Download the following upgrade program [v1.92.build.3.exe](#). This is the setup program you will use to upgrade to build 3.

Proform Upgrade

V1.92 build.3

DO NOT at this stage go to the Proform Website and try to install from there!

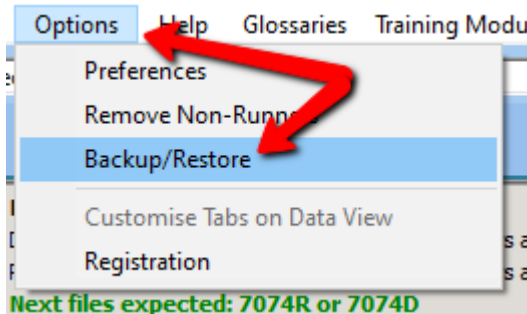
- Save it.
- Run it.
- Following Install Instructions.
- When finished run Proform
- When you run Proform further upgrades will run
- Run Proform again and will say v1.92.build 3 on top title bar on top left.
- You will have a new shortcut on your desktop and any older shortcuts can be removed.
- DONE

Proform Upgrade

V1.92 build.3

How to Install (detailed instructions)

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



- Then Close Proform
- Now backup the Proform application.
- This is in c:\proformp and called **Proform or it may be called Proform.exe**. It will have a little proform icon at the side of it and it is the application that opens the Proform program.
- Make a copy of this by selecting it (left click once) and then right clicking and choose copy from the pop-up menu.
- Then right click inside the white part of the folder and choose paste from the pop-up menu.
- This will make a copy of the program will be called **Proform (Copy) or Proform (Copy).exe**
- Login to the Proform website (you cannot download unless you are logged into your Platinum account).
NOTE you are not login into the website to navigate to a download page, that is the next item in the link below. You are just logging in so that you have permissions to download the upgrade in the link in the next step below.
- Download the following upgrade program [v1.92.build.3.exe](#). This is the setup program you will use to upgrade to build 3.
DO NOT at this stage go to the Proform Website and try to install from there!

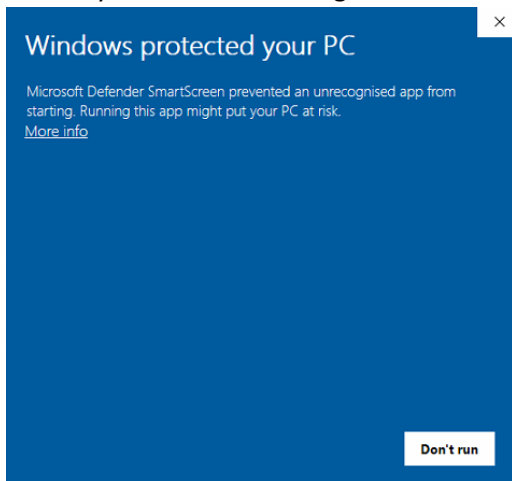
Proform Upgrade

V1.92 build.3

- Save it

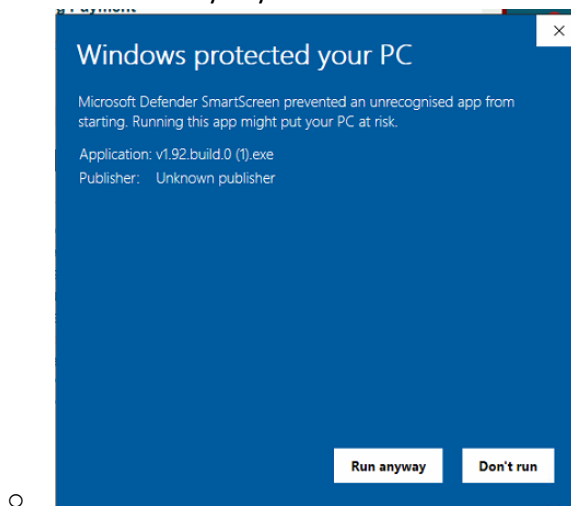
- Run it

You may receive this message



If you do just click on More Info

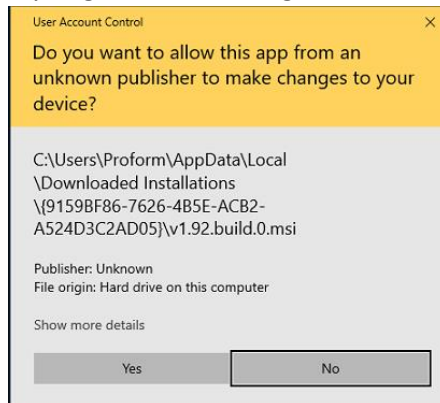
Then click on Run Anyway



Proform Upgrade

V1.92 build.3

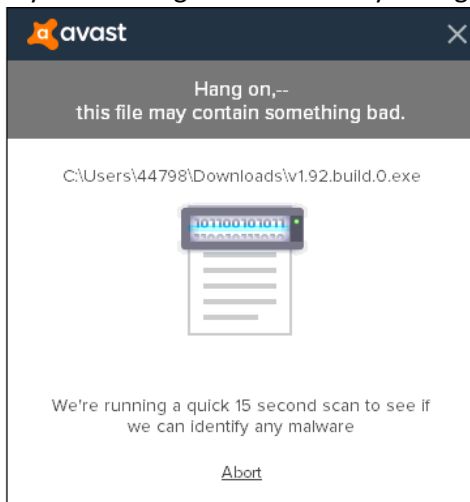
- If you get a UAC message similar this, click YES



○

- Following Install Instructions
- When finished run Proform from the new shortcut on the desktop

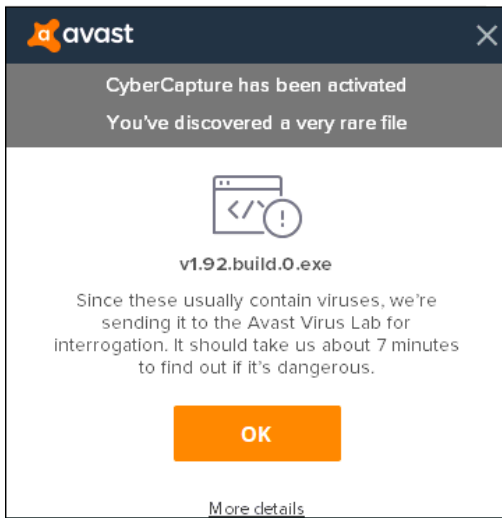
If you are using avast antivirus you might see this



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

Proform Upgrade

V1.92 build.3

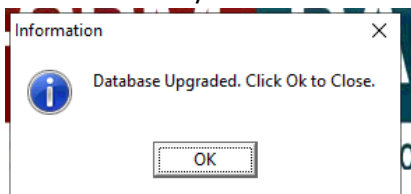


Just wait for the test at avast to come back or click on more details and run anyway

- When you run Proform further upgrades will run



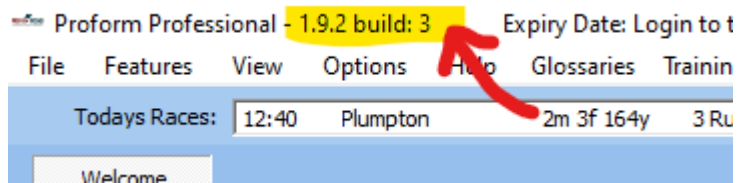
and will then say



Proform Upgrade

V1.92 build.3

- Run Proform again and will say v1.92.build 3 on top title bar on top left



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