

Proform Upgrade

V1.92 build.4

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) 6

Proform Upgrade

V1.92 build.4

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.4

Check Your Proform Version

NOTE: If you are still using v1.91 then

DO NOT PROCEED

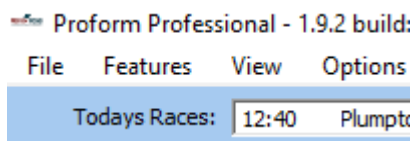
with any of the below.

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, 2 or 3.



If you are on v1.92.build.1, v1.92.build.2 or v1.92.build.3 then you CAN CONTINUE with these instructions.

Proform Upgrade

V1.92 build.4

Release Notes

[Click HERE to view the Release Notes for v1.92.build.4](#)

Proform Upgrade

V1.92 build.4

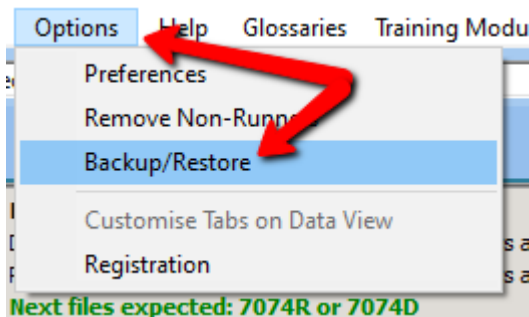
How to Install (quick instructions)

What follows are quick instructions and then more detailed instructions.

BACKUP FIRST

You will only need to use this backup if something goes wrong!

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



- Then Close Proform.

DOWNLOAD AND INSTALL THE UPGRADE

- Download the upgrade program from this link

[v1.92.build.4.exe](#).

This is the setup program you will use to upgrade to build 4.

- 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.4 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

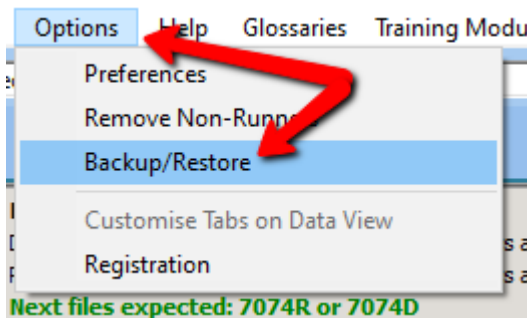
V1.92 build.4

How to Install (detailed instructions)

BACKUP FIRST

You will only need to use this backup if something goes wrong!

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



- Then Close Proform

DOWNLOAD AND INSTALL THE UPGRADE

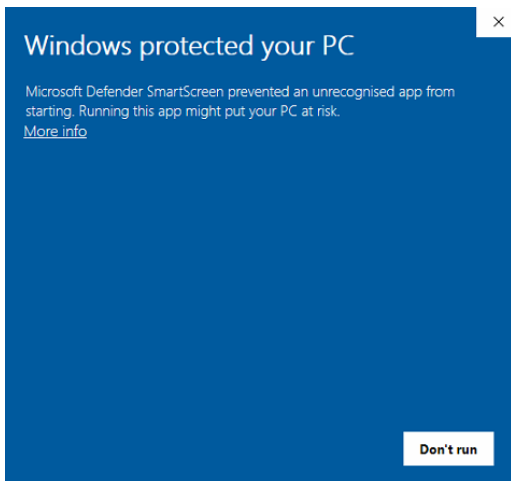
- Download the upgrade program from this link [v1.92.build.4.exe](#).

This is the setup program you will use to upgrade to build 4.

- Save it
- Run it
You may receive this message

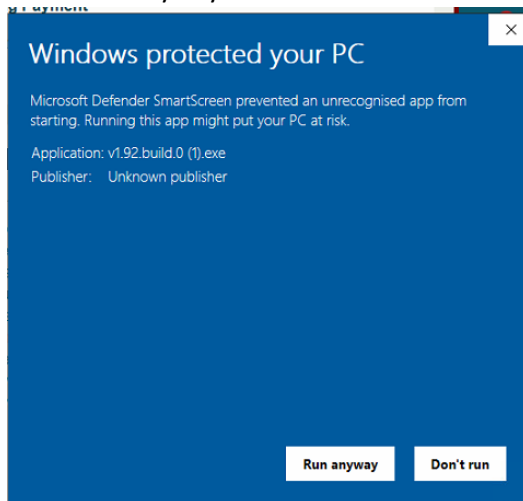
Proform Upgrade

V1.92 build.4

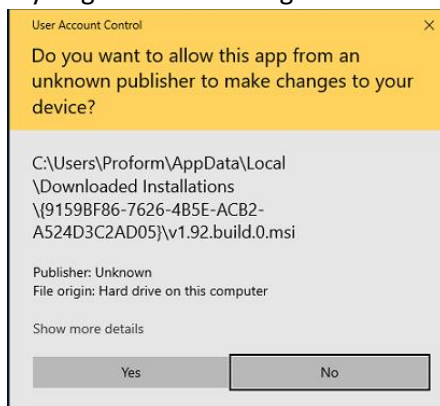


If you do just click on More Info

Then click on Run Anyway



If you get a UAC message similar this, click YES



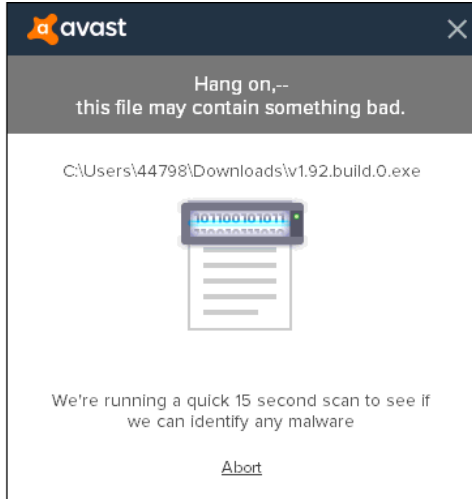
- Following Install Instructions

Proform Upgrade

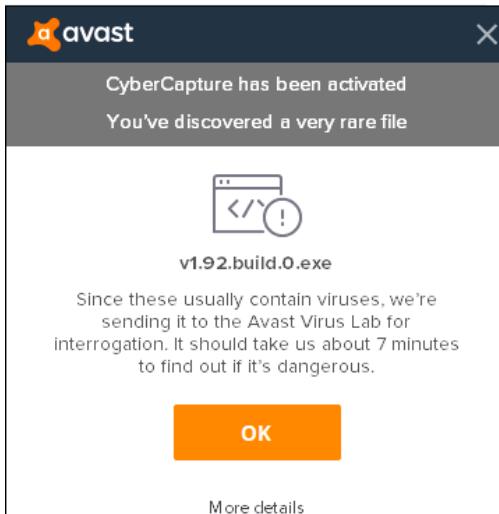
V1.92 build.4

- 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

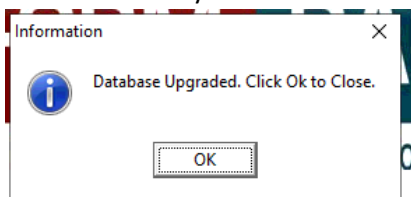
Proform Upgrade

V1.92 build.4

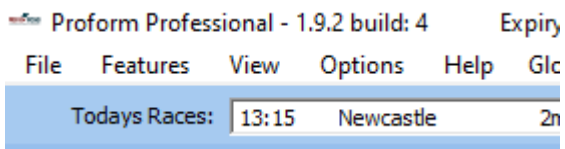
- When you run Proform further upgrades will run



and will then say



- Run Proform again and will say v1.92.build 4 on top title bar on top left



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