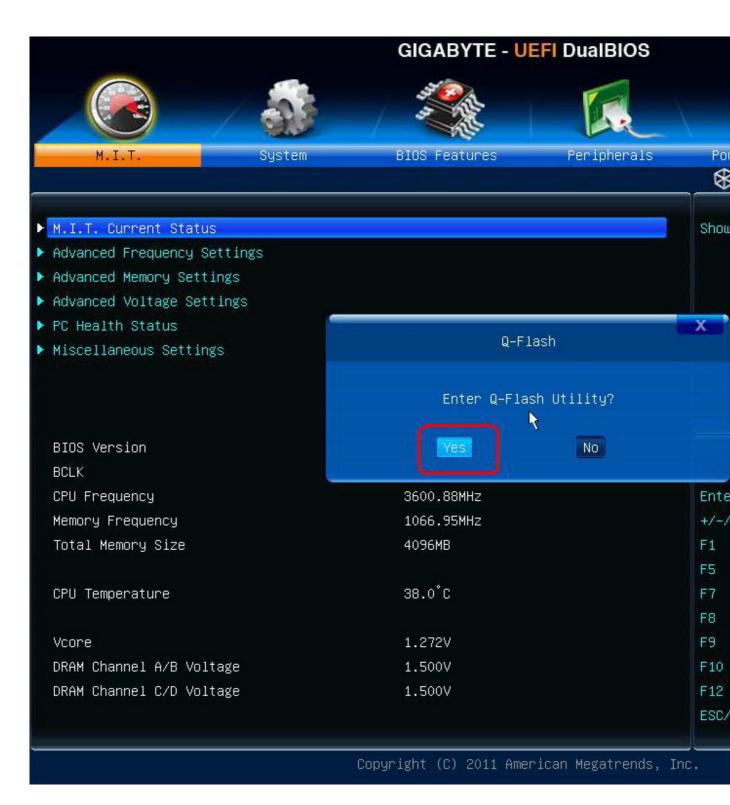
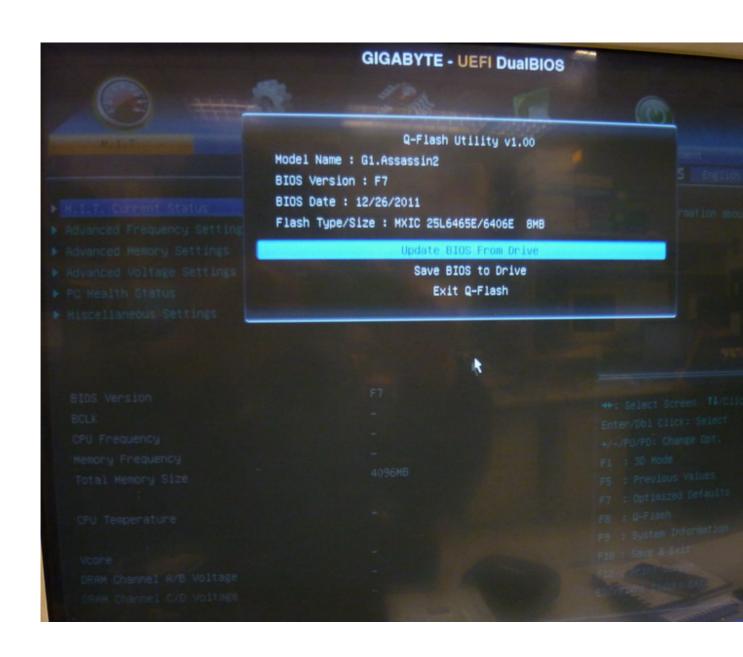
## The insturction on how to flash the BIOS F7 by the Q-Flash

## Step 1:

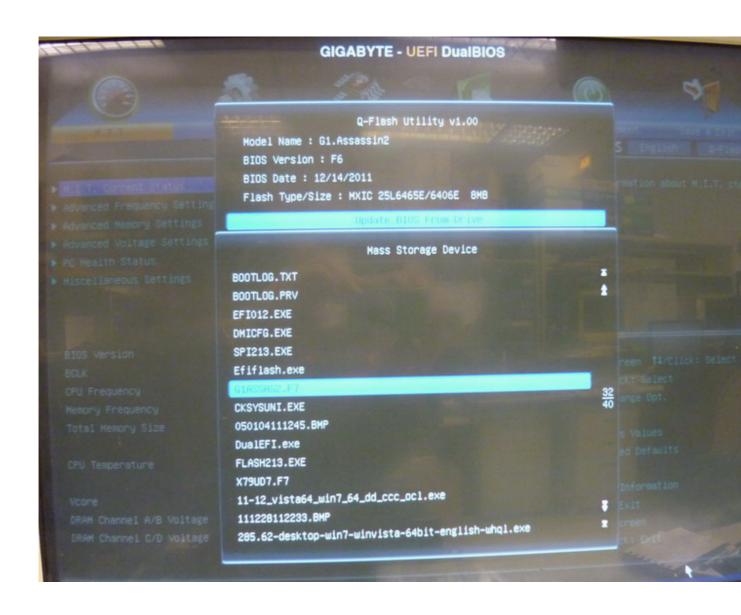
Enter the BIOS setup page (2D mode), then click on the Q-Flash icon to get into the Q-Flash menu page



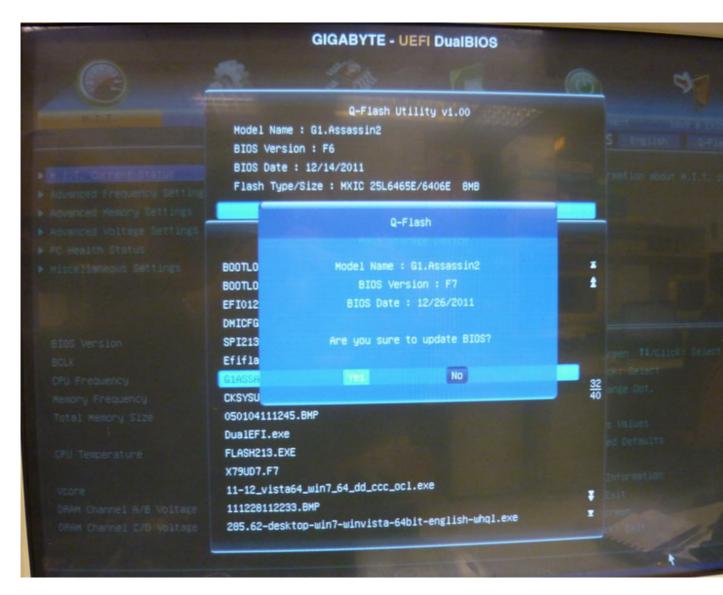
Step 2: Make sure the BIOS file has copied to the USB stick, and select the "Update BIOS From Drive"



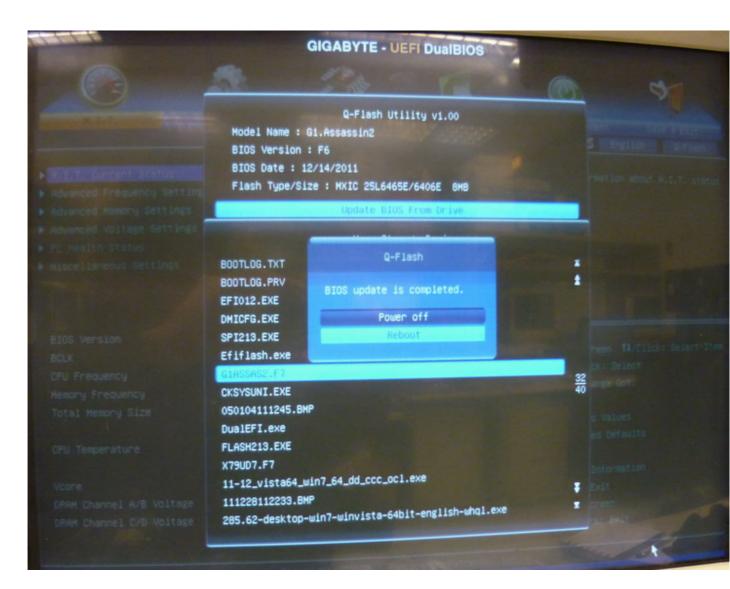
Step3: Select the BIOS file of F7 BIOS from the USB stick



Step4: Select "Yes", then system will starting to flash the BIOS



Step5:
After BIOS update is completed, select "Reboot" to reboot the system



## Step6:

After system rebooted, the BIOS will auto-update the backup BIOS to version F7, now the BIOS F7 update is done

