BIOS Update Instructions for Intel® Desktop Boards

This Readme file includes BIOS update instructions for advanced users. If you need more complete step-by-step instructions on how to use these BIOS update methods, refer to **BIOS Update Instructions for Intel® Desktop Boards.**

The following methods are available to update an Intel® Desktop Board BIOS to the latest version.

- F7 BIOS Flash Update
- iFlash BIOS Update
- Recovery BIOS Update

Important Notes:

- Downgrading the BIOS to an earlier version isn't recommended and may not be supported. An earlier BIOS version may not contain the support for the latest processors, bug fixes, critical security updates, or support the latest board revisions currently being manufactured.
- If a BIOS update process is interrupted, your computer may not function properly. We recommend the process be done in an environment with a steady power supply (preferably with UPS).
- Before you start, record all BIOS settings that have been changed (from default) so they can be restored after completing the BIOS update.

Instructions for F7 BIOS Flash Update

The F7 BIOS Flash Update is available on Intel® Desktop Boards beginning in 2009. To see if your board supports this feature, in BIOS Setup, check the Advanced > Boot Configuration menu for the setting **Display F7 to Update BIOS**.

1. Download and save the Recovery BIOS (.BIO) file to a temporary directory.
2. Copy the .BIO to a USB thumb drive.
3. Plug the thumb drive into a USB port of the target computer.
4. Shut down the target computer.
5. Enable the F7 prompt display:
    a. Press **F2** during boot to enter BIOS Setup.
    b. Go to the **Advanced** > **Boot Configuration** menu
    c. Enable **Display F7 to Update BIOS**
    d. Press **F10** to save and exit.
6. During boot, when the F7 prompt is displayed, press **F7** to enter the BIOS Flash Update tool.
7. Select the USB thumb drive and press Enter.
8. Select the .BIO file and press Enter
9. Confirm you want to update the BIOS by pressing Enter.
10. Wait 2-5 minutes for the update to complete.
11. Remove the USB drive.
12. Restart the computer.

Instructions for iFlash BIOS Update

1.   Download and save the BI.ZIP file to a temporary folder.
2.   Unzip the downloaded file.
3.   Copy the .BIO file and IFLASH2.EXE to a bootable USB flash drive.
4.   Boot the Intel Desktop Board to DOS.
5.   At the appropriate directory prompt for the USB drive, type ***IFLASH2 /pf XXX.BIO*** (where XXX.BIO is the filename of the .BIO file) to launch the iFlash BIOS update process.

Instructions for Recovery BIOS Updates

In the unlikely event that a BIOS update is interrupted, it's possible the BIOS may be left in an unusable state. The recovery process requires the chassis to be opened to move the onboard BIOS Configuration Jumper.

WARNING: This process should be performed by a trained technician.

Recovery with Bootable USB Flash Drive

1. Copy the recovery file (*.bio) to a bootable USB thumb drive.
2. Place the thumb drive in a USB port of the target system.
3. Shut down the system and unplug AC power.
4. Open the chassis and remove the BIOS Configuration Jumper. See the Technical Product Specification for details including the location of this jumper.
5. Power the system on.
6. Wait 2-5 minutes for the update to complete.
7. The computer will either turn off when the recovery process is completed or it will prompt you to turn off the system.
8. Remove the thumb drive from the USB port.
9. Replace the BIOS Configuration Jumper.
10. Restart system.

Recovery with CD-ROM

1. Copy the recovery file (*.bio) to a CD.
2. Place the CD in the CD-ROM drive of the target system.
3. Shut down the system and unplug AC power.
4. Open the chassis and remove the BIOS Configuration Jumper. See the Technical Product Specification for details including the location of this jumper.
5. Power the system on.
6. Wait 2-5 minutes for the update to complete.
7. The computer will either turn off when the recovery process is completed or it will prompt you to turn off the system.
8. Replace the BIOS Configuration Jumper.
9. Restart system.

Recovery with Floppy Disk
Note: The floppy disk does NOT need to be bootable; however, it must be formatted.

1. Copy the recovery file (*.bio) to a formatted floppy disk.
2. Place the disk in the floppy drive (drive A) of the target system.
3. Shut down the system and unplug AC power.
4. Open the chassis and remove the BIOS Configuration Jumper. See the Technical Product
5. Specification for details including the location of this jumper.

6. Power the system on.
7. Wait 2-5 minutes for the update to complete. When the floppy drive LED is lit, the system is copying the recovery code into the FLASH device.
8. The computer will either turn off when the recovery process is completed or it will prompt you to turn off the system.
9. Remove floppy disk from drive A:
10. Replace the BIOS Configuration Jumper.
11. Restart system.

NOTE: If the error message "CMOS/GPNV Checksum Bad…Press F2 to Run SETUP" appears during boot after the update, press [F2] to go into the "BIOS Setup Utility", press [F9] to load setup defaults, and then press [F10] to save and exit.

Creating a Bootable USB Device

Refer to the documentation provided by the manufacturer of your USB device for information on how to create a bootable USB device. You can also refer to the following websites for tips on creating bootable USB devices. Intel is unable to assist with the creation of bootable devices.

- Make your Thumb Drive Bootable

- How to Boot from a USB Device

You can also search for more resources on the web for creating bootable USB devices. Search for "How to create bootable USB drives".

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