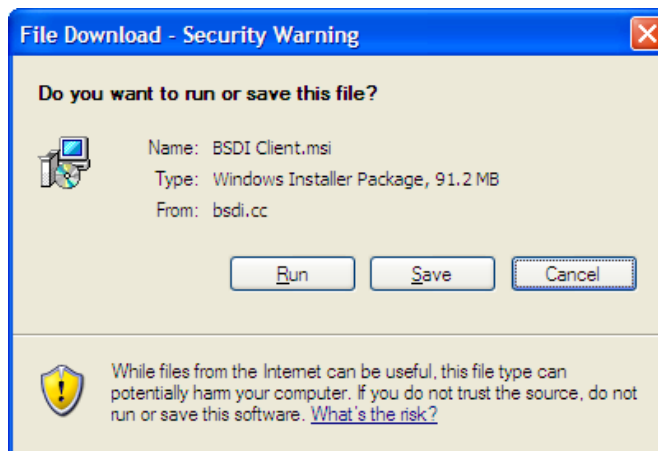


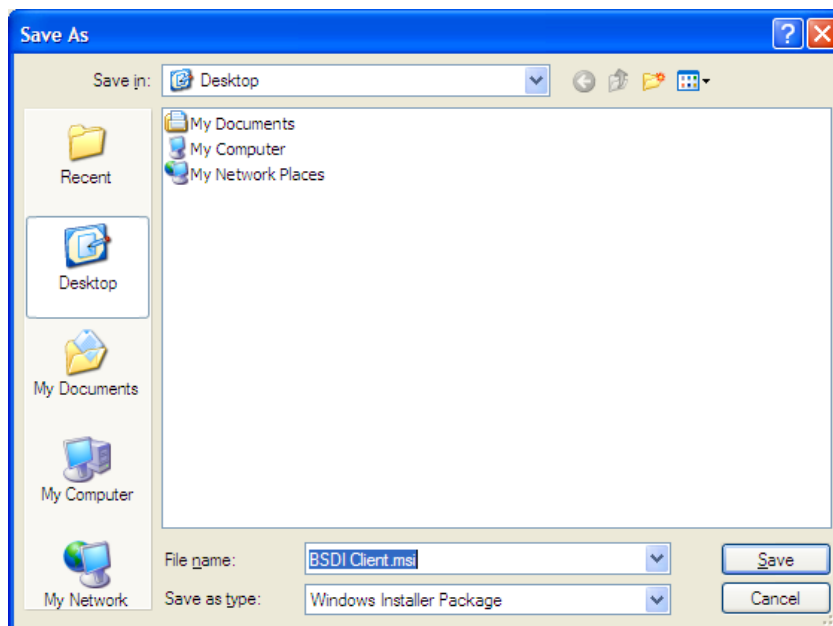
INSTALLING THE BSDI CLIENT UPDATE

This document will outline the steps necessary to download, and install, an update to the BSDI Client software. (Please note, that the update needs to be installed on each PC that is running the BSDI Client Software.)

1. Click on the "BSDI Client.msi" link. (This link can be found at our Software Download Center; <http://bsd.cc/ProductDL.aspx>)
2. In the window that appears, click on the "Save" button.



3. In response, your computer will ask you where to save the file, click on the "Desktop" icon on the left side of the "Save As" window, then click 'Save'.



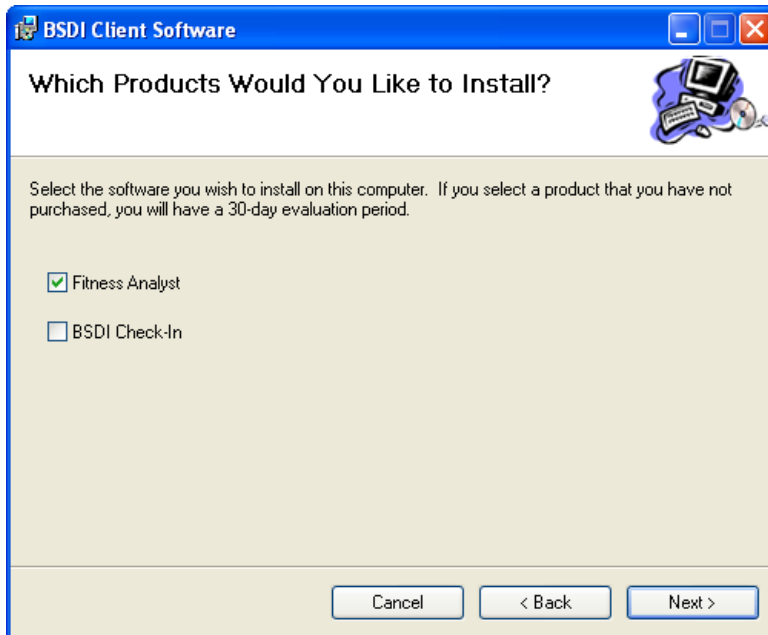
- Once the file has downloaded, click on the "BSDI Client.msi" icon on your Desktop.



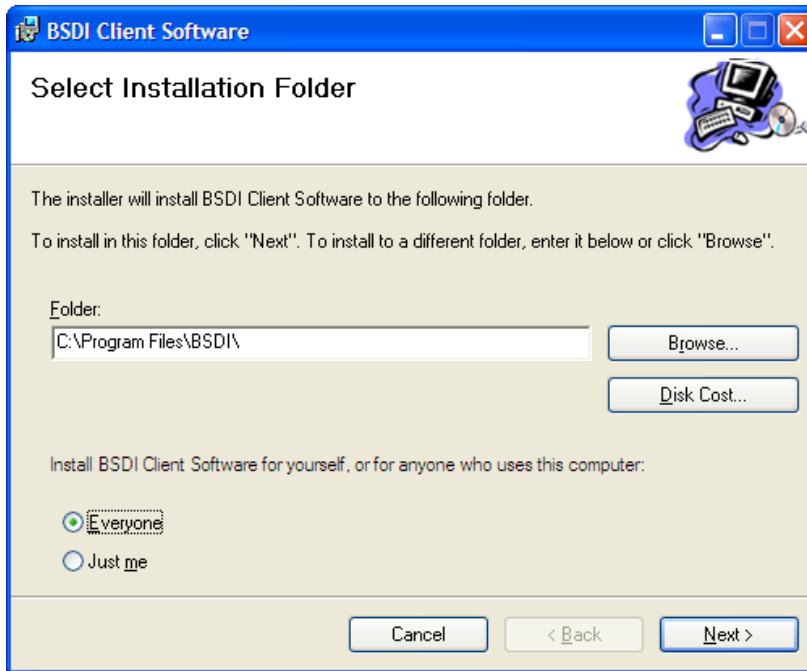
- An installation wizard will begin, and open a Welcome window.



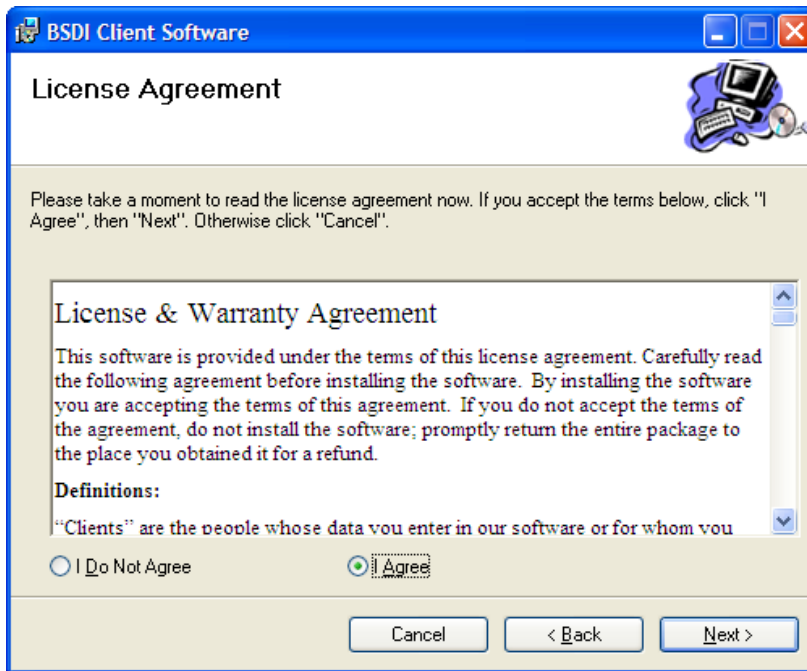
- Click on "Next" to continue.



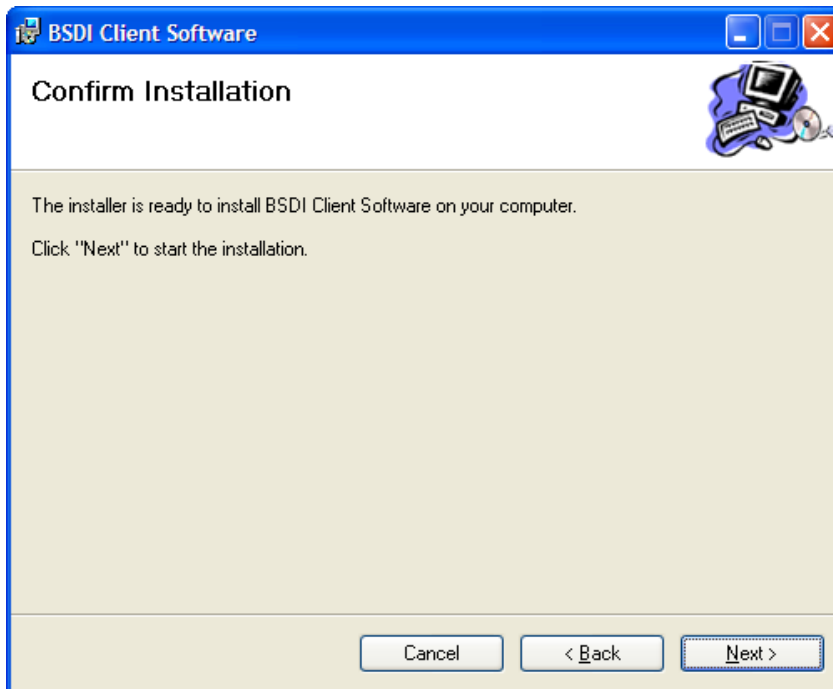
7. Select the BSDI products that you are updating. Fitness Analyst will be checked by default. Although you can install both products, you will only be able to run those products, for which you are licensed for.



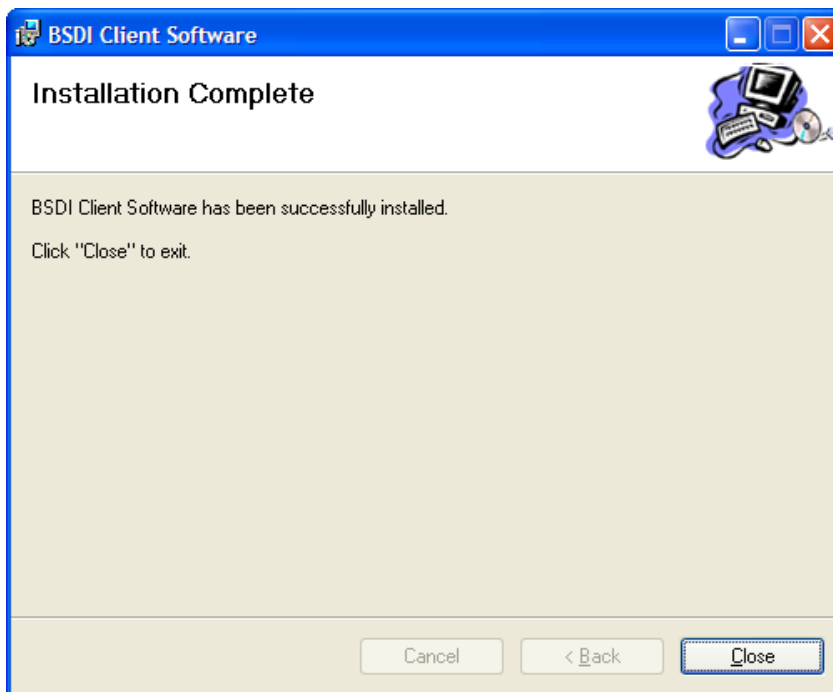
8. You do not need to change the "Folder" location.
9. Check the "radio button" next to "Everyone", then click "Next"



10. Accept the License Agreement.



11. Click "Next" to begin the Installation.



12. When the Installation is complete, click "Close", to close the window.

13. Delete the "BSDI Client.msi" icon from your Windows Desktop.