Sequence:

- Power off device
- Plug in USB lead. Orange LED will illuminate
- Start bootloader program
- Power on device
- Ensure "Device" window shows correct device (this is very important)
- Press connect button. History window will show "Connected". Connect button must be pressed within 5 seconds or operation will time out and a power reset will be required.
- Press "Browse for HEX" button and select correct file.
- Press "Begin uploading" button.
- Progress bar shows current status
- Success splash screen pops up
- Press