Place the firmware file (.sw) in a folder on the root of a flash drive called 'dvrupgrade'

Place the flash drive in the DVR and go into the DVR menu to firmware update and execute the upgrade.

There is a shortcut where you can place the flash drive into the DVR, wait for about 5 seconds for the DVR to recognize the flash drive, then press 'brush' on the remote control to quick-start the firmware update process.

WARNING: Do not disturb the flash drive until the DVR goes back into record, pulling the flash drive during the update can break the DVR requiring it to be sent back to the factory for recovery.