

Upgrade Exercise Pro previous versions to version 6

Same Machine:

1. Install Exercise Pro version 6 on a machine that has version 4 or 5. **Note:** Make sure to install version 6 into its own directory. DO NOT install it on top of an older version of Exercise Pro.
2. Start version 6 and register it.
3. Exit version 6 (This step is not always necessary, in some situations you will be prompted to upgrade right after registering)
4. Start version 6 you will be prompted to upgrade. Push the Yes button.
5. Exercise Pro is now upgraded, you will not be prompted to upgrade again.

Different/New Machine:

1. Install Exercise Pro version 6 on the new computer.
2. Start version 6 and register it.
3. Go to your old version (either version 3, 4 or 5) and start it. Select File/Backup and backup your data to a flash or network drive.
4. In version 6 select File/Restore and restore your old data. When prompted to upgrade the data say Yes.
5. Exercise Pro is now upgraded, you will not be prompted to upgrade again.

Note: Version 5 and Version 6 are completely separate. Upgrading version 6 will not affect version 5 in any way. When you are comfortable with version 6 you can uninstall version 5.