Create a Firmware Update CD	
 Double-click on the file you downloaded. It is a self-extracting ".exe" file. Copy the firmware update file (the file that ends in ".FRM") to a folder on your hard drive. The file name and size may vary from the example shown here. Do Not rename or modify the file in any way. Doing so may cause it to be loaded improperly, resulting in an inoperative or unresponsive Blu-ray Disc Recorder/DVD Recorder. 	Polders X PANA, DVD FRM PANA, DVD
 2. Place the mouse cursor on the firmware file ending in ".FRM" and "right click." Select "send to", and then select the CD-R writing device installed in your PC. If "send to" does not appear as an option, enable "CD Writing" in the XP control panel. 	Add to Pane, drid.row* Add to Pane, drid.row* Compress and email Compress to Pane, drid.row* and email WinZp Send To Cut Copy Create Shortout Delete Remaine Properties WinZp Bette Compressed (apped) Folder Q WinZp Send To Cut Cut Cut Cut Cut Q Delete Remaine WinZp Properties
 3. Windows XP will display a notice in the lower portion of the screen alerting you that you have files waiting to be written to a CD-R. Click on the box. Click on the box when it appears. 	Vou have files waiting to be written to the CD. To see the files now, click this balloon.
4. Select "Write These Files to CD." That's it. In just a few minutes the CD-R will be created and you'll be ready to install the firmware into your Panasonic Blu-ray Disc Recorder/ DVD Recorder.	CD Writing Tasks
5. Please proceed to the "Install the firmware update".	