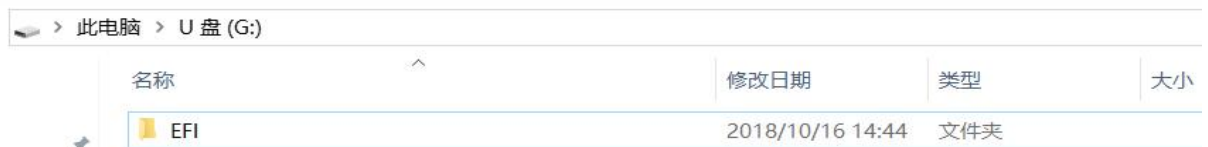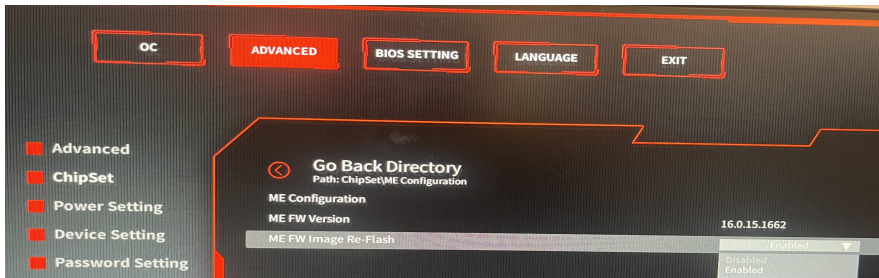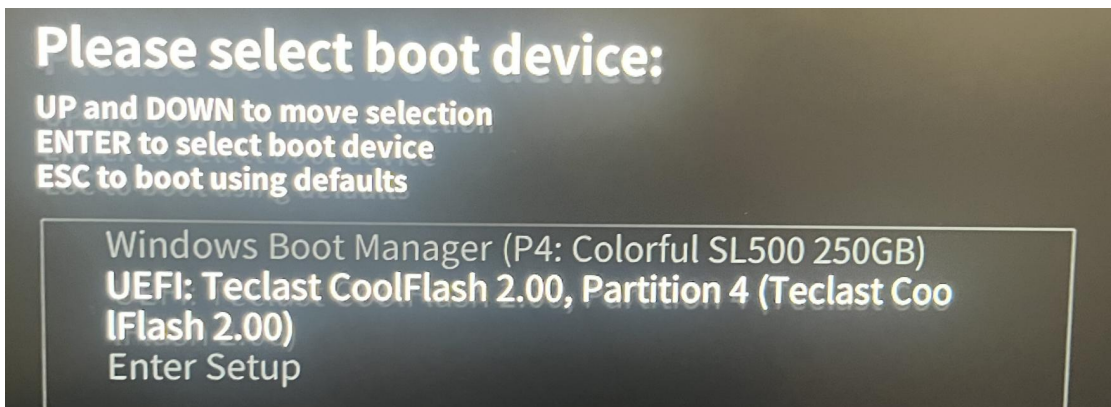# 快速刷 BIOS 教程

1. U 盘（格式化成 FAT32 格式）
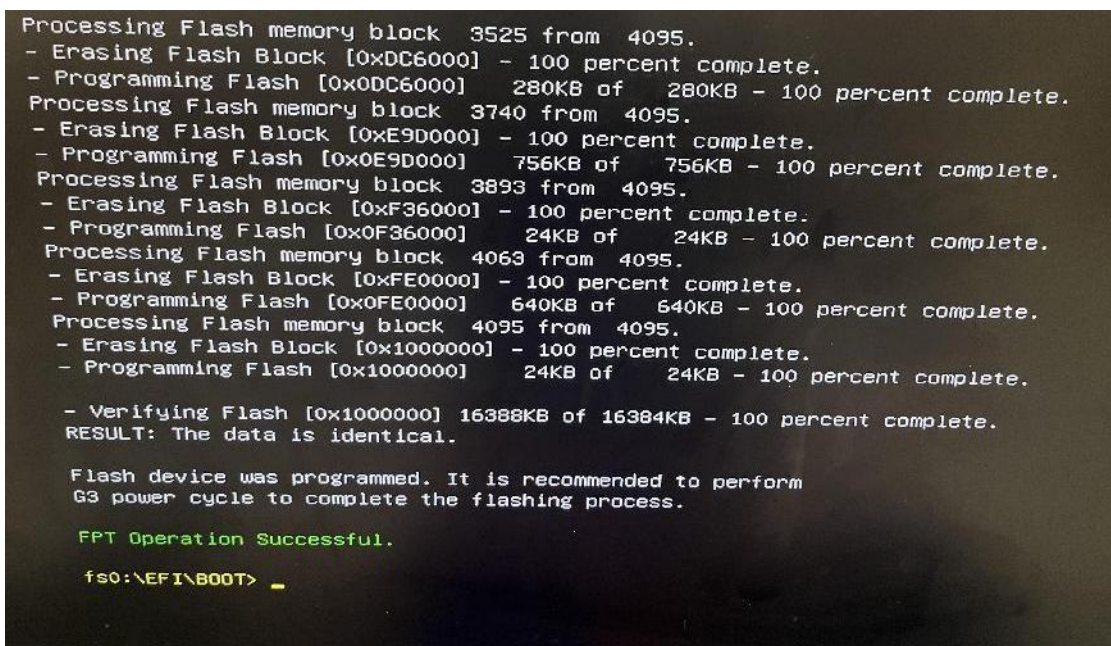2. 解压 BIOS 文件后，直接把 EFI 文件夹放在 U 盘根目录下。

3. 按 DELL 进入 BIOS，关闭 ME。

4. 开机按 F11 快速启动，选择带 UEFI 开头的 U 盘选项回车。

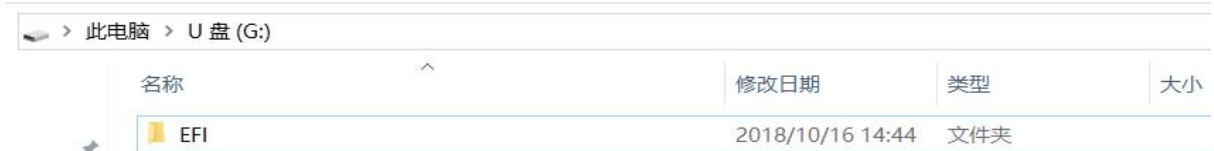5. 自动进入 SHELL 模式，自动刷新到完成！

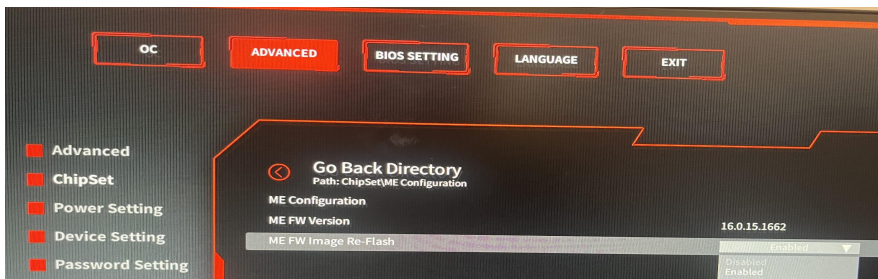6. 刷 BIOS 完成后，重启按 DEL 键进 BIOS 按 F9（载入优化设置）回车,F10（保存并退出）回车！

注意：刷 BIOS 过程不能断电，否则引起 BIOS 损坏，不开机！
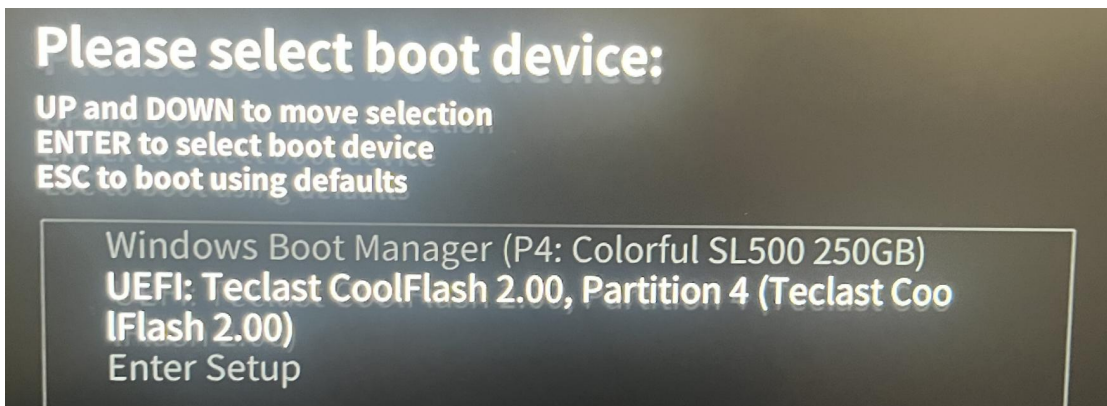
Quick flash BIOS tutorial

1. USB flash disk (formatted into FAT32 format)
2. After decompressing the BIOS file, directly put the EFI folder in the root directory of the USB flash disk.
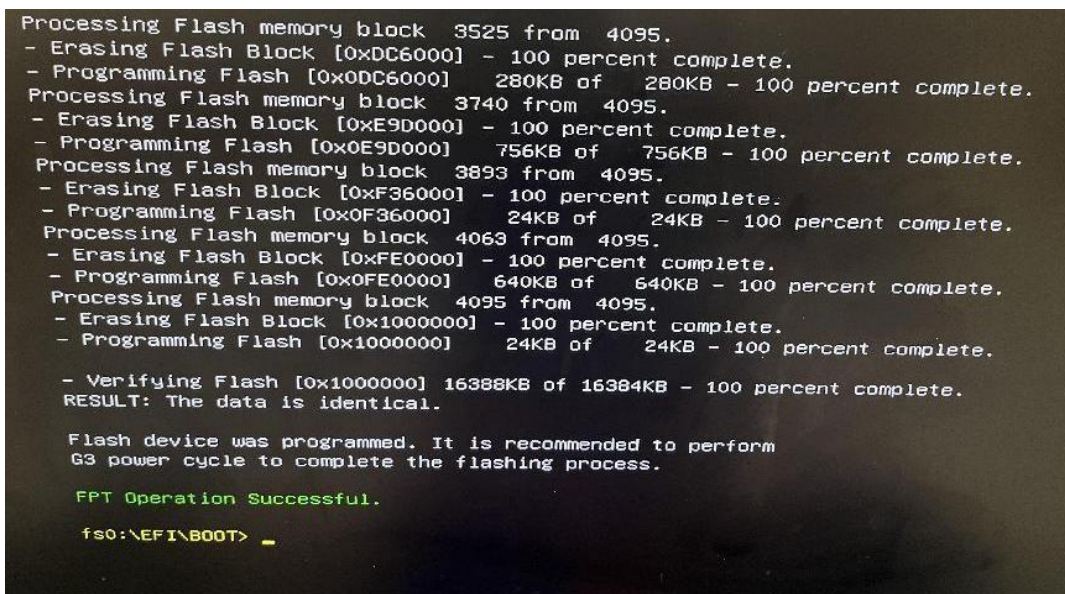

3. Press DEL to enter BIOS and close ME.

4. Turn on the computer and press F11 to quickly start, select the option of the USB flash disk with the beginning of UEFI and press Enter.

5. Automatically enter SHELL mode, automatically refresh to completion！

6. After flashing the BIOS, restart and press the DEL key to enter the BIOS, press F9 (load optimization settings) to enter, F10 (save and exit) to enter！

Note: Do not turn off the power during flashing the BIOS, otherwise the BIOS will be damaged and the device will not boot！