ASRockind Technical Reference - Q&A

Question	How to update BIOS on the motherboard under BIOS?
Release date	2020/4/16
Product	All model
FAQ type	☐ Specification ☐ OS & Driver ☐ Application ■ BIOS/FW ☐ Others

Answer:

There are two methods for updating the BIOS using Instant Flash.
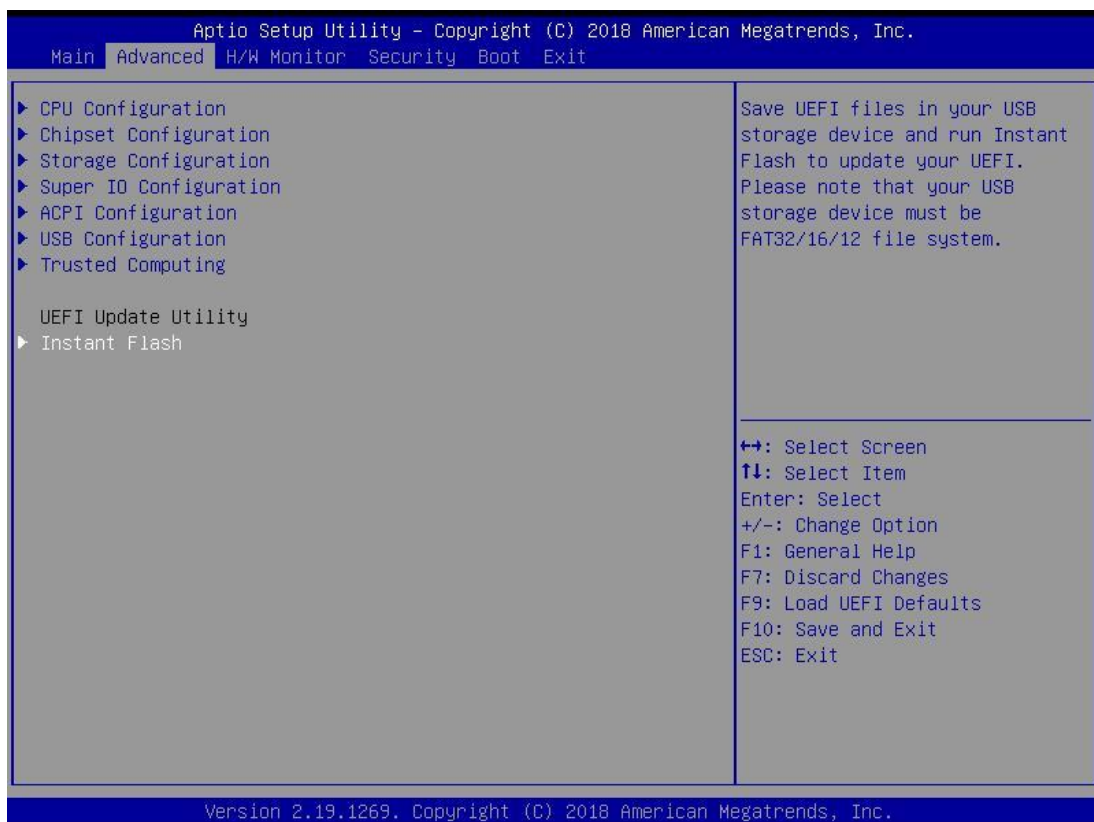
Method 1:

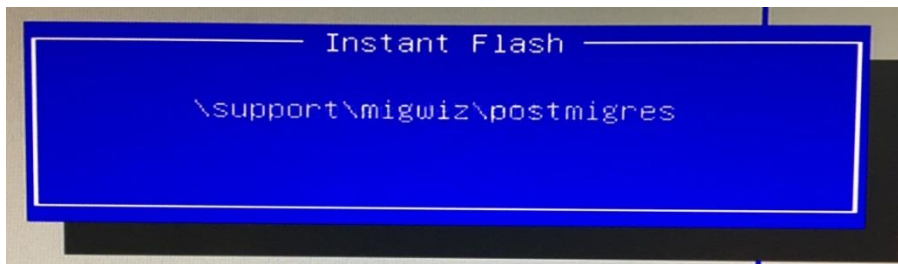Please refer to the following steps to flash BIOS under BIOS setup.

Step1. Extract the BIOS ROM file and save into FAT32 format USB stick.

Step2. Boot up system and press "F2" or "DEL" into BIOS setup page

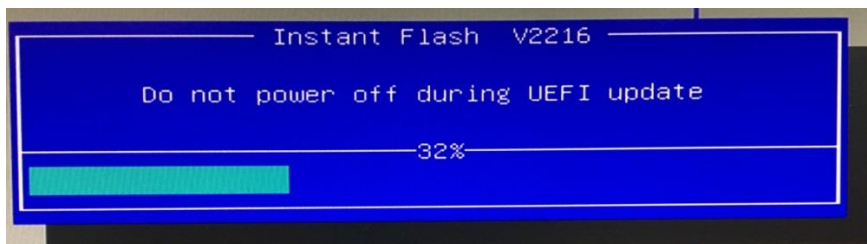Step3. Select "Instant Flash" option in Advanced page.

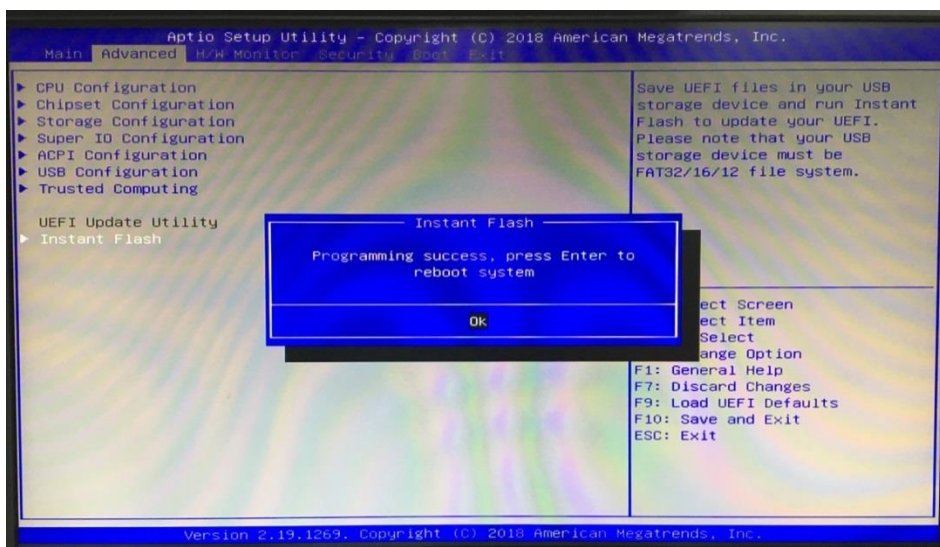Then the system will start searching proper file and list them all.

```
──── Instant Flash ────
\support\migwiz\postmigres
```

Step4. Please choose the BIOS file to begin updating process.

```
Instant Flash

\IMB12121.20J
\IMB12121.20
Rescan Device
Enter Setup

↑ and ↓ to move selection
ENTER to flash BIOS
ESC to exit
```

You will see BIOS is updating as below picture.

```
──── Instant Flash   V2216 ────
Do not power off during UEFI update
────32%────
```

Step5. Press Enter after the procedure is done and reboot system.

```
Aptio Setup Utility – Copyright (C) 2018 American Megatrends, Inc.
Main  Advanced  H/W Monitor  Security  Boot  Exit

▶ CPU Configuration                          Save UEFI files in your USB
▶ Chipset Configuration                      storage device and run Instant
▶ Storage Configuration                      Flash to update your UEFI.
▶ Super IO Configuration                     Please note that your USB
▶ ACPI Configuration                         storage device must be
▶ USB Configuration                          FAT32/16/12 file system.
▶ Trusted Computing

  UEFI Update Utility       ──── Instant Flash ────
▶ Instant Flash
                      Programming success, press Enter to
                              reboot system

                              Ok                      ect Screen
                                                      ect Item
                                                      Select
                                                      ange Option
                                              F1: General Help
                                              F7: Discard Changes
                                              F9: Load UEFI Defaults
                                              F10: Save and Exit
                                              ESC: Exit

            Version 2.19.1269. Copyright (C) 2018 American Megatrends, Inc.
```

Step6. The BIOS update successfully after system reboot.

Method 2:

Please refer to the following steps press hotkey to execute Instant Flash at post screen.

Step1. Extract the BIOS ROM file and save into FAT32 format USB stick.

Step2. Boot up system and press [F6] when you see this boot logo page.

Step3. Please choose the BIOS file to begin updating process.

Step4. Press Enter after the procedure is done and reboot system.

Step5. The BIOS update successfully after system reboot.