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# MX3 Lab Firmware Update Log

MX3 is constantly improving the MX3 LAB by adding additional features and updating our algorithms.

We recommend that you keep your MX3 LAB up to date with the latest LAB firmware.

## Recent Firmware Update Log

### Firmware 7.0 – March 2021

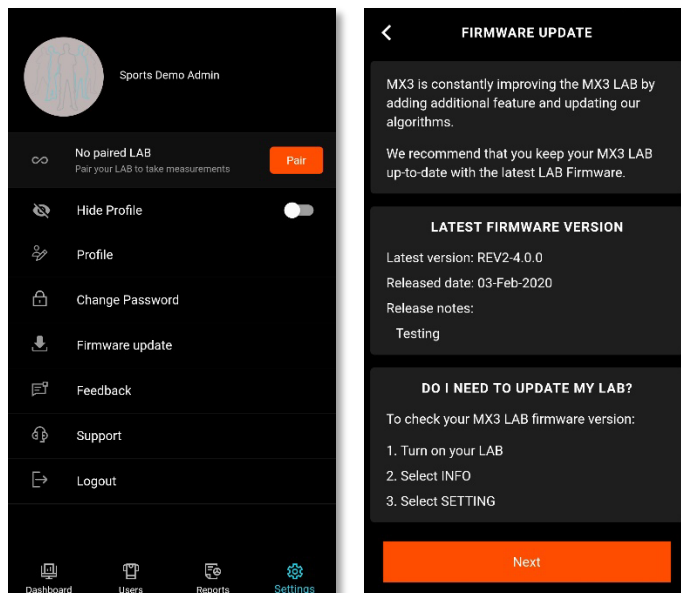
- Major upgrade to LOCAL mode including:
  - Sweat measurements can now be done in LOCAL mode
  - LOCAL mode measurements are saved on the MX3 LAB
  - Saved measurements can be synced with the MX3 App
  - Saved measurements and some measurement statistics can be viewed on the MX3 LAB
- Improved measurement accuracy in some circumstances
- Improved clarity of Bluetooth connectivity status
- Other bug fixes and improvements

### Firmware 6.0 – July 2020

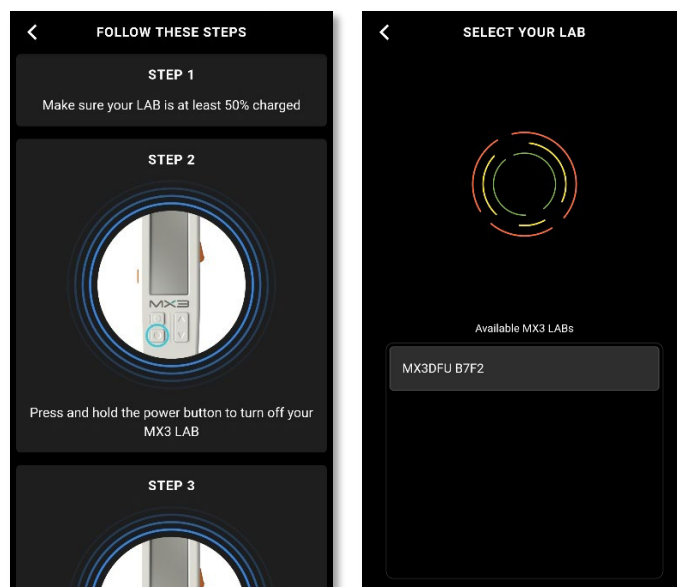
- Add automatic device firmware update capability
- Show hydration status in LOCAL mode
- Improved Bluetooth connectivity
- Improved error detection algorithm
- Other bug fixes and improvements

## Updating the MX3 LAB Firmware

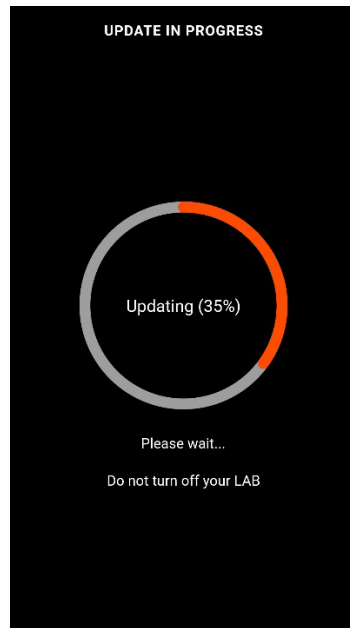
1. Log in to the MX3 App and click on the **Settings** tab. For instructions on how to register for an account and use the MX3 app see the [MX3 App User Guide](#)
2. Tap on **Firmware Update** in the **Settings** tab, then tap **Update** next to the available firmware update.



3. Follow the instructions on how to put your LAB into firmware update mode and Tap on your LAB ID. If you are currently using FW 6.0.0 or later you will not need to put your MX3 LAB in FW update mode.



4. Wait for the update to complete



5. Your MX3 LAB will automatically reboot once it has finished updating. Do not turn off the LAB until it has rebooted to the main menu.

