

七彩虹主板一键更新 BIOS 教程

功能说明：

此一键更新 BIOS 功能可让您在主板未安装 CPU、内存、硬盘的情况下轻松可实现 BIOS 更新。

此功能仅七彩虹部分主板支持，如 iGame 系列主板、CVN 系列、COLORFIRE 系列主板部分型号，若您的主板不支持此功能，请用其他方法进行 BIOS 更新操作。

本支持列表会随着主板新品迭代不断进行补充。更新日期：2026/01/29

七彩虹主板支持一键更新 BIOS 功能列表	
Intel 600 系列	iGame Z690D5 ULTRA V20
	CVN Z690D5 GAMING FROZEN V20
	CVN Z690D5 GAMING PRO V20
	CVN Z690 GAMING FROZEN V21
	CVN Z690 GAMING FROZEN V20
	CVN Z690 GAMING PRO V20
	CVN Z690M GAMING FROZEN V20
	CVN Z690M GAMING PRO V20
	CVN B660M GAMING FROZEN V20
	CVN B660M GAMING PRO V20
Intel 700 系列	iGame Z790D5 VULCAN W V20*
	iGame Z790D5 VULCAN X V20*
	iGame Z790D5 Loong Edition V20*
	iGame Z790D5 FLOW V20*
	iGame Z790D5 ULTRA V20*
	CVN Z790D5 ARK FROZEN V20*
	CVN Z790D5 GAMING FROZEN V20
	CVN Z790D5 GAMING PRO V20
	CVN Z790D5 GAMING PRO WIFI V20
	CVN Z790 GAMING FROZEN V20
	CVN Z790M FROZEN D5 V20
	CVN Z790M FROZEN V20
	iGame B760M ULTRA Z D5 V20
	CVN B760M FROZEN WIFI D5 V20
	CVN B760M FROZEN WIFI V20

	CVN B760M-PLUS FROZEN WIFI D5 V20
	CVN B760M-PLUS PRO WIFI D5 V20
	CVN B760M-BACK FROZEN WIFI V20
	COLORFIRE B760M-MEOW WIFI D5 橘影橙 V21
	COLORFIRE B760M-MEOW WIFI D5 橘影橙
	COLORFIRE B760M-MEOW WIFI D5 暗影紫
Intel 800 系列	iGame Z890 VULCAN W V20*
	iGame Z890 VULCAN X V20*
	iGame Z890 FLOW V20*
	iGame Z890 ULTRA V20*
	iGame B860M ULTRA V20*
	CVN Z890 ARK FROZEN V20
	CVN Z890M GAMING FROZEN V20*
	CVN B860M GAMING FROZEN V20*
AMD 800 系列	iGame X870E VULCAN OC V14*
	CVN X870E ARK FROZEN V14*
	iGame X870 柒小希首发纪念版 V14*
	iGame X870 Senna V14*
	CVN X870 ARK FROZEN V14*
	CVN B850 GAMING PRO WIFI7 V14*
	CVN B850M ARK FROZEN V14*
备注：带*标识的机型需要将 U 盘转换成 MBR 磁盘	

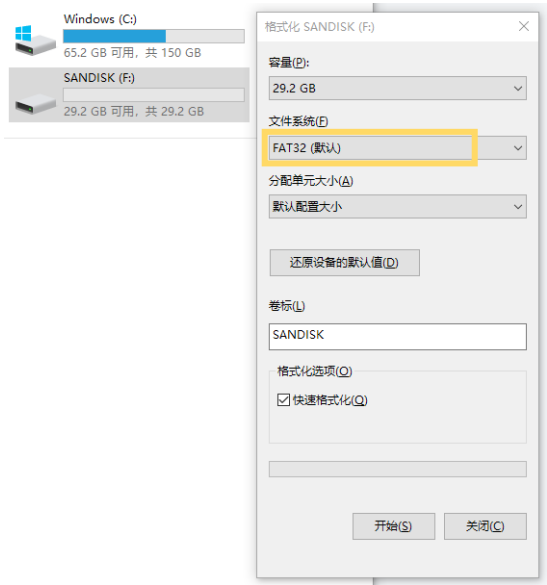


注意：

- 更新 BIOS 存在潜在风险，如果您的计算机在使用过程中功能无异常，我们不建议您更新 BIOS 。
- 如需进行 BIOS 更新操作，请仔细阅读此操作指南并在专业人士指导下操作，以免操作不当造成系统毁损或数据丢失。

- 1、准备一个容量大于 1GB 的 U 盘。
- 2、将 U 盘插入电脑 USB 接口，并格式化为 **FAT32** 格式。
- 2.1、如 U 盘容量 $\geq$ 64GB，需要用 Diskgenius 等工具格式化为 FAT32 格式。

*格式化 U 盘会清除 U 盘中的全部数据，操作前请对 U 盘中的数据进行备份



3、从七彩虹官网（<https://www.colorful.cn>）下载与您同型号主板的最新 BIOS 固件。



4、将 BIOS 固件包解压，并将 BIOS 更新文件（.bin 文件）复制到 U 盘根目录，文件名重命名为：“CF_BIOS”。

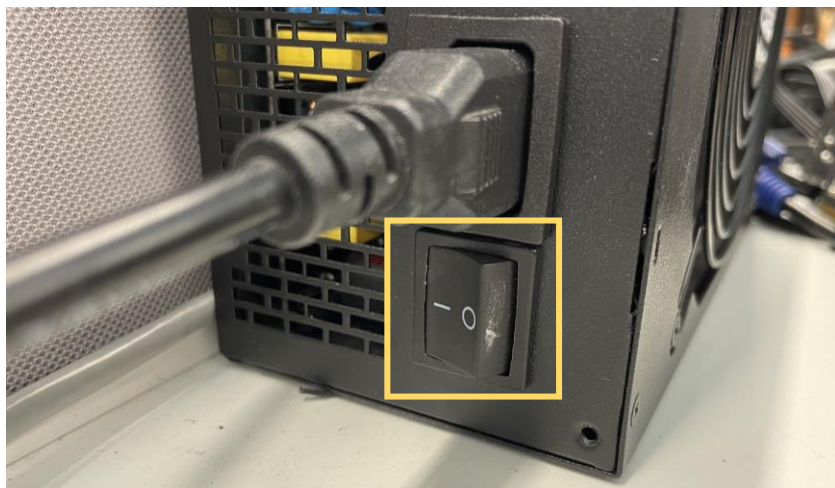
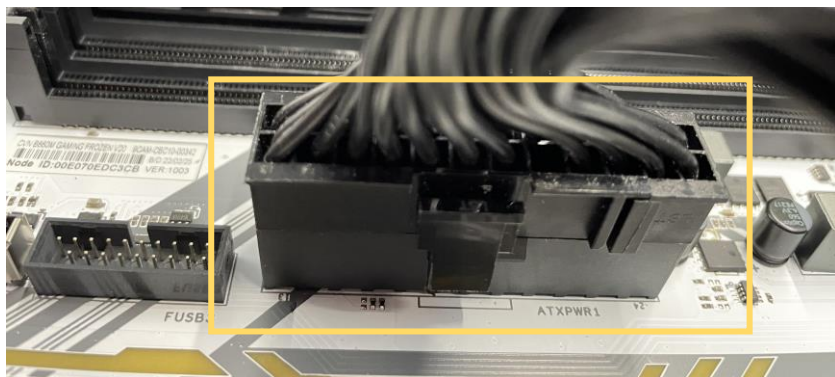
（备注：CVN B860M GAMING FROZEN V20 与 COLORFIRE B760M-MEOW WIFI D5 橘影橙 V21 机型的 bin 文件需要修改为 “MB_BIOS”）



5、将 U 盘插入主板 I/O 面板的“BIOS UPDATE”专用接口。（插入 U 盘前请彻底断开主板供电线路，且断电后等待 3 分钟后再插入 U 盘。若您已将主板装入机箱中，可拔除主机电源 AC 线插头，再长按机箱开机按钮多次让主板彻底放电，等待约 1 分钟后再插入 U 盘。在主板带电时插入 U 盘可能会导致 U 盘识别失败，无法顺利执行 BIOS 更新操作）



6、将电源 24-pin 供电线与主板 24-pin 供电接口相连，并将电源开关拨到“1”。



7、长按主板上的 **BIOS UPDATE 按钮** 5 秒，当主板上的蓝色/红色/黄色指示灯开始闪烁，BIOS 更新功能已开始执行。等待约 4~7 分钟后，蓝色/红色/黄色指示灯熄灭且主板重启，则主板 BIOS 已更新完成。



指示灯状态说明：

- 1、指示灯闪烁 3 下后熄灭：更新文件命名错误、没有读取到 U 盘中的更新文件或 U 盘未被识别。
- 2、指示灯持续闪烁约 4-7 分钟：正在执行 BIOS 更新操作。
- 3、指示灯长时间闪烁后自动熄灭：BIOS 更新成功。
- 4、指示灯持续长亮：BIOS 更新失败。



注意：

- 1、BIOS 更新固件大小、U 盘读写速度都会影响 BIOS 更新时长。
- 2、请下载与您主板型号匹配的 BIOS 固件进行更新，不同型号主板的 BIOS 固件不能混用。
- 3、BIOS 更新过程中请勿对主板进行任何操作，严禁中途移除 U 盘或切断电源。
- 4、若 BIOS 更新失败，请立即重复上述更新步骤，如果重复数次依旧提示更新失败，您需要联系七彩虹获取 BIOS 更新的技术服务支持。

Instructions on One-key BIOS Update

Function Description:

This one-key BIOS update function enables you to finish BIOS updates easily when CPU, RAM, and HDD are not installed on your motherboard.

This function only supports some models of Colorful Motherboard, such as some motherboard models of iGame Series and CVN Series. If your motherboard does not support this function, please use other methods for performing BIOS update.

This support list will be continuously supplemented with the iteration of new products on the motherboard. Updated on: 2026/01/29

The motherboard support list of one-key BIOS update function	
Intel 600 Series	iGame Z690D5 ULTRA V20
	CVN Z690D5 GAMING FROZEN V20
	CVN Z690D5 GAMING PRO V20
	CVN Z690 GAMING FROZEN V21
	CVN Z690 GAMING FROZEN V20
	CVN Z690 GAMING PRO V20
	CVN Z690M GAMING FROZEN V20
	CVN Z690M GAMING PRO V20
	CVN B660M GAMING FROZEN V20
	CVN B660M GAMING PRO V20
Intel 700 Series	iGame Z790D5 VULCAN W V20*
	iGame Z790D5 VULCAN X V20*
	iGame Z790D5 Loong Edition V20*
	iGame Z790D5 FLOW V20*
	iGame Z790D5 ULTRA V20*
	CVN Z790D5 ARK FROZEN V20*
	CVN Z790D5 GAMING FROZEN V20
	CVN Z790D5 GAMING PRO V20
	CVN Z790D5 GAMING PRO WIFI V20
	CVN Z790 GAMING FROZEN V20
	CVN Z790M FROZEN D5 V20
	CVN Z790M FROZEN V20
	iGame B760M ULTRA Z D5 V20

	CVN B760M FROZEN WIFI D5 V20
	CVN B760M FROZEN WIFI V20
	CVN B760M-PLUS FROZEN WIFI D5 V20
	CVN B760M-PLUS PRO WIFI D5 V20
	CVN B760M-BACK FROZEN WIFI V20
	COLORFIRE B760M-MEOW WIFI D5 ORANGE V21
	COLORFIRE B760M-MEOW WIFI D5 ORANGE
	COLORFIRE B760M-MEOW WIFI D5 PURPLE
Intel 800 Series	iGame Z890 VULCAN W V20*
	iGame Z890 VULCAN X V20*
	iGame Z890 FLOW V20*
	iGame Z890 ULTRA V20*
	iGame B860M ULTRA V20*
	CVN Z890 ARK FROZEN V20
	CVN Z890M GAMING FROZEN V20*
	CVN B860M GAMING FROZEN V20*
AMD 800 Series	iGame X870E VULCAN OC V14*
	CVN X870E ARK FROZEN V14*
	iGame X870 Senna V14*
	CVN X870 ARK FROZEN V14*
	CVN B850 GAMING PRO WIFI7 V14*
	CVN B850M ARK FROZEN V14*
Note: Models marked with * need to convert the USB disk into an MBR disk	



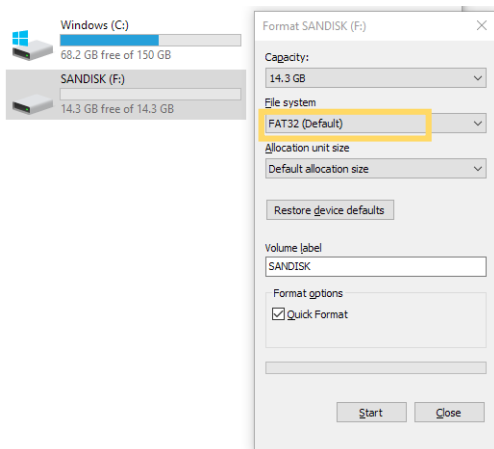
Caution:

- Potential risks may exist in BIOS update. If your computer works normally during the process of usage, we do not recommend updating the BIOS.
- If you need to update the BIOS, please read the instructions carefully and then operate the steps under the guidance of a professional, to avoid any system damage or data loss caused by any improper operation.

- 1、Prepare a USB flash disk with capacity larger than 1GB.
- 2、Insert the USB flash disk into the USB port on the computer, and then format it into **FAT32** Format.

***Formatting the USB flash disk will clear all the data in it. Be sure to make a backup of the data in it before the operation.**

- 2.1、If the USB flash drive has a capacity of $\geq 64\text{GB}$, it needs to be formatted as FAT32 using tools such as Diskgenius.



- 3、Download the latest BIOS firmware for the same model of your motherboard from the official website of Colorful (<https://www.colorful.cn>).

Home / Motherboard / CVN Z890M GAMING FROZEN V20

Description Specification **Support** Support List

1

DRIVER	File Version	System	Updated	Content	Download
BIOS	CVN Z890M GAMING FROZEN V20 BIOS 1005	win10,win11/64bit	2024-10-18	First production of BIOS	2
MANUAL					3
HARDWARE LIST & SOFTWARE					

4、Decompress the BIOS firmware package, and then copy the BIOS update file (. bin file) to the root directory of the USB flash disk. Rename the file to **"CF_BIOS"**.

(Note: The bin file for CVN B860M GAMING FROZEN V20 and COLORFIRE B760M-MEOW WIFI D5 ORANGE V21 models needs to be modified to "MB_BIOS")

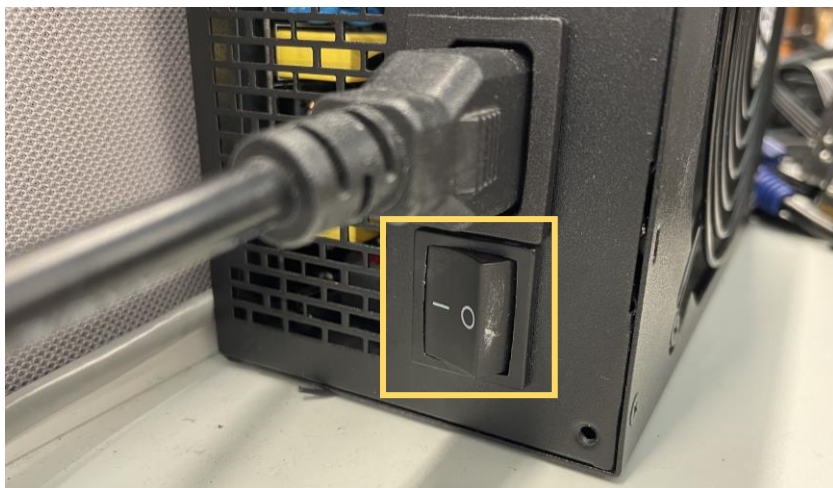
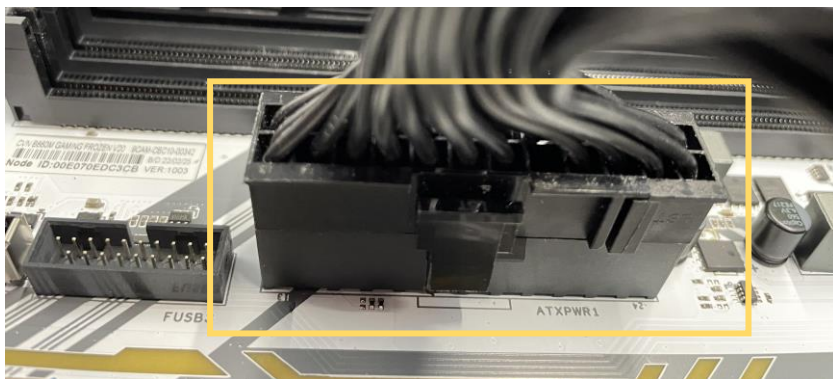
此电脑 > U盘 (F:)			
名称	修改日期	类型	大小
CVN_Z890M_GAMING_FROZEN_V20_1005.BIN	2024/10/11 11:22	BIN 文件	32,768 KB
CVN_Z890M_GAMING_FROZEN_V20_1005_FWUpdate	2024/10/11 11:22	CAP 文件	23,552 KB

此电脑 > U盘 (F:)			
名称	修改日期	类型	大小
CF_BIOS.BIN	2024/10/11 11:22	BIN 文件	32,768 KB

5、Insert the USB flash disk into the dedicated port **"BIOS UPDATE"** for the I/O panel of the motherboard. (Please completely disconnect the power supply circuit of the motherboard before inserting the USB flash drive, and wait 3 minutes after the power is off before inserting the USB flash drive. If you have installed the motherboard into the chassis, you can unplug the AC power cord of the host computer, and then press and hold the power button of the chassis. Allow the motherboard to completely discharge several times, wait for about 1 minute before inserting the USB flash drive. Inserting the USB flash drive when the motherboard is powered on may cause the USB flash drive to fail to be recognized, and the BIOS update operation cannot be performed successfully)



6. Connect the 24-pin supply line of the power supply to the 24-pin power supply interface on the motherboard, and then turn the power switch to "I".



7、Long press the button “**BIOS UPDATE**” on the motherboard for 5 seconds. When the blue/red/yellow indicator light on the motherboard starts to flash, the BIOS update function has begun to execute. After waiting for about 4-7 minutes, when the blue/red/yellow indicator light goes out and then the motherboard restarts, the BIOS update of the motherboard is completed.



Description of indicator light status:

1. The indicator light flashes 3 times and then goes out: The update file has been named wrongly; the update file in the USB flash disk cannot be read, or the USB flash disk cannot be recognized.
2. The indicator light flashes continuously for about 4-7 minutes: The process of BIOS update is under operation.
3. The indicator light flashes for a long time and then goes out automatically: BIOS update is successful.
4. The indicator light is still on: BIOS update fails.



Caution:

1. The size of BIOS update firmware and the read/write speed of the USB flash disk may affect the duration time of BIOS update.
2. Please download the BIOS firmware matching your motherboard model for performing the update. BIOS firmware for different models of motherboard cannot be mixed.
3. Do not perform any operation on the motherboard during the process of BIOS update. Removing the USB flash disk or cutting off the power supply midway through the process is strictly prohibited.
4. If the BIOS update fails, please repeat the above-mentioned update steps immediately. If the indicator still shows that the update fails after the process has been repeated several times, you need to contact Colorful for technical service support for BIOS update.