

# Recovery Manual – System Restore from HDD

This guide explains how to restore your workstation to its original delivery state using the pre-installed recovery image located on the 6 TB HDD.

## 1. Recovery overview

- The 6 TB HDD contains a recovery image file named `recovery.img`.
- Restoring will overwrite your primary system disk (`/dev/nvme0`) with this image.
- All data on `/dev/nvme0` will be lost and replaced with the original delivery setup.

## 2. Accessing the BIOS

- Restart the system.
- During restart, repeatedly press the `Del` key until the BIOS setup appears.

## 3. Booting from the HDD (one-time Boot Override)

- In the BIOS, open the *Boot Override* (or *Boot Menu*) option.
- Select the 6 TB HDD as the one-time boot device.
- Do *not* save changes. Simply exit the BIOS; the system will boot once from the HDD.

## 4. Starting the recovery process

1. Once booted into the recovery environment, open the MATE Terminal.
2. Type the following command exactly to start the restore process (shows progress), then press Enter:

```
sudo dd if=recovery.img of=/dev/nvme0 bs=1M conv=noerror status=progress
```

## 5. Important notes

- The restore process may take several hours depending on disk speed.
- Do not interrupt the process once started.
- In most cases, you will see progress output showing bytes copied.

## 6. Finishing the recovery

- When the process is complete (the prompt for input re-appears), close the terminal.
- Restart the system.
- No BIOS changes were saved; after reboot the system will automatically boot from `/dev/nvme0`.
- You now have a fresh system identical to the original delivery configuration.