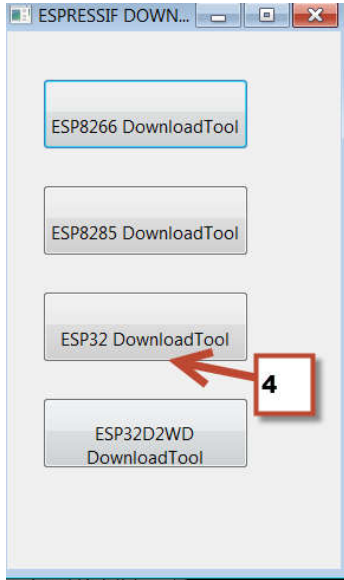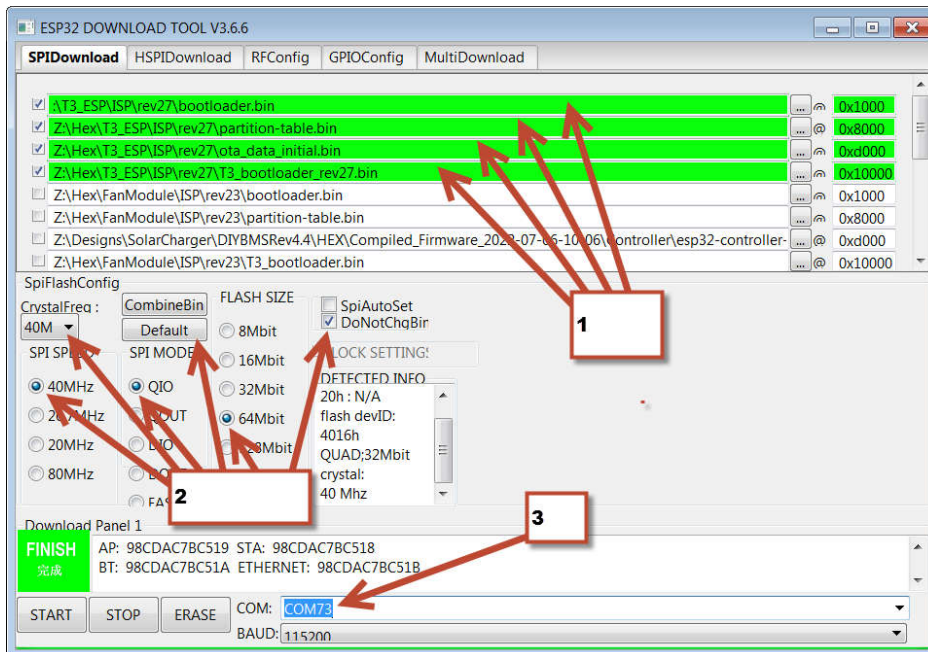.

1. Open and choose " ESP32 Download Tool " like the picture.

2. Find the PC COM of the ISP downloader and set it like the picture

3. Connect PC and T3-Nano esp32 with ISP downloader
4. Short J5 and J6 , and give a short to J8, and click the "START" to load the ISP.

ISP downloader

short J5 and J6

Give a short to J8