Open a Terminal in OSX
Paste each row and press enter. Wait until every command is processed.

/usr/bin/ruby -e "$(curl -fsSL https://raw.githubusercontent.com/Homebrew/install/master/install)"

brew install dfu-util

Place the jumper on the PCB to "USB" position and power on turntable with the USB cable connected. Now paste the row below and insert the correct path to the .dfu file you downloaded.

dfu-util -a 0 -D <intert path to the downloaded .dfu file>

example:
dfu-util -a 0 -D /Users/backtrack/Desktop/TUPM_R305.dfu

Move the jumper to "Flash" and reboot the turntable. All done.