1. Open MCUXpresso IDE.
2. Import any example of the SDK. In this guide, I imported the iled_blinky example. In the end, I will explain why you need this project.
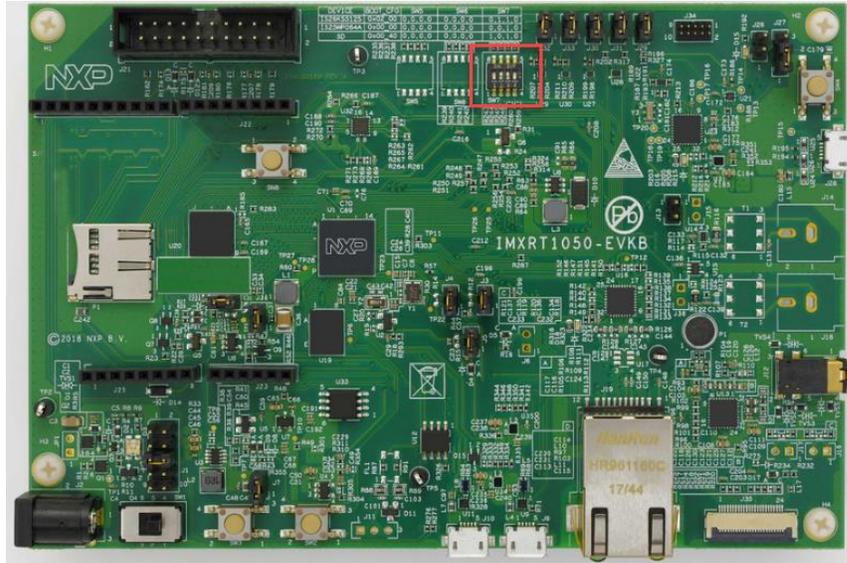3. Go to your RT1050-EVK/RT1060-EVK and locate SW7.

Figure 1. RT1050-EVK.

4. Once you located SW7, you need to change the switches to enter Serial Downloader mode. To do this, turn **ON SW7-4** and turn **OFF all the other switches in SW7**.
5. At this point, you need to do a power-cycle to your board (disconnect and connect the power), so the changes in SW7 take effect.
6. Go back to MCUXpresso, since you just imported the project, I assume that it doesn't have any debug configurations if you are using another project that does have debug configurations please delete them.
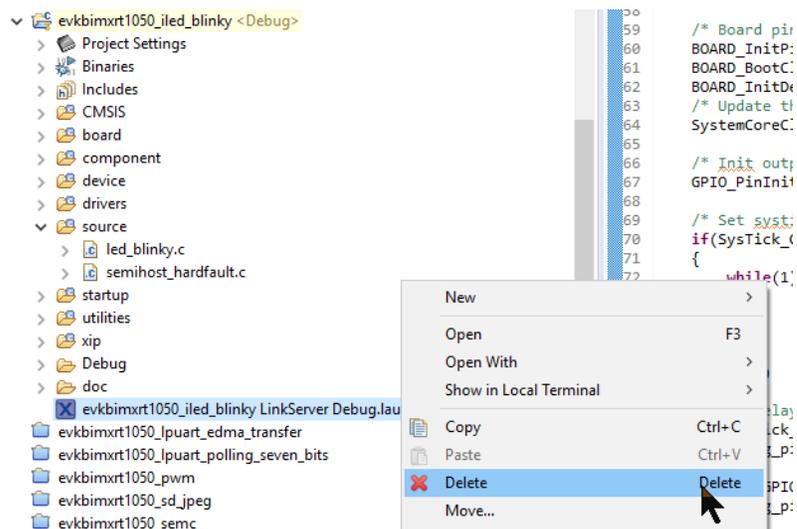

Figure 2. Delete Debug Configurations.

7. Launch the debug session of the project while in serial downloader.
8. When the debug session is launched, you won't see that the program stops at the main as it normally does, your debug session will look like the image below. This is because you are in serial downloader mode.
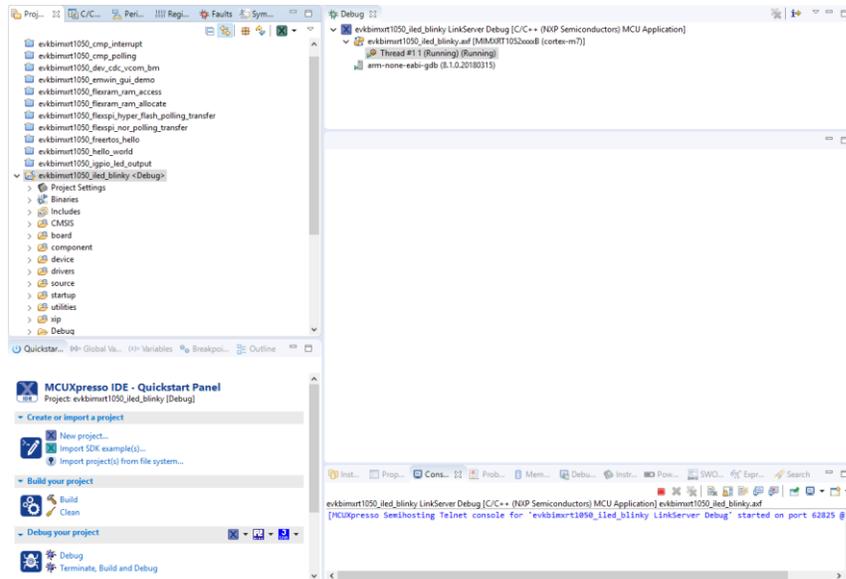

Figure 3. Debug session while in serial downloader.

9. Stop this debug session.
10. Delete the debug configuration of the project, as shown in image 2.
11. Go to your board and change the SW7 back to the way it was. SW7-1 OFF, SW7-2 OFF, SW7-3 ON and SW7-4 OFF.
12. Do a power cycle to your evaluation board.
13. That's it! At this point, you should be able to enter the debug sessions without any problems.

The reason why you need to import a fresh project from the SDK is that we are sure that this project works perfectly and has all the right configurations in the clocks and in all the other peripherals. This will bring your board into a known state and will avoid bricking it again.