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What is the recommended way to use the debug cable to avoid any defect?

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It is always recommended to "only" connect and disconnect debugger to/from the target when the target is powered OFF.

So, the recommended sequence is:

- 1- both debugger and target powered off
- 2- power on debugger
- 3- start TRACE32
- 4- connect debugger to target
- 5- power on target