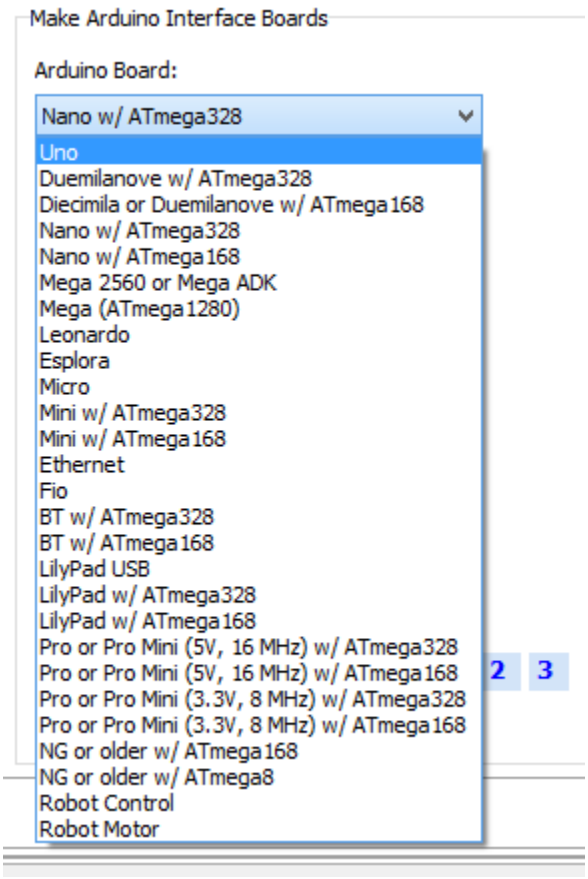
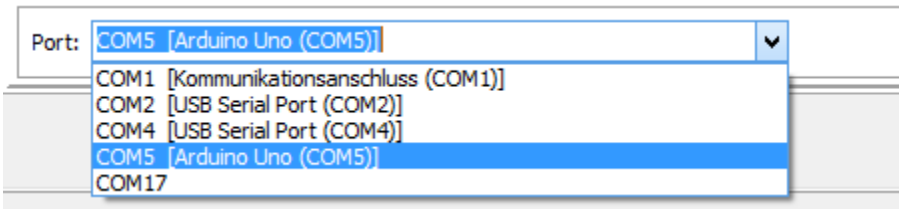
Short instruction: Build an ArduinoISP Interface for the first flash of a BLHeli Atmel ESC:

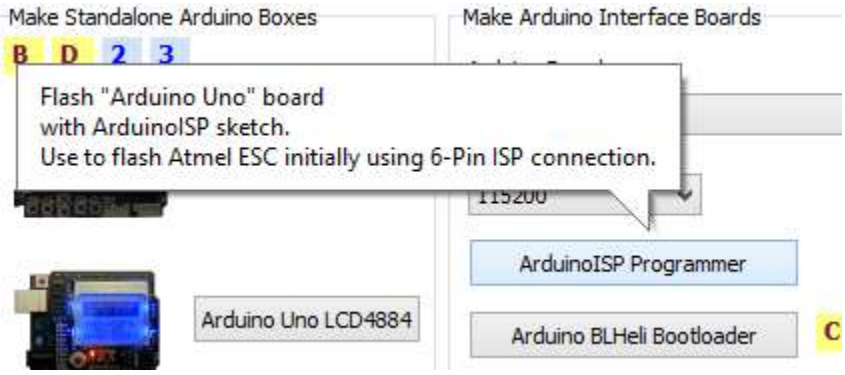
Connect the Arduino to an usb port of the PC and install the appropriate driver if necessary. After this, You will “see” the board in the Windows device manager as a serial Port (COMx).

Now you can select the board



and port inside of BLHeliSuite:





Next click Make “ArdunioISP programmer”, confirm, and wait…

The Pinout is different for Mega(1280 and 2560) boards.

Target Pin	Programmer Pin	Nano,Uno…	Mega(1280 and 2560)
RESET	SS	D10	D53
MOSI	MOSI	D11	D51
MISO	MISO	D12	D50
SCK	SCK	D13	D52
VCC	VCC	VCC	VCC
GND	GND	GND	GND

You can use a 6-Pin Cable for the 6-Pin ISP header on the Arduino board, but you need to split the RESET wire and connect to PIN D10. Nicely shown here:

http://www.gammon.com.au/images/Arduino/Atmega_Chip_Detector2.jpg
(http://www.gammon.com.au/forum/?id=11635)