Be sure to install AVRDUDE from my folders and place in c:\ root.

DO NOT try to use the version that is installed with Arduino IDE!!!!

This demo shows how to program in MC Studio and flash to a connected UNO board!

Make sure to check which USB port so you can change external tool!!!

Using F_CPU
The F_CPU just lets the _delay_ms() macro calculate how many cycles each second takes. You need this because the delay macros are very simple and do not know what the prescaller happens to be set to at the moment they are called at runtime.

#define F_CPU 16000000UL

//can be in its own header file in the project

#ifndef CPUSPPED_H_

#define CPUSPEED_H_

   #define F_CPU 16000000UL

#endif

It can also be saved in Project Properties |Tool chain |Symbols under the compiler section/