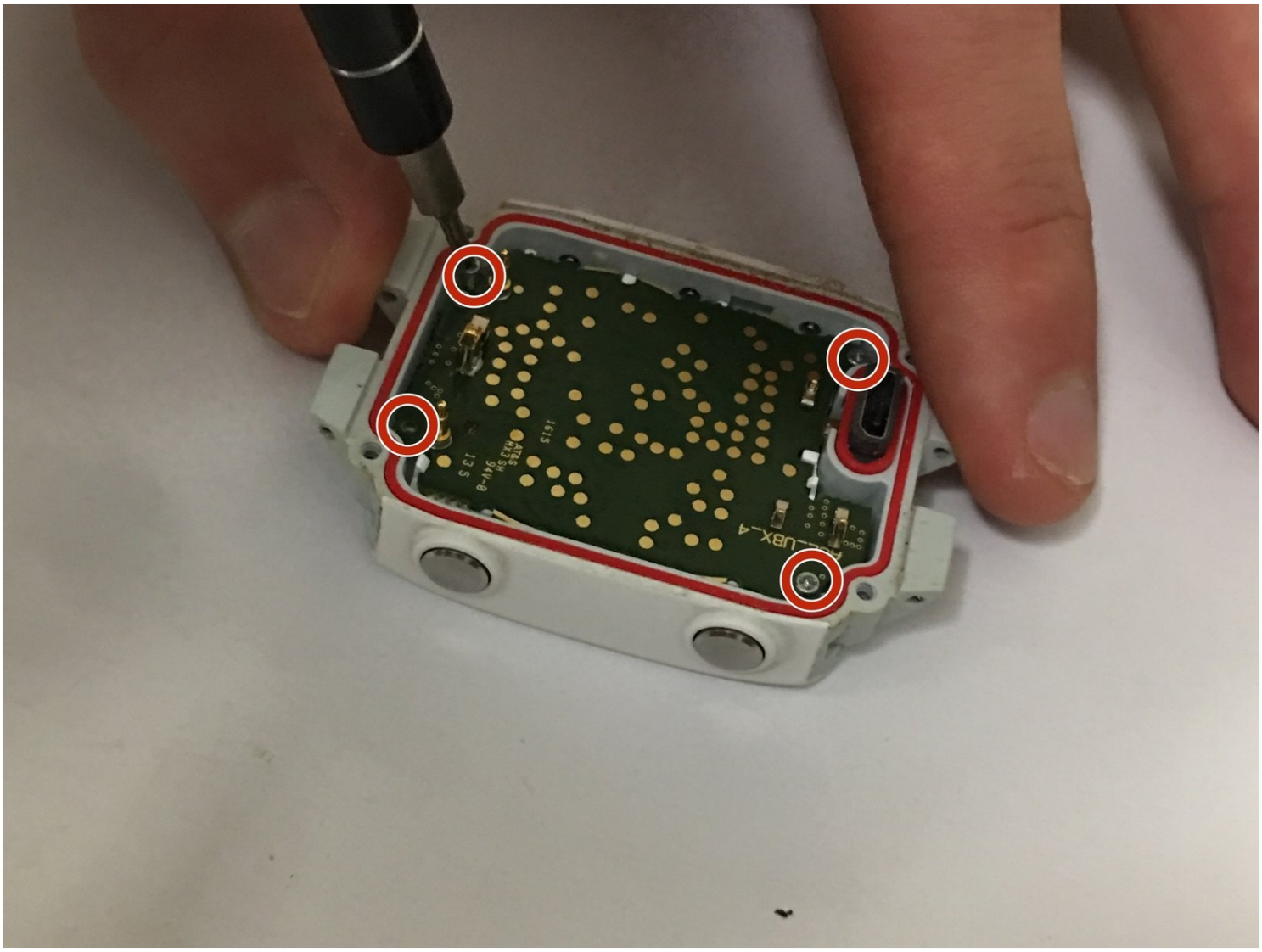
Polar M400 Watch Screen Replacement

Written By: Nicholas Sanders



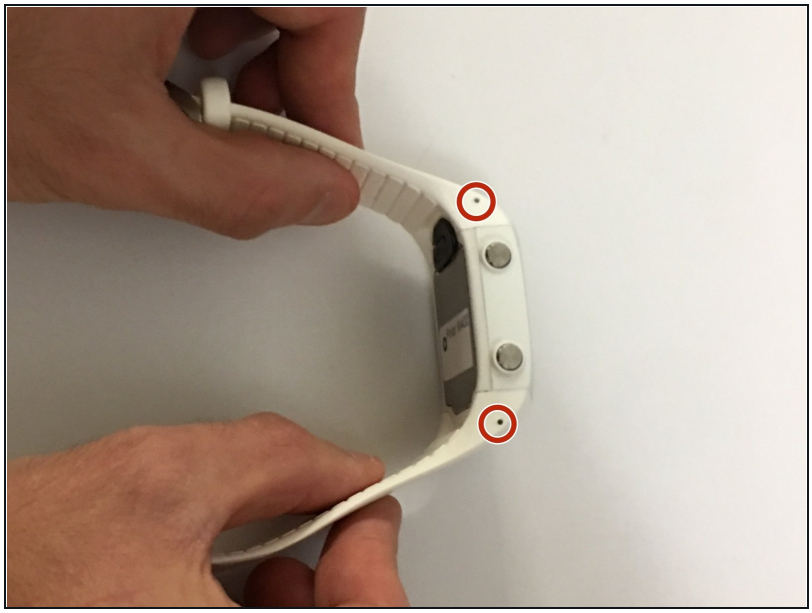
TOOLS:

Paper Clip (1)
Tweezers (1)
T5 Torx Screwdriver (1)
Phillips PH000 Screwdriver (1)

PARTS:

Replacement Battery (1)

Step 1 — Wrist Strap



- Insert a standard paper clip into the holes on both sides of the watch that connect the watch's face with the wrist strap.

Step 2

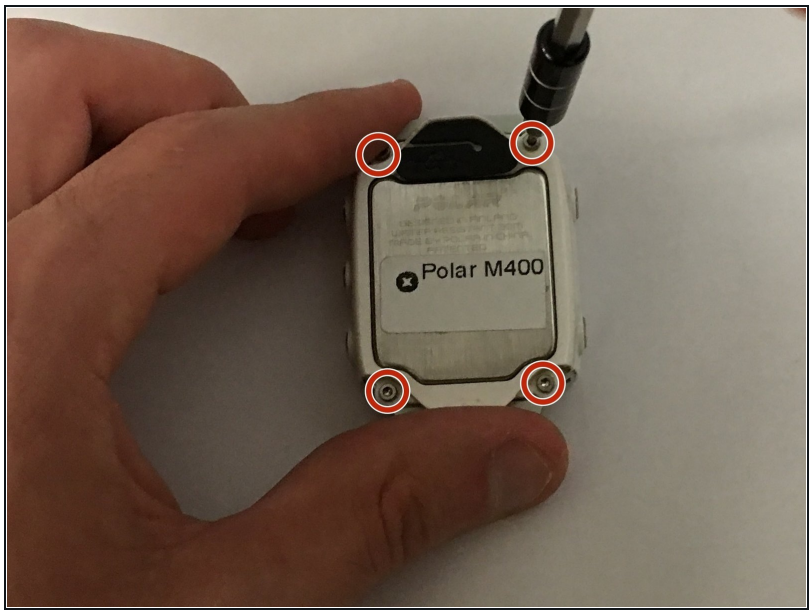
- Apply an upward pressure to the holes until the locking pins release.
- Use precision tweezers to remove the pins that connect the face with the strap.

Step 3

- Once the pins are released, the old wrist strap should snap off.

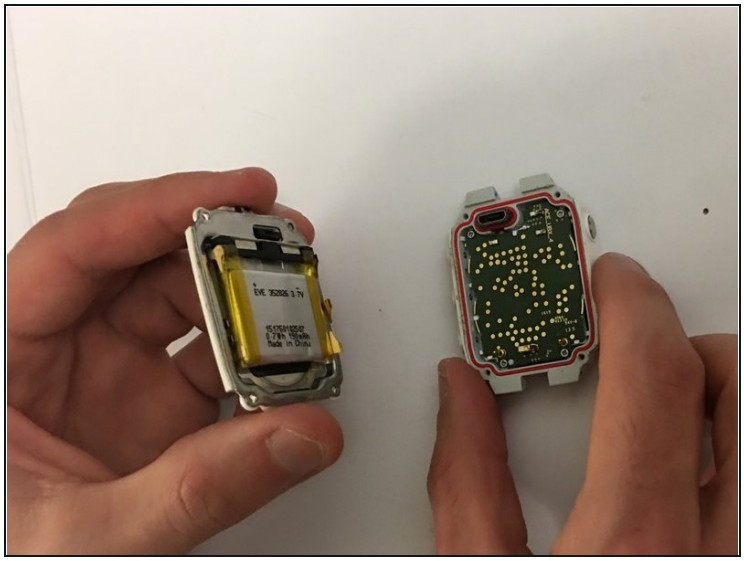
Simply lock the new wrist strap into place.

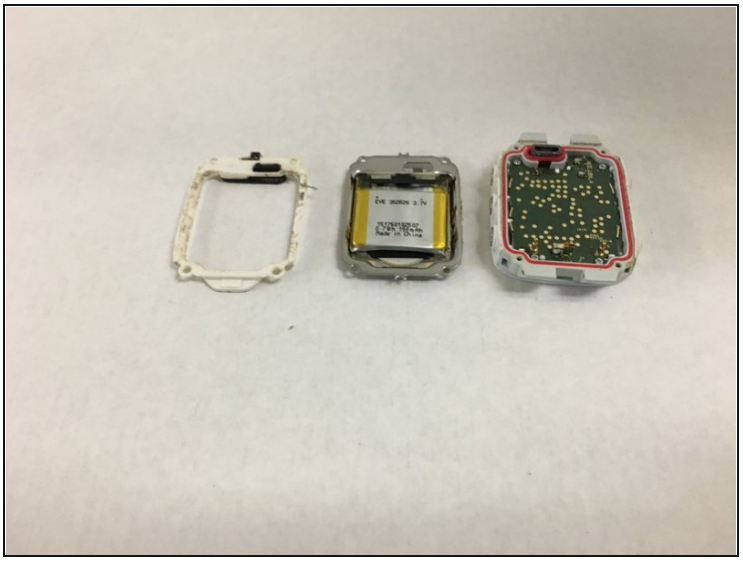
Step 4 — Battery



- Use the T5 head on the iFixit screwdriver to unscrew the four screws on the back of the watch's face.

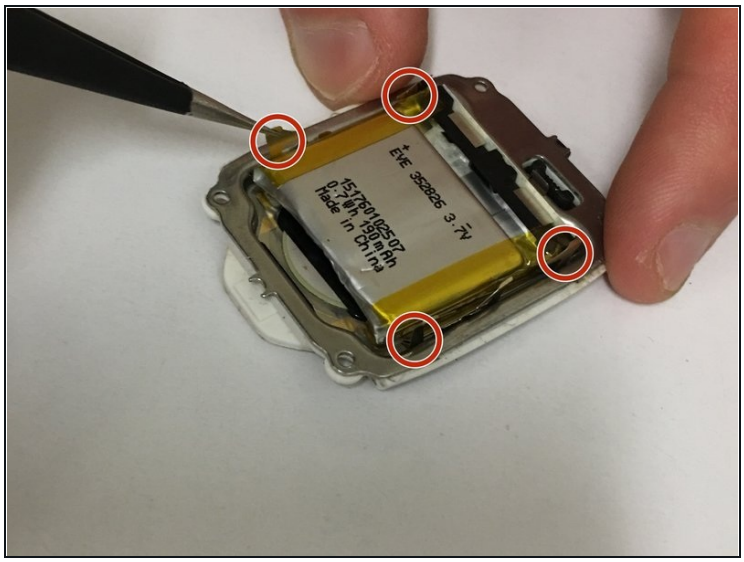
Step 5

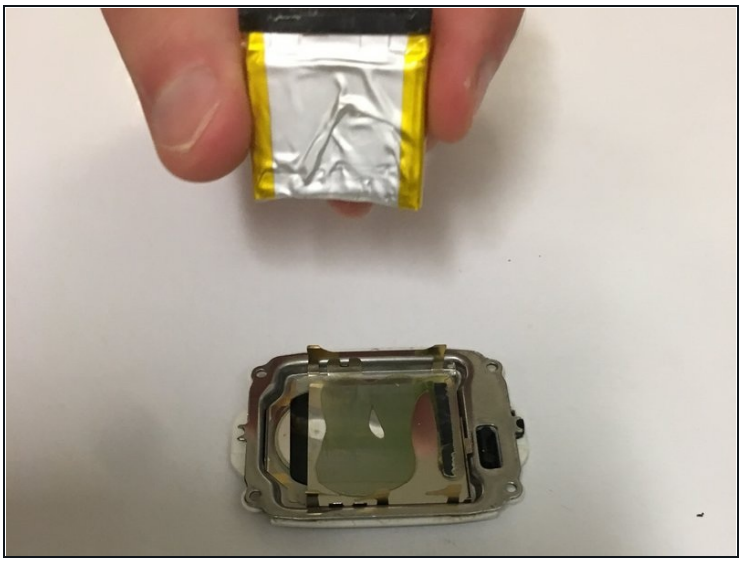




- Gently remove the backing from the watch.

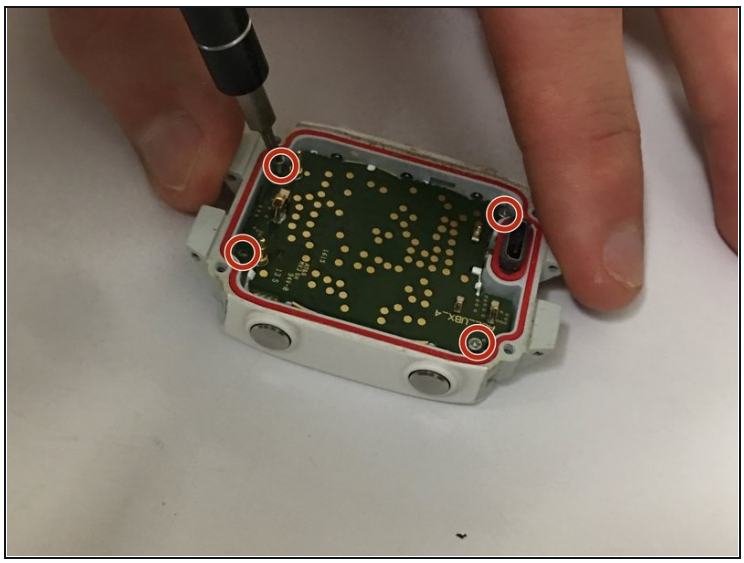
Step 6

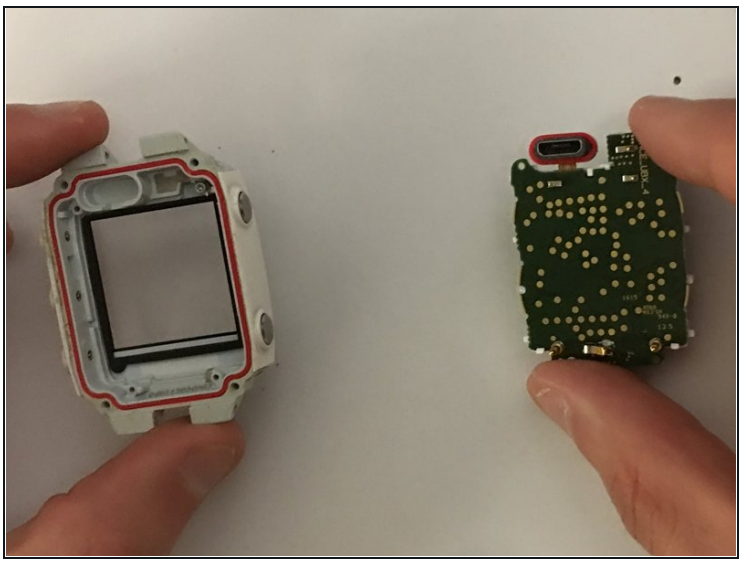




- Use tweezers to gently pry the golden sensor away from the battery.
- Remove battery using the plastic opening tools.

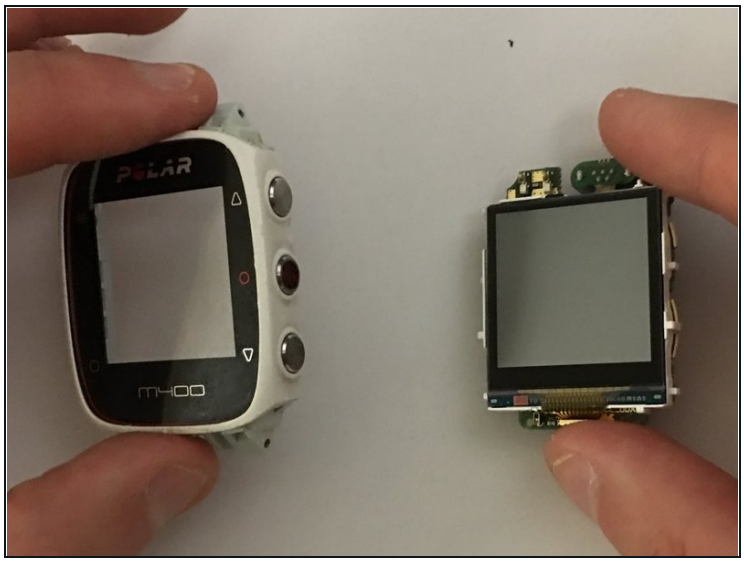
Step 7 — Screen

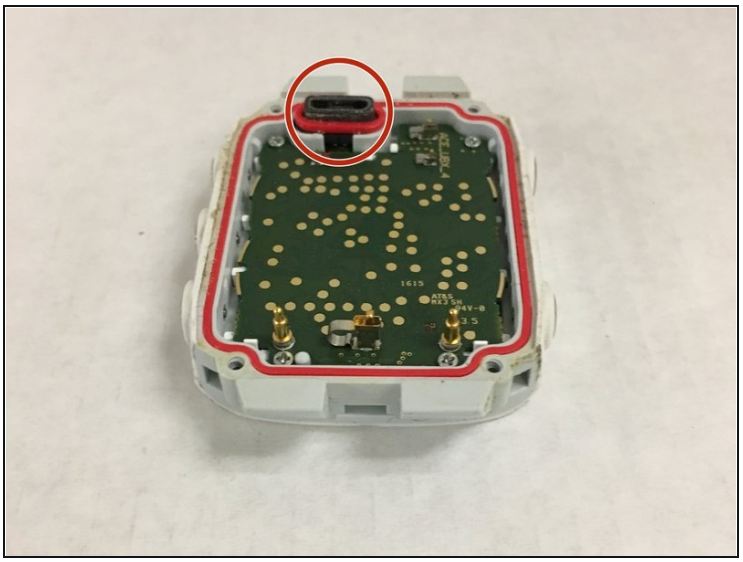




- Detach the screen from the screen protector using a PH000 screwdriver.

Step 8





Attach a new screen to the screen protector.

- Make sure that the charging port remains accessible, as it can easily become detached during the replacement.

To reassemble your device, follow these instructions in reverse order.