



Garmin Forerunner 10 Battery Replacement

This is a step-by-step guide to replacing the battery on the Garmin Forerunner 10, a popular GPS running watch.

Written By: Alana Joldersma



INTRODUCTION

The manufacturer indicates that this watch is not user replaceable. However, this guide provides easy instructions to follow for replacing the battery of your Garmin Forerunner 10. No previous skills are needed for this moderately easy replacement.



TOOLS:

- [T5 Torx Screwdriver](#) (1)



PARTS:

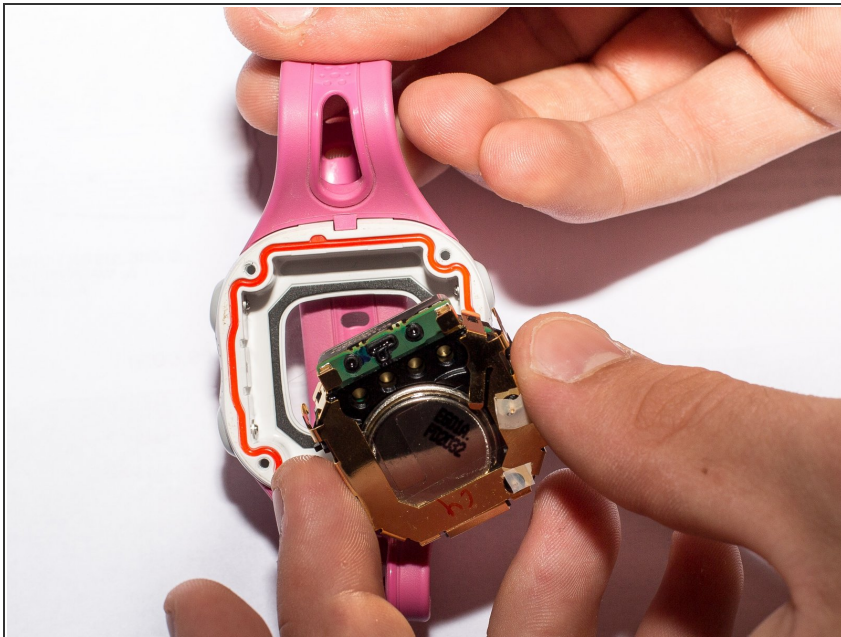
- [LIR 2032 Lithium Rechargeable Battery](#) (1)

Step 1 — Battery



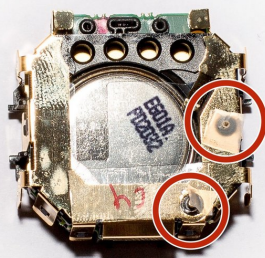
- Use the *Torx 5 Screwdriver* to remove all four 1.1 mm screws on the back of the watch.

Step 2



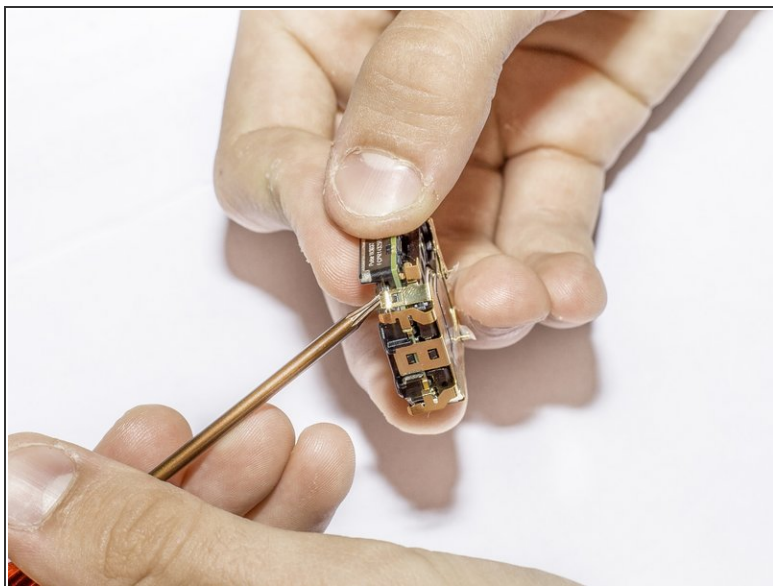
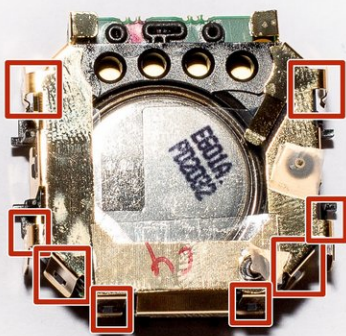
- Place the watch upside down and lift the back panel from the watch.
- Remove the battery housing from the watch.
- ⚠ Place the housing face up to ensure that the two springs do not fall out.
- ⓘ Some have noted that certain features of the watch do not work if the springs are mixed up. Be sure they stay in place.

Step 3



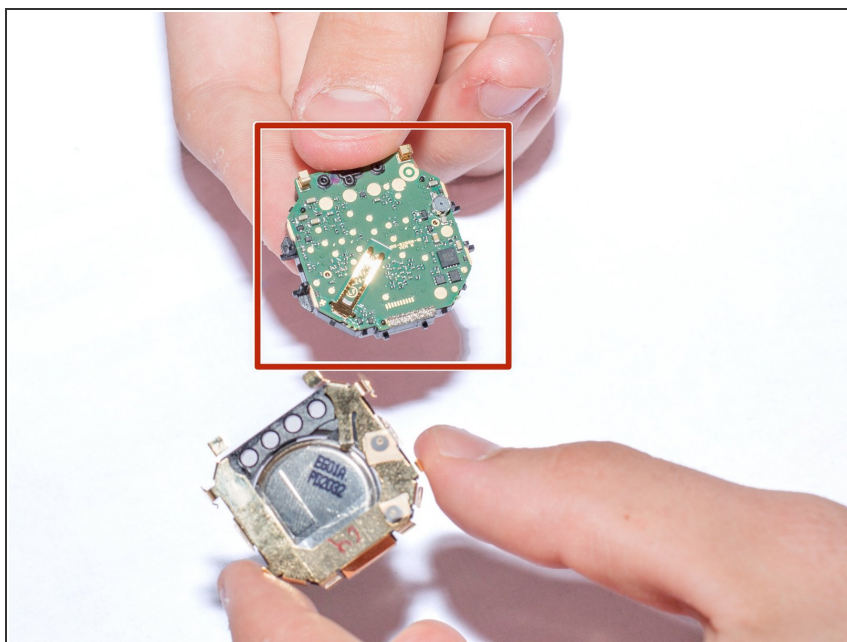
- Secure the two springs with two small pieces of scotch tape to ensure the springs do not fall out.

Step 4



- Remove the 8 metal latches from the black battery housing.
- Gently bend the 8 metal latches slightly away from the black battery housing.

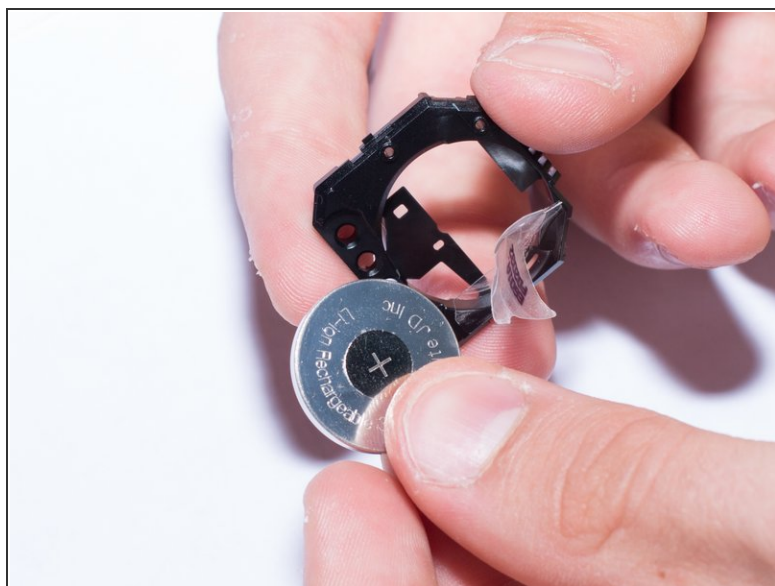
Step 5



⚠ DO NOT directly touch the circuit board on the motherboard of the watch. This will render your watch inoperable.

- Grab the motherboard from its sides and set it aside in a safe place.

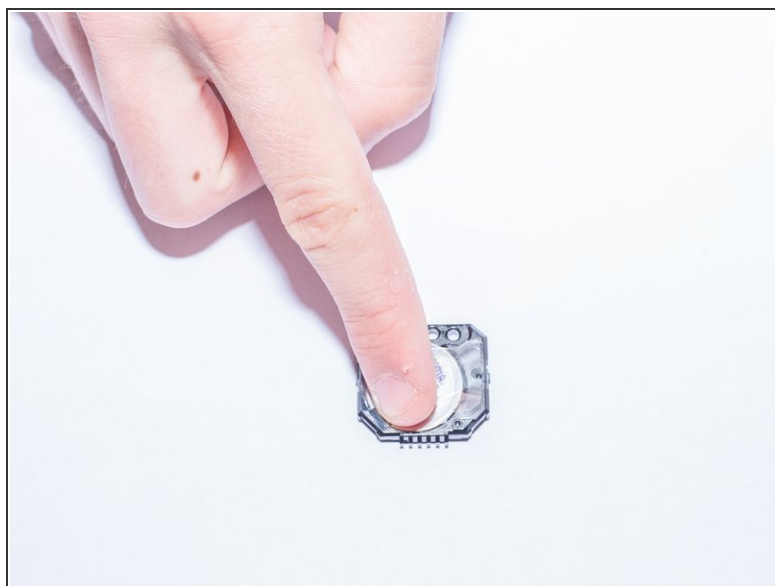
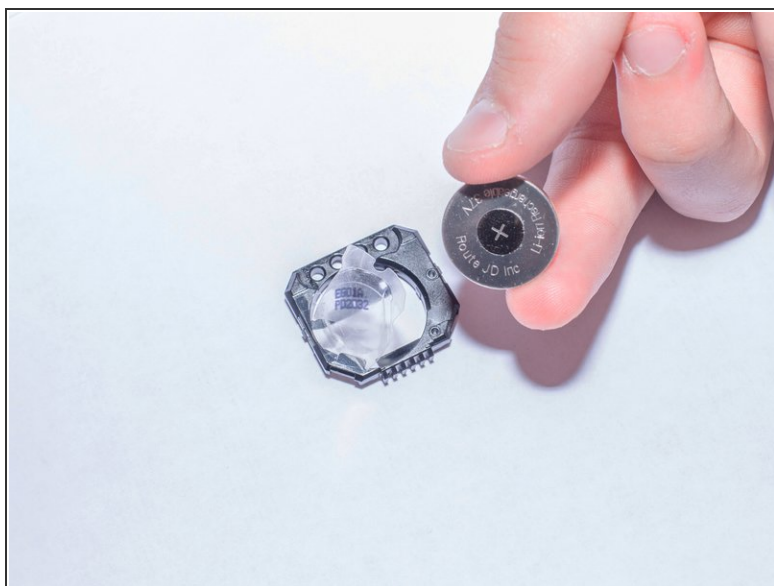
Step 6



- Separate the clear tape attached to the battery.

⚠ Be gentle! You will be reusing this tape for the new battery.

Step 7



- Prepare your new battery.
- Secure the battery under the tape.
- ✦ The + sign should face away from the tape.

To reassemble the watch, follow these instructions in reverse order. Charge your watch when finished. Check to make sure all features are working.