



Garmin Forerunner 25 Motherboard Replacement

This guide demonstrates how to replace a faulty motherboard in a Garmin Forerunner 25.

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INTRODUCTION

The motherboard is an essential component of any electronic device. Always use caution when working on these components.

TOOLS:

- [T5 Torx Screwdriver](#) (1)
- [Spudger](#) (1)
- [T4 Torx Screwdriver](#) (1)

Step 1 — Battery



⚠ Power off your watch before disassembling it.

- Place the watch on a hard surface with the screen facing down.
- Unscrew the four 7.0 mm screws located at each corner using a T5 screwdriver.

Step 2



- Pry the old battery out using a plastic spudger.

Step 3 — Motherboard



- Unscrew the two T4 6 mm screws located on both sides of the motherboard.

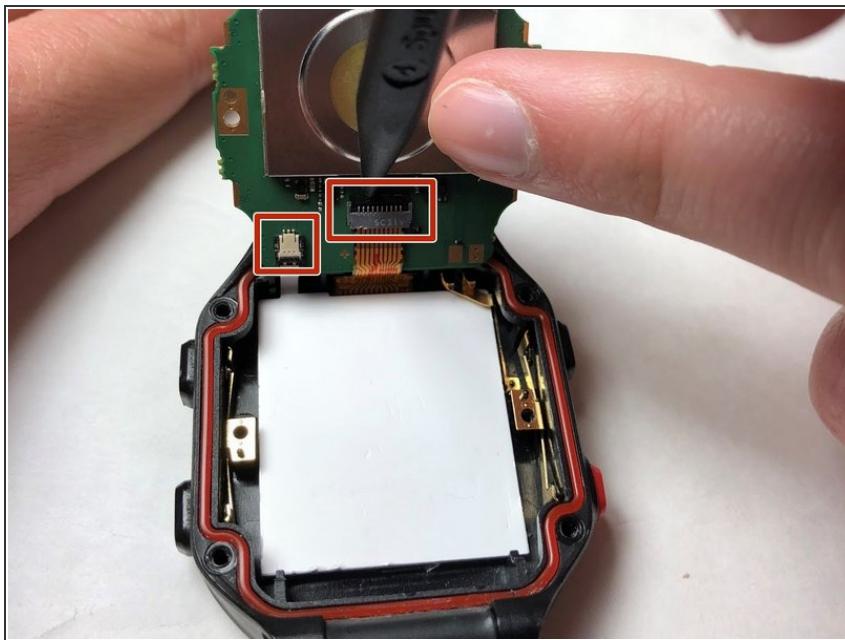
Step 4



- Lift the motherboard up using a plastic spudger.

⚠️ Ribbon cables are still attached underneath—be careful when prying the motherboard up.

Step 5



- Flip the ZIF connectors using a plastic spudger tool.
- Remove the motherboard.

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