



Nike SportWatch GPS Front Panel Replacement

This guide will demonstrate how to replace the front panel of the watch.

Written By: Ian Eichorn



INTRODUCTION

In this guide you will replace the front panel of the watch. It will involve taking it apart the watch to its entirety and using a heating device to easily remove the screen.



TOOLS:

- [iOpener](#) (1)
 - [iFixit Opening Tools](#) (1)
 - [Phillips #000 Screwdriver](#) (1)
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Step 1 — Front Panel



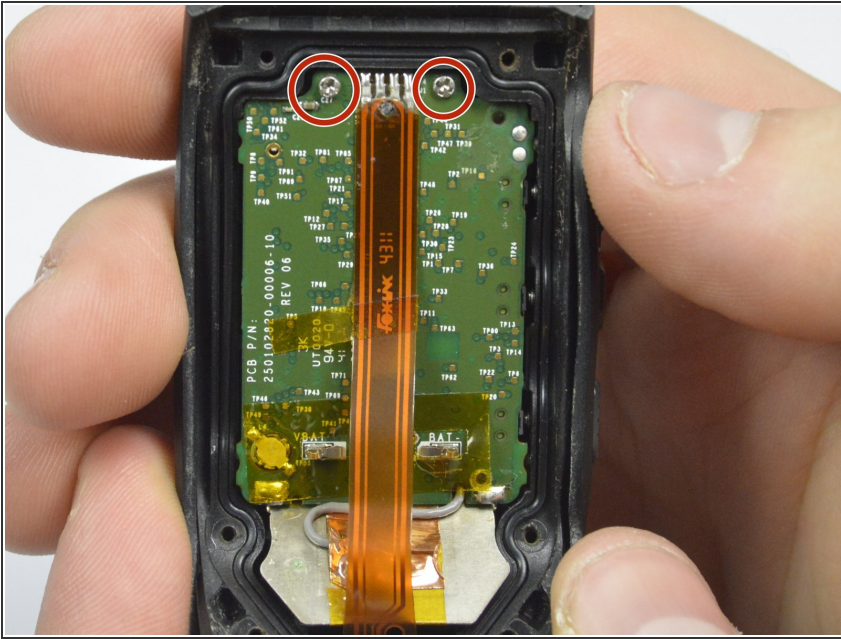
- Face the watch upside down so that the back of the watch is exposed. Unscrew the six size #000 5 mm long screws on the back using a size 000 Phillips head screwdriver.

Step 2



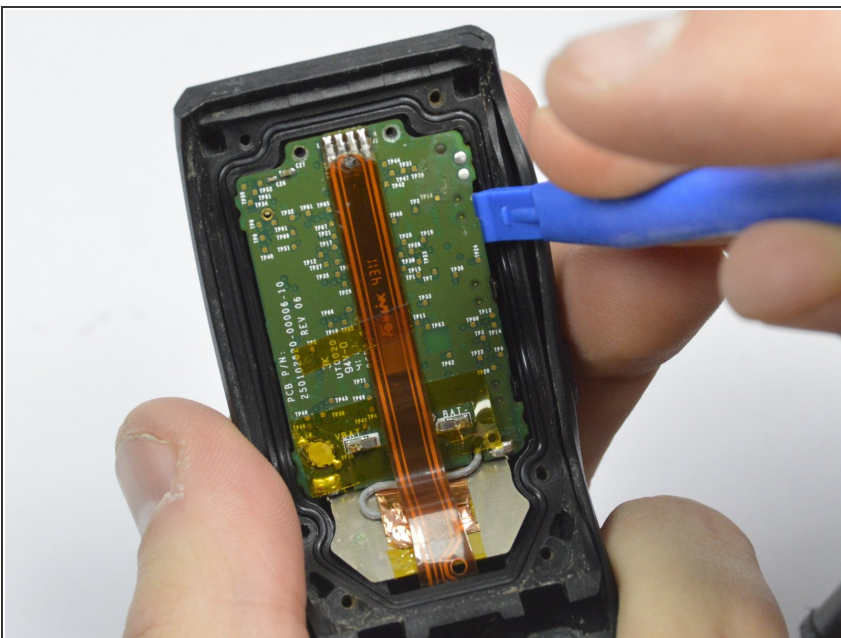
- Carefully separate the watch by pulling the band away from the main board.

Step 3



- Two size #000 2.5 mm long screws will appear at the top of the main board. Unscrew them using a size 000 Phillips head screwdriver.

Step 4



- Carefully use the blue plastic opening tool to pry the main board out of the front panel.
- ⚠ Make sure to be gentle so the ribbon cable that connects to the band does not break, it is fragile and not removable.

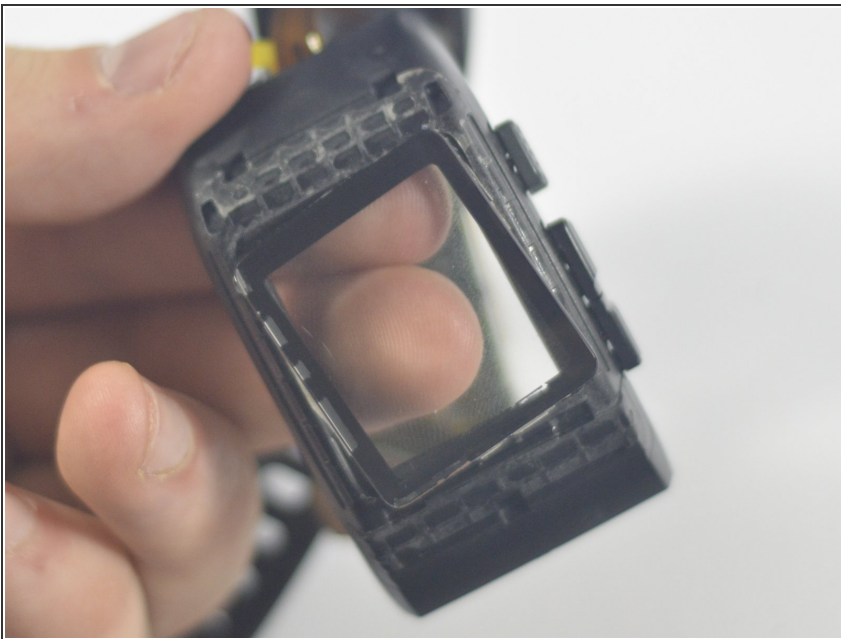
Step 5



- Use an iOpener that has been heated in the microwave for about a minute, or until warm. Place it on the front screen of the watch. Let it rest there for a minute.

ⓘ If you are unfamiliar with this tool use the iOpener guide [here](#)

Step 6



- Push the panel out from the back of the screen, using your fingers.

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