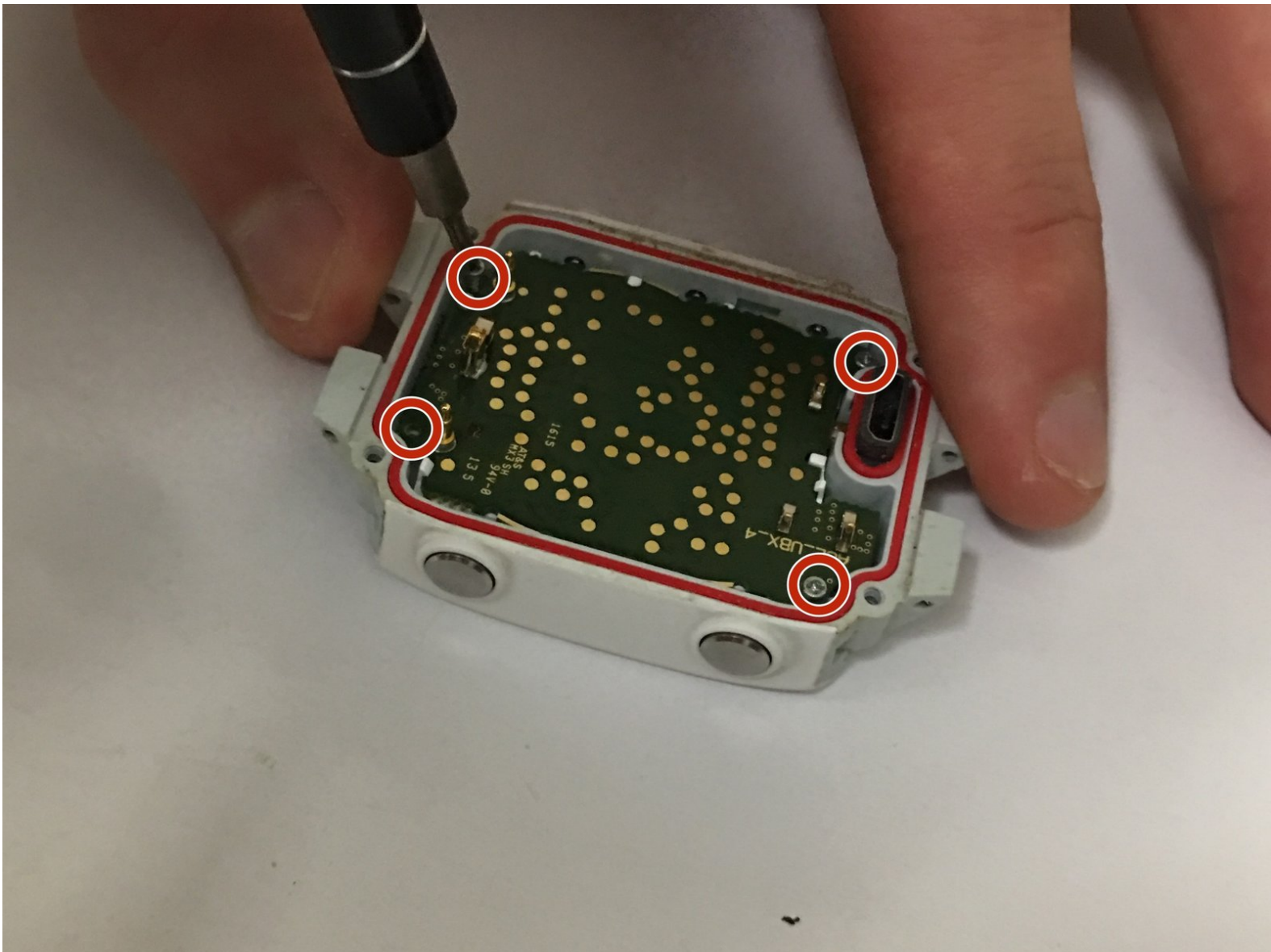




# Polar M400 Watch Screen Replacement

The guide will assist you how to change the screen to the Polar M400 Watch.

Written By: Nicholas Sanders





## TOOLS:

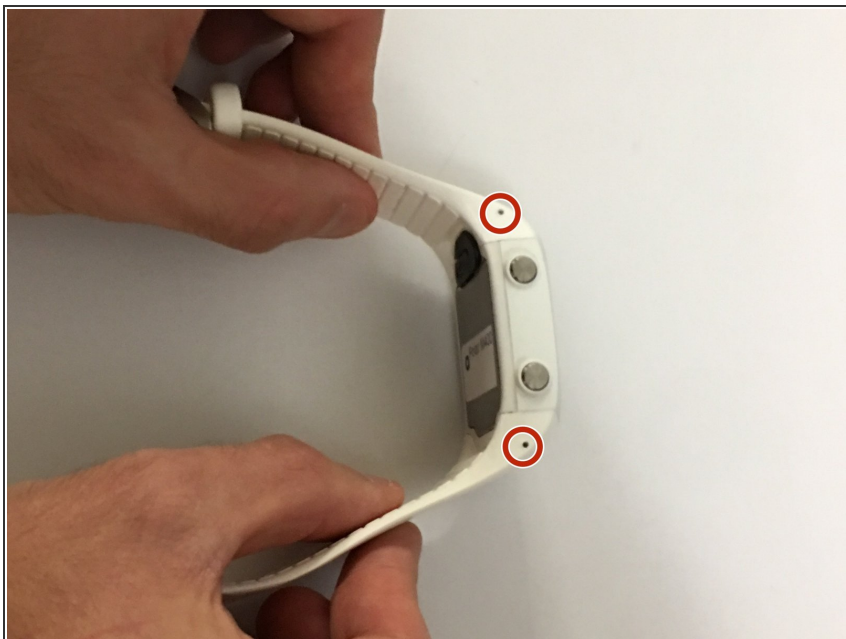
- [Paper Clip](#) (1)
- [Tweezers](#) (1)
- [T5 Torx Screwdriver](#) (1)
- [Phillips PH000 Screwdriver](#) (1)



## 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



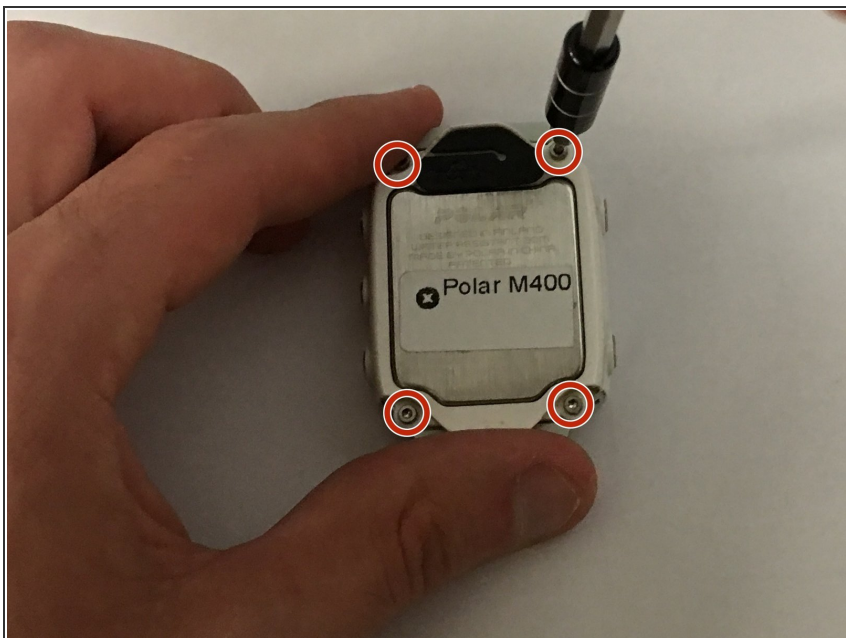
- Apply an upward pressure to the holes until the locking pins release.
- Use precision tweezers to remove the pins that connect the face with the strap.

## Step 3



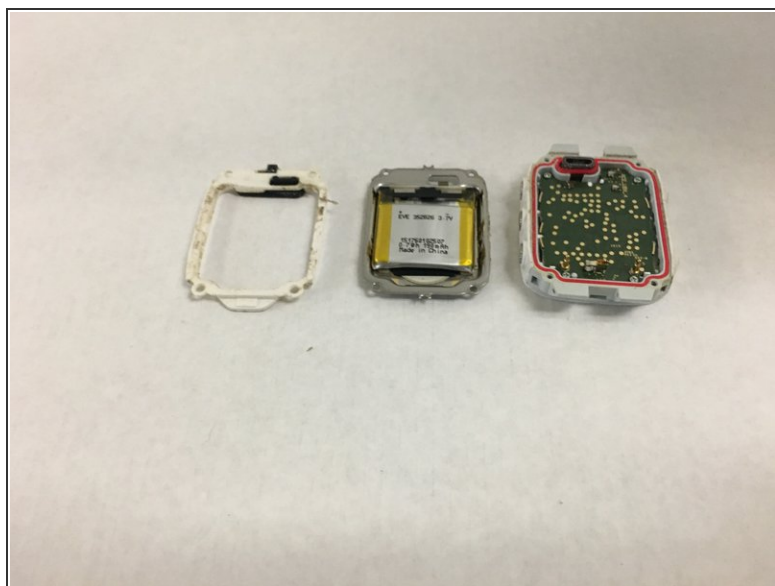
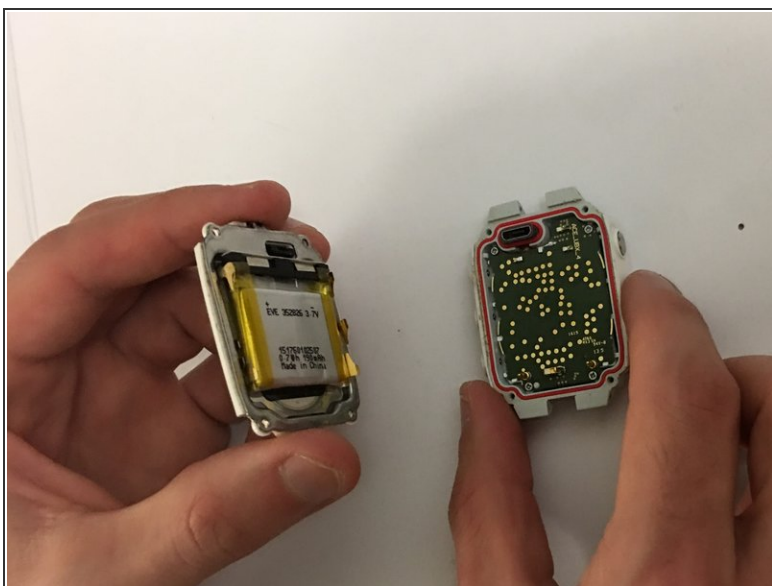
- Once the pins are released, the old wrist strap should snap off.
- ☑ Simply lock the new wrist strap into place.

## Step 4 — Battery



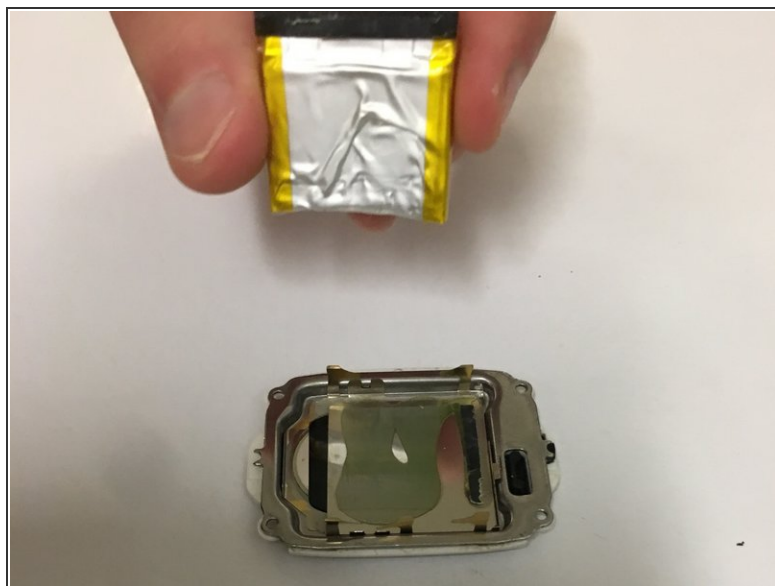
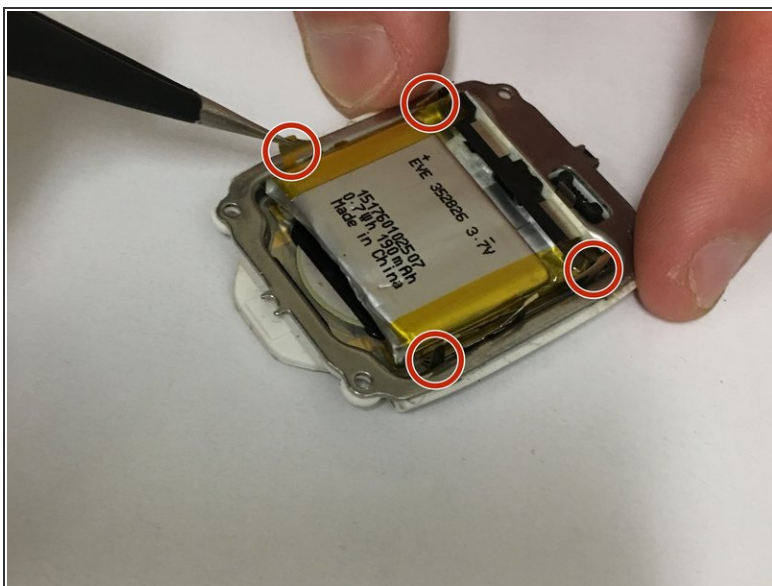
- Use the T5 head on the iFixit screwdriver to unscrew the four screws on the back of the watch's face.

## Step 5



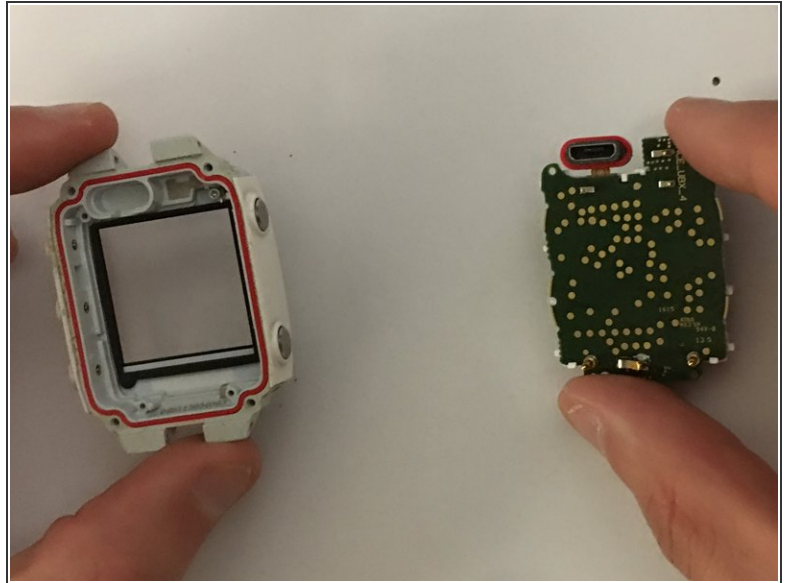
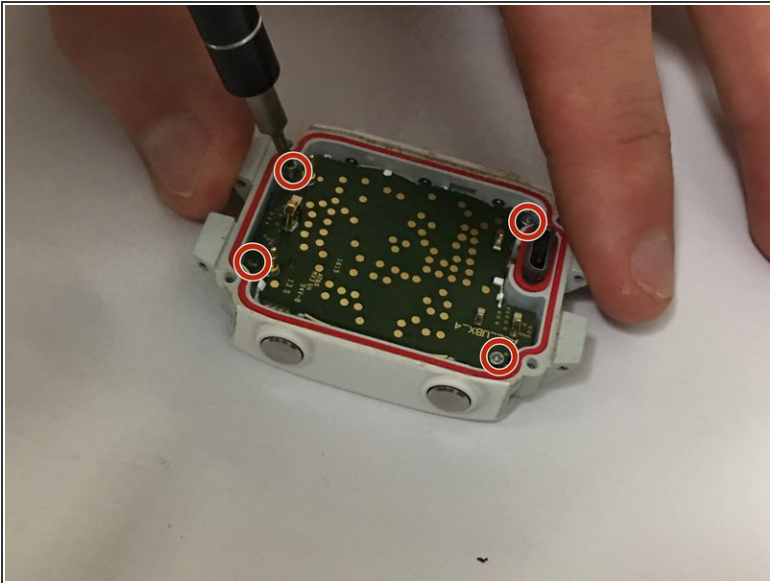
- Gently remove the backing from the watch.

## Step 6



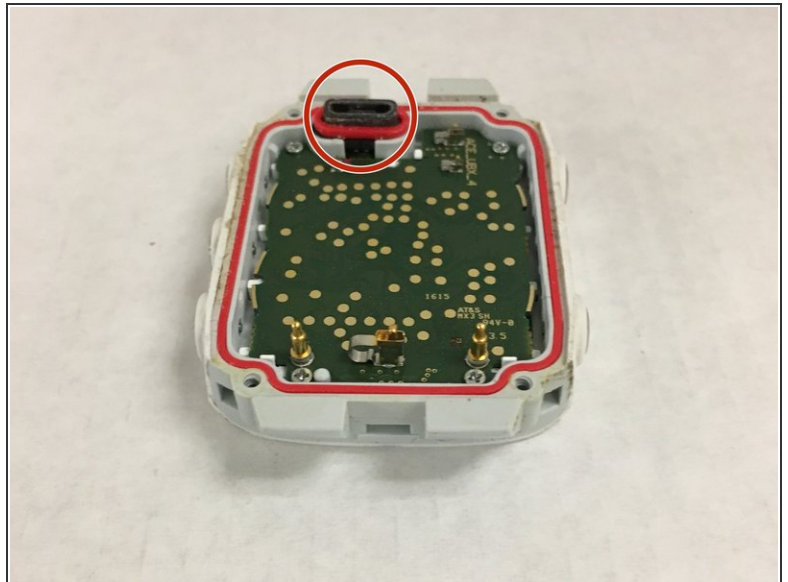
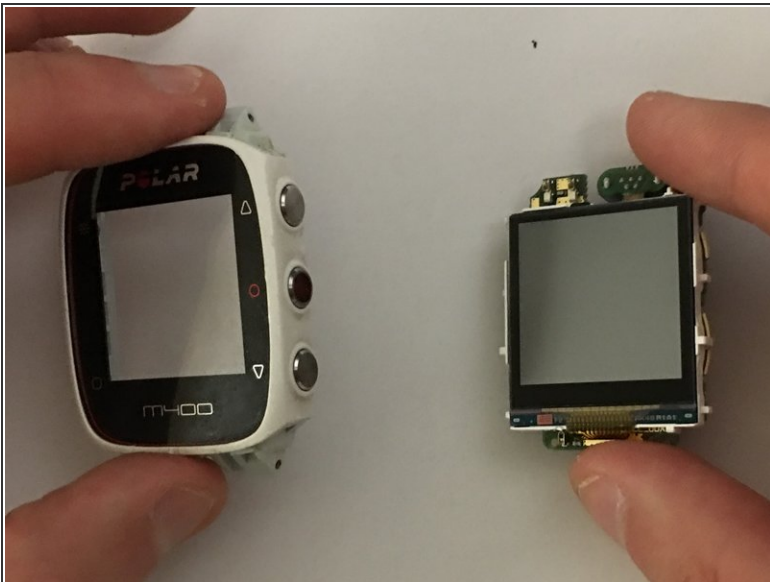
- Use tweezers to gently pry the golden sensor away from the battery.
- Remove battery using the plastic opening tools.

## 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.