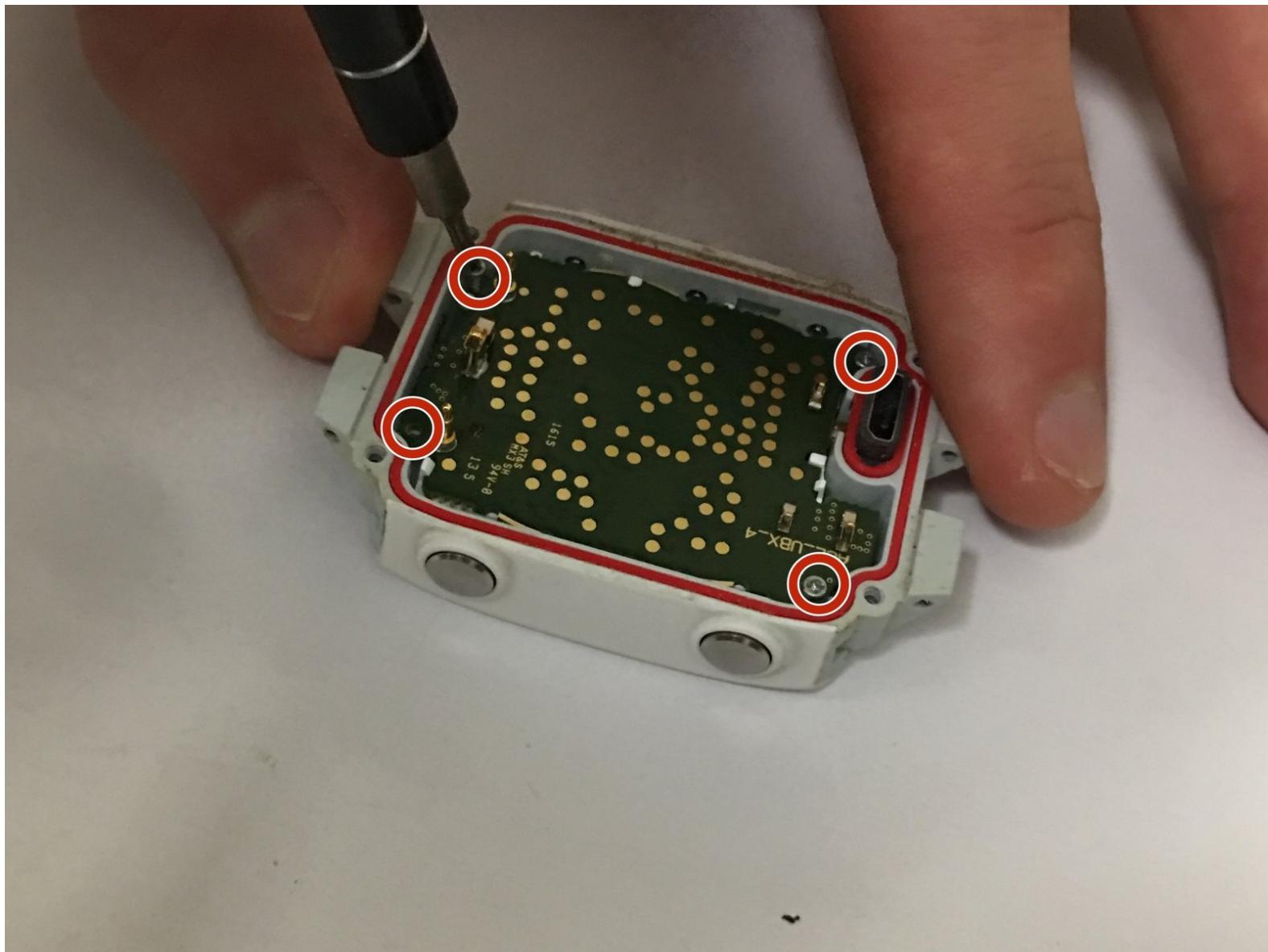




Polar M400 Watch Screen Replacement

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

Written By: Nicholas Sanders



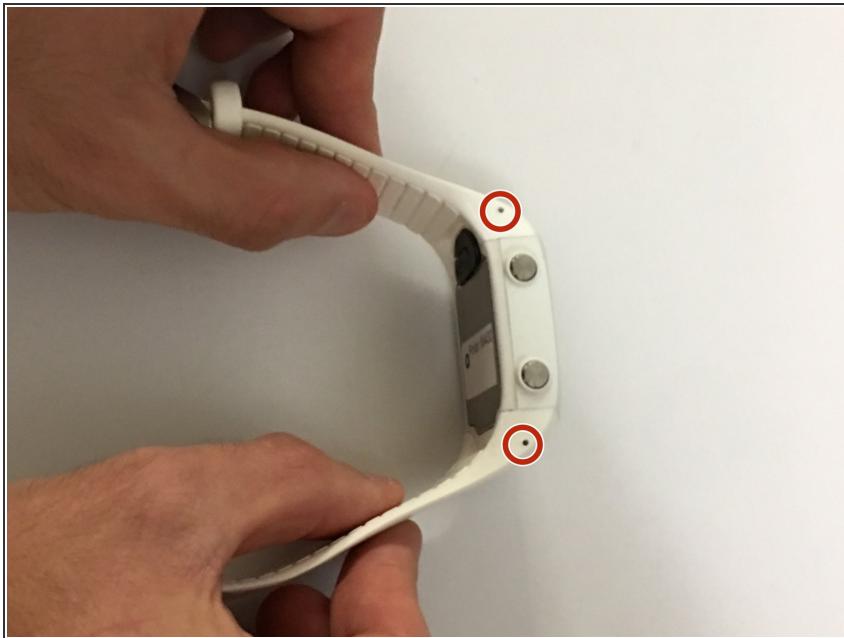
 **TOOLS:**

- [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



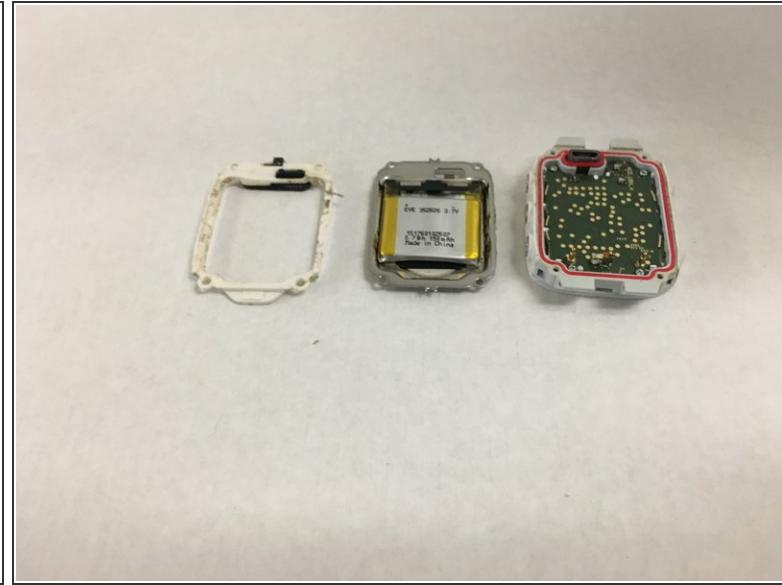
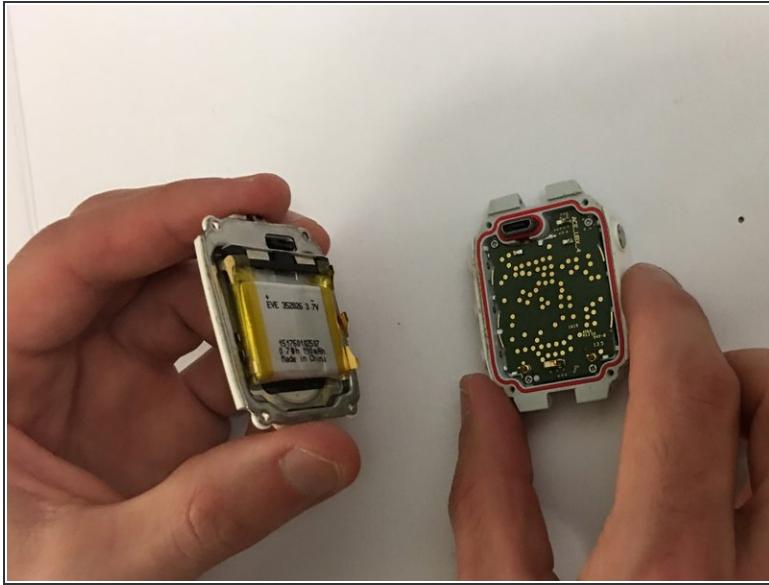
- Once the pins are released, the old wrist strap should snap off.
- Simply lock the new wrist strap into place.

Step 4 — Battery



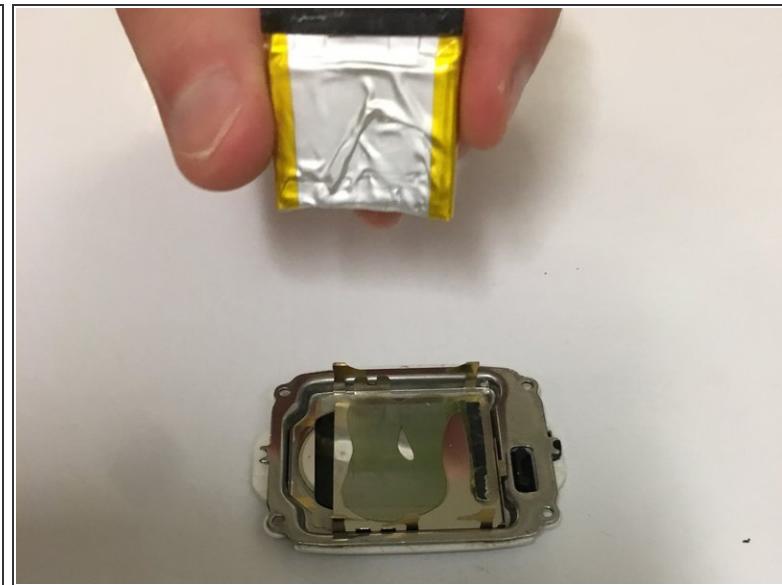
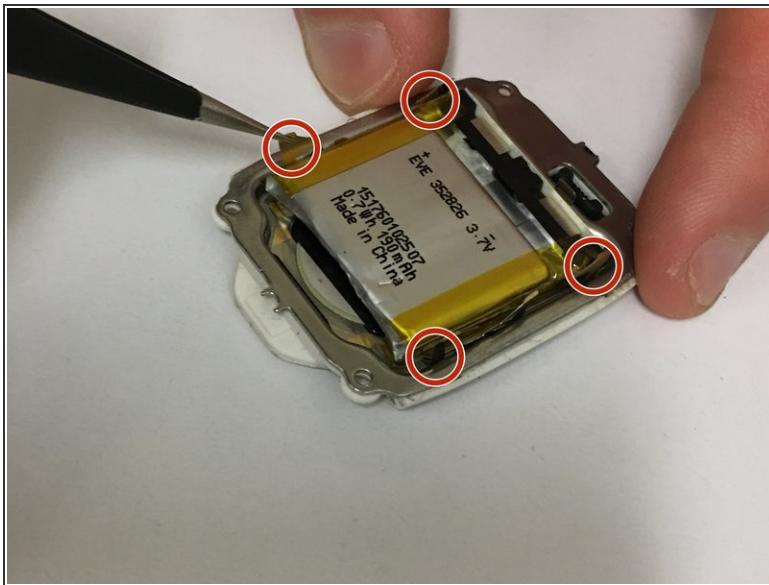
- Use the T5 head on the iFixit screwdriver to unscrew the four screws on the back of the watch's face.

Step 5



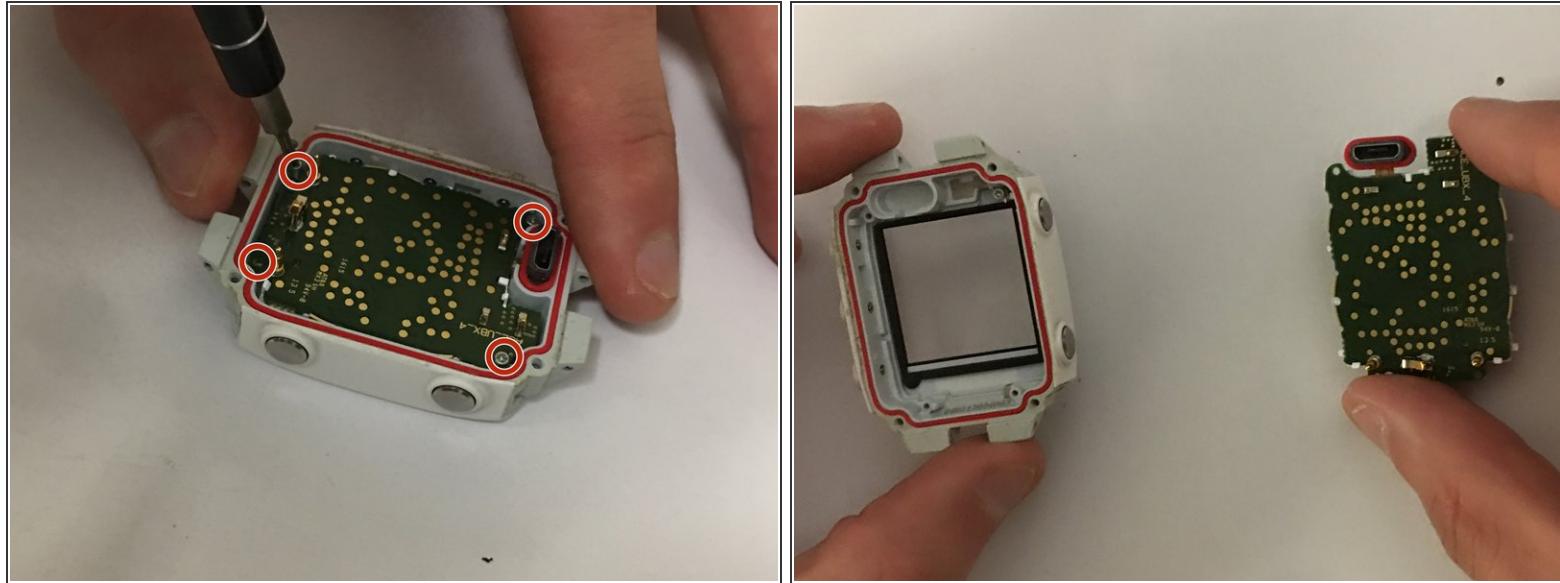
- Gently remove the backing from the watch.

Step 6



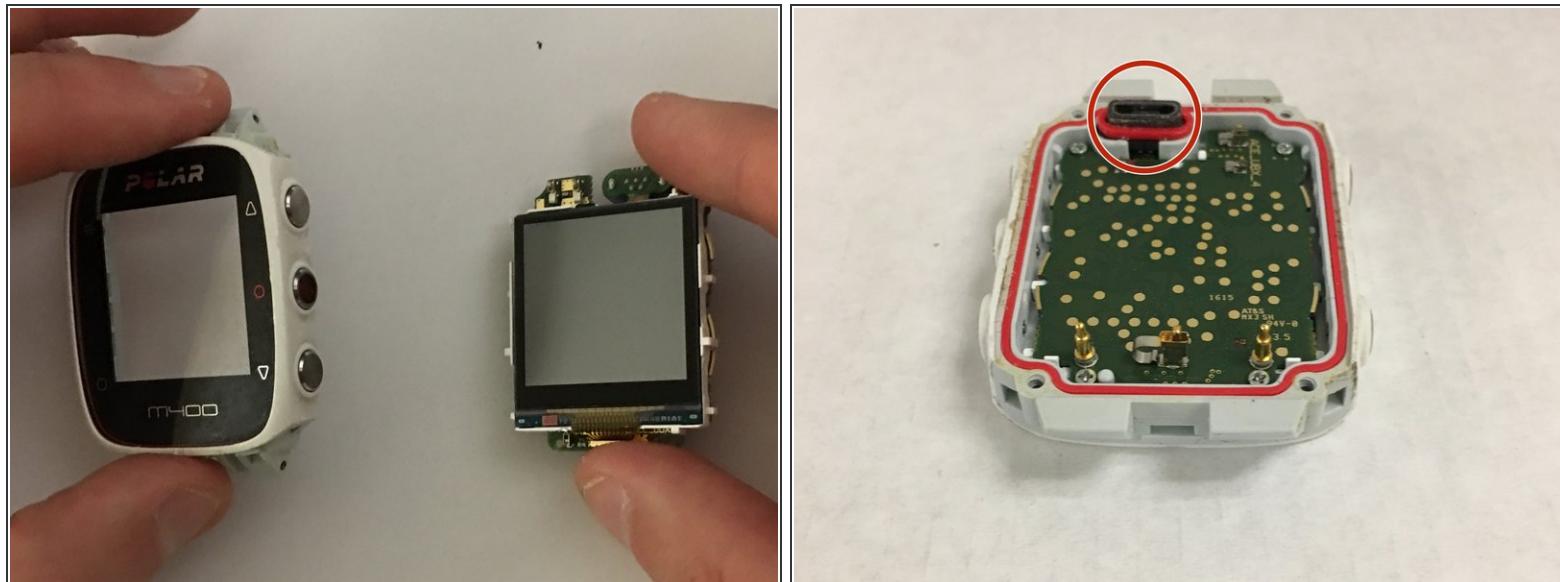
- Use tweezers to gently pry the golden sensor away from the battery.
- Remove battery using the plastic opening tools.

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.