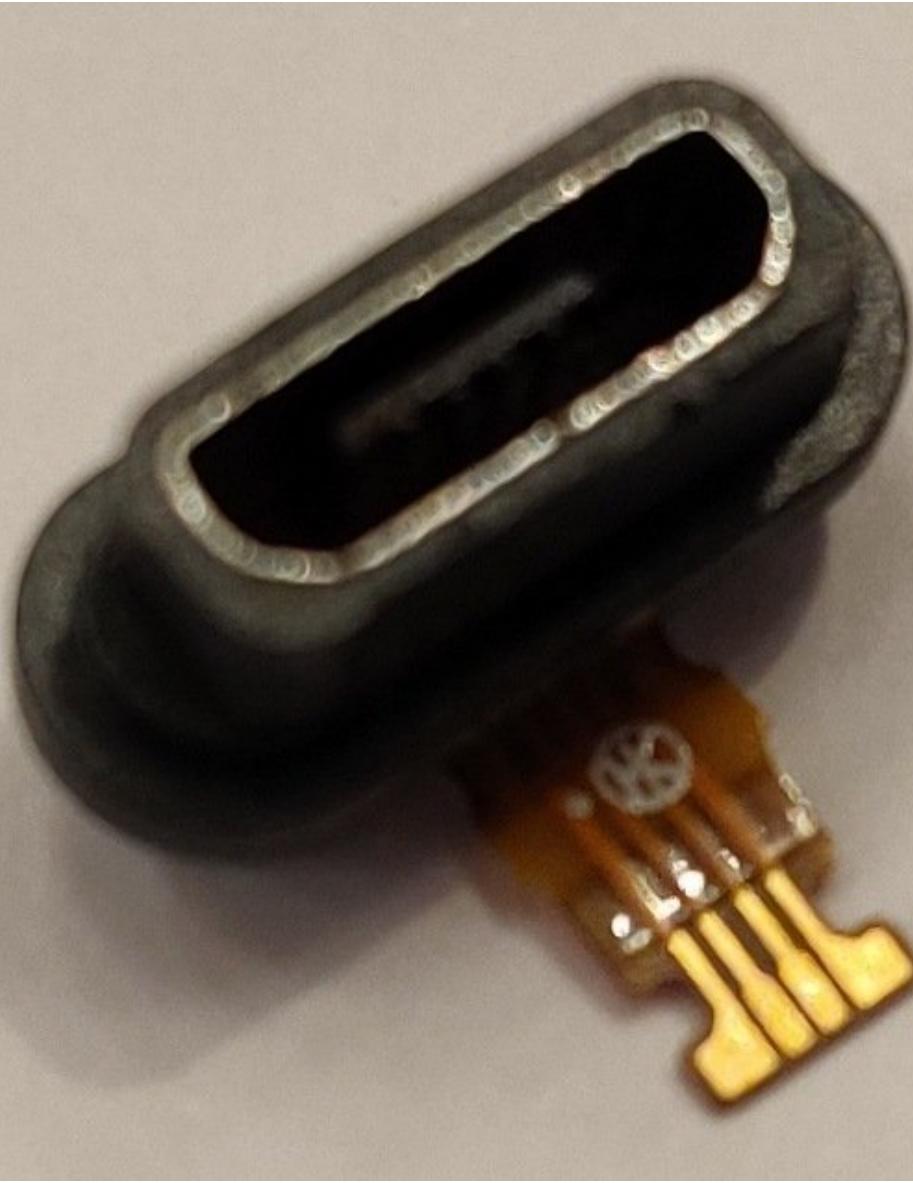




Polar M400 Watch micro-USB connector Replacement

Replacing micro-USB connector

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INTRODUCTION

Your Polar M400 won't charge anymore? The micro-USB connector has corroded? You don't want to pay a whopping 20€ (+ shipping) for a new connector from Polar? Not afraid of soldering and heat guns? If so, you have come to the right place!

TOOLS:

- Paper Clip (1)
- Tweezers (1)
- T5 Torx Screwdriver (1)
- Phillips PH000 Screwdriver (1)
- Soldering Iron (1)
- Heat Gun (1)
- helping hands (1)
- Hot Glue Gun (1)

PARTS:

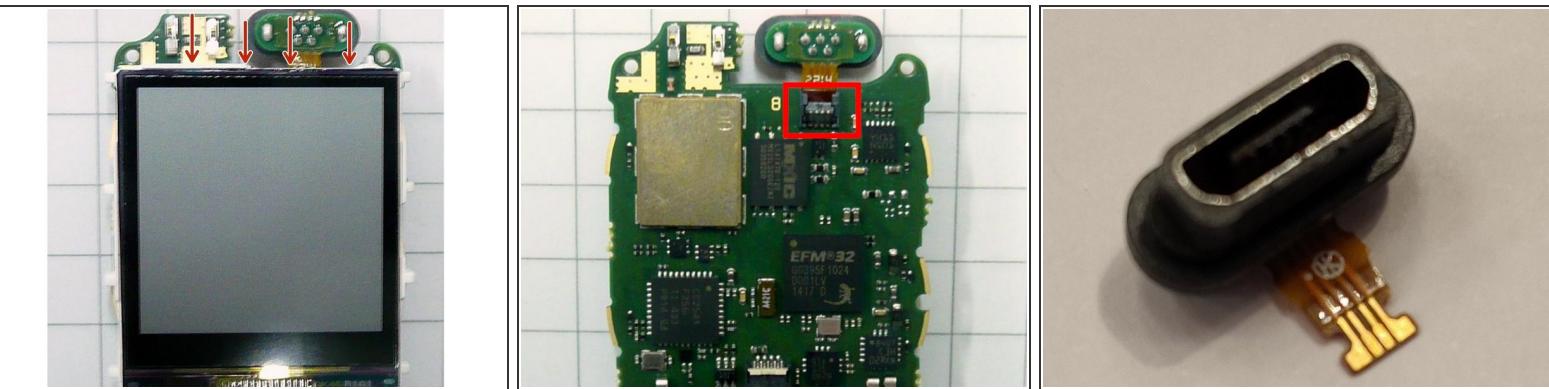
- Micro-USB female connector (1)

Upright

Personally ordered:

<https://www.aliexpress.com/item/32960430313.html>

Step 1 — Disconnecting the flex PCB



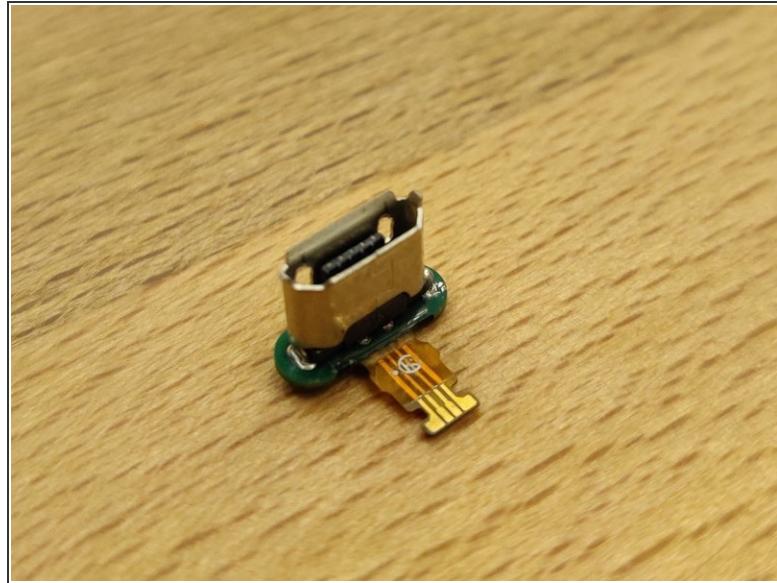
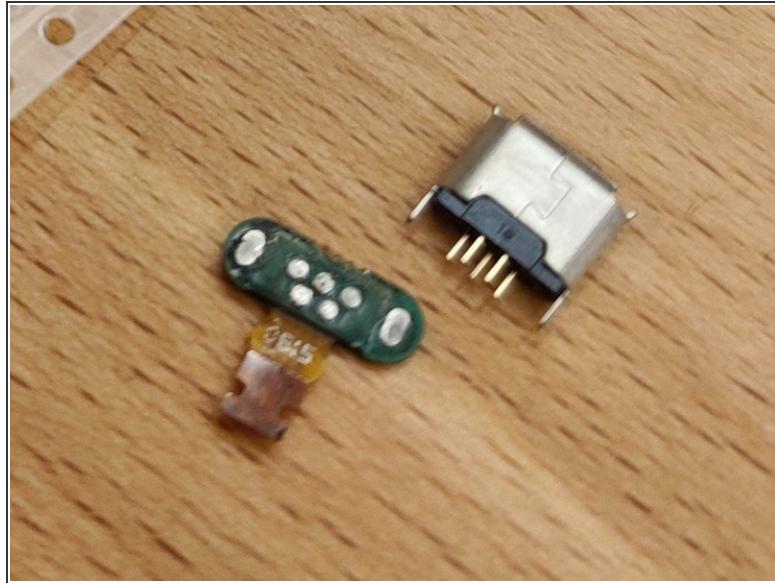
- Follow the [screen replacement tutorial](#) to dismantle the watch.
- **Carefully** lift the screen from the board.
- Disconnect the USB's flex PCB from the main board. **Save the red rubber seal of the USB connector for later.**

Step 2 — Desoldering the USB connector



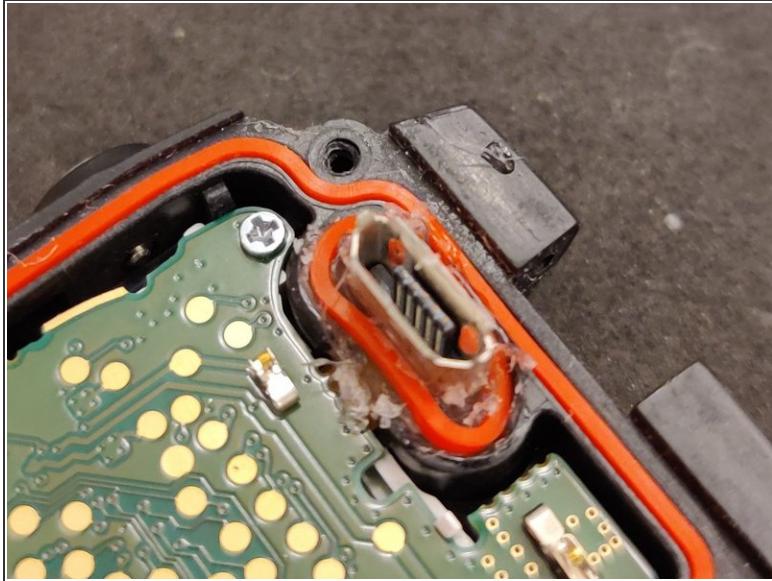
- Use a tool like a helping hand to hold the USB connector part.
- Using a heat gun, blow hot air **underneath** the PCB.
- Once the solder is **melting** give the connector a **good tap** in order to make the PCB **fall loose**.

Step 3 — Soldering a new USB connector



- Place the new USB connector on a flat surface with its **pins pointing upwards**.
- Place the PCB **on top** on the pins, the exposed copper traces on the flex PCB **facing the flat surface**.
- Using an iron, solder the PCB by heating **all the pads** at the same time (as much as possible) at **apply pressure** so that the pins of the USB connector come through.

Step 4 — Sealing the USB connector



- Connect the flex PCB back to the main board.
- Reassemble the watch **stopping before screwing the lid back**.
- Add hot glue to the **base** of the USB connector filling the watch case's cavity. **Be careful not to put hot glue inside the connector.**
- While the glue is **still hot**, put the red rubber seal back **on top**.
- Screw the lid back.

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