



# TomTom Runner Wristband Replacement

This guide walks you through how to remove the wristband of your TomTom Runner watch.

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## INTRODUCTION

This guide helps you learn how to remove the wristband from your TomTom Runner Watch. You will need to remove the wristband for each part you want to replace in the watch. That is why you need to learn how to remove the wristband.

## Step 1 — Wristband



- First, lift the bottom part of the band to start removing the wristband from the button area of the watch.

## Step 2



- Continue to lift up on the band until the screen of the watch becomes loose from the band.
- You may need to apply a small amount of force downward on the face of the screen.
- Continue to pull up on the wristband until it is completely off the watch.

This step is complete when the watch and wristband are completely free from each other. To put wristband back on watch, pop watch back into place by reversing the steps.