



Withings Activité Pop Smartwatch Teardown

This guide is for the complete teardown of Withings Activité Pop Smartwatch , showing the individual components and parts during the process.

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INTRODUCTION

With this guide I will show how to remove the inner components of a Withings Activité Pop Smartwatch using only commonly found thin flat blade watchmakers screwdriver. It is very simple to do, but there are small screws that can get lost, so prepare a small box to keep them during the disassembly.

TOOLS:

- [Tweezers \(1\)](#)
- [Mako Driver Kit - 64 Precision Bits \(1\)](#)

Step 1 — Introduction, remove the rubber band



- This is Withings Activité Pop Smartwatch. A beautifully designed no frills smartwatch that shows your daily activity score with an analogue gauge. Remove the rubber band by pulling tiny levers at the back along arrow direction.

Step 2 — Remove case back and access the battery



- The case back can be opened by prying with the opening tool or a flat screwdriver. You will see the CR2025 lithium battery shining with all its glory.

Step 3 — Remove the lithium battery



- Pry the CR2025 lithium battery off and ponder the meaning of three hexadecimal numbers on the information sticker.

Step 4 — Remove the inner plastic cover



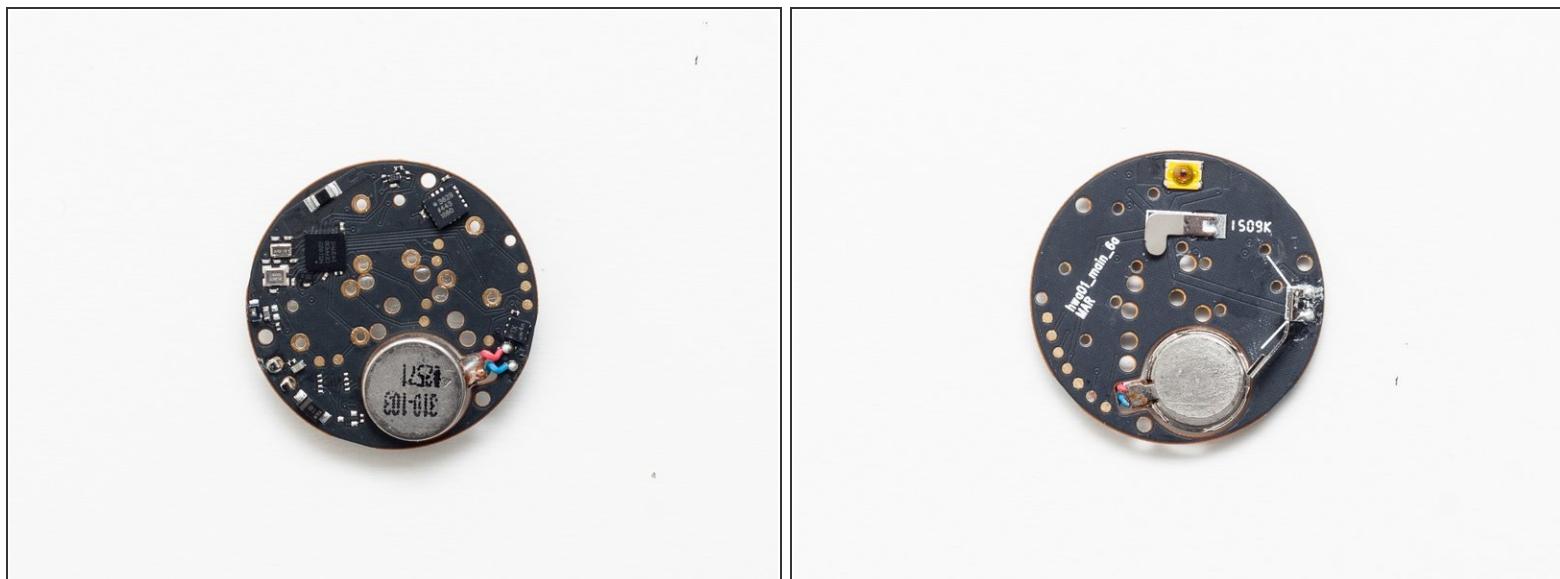
- Using a thin flat blade screwdriver remove three self tapping screws holding the inner plastic cover. The vibration motor (round metal part in second photo) has a sticky tape on it. You may need to apply force to separate the motor from the inner plastic cover. See the main PCB.

Step 5 — Access and remove the main PCB



- Using a thin flat blade screwdriver remove 12 (!) fine threaded screws to release the main PCB from the stepper motors of three dial hands.

Step 6 — Have a close look at the main PCB



- ...and enjoy the view.

Step 7 — Have a close look at the three stepper motors



- ...and enjoy the view.

Step 8 — Teardown complete...



- This Withings Activité Pop Smartwatch had water ingress and it failed due to corrosion. A common fault with this watch is loose inner screws, leading to poor PCB contact with motors. When you change battery make sure you apply silicone grease on the rubber gasket of the case back. The dial and hands are not accessible since the glass is pressed.

