Polar M400 Watch Screen Replacement

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

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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.