



Polar M400 Watch Battery Replacement

This guide will teach someone how to take out...

Written By: Nicholas Sanders



INTRODUCTION

This guide will teach someone how to take out the battery in the Polar M400 and replace it with a working one. A damaged battery could be due to lack of charge or submersion in water more than 30 meters. It could also be due to battery age and various malfunctions. Over time, excessive and wear can lead to battery damage. The Polar M400 has an internal, rechargeable battery. You can charge the battery over 300 times or two years before a notable decrease in its capacity. The number of charge cycles also varies depending on use and operating conditions. Once the battery is replaced, follow local waste disposal regulations and do not dispose of this product as unsorted municipal waste.

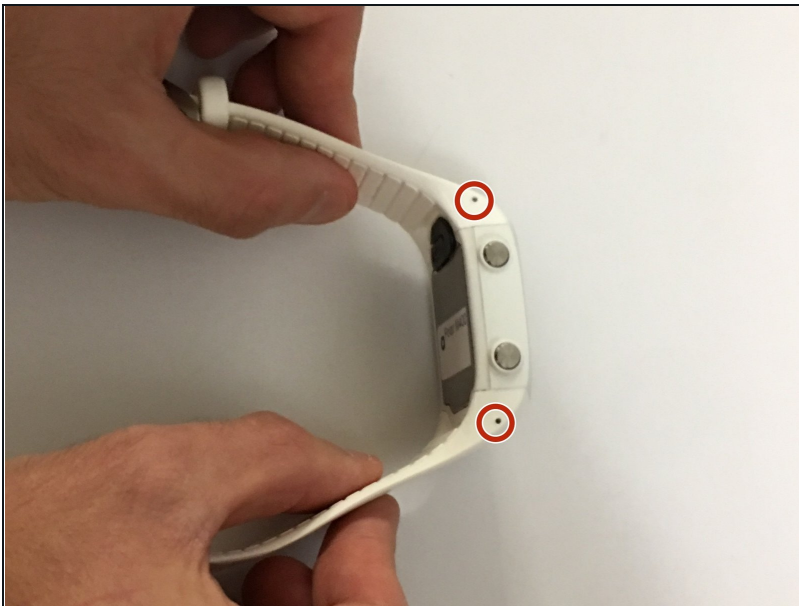
TOOLS:

[Paper Clip](#) (1)
[Tweezers](#) (1)
[T5 Torx 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



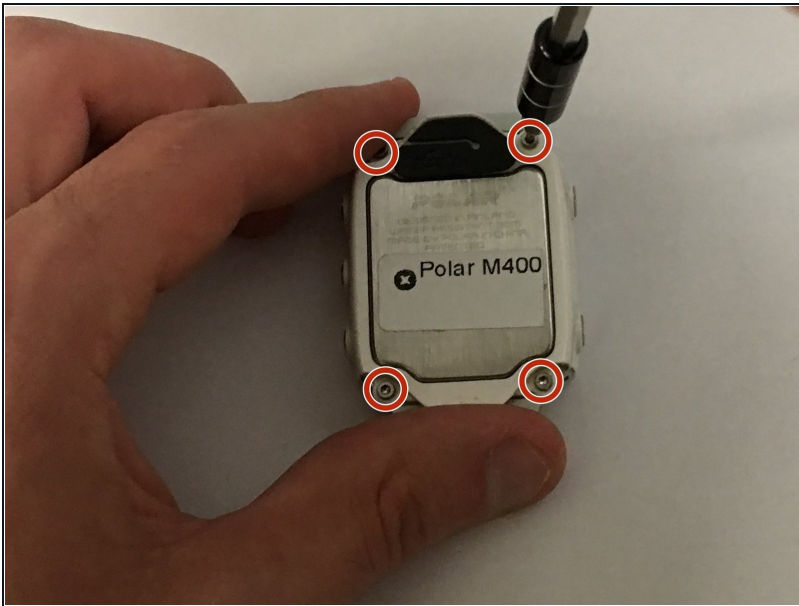
- Apply an upward pressure to the holes until the locking pins release.
- Use precision [tweezers](#) to remove the pins that connect the face with the strap.

Step 3



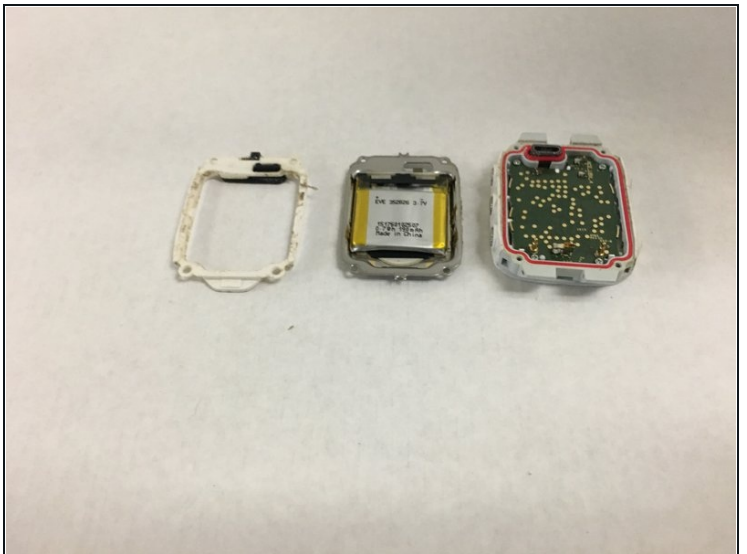
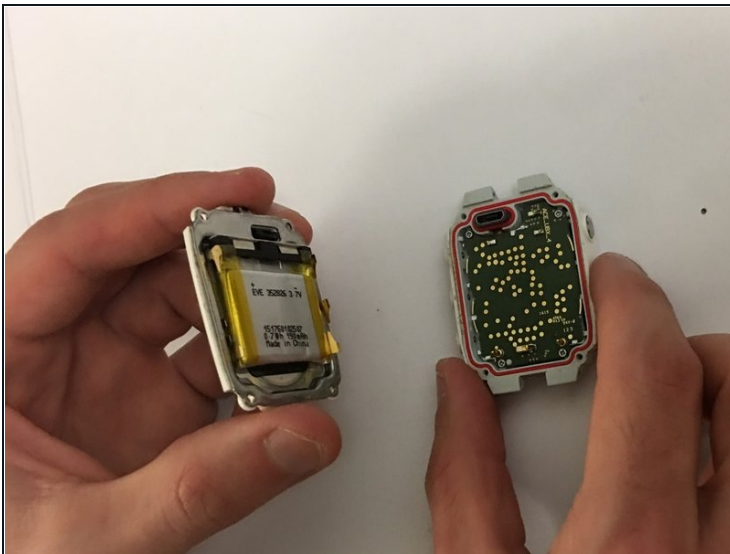
- Once the pins are released, the old wrist strap should snap off.
- ☑ Simply lock the new wrist strap into place.

Step 4 — Battery



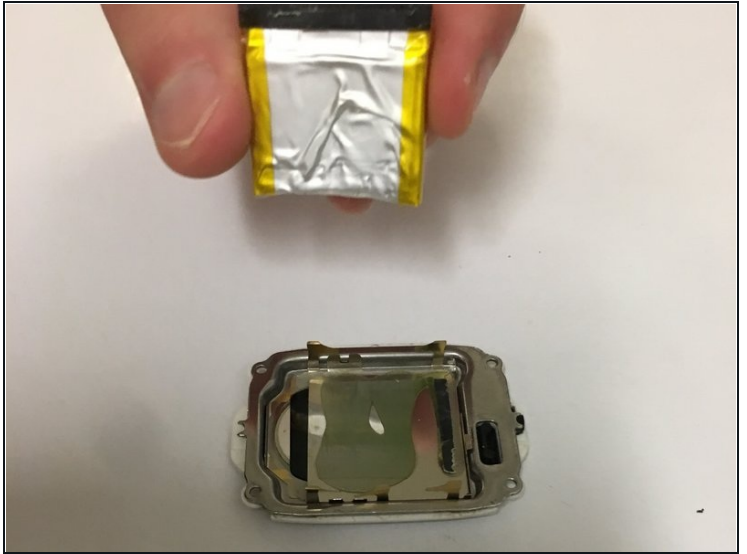
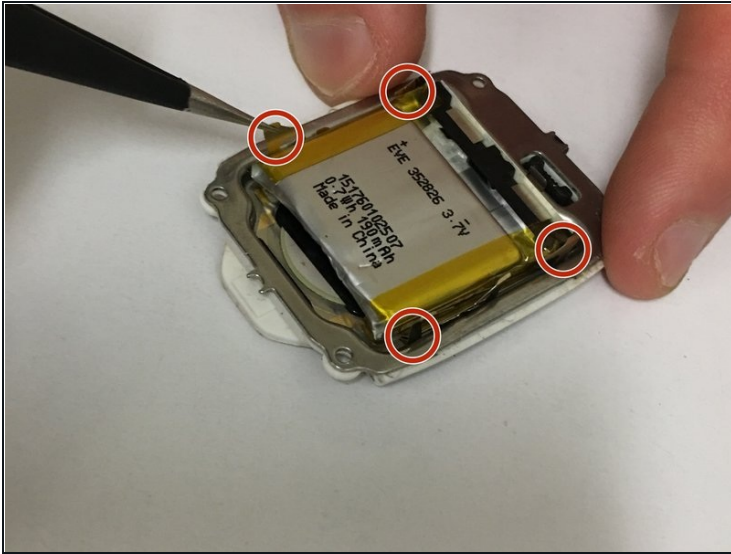
- Use the T5 head on the iFixit screwdriver to unscrew the four screws on the back of the watch's face.

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.

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