



Polar M400 Watch Wrist Strap Replacement

The following guide will instruct how to change the wrist strap on the Polar M400 Watch.

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INTRODUCTION

This guide will teach someone how to take off a damaged or torn wrist strap on the Polar M400 and replace it with a new one. A damaged wrist strap could be due to excessive wear and tear or wearing it in wet conditions.



TOOLS:

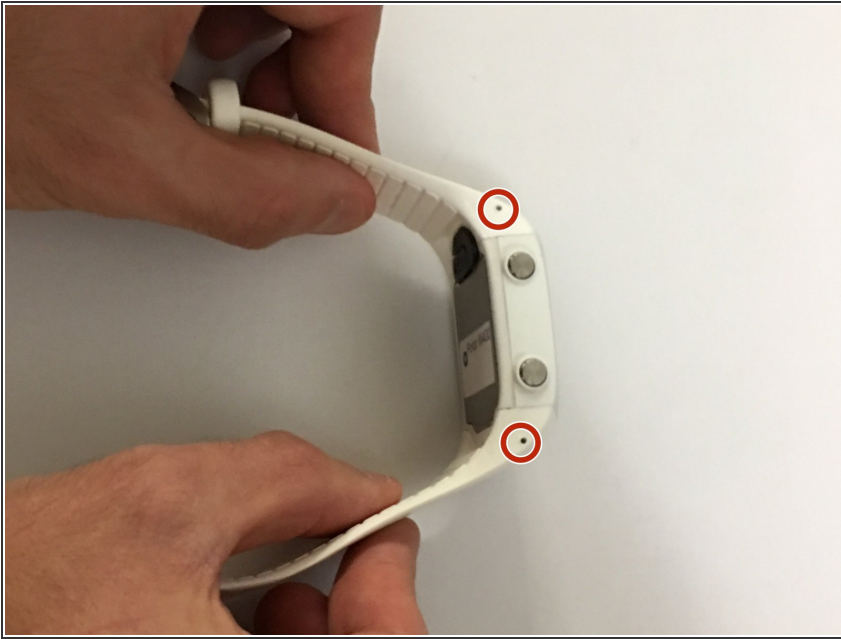
- [Paper Clip](#) (1)
- [Tweezers](#) (1)



PARTS:

- [Replacement Wrist Strap](#) (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.

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