



# Garmin Fenix 3 HR Battery Replacement

How to replace a Garmin Fenix 3 HR battery.

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## INTRODUCTION

This guide will give you step-by-step instructions on how to quickly swap out that old battery for a new one.

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### TOOLS:

- [T5 Torx Screwdriver](#) (1)
- [Tweezers](#) (1)
- [Spudger](#) (1)
- [iFixit Opening Tools](#) (1)

### PARTS:

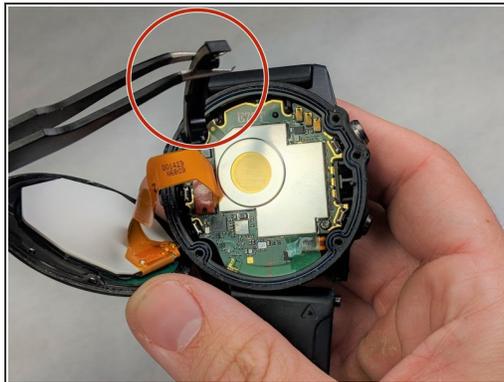
- [Garmin Fenix 3 and 3 HR Replacement Battery](#) (1)

## Step 1 — Battery



- Remove the five 7mm screws with H1.3 hex screwdriver.

## Step 2



- Use a plastic opening tool to remove the face of the device to expose the inner components.
  - There is one metal piece at the top of the face that is loose. This is the GPS antenna which will need to be removed as well.

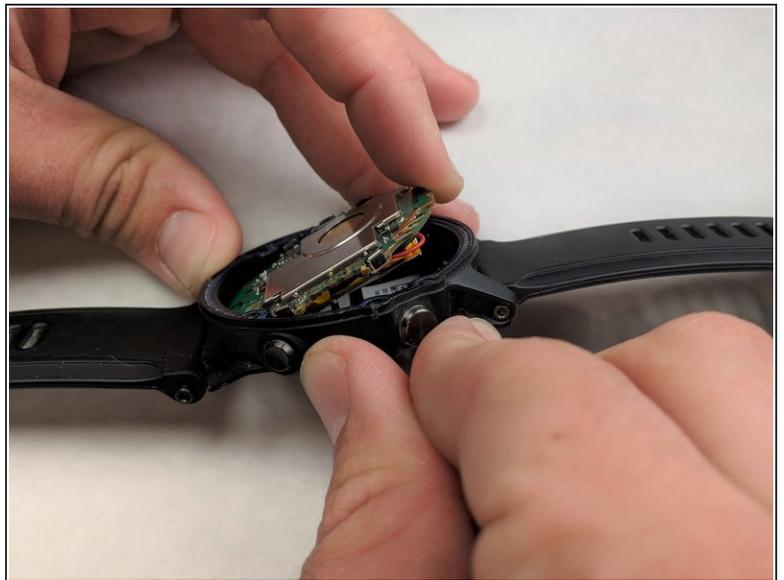
**⚠** Be careful with the ribbon that connects the motherboard to the display.

### Step 3



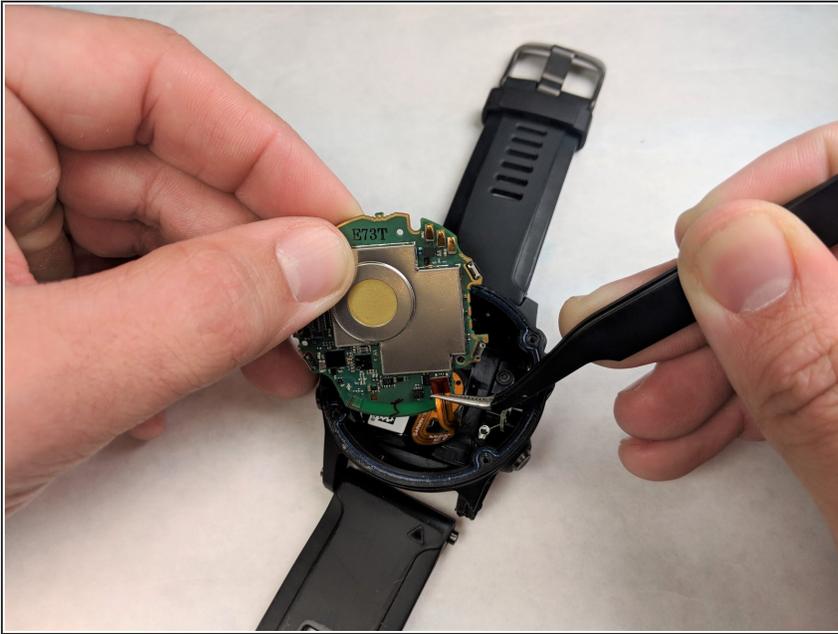
- Proceed to disconnect the ribbon from the motherboard using tweezers.

### Step 4



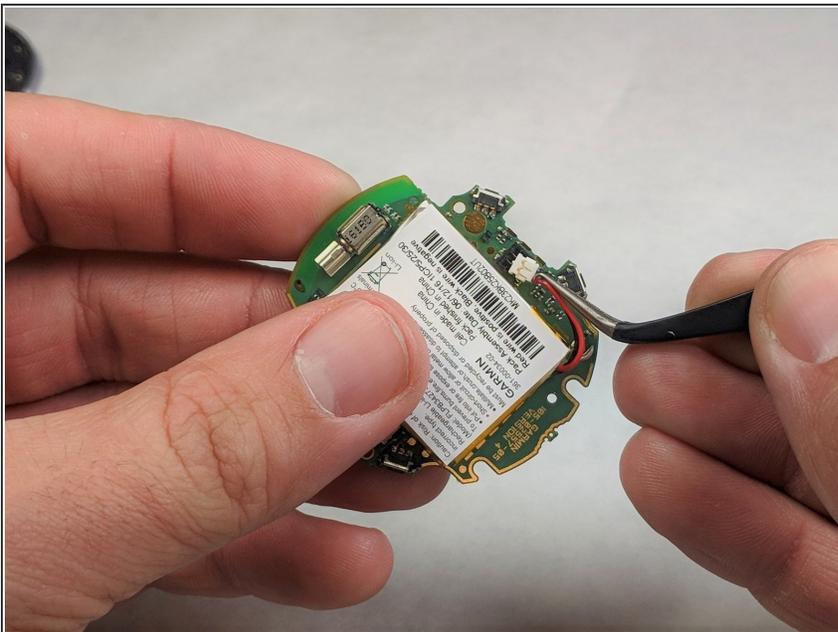
- Using a T5 screwdriver, remove the two 5mm screws.
- ⓘ The motherboard should now move freely.

## Step 5



- Another ribbon is attached to the top of the motherboard. Disconnect this ribbon.

## Step 6



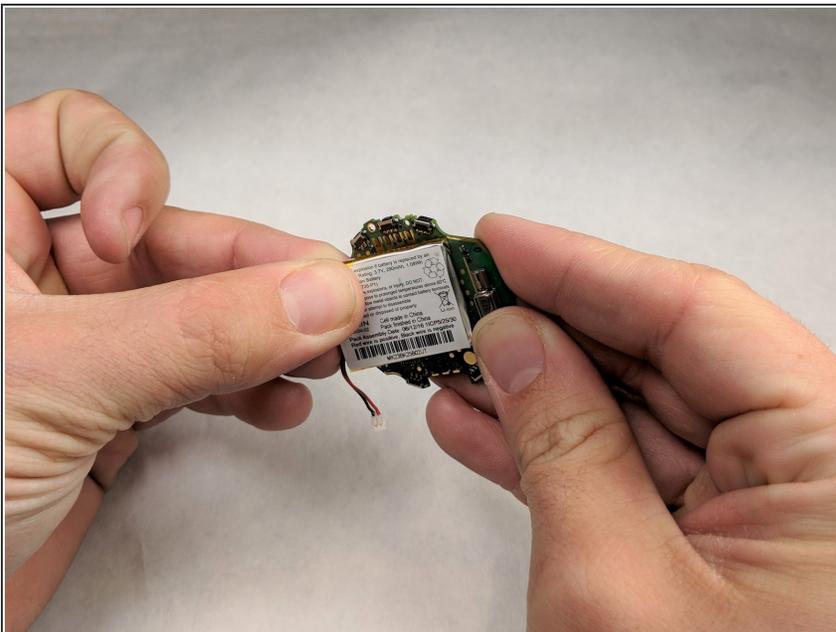
- Disconnect wires connecting battery to motherboard.

## Step 7



- The battery is glued to the motherboard and will need pried off using the nylon spudger.

## Step 8



- ✦ Now attach the new battery with adhesive and reassemble.

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