



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.



TOOLS:

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



PARTS:

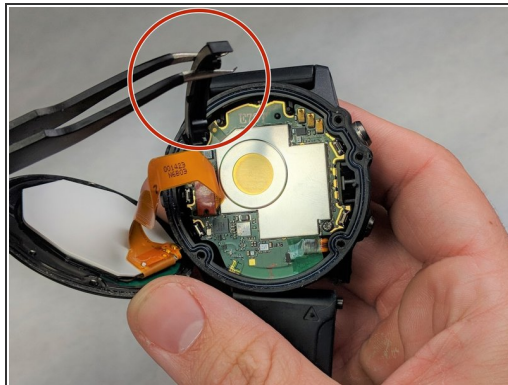
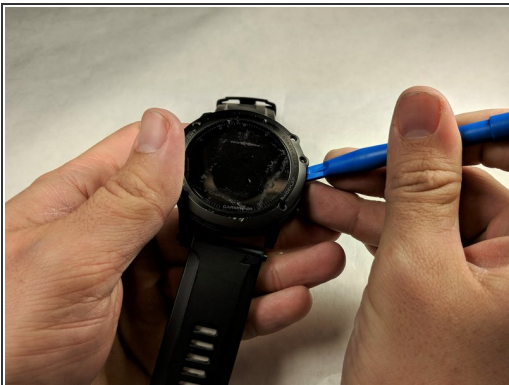
- [Garmin Fenix 3 and 3 HR Replacement Battery](#) (1)

Step 1 — Battery



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

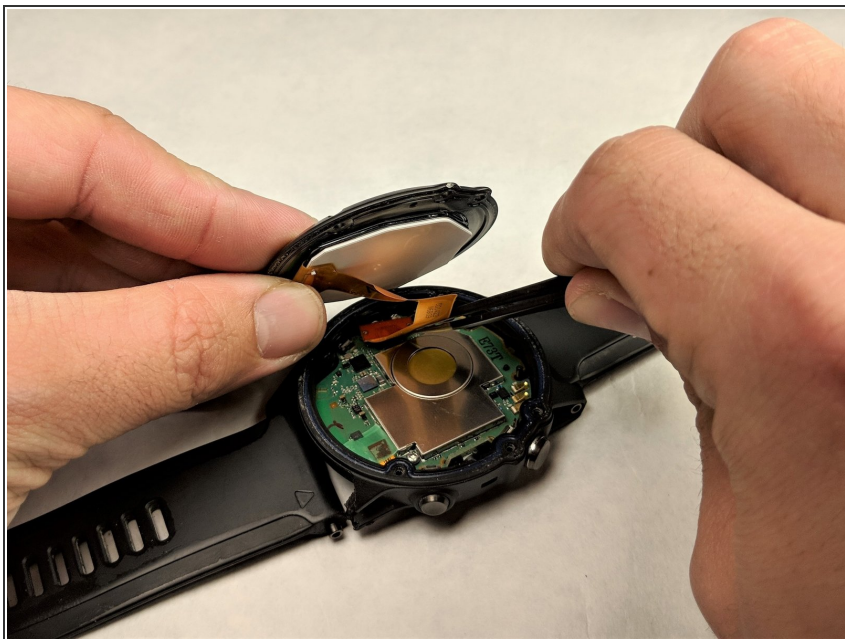
Step 2



- 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.

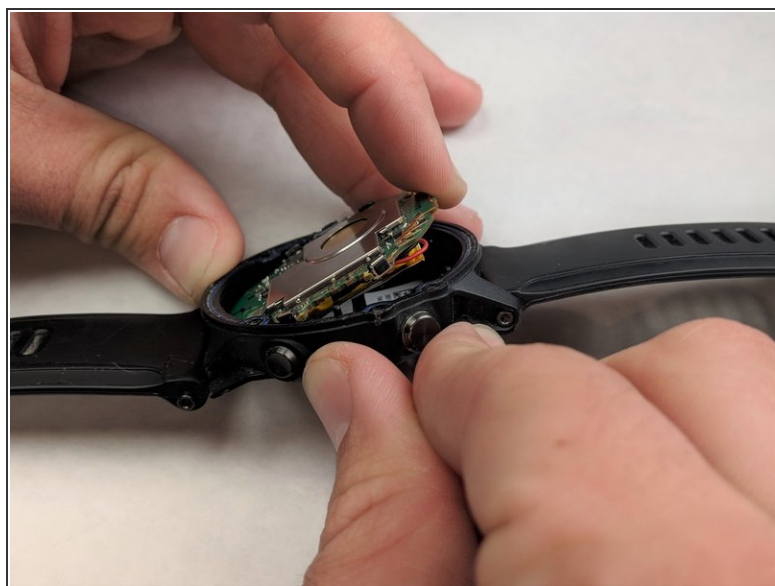
⚠ Be careful with the ribbon that connects the motherboard to the display.

Step 3



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

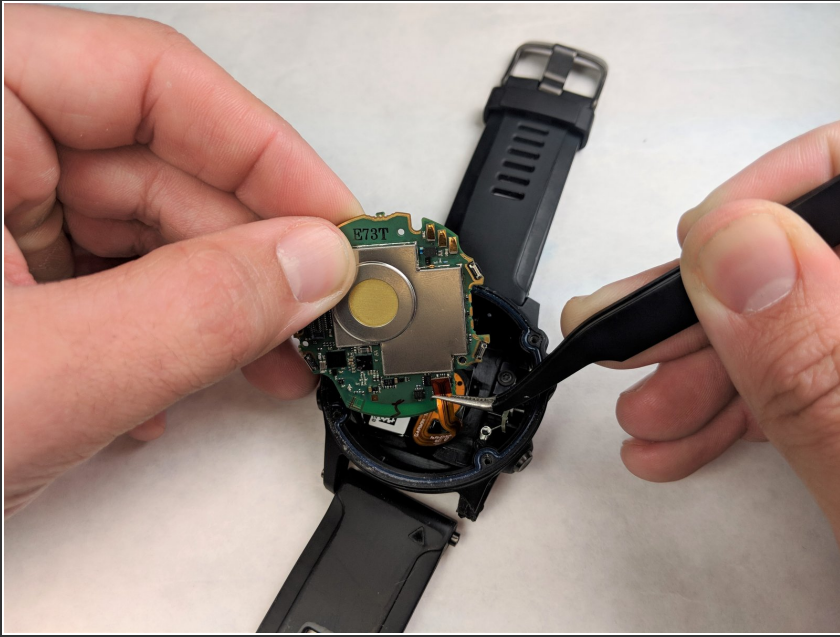
Step 4



- Using a T5 screwdriver, remove the two 5mm screws.

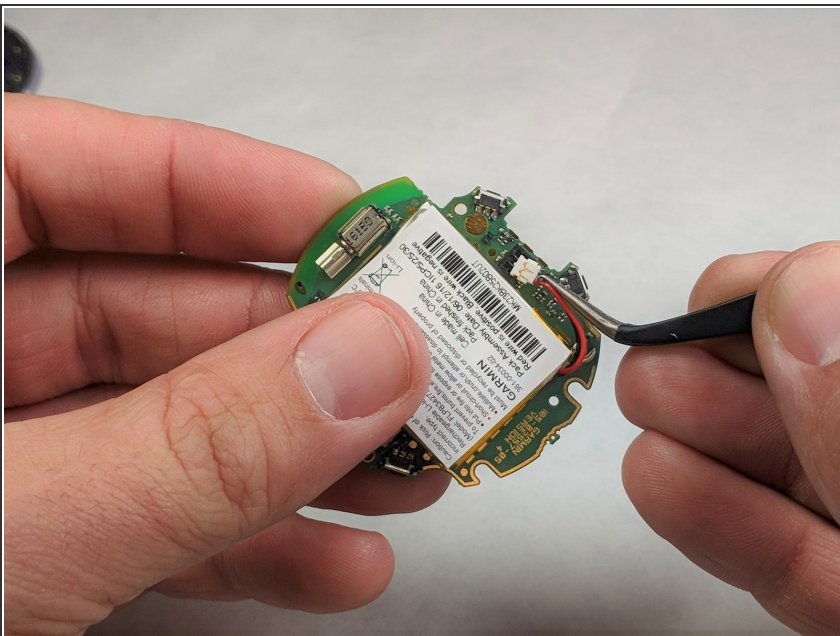
ⓘ The motherboard should now move freely.

Step 5



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

Step 6



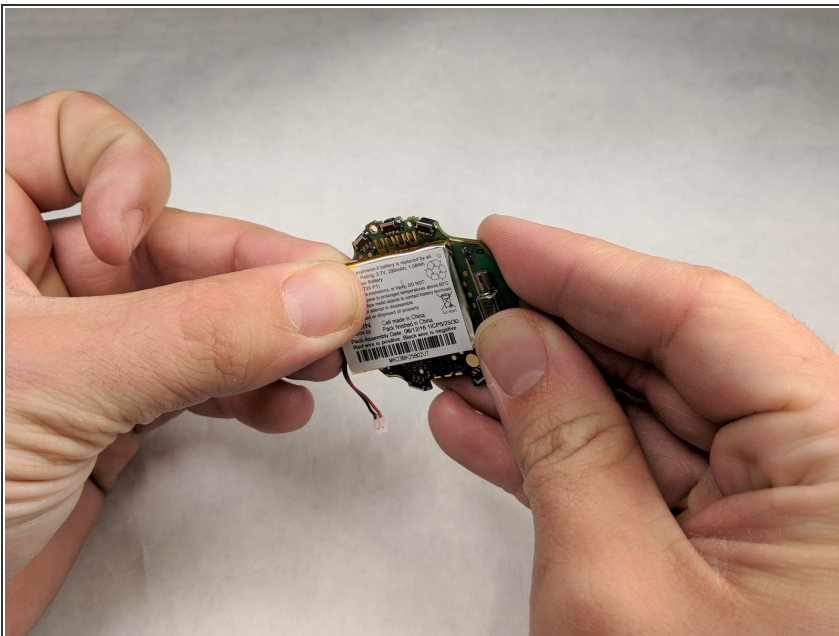
- Disconnect wires connecting battery to motherboard.

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.