



FitBit Alta HR Teardown

This will help you tear down your FitBit Alta HR.

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TOOLS:

- [iFixit Opening Tools](#) (1)
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Step 1 — Removing screen cover



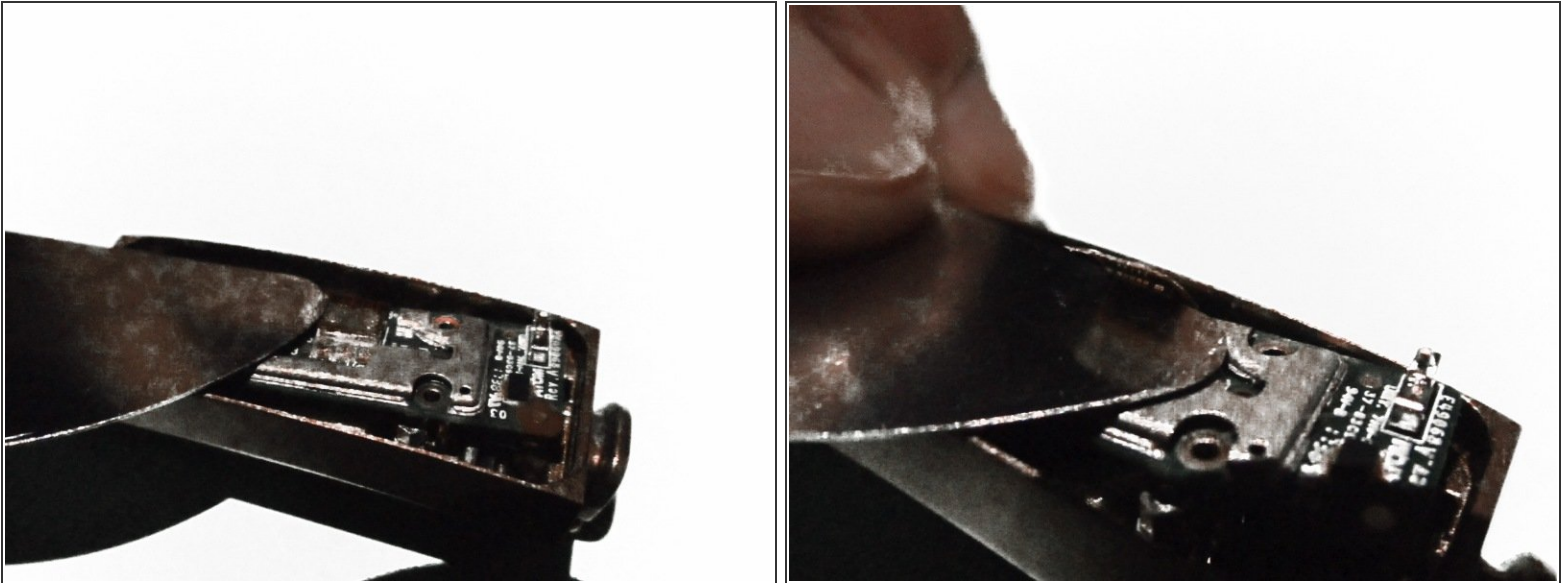
- Make sure your band is taken off before starting this step.

Step 2 — Lifting open the screen



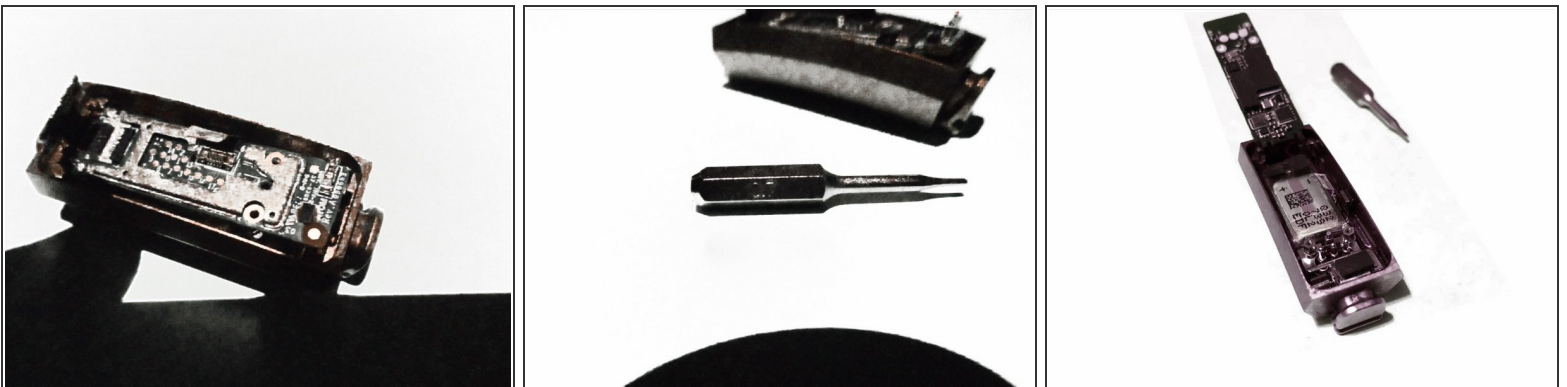
- Be careful not to scratch the motherboard.

Step 3 — Disconnecting heart rate monitor cable



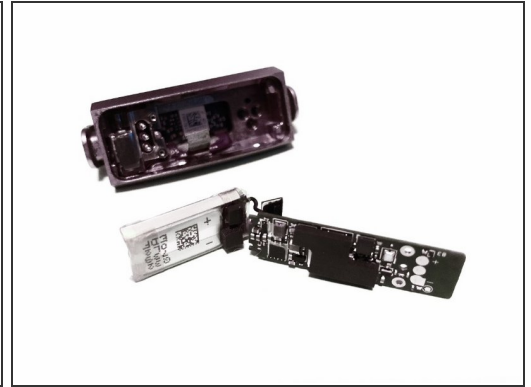
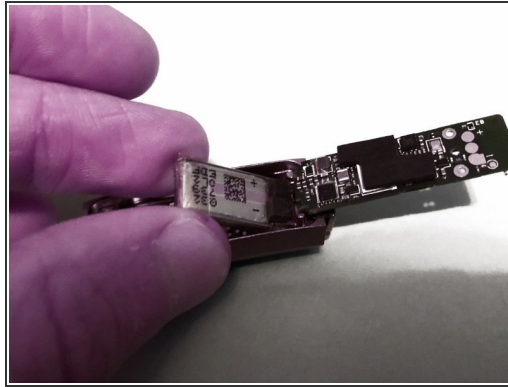
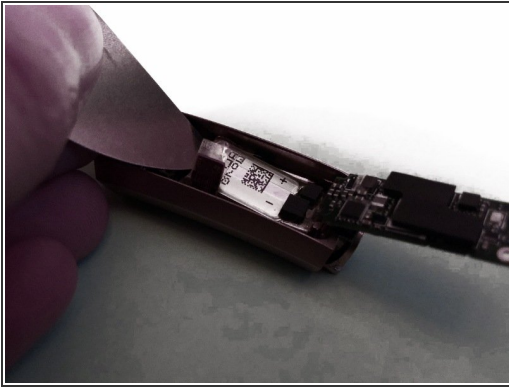
- Do this gently.

Step 4 — Unscrew motherboard



- Use the 0.7 screwdriver to unscrew this.

Step 5 — Removing Battery



⚠ Be careful not to puncture the battery you pry with metal tools.

- Be careful with the wires connecting the battery to the motherboard.