



Garmin fēnix 7X Teardown

All screws shown are T4 Torx screws. Note on...

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INTRODUCTION

All screws shown are T4 Torx screws.

Note on waterproofing: it appears that Garmin has used rubber gaskets to waterproof the watch, instead of adhesives or other one-time-use seals. In theory, this means that your device should retain its waterproofing if re-assembled correctly. However, without official guidance from Garmin, this is not guaranteed.

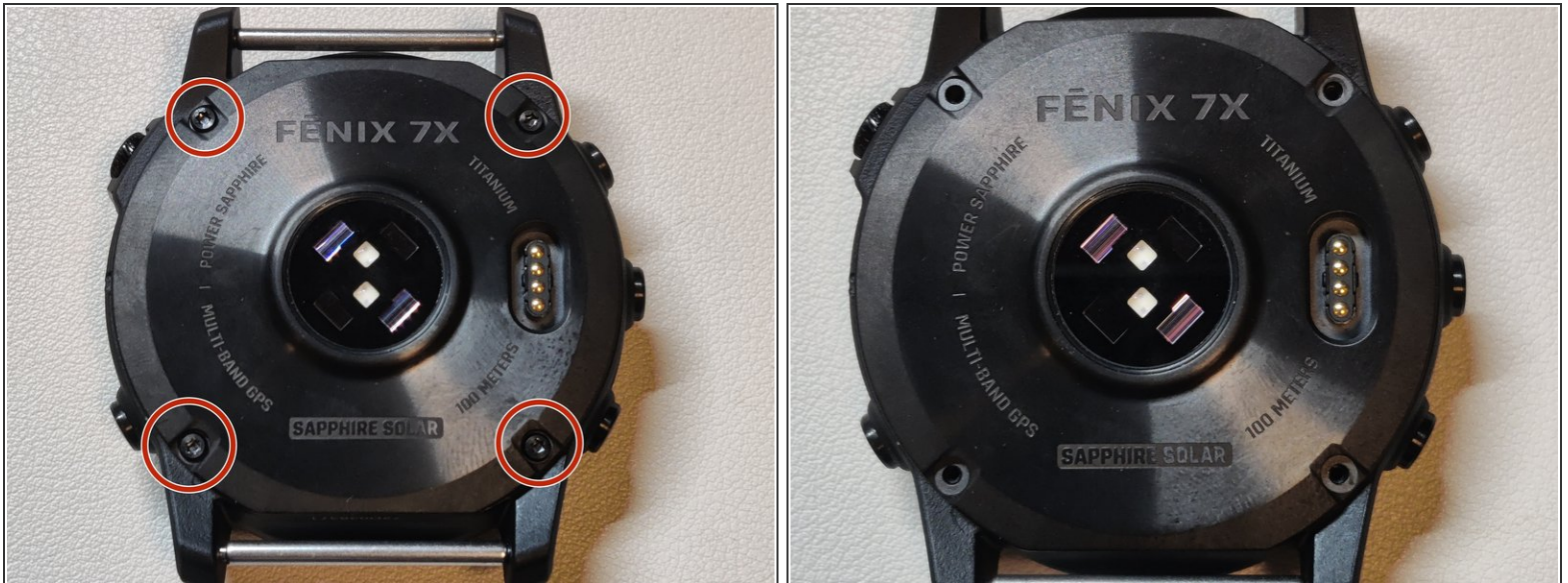
Proceed at your own risk



TOOLS:

- [T4 Torx Screwdriver](#) (1)
 - [Spudger](#) (1)
 - [Tweezers](#) (1)
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Step 1 — Unscrew back plate screws



- Turn off the watch and remove the wrist band before proceeding.
- Unscrew the four indicated screws.

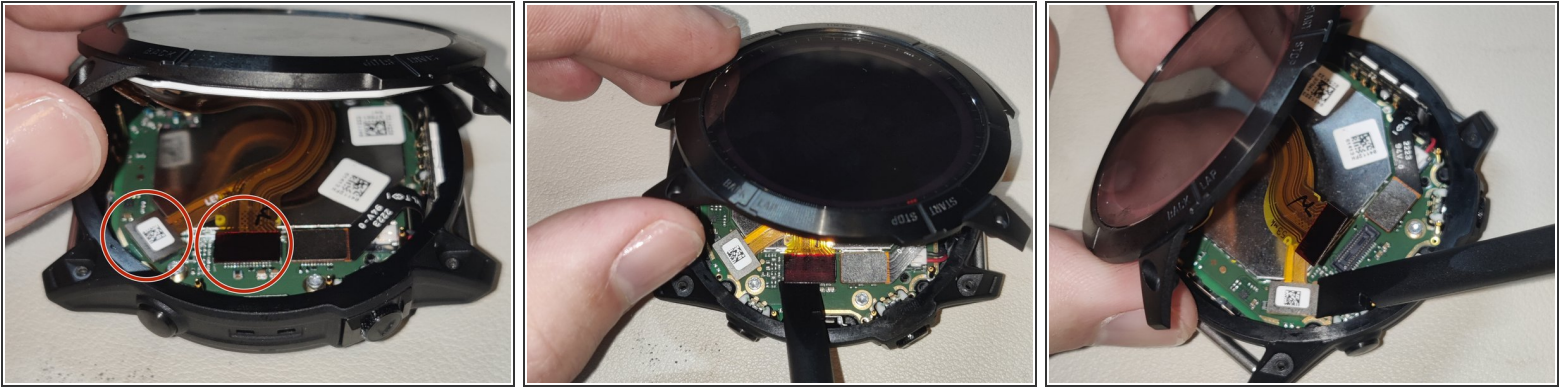
⚠ Don't try to remove the back plate yet since there are ribbon cables still attached to it.

Step 2 — Unscrew screen assembly



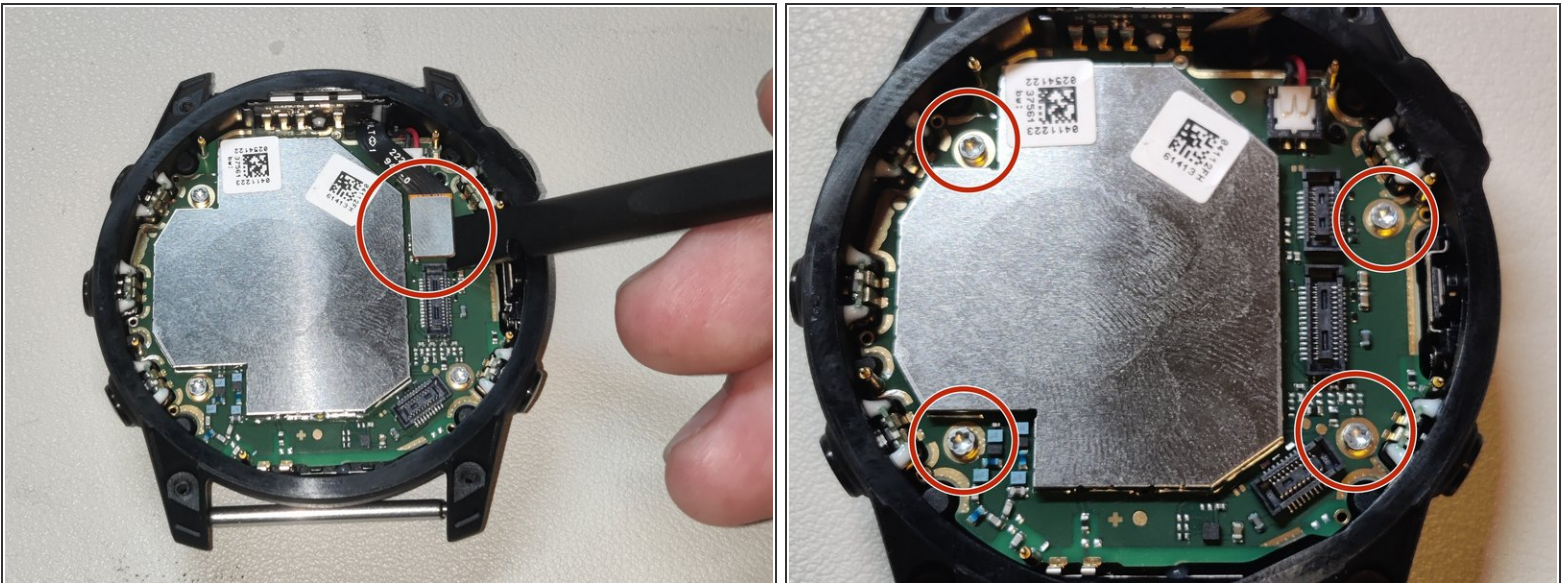
- Unscrew the four screws holding the screen on.
- To avoid damaging the screen ribbon cables, carefully lift the screen off the body and angle it slightly to the left to expose the ribbon cables.

Step 3 — Remove screen assembly



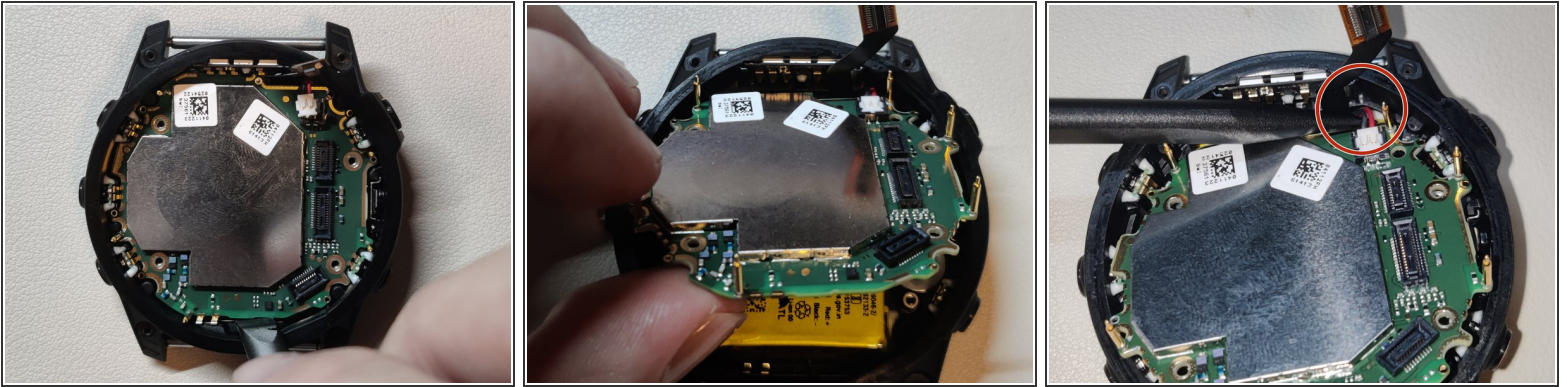
- Detach the indicated ribbon cables which connect to the screen.
- A plastic spudger may make this step easier and help prevent damage.
- The screen should now be completely detached from the body. Lift the screen completely away from the body and set it aside with the ribbon cables facing up.

Step 4 — Unscrew main circuit board



- Remove the final ribbon cable from the circuit board.
- Unscrew the four indicated screws.

Step 5 — Remove main circuit board

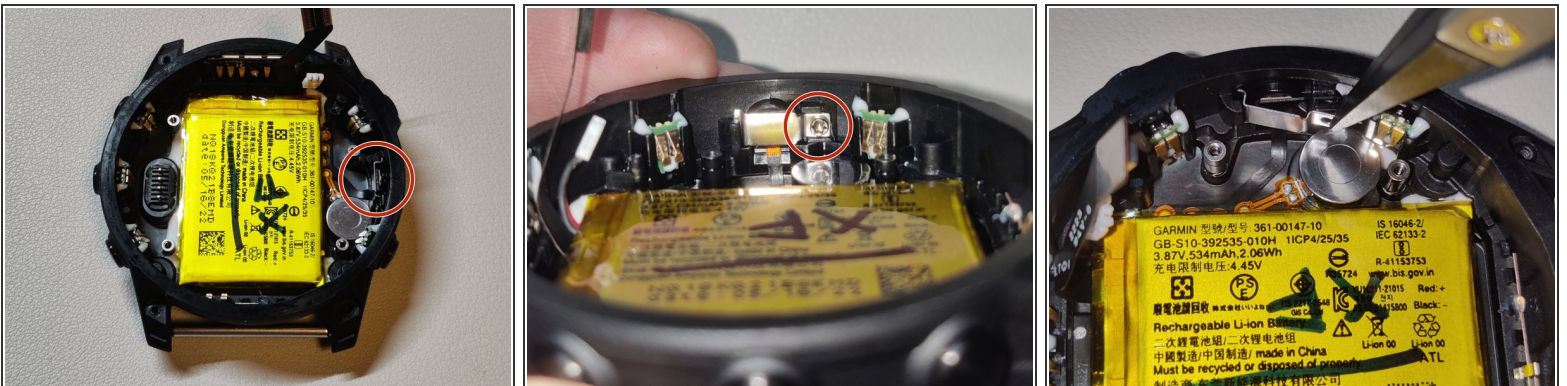


- Use a spudger to lift up the circuit board from the bottom until it loosens from the body.
- Use the thin end of a spudger to lift up the back of the indicated connector until it comes free. The connector pivots at the tip so it's necessary to lift it from the back.

⚠ The connector may require some force before it comes free. Tilting the circuit board to apply pressure may be helpful here. Be careful not to damage the wires leading to the connector.

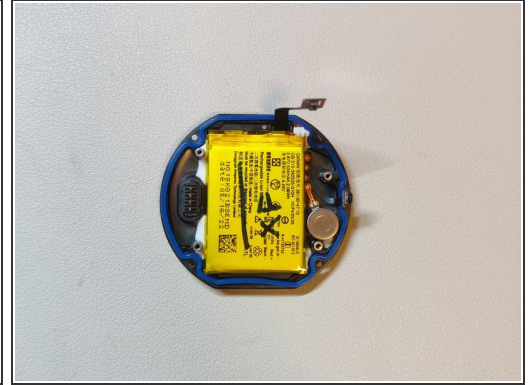
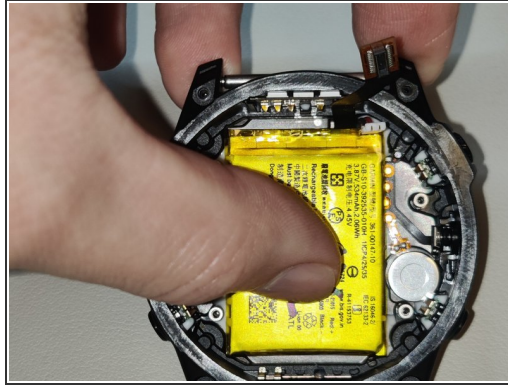
- The circuit board should now be completely detached from the body. Set it aside.

Step 6 — Remove speaker retention clip



- Unscrew the retaining clip for the speaker.
- Remove the retaining clip. Tweezers may be helpful here.

Step 7 — Remove back plate



- Use a spudger to pry the speaker free of the body.
- Brace your fingers on the back of the lugs and use your thumbs to press down on the battery until the back plate comes free.

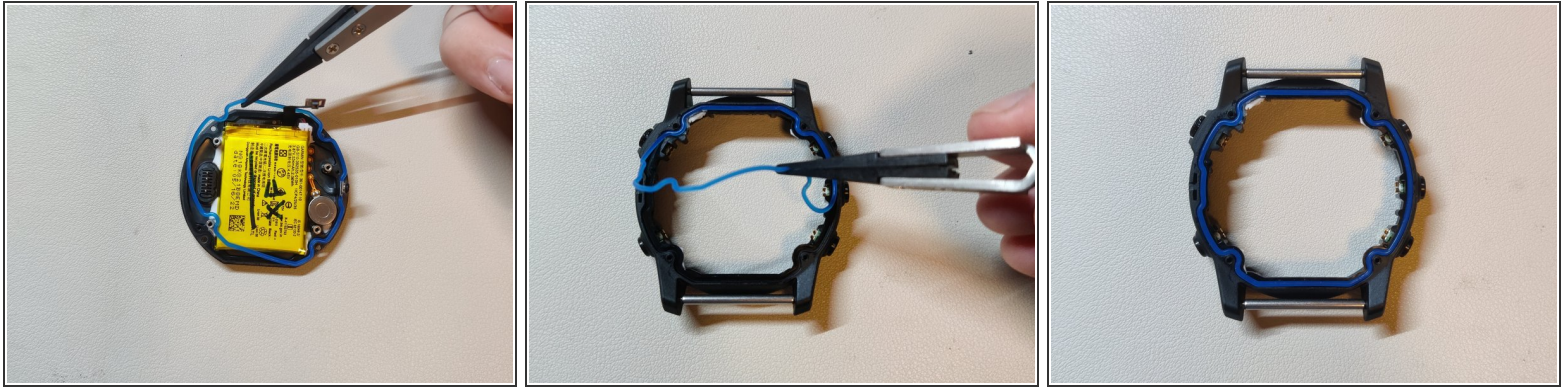
⚠ The back plate may require some force to remove since there is some adhesive stuck to it.

Step 8 — Reassembly



- To reassemble the device, follow the teardown steps in reverse.
- ⓘ Special care is needed on steps involving the gaskets which form the waterproof seals. See the next steps for these.

Step 9 — Before re-installing the back plate, re-install back plate gasket



- Before re-installing the back plate, re-install the back plate gasket.
- It's possible for the gasket to stick to the back plate during the removal of the back plate. If this occurs, remove the gasket from the back plate.
- Locate the groove on the bottom of the watch body and press the gasket into it. The gasket and groove are not symmetrical so be sure to orient the gasket correctly.

Step 10 — Before re-installing the screen assembly, re-install the screen assembly gasket



- If the screen assembly gasket came loose during removal of the assembly, press it back into the groove on the underside of the screen assembly.