



Nike SportWatch GPS Back Panel Replacement

This guide will replace the whole back of the watch, including the watch band.

Written By: Ian Eichorn



INTRODUCTION

Sometimes the back panel of the watch starts to peel or breaks. The steps in this guide will tell you how to remove it so it is ready for replacement.

TOOLS:

- [Spudger](#) (1)
 - [Phillips #000 Screwdriver](#) (1)
 - [iFixit Opening Picks set of 6](#) (1)
-

Step 1 — Back Panel



- Face the watch upside down, so that the back of the watch is exposed. Unscrew the six #000 size 5 mm long screws on the back using a size 000 Phillips head screwdriver.

Step 2



- Carefully separate the watch by pulling the band away from the main board.

Step 3



- Pry the black plastic piece above the battery out using a nylon or metal spudger.

⚠ Be careful not to break the metal flat bands located above the plastic piece. They are fragile and easily breakable.

Step 4



- Using a guitar pick removal tool, push under the battery to pry the battery out of the watch.

Step 5



- After taking the battery out, you will be left with just the band and the backpanel part of the watch.

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