Garmin Forerunner 405 Button Replacement

Use this repair guide to replace a button on a Garmin Forerunner 405.

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INTRODUCTION

This guide will walk you through the process of replacing a button on the Forerunner 405.

🔧 TOOLS:

- Phillips #000 Screwdriver (1)
- Tweezers (1)

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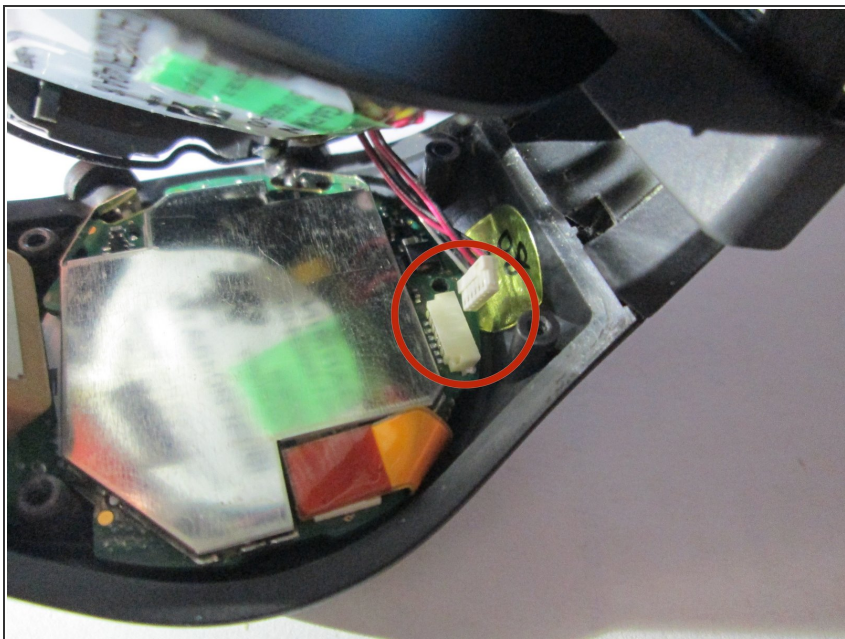
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Step 1 — Unscrew backing

- Unscrew the four 6.35 mm Torx T5 screws securing the backing of the watch.

Step 2 — Separate Component

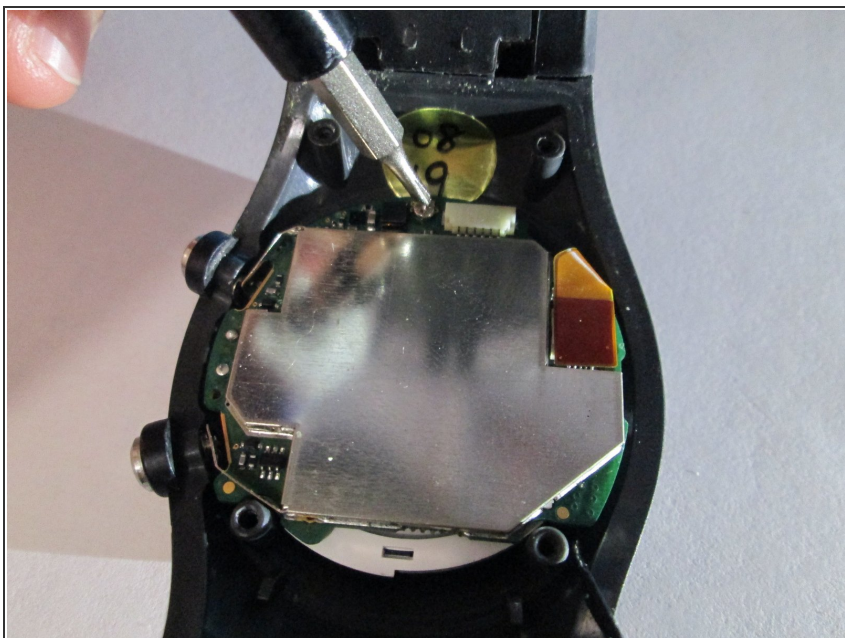- Pull the backing off the watch.

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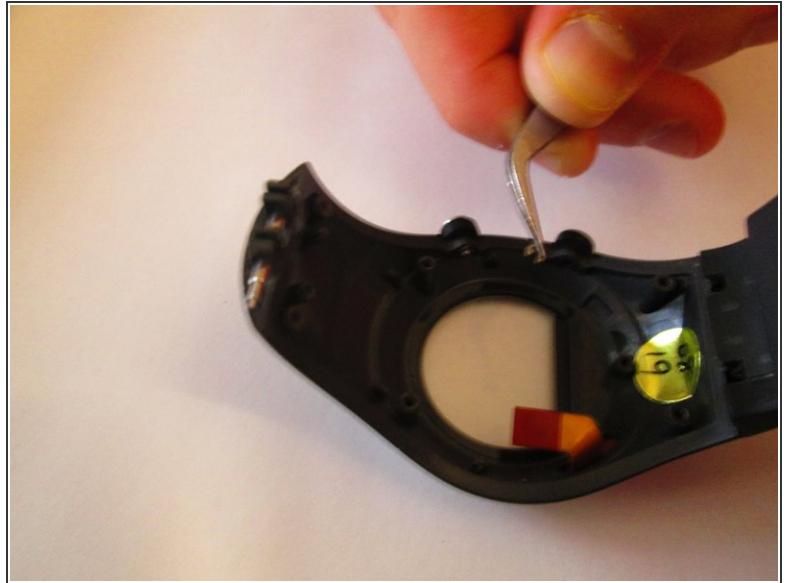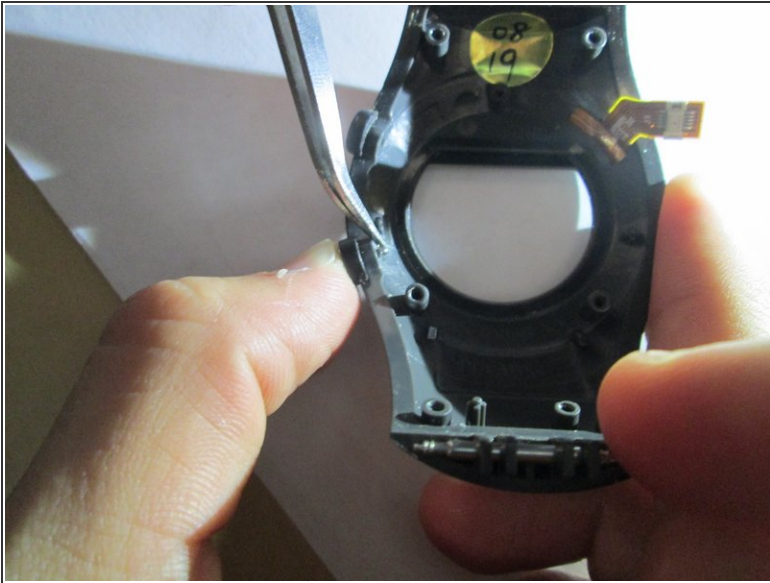
Step 3 — Separate

- Pull the battery wires out from the motherboard slowly.

Step 4 — Unscrew

- Unscrew one 4 mm philips screw that attaches the motherboard using a PH000 screwdriver.

- Lift the motherboard out of the watch.

Step 5 — Pull apart

- Push button in and pinch silver clip with tweezers.

- Pull silver clip off the pin it is on.

- Pull out button and replace.

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