



# Timex Ironman Battery Replacement

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## TOOLS:

- [Small Phillips Head Screwdriver](#) (1)
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## Step 1 — Battery



- Here is your watch! Actually, this one is mine. Yours is the one with the dead battery. My battery was dead, not too long ago, but I replaced it, and now you can, too!
- Your first job is to remove the watch band, which has flanges that overlap the back plate.
- But wait! The watch band isn't quite what it seems. On the side of this watch, there are what appear to be screw heads holding on the band. These are not screw heads, they're just decorative. Instead, you must use a screwdriver or other thin blade to compress the spring pins and remove the band.

## Step 2 — Remove the back plate of the watch



- Remove the back plate by unscrewing the four small phillips-head screws at the corners of the back plate.
- Put them in a bowl, or somewhere safe!
- Remove the metal back plate.

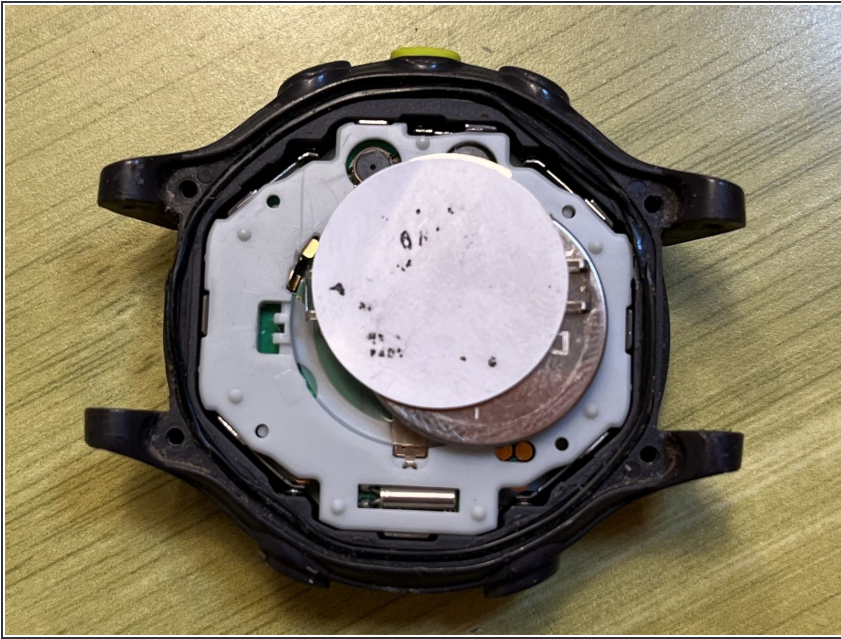
## Step 3



- Yay, you got the back off!
- Next, you need to release the metal strap under the sticker that holds the battery. This strap is wrapped around a pair of plastic horns on either side.
- To release the strap, you will need to insert a narrow and sharp object into the slot between the pair of horns, and pry the loop of the metal strap off of the plastic horns.
- (NB: The picture with the knife was taken several years after the earlier one, the sticker has faded quite a bit!)



## Step 4



- Yay, we got the battery out! Replace with a new battery.
- Replace the metal strap; hook one of the metal loops over one pair of plastic horns, place the other loop in the right position, and press down to snap the metal loop around the other pair of plastic horns.
- If the display is blank after completing this, you may need to reset the watch by "shorting the pads" that the sticker points to.
- In this picture, the "pads" referred to are the two small metal circles visible at the lower right, partly obscured by the battery. You can short them by touching both of them simultaneously using a copper wire or other conductive piece of metal that's small enough to fit in that little oval plastic window.

## Step 5



- Complete reassembly by screwing on the back plate and reattaching the watch band.

You are a wonderful person.