



To REMOVE lenses:

1.



Hold the frame vertically with the strap facing out. Separate the lens from the top ridge of the frame by grasping the lens above nose piece and firmly pulling on the top ridge until the lens "pops" out.

2.



Grip the edge of the lens and detach it from each end.

3.



Fully remove the lens from the nose ridge of the frame.

To REPLACE lenses:

1.



Insert the indented side of the lens into the nose ridge of the frame.

2.



Snap the two corners into the side knobs then firmly push the lens into the top groove of the frame. Gently pull on all sides to confirm the lens is secure.