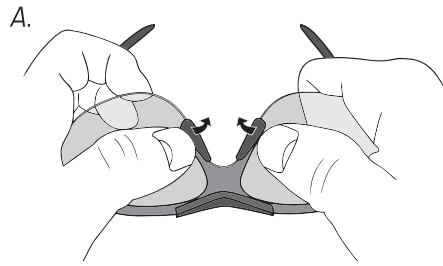
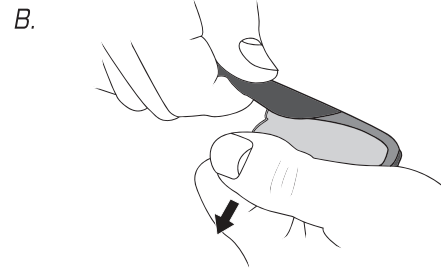


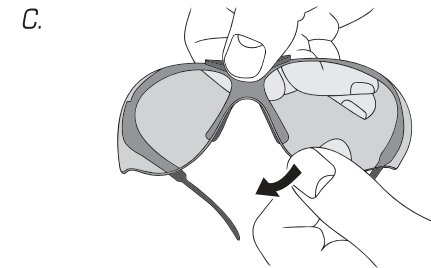
To Remove Lens:



Hold the glasses with the top of the frame facing towards you. Push the nosepiece with your thumbs and press them inward until they go behind the lens.

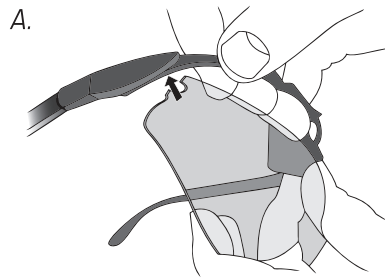


Using thumb and index finger, grasp the frame at the side. With the other hand, grasp the lens and firmly pull down and away until it loosens from the frame. Repeat step on the other side.

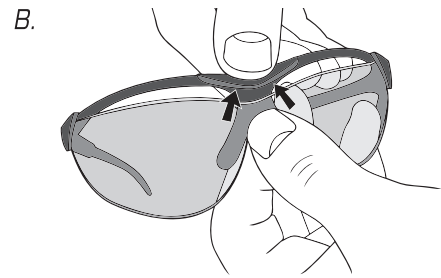


Grasp the center of the frame with the thumb and index finger of one hand. With the other hand, grasp lens and pull at an angle, down and away until the lens is detached from the frame.

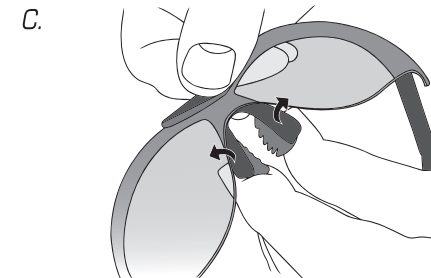
To Insert Lens:



Grasping the frame with thumb and index finger, place lens into corner of the frame. Repeat on the other side.



With the lens in both corners of the frame, press the lens underneath the top center piece of the frame. Continue pressing until you hear a "click."



Using the thumb and index finger, gently squeeze the nosepiece and press inward until the lens snaps into the slots on the nosepiece.