To Remove the Lenses:





Hold the frame in both hands with the lenses facing out. With thumb on each edge of the frame pull the lenses outwards. To Insert the Lenses:



Push outside clip on lens bezel into the hole on the frame. Then push the other clip into the corresponding hole on the frame.





The clips on the bezel of the lenses on either side of the frame should release from the frame.



Lenses should fit securely onto frame.