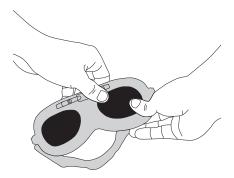


Step #1 Remove the lenses

Hold the goggle frame in both hands with the outer front of the lenses facing away from you. Press firmly on the top of each lens to "pop" it out of the frame.



Step #1 Replace the lenses

Hold the goggles frame in both hands with the outer front of the lenses facing towards you. Press firmly on the top of each lens to "pop" it into the frame.