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





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

To Insert the Lenses:





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





Lenses should fit securely onto frame.