To Remove the Lenses:

1 Hold the frame vertically with the strap facing out. Firmly press the ridge of the frame with one thumb until the lens "pops" out.

2 Grasp 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.