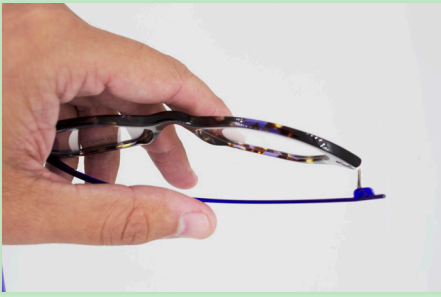
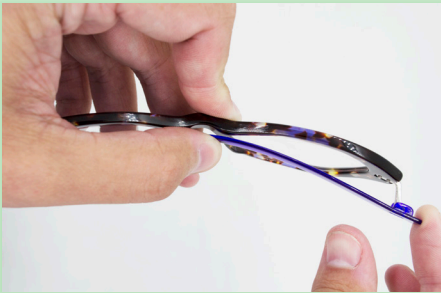


Temples Technology

Remove



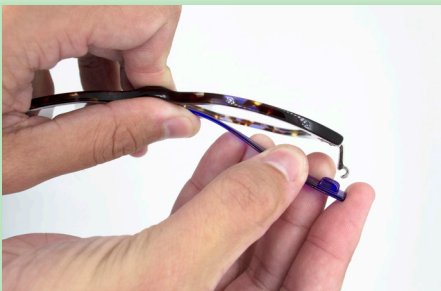
1. Hold your frame in an upright position(vertically), with the frame top facing you. Temples should be closed.



2. With the hand holding the frame, place your thumb right below where the hook and temple meet.



3. Press down with your thumb with slight pressure, bending temple inward.

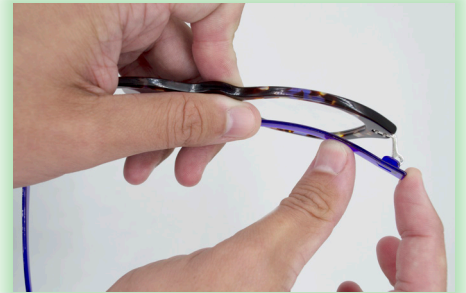


4. With your other hand ,using your thumb and index finger, grab the top of the temple and pop it off the hook and away from the frame front.

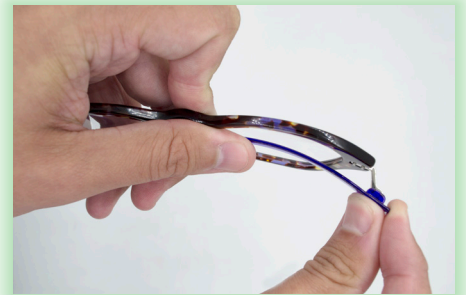
Add



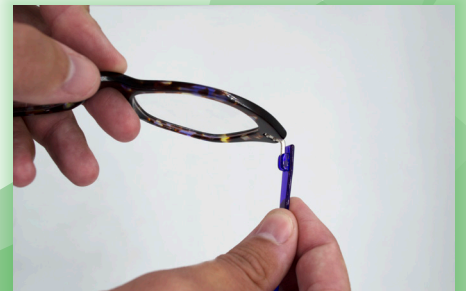
1. Hold your frame in an upright position(vertically), with the frame top facing you.



2. With one hand on the frame, use your other hand to place the temple on the hook.



3. Insert the hook into the top of the temple, push temple upward until it pops in.



4.Repeat steps for the other temple

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Frames