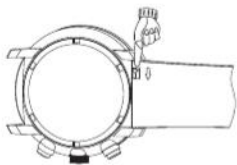


Some bands including metal ones are easily removable. Following the instructions below you can detach and attach the band.

#### Disassembly of the easy fitting spring bar.

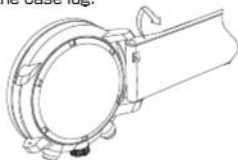
①

Press the steel rod downward to release the strap.



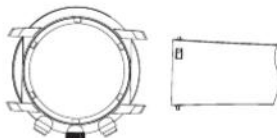
②

While pressing the steel rod downward, move the strap backward to release it from the case lug.



③

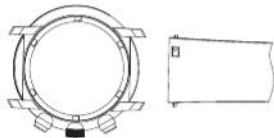
Take off the strap completely.



#### Assembly of the easy fitting spring bar.

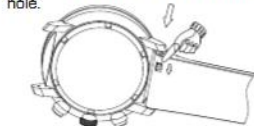
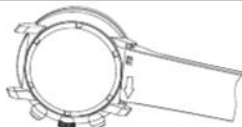
①

Fitting the strap into case lug.



②

Insert the spring bar into the spring bar hole.



Then press the steel rod downward to move the strap into the case lugs.

③

Then pull the strap to test properly.

