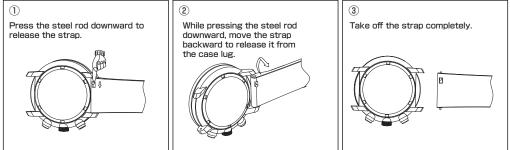
Some bands including metal ones are easily removable. Following the instructions below you can detach and attach the band.

## Disassembly of the easy fitting spring bar.



## Assembly of the easy fitting spring bar.

