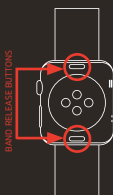


Prepare a clear flat surface on which to lay out a clean, soft cloth to rest your Apple Watch face on (like a microfibre cloth or towel) and place your Apple Watch face-down on the surface.

Locate the two band release buttons on the back of your Apple Watch.



Hold down one of the band release buttons, then slide the relevant band across to remove it.



If the band doesn't slide out, press the band release button again and make sure that you hold it down.

Repeat for the other band.

Ensure you have the back of the band facing you, then slide the new 3SIXT band in until a click is heard or felt (you do not need to hold down the band release button to complete this step).



You should not need to force the band into the slot. You can slide the band left and right in the slot until you hear or feel the band click into place.

When the band is correctly installed, it will not freely move until you hold down the band release button. If the band is moving freely and is incorrectly installed, do not wear the watch, the band could fail, and you may damage or lose your Apple Watch.

