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.

3. Then pull the strap to test properly.

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