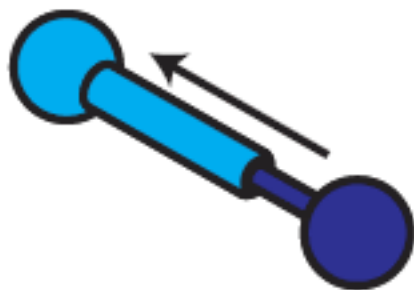


“HOW DOES IT WORK?”

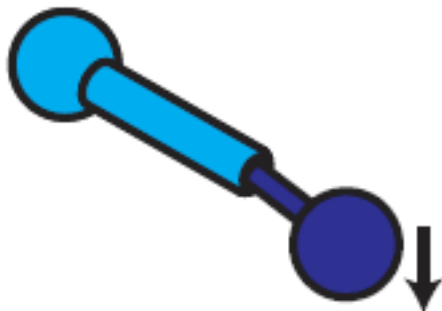
The removable end [dark blue] has a slightly curved pin. This pin straightens out when inserted into the shaft [light blue]. The resulting spring tension force holds the two pieces together securely.



HOW TO ASSEMBLE A THREADLESS BARBELL:

STEP 1:

Insert the pin about halfway into the shaft.

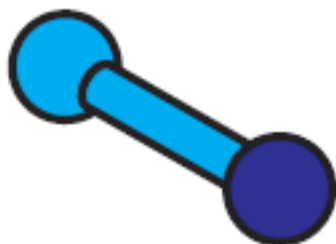


STEP 2:

Bend the pin **SLIGHTLY** by hand as shown.

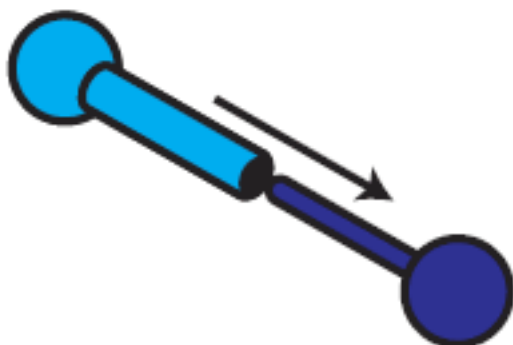
Tighter fit: bend the pin a little more.

Easier fit: straighten out the pin a little.



STEP 3:

Push in the removable end to close.



STEP 4:

Pull apart both ends to remove. If the jewelry is tight, add a slight twisting motion while you pull out the removable end.