

SWEDISH GOGGLES for professional swimmers and elite swimmers.

To safely assemble these please see a swim coach or professional swimmer.

**In short:**

These lenses (the inner eyelet) are attached together with the short cotton cord, and this cord is passed through the little plastic nose bridge.

Carefully, notice the fit and placement of the lens cup onto your eye socket.

If you are not sure you should check with a professional swimmer or swim coach, someone who already uses these.

This so you can adjust the correct distance between your eyes.

Then adjust and attach the rubber band between the outer eyelet of the lenses, which is to be passed over the back of your head.

Usually, the Swedish Goggles are used by elite swimmers, for competitions.

The idea is to have a perfect fit.

We strongly recommend that you check with a swimmer or a swim coach before assembling them, to assure a successful and safe assembling.

Careful with the placement of the lens cups.

**Swim goggles are not for diving or play, but intended for swimming.**

Handle the lenses with care and they last longer.

No spare parts available.

**Enjoy your goggles while swimming!**