a = 01000**100** 00000000 01000000 00**010**101

rightBits << 24 00000010 00000000 00000000 00000000

int rightBits = (a >> 3) & 7; // 010(2) = 2

int leftBits = (a >> 24) & 7; // 100(2) = 4

int leftMask = ~(7<<24); // …1111000111111111111111

int rightMask = ~(7 << 3)// …..11111000111

a &= leftMask; // 01000**000** 00000000 01000000 00**010**101;

a &= rightMask; // 01000**000** 00000000 01000000 00**000**101;

a | (rightBits << 24)// 01000**010** 00000000 01000000 00**000**101;

a | (leftBits << 3) // 01000**010** 00000000 01000000 00**100**101;