This answer will explain the puzzle using labels A-D on each piece as shown.

Starting Position

The puzzle is solved by lifting up either A or B and moving them around.

Side View

The image below shows when piece D has been lifted up.

Proceed while taking note of the arrows indicating direction of movement and the shape of puzzle itself.

1. Rotate A, B, C to reach the position shown.
2. Lift up A, then move A and B to the left and right.
3. Lift up B and return A and B to the center.
4. Rotate C to reach the position shown.
5. Lift up B and slide A.
6. Lift up A and slide it back to its previous position.
7. Rotate C to reach position shown.
8. Lift up B and move A and B to the left and right.
9. Lift up A and return A and B to the center.
10. Rotate C and D to reach the position shown.
11. Lift up A and slide B out to unlock the pieces.