





ESR300H / ESR150H

11N X-TRA RANGE Wireless Router *V1.0*

Table of Contents

1. Pro	roduct Overview	5
1.1.	Package Contents	6
1.2.	Product Layout	6
1.3.	Wall Mounting	8
2. Ins	nstallation	8
2.1.	System Requirements	8
2.2.	Setup Notes	8
3. Ge	etting Started	9
3.1.	Using your CD	9
3.2.	Setup your network cables	10
3.3.	Login your Router	12
3.4.	Configuring your Internet	13
Dyna	amic IP Address (DHCP)	14
Statio	tic IP	14
Point	nt-to-Point Protocol over Ethernet (PPPoE)	14
Laye	er 2 Tunneling Protocol (L2TP)	15
4. Pa	arental Control	18
5. Ad	dvanced Networking Setting	22
Syste	tem	22
6. Int	nternet	30
7. Wi	/ireless LAN Setup	40
Wi	/ireless > Basic	40
Wi	/ireless > Advanced	41



	Wireless > Security	43
	Wireless > WPS	47
	Wireless > Client List	48
8.	Parental Control Section	49
	Parental Control > Wizard	49
	Parental Control > Web Monitor	52
9.	Firewall Section	53
	Firewall > Basic	53
	Firewall > Advanced	54
	Firewall > DMZ (Demilitarized Zone)	55
	Firewall > DoS (Denial of Service)	56
	Firewall > ACL	57
10.	VPN (Virtual Private Network) Section	58
	VPN > Status	58
11.	Advanced Section	74
	Advanced > NAT (Network Address Translation)	74
	Advanced > Port Mapping	75
	Advanced > Port Forwarding	76
	Advanced > Port Triggering (Special Application)	77
	Advanced > ALG (Application Layer Gateway)	78
	Advanced > UPnP (Universal Plug and Play)	79
	Advanced > IGMP (Internet Group Multicast Protocol)	80
	Advanced > QoS (Quality of Service)	81
Δ	dvanced > Routing	85



	Advanced > WOL (Wake on LAN)	87
12.	Tools Section	88
	Tools > Admin	88
	Tools > Time	90
	Tools > DDNS (Dynamic DNS)	91
	Tools > Diagnosis	92
	Tools > Firmware	93
	Tools > Back-Up	94
	Tools > Reset	95
App	endix A – FCC Interference Statement	96
App	endix B – Industry Canada statement	97



1. Product Overview

Thank you for purchasing the ESR300H High Power Wireless N Router from EnGenius Technologies.

By applying the latest in 802.11n technology, the ESR300H provides users with high speed (up to 300Mbps) to stream HD multimedia, play games online, or download large files. With 200mW of high output power, it has up to twice the range compared to other wireless routers and has better coverage to reach what would be normally weak or dead spots.

The **ESR300H** also has all the standard security features contained in routers today. Multiple SSIDs, Firewall Mapping, DMZ, IP Filtering, ICMP Blocking, and VPN Pass Through are all standard features within the **ESR300H**. Content filtering is easily managed by basing it on MAC Addresses, URLs, or other such features. These features are easily accessed and set up in the easy to use User Interface.

With the User Friendly Setup Wizard, setting up internet connectivity, Wireless LAN, and security is a breeze.

Features

- 300Mbps High Speed Wireless Networking: The ESR300H provides up to 300Mbps to allow you to watch online multimedia such as Netflix®, play games online, music, and download large files.
- 200mW High Output Power: Extend your home network area with longer wireless range and better coverage.
- WEP/WPA/WP2 Security: Secure your wireless network to prevent unauthorized access
- Advanced Firewall: Provides advanced SPI firewall, Denial of Service (DoS) attack blocking, MAC filtering, and URL filtering to secure high-speed network connections.
- Up to 4 SSIDs to highly secure your wireless network while sharing it to different groups.
- QoS to prioritize the multimedia streaming of data.
- Parental Control: Enable centralized control to restrict some Internet access for different computers on the network

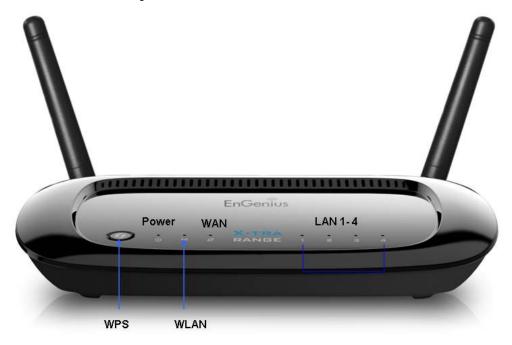


- VPN: Support up to 5 VPN tunnels to better secure your network from remote access
- Easy Smart Wizard Setup

1.1. Package Contents

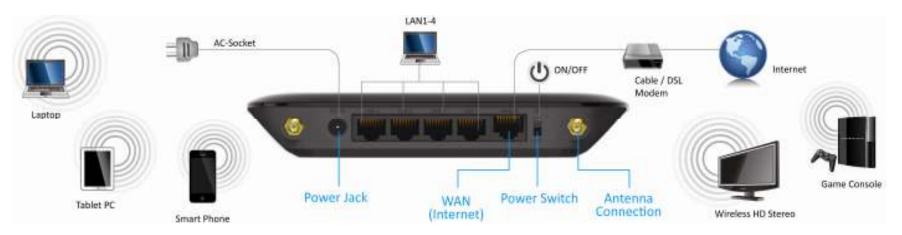
- 1. ESR300H Wireless N Router
- 2. 2dBi Antenna
- 3. ESR300H Quick Installation Guide
- 4. 12V/1A Power Adaptor
- 5. Ethernet Cable
- 6. ESR300H User CD (with User Manual)
- 7. Technical Supporting Card

1.2. Product Layout





Front Panel Components	Description
Power LED	This LED goes ON when the power is being supplied to the router.
WLAN LED	This LED goes ON when the RF (wireless LAN) feature is enabled.
WAN LED	This LED goes ON when an Ethernet cable is connected to the router's WAN port.
LAN (1 – 4) LEDs	These LEDs go ON when an Ethernet cable is connected to the corresponding router LAN port.
WPS button	Press 1-to 5 seconds to activate the router's Wi-Fi Protected Setup (WPS) feature. Press 6-to-10 seconds to reboot the router. Press 11 seconds or longer to reset the router to its default settings.



Back Panel Components	Description
LAN Ports (1 – 4)	Use an Ethernet cable to connect each port to a computer on your Local Area Network (LAN).
WAN /Internet Port	Use an Ethernet cable to connect this port to a cable or DSL modem.
DC-Jack (POWER)	Connect the power adapter to this connector.
Power Switch	Turns the router on or off.
Antenna Connector	Interface for the antennas.



1.3. Wall Mounting

Mounting the **ESR300H** to a wall will allow the wireless range to be optimized. To mount the device in the wall, measure the distance of the mounting holes of the **ESR300H** and drill the appropriate holes on the wall location. Once the nails are secure, firmly lock the mounts onto the **ESR300H**.

2. Installation

2.1. System Requirements

To begin installing the **ESR300H**, you need the following:

- Computer (Windows, Linux, OSX Operating System)
- CD-ROM*
- Web Browser (Internet Explorer, FireFox, Chrome, Safari)
- Network Interface Card with an open RJ-45 Ethernet Port
- WiFi Card or USB WiFi Dongle (802.11 B/G/N)**
- External xDSL (ADSL) or Cable Modem with an open RJ-45 Ethernet Port
- CAT5 Ethernet Cables
 - *Windows Only: Using ESR300H Setup CD
 - **Optional

2.2. Setup Notes

When considering the placement of the ESR300H remember the following:

- The **ESR300H** must be close to the DSL or Cable Modem and a Power Source. Initially, it needs to be closed to the computer that is used to set up the **ESR300H**.
- Placing the ESR300H in the center of the office space will result in the most optimal wireless range.
- The higher the placement of the **ESR300H**, the better wireless range it will have.
- Other electronic devices can cause interference, which will cause the wireless range of the **ESR300H** to diminish.



3. Getting Started

3.1. Using your CD

Before getting started, please power off your cable modem or the DSL.

1. Insert the ESR300H Installation CD into your CD-ROM drive. The CD should automatically start in a few seconds. If you are not using **Windows (Internet Explorer)**, please browse the CD and open the file names **index.html** to start.



Firefox Document



2. Click Quick Start. The wizard will guide you through setting up your ESR300H.



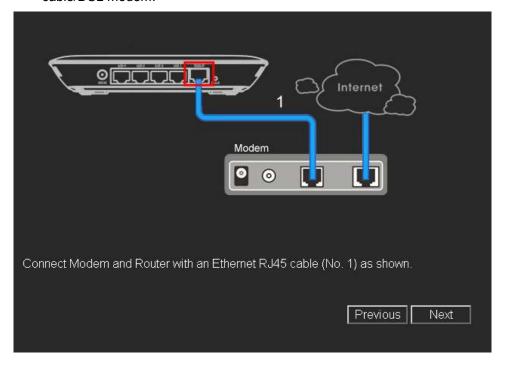


3.2. Setup your network cables

1. Power on ESR300H.

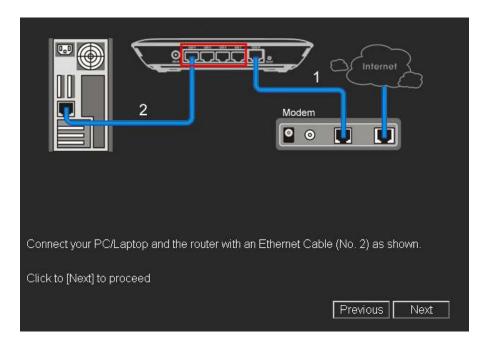


2. Plug either end of an Ethernet cable into the WAN port on the back panel of the router (see CABLE 1). Plug the other end of the cable into your cable/DSL modem.

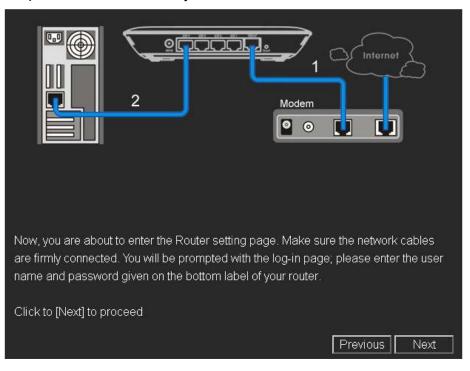




panel of the router (see CABLE 2). Plug the other end of the cable into your computer.



3. Plug either end of an Ethernet cable into the LAN port on the back 4. Make sure the network cable and power adapter are firmly connected. Click Next. You will then be prompted with the login screen. Please enter the default user name as admin and the default password as admin for your router.



NOTE: If the browser is not automatically prompted. Please manually enter the default router IP address 192.168.0.1 into your browser.



3.3. Login your Router



- Once logged in, the landing page will display information about the ESR300H.
- Icon introduction

On the top right, you will see four icons:



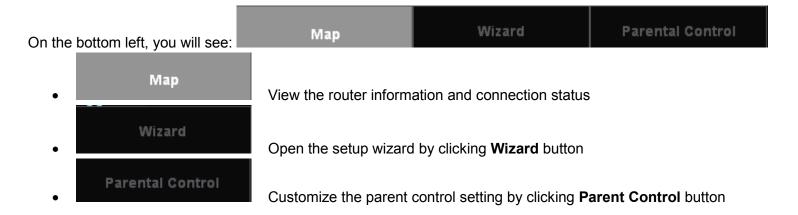




Setup Wizard Mode

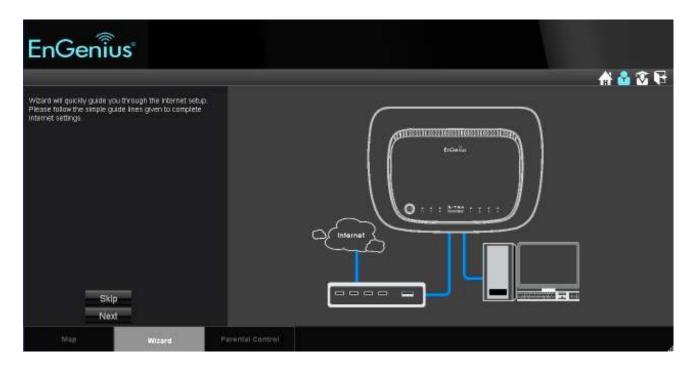


Exit



3.4. Configuring your Internet

- 1. Select **Wizard** on the bottom left hand corner of the landing page.
- 2. The wizard will then explain to you that it will set up the internet connection. Click **Next**.





- 3. The **Wizard** will then proceed to automatically detect the type of internet connection being used based on the connection on the WAN port of the **ESR300H**. Please wait a few seconds to finish detecting the internet connection.
- 4. If the ESR300H does not detect the appropriate internet connection, you can select the correct one on the drop down menu of Login Method (also known as WAN protocol / Internet Connection method).

Dynamic IP Address (DHCP)

A DHCP type of connection is where your internet connection is usually always on and your internet service provider automatically provides you with an IP address. A DHCP connection is usually from a Cable internet service.

Static IP

To set up a Static IP connection, enter the following: IP Address of the Internet Connection, Subnet Mask, Default Gateway, and both DNS Servers. This information can be obtained by either your Internet Service provider or Network Administrator. If your internet service provider requires a username and password to connect, you will then be prompted to enter the correct information.

MTU: Maximum Transmission Unit. It specifies the largest packet size permitted for internet transmission. The factory default MTU size of Static IP is 1500. If you wish to manually change the MTU size, set it between 1200 and 1500.

Point-to-Point Protocol over Ethernet (PPPoE)

Point-to-Point Protocol over Ethernet (PPPoE): To set up a PPPoE connection, enter the Username, Password, and Service (name) of the internet connection provided by your ISP. Click Next and the **ESR300H** should connect to the internet successfully. A PPPoE connection is usually from a DSL internet service.

- 1. Login: The username or e-mail address that the internet connection uses to access internet connectivity.
- 2. Password: The password that corresponds to the username or e-mail address used to connect to the internet in the PPPoE.
- 3. Service Name: The Service Name is optional. This is to signify the name of the Internet Service Provider.
- 4. MTU: Maximum Transmission Unit. It specifies the largest packet size permitted for internet transmission. The factory default MTU size of Static IP is 1500. If you wish to manually change the MTU size, set it between 1200 and 1500.
- 5. Point-to-Point Tunneling Protocol (PPTP)

To set up a PPTP connection, enter the type of WAN connection (Static IP or DHCP). After, depending on the type of WAN, follow the instructions of DHCP or Static IP to fill out the corresponding information. Then, proceed to enter the Username, Password, Service, and Connection ID of the PPTP internet connection. Once completed, click **Next**. Once configured, the internet connection will successfully connect.

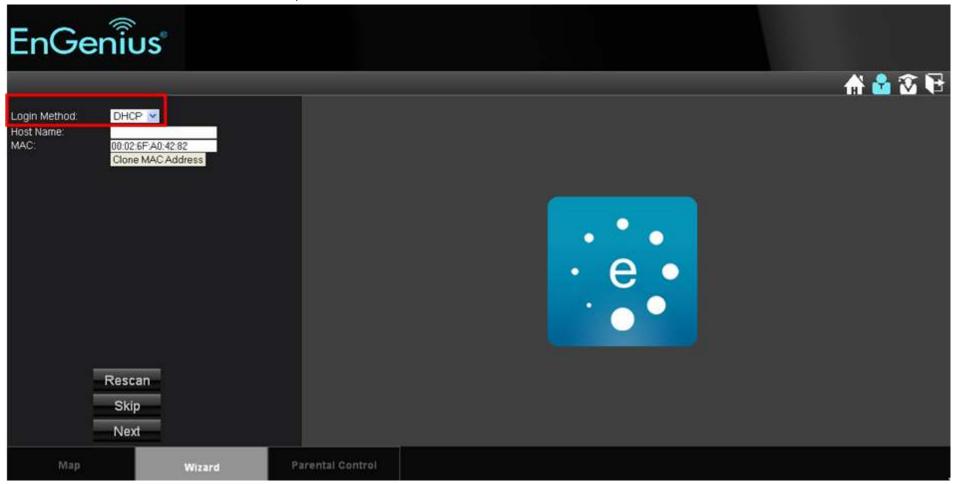


Layer 2 Tunneling Protocol (L2TP)

To set up an L2TP connection, enter the type of WAN connection (Static IP or DHCP). After, depending on the type of WAN, follow the instructions of DHCP or Static IP to fill out the corresponding information. Then, proceed to enter the Username, Password, and Service. Click next when completed. Once configured, the internet connection will successfully connect.

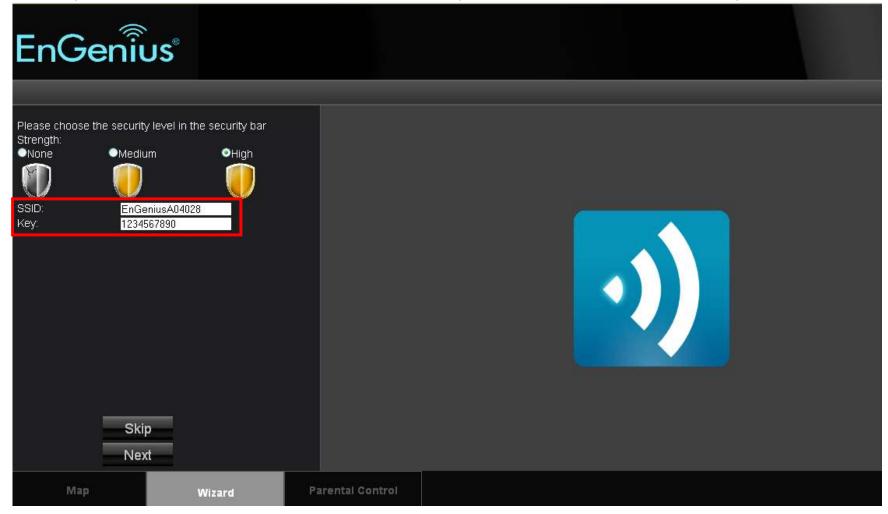
MTU: Maximum Transmission Unit. It specifies the largest packet size permitted for internet transmission. The factory default MTU size of Static IP is 1500. If you wish to manually change the MTU size, set it between 1200 and 1500.

5. When the internet connection is detected, click **Next**.



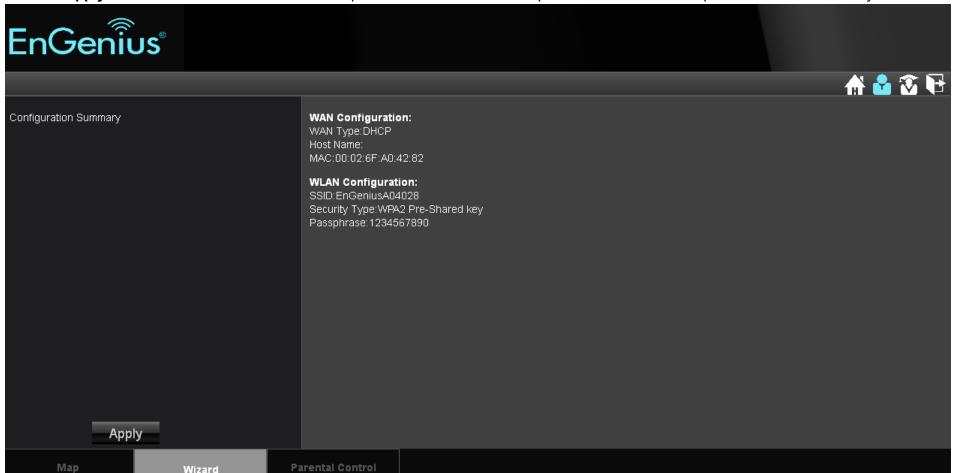


- 6. It is highly recommended to select High as the security level to better secure your router and prevent outside intrusion.
- 7. Enter your desired router name in the column of SSID, and enter your desired password in the column of Key.





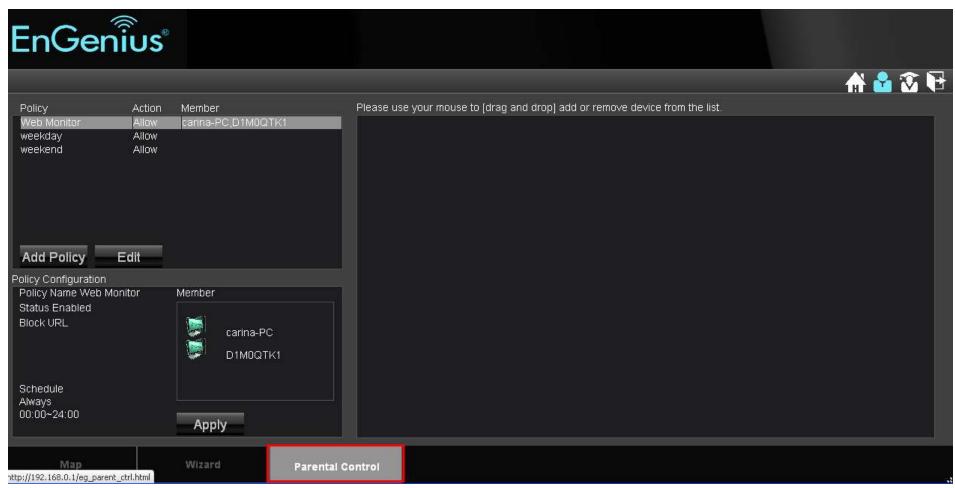
8. Click **Apply** to save the information entered in step 13 -14. You have now completed the ESR300H setup. Now ESR300H is ready for use.





4. Parental Control

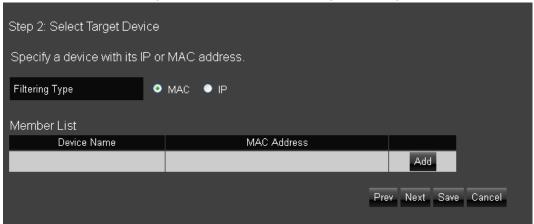
Parent Control: Parental control enables centralized control on the Internet access restriction for each connected computer. You can make the access policies for a keyword or URL filtered based on weekdays or weekend.



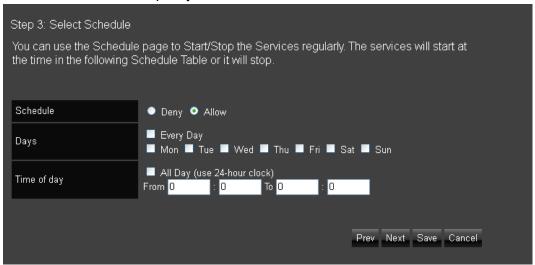
You can add policies by clicking **Add Policy**. You will then be prompted to:



- 1. Name the Policy. Click Next.
- 2. Select the device (by its MAC Address) to apply the policy to. Click Next.

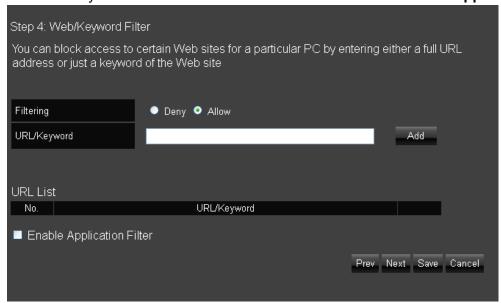


3. Schedule when the policy will be active. Click Next.

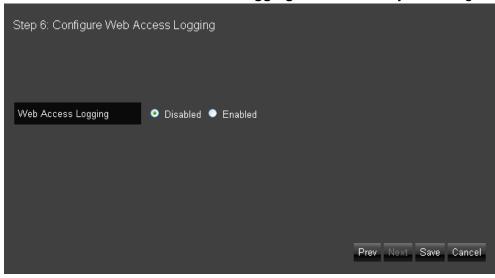




4. Enter Keywords and URLs to be filtered/ blocked. Check **Enable Application Filter** if you would like the application filtering. Click **Next**.

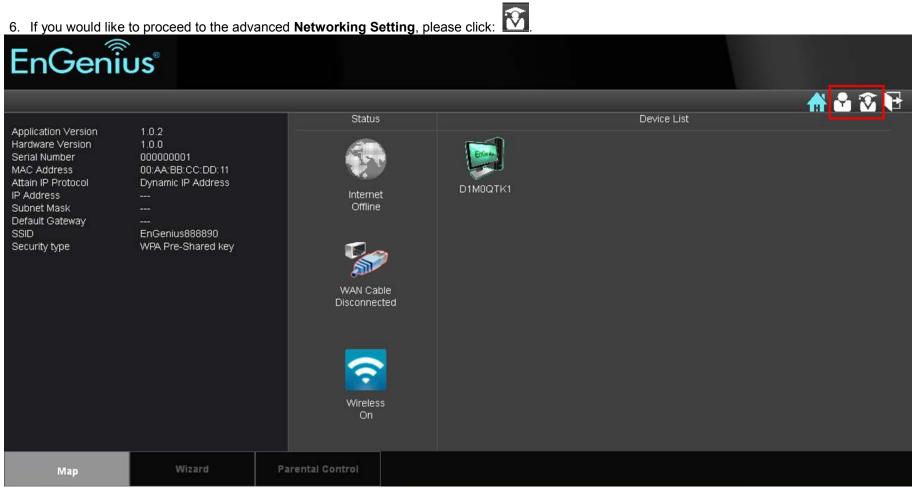


5. Enable or disable **Web Access Logging**. Click **Save** for your settings.











5. Advanced Networking Setting

If you would like to manually configure the advanced Networking Settings please open your browser (Internet Explorer or Firefox), and type in the **default IP** 192.168.0.1 to get access to the web-based management utility. Once open, click to start the configuration.

There are 8 main tabs in the Advanced Networking Setting. They are System, Internet, Wireless, Parent Control, Firewall, VPN, Advanced, and Tools.

System

Status: You can review the router information and setting status

System

Model: The model name of ESR300H

Mode: The operation mode you choose

Uptime: The duration which ESR300 is connected

Hardware Version: The hardware version number of your ESR300H

Serial Number: The serial number of your ESR300H. The serial number is required when you need customer support or repair for your ESR300H.

Application Version: The software version of your ESR300H. You can always update to the latest firmware of your ESR300. The latest firmware can be found on the EnGenius website. (please visit www.engeniustech.com for the latest firmware and the related documents)

WAN Settings

Attain IP Protocol: Displays the IP Protocol in use for the ESR300H. It can be Dynamic IP address or Static IP Address.

IP Address: Your router's WAN IP address

Submask: Your router's WAN Submask

Default Gateway: Your ISP's Gateway IP address



MAC Address: Your router's WAN MAC address. You can also find your router's MAC address on the label on the back side of the router

Primary DNS: Primary DNS of your ISP provider

Secondary DNS: Secondary DNS of your ISP provider

LAN Settings

IP address: Your router's local IP address. The default LAN IP address is 192.168.0.1

Submask: Your router's local submask

DHCP Server: The status of your router's DHCP server function. Enable or disable.

MAC address: Your router's LAN MAC address

WLAN Settings

Channel: The wireless channel number used is shown

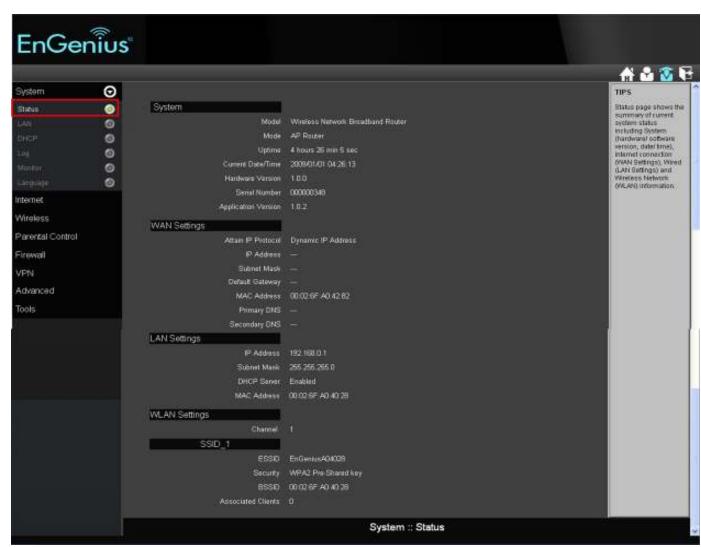
SSID: Up to 4 SSIDs (network groups) for the ESR300H

ESSID: Your router's name

Security: Security level utilized by your

ESR300H

Associated Client: The number of clients connected to your router





<u>LAN</u>

LAN IP

IP Address: Your router's LAN IP address

IP Subnet Mask: Your router's LAN Subnet Mask

802.1d Spanning Tree: 802.1d Spanning Tree is disabled by default. When enabled, the spanning tree protocol is applied to prevent network loops (transmissions won't pass the same node twice to reach the destination).

DHCP Server: DHCP server automatically assigns IP address to computers on your network. Enabling this function allows your router to automatically assign IP address to the connected devices.

DHCP Server: DHCP Server is enabled by default. If you do not need a DHCP server, please select disabled.

Lease Time: If your DHCP Server is enabled, the Lease Time function allows you to assign the desired amount of time for each connected client.

Start IP: The starting IP address for the range of addresses assigned by your router

End IP: The last IP address for the range of addresses assigned by your router

Domain Name: The domain name of your router

DNS Server: DNS server can translate the domain or website names into internet address or URL. Typically, your ISP will provide you with one or more DNS Server IP addresses. You can also assign your desired DNS Server IP address by selecting **User-Defined**.

First DNS Server: DNS Relay is set by default. If your ISP provides you with a DNS Server IP address, please select From ISP, and type in the assigned IP address. Select User-Defined if you wish to assign a DNS Server IP by yourself. Select **None** if you do not have any.

Second DNS Server: If you get a second DNS Server IP or you wish to assign a second DNS Server IP, please type in the desired IP address in the field.

Click **Apply** to save your settings.







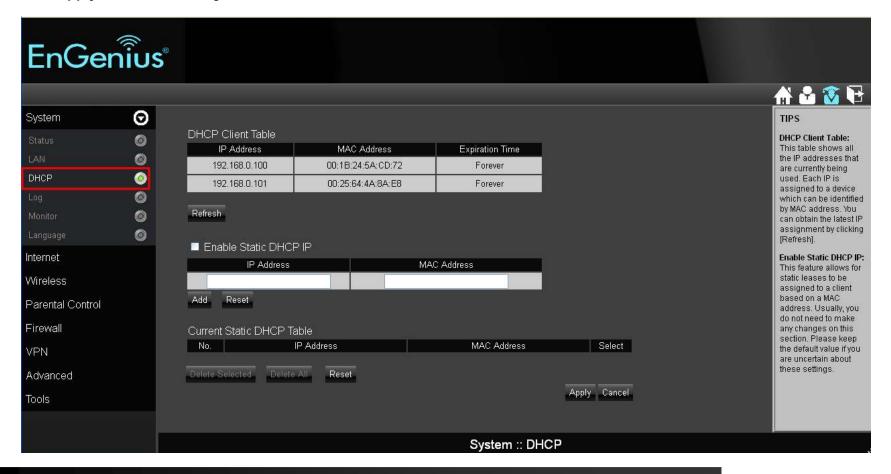
DHCP

DHCP Client Table: Displays all the connected DHCP clients whose IP addresses are assigned by the DHCP Server in your network. Click Refresh to update the table.

Enable Static DHCP IP: Check Enable Static DHCP IP if you wish to add more Static DHCP IP addresses. Click Reset if you would like to erase IP address or MAC address.

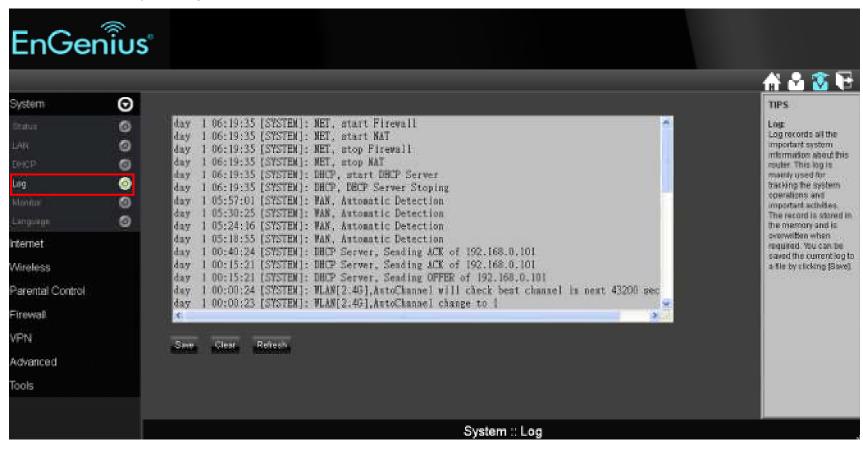
Current Static DHCP Table: Once the desired DHCP IP address is added in the previous step, it will be listed in the Current Static DHCP Table. You can delete any added Static DHCP IP address from the table if you do not need one.

Click **Apply** to save the settings.





<u>Log:</u> Records the system log of the router. The log displays any event that occurred after your router starts up. Click Save if you wish to save the log in a local file for further analysis. Click **Clear** if you wish to erase the current log. Click **Refresh** to get the most updated information. If the router is powered off, the system log will disappear if it is not saved in a local file



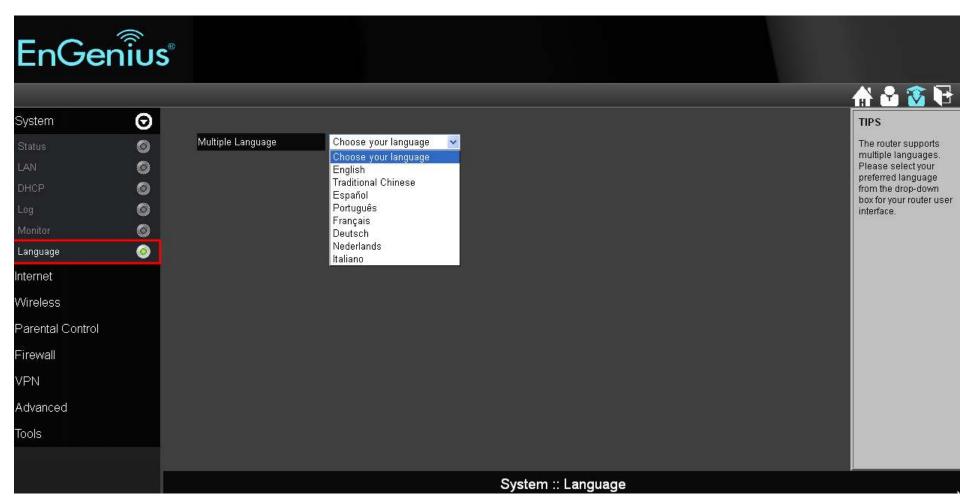


Monitor: Displays the bandwidth utilized on WAN and WLAN.





Language: ESR300 supports multiple languages. Please select your preferred language.





6. Internet

Status: Displays the internet connection type and status

WAN Setting

Attain IP Protocol: Displays the IP Protocol currently used by the ESR300H. It can be Dynamic IP address or Static IP Address.

IP Address: Your router's WAN IP address

Submask: Your router's WAN Submask

Default Gateway: Your ISP's Gateway IP address

MAC Address: Your router's WAN MAC address. You can also find your router's MAC address on the label on the back side of the router

Primary DNS: Primary DNS of your ISP provider

Secondary DNS: Secondary DNS of your ISP provider





<u>Dynamic IP:</u> A DHCP type of connection where your internet connection is usually always on and your internet service provider automatically provides you with a dynamic IP address. A DHCP connection is usually from a Cable internet service.

Hostname: Assign a name for your internet connection type. You can leave it blank.

MTU: Maximum Transmission Unit. It specifies the largest packet size permitted for internet transmission. The factory default MTU size of Dynamic IP (DHCP) is 1500. If you wish to manually change the MTU size, set it between 1200 and 1500.





Clone MAC:

Some ISPs require you to register the MAC address of your network interface card (NIC) connected directly to your cable or DSL modem during installation. Clone MAC will mask the router's MAC address with the MAC address of your NIC. Enter the MAC address of the NIC in the MAC address field and click the Clone MAC button. Now, the correct MAC address is used for communication to the ISP.

DNS Server: A DNS server can translate the domain or website names into internet address or URL. Typically your ISP will provide you with one or more DNS Server IP addresses. You can also assign your desired DNS Server IP address by selecting **User-Defined**.

First DNS Server: DNS Relay is set by default. If your ISP provides you with a DNS Server IP address, please select From ISP, and type in the assigned IP address. Select **User-Defined** if you wish to assign a DNS Server IP by yourself.

Second DNS Server: If you have a second DNS Server IP or you wish to assign a second DNS Server IP, please type in the desired IP address in the field.

Click **Apply** to enable your settings.



Static IP

To set up a Static IP connection, enter the following: IP Address of the Internet Connection, Subnet Mask, Default Gateway, and both DNS Servers provided by your Internet Service provider (ISP) or Network Administrator.

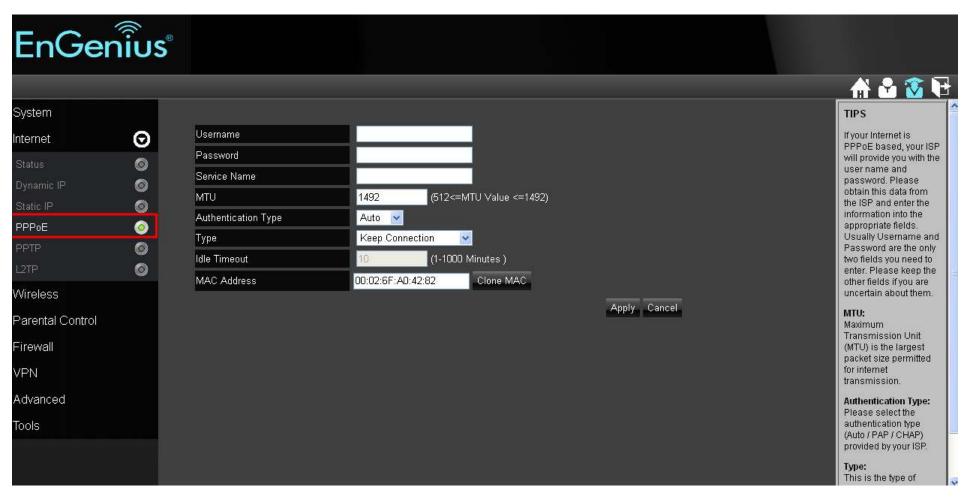
MTU: Maximum Transmission Unit. It specifies the largest packet size permitted for internet transmission. The factory default MTU size of Static IP is 1500. If you wish to manually change the MTU size, set it between 1200 and 1500.





<u>PPPoE</u>

Point-to-Point Protocol over Ethernet (PPPoE): To set up a PPPoE connection, enter the Username, Password, and Service (name) of the internet connection provided by your ISP. A PPPoE connection is usually from a DSL internet service.



Login: The username or e-mail address that the internet connection uses to access internet connectivity.

Password: The password that corresponds to the username or e-mail address used to connect to the internet in the PPPoE.

Service Name: The Service Name is optional. This is to signify the name of the Internet Service Provider.



MTU: Maximum Transmission Unit. It specifies the largest packet size permitted for internet transmission. The factory default MTU size of PPPoE is 1492. If you wish to manually change the MTU size, set it between 1200 and 1492.

Authentication Type: Auto, PAP, or CHAP. Select the authentication type provided by your ISP. If you are not sure, please select Auto.

Type: Connection type. You can select Keep Connection, Automatic Connection, or Manual Connection.

Idle Timeout: Maximum amount of time for inactive internet connection. The internet connection will be dropped when the maximum idle time is reached.

Clone MAC:

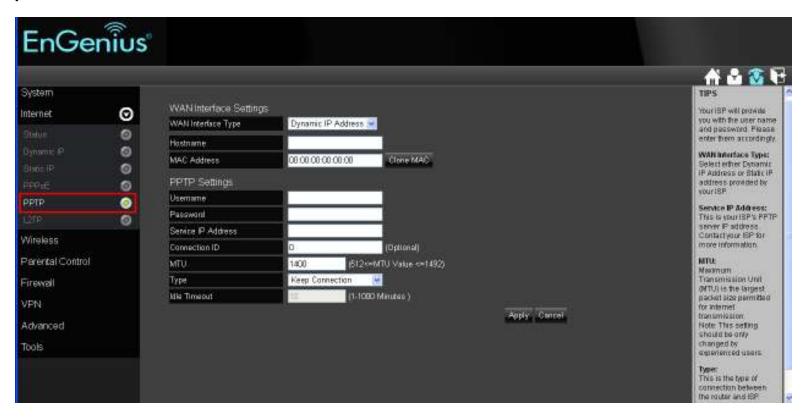
Some ISPs require you to register the MAC address of your network interface card (NIC) connected directly to your cable or DSL modem during installation. Clone MAC will mask the router's MAC address with the MAC address of your NIC. Enter the MAC address of the NIC in the MAC address field and click the Clone MAC button. Now, the correct MAC address is used for communication to the ISP.

Click **Apply** to enable your settings.



PPTP

To set up a PPTP connection, enter the type of WAN connection (Static IP or DHCP). After, depending on the type of WAN, follow the instructions of DHCP or Static IP to fill out the corresponding information. Then, proceed to enter the Username, Password, and Service IP address provided by your ISP.



Clone MAC:

Some ISPs require you to register the MAC address of your network interface card (NIC) connected directly to your cable or DSL modem during installation. Clone MAC will mask the router's MAC address with the MAC address of your NIC. Enter the MAC address of the NIC in the MAC address field and click the Clone MAC button. Now, the correct MAC address is used for communication to the ISP.

Connection ID: you can leave it blank

MTU: Maximum Transmission Unit. It specifies the largest packet size permitted for internet transmission. The factory default MTU size of PPTP is 1400. If you wish to manually change the MTU size, set it between 1200 and 1500.

Type: Connection type, you can select Keep Connection, Automatic Connection, or Manual Connection.

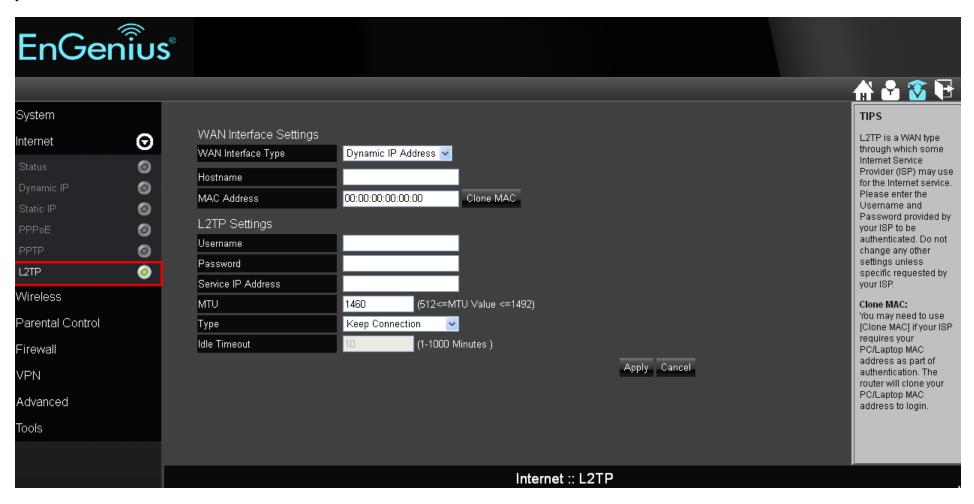


Idle Timeout: Maximum amount of time for inactive internet connection. The internet connection will be dropped when the maximum idle time is reached.



L2TP

To set up an L2TP connection, enter the type of WAN connection (Static IP or DHCP). After, depending on the type of WAN, follow the instructions of DHCP or Static IP to fill out the corresponding information. Then, proceed to enter the Username, Password, and Service IP Address provided by your ISP.





Clone MAC:

Some ISPs require you to register the MAC address of your network interface card (NIC) connected directly to your cable or DSL modem during installation. Clone MAC will mask the router's MAC address with the MAC address of your NIC. Enter the MAC address of the NIC in the MAC address field and click the Clone MAC button. Now, the correct MAC address is used for communication to the ISP.

Connection ID: you can leave it blank

MTU: Maximum Transmission Unit. It specifies the largest packet size permitted for internet transmission. The factory default MTU size of L2TP is 1460. If you wish to manually change the MTU size, set it between 1200 and 1492.

Idle Timeout: maximum amount of time for inactive internet connection. The internet connection will be dropped when the maximum idle time is reached.

Click Apply to enable your settings.



7. Wireless LAN Setup

Wireless > Basic

In the Basic Wireless Setup (Located in the **Wireless** section in the **Main Menu**), select **Basic**, and you can quickly enable and configure the Wireless network.





Radio: You can turn on/off the wireless radio. If wireless Radio is off, you cannot set an access point through wireless. **Mode**: Select Access Point mode or Wireless Distribution Service (WDS) mode for your router.

- AP: Use the ESR300H as a Wireless Access Point for wireless devices to connect.
- WDS: In a WDS, access points are used to expand the wireless area by connecting to each other, without all of them having a wired backbone. To set up a WDS, enter the MAC Addresses of the other Access Points configured for WDS (up to 4 maximum) and set the WDS rate.

Set Security: you can select disable, WEP, or WPA for WDS security.

Band: You can select one of the wireless standards for your wireless network. The options are:

- 2.4 GHz (B)
- 2.4 GHz (G)
- 2.4 GHz (N)
- 2.4 GHz (B+G)
- 2.4 GHz (B+G+N)
- 1. **Enable SSID#**: Set the number of Wireless Groups. Up to 4 can be set.
- 2. **SSID[#]**: The Name of the wireless network.
- 3. **Auto Channel**: Auto channel is enabled by default. If you wish to select an appropriate channel for your wireless network, please disable Auto Channel, and select Channel from 1 11.
- 4. **Check Channel Time**: if Auto Channel is enabled, please select time period you wish the system check the appropriate channel for your router.



Wireless > Advanced

To change more advanced wireless features of the **EAS300H**, select the **Advanced** option of the Wireless section.

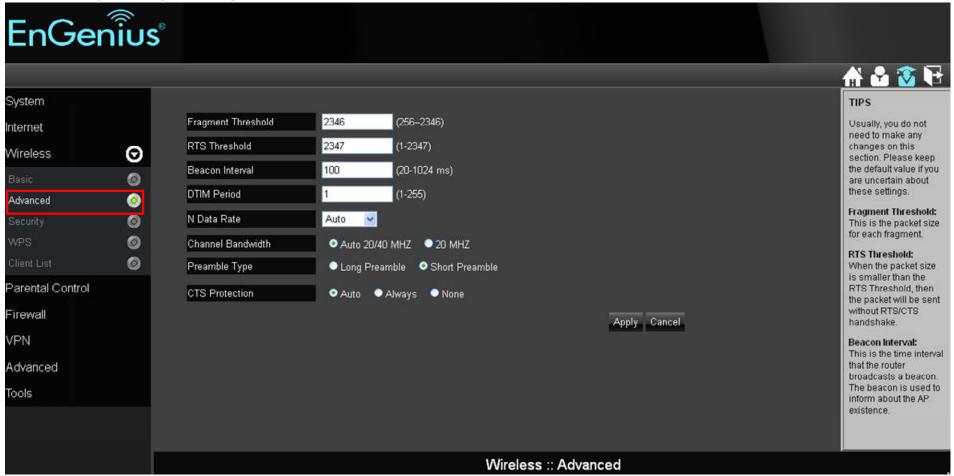
In the **Advanced** option, you can change the following:

- 1. **Fragment Threshold**: This specifies the maximum size of a packet during data transmission. A value too low could lead to low performance.
- 2. **RTS Threshold**: If the packet size is smaller than the RTS threshold, the **ESR300H** will not use RTS/CTS to send the data packet.
- 3. **Beacon Interval**: This is the amount of time that the **ESR300H** will resynchronize the network.
- 4. **Delivery Traffic Indication Message (DTIM) Period**: The DTIM is a countdown informing clients of the next point of broadcast and multicast messages over the network. This is a value between 1 and 255.



- 5. **Data Rate**: This is the rate in which the **ESR300H** will transmit data packets.
- 6. **N Data Rate**: This is the rate in which the **ESR300H** will transmit data packets to Wireless N compatible devices.
- 7. **Channel Bandwidth**: The factory default enables Auto 20/40MHz to optimize the best performance by auto selecting channel bandwidth.
- 8. **Preamble Type**: Select either Long Preamble (better LAN compatibility) or Short Preamble (better wireless performance).
- 9. **CTS Protection**: CTS Protection is recommended. It can lower the data collisions between Wireless B and Wireless G devices. Enabling CTS protection will lower data throughput of the **ESR300H**.

Click **Apply** to save your settings.





Wireless > Security

To change the wireless security of the **ESR300H**, select the Security option of the Wireless section.

It is recommended to enable security options on the wireless network to prevent intrusions to systems on your wireless network.

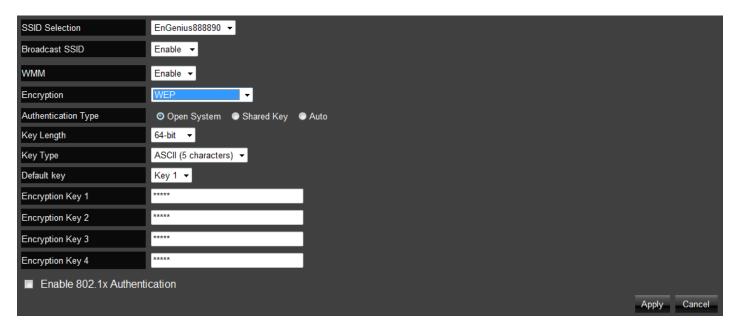
- 1. **SSID Selection**: Choose the wireless network group to change the wireless security settings for.
- 2. **Broadcast SSID**: Choose whether or not you want the Wireless Group to be visible to other members.
- 3. **WiFi Multimedia (WMM)**: Enable Quality of Server (QoS) to optimize the streaming for bandwidth sensitive data such as HDTV video streaming, online gaming, VoIP, videoconferencing, and etc.
- 4. **Encryption**: encrypt your router with passwords in different security level.





Wired Equivalent Privacy (WEP)

To enable WEP security on your wireless network, select **WEP** in the encryption type.



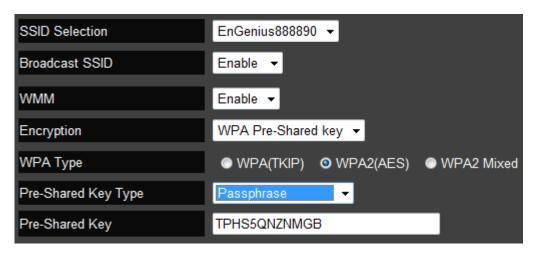
- 1. **Authentication Type**: You can select between Open System (wireless stations can associate with this **ESR300H** wirelessly without WEP encryption) or Shared Key (devices must provide the corresponding WEP key [up to 4] when trying to connect to the **ESR300H** wirelessly).
- 2. Key Length: You can select between 64-bit encryption or 128-encryption keys.
- 3. **Key Type**: You can set the characters used for the WEP Key (ASCII or Hexadecimal).
- 4. **Encryption Key [#]**: The encryption keys used to encrypt the data packets during data transmission.

Click **Apply** when all settings are configured.



Wi-Fi Protected Access (WPA) Pre-Shared Key

To enable **WPA** on your wireless network, select **WPA-Pre-Shared Key** in the encryption type.

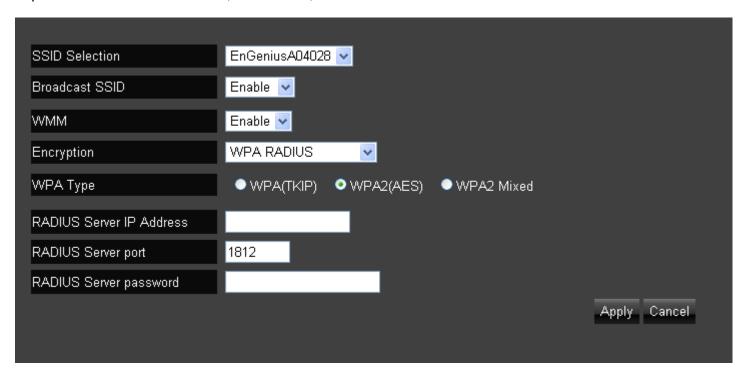


- 1. **WPA Type**: You can select between WPA (TKIP) (Temporal Key Integrity Protocol; a 128-bit key is user per packet and is generates a new key for each packet sent), WPA2(AES) (Advanced Encryption Standard; government standard packet encryption and stronger than TKIP), or WPA2 Mixed.
- 2. **Pre-Shared Key Type**: You can select Passphrase (ASCII) or Hexadecimal for the Pre-Shared Key.
- 3. **Pre-Shared Key**: Enter the Pre-Shared Key of your choice.



WPA Radius

You can use a **RADIUS** server to authenticate wireless stations and provide a session key to encrypt data during communication. You will just need to provide the Server IP Address, Server Port, and Server Password of the RADIUS server to the **ESR300H**.





Wireless > WPS

To configure the WiFi Protected Setup information, select the **WPS** option from the Wireless section.

WPS is an easy way to allow wireless clients to connect to the **ESR300H**. This can automate connection between the device and the **ESR300H** by use of a button or a PIN.

- 1. **WPS**: Check the box if you want to enable WPS.
- 2. WPS Current Status: A notification if the wireless security is configured or not configured.
- 3. Self Pin Code: This is the Wireless PIN of this ESR300H.
- 4. **SSID**: This is the wireless network name you are currently configuring.
- 5. **Authentication Mode**: The current security settings for the corresponding SSID.
- 6. Passphrase Key: The randomly generated key created by the ESR300H during WPS.
- 7. WPS via Push Button: Start the WPS process via a button.
- 8. WPS via PIN: Start the WPS process by entering the PIN of the wireless device.





Wireless > Client List

To view the wireless devices currently connected to the **ESR300H**, select the **Client List** option in the Wireless section.





8. Parental Control Section

Parental control enables centralized control on the Internet access restriction for each connected computer. You can make the access policies for keywords or URLs filtered based on weekdays or weekend.

Parental Control > Wizard

To access the Parental Control Wizard, select the **Wizard** option in the Parental Control section.

The **Parental Control Wizard** will bring up simple network monitoring controls. You can add policies and then limit keyword usages or block specific URLs during specified times.





You can add policies by clicking **Add Policy**. You will then be prompted to:

- 6. Name the **Policy**. Click **Next**.
- 7. Select the device (by its MAC Address) to apply the policy to. Click **Next**.

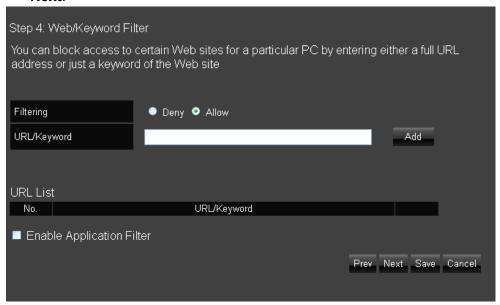
Step 2: Select Target Device			
Specify a device with its IP or MAC address.			
Filtering Type	● MAC ● IP		
Member List			
Device Name	MAC Address	Add	
		Prev Next Save Cancel	

8. Schedule when the policy will be active. Click Next

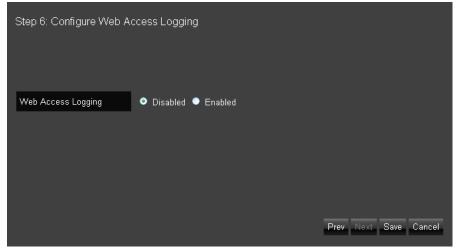
Step 3: Select Schedule		
You can use the Schedule page to Start/Stop the Services regularly. The services will start at the time in the following Schedule Table or it will stop.		
Schedule	● Deny ● Allow	
Days	■ Every Day ■ Mon ■ Tue ■ Wed ■ Thu ■ Fri ■ Sat ■ Sun	
Time of day	■ All Day (use 24-hour clock) From □ : □ To □ : □	
	Prev Next Save Cancel	



9. Enter Keywords and URLs to be filtered/ blocked. Check **Enable Application Filter** if you would like to enable application filtering. Click **Next**.



10. Enable or disable **Web Access Logging**. Click Save for your settings.





Parental Control > Web Monitor

To quickly view the Parental Control policies you already made in Parent Control Wizard, select the **Web Monitor** option from the Parental Control section.





9. Firewall Section

To access the Firewall Section of the Expert Menu, select Firewall on the left hand side.

Firewall > Basic

To enable or disable firewall, select the **Basic** option in the Firewall section.

In the **Basic** option, select whether or not you wan to Enable or Disable the firewall settings of the **ESR300H**.





Firewall > Advanced

VPN Passthrough: Allows VPN (Virtual Private Network) packets to pass through the Firewall. If you are not using VPN, these options can be disabled. VPN L2TP Passthrough, VPN PPTP Passthrough, and VPN IPSec Passthrough are enabled by factory default for better security.





Firewall > DMZ (Demilitarized Zone)

If you have a client PC that cannot run an Internet application (e.g. Games) properly from behind the NAT firewall, then you can open up the firewall restrictions to allow unrestricted two-way Internet access by defining a DMZ Host. The DMZ function allows you to re-direct all packets going to your WAN port IP address to a particular IP address in your LAN. The difference between the virtual server and the DMZ function is that the virtual server re-directs a particular service/Internet application (e.g. FTP, websites) to a particular LAN client/server, whereas a DMZ re-directs all packets (regardless of services) going to your WAN IP address to a particular LAN client/server.

A DMZ allows a computer to have all its connections and ports completely open during data transmission. **Warning: Computer will be completely vulnerable to any malicious attacks.**

LAN IP Address: Fill-in the IP address of a particular host in your LAN Network that will receive all the packets originally going to the WAN port/Public IP address above.





Firewall > DoS (Denial of Service)

To enable blocking of DoS attacks, select the **DoS** option in the Firewall section.

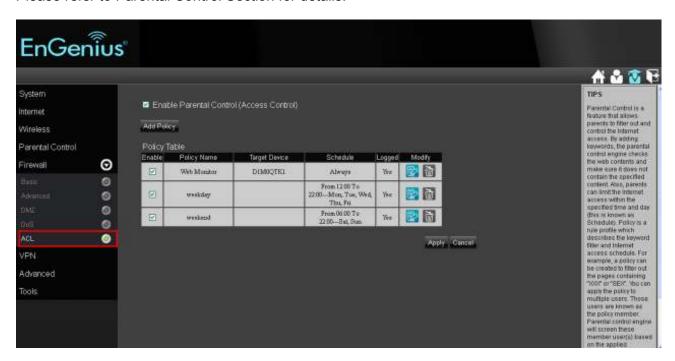
DoS attacks can flood your internet connection with continuous transmission of data. Blocking these attack can ensure that the internet connection will always be available.





Firewall > ACL

To manage Parental Control settings (either through the Parental Control Wizard or the ACL option), select the ACL option in the Firewall section. Please refer to Parental Control Section for details.





10. VPN (Virtual Private Network) Section

VPN > Status

A Virtual Private Network (VPN) provides a secure connection between two remote locations or two users over the public Internet. It provides authentication to securely encrypt the data communicated between the two remote endpoints. The ESR300H supports up to 5 VPN tunnels, making it ideal for small-office and home-office (SOHO) users.

To view the status of your VPN tunnels that were configured on the **ESR300H**, select the Status option in the VPN section. The status table will show the name of the VPN, the VPN type, the Gateway/Peer IP address, how many packets have been transmitted and received, and how the VPN has been up.

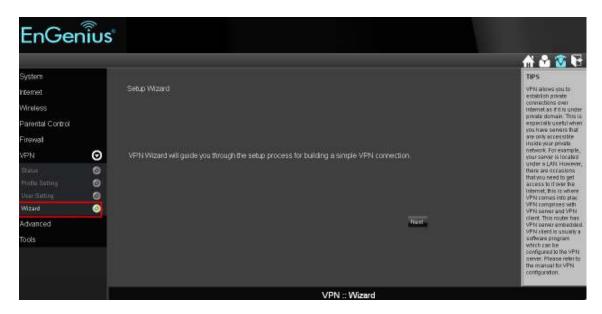


You can set the VPN tunnels by either the user friendly **Wizard** or the manual **Profile Setting**. It is highly recommended to start with the **Wizard** to establish VPN tunnels. If you are an advanced user and would like to manually configure VPN Settings, select **Profile Setting** for advanced VPN setting.

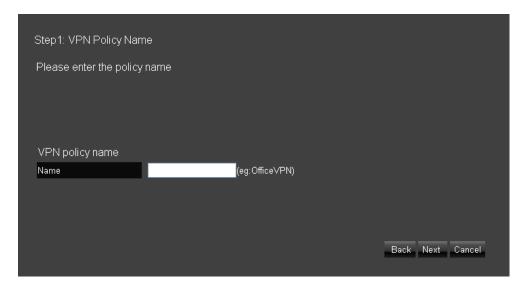


VPN Wizard

Click Next to start VPN Wizard



Create a name for the VPN tunnel in the Name field. Click Next.





You can select either **L2TP** or **PPTP** as the VPN Connection Type. Then click **Next**.





L2TP Settings

User Name: Enter the user name used to connect to L2TP server

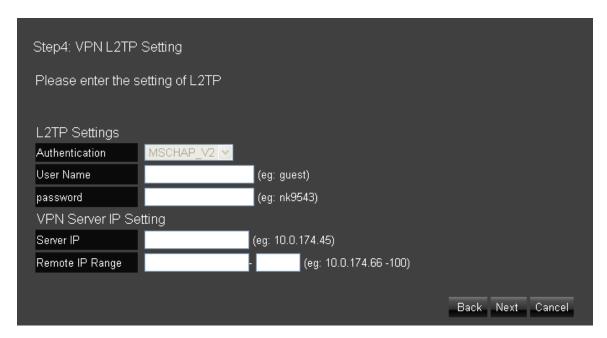
Password: Enter the password used to connect to L2TP server

VPN Server IP Setting

Server IP: Enter an IP address which is different from your router's LAN IP address. (example: the default LAN IP of ESR300H is 192.168.0.1. You could create a Server IP address as 10.0.174.45)

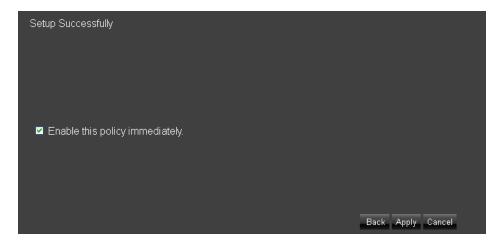
Remote IP Range: Enter an IP range under the same subnet as the above Server IP. (example: if your Server IP address is 10.0.174.45, you could create the remote IP Range as 10.0.174.66 – 100. The remote IP range should not include Server IP address to avoid duplicate IP Addresses within the same network.)

Click Next.





The L2TP VPN profile should be completed successfully. Click **Apply** to save the L2TP VPN Profile setting. To connect to the VPN tunnel, now you can use your native Windows VPN client to connect the L2TP tunnel.

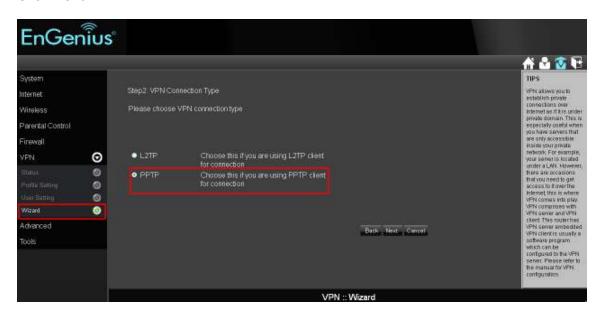




PPTP Setting

If you want to setup a PPTP VPN tunnel, please select PPTP VPN Connection Type after selecting the Wizard in the VPN option.

Click Next.





User Name: Enter the user name to connect to the PPTP server

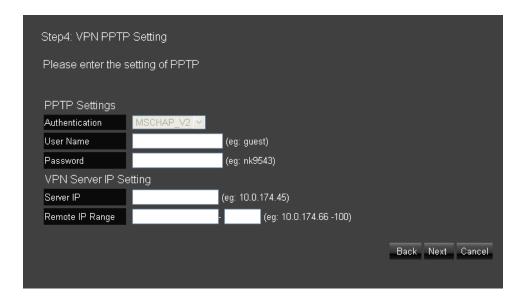
Password: Enter the password to connect to the PPTP server

VPN Server IP Setting

Server IP: Enter an IP address which is different from your router's LAN IP address. (example: the default LAN IP of ESR300H is 192.168.0.1. You could create a Server IP address as 10.0.174.45)

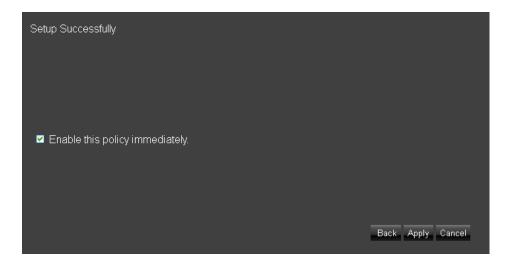
Remote IP Range: Enter an IP range under the same subnet of the above Server IP. (example: if your Server IP address is 10.0.174.45, you could create the remote IP Range as 10.0.174.66 – 100. The remote IP range should not include Server IP address to avoid duplicate IP addresses within the same network.)

Click Next.





The PPTP VPN profile should be created successfully. Click **Apply** to save your setting. To connect VPN tunnel, now you can use your native Windows VPN client.





Profile Setting: If you wish to manually setup a VPN tunnel, you can go to **Profile Setting** in the VPN section. Before getting started, please select **User Setting** to create the user profile ahead of time.

User Setting:

Name: Enter the name to connect to L2TP or PPTP VPN tunnels.

Password: Enter the password to connect to L2TP or PPTP VPN tunnels.

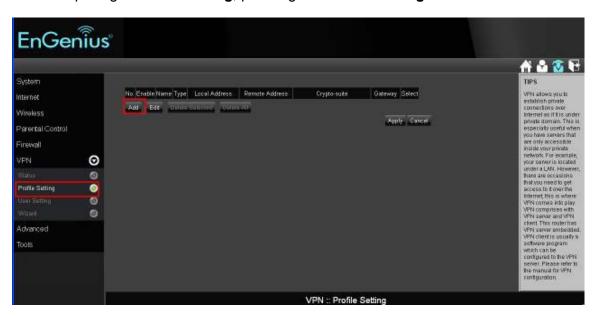
Confirm: Enter the password again to confirm the password entered above.

Click Add to enter the VPN user to the Current VPN User Table.





After completing the **User Setting**, please go to **Profile Setting** to start a manual VPN tunnel configuration. Click **Add** to get started.



In the **General** tab, enter a name for the VPN tunnel in the Name field. Select PPTP or L2TP for the **Connection Type**.



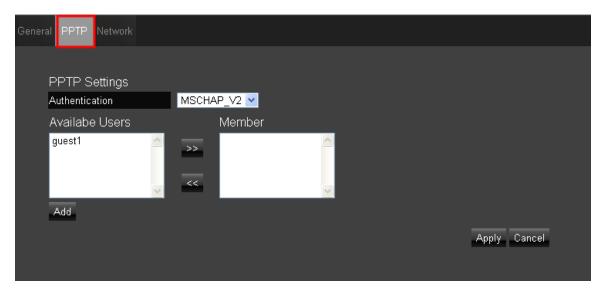


PPTP through Profile Setting

If you select PPTP as VPN Connection Type, go to PPTP tab.

Authentication: There are three authentication algorithms. Please select CHAP, PAP, or MSCHAP_V2.

Available Users: The users who you created in the User Setting to connect to PPTP server will be displayed. Select the users in the list who you wish to include in the VPN tunnel, and click the forward arrow to then add them to the **Member Box**. Click the backward arrow if you want to remove users from the **Member box**.





Go to the **Network** tab.

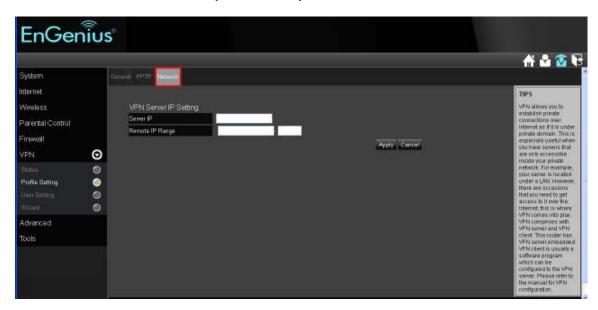
VPN Server IP Setting

Server IP: Enter an IP address which is different from your router's LAN IP address. (example: the default LAN IP of ESR300H is 192.168.0.1. You could create a Server IP address as 10.0.174.45)

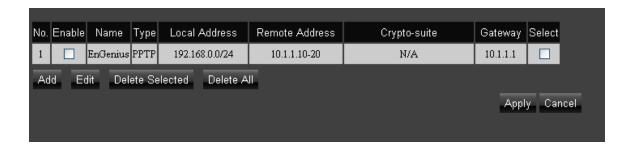
Remote IP Range: Enter an IP range under the same subnet of the above Server IP. (example: if your Server IP address is 10.0.174.45, you could create the remote IP Range as 10.0.174.66 – 100. The remote IP range should not include Server IP address to avoid duplicate IP Addresses within the same network.)

Click **Apply** to save the PPTP VPN profile setting.

To connect to the VPN tunnel, you can use your native Windows VPN client.









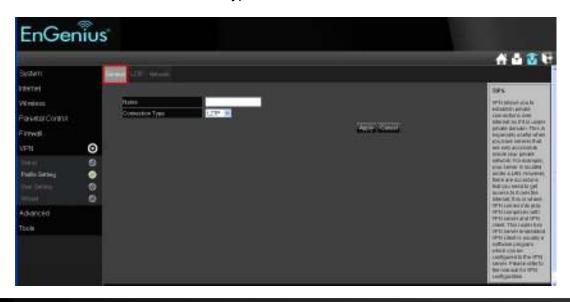
L2TP through Profile Setting

Click Add in the Profile Setting to start a L2TP VPN profile setting



Go to the **General** tab. Enter the L2TP profile name in the Name Field.

Select **L2TP** as the Connection Type.





Then go to the **L2TP** tab

Authentication: there are three authentication algorithms. Please select CHAP, PAP, or MSCHAP_V2.

Available Users: The users who you created in the User Setting to connect to PPTP server will be displayed. Select the users in the list who you wish to include in the VPN tunnel, and click the forward arrow to then add them to the **Member Box**. Click the backward arrow if you want to remove users from the **Member box**.





Go to the **Network** tab

VPN Server IP Setting

Server IP: enter an IP address which is different from your router's LAN IP address. (example: the default LAN IP of ESR300H is 192.168.0.1. You could create a Server IP address as 10.2.2.1)

Remote IP Range: enter an IP range under the same subnet of the above Server IP. (example: if your Server IP address is 10.2.2.1, you could create the remote IP Range as 10.2.2.10 – 20. The remote IP range should not include Server IP address to avoid duplicate IP addresses within the same network.)

Click **Apply** to save the L2TP VPN profile setting.

To connect to the VPN tunnel, you can use your native Windows VPN client.



11. Advanced Section

To access the **Advanced** section of the Expert Menu, select **Advanced** on the left hand side.

Advanced > NAT (Network Address Translation)

Network Address Translation (NAT) allows multiple users at your local site to access the Internet through a single Public IP Address or multiple Public IP Addresses. NAT provides Firewall protection from hacker attacks and has the flexibility to allow you to map Private IP Addresses to Public IP Addresses for key services such as Websites and FTP.





Advanced > Port Mapping

Port Mapping allows you to re-direct a particular range of service port numbers (from the Internet / WAN Port) to a particular LAN IP address.

- 1. **Enable Port Mapping**: Mark the checkbox to Enable Port Mapping.
- 2. **Description**: Enter the description on why the ports will be mapped.
- 3. Local IP: The local IP address of the server behind the NAT firewall.
- 4. **Protocol**: Select whether TCP, UDP, or Both ports will be mapped.
- 5. **Port Range**: Enter the range of ports to be forwarded to the private IP.

Click **Add** when finished with the configuration. Then the added **Port Mapping** setting will be listed on the **Current Port Mapping Table**. Click **Apply** to enable your setting.





Advanced > Port Forwarding

Use the **Port Forwarding** (Virtual Server) function when you want different servers/clients in your LAN to handle different internet application type (e.g. Email, FTP, Web server etc.) from the Internet. Computers use port numbers to recognize a particular internet application type. The Virtual Server allows you to re-direct a particular port number (from the Internet/WAN Port) to a particular LAN private IP address and its service port number. Enable Port Forwarding: Mark the checkbox to Enable Port Forwarding.

- 1. **Description**: Enter the description on why the ports will be forwarded.
- 2. Local IP: Enter the LAN Client/Host IP address and Port number that the Public Port number packet will be sent to.
- 3. **Protocol**: Select whether TCP, UDP, or Both ports will be forwarded.
- 4. Local Port: This is the LAN Client/Host IP address and Port number that the Public Port number packet will be sent to.
- 5. **Public Port**: Port number will be changed to Local Port when the packet enters your LAN Network.

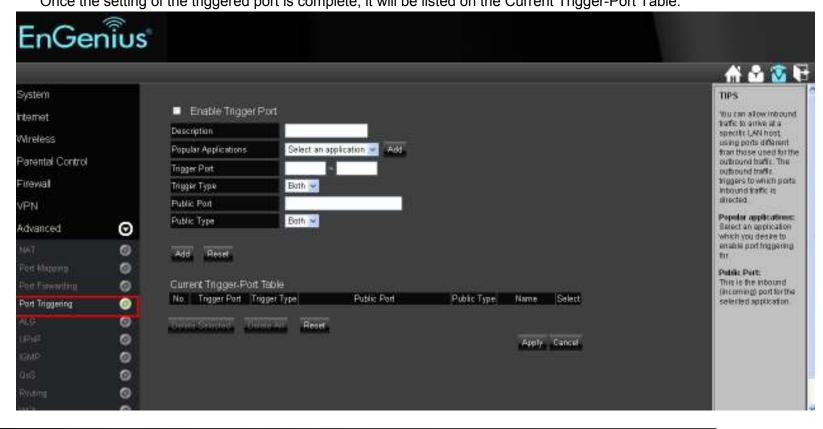




Advanced > Port Triggering (Special Application)

Some applications require multiple connections, such as online games, videoconferencing, VoIP telephony and etc. You can configure port triggering function to support multiple connections if more than one local computer needs port forwarding for the same application or your application needs to open incoming ports that are different from the outgoing port.

- 1. Enable Port Triggering: Mark the checkbox to Enable Port Triggering.
- 2. **Description**: Enter the description on why the ports will be triggered.
- 3. Popular Applications: Select from default applications or add new applications in which to have their ports triggered.
- 4. **Trigger Port**: Enter the outgoing (Outbound) range of port numbers for your application.
- 5. **Trigger Type**: Select whether TCP, UDP, or Both for the outbound port trigger protocol.
- 6. **Public Port**: Enter the In-coming (Inbound) port or port range for your application (e.g. 2300-2400, 47624).
- 7. **Public Type**: Select whether TCP, UDP, or Both the for In-coming (Inbound) port trigger protocol (e.g. 2300-2400, 47624) Once the setting of the triggered port is complete, it will be listed on the Current Trigger-Port Table.

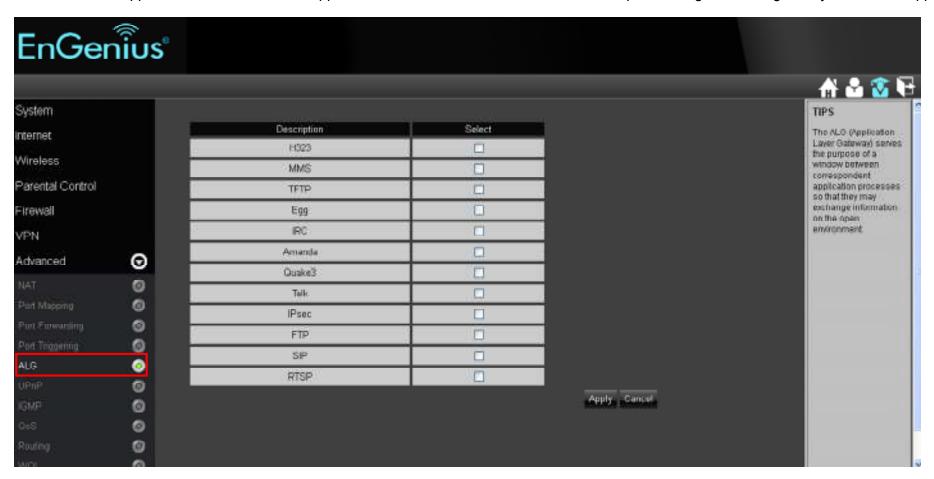




Advanced > ALG (Application Layer Gateway)

The **ALG** (Application Layer Gateway) serves as a window between correspondent application processes so that they may exchange information on an open environment.

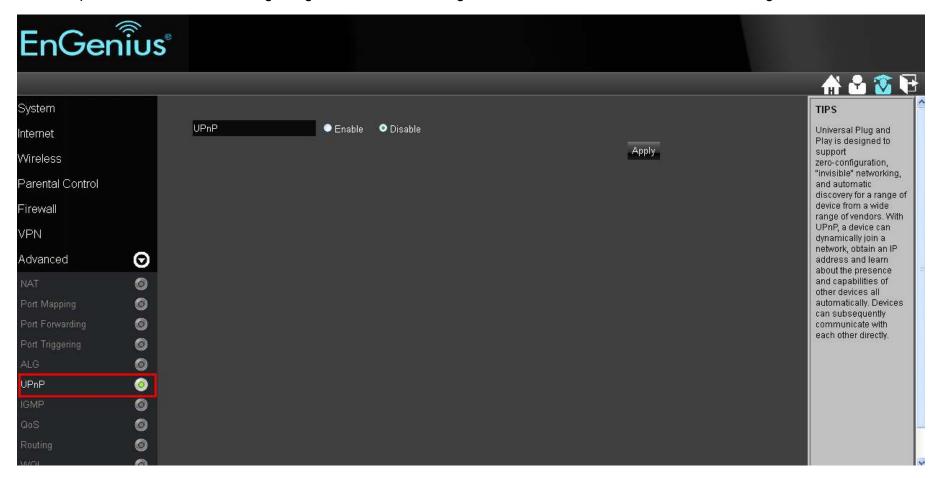
Select the listed applications that need **ALG** support and then the router will authorize them to pass through the NAT gateway. Then click Apply.





Advanced > UPnP (Universal Plug and Play)

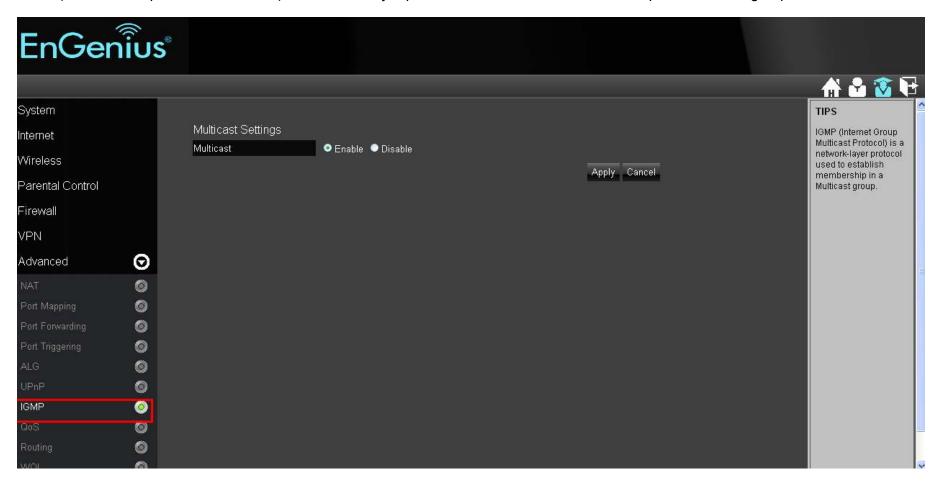
UPnP helps internet devices, such as gaming and videoconferencing to access the network and connect to other registered UPnP devices





Advanced > IGMP (Internet Group Multicast Protocol)

IGMP (Internet Group Multicast Protocol) is a network-layer protocol used to establish membership in a Multicast group.



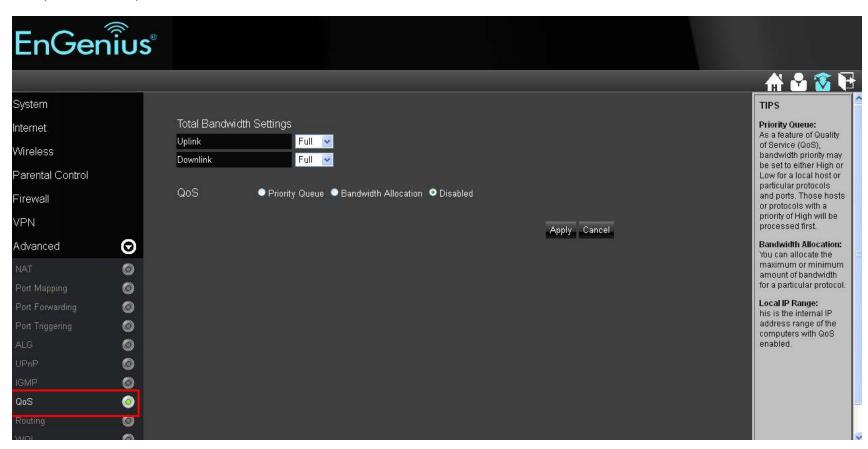


Advanced > QoS (Quality of Service)

Total Bandwidth Settings

QoS can prioritize the bandwidth use such as video streaming, online gaming, VoIP telephony, videoconferencing, and etc. to ensure the stable and efficient performance of the network.

Total Bandwidth Settings: You can specify the maximum value of the outgoing bandwidth of UpLink and Downlink for the application by selecting the speed from drop-down menus.

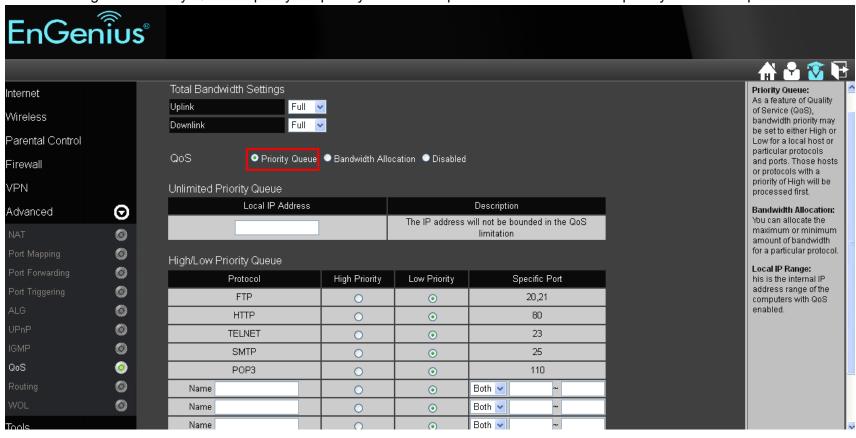




QoS Type

Priority Queue:

- Unlimited Priority Queue
 - Local IP Address: Enter the Local IP address which will have the highest priority to stream data and will not be bounded by the QoS limitation.
 - o High/Low Priority Queue: Specify the priority for different protocol. You can add and priority the desired protocol on the table.

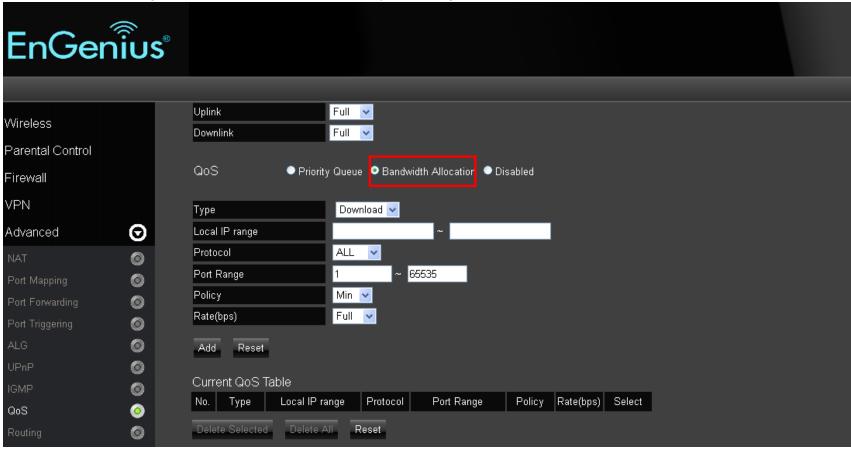




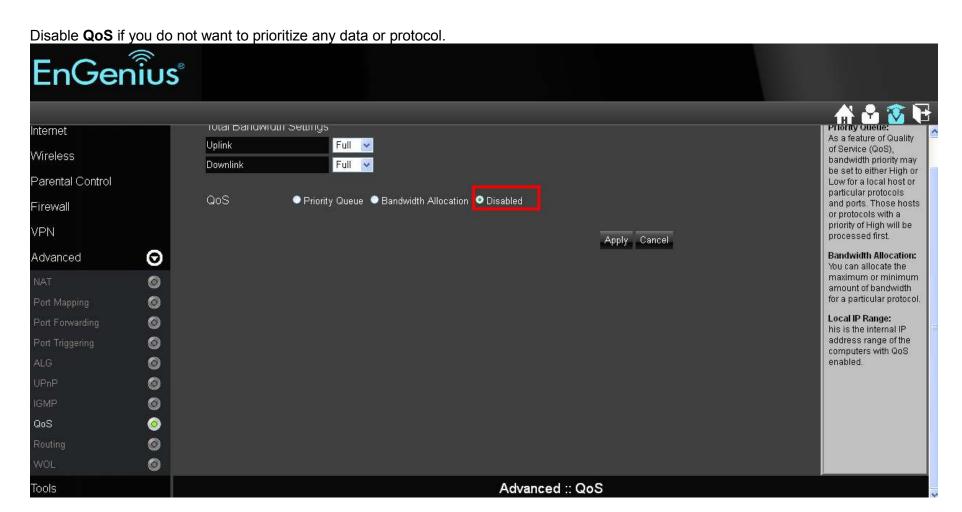
Bandwidth Allocation: You can set the bandwidth allocation type (download and/or upload). You must provide the IP and Port ranges and select the type of protocol, policy, and rate (bps).

- o Type: select Download or Upload which you want to reserve or limit the bandwidth
- o Local IP Range: Enter the local IP range you wish to specify the bandwidth allocation.
- o **Protocol**: Select the protocol you wish to reserve or limit the bandwidth
- o **Port Range**: Enter the port range you wish to reserve or limit the bandwidth.
- o Policy: Select either the Minimum or Maximum bandwidth you wish to specify
- o Rate (bps): Select the desired bandwidth you would like to reserve or limit.

When the configuration is complete, click Add and your setting will be listed on the Current QoS Table.







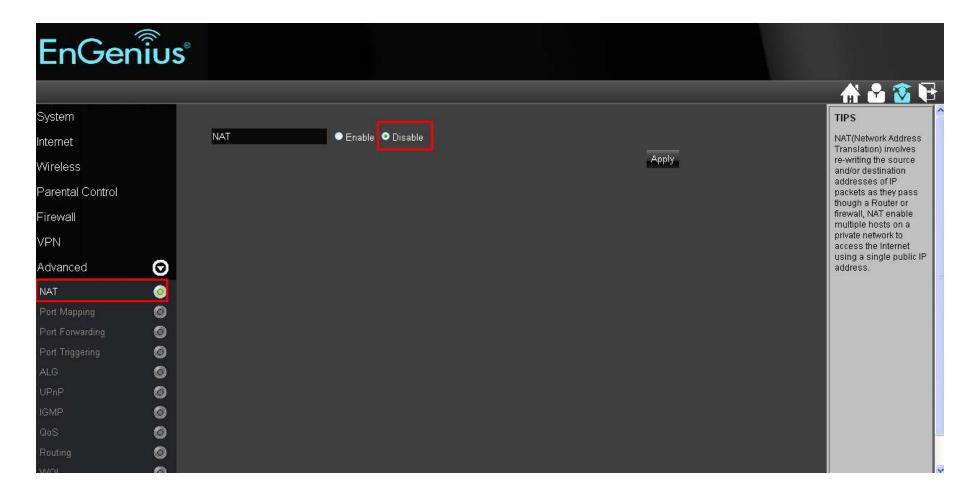
Click **Apply** to save your settings.



Advanced > Routing

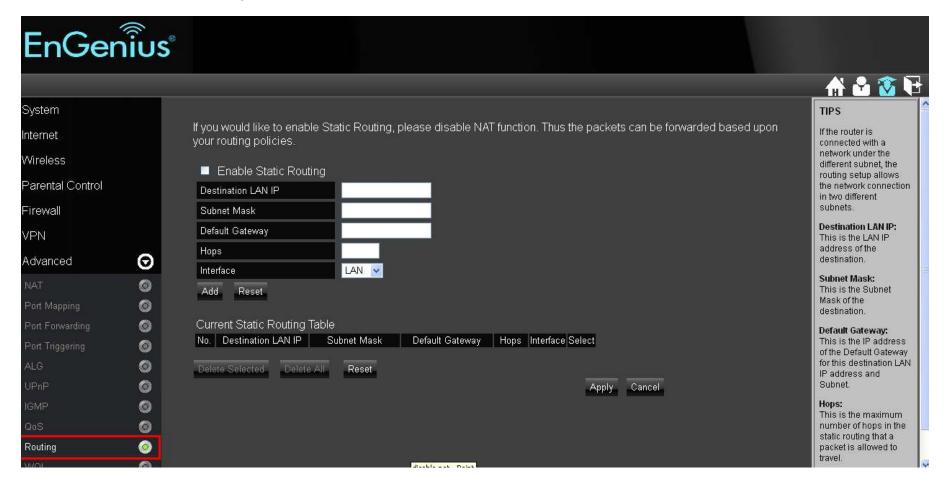
Typically you do not need to setup static routing since the ESR300H usually has adequate routing information after it has been configured for Internet access. You will only need to set up static routing if the router is connected with a network under a different subnet and you need the static routing to allow network connection in two different subnets.

Note: To enable a static routing, you need to disable the NAT function.





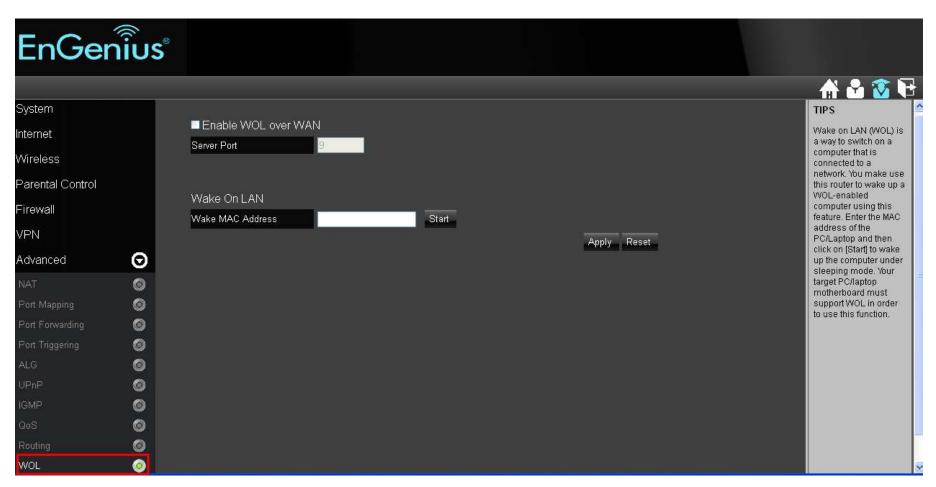
- 1. **Enable Static Routing**: Mark the checkbox to Enable Static Routing.
- 2. **Destination LAN IP**: Enter the static IP Address of the remote network to which you want to setup a static route.
- 3. **Subnet Mask**: Enter the Subnet Mask of the remote network to which you want to setup a static route.
- 4. **Default Gateway**: Enter the IP address of the Default Gateway which can connect your router with the remote network through the assigned static route.
- 5. **Hops**: Enter the maximum hops number of the assigned static route.
- 6. Interface: Enter the routing interface (LAN or WAN).





Advanced > WOL (Wake on LAN)

WOL allows you to turn on a computer through the router. You will just need to provide the Server Port as well as the MAC address of the computer to utilize this feature.





12. Tools Section

Tools > Admin

In the **Admin** option of the Tools section, you can change the password used to log in to the router at the login screen by entering the old password, followed by the new password twice. You can also allow only one computer to edit the settings on the **ESR300H** by supplying its static IP address.

Remote Management: This allows you to designate a host on the internet to configure the Broadband router and check the router's status from a remote site.

Select **Enable** to enable remote management.

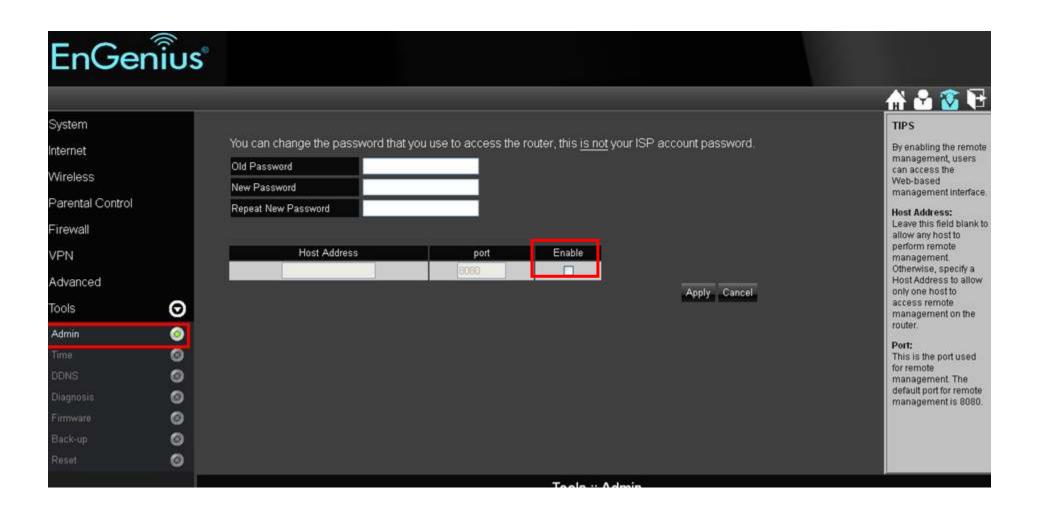
Host Address: Enter the designated host IP Address in the Host IP Address field.

Port: Enter the port number for remote accessing management web interface. The default Port for remote management is 8080.

Click **Apply** to save the settings.

To access the settings of the ESR300H remotely, enter the router's WAN IP address and port number of the ESR300H. For example, if your router's WAN IP address is 24.24.247.100, and the default port number for remote access is selected, type in http://24.24.247.100:8080 in the address bar of your browser and click Enter to start the remote access.







Tools > Time

In the **Time** option of the Tools section, you can change the current time on the **ESR300H**. Enter the web address of the Network Time Protocol you want to have the **ESR300H** to match time with or have it synchronize with the PC accessing the **ESR300H**. You can also enable Daylight Savings.

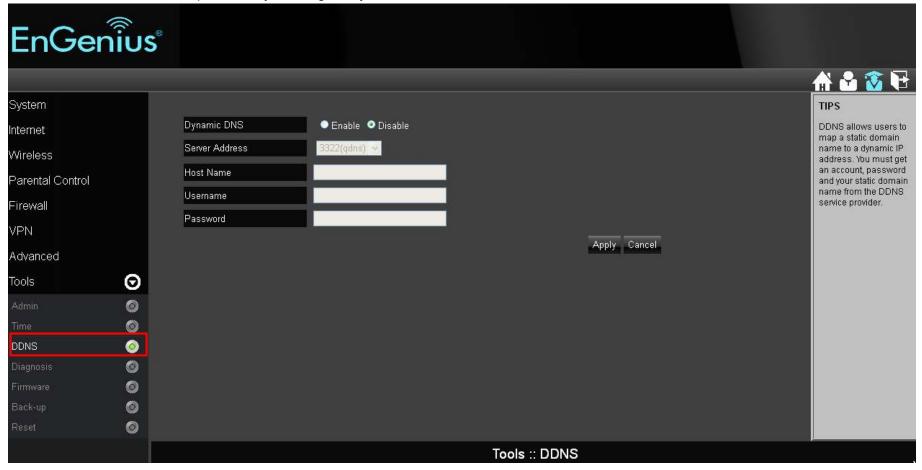




Tools > DDNS (Dynamic DNS)

DDNS allows users to map a static domain name to a dynamic IP address. You must get an account, password, and static domain name from the DDNS service provider such as DynDNS, ZoneEdit, CyberGate, and etc. to use this feature. DDNS benefits end users when they have their own websites or FTP sites.

- 1. **Dynamic DNS**: Choose to Enable or Disable this feature.
- 2. Server Address: Select the Server Address in which to obtain the Dynamic DNS.
- 3. **Host Name**: Enter the static domain name which applies DDNS.
- 4. Username: Enter the username which you are given by DDNS service provider
- 5. Password: Enter the password you assign for your DDNS account





Tools > Diagnosis

In the **Diagnosis** option of the Tools section, you can enter an IP Address of a computer on the LAN to check if it has established connection to the **ESR300H**.



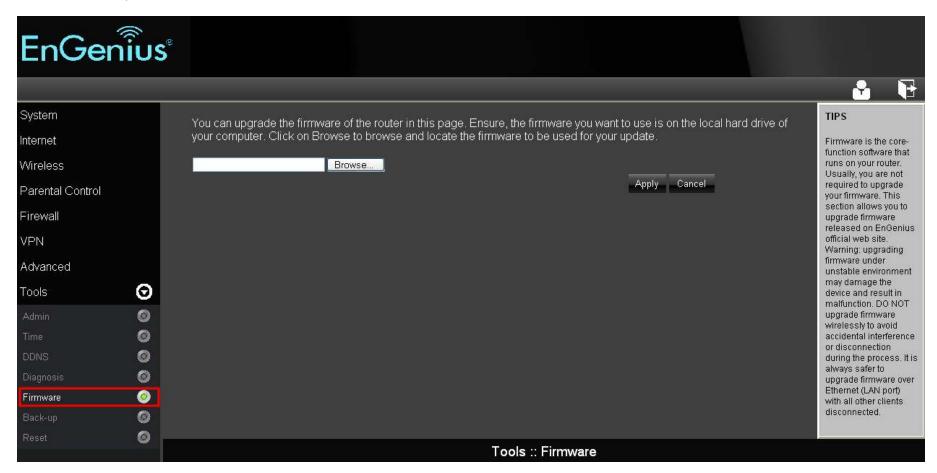


Tools > Firmware

In the **Firmware** option of the Tools section, you can update the firmware of the **ESR300H**. To update the firmware, follow these steps:

- 1. Download the appropriate firmware approved by Engenius® Technologies Inc. from an approved site.
- 2. Make sure the firmware file is in a known local location.
- Select Browse.
- 4. Navigate through the file system and select the firmware file.
- 5. Select Apply.

This process may take a few minutes. The **ESR300H** will restart when completed.

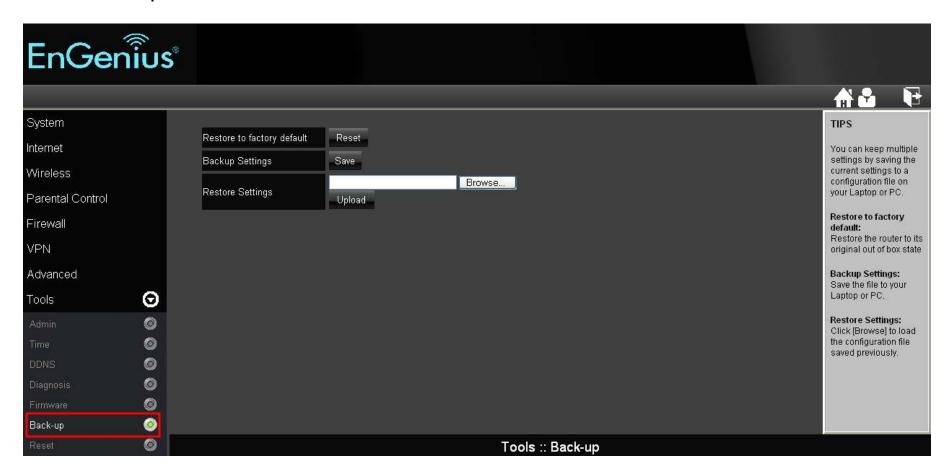




Tools > Back-Up

In the **Back-Up** option of the Tools section, you can:

- 1. Restore the **ESR300H** to factory defaults.
- 2. Save the current configuration on the **ESR300H** to a .dlf file.
- 3. Restore saved settings by:
 - a. Select Browse.
 - b. Browse location for the file with the saved settings of the **ESR300H**.
 - c. Select Upload.





Tools > Reset

In the **Reset** option of the Tools section, you can manually restart the **ESR300H**.





Table of Contents

Appendix A – FCC Interference Statement

Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

IMPORTANT NOTE:

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This device complies with FCC RF Exposure limits set forth for an uncontrolled environment, under 47 CFR 2.1093 paragraph (d)(2).

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.



Appendix B – Industry Canada statement

This device complies with RSS-210 of the Industry Canada Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

French translation:

Ce dispositif est conforme à la norme CNR-210 d'Industrie Canada applicable aux appareils radio exempts de licence. Son fonctionnement est sujet aux deux conditions suivantes: (1) le dispositif ne doit pas produire de brouillage préjudiciable, et (2) ce dispositif doit accepter tout brouillage reçu, y compris un brouillage susceptible de provoquer un fonctionnement indésirable.

IMPORTANT NOTE:

Radiation Exposure Statement:

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

French translation:

NOTE IMPORTANTE: (Pour l'utilisation de dispositifs mobiles)

Déclaration d'exposition aux radiations:

Cet équipement est conforme aux limites d'exposition aux rayonnements IC établies pour un environnement non contrôlé. Cet équipement doit être installé et utilisé avec un minimum de 20 cm de distance entre la source de rayonnement et votre corps.

