

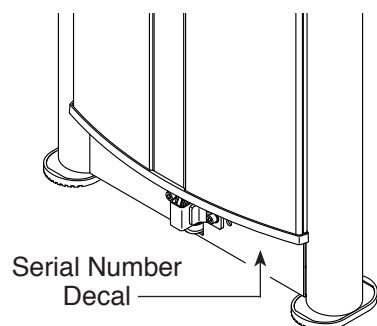
FREEMOTION®

Hip Adduction/Abduction

Model No. F809.0

Serial No. _____

Write the serial number in the space above for reference.



OWNER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

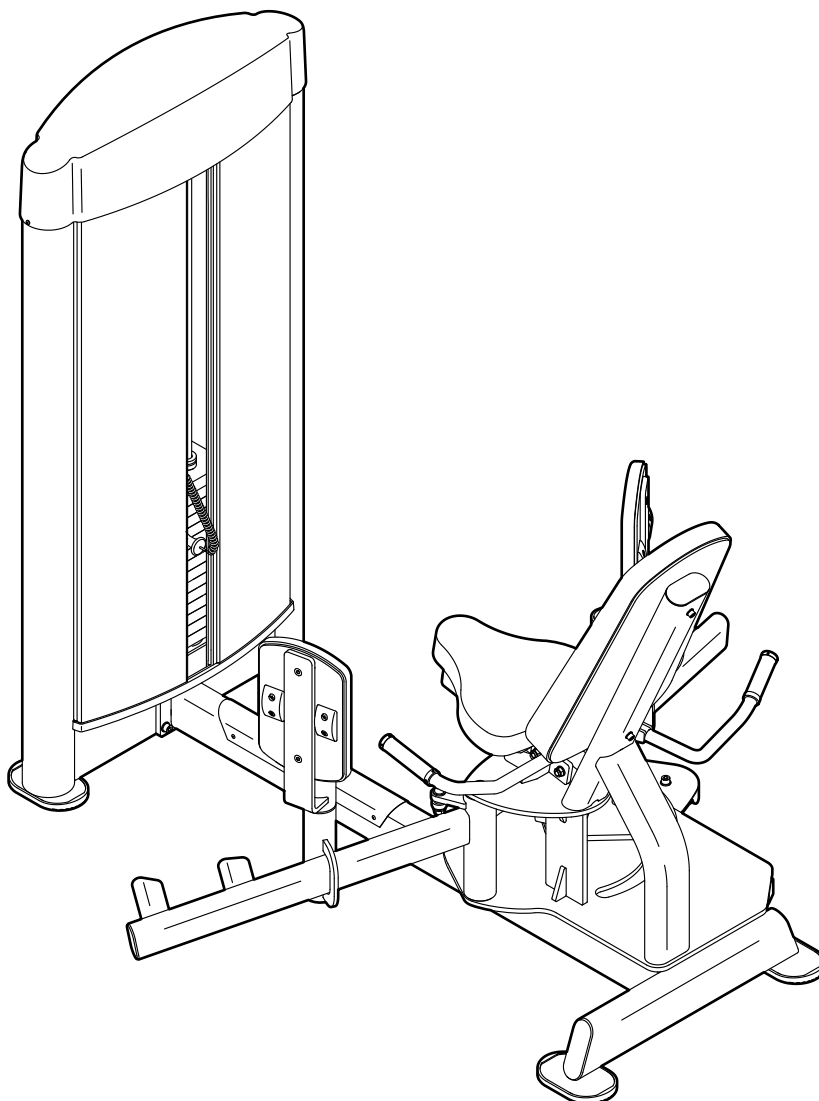


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FORMULA 409 is a registered trademark of The Clorox Company.
SIMPLE GREEN is a registered trademark of Sunshine Makers, Inc.
Teflon is a registered trademark of E. I. du Pont de Nemours and Company.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your strength equipment before using your strength equipment. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength equipment properly.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the strength equipment only as described in this manual.
4. It is the responsibility of the owner to ensure that there is enough space around the strength equipment for the intended exercise.
5. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
6. Anchor the strength equipment to the floor with the anchor strap where required or where possible to provide maximum stability.
7. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
8. Keep children under age 13 and pets away from the strength equipment at all times.
9. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength equipment while it is in use.
12. Make sure that the weight pin is completely inserted into one of the weight plates.
13. Make sure that the handles are attached securely before each use of the strength equipment.
14. Check each cable, cable connection, and pulley before each use of the strength equipment. Make sure that all parts are properly tightened. Replace any worn parts immediately.
15. Make sure that each cable remains on the pulleys at all times. If a cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys and that nothing is interfering with the cable or the pulleys.
16. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

⚠ WARNING

- Read and follow all warnings and instructions and obtain proper instruction prior to use.
- Obtain a medical exam before beginning an exercise program.
- Inspect the machine before use. Do not use if machine appears damaged.
- Keep body and clothing free and clear of all moving parts.
- Be certain that the weight pin is completely inserted.
- NEVER pin the weight stack in an elevated position.
- NEVER use the machine if found in this condition.
- INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
- Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
- Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
- This equipment to be used only under qualified supervision.
- Do not remove this label. REPLACE IF DAMAGED.
- Max user weight: 350 lbs.

⚠ CAUTION



WEIGHT SELECTOR PIN MUST BE FULLY INSERTED INTO THE WEIGHT PLATE.

KEEP AWAY FROM MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

⚠ WARNING



BACK PANEL MUST BE IN PLACE BEFORE MACHINE USE.

INSPECT ALL CABLES, STRAPS, MOVING PARTS, AND FASTENERS WEEKLY. REFER TO MAINTENANCE MANUAL.

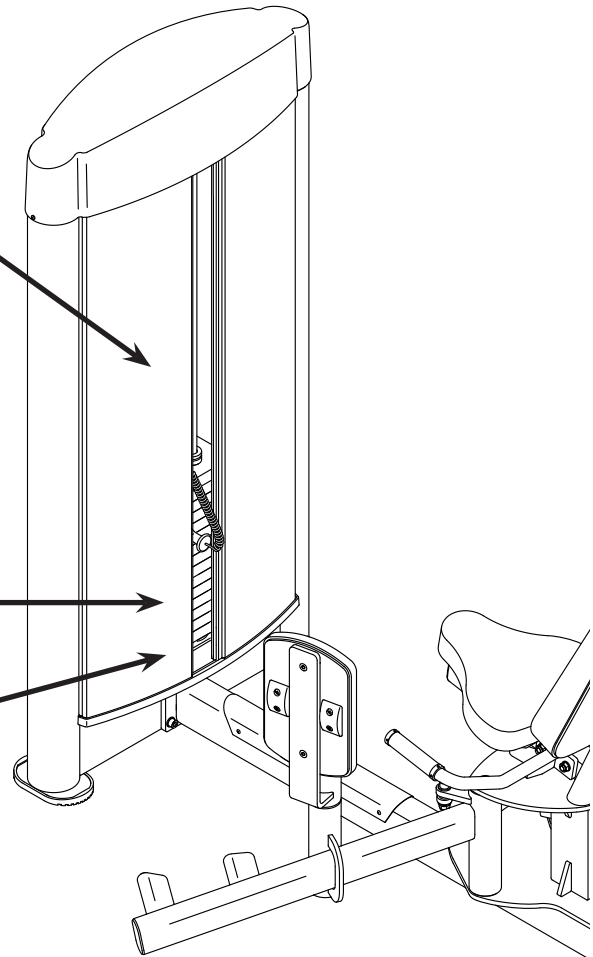
KEEP HANDS FREE OF MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

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⚠ CAUTION



Weight selector pin must be fully inserted into the weight plate.



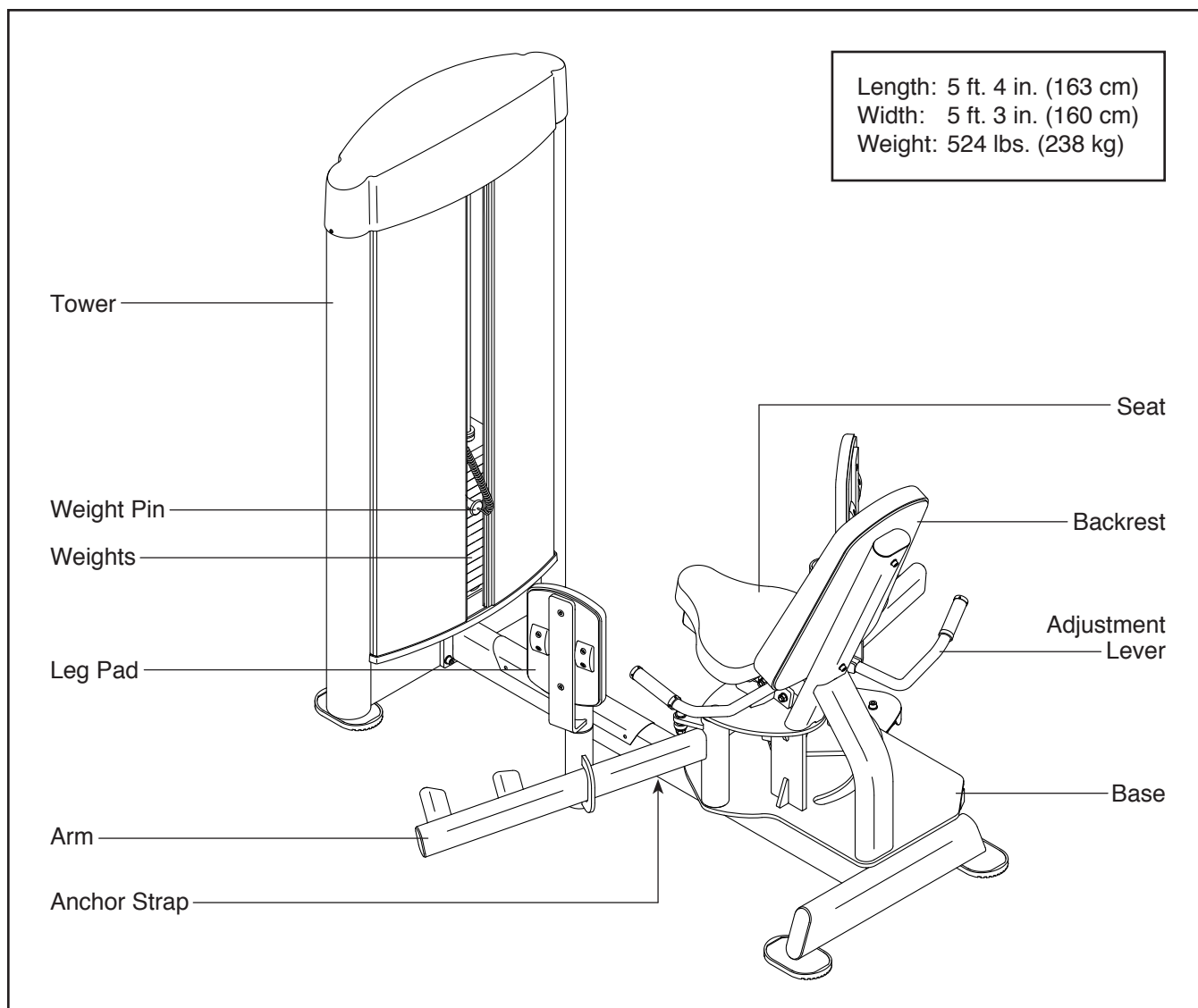
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® HIP ADDUCTION/ABDUCTION strength equipment. With unrestricted motion, you can work your body's muscle groups the way you do naturally, to train more effectively and efficiently.

For your benefit, read this manual carefully before using the strength equipment. If you have questions after reading this manual, please see the back cover

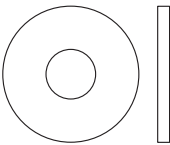
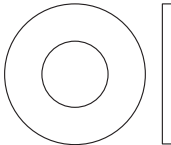
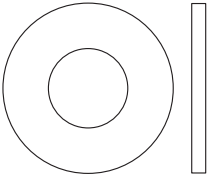
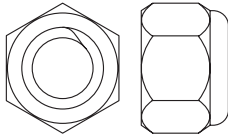
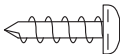
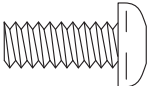
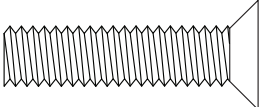
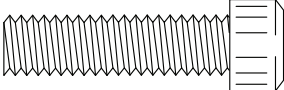
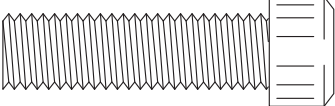
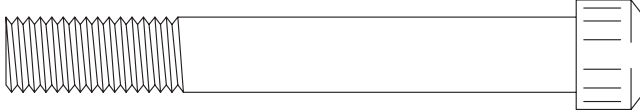
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

Use the drawings below to identify small parts used for assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preattached.**

			
M6 Washer (34)–4	M8 Washer (80)–6	M10 Washer (31)–8	M10 Locknut (32)–2
			
M4 x 13mm Self-tapping Screw (27)–2	M6 x 15mm Screw (35)–4	M8 x 30mm Flat Head Screw (95)–4	M8 x 30mm Socket Screw (75)–4
			
M8 x 75mm Socket Screw (84)–2		M10 x 35mm Socket Screw (76)–4	
			
M10 x 75mm Socket Bolt (92)–2			

ASSEMBLY

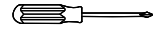
- Assembly requires two persons.
- Because of its weight and size, assemble the strength equipment in the location where it will be used. Make sure that there is enough clearance around the strength equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, see page 6.

- The following tools (not included) are required for assembly:

one adjustable wrench



one Phillips screwdriver



a set of metric hex keys



snap ring pliers

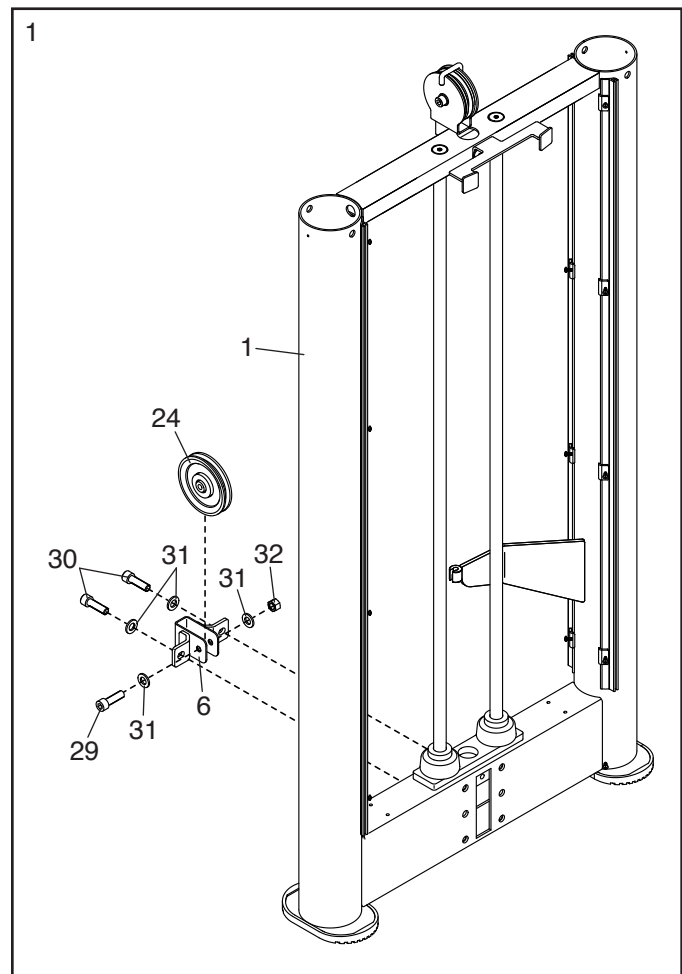


Assembly may be more convenient if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Tower Frame (1) as shown. **Have a second person hold the Tower Frame to prevent it from falling until you complete step 2.**

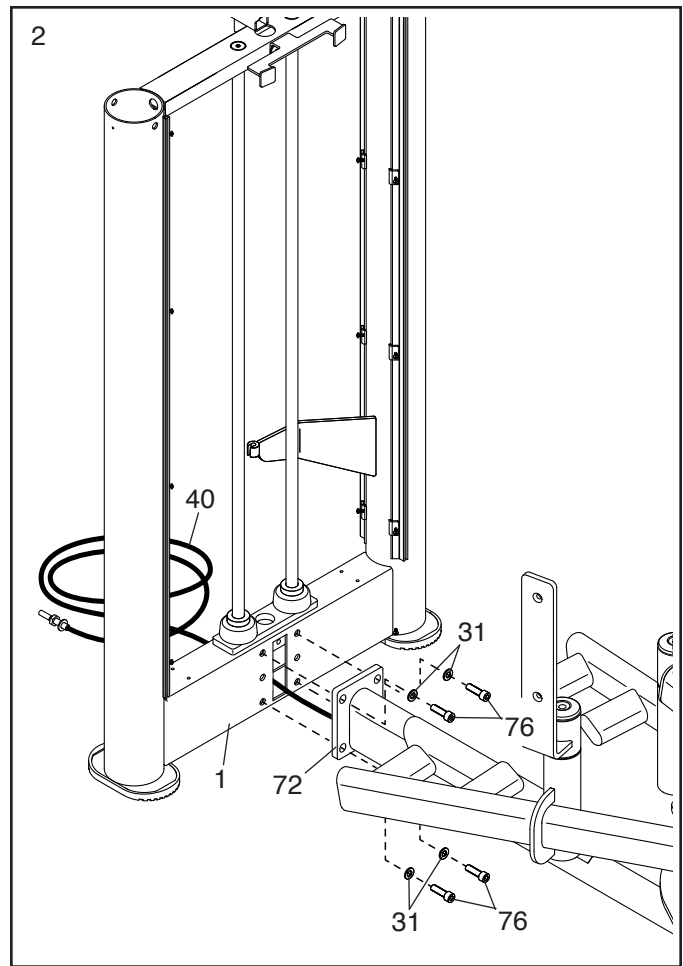
Remove the two M10 x 30mm Socket Screws (30), the two M10 Washers (31), and the Pulley Bracket (6) from the back of the Tower Frame (1).

Next, remove the M10 Locknut (32), the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the Large Pulley (24) from the Pulley Bracket (6).



2. Insert the Long Cable (40) through the Tower Frame (1) as shown.

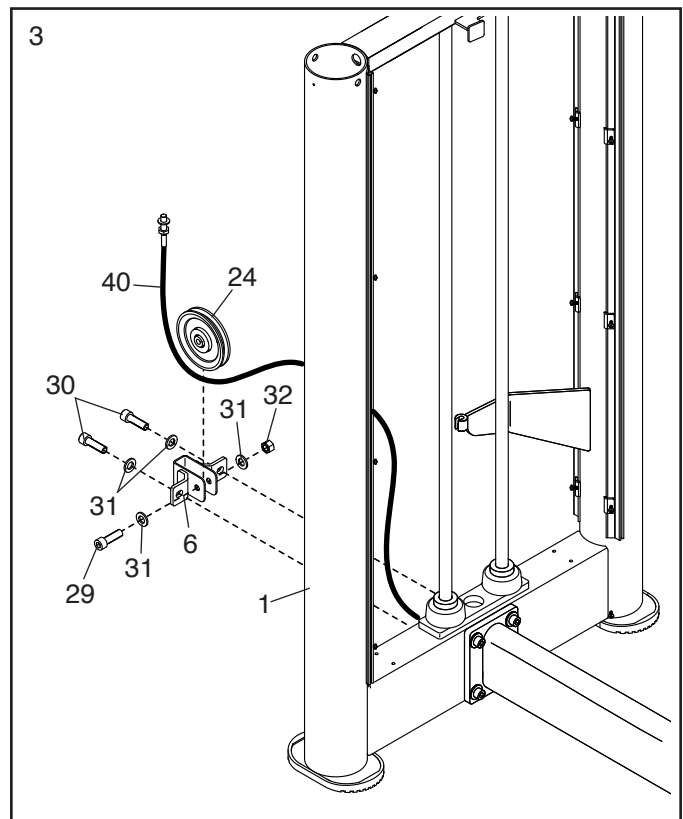
Attach the Base (72) to the Tower Frame (1) with four M10 x 35mm Socket Screws (76) and four M10 Washers (31).



3. Route the Long Cable (40) upward through the Pulley Bracket (6).

Attach the Large Pulley (24) inside the Pulley Bracket (6) with the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the M10 Locknut (32) that you removed in step 1.

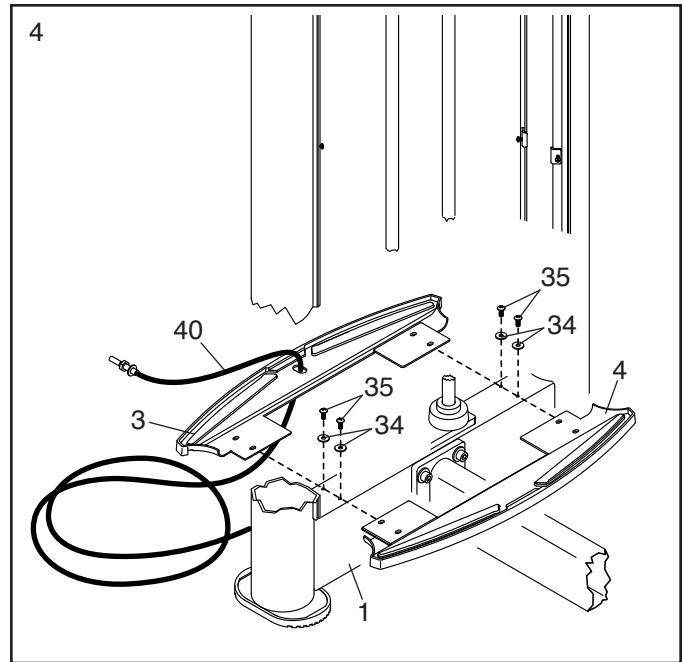
Then, attach the Pulley Bracket (6) to the Tower Frame (1) with the two M10 x 30mm Socket Screws (30) and the two M10 Washers (31) that you removed in step 1.



4. Identify the Rear Shroud Base (3), which has a hole in the center, and the Front Shroud Base (4). Orient the Shroud Bases as shown.

Insert the end of the Long Cable (40) upward through the Rear Shroud Base (3).

Attach the Shroud Bases (3, 4) to the Tower Frame (1) with four M6 x 15mm Screws (35) and four M6 Washers (34).

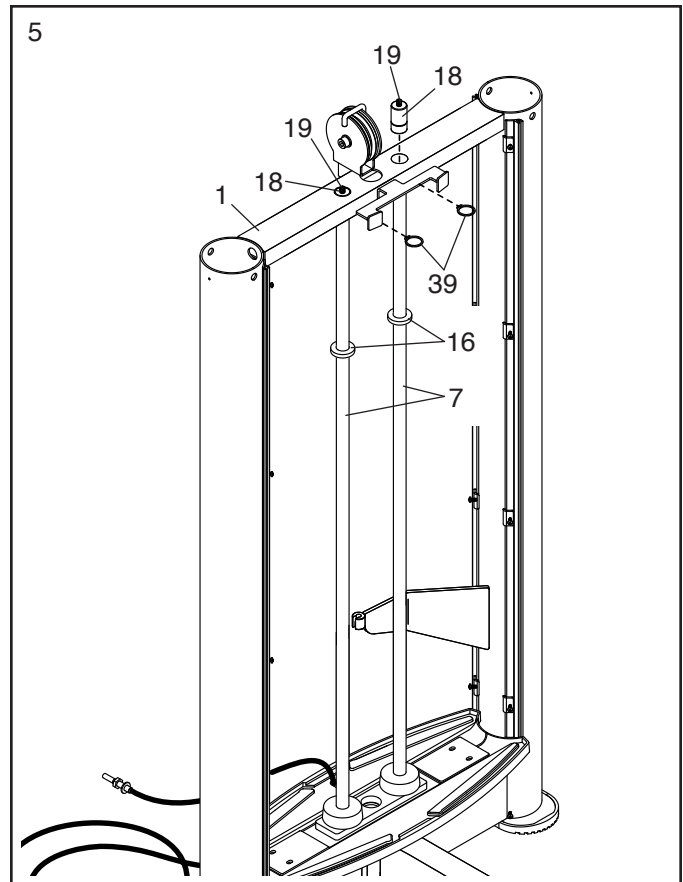


5. Loosen the two M8 x 35mm Set Screws (19) a few complete turns; **it is not necessary to remove the Set Screws.**

Look under the top of the Tower Frame (1) and remove the two 25mm Snap Rings (39) from the two Weight Guide Bushings (18).

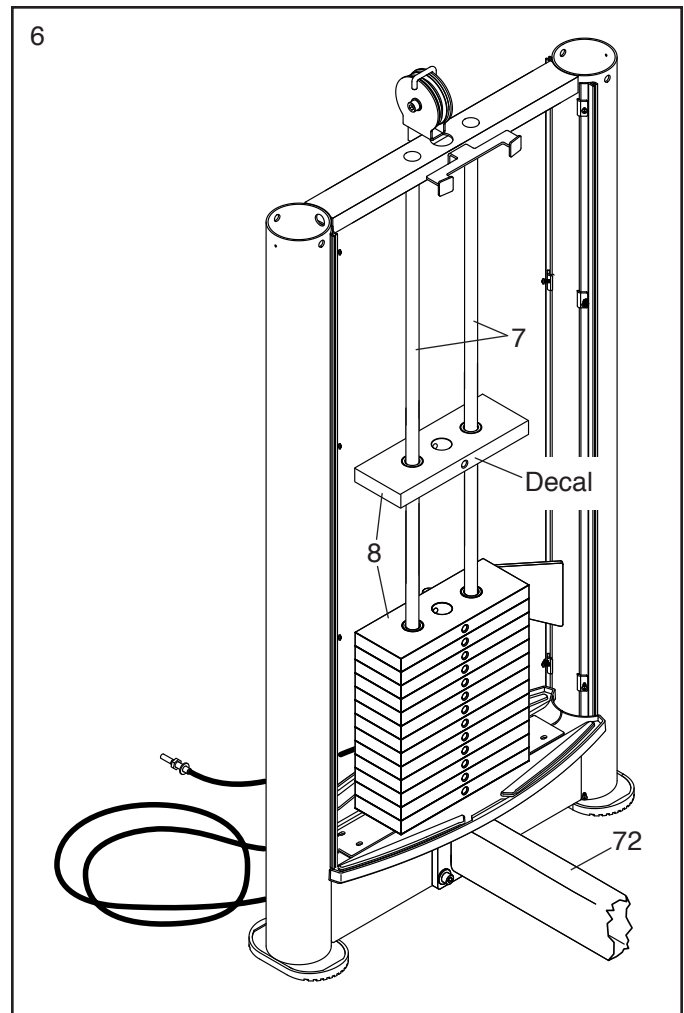
Have a second person hold the Weight Guides (7). Lift the Weight Guide Bushings (18) out of the Tower Frame (1).

Then, tip the upper ends of the Weight Guides (7) forward or backward, and slide the two 25mm Snap Rings (39) and the two Upper Weight Bumpers (16) off the Weight Guides.



6. Look at the decals on the fourteen 10-pound Weights (8). Find the decal that has the **largest** number. Orient that Weight so that the decal is facing the Base (72), and slide the Weight onto the Weight Guides (7).

Repeat this step until all fourteen Weights (8) are on the Weight Guides (7).



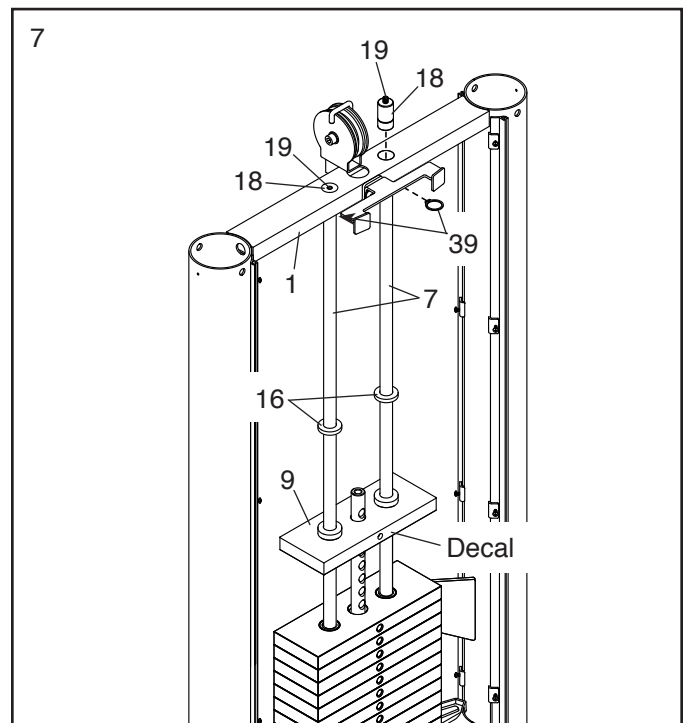
7. Orient the Top Weight (9) as shown.

Slide the Top Weight (9), the two Upper Weight Bumpers (16), and the two 25mm Snap Rings (39) onto the Weight Guides (7).

Next, insert the two Weight Guide Bushings (18) into the Tower Frame (1), and slide them onto the upper ends of the Weight Guides (7).

Attach the two 25mm Snap Rings (39) to the Weight Guide Bushings (18).

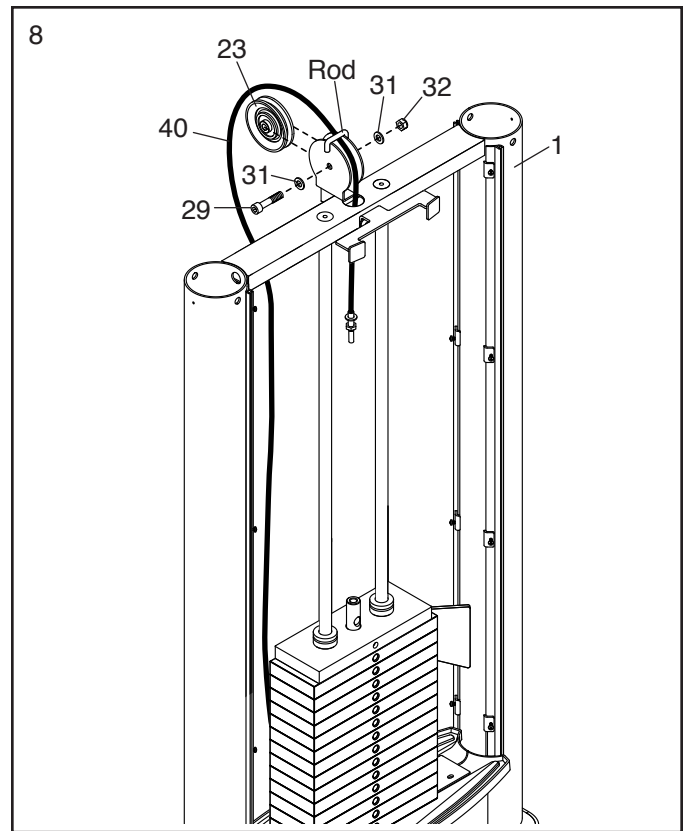
Then, tighten the two M8 x 35mm Set Screws (19) into the Weight Guide Bushings (18).



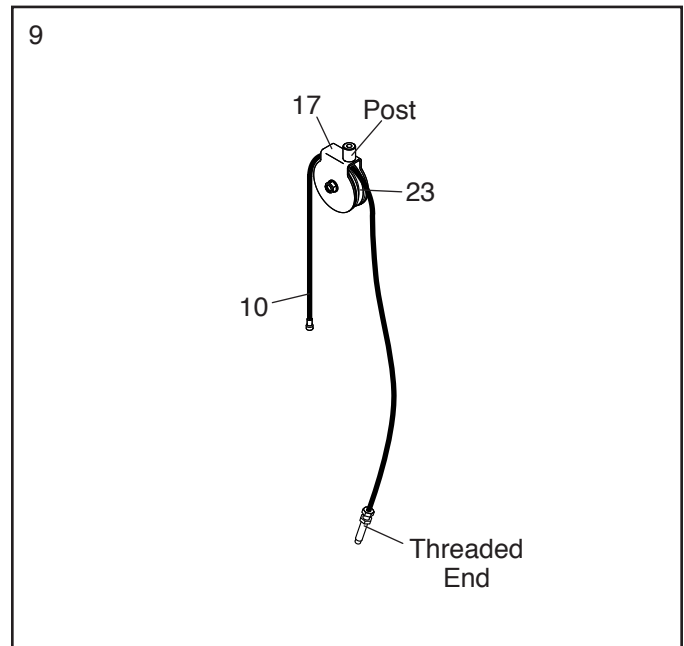
8. Remove all parts (23, 29, 31, and 32) from the pulley bracket on the Tower Frame (1).

Route the Long Cable (40) through the pulley bracket and downward through the hole in the center of the Tower Frame (1).

Attach the Small Pulley (23) inside the pulley bracket with the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the M10 Locknut (32) that you just removed. **Make sure that the Long Cable (40) is between the Small Pulley and the rod on the pulley bracket.**



9. Orient the Hanging Pulley Bracket (17) and the Short Cable (10) as shown. Route the Short Cable through the Hanging Pulley Bracket and over the Small Pulley (23).

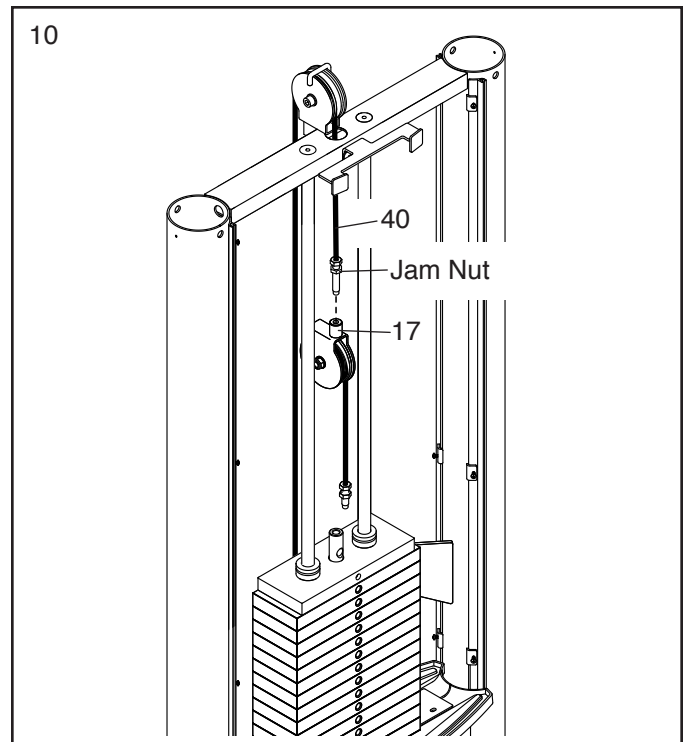


10. Finger tighten the jam nut on the end of the Long Cable (40).

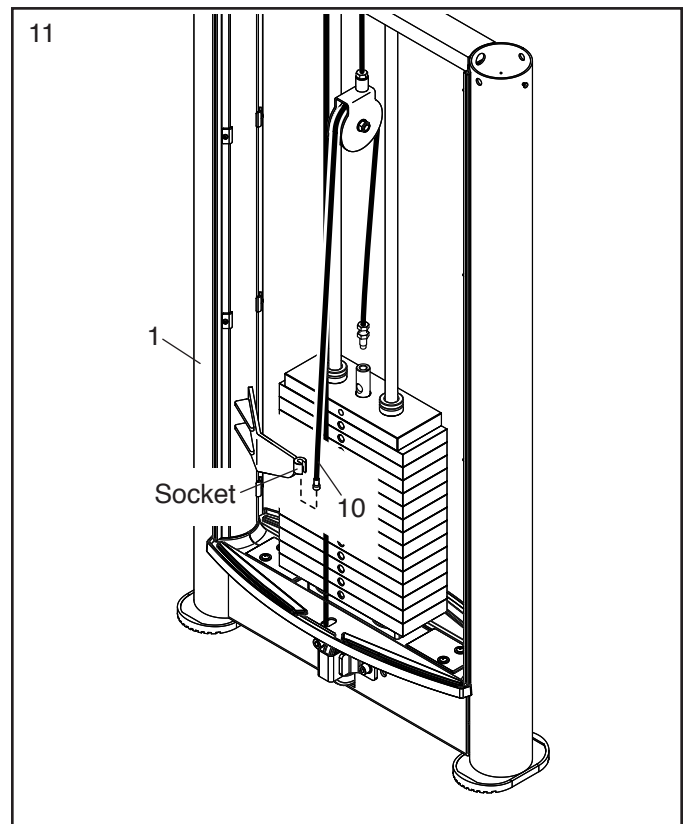
Next, orient the Hanging Pulley Bracket (17) as shown.

Tighten the end of the Long Cable (40) as far as possible into the Hanging Pulley Bracket (17).

Then, tighten the jam nut against the Hanging Pulley Bracket (17).



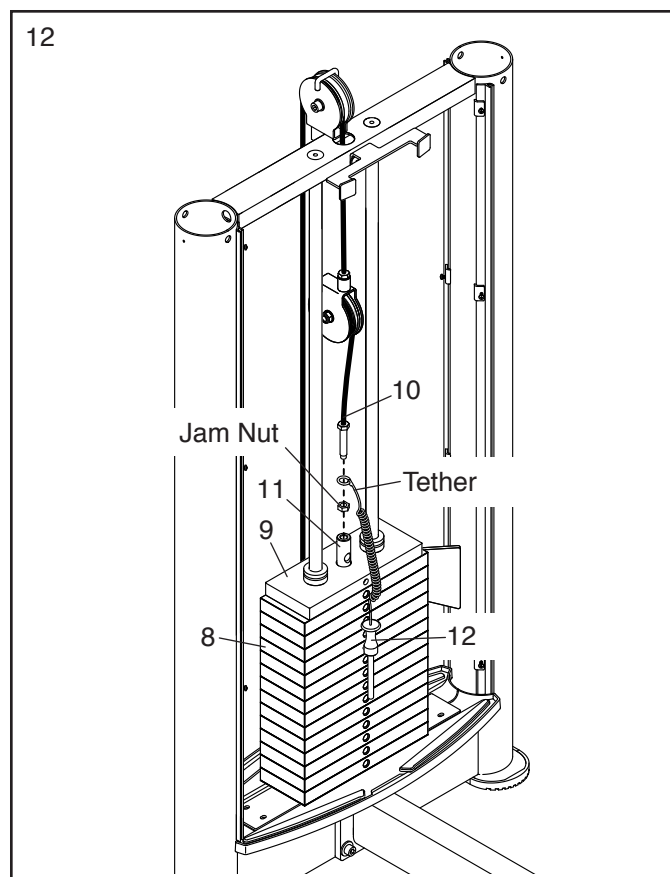
11. Press the end of the Short Cable (10) firmly into the indicated socket on the Tower Frame (1).



12. Remove the jam nut from the end of the Short Cable (10). Next, slide the tether on the Weight Pin (12) onto the end of the Short Cable. Then, finger tighten the jam nut onto the end of the Short Cable.

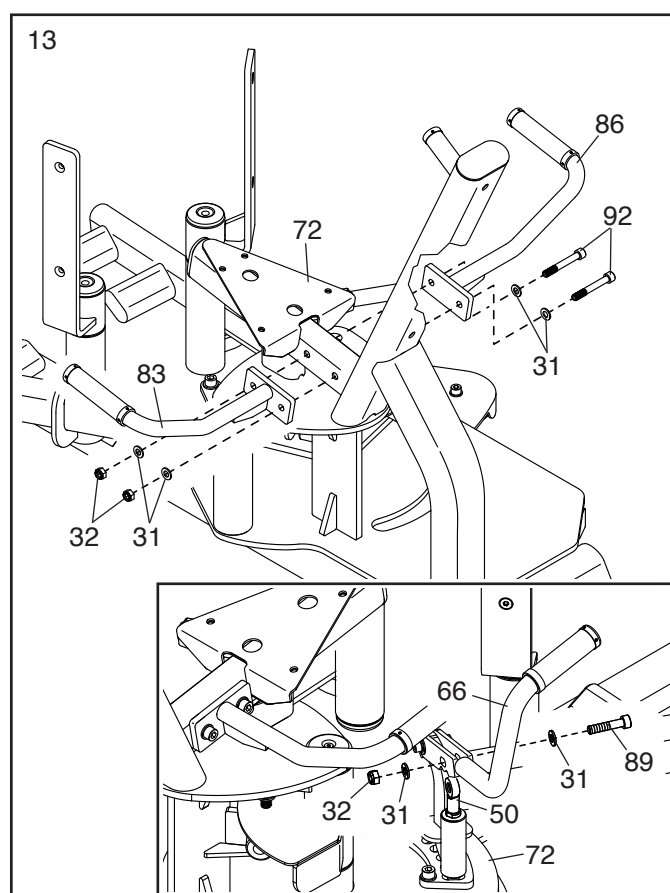
Next, tighten the end of the Short Cable (10) into the Weight Selector (11) until the Top Weight (9) is lifted off the Weights (8). Then, loosen the end of the Short Cable until the Top Weight just rests on the Weights.

Then, tighten the jam nut against the Weight Selector (11).



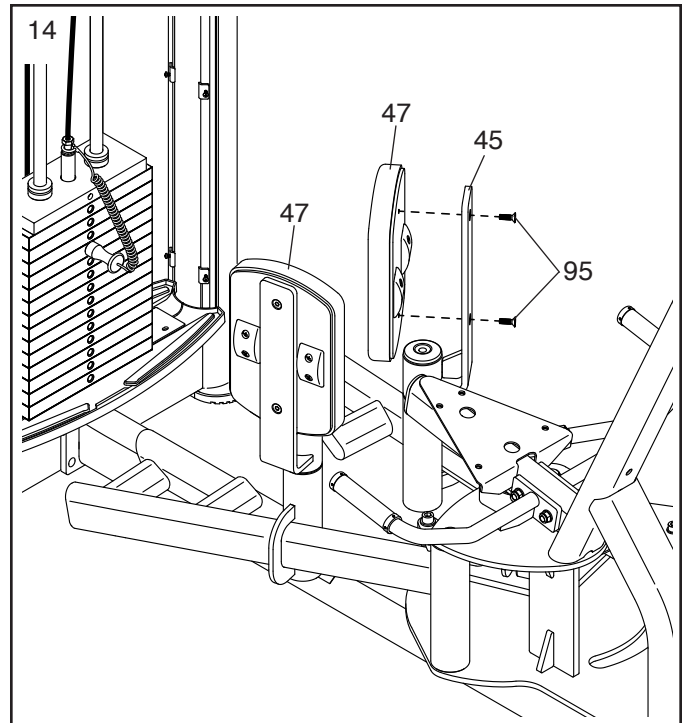
13. Attach the Left Handlebar (83) and the Right Handlebar (86) to the Base (72) with two M10 x 75mm Socket Bolts (92), four M10 Washers (31), and two M10 Locknuts (32).

See the inset drawing. Locate the Adjustment Lever (66) on the right side of the Base (72). Remove the M10 x 45mm Socket Screw (89), the two M10 Washers (31), and the M10 Locknut (32) from the Adjustment Lever. Then, attach the Adjustment Lever to the M10 Ball Joint (50) with the Screw, the two Washers, and the Locknut that you just removed.

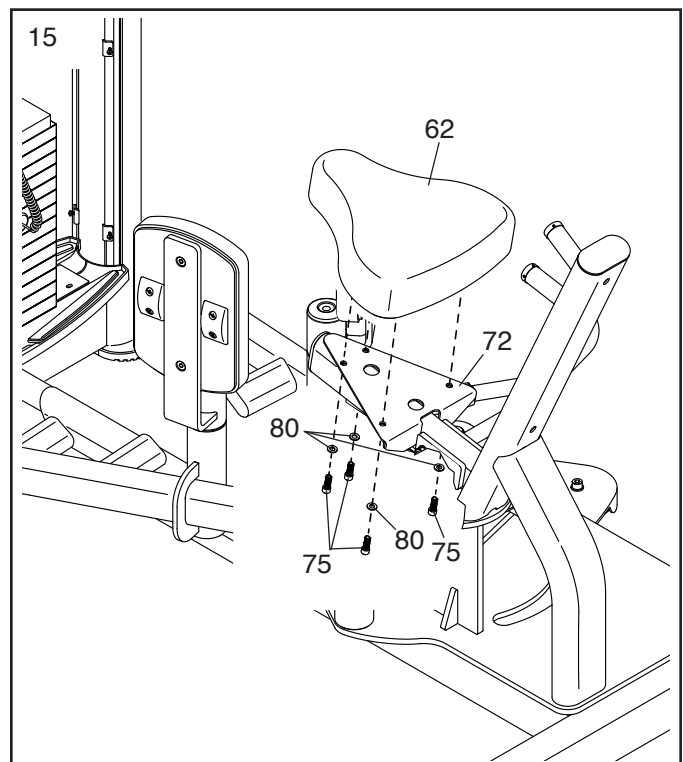


14. Attach a Leg Pad (47) to the right Leg Bracket (45) with two M8 x 30mm Flat Head Screws (95).

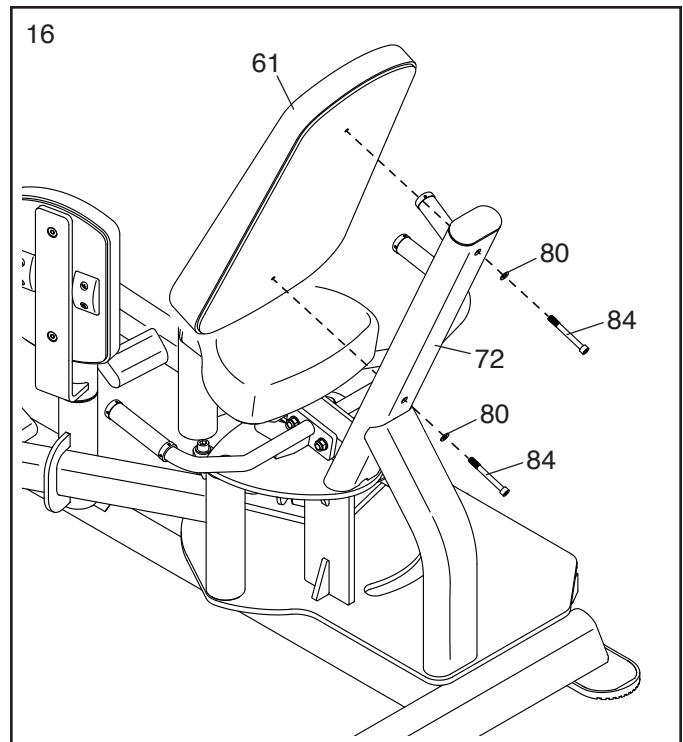
Attach the other Leg Pad (47) in the same way.



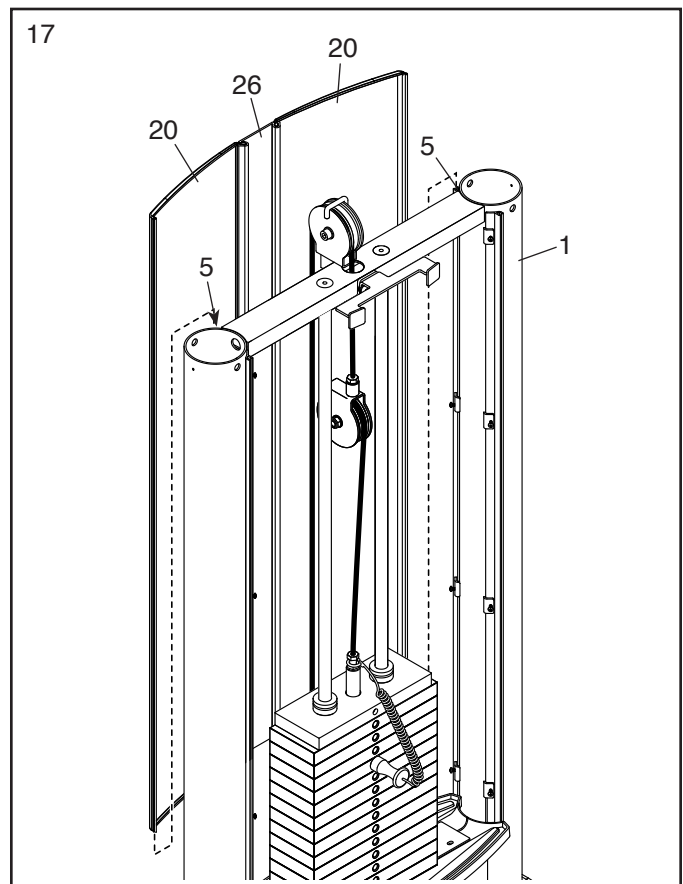
15. Attach the Seat (62) to the Base (72) with four M8 x 30mm Socket Screws (75) and four M8 Washers (80).



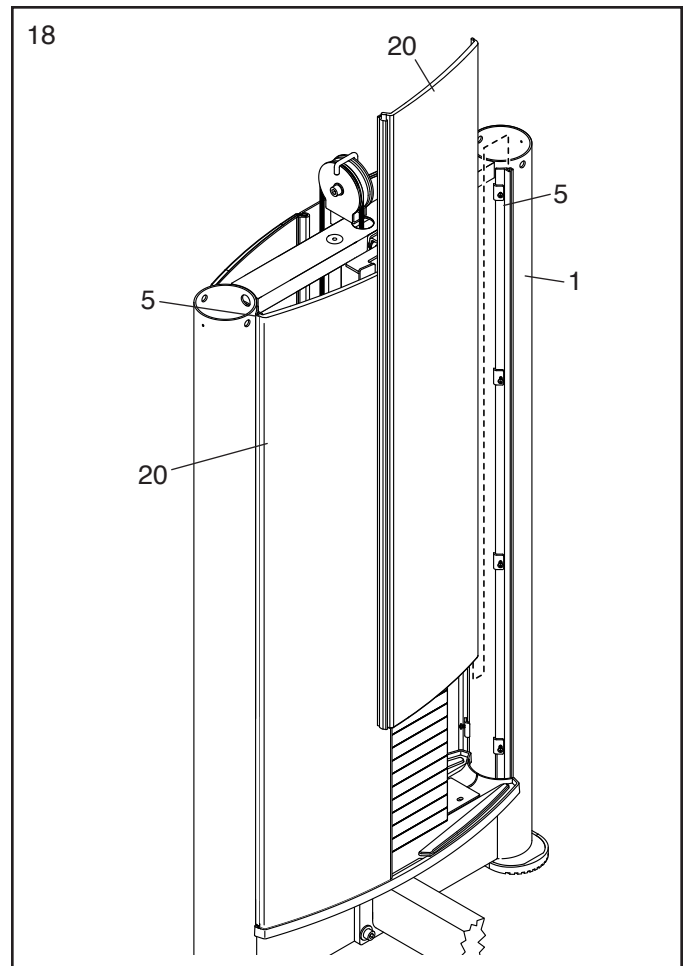
16. Attach the Backrest (61) to the Base (72) with two M8 x 75mm Socket Screws (84) and two M8 Washers (80).



17. Slide the two Shrouds (20) attached to the Shroud Panel (26) downward into the two strips of Outer Trim (5) on the back of the Tower Frame (1).

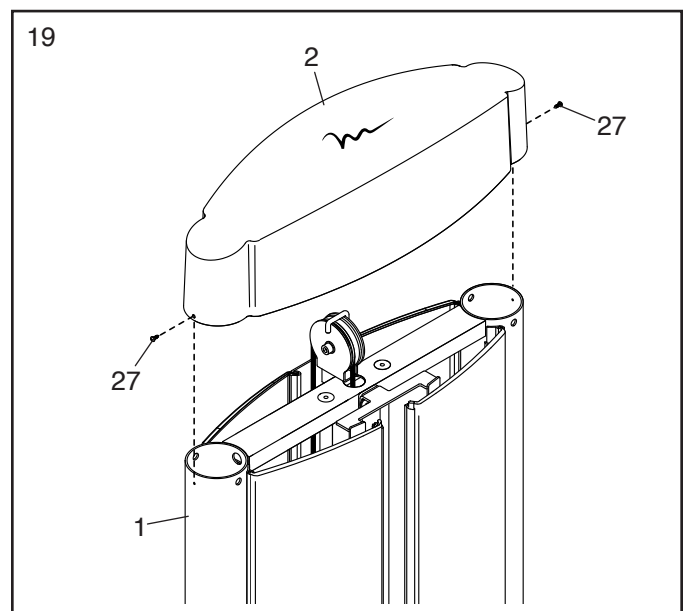


18. Slide the two remaining Shrouds (20) downward into the two strips of Outer Trim (5) on the front of the Tower Frame (1).



19. Orient the Tower Cap (2) as shown.

Slide the Tower Cap (2) downward onto the Tower Frame (1). Attach the Tower Cap with two M4 x 13mm Self-tapping Screws (27).



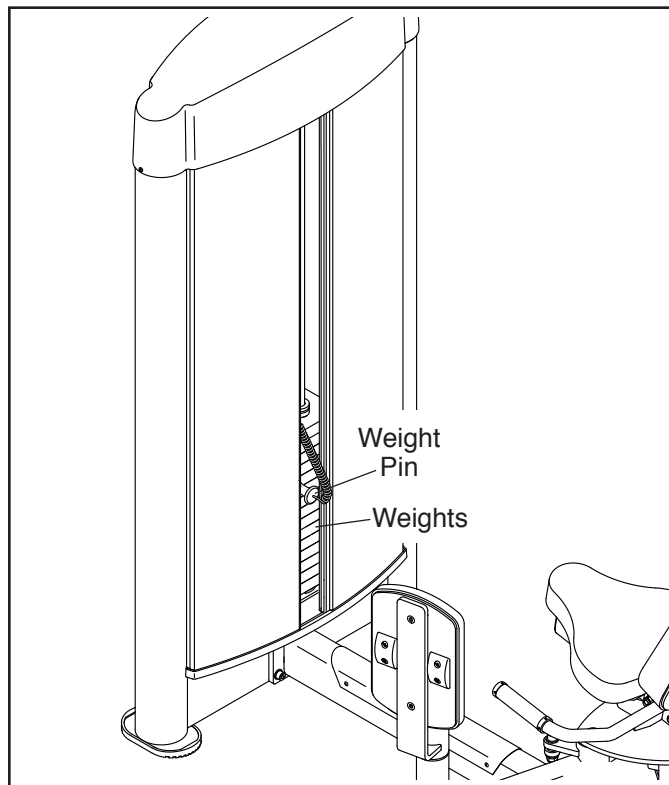
20. **Make sure that all parts of the strength equipment are properly tightened.** To protect the floor or carpet from damage, place a mat under the strength equipment.

ADJUSTMENT

This section explains how to adjust the strength equipment. Make sure that all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

ADJUSTING THE RESISTANCE

To change the amount of resistance, insert the weight pin into the desired weight. **Make sure that the weight pin is fully inserted.** Note: To use only the top weight, insert the weight pin into the weight selector (not shown) above the top weight.

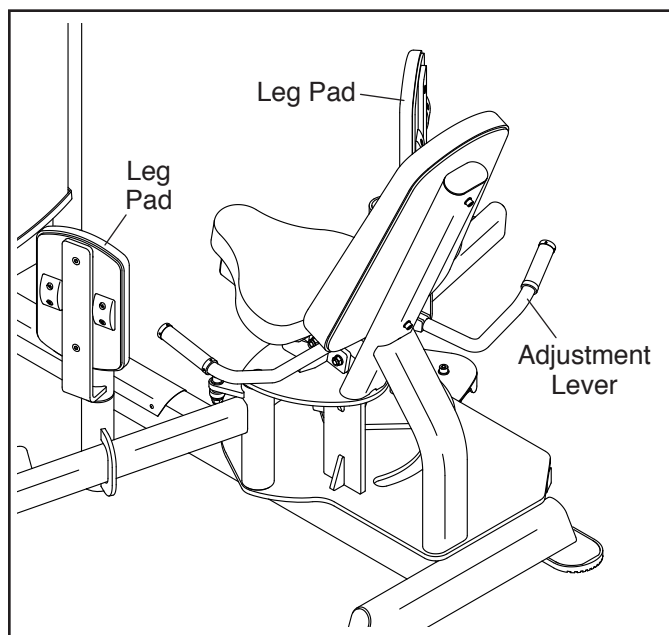


ADJUSTING THE PIVOT ARMS

To adjust the pivot arms, pull upward on the adjustment lever, move the pivot arms forward or backward to the desired position, and then press downward on the adjustment lever to release the adjustment pin into an adjustment hole. **Make sure that the adjustment pin is firmly engaged in an adjustment hole.**

ADJUSTING THE LEG PADS

Turn the leg pads to face inward for outer-thigh exercises. Turn the leg pads to face outward for inner-thigh exercises.



MAINTENANCE AND TROUBLESHOOTING

For optimal performance of the strength equipment and to reduce the chances of injury to users, you must perform preventive maintenance on a regular basis. Instruct all personnel to perform the procedures described in this section. Personnel must also record and report any accident. To maintain the strength equipment's warranty, use only FREEMOTION parts for repair or replacement. If there are any questions or concerns, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

DAILY MAINTENANCE

General Cleaning

Clean the strength equipment using a soft cloth dampened with mild soap and warm water. If necessary, use a soft bristle brush with the cleaning solution.

Then, rinse the strength equipment using a soft cloth dampened with clean water, and thoroughly dry it.

Difficult Stains

Spray the stain with a non-abrasive household cleaner such as FORMULA 409®, SIMPLE GREEN®, or a similar product. Rub the stained area gently, and then let the cleaning solution sit for a few minutes.

Then, rinse the strength equipment using a soft cloth dampened with clean water, and thoroughly dry it.

If necessary, repeat these steps using a soft bristle brush.

Optional Method for Difficult Stains

Rub the stained area gently using a soft cloth dampened with rubbing alcohol.

Then, rinse the strength equipment using a soft cloth dampened with clean water, and thoroughly dry it.

CAUTION: Follow the directions and the safety precautions of the manufacturer of each cleaning product used. FreeMotion Fitness and its vendors cannot be held liable for injuries or damage resulting from the use or misuse of cleaning products. **IMPORTANT:** When using any cleaning product, try it first in an unnoticeable place to ensure that there is no damage to the material. Do not use abrasive cleaners; strong cleaners; or solvents such as lacquer thinner, kerosene, gasoline, or similar liquids. Such substances may scratch the strength equipment, damage plastic parts and decals, or cause other damage.

WEEKLY MAINTENANCE

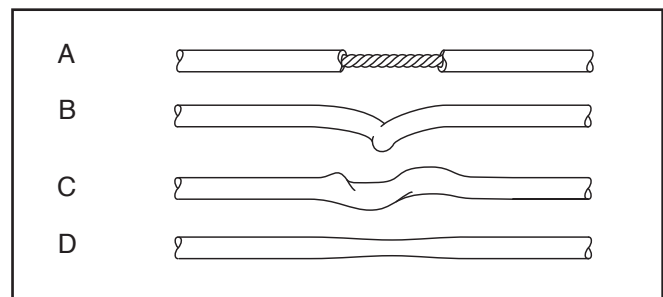
Hardware

Check all nuts, bolts, and screws, and tighten them if necessary. **IMPORTANT:** All cushions have dense plywood supports with tee-nuts that are used to attach the cushions to the strength equipment. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts will. When tightening the bolts or screws securing a cushion, turn them only until they are snug and the cushion does not move or feel loose. Overtightening may strip the tee-nuts from the plywood and make it impossible to remove the cushion in the future. Note: Your strength equipment may not have cushions.

Cable Inspection

Check the entire length of each cable by slowly performing one repetition on the strength equipment. Inspect the cable on the exterior of the strength equipment and the cable on the interior. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the following conditions, which may indicate a worn cable that should be replaced:

- A. a torn or split sheath that exposes the cable
- B. a kinked or severely bent cable
- C. a curled or twisted sheath
- D. a stretched sheath with a thinning cross-section



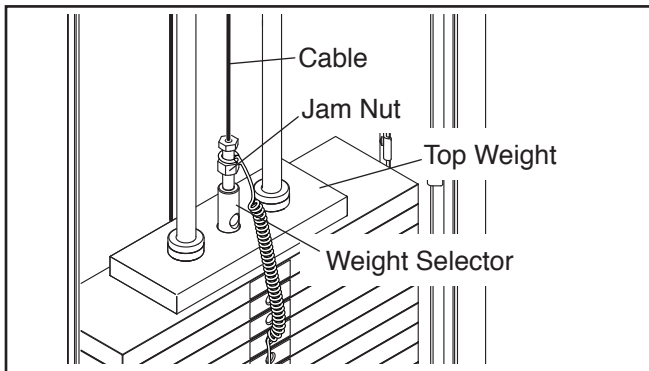
Cable Adjustment

To determine whether each cable is properly adjusted, slowly raise and lower the top weight by performing one repetition.

If the cable is loose, the top weight will not be lifted immediately when you begin the repetition.

If the cable is too tight, the top weight will not rest on the weight beneath it when you complete the repetition. It may also be difficult to insert the weight pin into the weights.

If the cable is too loose or too tight, loosen the jam nut on the end of the cable attached to the weight selector. Next, tighten the end of the cable into the weight selector until the top weight is lifted off the weight beneath it. Next, loosen the end of the cable until the top weight just rests on the weight beneath it. Then, tighten the jam nut against the weight selector.



MONTHLY MAINTENANCE

Grips

Check the grips and replace them if needed.

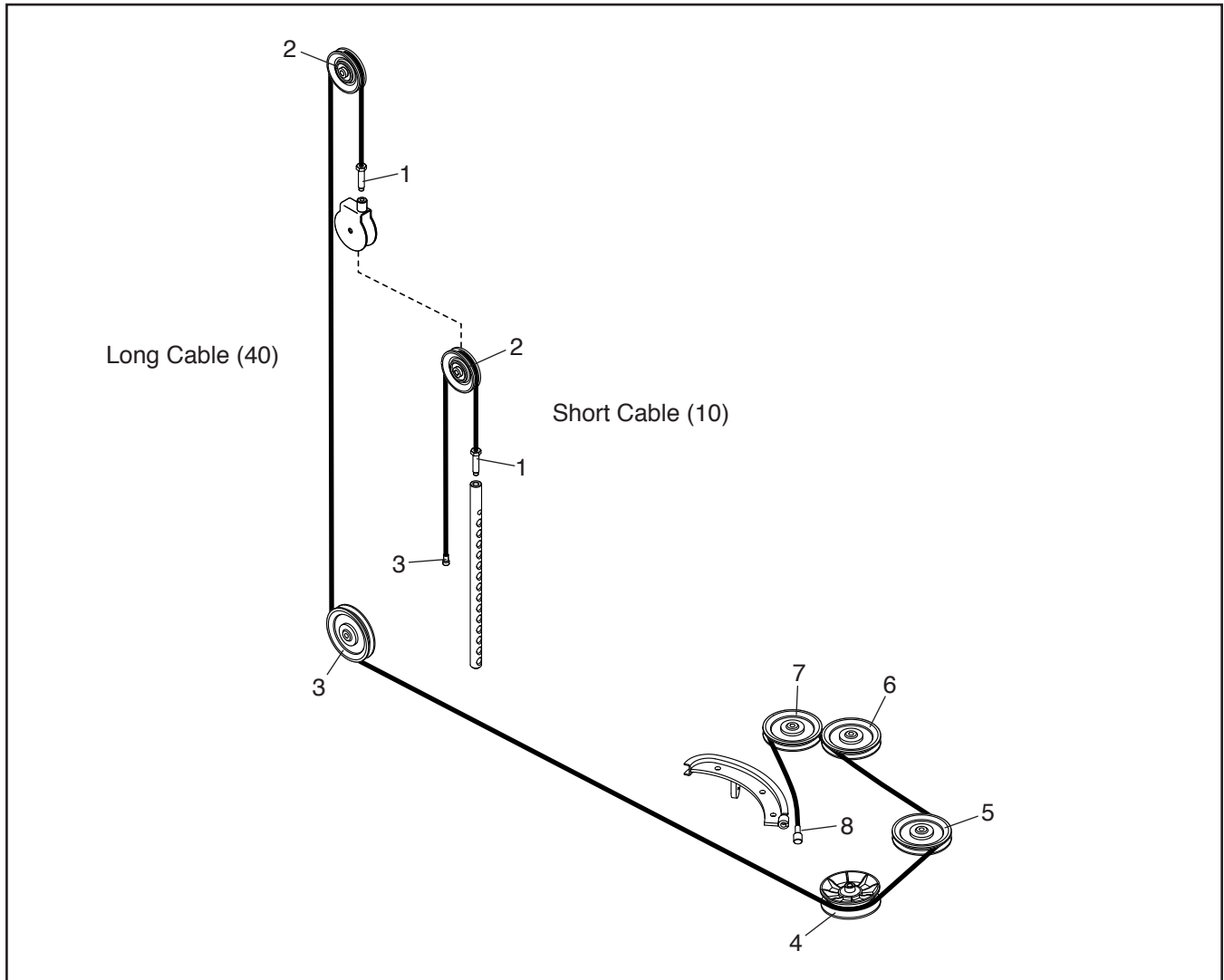
Note: Your strength equipment may not have grips.

Weight Guide Lubrication

Clean and lubricate each weight guide by wiping it with a soft cloth containing 10W-40 or 10W-30 lightweight motor oil. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON®-based lubricants.**

CABLE DIAGRAM

The diagram below shows the correct routes of the cables. Use the diagram to make sure that the cables are correctly routed. **If a cable is not correctly routed, the strength equipment will not function properly and damage may occur.** If the strength equipment has one or more cable traps, make sure that no cable trap is touching or binding a cable.



PART LIST

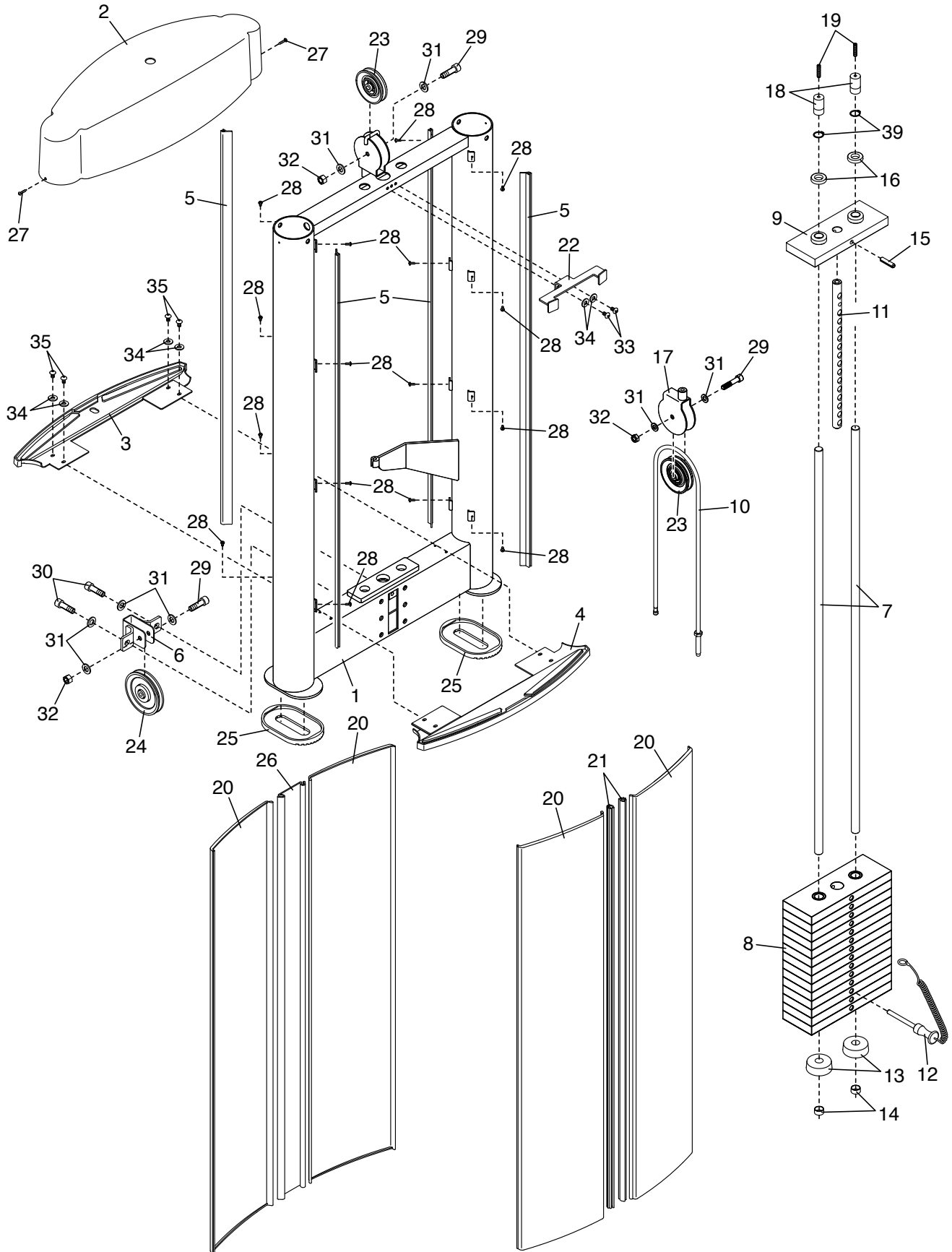
Model No. F809.0 R1215A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower Frame	50	1	M10 Ball Joint
2	1	Tower Cap	51	1	Lever Axle
3	1	Rear Shroud Base	52	1	Left Pivot Arm
4	1	Front Shroud Base	53	1	270mm Axle
5	4	Outer Trim	54	3	Handgrip Collar
6	1	Pulley Bracket	55	3	Handgrip Cap
7	2	Weight Guide	56	8	Plastic Washer
8	14	10-pound Weight	57	3	Handgrip
9	1	Top Weight	58	2	Lever Bushing
10	1	Short Cable	59	2	296mm Axle
11	1	Weight Selector	60	1	Barrel Nut
12	1	Weight Pin	61	1	Backrest
13	2	Lower Weight Bumper	62	1	Seat
14	2	Weight Guide Cap	63	2	Ball Joint Spacer
15	1	Roll Pin	64	16	Bearing
16	2	Upper Weight Bumper	65	1	Selector Plate
17	1	Hanging Pulley Bracket	66	1	Adjustment Lever
18	2	Weight Guide Bushing	67	1	Cam Plate
19	2	M8 x 35mm Set Screw	68	1	Double Pulley Bracket
20	4	Shroud	69	1	Large Oval Cap
21	2	Inner Trim	70	1	Cable End Bracket
22	1	Shroud Bracket	71	1	Pulley Arm
23	2	Small Pulley	72	1	Base
24	4	Large Pulley	73	2	Arm Bumper
25	4	Foot	74	12	M4 x 3mm Set Screw
26	1	Shroud Panel	75	4	M8 x 30mm Socket Screw
27	2	M4 x 13mm Self-tapping Screw	76	5	M10 x 35mm Socket Screw
28	16	M4 x 10mm Screw	77	1	M6 x 55mm Socket Bolt
29	5	M10 x 50mm Socket Bolt	78	1	M6 Locknut
30	2	M10 x 30mm Socket Screw	79	10	M6 x 12mm Washer
31	30	M10 Washer	80	8	M8 Washer
32	11	M10 Locknut	81	2	M10 x 55mm Socket Bolt
33	2	M6 x 20mm Screw	82	1	Small Oval Cap
34	6	M6 Washer	83	1	Left Handlebar
35	4	M6 x 15mm Screw	84	2	M8 x 75mm Socket Screw
36	2	M6 x 15mm Flat Head Screw	85	1	M10 x 25mm Socket Screw
37	2	Bearing Cover	86	1	Right Handlebar
38	1	Right Pivot Arm	87	3	M10 x 40mm Socket Screw
39	10	25mm Snap Ring	88	2	M8 x 10mm Socket Screw
40	1	Long Cable	89	2	M10 x 45mm Socket Screw
41	1	357mm Axle	90	1	M10 x 60mm Socket Screw
42	1	V-pulley	91	1	Adjustment Spring
43	1	Anchor Strap	92	2	M10 x 75mm Socket Bolt
44	1	Cable Bracket	93	1	Adjustment Pin
45	2	Leg Bracket	94	2	M12 x 55mm Socket Bolt
46	2	M12 Locknut	95	4	M8 x 30mm Flat Head Screw
47	2	Leg Pad	96	4	M12 Washer
48	4	Pad Bumper	97	8	M6 x 25mm Screw
49	2	M12 Ball Joint	*	—	Owner's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

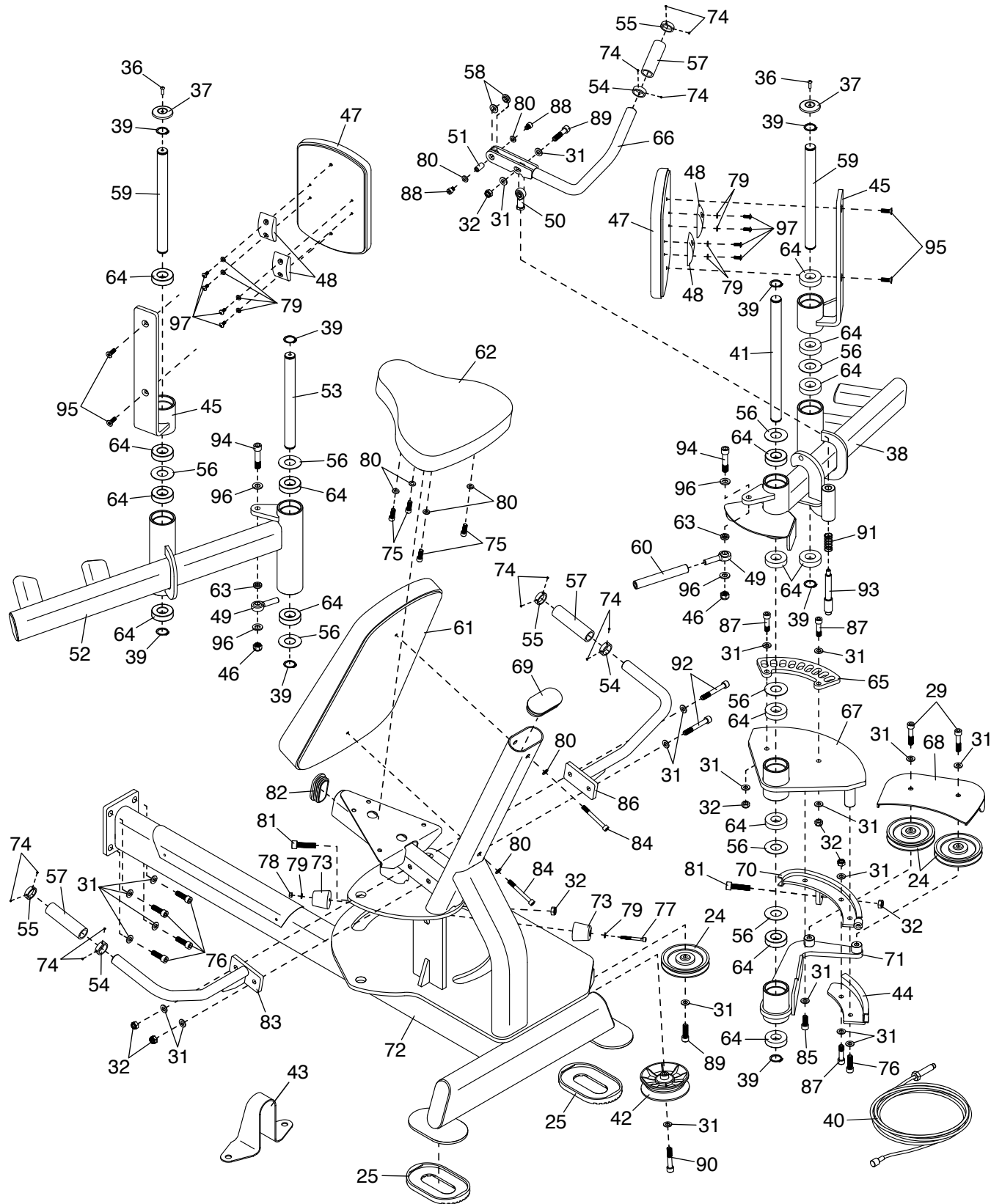
EXPLODED DRAWING A

Model No. F809.0 R1215A



EXPLODED DRAWING B

Model No. F809.0 R1215A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

In the United States

Call: 1-800-201-2109, Mon.–Fri. 6 a.m.–6 p.m. MT

Email: customercare@freemotionfitness.com

Write:

FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States

Call: 001-800-527-5417 or 001-435-786-3521,

Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time

Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

WARRANTY PERIODS AND COVERAGE

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:

1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users in excess of the maximum user weight listed in this manual. Note: This product may not have a maximum user weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.

2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.