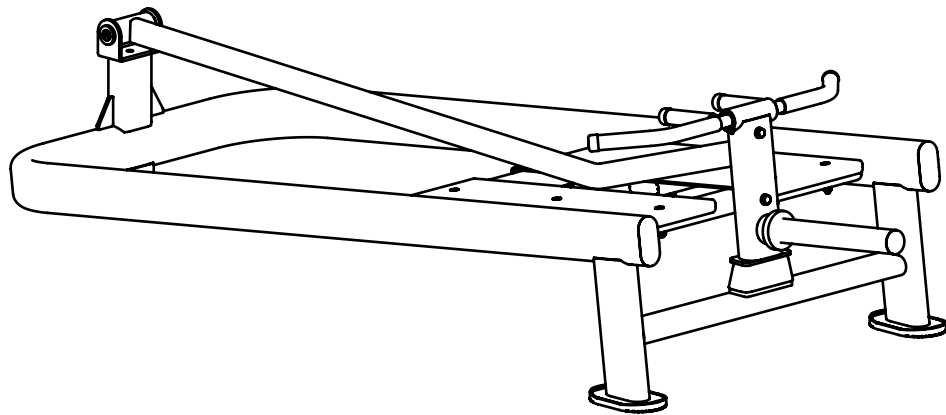


DR037  
T-ARM MACHINE  
**OWNER'S MANUAL**



**! CAUTION**

Read all precautions  
and instructions in this manual  
before using this equipment

## Important Safety Instructions

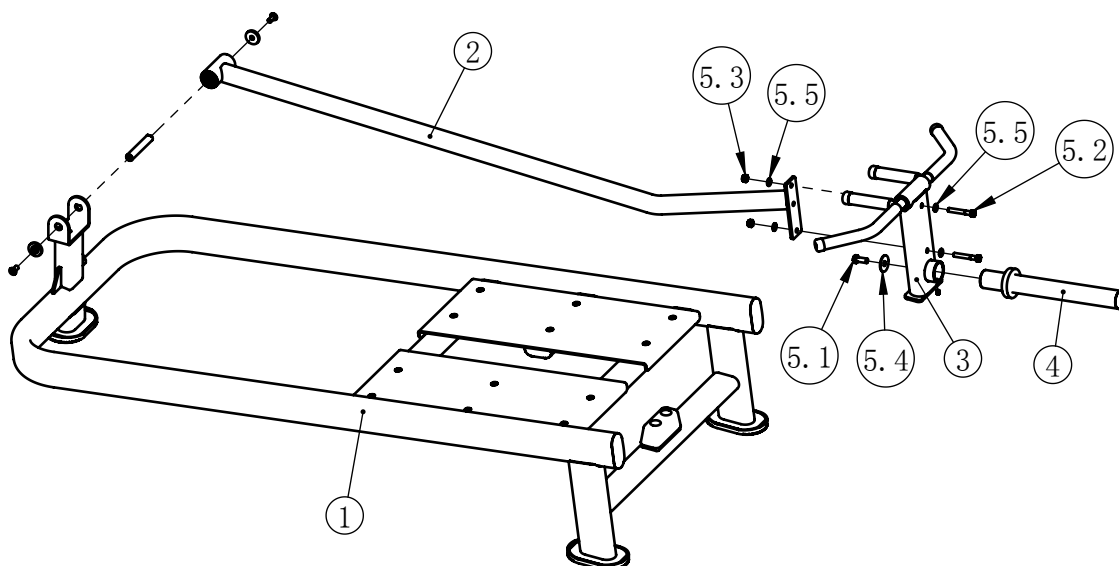
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

## Exploded View and Parts List

overall

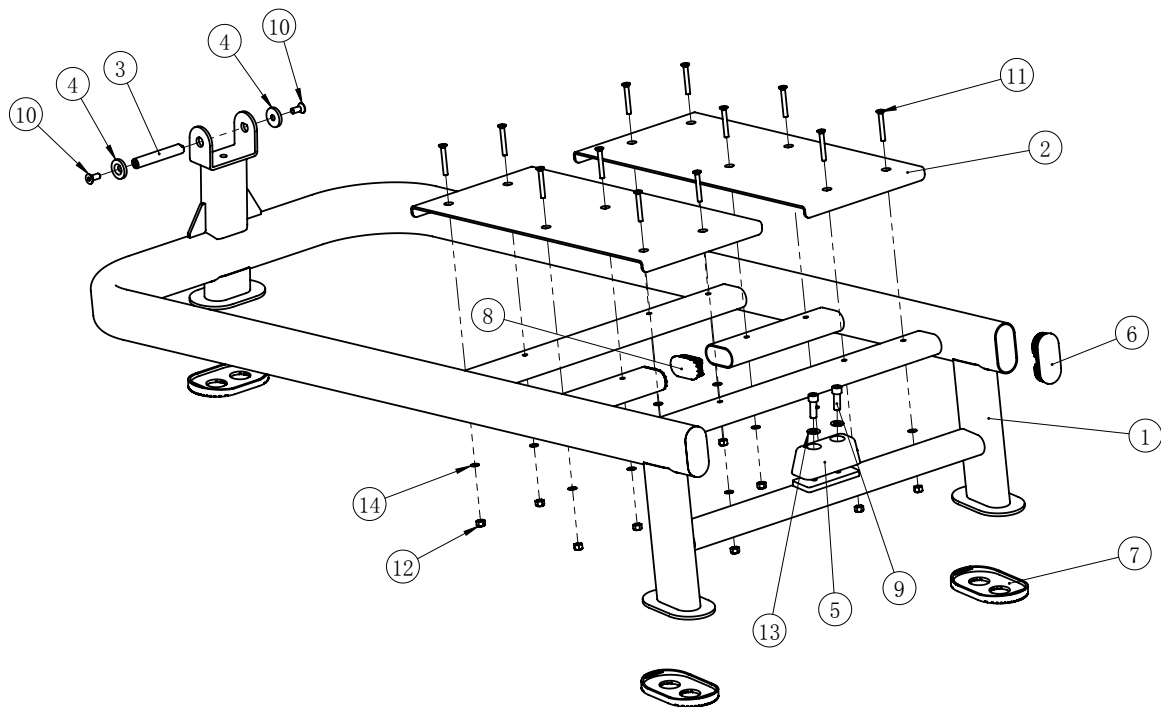
Item NO.	Description	Qty
1	Main Frame ASSY	1
2	Swing Bracket ASSY	1
3	Handle Bracket ASSY	1
4	Weight Peg ASSY	1
5.1	Hex Head Screw M12×30	1
5.2	Hex Head Screw M10×80	2
5.3	Nylon Nut M10	2
5.4	Flat Washer $\phi 13 \times \phi 44 \times 2$	1
5.5	Flat Washer $\phi 20 \times \phi 10 \times 2$	4



## Exploded View and Parts List

### Main Frame ASSY

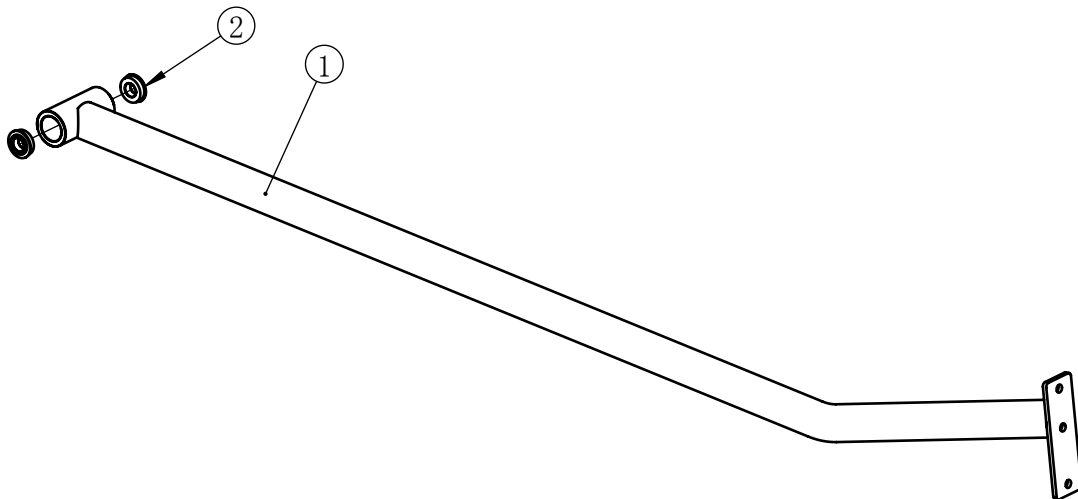
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Main Frame	1	8	End Cap	2
2	Foot Pedal	2	9	Socket Head Cap Screw M12×35	2
3	Shaft	1	10	Flat Head Cap Screw M10×25	2
4	End Cap	2	11	Flat Head Cap Screw M8×60	12
5	Rubber Cushion	1	12	Nylon Nut M8	12
6	Rubber Foot	3	13	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	2
7	End Cap	3	14	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	12



## Exploded View and Parts List

### Swing Bracket ASSY

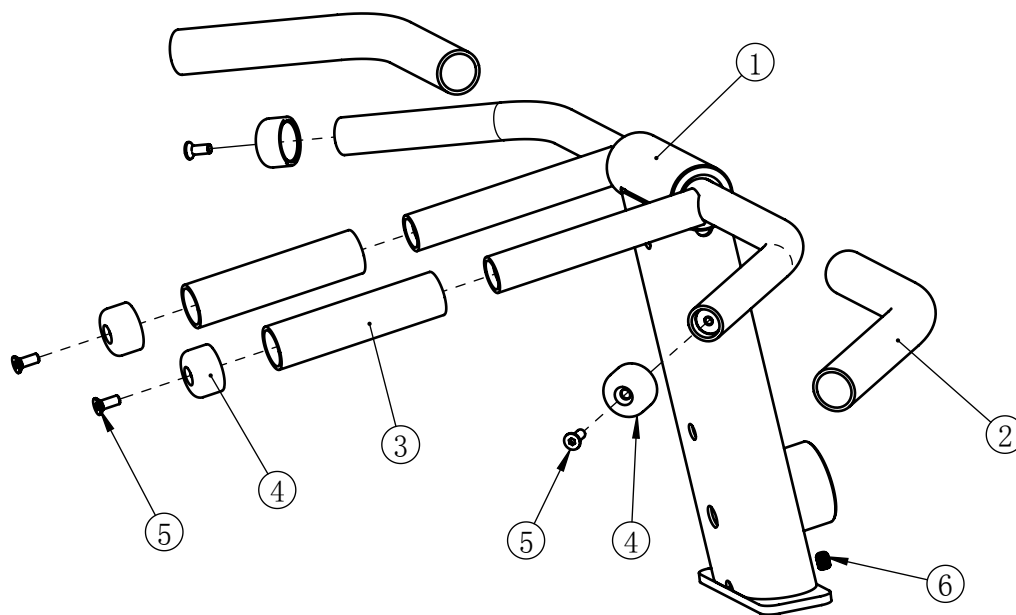
Item NO.	Description	Qty
1	Swing Bracket	1
2	Flange Bearing $\phi 35 \times \phi 19.1 \times 13.5$	2



## Exploded View and Parts List

### Handle Bracket ASSY

Item NO.	Description	Qty
1	Handle Bracket	1
2	Aluminum Cap $\phi 25$	4
3	Grip	2
4	Grip	2
5	Flat Head Cap Screw M6 $\times$ 16	4
6	Socket Set Screw M8 $\times$ 10	1



## Exploded View and Parts List

### Weight Peg ASSY

Item NO.	Description	Qty
1	Weight Peg	1
2	Rubber Bumper	1
3	End Cap $\phi 48$	1

