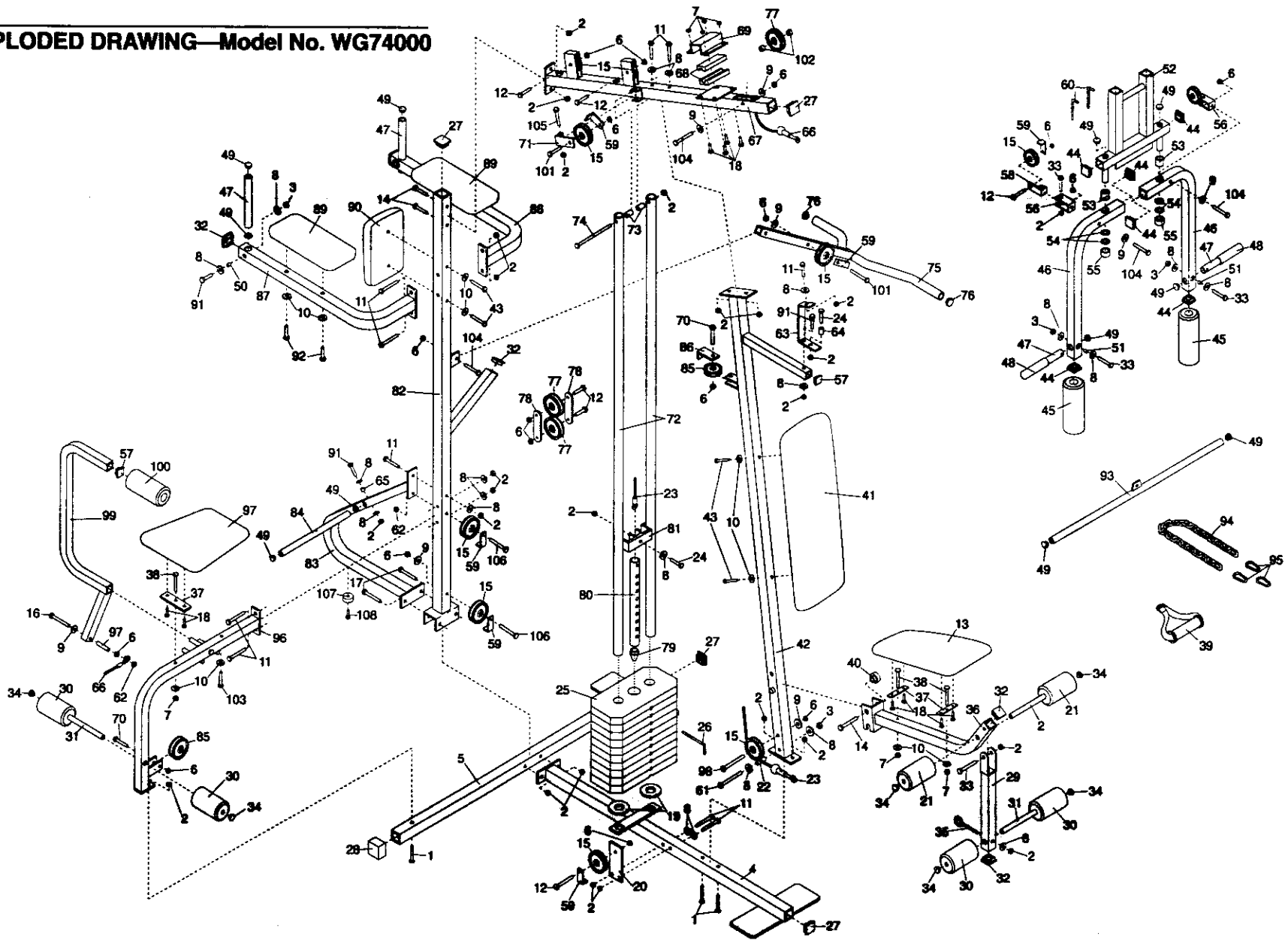


# EXPLODED DRAWING—Model No. WG74000

R094A



MODEL NUMBER: WG7400  
 VERSION: 00  
 PRODUCT NAME: WEIDER 7400  
 PRODUCT DESC: HOME GYM SYSTEM

MODEL/PART BOOK LISTING

PA 1  
 1023P1  
 RUN DATE: 8/13/96  
 RUN TIME: 12:16:55

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
	.	WEIDER 7400 SYSTEM	0
1	100994	5/16" X 2 1/2" CARR. BOLT	3
2	012082	5/16" NYLON LOCK NUT	32
3	122700	13" PAD TUBE	1
4	122701	BASE *	1
5	122702	STABILIZER *	1
6	012108	3/8" NYLOCK NUT	17
7	012090	1/4" NYLOCK NUT	7
8	014041	5/16" FLAT WASHER	21
9	105495	3/8" FLAT WASHER	7
10	014127	1/4" FLAT WASHER	12
11	113744	5/16" X 2 3/4" BOLT	10
12	013564	3/8" X 1 3/4" BOLT	8
13	121689	PRESS SEAT/AB SEAT	2
14	113814	5/16" X 2 3/4" CARR. BOLT	3
15	124590	3 1/2" PULLEY	10
16	013519	3/8" X 3" BOLT	1
17	101278	5/16" X 3" BOLT	2
18	122687	1/4" X 3/4" SCREW	10
19	115644	WEIGHT BUMPER	2
20	122703	PULLEY PLATE	1
21	103805	6" PAD	1
22	119222	1" METAL SPACER	1
23	122694	SHORT CABLE	1
24	013210	5/16" X 1 1/2" BOLT	2
25	120294	WEIGHT	10
26	122693	5" WEIGHT PIN	1
27	108874	2" INNER CAP	4
28	105723	2" OUTER CAP	1
29	122704	LEG LEVER *	1
30	114798	5 3/4" PAD	4
31	122705	13 1/2" PAD TUBE *	2
32	103833	1 1/2" INNER CAP	5
33	102884	5/16" X 2 1/4" BOLT	5
34	119170	3/4" INNER CAP	6
35	121687	5/16" X 2" EYEBOLT	1
36	122706	SEAT FRAME *	1
37	122699	SEAT PLATE *	3
38	121681	1/4" X 2 1/4" CARR BOLT	3
39	115177	NYLON STRAP	1
40	119192	SEAT KNOB	1
41	122698	LARGE BACKREST *	1
42	122707	FRONT UPRIGHT	1
43	112302	1/4" X 2 1/2" SCREW	4
44	113666	1 3/4" INNER CAP	6
45	122708	7" PAD	2
46	122709	ARM *	2
47	122710	7" HANDLE	4
48	119702	HANDGRIP	2
49	120733	1" ROUND CAP	12
50	121703	1/2" X 5/16" SPACER	2
51	119221	1/2" X 3/8" SPACER	2
52	122711	ARM FRAME *	1
53	121828	PLASTIC BUSHING	2

MODEL NUMBER: WG7400  
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MODEL/PART BOOK LISTING

PAGE 2  
 INI023P1  
 RUN DATE: 8/13/96  
 RUN TIME: 12:16:55

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
54	108778	1" RETAINER	4
55	120808	1" COVER CAP	2
56	122712	LARGE "U" BRACKET *	2
57	120694	1 1/4" INNER CAP	2
58	122713	NARROW SWIVEL BRACKET	2
59	122714	CABLE TRAP	7
60	119219	4 1/2" "L" PIN	2
61	013231	5/16" X 3 1/2" BOLT	1
62	105133	THIN 3/8" JAM NUT	2
63	122715	STOP BRACKET	1
64	122689	1" PLASTIC STOP	1
65	120794	1/2" X 1/4" SPACER	1
66	122695	LONG CABLE	1
67	122716	TOP FRAME	1
68	119217	ARM FRAME BUSHING	2
69	122717	ARM FRAME BRACKET *	1
70	103045	3/8" X 2 1/2" BOLT	2
71	122718	WIDE SWIVEL BRACKET	1
72	122719	WEIGHT GUIDE	2
73	122688	1/2" X 3/4" SPACER	3
74	122686	5/16" X 6" BOLT	1
75	122720	MILITARY PRESS/SQUAT ARM*	1
76	120734	1 1/4" ROUND CAP	2
77	115348	4 1/2" PULLEY	3
78	122721	"1" PLATE *	2
79	122691	WEIGHT TUBE BUMPER	1
80	122722	WEIGHT TUBE	1
81	122723	WEIGHT GUIDE	1
82	122724	REAR UPRIGHT	1
83	122725	FOOT REST FRAME *	1
84	122726	12" FOOT REST *	1
85	115164	WIDE 3 1/2" "V" PULLEY	2
86	122727	WIDE CABLE TRAP	1
87	122728	LEFT/RIGHT VKR ARM	2
88	.	SEE KEY #87	0
89	121698	VKR ARMREST	2
90	122697	SMALL BACKREST	1
91	013464	5/16" X 2" BOLT	4
92	122692	1/4" X 2" SCREW	4
93	122729	LAT BAR *	1
94	116868	CHAIN	1
95	103087	CABLE CLIP	3
96	122730	AB FRAME *	1
97	.	SEE KEY# 13	1
	.	KEY#97 AB SEAT	0
98	104049	3/8" X 3 1/2" BOLT	1
99	122731	AB ARM *	1
100	122732	10 1/4" PAD	1
101	110375	3/8" X 3 1/4" BOLT	5
102	115648	1/2" X 1/2" SPACER	2
103	121904	1/4" X 2 1/4" SCREW	1
104	105329	3/8" X 2 3/4" BOLT	4
105	116101	5/16" X 3 1/4" BOLT	1
106	106465	3/8" X 3 3/4" BOLT	2

MODEL NUMBER: WG7400  
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MODEL/PART BOOK LISTING

PAGE 3  
 NI023P1  
 RUN DATE: 8/13/96  
 RUN TIME: 12:16:55

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
107	122733	RUBBER BUMPER *	1
108	013162	#8 X 1/2" SCREW	1
.	.	NON-ILLUSTRATED PARTS:	0
#	121210	EXPLODED DRAW/PART LIST *	1
#	125056	EXERCISE POSTER	1
#	121211	PART ID CHART *	1
#	119836	DECAL SHEET	1
#	122684	CN-ASSY STEPS 7 & 17 *	1
#	122685	CN-PROPER USE OF AB *	1
#	121209	OWNER'S MANUAL	1
#	122734	LITERATURE PACKET	1
.	.	121209 OWNER'S MANUAL	1
.	.	122684 CN-ASSY STEPS 7&17	1
.	.	122685 CN-PROPER AB USE	1
.	.	119836 DECAL SHEET	1
.	.	125056 EXERCISE POSTER	1
#	122735	HARDWARE KIT STEPS 1-14	1
.	.	105329 3/8-16X2.75" SCREW	2
.	.	122686 5/16-18X6" SCREW	1
.	.	101278 5/16-18X3" SCREW	2
.	.	113744 5/16-18X2.75" SCREW	8
.	.	013464 5/16-18X2" SCREW	2
.	.	013210 5/16-18X1.5" SCREW	1
.	.	121904 1/4-20X2.25" SCREW	1
.	.	122687 1/4-20X.75" SCREW	6
.	.	113814 5/16X2.75" CR BOLT	2
.	.	100994 5/16-18X2.5" BOLT	3
.	.	121681 1/4-20X2.25 BOLT	1
.	.	012108 3/8-16 HEX NUT	2
.	.	012082 5/16-18 HEX NUT	19
.	.	012090 1/4-20 HEX NUT	5
.	.	014041 5/16" X 7.75" WSHR	11
.	.	014127 1/4" FLAT WASHER	2
.	.	122688 .75" METAL SPACER	2
.	.	120794 4" METAL SPACER	1
.	.	122689 1" PLASTIC SPACER	1
.	.	115644 RUBBER BUMPER	2
.	.	119217 4" BUSHING	2
.	.	105723 2" SQ EXT ENDCAP	1
.	.	108874 2"X2" INT ENDCAP	4
.	.	113666 1.75" INT ENDCAP	2
.	.	103833 1.5" INT ENDCAP	1
.	.	120694 1.25" INT ENDCAP	2
.	.	120734 1.25" INT ENDCAP	2
.	.	120733 1" INT ENDCAP	4
.	.	119170 .75" INT ENDCAP	2
.	.	122691 1" INT ENDCAP	1
#	122736	HARDWARE KIT STEPS 15-43	1
.	.	106465 3/8-16X3.75" SCREW	2
.	.	104049 3/8-16X3.5" SCREW	1
.	.	110375 3/8-16X3.25" SCREW	1
.	.	013519 3/8-16X3" SCREW	1
.	.	105329 3/8-16X2.75" SCREW	3
.	.	103045 3/8-16X2.5" SCREW	1

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KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
.	.	013231 5/16-18X3.5" SCREW	1
.	.	116101 5/16-18X3.25" SCRW	1
.	.	113744 5/16-18X2.75 SCREW	2
.	.	102884 5/16-18X2.25 SCREW	3
.	.	013464 5/16-18X2" SCREW	2
.	.	013210 5/16-18X1.5" SCREW	1
.	.	112302 1/4-20X2.5" SCREW	4
.	.	122692 1/4-20X2" SCREW	4
.	.	122687 1/4-20X.75" SCREW	4
.	.	113814 5/16-18X2.75" BOLT	1
.	.	121681 1/4-20X2.25" BOLT	2
.	.	121687 5/16-18X2.5" BOLT	1
.	.	012108 3/8-16 HEX NUT	8
.	.	105133 3/8-16 HEX NUT	2
.	.	012082 5/16-18 HEX NUT	11
.	.	012090 1/4-20 HEX NUT	2
.	.	108778 OPTIC DISK RETAINR	4
.	.	105495 3/8" FLAT WASHER	8
.	.	014041 5/16" FLAT WASHER	8
.	.	014127 1/4" FLAT WASHER	10
.	.	119222 1" METAL SPACER	1
.	.	122688 .75" METAL SPACER	1
.	.	115648 5" METAL SPACER	2
.	.	119221 .38" METAL SPACER	2
.	.	121703 .31" METAL SPACER	2
.	.	122693 WEIGHT PIN	1
.	.	119219 LOCKING PIN	2
.	.	103087 SNAP HOOK	3
.	.	116868 CHAIN LINK	1
.	.	113666 1.75" INT ENDCAP	4
.	.	103833 1.5" INT ENDCAP	4
.	.	120808 1" EXT ENDCAP	2
.	.	120733 1" ENT ENDCAP	2
.	.	119170 .75" INT ENDCAP	4
.	.	119192 5/16" KNOB	1
.	.	115177 ANKLE STRAP	1
#	122737	CABLE KIT	1
.	.	122694 84.5" CABLE	1
.	.	122695 327.5" CABLE	1
#	122738	HARDWARE KIT, PULLEYS *	1
.	.	115348 4.5" PULLEY	1
.	.	115164 3.5" PULLEY	2
.	.	124590 3.5" PULLEY	6