

**Statsionaarne treenimisvarustus. Osa 10:  
Fikseeritud rattaga või ilma vabakäiguta  
treeningrattad, täiendavad spetsiaalsed  
ohutusnõuded ja katsemeetodid**

Stationary training equipment - Part 10: Exercise bicycles with a fixed wheel or without freewheel, additional specific safety requirements and test methods

## EESTI STANDARDI EESSÕNA

## NATIONAL FOREWORD

<p>Käesolev Eesti standard EVS-EN 957-10:2005 sisaldab Euroopa standardi EN 957-10:2005 ingliskeelset teksti.</p> <p>Käesolev dokument on jõustatud 29.09.2005 ja selle kohta on avaldatud teade Eesti standardiorganisatsiooni ametlikus väljaandes.</p> <p>Standard on kättesaadav Eesti standardiorganisatsioonist.</p>	<p>This Estonian standard EVS-EN 957-10:2005 consists of the English text of the European standard EN 957-10:2005.</p> <p>This document is endorsed on 29.09.2005 with the notification being published in the official publication of the Estonian national standardisation organisation.</p> <p>The standard is available from Estonian standardisation organisation.</p>
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<p><b>Käsitlusala:</b> This part of EN 957 specifies safety requirements for exercise bicycles with a fixed wheel or without freewheel that have an inertia of <math>&gt; 0,6 \text{ kg} \times \text{m}^2</math> in addition to the general safety requirements of EN 957-1 and should be read in conjunction with it.</p>	<p><b>Scope:</b> This part of EN 957 specifies safety requirements for exercise bicycles with a fixed wheel or without freewheel that have an inertia of <math>&gt; 0,6 \text{ kg} \times \text{m}^2</math> in addition to the general safety requirements of EN 957-1 and should be read in conjunction with it.</p>
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Võtmesõnad:

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English version

**Stationary training equipment - Part 10: Exercise bicycles with a  
fixed wheel or without freewheel, additional specific safety  
requirements and test methods**

Appareils d'entraînement fixes - Partie 10 : Bicyclettes  
d'exercice avec une roue fixe ou sans roue libre, exigences  
spécifiques et méthodes d'essai supplémentaires

Stationäre Trainingsgeräte - Teil 10: Trainingsfahrräder mit  
starrem Antrieb oder ohne Freilauf, zusätzliche besondere  
sicherheitstechnische Anforderungen und Prüfverfahren

This European Standard was approved by CEN on 27 June 2005.

CEN members are bound to comply with the CEN/CENELEC Internal Regulations which stipulate the conditions for giving this European Standard the status of a national standard without any alteration. Up-to-date lists and bibliographical references concerning such national standards may be obtained on application to the Central Secretariat or to any CEN member.

This European Standard exists in three official versions (English, French, German). A version in any other language made by translation under the responsibility of a CEN member into its own language and notified to the Central Secretariat has the same status as the official versions.

CEN members are the national standards bodies of Austria, Belgium, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland and United Kingdom.



EUROPEAN COMMITTEE FOR STANDARDIZATION  
COMITÉ EUROPÉEN DE NORMALISATION  
EUROPÄISCHES KOMITEE FÜR NORMUNG

**Management Centre: rue de Stassart, 36 B-1050 Brussels**

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## Foreword

This European Standard (EN 957-10:2005) has been prepared by Technical Committee CEN/TC 136 "Sports, playground and other recreational equipment", the secretariat of which is held by DIN.

This European Standard shall be given the status of a national standard, either by publication of an identical text or by endorsement, at the latest by February 2006, and conflicting national standards shall be withdrawn at the latest by February 2006.

This European Standard EN 957 "Stationary training equipment" consists of the following parts:

- *Part 1: General safety requirements and test methods*
- *Part 2: Strength training equipment, additional specific safety requirements and test methods*
- *Part 4: Strength training benches, additional specific safety requirements and test methods*
- *Part 5: Pedal crank training equipment, additional specific safety requirements and test methods*
- *Part 6: Treadmills, additional specific safety requirements and test methods*
- *Part 7: Rowing machines, additional specific safety requirements and test methods*
- *Part 8: Steppers, stairclimbers and climbers - Additional specific safety requirements and test methods*
- *Part 9: Elliptical trainers, additional specific safety requirements and test methods*
- *Part 10: Exercise bicycles with a fixed wheel or without freewheel, additional specific safety requirements and test methods*

Part 3 has been amalgamated with part 2 after CEN Enquiry.

According to the CEN/CENELEC Internal Regulations, the national standards organizations of the following countries are bound to implement this European Standard: Austria, Belgium, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland and United Kingdom.

## Introduction

This part of EN 957 amends and supplements EN 957-1. The requirements of this specific standard take priority over those in the general standard.

## 1 Scope

This part of EN 957 specifies safety requirements for exercise bicycles with a fixed wheel or without freewheel that have an inertia of  $> 0,6 \text{ kg} \times \text{m}^2$  in addition to the general safety requirements of EN 957-1 and should be read in conjunction with it.

This part of EN 957 is applicable to stationary training equipment type exercise bicycles with a fixed wheel or without freewheel (type 10) (hereafter referred to as training equipment) within the classes S and H.

Any attachment provided with the exercise bicycle with a fixed wheel or without freewheel for the performance of additional exercises are subject to the requirements of EN 957-1.

## 2 Normative references

The following referenced documents are indispensable for the application of this European Standard. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

EN 563, *Safety of machinery — Temperatures of touchable surfaces — Ergonomics data to establish temperature limit values for hot surfaces*.

EN 957-1:2005, *Stationary training equipment — Part 1: General safety requirements and test methods*

EN ISO 12100-1, *Safety of machinery — Basic concepts, general principles for design — Part 1: Basic terminology, methodology (ISO 12100-1:2003)*

ISO 4210, *Cycles — Safety requirements for bicycles*

## 3 Terms and definitions

For the purposes of this European Standard, the terms and definitions given in EN 957-1:2005 and the following apply.

### 3.1

#### **flywheel**

rotating mass designed to create inertia

### 3.2

#### **freewheel**

gearing mechanism which is designed to disengage the flywheel from the pedal mechanism in one direction

### 3.3

#### **seat pillar**

the connection between the frame and the seat provided to adjust the height of the seat

### 3.4

#### **seat tube**

part of the frame where the seat pillar is inserted

### 3.5

#### **handlebar stem**

connection between the frame and the handlebar provided to adjust the height of the handlebar

### 3.6

#### **emergency brake**

equipment designed to stop the movement of the pedals in case of emergency