

**Statsionaarne treenimisvarustus. Osa 2:  
Jõutreeninguvarustus, täiendavad  
spetsiaalsed ohutusnõuded ja  
katsemeetodid**

Stationary training equipment - Part 2: Strength training equipment, additional specific safety requirements and test methods

## EESTI STANDARDI EESSÕNA

## NATIONAL FOREWORD

<p>Käesolev Eesti standard EVS-EN 957-2:2003 sisaldab Euroopa standardi EN 957-2:2003 ingliskeelset teksti.</p> <p>Käesolev dokument on jõustatud 06.06.2003 ja selle kohta on avaldatud teade Eesti standardiorganisatsiooni ametlikus väljaandes.</p> <p>Standard on kättesaadav Eesti standardiorganisatsioonist.</p>	<p>This Estonian standard EVS-EN 957-2:2003 consists of the English text of the European standard EN 957-2:2003.</p> <p>This document is endorsed on 06.06.2003 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 this European Standard specifies additional safety requirements for strength training equipment in addition to the general safety requirements of EN 957-1. This part of this European Standard is applicable to stationary training equipment type strength training equipment with stack weight resistance or other means of resistance like weight disks, elastic cords, hydraulic, pneumatic and magnetic systems and springs (type 2) (hereinafter referred to as training equipment) with the classes S and H. Any attachment provided with the training equipment for the performance of additional exercises are subject to the requirements of EN 957-1</p>	<p><b>Scope:</b> This part of this European Standard specifies additional safety requirements for strength training equipment in addition to the general safety requirements of EN 957-1. This part of this European Standard is applicable to stationary training equipment type strength training equipment with stack weight resistance or other means of resistance like weight disks, elastic cords, hydraulic, pneumatic and magnetic systems and springs (type 2) (hereinafter referred to as training equipment) with the classes S and H. Any attachment provided with the training equipment for the performance of additional exercises are subject to the requirements of EN 957-1</p>
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Võtmesõnad:

**English version**

**Stationary training equipment**

**Part 2: Strength training equipment – Additional specific safety requirements and test methods**

Appareils d'entraînement fixes –  
Partie 2: Appareils d'entraînement de  
force – Exigences techniques spécifi-  
ques de sécurité et méthodes d'essai  
supplémentaires

Stationäre Trainingsgeräte – Teil 2:  
Kraft-Trainingsgeräte – Zusätzliche  
besondere sicherheitstechnische  
Anforderungen und Prüfverfahren

This European Standard was approved by CEN on 2003-03-11.

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 Management Centre or to any CEN member.

The European Standards exist 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 Management Centre has the same status as the official versions.

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

**CEN**

European Committee for Standardization  
Comité Européen de Normalisation  
Europäisches Komitee für Normung

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## Foreword

This document (EN 957-2:2003) 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 November 2003, and conflicting national standards shall be withdrawn at the latest by November 2003.

This document will supersede EN 957-2:1996.

This standard 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: *Tread mills, additional specific safety requirements and test methods*

Part 7: *Rowing machines, additional specific safety requirements and test methods*

Part 8: *Steppers, stair climbers 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*

This part of EN 957 is an amalgamation of EN 957-2 and prEN 957-3.

This part of EN 957 should be read in conjunction with EN 957-1.

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

## Introduction

This part of this European Standard concerns the safety of strength training equipment.

It 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 this European Standard specifies additional safety requirements for strength training equipment in addition to the general safety requirements of EN 957-1.

This part of this European Standard is applicable to stationary training equipment type strength training equipment with stack weight resistance or other means of resistance like weight disks, elastic cords, hydraulic, pneumatic and magnetic systems and springs (type 2) (hereinafter referred to as training equipment) with the classes S and H.

Any attachment provided with the training equipment for the performance of additional exercises are subject to the requirements of EN 957-1.

### 2 Normative references

This European Standard incorporates by dated or undated reference, provisions from other publications. These normative references are cited at the appropriate places in the text, and the publications are listed hereafter. For dated references, subsequent amendments to or revisions of any of these publications apply to this European Standard only when incorporated in it by amendment or revision. For undated references the latest edition of the publication referred to applies (including amendments).

EN 294, *Safety of machinery - Safety distance to prevent danger zones being reached by the upper limbs.*

EN 957-1:1996, *Stationary training equipment — Part 1: General safety requirements and test methods.*

### 3 Terms and definitions

For the purposes of this European Standard the terms and definitions given in EN 957-1:1996 apply.

### 4 Classification

Clause 4 of EN 957-1:1996 applies.

### 5 Safety requirements

#### 5.1 General

Depending on the design of the piece of training equipment the following requirements shall apply as appropriate.