

**Statsionaarne treenimisvarustus. Osa 4:  
Jõutreeninguvarustus, täiendavad spetsiaalsed  
ohutusnõuded ja katsemeetodid**

Stationary training equipment - Part 4: Strength training benches, additional specific safety requirements and test methods

## EESTI STANDARDI EESSÕNA

## NATIONAL FOREWORD

Käesolev Eesti standard EVS-EN 957-4:2006+A1:2010 sisaldab Euroopa standardi EN 957-4:2006+A1:2010 ingliskeelset teksti.

Standard on kinnitatud Eesti Standardikeskuse 30.06.2010 käskkirjaga ja jõustub sellekohase teate avaldamisel EVS Teatajas.

Euroopa standardimisorganisatsioonide poolt rahvuslikele liikmetele Euroopa standardi teksti kättesaadavaks tegemise kuupäev on 14.04.2010.

Standard on kättesaadav Eesti standardiorganisatsioonist.

This Estonian standard EVS-EN 957-4:2006+A1:2010 consists of the English text of the European standard EN 957-4:2006+A1:2010.

This standard is ratified with the order of Estonian Centre for Standardisation dated 30.06.2010 and is endorsed with the notification published in the official bulletin of the Estonian national standardisation organisation.

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English Version

**Stationary training equipment - Part 4: Strength training  
benches, additional specific safety requirements and test  
methods**

Appareils d'entraînement fixes - Partie 4: Bancs pour  
haltères, exigences spécifiques de sécurité et méthodes  
d'essai supplémentaires

Stationäre Trainingsgeräte - Teil 4: Kraft-Trainingsbänke,  
zusätzliche besondere sicherheitstechnische  
Anforderungen und Prüfverfahren

This European Standard was approved by CEN on 22 May 2006 and includes Amendment 1 approved by CEN on 13 March 2010.

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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 CEN Management Centre has the same status as the official versions.

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## Foreword

This document (EN 957-4:2006+A1:2010) 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 October 2010, and conflicting national standards shall be withdrawn at the latest by October 2010.

This document supersedes A1 EN 957-4:2006 A1.

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. CEN [and/or CENELEC] shall not be held responsible for identifying any or all such patent rights.

This document includes Amendment 1, approved by CEN on 2010-03-13.

The start and finish of text introduced or altered by amendment is indicated in the text by tags A1 A1.

This 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*

The design of strength training benches need not comply with the figures in this part of EN 957.

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

## Introduction

This part of EN 957 concerns the safety of strength training benches.

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 EN 957 specifies safety requirements for stationary strength training benches and free-standing barbell racks used to perform exercises during use 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 benches (type 4) (hereinafter referred to as benches) with the classes S, H and I.

## 2 Normative references

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

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

EN 957-2:2003, *Stationary training equipment — Part 2: Strength training equipment, additional specific safety requirements and test methods*

## 3 Terms and definitions

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

## 4 Classification

Clause 4 of EN 957-1:2005 applies.

## 5 Safety requirements

### 5.1 General

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

### 5.2 Benches with fixed barbell supports

#### 5.2.1 Rotational stability of the barbell

Overturning of the barbell by an unequal load shall be prevented either by the distance between the supports or safety device.

Test in accordance with 6.2.

#### 5.2.2 Rotational stability of benches with fixed barbell supports

Benches with fixed barbell supports shall be stable when loaded with unequal load at right angles to the longitudinal axis.

Test in accordance with 6.3.