
Stationary training equipment —

Part 2:

Strength training equipment, additional specific safety requirements and test methods

Équipement d'entraînement fixe —

*Partie 2: Équipement d'entraînement de force, exigences spécifiques de
sécurité et méthodes d'essai supplémentaires*



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Contents

Page

Foreword.....	iv
1 Scope	1
2 Normative references	1
3 Terms and definitions.....	1
4 Classification.....	1
5 Safety requirements	1
5.1 General.....	1
5.2 Loading	2
5.3 Endurance load	3
5.4 Stacked weights.....	3
5.5 Weight discs.....	6
5.6 Minimum achievable training loads.....	6
6 Test methods.....	8
6.1 General.....	8
6.2 Testing of intrinsic loading.....	8
6.3 Testing of extrinsic loading	8
6.4 Testing of the weight discs support.....	8
6.5 Testing of endurance load	9
6.6 Test report	9
7 Additional instructions for use.....	9
8 Additional exercise instructions	10

Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

International Standards are drafted in accordance with the rules given in the ISO/IEC Directives, Part 2.

The main task of technical committees is to prepare International Standards. Draft International Standards adopted by the technical committees are circulated to the member bodies for voting. Publication as an International Standard requires approval by at least 75 % of the member bodies casting a vote.

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

ISO 20957-2 was prepared by Technical Committee ISO/TC 83, *Sports and recreational equipment*.

ISO 20957 consists of the following parts, under the general title *Stationary training equipment*:

- *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*

Stationary training equipment —

Part 2:

Strength training equipment, additional specific safety requirements and test methods

1 Scope

This part of ISO 20957 specifies additional safety requirements for strength training equipment in addition to the general safety requirements of ISO 20957-1.

This part of ISO 20957 is applicable to stationary training equipment type strength training equipment with stack weight resistance or other means of resistance like weight discs, elastic cords, hydraulic, pneumatic and magnetic systems and springs (type 2) (hereinafter referred to as training equipment) with the classes S and H.

Any attachments provided with the training equipment for the performance of additional exercises are subject to the requirements of ISO 20957-1.

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.

ISO 20957-1:2005, *Stationary training equipment — Part 1: General safety requirements and test methods*

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

3 Terms and definitions

For the purposes of this document the terms and definitions given in ISO 20957-1 apply.

4 Classification

Clause 4 of ISO 20957-1:2005 applies.

5 Safety requirements

5.1 General

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