

# DIN EN ISO 20957-1:2014-05 (E)

## Stationary training equipment - Part 1: General safety requirements and test methods (ISO 20957-1:2013)

---

<b>Contents</b>		<b>Page</b>
Foreword .....		3
Introduction .....		4
<b>1</b>	<b>Scope .....</b>	<b>5</b>
<b>2</b>	<b>Normative references .....</b>	<b>5</b>
<b>3</b>	<b>Terms and definitions .....</b>	<b>6</b>
<b>4</b>	<b>Classification .....</b>	<b>8</b>
4.1	General .....	8
4.2	Accuracy classes .....	8
4.3	Usage classes .....	8
<b>5</b>	<b>Safety requirements .....</b>	<b>9</b>
5.1	General .....	9
5.2	Stability of equipment .....	9
5.3	External construction .....	9
5.4	Entrapment of the user .....	10
5.5	Adjustment components and locking mechanisms .....	10
5.6	Ropes, belts, chains and attachment components .....	10
5.7	Pull-in points .....	11
5.8	Hand grips .....	11
5.9	Endurance test .....	11
5.10	Isometric test requirements .....	12
5.11	Heart rate measurement system .....	12
5.12	Heart rate control mode .....	12
5.13	Electrical safety .....	12
5.14	Loading .....	12
5.15	Care and maintenance .....	13
5.16	Assembly instructions .....	13
5.17	General instructions for use .....	14
5.18	Marking .....	14
<b>6</b>	<b>Test methods .....</b>	<b>15</b>
6.1	Test conditions .....	15
6.2	Stability test .....	15
6.3	External construction .....	15
6.4	Testing of entrapment .....	16
6.5	Adjustment components and locking mechanisms .....	16
6.6	Tensile test for ropes, belts, chains and attachment components .....	16
6.7	Testing of rope and belt guides .....	16
6.8	Testing of flywheels .....	16
6.9	Testing of integral handgrips .....	17
6.10	Determination of the removing force of applied handgrips .....	17
6.11	Testing of rotating handgrips .....	17
6.12	Testing of endurance load .....	17
6.13	Testing of isometric equipment .....	17
6.14	Testing of the heart rate measurement system .....	18
6.15	Testing of the heart rate control mode .....	18

6.16	Testing of intrinsic loading .....	18
6.17	Testing of extrinsic loading .....	18
6.18	Testing of care and maintenance, assembly instructions, general instructions for use and marking .....	18
6.19	Test report .....	18
Bibliography .....		20