

ISO 20957-4:2016-11 (E)

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

Contents		Page
Foreword		iv
Introduction		v
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	Benches with fixed barbell supports	1
5.2.1	Stability of the barbell	1
5.2.2	Lateral stability of benches with fixed barbell supports	2
5.2.3	Longitudinal stability of benches with fixed barbell supports	2
5.3	Free-standing barbell supports	2
5.4	Dimensions of the barbell support	2
5.5	Barbell support strength and stability	2
5.6	Loading	2
5.7	Barbell support	3
6	Test methods	3
6.1	General	3
6.1.1	Dimensional check	3
6.1.2	Visual examination	3
6.1.3	Performance test	3
6.2	Testing of rotational stability of the barbell	3
6.3	Testing of rotational stability of benches with fixed barbell supports	4
6.4	Testing of longitudinal stability	4
6.5	Testing of barbell support strength and stability	4
7	Test report	5