

# ISO 20957-10:2017-10 (E)

## Stationary training equipment - Part 10: Exercise bicycles with a fixed wheel or without freewheel - Additional specific safety requirements and test methods

---

| <b>Contents</b> |  | <b>Page</b> |
|-----------------|--|-------------|
| Foreword .....  |  | iv          |
| 1               | Scope .....  | 1           |
| 2               | Normative references .....   | 1           |
| 3               | Terms and definitions .....  | 1           |
| 4               | Classification .....   | 2           |
| 5               | Safety requirements .....  | 3           |
| 5.1             | External construction .....  | 3           |
| 5.1.1           | Transmission elements, rotating parts, squeeze and shear points .....            | 3           |
| 5.1.2           | Temperature of accessible surfaces .....   | 4           |
| 5.2             | Intrinsic loading .....  | 4           |
| 5.2.1           | Seat pillar .....  | 4           |
| 5.2.2           | Handlebar .....  | 4           |
| 5.2.3           | Pedal .....  | 4           |
| 5.3             | Seat pillar adjustment .....   | 4           |
| 5.3.1           | General .....  | 4           |
| 5.3.2           | Insertion depth .....  | 5           |
| 5.4             | Handlebar .....  | 5           |
| 5.4.1           | Handlebar stem adjustment .....  | 5           |
| 5.4.2           | Insertion depth .....  | 5           |
| 5.5             | Pedals .....   | 5           |
| 5.6             | Stability .....  | 5           |
| 5.7             | Locking system .....   | 5           |
| 5.8             | Emergency braking system .....   | 6           |
| 5.8.1           | Effectiveness .....  | 6           |
| 5.8.2           | Actuator integrity .....   | 6           |
| 5.8.3           | Visibility .....   | 6           |
| 5.9             | Endurance for the pedal crank assembly .....                                     | 6           |
| 5.10            | Foot clearance .....   | 6           |
| 5.11            | Power display .....  | 6           |
| 5.12            | Additional instructions for use .....  | 7           |
| 5.13            | Additional marking .....   | 7           |
| 6               | Test methods .....   | 8           |
| 6.1             | General .....  | 8           |
| 6.1.1           | Dimensional check .....  | 8           |
| 6.1.2           | Visual examination .....   | 8           |
| 6.1.3           | Performance test .....   | 8           |
| 6.2             | Testing of transmission elements, rotating parts, squeeze and shear points ..... | 8           |
| 6.3             | Testing of temperature of accessible surfaces .....                              | 8           |
| 6.4             | Testing of intrinsic loading .....   | 8           |
| 6.5             | Testing of handlebars .....  | 8           |
| 6.6             | Testing of stability .....   | 8           |
| 6.7             | Testing of the emergency braking system .....                                    | 9           |
| 6.7.1           | Testing of effectiveness .....   | 9           |
| 6.7.2           | Testing of actuator integrity .....  | 9           |
| 6.8             | Testing of the pedal crank assembly .....  | 9           |

|             |   |           |
|-------------|---|-----------|
| <b>6.9</b>  | <b>Testing of the power display .....</b> | <b>10</b> |
| <b>6.10</b> | <b>Testing of locking system .....</b>    | <b>11</b> |
| <b>7</b>    | <b>Test report .....</b>                  | <b>11</b> |
|             | <b>Bibliography .....</b>                 | <b>12</b> |