

# ISO 20957-2:2020 (E)

## Stationary training equipment — Part 2: Strength training equipment, additional specific safety requirements and test methods

---

### Contents

	Foreword
1	Scope
2	Normative references
3	Terms and definitions
4	Classification
5	Safety requirements
5.1	General
5.2	Stability
5.2.1	General
5.2.2	Externally loaded equipment
5.2.3	User-defined motion equipment
5.3	Loading
5.3.1	Selectorized equipment and alternative resistance training equipment
5.3.2	Externally loaded equipment
5.3.2.1	General
5.3.2.2	Weight posts intended for training
5.3.2.3	Weight posts intended for storage
5.3.2.4	Extrinsic loading
5.3.2.5	Catch mechanisms for guided equipment
5.4	Endurance
5.4.1	General
5.4.2	Additional requirements for externally loaded equipment
5.4.2.1	General
5.4.2.2	Work arm actuated equipment
5.4.2.3	Catch mechanisms of guided equipment
5.4.2.4	Drop stop for guided equipment
5.5	Access to squeeze and/or shear points
5.5.1	Stacked weights or alternative means of resistance
5.5.1.1	Class H
5.5.1.2	Classes S and I
5.5.1.2.1	Guarding for stacked weights
5.5.1.2.2	No guarding
5.5.1.2.3	Guarding for multiple stacked weight training equipment
5.5.2	Weight disc clearance for externally loaded weights
5.6	Weight disc retention
5.7	Entrapment
5.8	Pull-in points
5.9	Additional instructions for use
5.10	Additional marking
6	Test methods
6.1	General
6.1.1	Dimensional check
6.1.2	Visual examination
6.1.3	Tactile examination
6.1.4	Performance test
6.2	Stability testing
6.2.1	General

- 6.2.2 Externally loaded equipment
- 6.2.3 User-defined motion equipment
- 6.3 Loading test
  - 6.3.1 Weight posts intended for training
  - 6.3.2 Weight posts intended for storage
  - 6.3.3 Extrinsic loading test
  - 6.3.4 Catch mechanisms for guided equipment loading test
- 6.4 Endurance test
  - 6.4.1 General
  - 6.4.2 Additional requirements for externally loaded equipment
    - 6.4.2.1 Work arm actuated equipment
    - 6.4.2.2 Catch mechanisms of guided equipment
    - 6.4.2.3 Drop stops for guided equipment

7 Test report

Page count: 17