

# ISO 20957-1:2024-11 (E)

## Stationary training equipment - Part 1: General safety requirements and test methods

<b>Contents</b>		<b>Page</b>
Foreword .....		v
Introduction .....		vi
1	Scope .....	1
2	Normative references .....	1
3	Terms and definitions .....	1
4	Classification .....	3
4.1	General .....	3
4.2	Accuracy classes .....	3
4.3	Usage classes .....	3
5	Safety requirements .....	4
5.1	General .....	4
5.2	Stability .....	4
5.3	External construction .....	4
5.3.1	General .....	4
5.3.2	Edges and corners .....	4
5.3.3	Tube ends .....	4
5.3.4	Squeeze and shear points .....	5
5.3.5	Weights and other resistance means .....	5
5.4	Entrapment of the user .....	5
5.5	Adjustment components and locking mechanisms .....	5
5.6	Ropes, belts, chains and attachment components .....	6
5.6.1	General .....	6
5.6.2	Ropes and belts .....	6
5.6.3	Rope and belt guides .....	6
5.7	Pull-in points .....	6
5.7.1	General .....	6
5.7.2	Pulleys .....	6
5.7.3	Chains, gears and sprockets .....	6
5.8	Hand grips .....	7
5.8.1	Integral handgrips .....	7
5.8.2	Applied handgrips .....	7
5.8.3	Rotating handgrips .....	7
5.9	Endurance .....	7
5.10	Isometric test function .....	7
5.11	Heart rate measurement system .....	7
5.11.1	Indication .....	7
5.11.2	Heart rate control mode .....	7
5.12	Electrical safety .....	8
5.13	Loading .....	8
5.14	Care and maintenance .....	8
5.15	Assembly instructions .....	9
5.16	General instructions for use .....	9
5.17	Marking .....	10
5.17.1	Permanent marking .....	10
5.17.2	Additional marking .....	10

<b>6</b>	<b>Test methods</b> .....	<b>10</b>
<b>6.1</b>	<b>Test conditions</b> .....	<b>10</b>
<b>6.2</b>	<b>Stability test</b> .....	<b>11</b>
<b>6.2.1</b>	<b>Test in training position</b> .....	<b>11</b>
<b>6.2.2</b>	<b>Test in folded or storage position</b> .....	<b>11</b>
<b>6.3</b>	<b>External construction</b> .....	<b>11</b>
<b>6.3.1</b>	<b>Test of edges and corners</b> .....	<b>11</b>
<b>6.3.2</b>	<b>Tube ends</b> .....	<b>11</b>
<b>6.3.3</b>	<b>Testing of squeeze points and shear points</b> .....	<b>11</b>
<b>6.3.4</b>	<b>Weights and other resistant means</b> .....	<b>11</b>
<b>6.3.5</b>	<b>Testing of pull-in points</b> .....	<b>11</b>
<b>6.4</b>	<b>Testing of entrapment</b> .....	<b>12</b>
<b>6.5</b>	<b>Adjustment components and locking mechanisms</b> .....	<b>12</b>
<b>6.6</b>	<b>Tests for ropes, belts, chains and attachment components</b> .....	<b>12</b>
<b>6.7</b>	<b>Testing of rope and belt guides</b> .....	<b>12</b>
<b>6.8</b>	<b>Testing of integral handgrips</b> .....	<b>12</b>
<b>6.9</b>	<b>Testing of applied handgrips</b> .....	<b>13</b>
<b>6.10</b>	<b>Testing of rotating handgrips</b> .....	<b>13</b>
<b>6.11</b>	<b>Testing of endurance load</b> .....	<b>13</b>
<b>6.12</b>	<b>Testing of isometric equipment</b> .....	<b>13</b>
<b>6.13</b>	<b>Testing of indicator of the heart rate measurement system</b> .....	<b>13</b>
<b>6.14</b>	<b>Testing of the heart rate control mode</b> .....	<b>13</b>
<b>6.15</b>	<b>Load testing</b> .....	<b>13</b>
<b>6.16</b>	<b>Testing of care and maintenance, assembly instructions, general instructions for use and marking</b> .....	<b>14</b>
<b>6.17</b>	<b>Test report</b> .....	<b>14</b>
	<b>Annex A (informative) Examples for carrying out load testing</b> .....	<b>15</b>
	<b>Bibliography</b> .....	<b>18</b>