ISO 20957-1:2024-11 (E)

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

Contents

Page

Foreword v

Introduction vi

1 Scope 1

2 Normative references 1

3 Termsanddefinitions 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

6 Test methods 10
6.1 Test conditions 10
6.2 Stability test 11
6.2.1 Test in training position 11
6.2.2 Test in folded or storage position 11
6.3 External construction 11
6.3.1 Test of edges and corners 11
6.3.2 Tube ends 11

6.3.3 Testing of squeeze points and shear points 11
6.3.4 Weights and other resistant means 11
6.3.5 Testing of pull-in points 11
6.4 Testing of entrapment 12
6.5 Adjustment components and locking mechanisms 12
6.6 Tests for ropes, belts, chains and attachment components 12
6.7 Testing of rope and belt guides 12
6.8 Testing of integral handgrips 12
6.9 Testing of applied handgrips 13
6.10 Testing of rotating handgrips 13
6.11 Testing of endurance load 13
6.12 Testing of isometric equipment 13
6.13 Testing of indicator of the heart rate measurement system 13
6.14 Testing of the heart rate control mode 13
6.15 Load testing 13
6.16 Testing of care and maintenance, assembly instructions, general instructions for use and marking 14
6.17 Test report 14

Annex A (informative) Examples for carrying out load testing 15

Bibliography 18