

# DIN EN ISO 20957-1:2025-02 (E)

## Stationary training equipment - Part 1: General safety requirements and test methods (ISO 20957-1:2024)

---

### Contents

Page

European foreword .....	4
Annex ZA (informative) Relationship between this European Standard and the safety requirements of Directive 2001/95/EC aimed to be covered .....	5
Foreword.....	8
Introduction .....	9
<b>1 Scope .....</b>	<b>10</b>
<b>2 Normative references.....</b>	<b>10</b>
<b>3 Terms and definitions.....</b>	<b>10</b>
<b>4 Classification .....</b>	<b>12</b>
4.1 General.....	12
4.2 Accuracy classes.....	12
4.3 Usage classes .....	12
<b>5 Safety requirements.....</b>	<b>13</b>
5.1 General.....	13
5.2 Stability.....	13
5.3 External construction .....	13
5.3.1 General.....	13
5.3.2 Edges and corners .....	13
5.3.3 Tube ends.....	13
5.3.4 Squeeze and shear points.....	14
5.3.5 Weights and other resistance means.....	14
5.4 Entrapment of the user .....	14
5.5 Adjustment components and locking mechanisms .....	14
5.6 Ropes, belts, chains and attachment components .....	15
5.6.1 General.....	15
5.6.2 Ropes and belts.....	15
5.6.3 Rope and belt guides .....	15
5.7 Pull-in points .....	15
5.7.1 General.....	15
5.7.2 Pulleys .....	15
5.7.3 Chains, gears and sprockets .....	15
5.8 Hand grips .....	16
5.8.1 Integral handgrips.....	16
5.8.2 Applied handgrips .....	16
5.8.3 Rotating handgrips .....	16
5.9 Endurance.....	16
5.10 Isometric test function.....	16
5.11 Heart rate measurement system .....	16
5.11.1 Indication .....	16
5.11.2 Heart rate control mode .....	16
5.12 Electrical safety.....	17
5.13 Loading .....	17
5.14 Care and maintenance .....	17
5.15 Assembly instructions .....	18
5.16 General instructions for use .....	18
5.17 Marking.....	19
5.17.1 Permanent marking.....	19
5.17.2 Additional marking.....	19

<b>6</b>	<b>Test methods</b> .....	<b>19</b>
6.1	Test conditions.....	19
6.2	Stability test.....	20
	6.2.1 Test in training position.....	20
	6.2.2 Test in folded or storage position .....	20
6.3	External construction .....	20
	6.3.1 Test of edges and corners.....	20
	6.3.2 Tube ends.....	20
	6.3.3 Testing of squeeze points and shear points.....	20
	6.3.4 Weights and other resistant means .....	20
	6.3.5 Testing of pull-in points .....	20
6.4	Testing of entrapment .....	21
6.5	Adjustment components and locking mechanisms .....	21
6.6	Tests for ropes, belts, chains and attachment components .....	21
6.7	Testing of rope and belt guides.....	21
6.8	Testing of integral handgrips .....	21
6.9	Testing of applied handgrips .....	22
6.10	Testing of rotating handgrips.....	22
6.11	Testing of endurance load.....	22
6.12	Testing of isometric equipment.....	22
6.13	Testing of indicator of the heart rate measurement system .....	22
6.14	Testing of the heart rate control mode.....	22
6.15	Load testing.....	22
6.16	Testing of care and maintenance, assembly instructions, general instructions for use and marking.....	23
6.17	Test report .....	23
	<b>Annex A (informative) Examples for carrying out load testing</b> .....	<b>24</b>
	<b>Bibliography</b> .....	<b>27</b>