

# DIN EN ISO 20957-4:2017-03 (E)

## Stationary training equipment - Part 4: Strength training benches, additional specific safety requirements and test methods (ISO 20957-4:2016)

---

<b>Contents</b>		Page
<b>European foreword</b> .....		<b>2</b>
<b>Foreword</b> .....		<b>3</b>
<b>Introduction</b> .....		<b>5</b>
<b>1</b>	<b>Scope</b> .....	<b>6</b>
<b>2</b>	<b>Normative references</b> .....	<b>6</b>
<b>3</b>	<b>Terms and definitions</b> .....	<b>6</b>
<b>4</b>	<b>Classification</b> .....	<b>6</b>
<b>5</b>	<b>Safety requirements</b> .....	<b>6</b>
5.1	General .....	6
5.2	Benches with fixed barbell supports .....	6
5.2.1	Stability of the barbell .....	6
5.2.2	Lateral stability of benches with fixed barbell supports .....	7
5.2.3	Longitudinal stability of benches with fixed barbell supports .....	7
5.3	Free-standing barbell supports .....	7
5.4	Dimensions of the barbell support .....	7
5.5	Barbell support strength and stability .....	7
5.6	Loading .....	7
5.7	Barbell support .....	8
<b>6</b>	<b>Test methods</b> .....	<b>8</b>
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 rotational stability of the barbell .....	8
6.3	Testing of rotational stability of benches with fixed barbell supports .....	9
6.4	Testing of longitudinal stability .....	9
6.5	Testing of barbell support strength and stability .....	9
<b>7</b>	<b>Test report</b> .....	<b>10</b>