

ISO 20957-5:2016-12 (E)

Stationary training equipment - Part 5: Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods

Contents		Page
Foreword		v
Introduction		vi
1	Scope	1
2	Normative references	1
3	Terms and definitions	1
4	Classification	3
5	Safety requirements	6
5.1	General	6
5.2	External construction	6
5.2.1	Transmission elements and rotating parts	6
5.2.2	Temperature rise	7
5.3	Intrinsic loading	7
5.3.1	Seat pillar and frame	7
5.3.2	Handlebar and frame	7
5.3.3	Pedal and frame	7
5.4	Seat pillar -- Seat	7
5.4.1	Insertion depth	7
5.4.2	Seat adjustment	8
5.4.3	Seat tilting	8
5.5	Handlebar stem	8
5.6	Stability	8
5.7	Additional requirements for recumbent stationary exercise bicycles, upper body crank training equipment and combined crank training equipment	8
5.7.1	Combined crank training equipment	8
5.7.2	Seat system	8
5.8	Additional classified requirements	9
5.9	Endurance	11
5.10	Additional instructions for use	11
5.11	Additional warnings	12
6	Test methods	12
6.1	General	12
6.1.1	Dimensional check	12
6.1.2	Visual examination	12
6.1.3	Tactile examination	12
6.1.4	Performance test	12
6.2	Testing of temperature rise	12
6.3	Testing of transmission elements and rotating parts	13
6.3.1	Crank and protective cover finger probe examination	13
6.3.2	Other moving parts finger probe examination	13
6.4	Testing of intrinsic loading	13
6.4.1	Seat pillar and frame	13
6.4.2	Handlebar and frame	13
6.4.3	Pedal and frame	14
6.5	Testing of seat tilting	14

6.6	Testing of seat back rest	14
6.7	Testing of stability	14
6.8	Description of the test device	14
6.9	Testing of constant power mode	15
6.10	Testing of heart rate control mode	15
6.11	Testing of power accuracy for class A	15
6.11.1	General	15
6.11.2	Speed dependent crank training equipment	15
6.11.3	Speed independent crank training equipment	16
6.12	Testing of power repeatability for class B	17
6.13	Endurance test	17
6.13.1	Speed independent crank training equipment	17
6.13.2	Speed dependent crank training equipment	17
7	Test report	18
Annex A (informative) Example of determining the moment of inertia J (looking from the driving axis into a system)		19
Bibliography		21