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**

1 Scope **10**

2 Normative references **10**

3 Terms and definitions **10**

4 Classification **12**
4.1 General 12
4.2 Accuracy classes 12
4.3 Usage classes 12

5 Safety requirements **13**
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

6 Test methods 19
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
Annex A (informative) **Examples for carrying out load testing 24**
Bibliography 27