

ISO 20957-2:2005-12 (E)

Stationary training equipment - Part 2: Strength training equipment, additional specific safety requirements and test methods

Contents		Page
Foreword		iv
1	Scope	1
2	Normative references	1
3	Terms and definitions	1
4	Classification	1
5	Safety requirements	1
5.1	General	1
5.2	Loading	2
5.3	Endurance load	3
5.4	Stacked weights	3
5.5	Weight discs	6
5.6	Minimum achievable training loads	6
6	Test methods	8
6.1	General	8
6.2	Testing of intrinsic loading	8
6.3	Testing of extrinsic loading	8
6.4	Testing of the weight discs support	8
6.5	Testing of endurance load	9
6.6	Test report	9
7	Additional instructions for use	9
8	Additional exercise instructions	10