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Stationary training equipment —

Part 4: Strength training benches, additional specific safety requirements and test methods

Équipement d'entraînement fixe —

Partie 4: Bancs pour haltères, exigences spécifiques de sécurité et méthodes d'essai supplémentaires

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Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular the different approval criteria needed for the different types of ISO documents should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2 (see www.iso.org/directives).

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For an explanation on the meaning of ISO specific terms and expressions related to conformity assessment, as well as information about ISO's adherence to the World Trade Organization (WTO) principles in the Technical Barriers to Trade (TBT) see the following URL: www.iso.org/iso/foreword.html.

ISO 20957-4 was prepared by the European Committee Standardization (CEN) Technical Committee CEN/TC 136, *Sports, playground and other recreational facilities and equipment*, in collaboration with ISO Technical Committee TC 83, *Sports and other recreational facilities and equipment*, in accordance with the agreement on technical cooperation between ISO and CEN (Vienna Agreement).

This second edition cancels and replaces the first edition (ISO 20957-4:2005), which has been technically revised with the following changes:

— publication as an EN ISO;

— formulation aligned with ISO 20957-1;

— Clause 5 "Safety requirements" specified and restructured;

— Clause 6 "Test methods" specified and restructured;

— normative references updated.

A list of all parts in the ISO 20957 series can be found on the ISO website.

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Introduction

This document concerns the safety of strength training benches. It is intended to be used in conjunction with ISO 20957-1. The requirements of this document take priority over the requirements in ISO 20957-1.

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Stationary training equipment —

Part 4: Strength training benches, additional specific safety requirements and test methods

1 Scope

This document specifies safety requirements for stationary strength training benches and free-standing barbell racks in addition to the general safety requirements of ISO 20957-1. It is intended to be read in conjunction with ISO 20957-1.

This document is applicable to stationary training equipment type benches (type 4) (hereinafter referred to as benches) with the classes S, H and I according to ISO 20957-1.

2 Normative references

The following documents are referred to in the text in such a way that some or all of their content constitutes requirements of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

ISO 20957-1, *Stationary training equipment — Part 1: General safety requirements and test methods*

3 Terms and definitions

For the purposes of this document, the terms and definitions given in ISO 20957-1 apply.

ISO and IEC maintain terminological databases for use in standardization at the following addresses:

— IEC Electropedia: available at http://www.electropedia.org/

— ISO Online browsing platform: available at http://www.iso.org/obp

4 Classification

The classification shall be according to ISO 20957-1.

5 Safety requirements

5.1 General

Depending on the design of the training equipment, the following requirements shall apply as appropriate.

5.2 Benches with fixed barbell supports

5.2.1 Stability of the barbell

Overturning of the barbell by an unequal load shall be prevented either by the distance between the supports or safety device.

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