

Second edition  
2016-11-15

---

---

## 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*



Reference number  
ISO 20957-4:2016(E)



## **COPYRIGHT PROTECTED DOCUMENT**

© ISO 2016, Published in Switzerland

All rights reserved. Unless otherwise specified, no part of this publication may be reproduced or utilized otherwise in any form or by any means, electronic or mechanical, including photocopying, or posting on the internet or an intranet, without prior written permission. Permission can be requested from either ISO at the address below or ISO's member body in the country of the requester.

ISO copyright office  
Ch. de Blandonnet 8 • CP 401  
CH-1214 Vernier, Geneva, Switzerland  
Tel. +41 22 749 01 11  
Fax +41 22 749 09 47  
[copyright@iso.org](mailto:copyright@iso.org)  
[www.iso.org](http://www.iso.org)

# Contents

|                                                                            | Page      |
|----------------------------------------------------------------------------|-----------|
| <b>Foreword</b>                                                            | <b>iv</b> |
| <b>Introduction</b>                                                        | <b>v</b>  |
| <b>1 Scope</b>                                                             | <b>1</b>  |
| <b>2 Normative references</b>                                              | <b>1</b>  |
| <b>3 Terms and definitions</b>                                             | <b>1</b>  |
| <b>4 Classification</b>                                                    | <b>1</b>  |
| <b>5 Safety requirements</b>                                               | <b>1</b>  |
| 5.1 General                                                                | 1         |
| 5.2 Benches with fixed barbell supports                                    | 1         |
| 5.2.1 Stability of the barbell                                             | 1         |
| 5.2.2 Lateral stability of benches with fixed barbell supports             | 2         |
| 5.2.3 Longitudinal stability of benches with fixed barbell supports        | 2         |
| 5.3 Free-standing barbell supports                                         | 2         |
| 5.4 Dimensions of the barbell support                                      | 2         |
| 5.5 Barbell support strength and stability                                 | 2         |
| 5.6 Loading                                                                | 2         |
| 5.7 Barbell support                                                        | 3         |
| <b>6 Test methods</b>                                                      | <b>3</b>  |
| 6.1 General                                                                | 3         |
| 6.1.1 Dimensional check                                                    | 3         |
| 6.1.2 Visual examination                                                   | 3         |
| 6.1.3 Performance test                                                     | 3         |
| 6.2 Testing of rotational stability of the barbell                         | 3         |
| 6.3 Testing of rotational stability of benches with fixed barbell supports | 4         |
| 6.4 Testing of longitudinal stability                                      | 4         |
| 6.5 Testing of barbell support strength and stability                      | 4         |
| <b>7 Test report</b>                                                       | <b>5</b>  |