

---

---

**Stationary training equipment —**  
**Part 1:**  
**General safety requirements and test**  
**methods**

*Équipement d'entraînement fixe —*

*Partie 1: Exigences générales de sécurité et méthodes d'essai*





**COPYRIGHT PROTECTED DOCUMENT**

© ISO 2013

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  
Case postale 56 • CH-1211 Geneva 20  
Tel. + 41 22 749 01 11  
Fax + 41 22 749 09 47  
E-mail [copyright@iso.org](mailto:copyright@iso.org)  
Web [www.iso.org](http://www.iso.org)

Published in Switzerland

# 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>2</b>
<b>4 Classification</b> .....	<b>4</b>
4.1 General .....	4
4.2 Accuracy classes .....	4
4.3 Usage classes .....	4
<b>5 Safety requirements</b> .....	<b>5</b>
5.1 General .....	5
5.2 Stability of equipment .....	5
5.3 External construction .....	5
5.4 Entrapment of the user .....	6
5.5 Adjustment components and locking mechanisms .....	6
5.6 Ropes, belts, chains and attachment components .....	6
5.7 Pull-in points .....	7
5.8 Hand grips .....	7
5.9 Endurance test .....	7
5.10 Isometric test requirements .....	8
5.11 Heart rate measurement system .....	8
5.12 Heart rate control mode .....	8
5.13 Electrical safety .....	8
5.14 Loading .....	8
5.15 Care and maintenance .....	9
5.16 Assembly instructions .....	9
5.17 General instructions for use .....	10
5.18 Marking .....	10
<b>6 Test methods</b> .....	<b>11</b>
6.1 Test conditions .....	11
6.2 Stability test .....	11
6.3 External construction .....	11
6.4 Testing of entrapment .....	12
6.5 Adjustment components and locking mechanisms .....	12
6.6 Tensile test for ropes, belts, chains and attachment components .....	12
6.7 Testing of rope and belt guides .....	12
6.8 Testing of flywheels .....	12
6.9 Testing of integral handgrips .....	13
6.10 Determination of the removing force of applied handgrips .....	13
6.11 Testing of rotating handgrips .....	13
6.12 Testing of endurance load .....	13
6.13 Testing of isometric equipment .....	13
6.14 Testing of the heart rate measurement system .....	14
6.15 Testing of the heart rate control mode .....	14
6.16 Testing of intrinsic loading .....	14
6.17 Testing of extrinsic loading .....	14
6.18 Testing of care and maintenance, assembly instructions, general instructions for use and marking .....	14
6.19 Test report .....	14
<b>Bibliography</b> .....	<b>16</b>