



Standard Specification for Fitness Equipment¹

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INTRODUCTION

The goal of this specification is to promote proper design and manufacturing practices for stationary fitness equipment. Through these specifications this standard aims to assist designers and manufacturers in producing functional, safe products under proper operations. This standard specifies safety requirements that are generally applicable to all stationary fitness equipment. For specific types of fitness equipment, these requirements may be supplemented or modified by the requirements of specific standards that have been issued to cover these specific types or groups of fitness products. Where specific standards exist, this standard should be used in conjunction with the other standards. Special care is required in applying this standard alone to equipment for which no specific standard exists.

The equipment user must recognize, however, that a standard alone will not necessarily prevent injuries. Like other physical activities, exercise involving fitness equipment involves the risk of injury, particularly if the equipment is used improperly.

1. Scope

1.1 This specification establishes parameters for the design and manufacture of fitness equipment as defined in 3.1.8.

1.2 If the fitness equipment is intended for use by children then Specification F 963 shall be the primary standard of reference and shall be used in conjunction with this standard.

2. Referenced Documents

2.1 ASTM Standards:

F 963 Consumer Safety Specification on Toy Safety²

F 1749 Specification for Fitness Equipment and Fitness Facility Safety Signage and Labels²

2.2 European Standards

EN 957-1 Stationary Training Equipment-Part 1: General Safety Requirements and Test Methods³

3. Terminology

3.1 Definitions of Terms Specific to This Standard:

3.1.1 *accessible area, n*—area accessible to the user or third party when the equipment is in normal use, during setting up,

grasping, or adjusting of equipment or position of the body. This does not include areas that are accessible during the initial assembly.

3.1.2 *applied handgrips, n*—a handgrip that is formed, molded, or attached to a support, component, or structure.

3.1.3 *consumer fitness equipment, n*—fitness equipment intended for use by one person or one family unit.

3.1.4 *corner, n*—the intersection of three planes or surfaces on a single component.

3.1.5 *edge, n*—the intersection of two planes or surfaces on a single component.

3.1.6 *entrapment, n*—an area that captures and requires force in excess of one pound to remove the test finger in EN 957-1.

3.1.7 *extrinsic loads, n*—all loads applied to the machine or user means in addition to the users body weight.

3.1.8 *fitness equipment, n*—a mechanical device or hardware designed for use in exercising specific or multiple muscles of the body. Not to include toys used for recreation, jump ropes, outdoor or indoor playground equipment or facilities, bicycles or other fitness soft goods such as gloves, belts, apparel, balls, and so forth.

3.1.9 *general warning label, n*—a label designed within the scope of this specification and Specification F 1749 which is affixed to a portion of the fitness equipment and draws attention to potential hazards associated with the use of that equipment.

¹ This specification is under the jurisdiction of ASTM Committee F08 on Sports Equipment and Facilities and is the direct responsibility of Subcommittee F08.30 on Fitness Products.

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² *Annual Book of ASTM Standards*, Vol 15.07.

³ Available from CEN Management Centre, 36 rue de Stassart, B-1050, Brussels, Belgium.

3.1.10 *guard, n*—a cover or enclosure that limits access to, without the use of tools, an otherwise accessible area.

3.1.11 *inaccessible area, n*—area inaccessible to the user of the machine but accessible to technicians or service personnel.

3.1.12 *institutional fitness equipment, n*—fitness equipment intended for use by numerous persons in a commercial or institutional facility, as opposed to home environment.

3.1.13 *integral handgrips, n*—handgrips that are created by, coating, texturing or other means, the material of a component or support structure.

3.1.14 *intrinsic loads, n*—the loads applied to fitness equipment due only to the users body weight.

3.1.15 *maximum specified load, n*—the maximum working load for the machine as set by the manufacturer.

3.1.16 *maximum tension developed, n*—the maximum static tensile load experienced by a connector, fitting, rope, belt, chain, or other means, during use of the machine at the maximum specified load for the machine including all extrinsic loads.

3.1.17 *normal operation, n*—the use of the fitness equipment as described in the manual or as is readily apparent from the intended use as fitness equipment.

3.1.18 *pinch point, n*—the location between two moving components or the location between a moving and fixed component that, when entered, causes a portion of the body to become entrapped.

3.1.19 *pulley, n*—a component that guides ropes or belts and redirects the forces of the rope or belt.

3.1.20 *pull in point, n*—the location between two moving components, or the location between a moving and a fixed component, that when entered causes a portion of the body to be pulled into and entrapped between the components.

3.1.21 *range of movement, n*—the space in which the user or part of the user is moving when using the machine in accordance to the instructions supplied by the manufacturer.

3.1.22 *resistance means, n*—for the purpose of this specification, the device or system that, when varied by the user, increases or decreases the force encountered by the user through the user means. For the purpose of the specification, such means include weights, pneumatic cylinders, or electronic systems and their controls.

3.1.23 *shear point, n*—location at which parts move past one another or past a fixed point in such a manner that, when entered, causes a portion of the body to become entrapped in a scissors action between the components.

3.1.24 *site specific label, n*—a label designed within the scope of this specification and Specification F 1749 which is affixed to a portion of the strength equipment and draws attention to a potential hazard in the immediate area of the label.

3.1.25 *stationary training equipment, n*—equipment that is used to exercise or to train muscles or muscle groups that does not travel or move across the ground as a unit during use.

3.1.26 *third party, n*—someone other than the user who is in the immediate area of the fitness equipment when it is in use.

4. Design and Construction Requirements

4.1 Stability:

4.1.1 Fitness equipment shall be stable while in storage, unloaded, and in the intrinsically and extrinsically loaded use conditions.

4.2 Support:

4.2.1 Fitness equipment shall support the user and any additional loads applied by the user in normal operation without breakage. Examples include; seats, foot rests, back-rests, etc.

4.3 Edges, Corners, and Tube Ends:

4.3.1 *Edges*—All edges in accessible areas shall be free of burrs and sharp edges.

4.3.2 *Corners*—All corners in accessible areas shall be radiused or chamfered.

4.3.3 *Tube Ends*—Tube ends in the exposed accessible areas shall be closed off either by other components or by plugs. Plugs shall remain in place during normal operation and storage.

4.4 Moving Parts in Accessible Areas:

4.4.1 *Rotating and Reciprocating Points*—The distance between movable components or between a movable and a fixed component shall be at least 60 mm (2.36 in.) except as follows:

4.4.1.1 If only the fingers are at risk, the dimension shall not be less than 25 mm (0.98 in.).

4.4.1.2 If the distance between the moving part and a rigid part, or between two moving parts, does not change during use or setup, the distance shall be greater than 25 mm (0.98 in.) or less than 9.5 mm (0.37 in.).

4.4.1.3 Open and obvious stops are excluded. However, if the stop is physically part of the moving user means, then it shall pass no closer than 25 mm (0.98 in.) to any fixed frame members throughout its range of travel.

5. Guarding, Enclosures, and Spacing

5.1 *Squeeze, Shear, and Crush Points*—Squeeze, shear, and crush points between moving components, between moving components and fixed components, or between a moving component and the floor shall be guarded. If the function of the fitness equipment does not allow guarding, then the minimum clearance shall be 60 mm (2.36 in.) except as follows.

5.1.1 If only the fingers are at risk the dimension shall not be less than 25 mm (0.98 in.).

5.1.2 If third party access is prevented by the user's body position, and where the user is able to immediately stop the movement, the distance shall not be less than 25 mm (0.98 in.).

5.1.3 Open and obvious stops are excluded. However, if the stop is physically part of the moving user means, then it shall pass no closer than 25 mm (0.98 in.) to any fixed frame members throughout its range of travel.

5.2 *Adjustment and Locking Means*—All adjustment and locking means shall function securely at all adjustment positions. The possibility of inadvertent disengagement shall be reduced by spring retention, clamps, or other means.

5.2.1 Adjustment knobs and levers shall not interfere with the user's range of movement.

5.3 Handgrips/Foot Support:

5.3.1 *Integral Handgrips*—Integral handgrips, if required for proper use as defined by the manufacturer, shall be conspicuous and shall reduce slippage during normal use.