
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

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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.

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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