

This is a preview of "DS/EN ISO 20957-10:2...". Click here to purchase the full version from the ANSI store.

## Stationært træningsudstyr – Del 10 Motionscykler med fikseret hjul eller uden frihjul – Supplerende sikkerhedskrav og prøvningsmetoder

Stationary training equipment – Part 10: Exercise bicycles with a fixed wheel or without freewheel – Additional specific safety requirements and test methods (ISO 20957-10:2017)

**DANSK STANDARD**  
Danish Standards Association

Göteborg Plads 1  
DK-2150 Nordhavn

Tel: +45 39 96 61 01

Tel: +45 39 96 61 01

dansk.standard@ds.dk

www.ds.dk

This is a preview of "DS/EN ISO 20957-10:2...". Click here to purchase the full version from the ANSI store.

DS projekt: M317846

ICS: 97.220.30

**Første del af denne publikations betegnelse er:**

DS/EN ISO, hvilket betyder, at det er en international standard, der har status både som europæisk og dansk standard.

**Denne publikations overensstemmelse er:**

IDT med: ISO 20957-10:2017

IDT med: EN ISO 20957-10:2017

DS-publikationen er på engelsk.

Denne publikation erstatter: [DS/EN 957-10:2005](#)

---

### **DS-publikationstyper**

Dansk Standard udgiver forskellige publikationstyper.

Typen på denne publikation fremgår af forsiden.

Der kan være tale om:

#### **Dansk standard**

- standard, der er udarbejdet på nationalt niveau, eller som er baseret på et andet lands nationale standard, eller
- standard, der er udarbejdet på internationalt og/eller europæisk niveau, og som har fået status som dansk standard

#### **DS-information**

- publikation, der er udarbejdet på nationalt niveau, og som ikke har opnået status som standard, eller
- publikation, der er udarbejdet på internationalt og/eller europæisk niveau, og som ikke har fået status som standard, fx en teknisk rapport, eller
- europæisk præstandard

#### **DS-håndbog**

- samling af standarder, eventuelt suppleret med informativt materiale

#### **DS-hæfte**

- publikation med informativt materiale

Til disse publikationstyper kan endvidere udgives

- tillæg og rettelsesblade

### **DS-publikationsform**

Publikationstyperne udgives i forskellig form som henholdsvis

- fuldtjekstpublikation (publikationen er trykt i sin helhed)
- godkendelsesblad (publikationen leveres i kopi med et trykt DS-omslag)
- elektronisk (publikationen leveres på et elektronisk medie)

### **DS-betegnelse**

Alle DS-publikationers betegnelse begynder med DS efterfulgt af et eller flere præfikser og et nr., fx **DS 383**, **DS/EN 5414** osv. Hvis der efter nr. er angivet et **A** eller **Cor**, betyder det, enten at det er et **tillæg** eller et **rettelsesblad** til hovedstandard, eller at det er indført i hovedstandard.

DS-betegnelse angives på forsiden.

### **Overensstemmelse med anden publikation:**

Overensstemmelse kan enten være IDT, EQV, NEQ eller MOD

- **IDT:** Når publikationen er identisk med en given publikation.
- **EQV:** Når publikationen teknisk er i overensstemmelse med en given publikation, men præsentationen er ændret.
- **NEQ:** Når publikationen teknisk eller præsentationsmæssigt ikke er i overensstemmelse med en given standard, men udarbejdet på baggrund af denne.
- **MOD:** Når publikationen er modificeret i forhold til en given publikation.

This is a preview of "DS/EN ISO 20957-10:2...". Click here to purchase the full version from the ANSI store.

EUROPÄISCHE NORM

December 2017

ICS 97.220.30

Supersedes EN 957-10:2005

English Version

## Stationary training equipment - Part 10: Exercise bicycles with a fixed wheel or without freewheel - Additional specific safety requirements and test methods (ISO 20957-10:2017)

Équipement d'entraînement fixe - Partie 10:  
Bicyclettes d'exercice avec une roue fixe ou sans roue  
libre - Exigences spécifiques de sécurité et méthodes  
d'essai supplémentaires (ISO 20957-10:2017)

Stationäre Trainingsgeräte - Teil 10:  
Trainingsfahrräder mit starrem Antrieb  
oder ohne Freilauf - Zusätzliche besondere  
sicherheitstechnische Anforderungen und  
Prüfverfahren (ISO 20957-10:2017)

This European Standard was approved by CEN on 9 October 2017.

CEN members are bound to comply with the CEN/CENELEC Internal Regulations which stipulate the conditions for giving this European Standard the status of a national standard without any alteration. Up-to-date lists and bibliographical references concerning such national standards may be obtained on application to the CEN-CENELEC Management Centre or to any CEN member.

This European Standard exists in three official versions (English, French, German). A version in any other language made by translation under the responsibility of a CEN member into its own language and notified to the CEN-CENELEC Management Centre has the same status as the official versions.

CEN members are the national standards bodies of Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, Former Yugoslav Republic of Macedonia, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey and United Kingdom.



EUROPEAN COMMITTEE FOR STANDARDIZATION  
COMITÉ EUROPÉEN DE NORMALISATION  
EUROPÄISCHES KOMITEE FÜR NORMUNG

CEN-CENELEC Management Centre: Avenue Marnix 17, B-1000 Brussels

This is a preview of "DS/EN ISO 20957-10:2...". Click here to purchase the full version from the ANSI store.

## Contents

Page

European foreword .....	3
-------------------------	---

This is a preview of "DS/EN ISO 20957-10:2...". Click here to purchase the full version from the ANSI store.

## European foreword

This document ([EN ISO 20957-10:2017](#)) has been prepared by Technical Committee ISO/TC 83 "Sports and other recreational facilities and equipment" in collaboration with Technical Committee CEN/TC 136 "Sports, playground and other recreational facilities and equipment" the secretariat of which is held by DIN.

This European Standard shall be given the status of a national standard, either by publication of an identical text or by endorsement, at the latest by June 2018, and conflicting national standards shall be withdrawn at the latest by June 2018.

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. CEN shall not be held responsible for identifying any or all such patent rights.

This document supersedes [EN 957-10:2005](#).

This document has been prepared under a mandate given to CEN by the European Commission and the European Free Trade Association.

According to the CEN-CENELEC Internal Regulations, the national standards organizations of the following countries are bound to implement this European Standard: Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, Former Yugoslav Republic of Macedonia, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey and the United Kingdom.

### Endorsement notice

The text of [ISO 20957-10:2017](#) has been approved by CEN as [EN ISO 20957-10:2017](#) without any modification.

This is a preview of "DS/EN ISO 20957-10:2...". [Click here to purchase the full version from the ANSI store.](#)

Second edition  
2017-10-01

---

---

## Stationary training equipment —

Part 10:

### **Exercise bicycles with a fixed wheel or without freewheel — Additional specific safety requirements and test methods**

*Équipement d'entraînement fixe —*

*Partie : Bicyclettes d'exercice avec une roue fixe ou sans roue libre —  
Exigences spécifiques de sécurité et méthodes d'essai supplémentaires*



Reference number  
ISO 20957-10:2017(E)

© ISO 2017

This is a preview of "DS/EN ISO 20957-10:2...". Click here to purchase the full version from the ANSI store.



## **COPYRIGHT PROTECTED DOCUMENT**

© ISO 2017, 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  
www.iso.org



This is a preview of "DS/EN ISO 20957-10:2...". Click here to purchase the full version from the ANSI store.

## Contents

	Page
<b>Foreword</b> .....	<b>iv</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>2</b>
<b>5 Safety requirements</b> .....	<b>3</b>
5.1 External construction.....	3
5.1.1 Transmission elements, rotating parts, squeeze and shear points.....	3
5.1.2 Temperature of accessible surfaces.....	4
5.2 Intrinsic loading.....	4
5.2.1 Seat pillar.....	4
5.2.2 Handlebar.....	4
5.2.3 Pedal.....	4
5.3 Seat pillar adjustment.....	4
5.3.1 General.....	4
5.3.2 Insertion depth.....	5
5.4 Handlebar.....	5
5.4.1 Handlebar stem adjustment.....	5
5.4.2 Insertion depth.....	5
5.5 Pedals.....	5
5.6 Stability.....	5
5.7 Locking system.....	5
5.8 Emergency braking system.....	6
5.8.1 Effectiveness.....	6
5.8.2 Actuator integrity.....	6
5.8.3 Visibility.....	6
5.9 Endurance for the pedal crank assembly.....	6
5.10 Foot clearance.....	6
5.11 Power display.....	6
5.12 Additional instructions for use.....	7
5.13 Additional marking.....	7
<b>6 Test methods</b> .....	<b>8</b>
6.1 General.....	8
6.1.1 Dimensional check.....	8
6.1.2 Visual examination.....	8
6.1.3 Performance test.....	8
6.2 Testing of transmission elements, rotating parts, squeeze and shear points.....	8
6.3 Testing of temperature of accessible surfaces.....	8
6.4 Testing of intrinsic loading.....	8
6.5 Testing of handlebars.....	8
6.6 Testing of stability.....	8
6.7 Testing of the emergency braking system.....	9
6.7.1 Testing of effectiveness.....	9
6.7.2 Testing of actuator integrity.....	9
6.8 Testing of the pedal crank assembly.....	9
6.9 Testing of the power display.....	10
6.10 Testing of locking system.....	11
<b>7 Test report</b> .....	<b>11</b>
<b>Bibliography</b> .....	<b>12</b>

This is a preview of "DS/EN ISO 20957-10:2...". Click here to purchase the full version from the ANSI store.

## 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](http://www.iso.org/directives)).

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. ISO shall not be held responsible for identifying any or all such patent rights. Details of any patent rights identified during the development of the document will be in the Introduction and/or on the ISO list of patent declarations received (see [www.iso.org/patents](http://www.iso.org/patents)).

Any trade name used in this document is information given for the convenience of users and does not constitute an endorsement.

For an explanation on the voluntary nature of standards, 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](http://www.iso.org/iso/foreword.html).

[ISO 20957-10](#) was prepared by the European Committee for 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 20957-10:2007](#)), which has been technically revised.

The main changes compared to the previous edition are as follows:

- the Scope has been simplified;
- the formulation has been aligned with [ISO 20957-1](#);
- [Clause 5](#) has been specified and restructured;
- [Clause 6](#) has been specified and restructured;
- the Normative references have been updated.

A list of all parts in the [ISO 20957](#) series can be found on the ISO website.

This is a preview of "DS/EN ISO 20957-10:2...". Click here to purchase the full version from the ANSI store.

# Stationary training equipment — Part 10: Exercise bicycles with a fixed wheel or without freewheel —

## Additional specific safety requirements and test methods

### 1 Scope

This document specifies safety requirements for exercise bicycles with a fixed wheel or without freewheel that have an inertia of  $>0,6 \text{ kg}\cdot\text{m}^2$ . The requirements are in addition to the general safety requirements of [ISO 20957-1](#), with which this document is intended to be read in conjunction.

Any attachment provided with the exercise bicycle with a fixed wheel or without freewheel for the performance of additional exercises is subject to the requirements of [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 12100](#), *Safety of machinery — General principles for design — Risk assessment and risk reduction*

[ISO 13732-1:2006](#), *Ergonomics of the thermal environment — Methods for the assessment of human responses to contact with surfaces — Part 1: Hot surfaces*

[ISO 20957-1](#), *Stationary training equipment — Part 1: General safety requirements and test methods*