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Second edition
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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.

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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.