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Australia



Stationary training equipment

Part 4: Strength training benches, additional specific safety requirements and test methods



AS ISO 20957.4:2021

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Preface

This Standard was prepared by the Standards Australia Committee CS-101, Sports and recreational facilities and equipment.

The objective of this document is to specify safety requirements for stationary strength training benches and free-standing barbell racks in addition to the general safety requirements of AS 20957.1:2021. It is intended to be read in conjunction with AS 20957.1:2021.

This document is applicable to stationary training equipment type benches (type 4) (hereinafter referred to as benches) with the classes S, H and I according to AS 20957.1:2021.

This Standard is identical with, and has been reproduced from, ISO 20957-4:2016, *Stationary training equipment — Part 4: Strength training benches, additional specific safety requirements and test methods*.

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