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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB 17498.4-2008

Replacing GB 17498.4-2008

**Indoor stationary training equipment - Part 4: Strength training
benches - Additional specific safety requirements and test
methods**

(English Translation)

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Foreword

This document complies with the provisions of GB/T 1.1-2020 "Standardization Work Guidelines Part 1.Structure and Drafting Rules of Standardization Documents".

Drafting.

This document is Part 4 of GB/T 17498 "Indoor Fixed Fitness Equipment". GB/T 17498 has already published the following parts.

- Part 1.General safety requirements and test methods;
- Part 2.Additional Special Safety Requirements and Test Methods for Strength Training Equipment;
- Part 4.Additional Special Safety Requirements and Test Methods for Strength Training Benches;
- Part 5.Additional special safety requirements and test methods for stationary exercise bikes and upper limb crank exercise equipment;
- Part 6.Additional Special Safety Requirements and Test Methods for Treadmills;
- Part 7.Additional Special Safety Requirements and Test Methods for Rowing Machines;
- Part 8.Additional special safety requirements and test methods for steppers, stair climbers and climbing machines;
- Part 9.Additional Special Safety Requirements and Test Methods for Elliptical Trainers;
- Part 10.Additional special safety requirements and test methods for exercise bikes with

fixed wheels or without flywheels.

This document replaces GB 17498.4-2008 "Fixed Fitness Equipment - Part 4.Special Safety Additions to Strength Training Benches".

Compared with GB 17498.4-2008, the main technical changes in the "Requirements and Test Methods" are as follows, apart from structural adjustments and editorial modifications.

a) The diameter of the test bar was changed from 30mm to 27.5mm, and a description of the Olympic barbell bar was added (see...).

6.2 (6.2 in the.2008 edition);

b) The tolerance for the slope angle in the stability test has been changed from $10^{\circ}\pm 3^{\circ}$ to $10^{\circ}\pm 1^{\circ}$ (see 6.4,.2008 edition).

c) A foot restraint device has been added to the strength and stability tests (see 6.5).

This document is modified to adopt ISO 20957-4:2016 "Fixed fitness equipment - Part 4.Additional special safety features for strength training benches".

Requirements and test methods.

The technical differences between this document and ISO 20957-4:2016, and the reasons therefor, are as follows.

---ISO 20957-1 has been replaced with the normatively referenced GB/T 17498.1 to adapt to my country's technical conditions.

The following editorial changes have been made to this document.

---To align with existing standards, the standard name has been changed to "Indoor Fixed Fitness Equipment Part 4.Strength Training Equipment".

Special safety requirements and test methods for stools.

Please note that some content in this document may involve patents. The issuing organization of this document assumes no responsibility for identifying patents.

This document was proposed by the China National Light Industry Council.

This document is under the jurisdiction of the National Technical Committee on Standardization of Stationery and Sports Equipment (SAC/TC514).

Introduction

GB/T 17498 "Indoor Fixed Fitness Equipment" is divided into 9 parts. Part 1 covers general requirements, while the other parts cover specific requirements for particular equipment.

Special requirements. For fitness equipment covered by special requirements, the safety

requirements are a combination of general requirements and these special requirements. GB/T 17498 is proposed.

It consists of 9 parts.

---Part 1.General Safety Requirements and Test Methods. This section describes the general safety requirements and test methods for indoor stationary fitness equipment.

Verification method.

---Part 2.Additional Special Safety Requirements and Test Methods for Strength Training Equipment. The purpose is to describe strength training equipment.

Additional special safety requirements and testing methods for materials.

---Part 4.Additional Special Safety Requirements and Test Methods for Strength Training Benches. The purpose is to describe the specific safety requirements and test methods for strength training benches.

Additional special safety requirements and testing methods for the stool.

---Part 5.Additional special safety requirements and test methods for stationary exercise bikes and upper limb crank exercise equipment. The purpose is to...

This describes the special safety requirements and test methods for stationary exercise bikes and upper limb crank exercise equipment.

---Part 6.Additional Special Safety Requirements and Test Methods for Treadmills. The purpose is to describe the additional special safety requirements for treadmills.

Requirements and test methods.

---Part 7.Additional Special Safety Requirements and Test Methods for Rowing Machines. The purpose is to describe the additional special safety requirements for rowing machines.

Requirements and test methods.

---Part 8.Additional Special Safety Requirements and Test Methods for Steppers, Stair Climbers, and Mountain Climbers. The purpose is to describe the special safety requirements and test methods for steppers, stair climbers, and mountain climbers.

Additional special safety requirements and testing methods for ladder machines, stair climbers, and mountaineering machines.

---Part 9.Additional Special Safety Requirements and Test Methods for Elliptical Trainers. The purpose is to describe the additional safety requirements and test methods for elliptical trainers.

Special safety requirements and testing methods.

---Part 10.Additional Special Safety Requirements and Test Methods for Exercise Bikes with

Fixed Wheels or Without Freewheels. The purpose is to describe...

Additional safety requirements and testing methods for exercise bikes with fixed wheels or without flywheels.

This document is Part 4 of GB/T 17498 and is used in conjunction with GB/T 17498.1.

Indoor stationary fitness equipment

Part 4.Strength Training Bench

Additional special safety requirements and test methods

1 Scope

This document specifies additional requirements for strength training benches and self-standing barbell racks, in addition to the general safety requirements of GB/T 17498.1.

Special safety requirements.

This document applies to strength training benches (hereinafter referred to as benches) used in indoor fixed fitness equipment, and conforms to GB/T 17498.1.

The S, H, and I classes are defined in the class.

2 Normative references

The contents of the following documents, through normative references within the text, constitute essential provisions of this document. Dated citations are not included.

For references to documents, only the version corresponding to that date applies to this document; for undated references, the latest version (including all amendments) applies.

This document.

GB/T 17498.1 Indoor Fixed Fitness Equipment - Part 1.General Safety Requirements and Test Methods (GB/T 17498.1-

2026, ISO 20957-1.2024, IDT)

3 Terms and Definitions

The terms and definitions defined in GB/T 17498.1 and the following terms and definitions apply to this document.

The URLs for the terminology databases maintained by IEC and ISO for standardization are as follows.