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General requirements of age-friendly training equipment

健身器材适老化通用要求

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Foreword

This document is in accordance with the provisions of GB/T 1.1-2020 "Guidelines for standardization work Part 1: Structure and drafting rules for standardization documents" Drafting.

Please note that some of the contents of this document may involve patents. The issuing organization of this document does not assume the responsibility for identifying patents.

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This document was drafted by: Shuhua Sports Co., Ltd., Shangti Health Technology (Shanghai) Co., Ltd., and China Testing & Certification Group Co., Ltd.

Co., Ltd., Orient Sports Industry Co., Ltd., Zhejiang Lixuan Sports Technology Co., Ltd., Shandong Yingjido Health Industry Co., Ltd.

Company, Xiamen Kang Le Jia Sports Equipment Co., Ltd., Nantong Iron Man Sports Goods Co., Ltd., SGS-CSTC Standards Technical Services Co., Ltd. Guangzhou Branch Company, Jiangsu Kangliyu Sports Technology Co., Ltd., Nanjing Wande Sports Industry Group Co., Ltd., Shenzhen Good Family Health Technology Co., Ltd.

Co., Ltd., Shandong Maibaohe Fitness Equipment Co., Ltd., East China Architectural Design and Research Institute Co., Ltd., and China Cultural, Educational and Sporting Goods Association.

The main drafters of this document are: Cheng Zhihua, Xu Min, Wang Zaibin, Wu Aijun, Wang Wanye, Yang Guosheng, Hou Yanfeng, Wang Xinyue, Huang Yongqiang, Xu Ruijing, Hu Shihui, Zhang Zhuo, Zhao Jinzhi, Yao Ji, He Ya, Xu Quanhong, Hao Peng.

Introduction

The trend of population aging in China is becoming increasingly serious. Healthy aging and the development of sports and fitness activities for the elderly have become a key measure to actively respond to the population.

It is an important measure of the national aging strategy and an important means to promote the Healthy China strategy.

Fixed fitness equipment is a common facility for the elderly to strengthen their physical fitness, prevent diseases, improve their quality of life, and cultivate It plays an important role in maintaining a positive attitude towards life and achieving physical and mental health. However, there are also some particularities when the elderly use fitness equipment.

The body's flexibility, agility, strength, balance, reaction speed and other physical functions gradually decline, and psychologically they are different from those of young people.

These have put forward new requirements for the use of fitness equipment by the elderly.

This document is based on the relevant research on fitness equipment for the elderly in recent years, from the aspects of safety, ease of use, reliability, comfort, etc.

In this regard, new requirements have been put forward for the design and production of fixed fitness equipment to adapt to the use of the elderly. However, since the research on aging-friendly equipment in China is still in the early stage, In the exploration stage, there is still a lot of room for development and improvement in the future. After the release and implementation of this document, in-depth research on aging-friendly fitness equipment will be carried out to promote Age-friendly development.

General requirements for fitness equipment for the elderly

1 Scope

This document defines the terminology and definitions of fitness equipment (hereinafter

referred to as "equipment") for the elderly, establishes general principles, and specifies requirements, standards, and Knowledge and user manual.

This document applies to the design and inspection of stationary fitness equipment with aging-friendly functions.

2 Normative references

GB/T 5296.1

GB/T 5296.2

GB/T 5296.7

GB/T 22752

GB 24436

GB/T 36947

GB 44246

3 Terms and definitions

The following terms and definitions apply to this document.

3.1 Age-friendly

Improve or upgrade products, services, facilities and environments to make them more elderly-friendly to meet the needs of the elderly to reduce safety risks and promote The process of improving physical and mental health, and enhancing the convenience and comfort of life.

[Source. GB/T 45117-2024, 3.1.1]

3.2 [Source. GB 17498.1-2008, 3.1]

When in use, the equipment cannot be moved as a whole. The equipment is either placed on the floor or attached to the wall, ceiling or other on the fixed structure.

4.1 Security

4.1.1 The equipment must have safety protection measures and preventive protection measures, and it is advisable to add a one-button alarm function (such as heart rate warning function, etc.).

4.1.2 Equipment design combines the expected usage habits of the elderly and possible misoperation, adopts fault-tolerant design, and effectively reduces the risk of elderly