



Standard Specification for Stationary Upright and Recumbent Exercise Bicycles and Upper Body Ergometers¹

This standard is issued under the fixed designation F1250; the number immediately following the designation indicates the year of original adoption or, in the case of revision, the year of last revision. A number in parentheses indicates the year of last reapproval. A superscript epsilon (ε) indicates an editorial change since the last revision or reapproval.

INTRODUCTION

The goal of this specification is to promote proper design and manufacturing practices for stationary upright and recumbent exercise bicycles and upper body ergometers. Through these specifications, this specification aims to assist designers and manufactures in reducing the possibility of injury when these products are used in accordance with the operational instructions.

The equipment user must recognize, however, that a standard alone will not necessarily prevent injuries. Like other physical activities, exercise involving stationary upright and recumbent exercise bicycles and upper body ergometers involves the risk of injury, particularly if the equipment is used improperly or not properly maintained. In addition, users with physical limitations should seek medical advice and instruction from the fitness facility prior to using this equipment. Certain physical conditions or limitations may preclude some persons from using this equipment properly and without increasing the risk of serious injury.

1. Scope

1.1 This standard establishes parameters for the design and manufacture of stationary exercise bicycle equipment as defined in [3.2.16](#).

1.2 It is the intent of this standard to specify fitness products for use only by an individual age 13 and older.

1.3 This standard is to be used in conjunction with Specification [F2276](#) and Test Methods [F3023](#).

1.4 This specification is intended to reduce the demonstrated hazards associated with the use of stationary exercise bicycles.

1.5 This specification is written to provide reasonable safety standards for the user of stationary exercise bicycles during storage, movement, entry, use, and exit from the product.

1.6 This standard does not apply to mechanisms that convert road bikes to indoor stationary cycles.

1.7 The values stated in SI units are to be regarded as standard. The values in parentheses are for information only.

1.8 *This standard does not purport to address all the safety concerns, if any, associated with its use. It is the responsibility*

of the user of this standard to establish appropriate safety and health practices and determine the applicability of regulatory limitations prior to use.

2. Referenced Documents

2.1 *ASTM Standards:*²

[F1749](#) Specification for Fitness Equipment and Fitness Facility Safety Signage and Labels

[F2276](#) Specification for Fitness Equipment

[F2571](#) Test Methods for Evaluating Design and Performance Characteristics of Fitness Equipment

[F3023](#) Test Methods for Evaluating Design and Performance Characteristics of Stationary Upright and Recumbent Exercise Bicycles and Upper Body Ergometers

3. Terminology

3.1 The terms listed below are unique to this specification. For terms not defined below, refer to Specification [F2276](#).

3.2 *Definitions:*

3.2.1 *back support, n*—the part of the user support means that comes in contact with the users back during operation.

3.2.2 *consumer exercise bicycle, n*—stationary exercise bicycle intended for use by one person or family unit in a home environment.

¹ This safety specification is under the jurisdiction of ASTM Committee [F08](#) on Sports Equipment, Playing Surfaces, and Facilities and is the direct responsibility of Subcommittee [F08.30](#) on Fitness Products.

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² For referenced ASTM standards, visit the ASTM website, www.astm.org, or contact ASTM Customer Service at service@astm.org. For *Annual Book of ASTM Standards* volume information, refer to the standard's Document Summary page on the ASTM website.