



Standard Specification for Selectorized Strength Equipment¹

This standard is issued under the fixed designation F2216; 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 selectorized strength training equipment. Through these specifications, this specification aims to assist designers and manufacturers 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 selectorized strength training equipment 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 specification establishes parameters for the design and manufacture of selectorized strength training equipment as defined in 3.1.

1.2 It is intended that these fitness products be used in an indoor setting or environment.

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

1.4 This standard is to be used in conjunction with Specification F2276, Test Methods F2571, and Test Method F2277.

1.5 This standard takes precedence over Specification F2276 and Test Methods F2571 in areas that are specific or unique to selectorized strength training equipment.

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

1.7 *This standard does not purport to address all of 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

F2277 Test Methods for Evaluating Design and Performance Characteristics of Selectorized Strength Equipment

F2571 Test Methods for Evaluating Design and Performance Characteristics of Fitness Equipment

3. Terminology

3.1 *Definitions:*

3.1.1 *assist means, n*—mechanism that the user engages on the machine to assist them in getting into and out of the loaded starting position.

3.1.2 *cam, n*—rotational component controlling the resistance to the user.

3.1.3 *catch point, n*—location at which edges, protrusions, or surfaces allow a body part to become injured.

3.1.4 *consumer selectorized strength equipment, n*—selectorized strength equipment intended for home use or for use in a home environment.

3.1.4.1 *Discussion*—Since significant differences can arise between consumer and institutional selectorized strength equipment, the products must be clearly identified as not for commercial use.

¹ This 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.