

**Test Report No.:** CZHL250400434501SP **Date:** JUN. 20, 2025 Page 1 of 5  
**ZHEJIANG DDS SPORTS EQUIPMENT CO LTD**  
**NO.2, JINGUI SOUTH ROAD, CHENGXI NEW DISTRICT, YONGKANG CITY, ZHEJIANG PROVINCE**

The following sample(s) was/were submitted and identified by/on behalf of the client as:

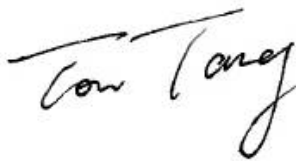
Sample Description : SIT UP BENCH  
 Style No. : DDS-1106  
 Item No. : DDS-1106  
 Manufacturer : ZHEJIANG DDS SPORTS EQUIPMENT CO LTD  
 Country of Origin : CHINA  
 \*\*\*\*\*  
 Sample Receiving Date : MAY 07, 2025  
 Testing Period : MAY 07, 2025 TO JUN. 20, 2025  
 Testing Performed : Follow selected test(s) as requested by client.

	Test Requirement	Conclusion
1	Stationary Training Equipment. Part 1: General Safety Requirements And Test Methods (EN ISO 20957-1:2024)	Pass
2	Strength Training Benches. Part 4: Strength Training Benches, Additional Specific Safety Requirements And Test Methods (EN ISO 20957-4:2016)	Pass

\*\*\* FOR FURTHER DETAILS, PLEASE REFER TO THE FOLLOWING PAGE(S) \*\*\*

SGS-CSTC Standards Technical Services (Changzhou) Co., Ltd.

Test address: 1st, 2nd Floors, Building 30, Heimudan Science Park, Tianning District, Changzhou, Jiangsu, China.



Tom Tang  
 Authorized Signatory



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**Test Result(s):**

**1. Stationary Training Equipment. Part 1: General Safety Requirements And Test Methods (EN ISO 20957-1:2024)**

- a) Number of Tested Specimen: 1 piece of sample
- b) Usage class: Class H
- c) Accuracy class: Class C
- d) Maximum use's weight specified by manufacturer: 100kg
- e) Test details shown as following table:

Clause	Test Description	Result
<b>5 Safety Requirements</b>		
5.1	General	
5.2	Stability Of Equipment	Pass
5.3.1	External Construction, General	Pass
5.3.2	External Construction, Edges And Corners	Pass
5.3.3	External Construction, Tube Ends	Pass
5.3.4	External Construction, Squeeze And Shear Points	N/A
5.3.5	External Construction, Weights And Resistant Means	Pass
5.4	Entrapment Of The User	N/A
5.5	Adjustment Components And Locking Mechanisms	Pass
5.6.1	Ropes, Belts, Chains And Attachment Components, General	N/A
5.6.2	Ropes, Belts, Chains And Attachment Components, Ropes And Belts	N/A
5.6.3	Ropes, Belts, Chains And Attachment Components, Rope And Belt Guides	N/A
5.7.1	Pull-In Points, General	N/A
5.7.2	Pull-In Points, Pulleys	N/A
5.7.3	Pull-In Points, Chains, Gears And Sprockets	N/A
5.8.1	Hand Grips, Integral Handgrips	N/A
5.8.2	Hand Grips, Applied Handgrips	Pass
5.8.3	Hand Grips, Rotating Handgrips	N/A
5.9	Endurance Test	Pass
5.10	Isometric Test Requirements	N/A
5.11.1	Heart Rate Measurement System, Indication	N/A
5.11.2	Heart Rate Measurement System, Heart Rate Control Mode	N/A
5.12	Electrical Safety	N/A



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Clause	Test Description	Result
5.13	Loading	Pass
5.14	Care And Maintenance	Pass (See Note)
5.15	Assembly Instructions	Pass (See Note)
5.16	General Instructions For Use	Pass (See Note)
5.17.1	Marking, Permanent Marking	Pass
5.17.2	Marking, Additional Marking	N/A

Note : Only artwork of Instruction was provided.

## 2. Strength Training Benches. Part 4: Strength Training Benches, Additional Specific Safety Requirements And Test Methods (EN ISO 20957-4:2016)

- a) Number of Tested Specimen: 1 piece of sample
- b) Usage class: Class H
- c) Accuracy class: Class C
- d) Maximum use's weight specified by manufacturer: 100kg
- e) Test details shown as following table:

Clause	Test Description	Result
<b>5 Safety Requirements</b>		
5.1	General	
5.2.1	Benches With Fixed Barbell Supports, Stability Of The Barbell	N/A
5.2.2	Benches With Fixed Barbell Supports, Lateral Stability Of Benches With Fixed Barbell Supports	N/A
5.2.3	Benches With Fixed Barbell Supports, Longitudinal Stability Of Benches With Fixed Barbell Supports	N/A
5.3	Free-Standing Barbell Supports	N/A
5.4	Dimensions Of The Barbell Support	N/A
5.5	Barbell Support Strength And Stability	N/A
5.6	Loading	Pass
5.7	Barbell Support	N/A



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Photo Appendix

Photo relative to overall specimen:



Received Sample

Result/Rating/Record Key(s)

- I. Result/Rating Keys: P = Pass = Meet; F = Fail = Not Meet; N/A = Not applicable = Not suitable; NR = NC = Test not conduct/requested per client request; TT = Test terminated due to the earlier failure of last test.
- II. Record Keys: "C:" means Claimed parameter; "A:" means Actual recorded from test; "D:" means Data for reference only.

General Report Note(s)

- A. N.B. Only applicable clauses were shown.
- B. (1) 1mg/kg = 0.0001% (2) MDL = Method Detection Limit (3) ND = Not Detected (< MDL)  
(4) "-" = Not Regulated
- C. Unless otherwise stated the results shown in this test report refer only to the sample(s) tested.
- D. This document cannot be used for publicity, without prior written approval of the SGS.
- E. Since the data and / or information above division line of front page is provided by the applicant, the relevant results or conclusions of this report are only made for these data and / or information, SGS is not responsible for the authenticity, integrity and results of the data and information and / or the validity of the conclusion. Testing results only apply to the sample as received.
- F. The declaration of conformity is based on acceptance limits chosen based on simple acceptance ( $w = 0, AL = TL$ ).

Statements of conformity are reported as:

Passed - The measured values were observed in tolerance at the points tested.

Failed - One or more measured values were observed out of tolerance at the points tested.



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\*\*\* End of Report \*\*\*



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