

RF EXPOSURE EVALUATION METHOD

According to FCC 1.1310: The criteria listed in the following table shall be used to evaluate the environment impact of human exposure to radio frequency(RF) Radiation as specified in §1.1307(b)

According to KDB 447498 D01 General RF Exposure Guidance v06, Unless specifically required by the published RF exposure KDB procedures, standalone 1-g head or body and 10-g extremity SAR evaluation for general population exposure conditions, by measurement or numerical simulation, is not required when the corresponding SAR Test Exclusion Threshold condition(s), listed below, is (are) satisfied.

EUT Specification

EUT	Stylectics Mini-Crosstrainer Elektrisch
Frequency band (Operating)	<input type="checkbox"/> WLAN: 2.412GHz ~ 2.462GHz <input type="checkbox"/> WLAN: 5.150GHz ~ 5.250GHz <input type="checkbox"/> WLAN: 5.725GHz ~ 5.850GHz <input checked="" type="checkbox"/> Others BT:2402-2480MHz
Device category	<input checked="" type="checkbox"/> Portable (<20cm separation) <input type="checkbox"/> Mobile (>20cm separation) <input type="checkbox"/> Others
Exposure classification	<input type="checkbox"/> Occupational/Controlled exposure (S = 5mW/cm ²) <input checked="" type="checkbox"/> General Population/Uncontrolled exposure (S=1mW/cm ²)
Antenna diversity	<input checked="" type="checkbox"/> Single antenna <input type="checkbox"/> Multiple antennas <input type="checkbox"/> Tx diversity <input type="checkbox"/> Rx diversity <input type="checkbox"/> Tx/Rx diversity
Max. output power	2.075dBm (0.00161W)
Antenna gain (Max)	-0.58dBi
Evaluation applied	<input type="checkbox"/> MPE Evaluation <input checked="" type="checkbox"/> SAR Evaluation

RF EXPOSURE EVALUATION METHOD

SAR Test Exclusion Thresholds for 100 MHz – 6 GHz and ≤ 50 mm

Approximate SAR Test Exclusion Power Thresholds at Selected Frequencies and Test Separation Distances are illustrated in the following Table.

MHz	5	10	15	20	25	mm
150	39	77	116	155	194	SAR Test Exclusion Threshold (mW)
300	27	55	82	110	137	
450	22	45	67	89	112	
835	16	33	49	66	82	
900	16	32	47	63	79	
1500	12	24	37	49	61	
1900	11	22	33	44	54	
2450	10	19	29	38	48	
3600	8	16	24	32	40	
5200	7	13	20	26	33	
5400	6	13	19	26	32	
5800	6	12	19	25	31	

The 1-g and 10-g SAR test exclusion thresholds for 100 MHz to 6 GHz at test separation distances ≤ 50 mm are determined by:

$$[(\text{max. power of channel, including tune-up tolerance, mW}) / (\text{min. test separation distance, mm})] \cdot [\sqrt{f(\text{GHz})}] \leq 3.0 \text{ for 1-g SAR and } \leq 7.5 \text{ for 10-g extremity SAR, where } f(\text{GHz}) \text{ is the RF channel transmit frequency in GHz}$$

Power and distance are rounded to the nearest mW and mm before calculation

The result is rounded to one decimal place for comparison

The test exclusions are applicable only when the minimum test separation distance is ≤ 50 mm and for transmission frequencies between 100 MHz and 6 GHz. When the minimum test separation distance is < 5 mm, a distance of 5 mm is applied to determine SAR test exclusion.

Maximum measured transmitter power.

BR+EDR

Operating Mode	Frequency	Measured Power	max. power	Antenna Gain	Antenna Gain (linear)	min. test separation distance	Result	Limit
	(MHz)	(dBm)	(mW)	(dBi)	/	(mm)		
GFSK	2402	1.333	1.36	-0.58	0.87	5	0.3687	3
	2441	0.872	1.22	-0.58	0.87	5	0.3342	3
	2480	-0.159	0.96	-0.58	0.87	5	0.2657	3
π/4DQPSK	2402	2.075	1.61	-0.58	0.87	5	0.4373	3
	2441	1.442	1.39	-0.58	0.87	5	0.3811	3
	2480	0.496	1.12	-0.58	0.87	5	0.3089	3
8DPSK	2402	1.242	1.33	-0.58	0.87	5	0.3610	3
	2441	0.683	1.17	-0.58	0.87	5	0.3200	3
	2480	-0.223	0.95	-0.58	0.87	5	0.2618	3

Remark: The best case gain of the antenna is -0.58dBi.

-0.58dBi logarithmic terms convert to numeric result is nearly 0.87

The 1-g and 10-g SAR test exclusion thresholds for 100 MHz to 6 GHz at test separation distances ≤ 50 mm are determined by:

$$[(\text{max. power of channel, including tune-up tolerance, mW}) / (\text{min. test separation distance, mm})] \cdot [\sqrt{f(\text{GHz})}]$$

The test Result is less than 3.0 for 1-g SAR and ≤ 7.5 for 10-g extremity SAR.

Conclusion: No SAR is required.