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Report No.: SZEM130600298002
Page: 1 of 5

SAR Evaluation Report

Application No.: SZEM1306002980RF
Applicant: IDT Technology Limited
Manufacturer: IDT Technology Limited
Factory: IDT Technology Limited
Product Name: BOWFLEX BOOST Activity Monitor
Model No.(EUT): 100350
FCC ID: NMT100350
Standards: 47 CFR Part 1.1307(2012)
47 CFR Part 2.1093 (2012)
KDB447498D01 General RF Exposure Guidance v05
Date of Receipt: 2013-06-09
Date of Test: 2013-06-27 to 2013-06-28
Date of Issue: 2013-07-30

| | |
|----------------------|--------------|
| Test Result : | PASS* |
|----------------------|--------------|

* In the configuration tested, the EUT complied with the standards specified above.

Authorized Signature:



Jack Zhang
EMC Laboratory Manager

The manufacturer should ensure that all products in series production are in conformity with the product sample detailed in this report. If the product in this report is used in any configuration other than that detailed in the report, the manufacturer must ensure the new system complies with all relevant standards. Any mention of SGS International Electrical Approvals or testing done by SGS International Electrical Approvals in connection with, distribution or use of the product described in this report must be approved by SGS International Electrical Approvals in writing.

The report must not be used by the client to claim product certification, approval, or endorsement by NVLAP, NIST, or any agency of the federal government. All test results in this report can be traceable to National or International Standards.

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2 Contents

| | Page |
|---|------|
| 1 COVER PAGE | 1 |
| 2 CONTENTS | 2 |
| 3 GENERAL INFORMATION | 3 |
| 3.1 CLIENT INFORMATION | 3 |
| 3.2 GENERAL DESCRIPTION OF EUT | 3 |
| 3.3 TEST LOCATION | 3 |
| 3.4 TEST FACILITY | 4 |
| 3.5 DEVIATION FROM STANDARDS | 4 |
| 3.6 ABNORMALITIES FROM STANDARD CONDITIONS | 4 |
| 3.7 OTHER INFORMATION REQUESTED BY THE CUSTOMER | 4 |
| 4 SAR EVALUATION | 5 |
| 4.1 RF EXPOSURE COMPLIANCE REQUIREMENT | 5 |
| 4.1.1 <i>Standard Requirement</i> | 5 |
| 4.1.2 <i>Limits</i> | 5 |
| 4.1.3 <i>EUT RF Exposure</i> | 5 |

3 General Information

3.1 Client Information

| | |
|--------------------------|---|
| Applicant: | IDT Technology Limited |
| Address of Applicant: | Block C, 9/F., Kaiser Estate, Phase 1, 41 Man Yue Street, Hung Hom, Kowloon, Hong Kong. |
| Manufacturer: | IDT Technology Limited |
| Address of Manufacturer: | Block C, 9/F., Kaiser Estate, Phase 1, 41 Man Yue Street, Hung Hom, Kowloon, Hong Kong. |
| Factory: | IDT Technology Limited |
| Address of Factory: | Chentian industrial Estate Xixiang, BaoAn, Shenzhen, P.R.C. |

3.2 General Description of EUT

| | |
|-----------------------|---|
| Product Name: | BOWFLEX BOOST Activity Monitor |
| Model No.: | 100350 |
| Operation Frequency: | 2402MHz~2480MHz |
| Bluetooth Version: | 4.0 |
| Modulation Technique: | Frequency Hopping Spread Spectrum(FHSS) |
| Modulation Type: | GFSK |
| Number of Channel: | 40 |
| Hopping Channel Type: | Adaptive Frequency Hopping systems |
| Sample Type: | Portable production |
| Antenna Type: | Integral |
| Power Supply: | Battery 1: Model No.: PL401017H-30 3.7V 30mAh 0.11Wh rechargeable battery Battery 2: Model No.: 401119 3.7V 40mAh rechargeable battery |
| Test Voltage: | DC 3.7V full battery |
| USB charging cable: | 5cm(Unshielded) |

3.3 Test Location

All tests were performed at:

SGS-CSTC Standards Technical Services Co., Ltd. Shenzhen Branch E&E Lab

No. 1 Workshop, M-10, Middle section, Science & Technology Park, Shenzhen, Guangdong, China 518057

Telephone: +86 (0) 755 2601 2053 Fax: +86 (0) 755 2671 0594

No tests were sub-contracted.



3.4 Test Facility

The test facility is recognized, certified, or accredited by the following organizations:

- **CNAS (No. CNAS L2929)**

CNAS has accredited SGS-CSTC Standards Technical Services Co., Ltd. Shenzhen Branch EMC Lab to ISO/IEC 17025:2005 General Requirements for the Competence of Testing and Calibration Laboratories (CNAS-CL01 Accreditation Criteria for the Competence of Testing and Calibration Laboratories) for the competence in the field of testing.

- **VCCI**

The 3m Semi-anechoic chamber, Full-anechoic Chamber and Shielded Room (7.5m x 4.0m x 3.0m) of SGS-CSTC Standards Technical Services Co., Ltd. have been registered in accordance with the Regulations for Voluntary Control Measures with Registration No.: R-2197, G-416, T-1153 and C-2383 respectively.

- **FCC – Registration No.: 556682**

SGS-CSTC Standards Technical Services Co., Ltd., Shenzhen EMC Laboratory has been registered and fully described in a report filed with the (FCC) Federal Communications Commission. The acceptance letter from the FCC is maintained in our files. Registration No.: 556682.

- **Industry Canada (IC)**

Two 3m Semi-anechoic chambers of SGS-CSTC Standards Technical Services Co., Ltd. have been registered by Certification and Engineering Bureau of Industry Canada for radio equipment testing with Registration No.: 4620C-1 & 4620C-2.

3.5 Deviation from Standards

None.

3.6 Abnormalities from Standard Conditions

None.

3.7 Other Information Requested by the Customer

None.



4 SAR Evaluation

4.1 RF Exposure Compliance Requirement

4.1.1 Standard Requirement

According to KDB447498D01 General RF Exposure Guidance v05

4.3.1. Standalone SAR test exclusion considerations

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 Exclusion Threshold condition, listed below, is satisfied.

4.1.2 Limits

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:

$$\left[\frac{\text{(max. power of channel, including tune-up tolerance, mW)}}{\text{(min. test separation distance, mm)}} \cdot \sqrt{f(\text{GHz})} \right] \leq 3.0$$
 for 1-g SAR and ≤ 7.5 for 10-g extremity SAR, where

$f(\text{GHz})$ is the RF channel transmit frequency in GHz

Power and distance are rounded to the nearest mW and mm before calculation¹⁷

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

4.1.3 EUT RF Exposure

The Max Conducted Peak Output Power is -1.48dBm in middle channel(2.440GHz);

The best case gain of the antenna is -1.0dBi.

EIRP= -1.48dBm – 1.0dBi = -2.48dBm

-2.48dBm logarithmic terms convert to numeric result is nearly 0.565mW

According to the formula. calculate the EIRP test result:

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

General RF Exposure = $(0.565\text{mW} / 5 \text{ mm}) \times \sqrt{2.440\text{GHz}} = 0.18$ ①

SAR requirement:

S= 3.0 ② ;

① < ②.

So the SAR report is not required.