



### MPE Calculation

Applicant: ICON Health & Fitness Inc.  
 Address: 1500 South 1000 West, Logan UT 84321, USA  
 Product: MP10QCFSG Module  
 Model No.: 363005

According to subpart 15.247(i) and subpart §1.1307(b)(1), systems operating under the provisions of this section shall be operated in a manner that ensures that the public is not exposed to radio frequency energy level in excess of the Commission's guidelines.

Limits for Maximum Permissible Exposure (MPE) (§1.1310, §2.1091)

(B) Limits for General Population/Uncontrolled Exposure				
Frequency Range (MHz)	Electric Field Strength (V/m)	Magnetic Field Strength (A/m)	Power Density (mW/cm <sup>2</sup> )	Averaging Time (minutes)
0.3–1.34	614	1.63	*(100)	30
1.34–30	824/f	2.19/f	*(180/f <sup>2</sup> )	30
30–300	27.5	0.073	0.2	30
300–1500	/	/	f/1500	30
1500–100,000	/	/	1.0	30

f = frequency in MHz; \* = Plane-wave equivalent power density;

According to §1.1310 and §2.1091 RF exposure is calculated.

Calculated Formulary:

Predication of MPE limit at a given distance

$S = PG/4\pi R^2$  = power density (in appropriate units, e.g. mW/cm<sup>2</sup>);

P = power input to the antenna (in appropriate units, e.g., mW);

G = power gain of the antenna in the direction of interest relative to an isotropic radiator, the power gain factor, is normally numeric gain;

R = distance to the center of radiation of the antenna (appropriate units, e.g., cm);

Calculated Data:

Maximum peak output power at antenna input terminal (dBm):	4.35(BT), 19.94(Wi-Fi), 20.06(Simultaneous)
Maximum peak output power at antenna input terminal (mW):	2.72(BT), 98.63(Wi-Fi), 101.35(Simultaneous)
Prediction distance (cm):	20
Antenna Gain, typical (dBi):	1
Maximum Antenna Gain (numeric):	1.259
The worst case is power density at predication frequency at 20 cm (mW/cm <sup>2</sup> ):	0.00068(BT), 0.0247(Wi-Fi), 0.0254(Simultaneous)
MPE limit for general population exposure at prediction frequency (mW/cm <sup>2</sup> ):	1.0

0.0254 (mW/cm<sup>2</sup>) < 1 (mW/cm<sup>2</sup>)

Result: Compliant



Product Service

TUV SUD China, Shenzhen Branch

Reviewed by:

A handwritten signature in blue ink, appearing to read 'Phoebe Hu'.

Phoebe Hu/EMC Project Manager  
Date: 2014-12-12

Prepared By:

A handwritten signature in blue ink, appearing to read 'Calvin Weng'.

Calvin Weng/EMC Project Engineer  
Date: 2014-12-12