RF EXPOSURE REPORT

Applicant	Icon Health and Fitness, Inc.
Address	1500 South 1000 West, Logan Utah, United States 84321

Manufacturer or Supplier	Icon Health and Fitness, Inc.
Address	1500 South 1000 West, Logan Utah, United States 84321
Product	Tablet
Brand Name	N/A
Model	MP10-Argon2
Additional Model & Model Difference	N/A
Date of tests	Jun. 18, 2020 ~ Aug. 31, 2020

☒ **FCC Part 2 (Section 2.1091)**
☒ **KDB 447498 D01**
☒ **IEEE C95.1**

CONCLUSION: The submitted sample was found to COMPLY with the test requirement

Tested by Lucas Chen Project Engineer / EMC Department	Approved by Glyn He Assistant Manager / EMC Department
	 Date: Sep. 25, 2020

TABLE OF CONTENTS

RELEASE CONTROL RECORD 3
1. CERTIFICATION 4
2. RF EXPOSURE LIMIT 5
3. MPE CALCULATION FORMULA 5
4. CLASSIFICATION 5
5. ANTENNA GAIN 6
6. CALCULATION RESULT OF MAXIMUM CONDUCTED POWER 6

RELEASE CONTROL RECORD

ISSUE NO.	REASON FOR CHANGE	DATE ISSUED
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1. CERTIFICATION

PRODUCT:	Tablet
BRAND NAME:	N/A
MODEL NO.:	MP10-Argon2
ADDITIONAL MODEL:	N/A
FCC ID:	OMC425339
TEST SAMPLE:	ENGINEERING SAMPLE
APPLICANT:	ICON HEALTH AND FITNESS INC.
TESTED DATES:	Jun. 18, 2020 ~ Sep. 04, 2020
STANDARDS:	FCC Part 2 (Section 2.1091) KDB 447498 D01 IEEE C95.1

2. RF EXPOSURE LIMIT

LIMITS FOR MAXIMUM PERMISSIBLE EXPOSURE (MPE)

FREQUENCY RANGE (MHz)	ELECTRIC FIELD STRENGTH (V/m)	MAGNETIC FIELD STRENGTH (A/m)	POWER DENSITY (mW/cm^2)	AVERAGE TIME (minutes)
LIMITS FOR GENERAL POPULATION / UNCONTROLLED EXPOSURE				
300-1500	…	…	F/1500	30
1500-100,000	…	…	1.0	30

F = Frequency in MHz

3. MPE CALCULATION FORMULA

$Pd = (Pout*G) / (4*pi*r^2)$

where

Pd = power density in mW/cm^2

Pout = output power to antenna in mW

G = gain of antenna in linear scale

Pi = 3.1416

R = distance between observation point and center of the radiator in cm

4. CLASSIFICATION

The antenna of this product, under normal use condition, is at least 20cm away from the body of the user. So, this device is classified as **Mobile Device**.

5. ANTENNA GAIN

The antennas provided to the EUT, please refer to the following table:

Frequency Band	Antenna Gain (dBi)	Antenna Type
Wi-Fi 2.4GHz	2.31	FPCB Antenna
BT 2.4GHz	2.31	FPCB Antenna
Wi-Fi 5GHz (5150-5250MHz)	2.93	FPCB Antenna
Wi-Fi 5GHz (5250-5350MHz)	2.96	FPCB Antenna
Wi-Fi 5GHz (5500-5725MHz)	3.82	FPCB Antenna
Wi-Fi 5GHz (5725-5850MHz)	4.45	FPCB Antenna

6. CALCULATION RESULT OF MAXIMUM CONDUCTED POWER

The tuned conducted Average Power (declared by client)

Mode	Frequency (MHz)	Target Power (dBm)	Tolerance (dBm)	Lower Tolerance (dBm)	Upper Tolerance (dBm)
BT (GFSK)	2402-2480MHz	6	+-1	5	7
BT (8DPSK)	2402-2480MHz	4	+-1	3	5
BT-LE (GFSK)	2402-2480MHz	6	+-1	5	7
802.11b	2412-2462MHz	15	+-1	14	16
802.11g	2412-2462MHz	15	+-1	14	16
802.11n HT20	2412-2462MHz	14	+-1	13	15
Wi-Fi 5GHz(Band1)	5150-5250MHz	13	+-2	11	15
Wi-Fi 5GHz(Band2)	5250-5350MHz	13	+-2	11	15
Wi-Fi 5GHz(Band3)	5500-5725MHz	12	+-3	9	15
Wi-Fi 5GHz(Band4)	5725-5850MHz	13	+-2	11	15

The measured conducted Average Power

Mode	Frequency (MHz)	Averaged Power (dBm)
BT (GFSK)	2441	6.19
BT (8DPSK)	2441	3.96
BT-LE (GFSK)	2480	5.87
802.11b	2437	15.51
802.11g	2462	15.25
802.11n HT20	2412	14.30
Wi-Fi 5GHz(Band1)	5230	14.38
Wi-Fi 5GHz(Band2)	5270	14.34
Wi-Fi 5GHz(Band3)	5700	13.06
Wi-Fi 5GHz(Band4)	5785	14.78

FREQUENCY BAND (MHz)	MAX POWER (dBm)	ANTENNA GAIN (dBi)	DISTANCE (cm)	POWER DENSITY (mW/cm^2)	LIMIT (mW/cm^2)
BT 2.4GHz	7	2.31	20	0.001697	1.0
Wi-Fi 2.4GHz	16	2.31	20	0.013481	1.0
Wi-Fi 5GHz	15	4.45	20	0.017528	1.0

CONCLUSION:

The WLAN 2.4GHz and 5GHz can not transmit simultaneously, the BT and WLAN can transmit simultaneously, the formula of calculated the MPE is:

CPD1 / LPD1 + CPD2 / LPD2 + ……etc. < 1
CPD = Calculation power density
LPD = Limit of power density

(0.001697/1)+(0.013481/1) = 0.015178<1, which is less than the “1” limit.

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