

RF EXPOSURE REPORT

Applicant:	iFIT Health and Fitness, Inc.
Address:	1500 S 1000W, Logan, Utah 84321, United States
Manufacturer:	Guangzhou Yuandong Smart Sports Technology Co., Ltd.
Address:	Room 518, No. 198, Kezhu Road, Huangpu District, Guangzhou
Product Description:	Tablet
Brand Name:	iFIT
Tested Model:	MP24-Xenon-V; MP16-Xenon-V; MP10-Xenon-V
FCC ID:	OMC453584V
Report No.:	JCF240131021-005
Received Date:	Jan. 31, 2024
Tested Date:	Jan. 31, 2024 ~ Mar. 07, 2024
Issued Date:	Mar. 07, 2024
Test Standards:	KDB 447498 D01 General RF Exposure Guidance v06
Test Result:	Pass
Prepared By:	
 <u>Roger Li/Engineer</u> Date: Mar. 07, 2024	
Reviewed By:	
 <u>Kenny Zhang/Engineer</u> Date: Mar. 07, 2024	
Approved By:	
 <u>Talent Zhang/Engineer</u> Date: Mar. 07, 2024	

Note: The test results in this report apply exclusively to the tested model / sample. Without written approval of Guangzhou Jingce Testing Technology Co., Ltd. the test report shall not be reproduced except in full.

Report Revise Record

Report Version	Revise Time	Issued Date	Valid Version	Notes
V1.0	/	Mar. 07, 2024	Original Report	/

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1. Test Report Declare

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Address:	Room 518, No. 198, Kezhu Road, Huangpu District, Guangzhou
Product Name	Tablet
Brand Name:	iFIT
Model Name:	MP24-Xenon-V; MP16-Xenon-V; MP10-Xenon-V
Difference Description:	The three size variants of the product only differ in appearance, dimensions, and display circuitry, while everything else remains the same. All models share the same main chip and RF hardware, including modules, crystal oscillators, antennas, etc., and have identical functionality.

We Declare:

The equipment described above is tested by Guangzhou Jingce Testing Technology Co., Ltd. and in the configuration tested the equipment complied with the standards specified above. The test results are contained in this test report and Guangzhou Jingce Testing Technology Co., Ltd. is assumed of full responsibility for the accuracy and completeness of these tests except as provided information by clients.

2. Equipment Under Test

2.1. Description of EUT

EUT* Name:	Tablet
Model Number:	MP24-Xenon-V; MP16-Xenon-V; MP10-Xenon-V
EUT Function Description:	Refer to user manual
Power Supply:	DC 12V 3A
Hardware Version:	N/A
Software Version:	N/A
Radio Specification:	Bluetooth V5.2, IEEE802.11b/g/n/ac
Operation Frequency:	Bluetooth: 2402MHz-2480MHz IEEE802.11b/g/n/a/ac/ax: 2412MHz-2462MHz, 5180MHz—5825MHz
Modulation:	Bluetooth: GFSK, $\pi/4$ -DQPSK, 8DPSK IEEE 802.11b: DSSS (CCK, QPSK, BPSK) IEEE 802.11g: OFDM (64QAM, 16QAM, QPSK, BPSK) IEEE 802.11n HT20, HT40: OFDM (64QAM, 16QAM, QPSK, BPSK) IEEE 802.11a: OFDM (64QAM, 16QAM, QPSK, BPSK) IEEE 802.11ac (HT20/40/80): OFDM (256QAM, 64QAM, 16QAM, QPSK, BPSK)
Data Rate:	Bluetooth: 1Mbps, 2Mbps, 3Mbps IEEE 802.11b: 1, 2, 5.5, 11Mbps IEEE 802.11g: 6, 9, 12, 18, 24, 36, 48, 54 Mbps IEEE 802.11n HT20: 6.5, 13, 19.5, 26, 39, 52, 58.5, 65Mbps IEEE 802.11n HT40: 13.5, 27, 40.5, 54, 81, 108, 121.5, 135Mbps IEEE 802.11a: 6, 9, 12, 18, 24, 36, 48, 54 Mbps IEEE 802.11n HT20: 14.4, 28.9, 43.3, 57.8, 86.7, 115.6, 130.0, 144.4 Mbps IEEE 802.11n HT40: 30, 60, 90, 120, 180, 240, 270, 300 Mbps IEEE 802.11ac HT20: 14.4, 28.8, 43.4, 57.8, 86.6, 115.6, 130, 144.4, 173.4 Mbps IEEE 802.11ac HT40: 30, 60, 90, 120, 180, 240, 270, 300, 360, 400 Mbps IEEE 802.11ac HT80: 65, 130, 195, 260, 390, 520, 585, 650, 780, 866.6 Mbps
Antenna Type:	BT&BLE:FPC Antenna, 5.16dBi; 2.4GHz WLAN:FPC Antenna, Ant1: 4.81dBi, Ant2: 4.39dBi; 5GHz RLAN: FPC Antenna, Ant1: 4.37dBi, Ant2: 5.83dBi;
Product Type:	<input type="checkbox"/> Portable device <input checked="" type="checkbox"/> Mobile device <input type="checkbox"/> Fixed device

Note 1: EUT is the ab. of equipment under test.

Note 2: The antenna gain is declared by the customer and the laboratory is not responsible for the accuracy of the antenna gain.

2.2. Description of Available Antennas

Test Mode	Transmit and Receive Mode	Description
BT&BLE	<input checked="" type="checkbox"/> 1TX, 1RX	ANT 1 can be used as transmitting/receiving antenna.
2.4G WIFI	<input checked="" type="checkbox"/> 2TX, 2RX	ANT 1 and ANT2 can be used as transmitting/receiving antenna.
5G WIFI	<input checked="" type="checkbox"/> 2TX, 2RX	ANT 1 and ANT2 can be used as transmitting/receiving antenna.

3. Test Laboratory

Guangzhou Jingce Testing Technology Co., Ltd.

Add.: No.192, Kezhu Road, Huangpu District, Guangzhou, Guangdong, China

Association for Laboratory Accreditation(A2LA). Certificate Number: 6594.01

FCC Designation Number: CN1331. Test Firm Registration Number: 360543

IC Test Firm Registration Number: 28796

Conformity Assessment Body identifier: CN0138

4. RF Exposure Measurement

4.1. Requirement

Systems operating under the provisions of FCC 47 CFR 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.

In accordance with 47 CFR FCC Part 2 Subpart J, section 2.1091 this device has been defined as mobile device whereby a distance of 0.2 m normally can be maintained between the user and the device, and below RF Permissible Exposure limit shall comply with.

4.2. 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				
0.3–1.34	614	1.63	*(100)	30
1.34–30	824/f	2.19/f	*(180/f ²)	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.

4.3. MPE Calculation Formula

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

where

Pd = power density in mW/cm²

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

4.4. 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.

4.5. Conducted Power

Band	Channel Frequency (MHz)	Average Power (dBm)
BT&BLE	2440	4.96
2.4G WIFI	2437	20.21
5G WIFI	5745	17.06

5. RF Exposure Calculation

We used the maximum power between the conducted power and ERP/EIRP to perform RF exposure exemption evaluation.

Band	Channel Frequency (MHz)	Conducted Power (dBm)	Antenna Gain (dBi)	Power Density (mW/cm ²)	Limit (mW/cm ²)	PASS/FAIL
BT&BLE	2440	4.96	5.16	0.002	1	PASS
2.4G WIFI	2437	20.21	4.81	0.063	1	PASS
5G WIFI	5745	17.06	5.83	0.039	1	PASS

Both of the WLAN and plug-in device 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

Therefore the worst-case situation is $0.002/1.00+0.063/1.00+0.039/1.00=0.104$, which is less than "1", This confirmed that the device comply with FCC 1.1310 MPE limit.

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