FCC RF Exposure Evaluation

1. Product Information

EUT	:	TREADMILL
Test Model	:	AHAA001
Power Supply	:	Input: 110-120V~, 60Hz, 550W
Hardware Version	:	/
Software Version	:	/
Bluetooth		
Frequency Range	:	2402MHz~2480MHz
Channel Number	:	79 channels for Bluetooth V5.0 (DSS)
Channel Spacing	:	1MHz for Bluetooth V5.0 (DSS)
Modulation Type	:	GFSK, π/4-DQPSK, 8-DPSK for Bluetooth V5.0 (DSS)
Bluetooth Version	:	V5.0
Antenna Description	:	PCB Antenna, 0dBi (Max.)
Exposure category	:	General population/uncontrolled environment
EUT Type	:	Production Unit
Device Type	:	Portable Devices

2. Evaluation Method

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 0.2m normally can be maintained between the user and the device, and below RF Permissible Exposure limit shall comply with.
In accordance with KDB447498D01 for Simultaneous transmission MPE test exclusion applies when the sum of the MPE ratios for all simultaneous transmitting antennas incorporated in a host device, based on the calculated/estimated, numerically modelled or measured field strengths or power density, is ≤ 1.0. The MPE ratio of each antenna is determined at the minimum test separation distance required by the operating configurations and exposure conditions of the host device, according to the ratio of field strengths or power density to MPE limit, at the test frequency. Either the maximum peak or spatially averaged results from measurements or numerical simulations may be used to determine the MPE ratios. Spatial averaging does not apply when MPE is estimated using simple calculations based on far-field plane-wave equivalent conditions. The antenna installation and operating requirements for the host device must meet the minimum test separation distances required by all antennas, in both standalone and simultaneous transmission operations, to satisfy compliance.

3. Limit

3. 1 Refer Evaluation Method

ANSI C95.1–2019: IEEE Standard for Safety Levels with Respect to Human Exposure to Electric, Magnetic, and Electromagnetic Fields, 0 Hz to 300 GHz
FCC KDB publication 447498 D01 General 1 RF Exposure Guidance v06: Mobile and Portable Devices RF Exposure Procedures and Equipment Authorization Policies.
FCC CFR 47 part1 1.1310: Radiofrequency radiation exposure limits.
FCC CFR 47 part2 2.1091: Radiofrequency radiation exposure evaluation: mobile devices.

3. 2 Limit

Limits for Maximum Permissible Exposure (MPE)/Controlled Exposure

Frequency Range (MHz)	Electric Field Strength(V/m)	Magnetic Field Strength(A/m)	Power Density (mW/cm^2)	Averaging Time (minute)
Limits for Occupational/Controlled Exposure				
0.3 – 3.0	614	1.63	(100) *	6
3.0 – 30	1842/f	4.89/f	($900/f^2$)*	6
30 – 300	61.4	0.163	1.0	6
300 – 1500	/	/	f/300	6
1500 – 100,000	/	/	5	6

Limits for Maximum Permissible Exposure (MPE)/Uncontrolled Exposure

Frequency Range(MHz)	Electric Field Strength(V/m)	Magnetic Field Strength(A/m)	Power Density (mW/cm^2)	Averaging Time (minute)
Limits for Occupational/Uncontrolled Exposure				
0.3 – 3.0	614	1.63	(100) *	30
3.0 – 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. MPE Calculation Method

Predication of MPE limit at a given distance
Equation from page 18 of OET Bulletin 65, Edition 97-01

$S=PG/4\pi R^2$

Where: S=power density
P=power input to antenna
G=power gain of the antenna in the direction of interest relative to an isotropic radiator
R=distance to the center of radiation of the antenna

5. Antenna Information

EUT can only use antennas certificated as follows provided by manufacturer;

Internal/External Identification	Antenna type and antenna number	Operate frequency band	Maximum antenna gain	Notes
Internal	PCB Antenna	2400-2500MHz	0dBi	BT Antenna

6. Conducted Power

[BT]

Mode	Channel	Frequency (MHz)	Peak Conducted Output Power (dBm)
GFSK	00	2402	-0.81
	39	2441	-0.59
	79	2480	-0.51
π/4-DQPSK	00	2402	0.71
	39	2441	0.54
	79	2480	0.26
8-DPSK	00	2402	0.27
	39	2441	0.56
	79	2480	0.33

7. Manufacturing Tolerance

[BT]

GFSK(Peak)			
Channel	Channel 00	Channel 39	Channel 78
Target (dBm)	0	0	0
Tolerance ± (dB)	1.0	1.0	1.0
π/4-DQPSK(Peak)			
Channel	Channel 00	Channel 39	Channel 78
Target (dBm)	0	0	0
Tolerance ± (dB)	1.0	1.0	1.0
8-DPSK(Peak)			
Channel	Channel 00	Channel 39	Channel 78
Target (dBm)	0	0	0
Tolerance ± (dB)	1.0	1.0	1.0

8. Measurement Results

8.1 Standalone Evaluation

[BT]

Band/Mode		f (GHz)	Antenna Distance (mm)	RF output power		SAR Test Exclusion Threshold	SAR Test Exclusion
				dBm	mW		
BT	GFSK	2.480	5	1.0	1.2589	0.3965< 3.0	Yes
	π/4-DQPSK	2.480	5	1.0	1.2589	0.3965< 3.0	Yes
	8-DPSK	2.480	5	1.0	1.2589	0.3965< 3.0	Yes

Remark:
1. Output power including tune up tolerance;
2. When the minimum test separation distance is < 5 mm, a distance of 5 mm according to f) in section 4.1 is applied to determine SAR test exclusion.

8.2 Simultaneous Transmission SAR Evaluation

The sample support one BT modular. No need considers simultaneous transmission.

9. Conclusion

The measurement results comply with the FCC Limit per 47 CFR 2.1093 for the uncontrolled RF Exposure and SAR Exclusion Threshold per KDB 447498 v06.

----------THE END OF REPORT----------