FCC Part 15C Test Report
FCC ID: 2AF6VPERSONAL

Product Name:	**Personal Power Plate**
Trademark:	POWER PLATE
Model Name :	**Personal Power Plate**
Prepared For : Address :	**Performance Health Systems UK LTD** **The Perfume Factory, Unit G-11, 140 Wales Farm Road, London, W3 6UG**
Prepared By : Address :	**Shenzhen BCTC Technology Co., Ltd.** No.101,Yousong Road,Longhua New District, Shenzhen,China
Test Date:	**Oct. 08 - Oct. 15, 2015**
Date of Report :	**Oct. 15, 2015**
Report No.:	**BCTC-150911804**

TEST RESULT CERTIFICATION

Applicant's name	:	Performance Health Systems UK LTD
Address	:	The Perfume Factory, Unit G-11, 140 Wales Farm Road, London, W3 6UG
Manufacture's Name	:	Performance Health Systems UK LTD
Address	:	The Perfume Factory, Unit G-11, 140 Wales Farm Road, London, W3 6UG

Product description

Product name	:	Personal Power Plate
Model and/or type reference	:	Personal Power Plate
Serial Model	:	N/A
Standards	:	FCC Part15.247
Test procedure		ANSI C63.4-2003

This device described above has been tested by BCTC, and the test results show that the equipment under test (EUT) is in compliance with the FCC requirements. And it is applicable only to the tested sample identified in the report.

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Testing Engineer : Eric Yang

(Eric Yang)

Technical Manager : Sophie Lu

(Sophia Lee)

Authorized Signatory : Casey Wang

SHENZHEN BCTC TECHNOLOGY CO., LTD. APPROVED

(Casey Wang)

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1. SUMMARY OF TEST RESULTS

Test procedures according to the technical standards:

FCC Part15 (15.247) , Subpart C			
Standard Section	Test Item	Judgment	Remark
15.207	Conducted Emission	PASS	
15.247 (a)(2)	6dB Bandwidth	PASS	
15.247 (b)	Peak Output Power	PASS	
15.247 (c)	Radiated Spurious Emission	PASS	
15.247 (d)	Power Spectral Density	PASS	
15.205	Band Edge Emission	PASS	
15.203	Antenna Requirement	PASS	

NOTE:

(1)” N/A” denotes test is not applicable in this Test Report

1.1 TEST FACILITY

Shenzhen BCTC Technology Co., Ltd.
Add. : No.101,Yousong Road,Longhua New District, Shenzhen,China
FCC Registered No.: 187086

1.2 MEASUREMENT UNCERTAINTY

The reported uncertainty of measurement **y ± U**，where expended uncertainty **U** is based on a standard uncertainty multiplied by a coverage factor of **k=2**，providing a level of confidence of approximately **95** %。

No.	Item	Uncertainty
1	Conducted Emission Test	±1.38dB
2	RF power,conducted	±0.16dB
3	Spurious emissions,conducted	±0.21dB
4	All emissions,radiated(<1G)	±4.68dB
5	All emissions,radiated(>1G)	±4.89dB
6	Temperature	±0.5°C
7	Humidity	±2%

2. GENERAL INFORMATION

2.1 GENERAL DESCRIPTION OF EUT

<table>
<tr><td>Equipment</td><td colspan="2">Personal Power Plate</td></tr>
<tr><td>Trade Name</td><td colspan="2">POWER PLATE®</td></tr>
<tr><td>Model Name</td><td colspan="2">Personal Power Plate</td></tr>
<tr><td>Serial Model</td><td colspan="2">N/A</td></tr>
<tr><td>Model Difference</td><td colspan="2">N/A</td></tr>
<tr><td>Product Description</td><td colspan="2">The EUT is a Personal Power Plate
<table><tr><td>Operation Frequency:</td><td>802.11b/g/n20MHz:2412~2462 MHz
802.11n40MHz:2422~2452 MHz</td></tr><tr><td>Modulation Type:</td><td>802.11b: DSSS (CCK, DQPSK, DBPSK)
802.11g/n(20/40): DSSS (CCK, DQPSK,DBPSK)+OFDM
(QPSK, BPSK, 16-QAM, 64-QAM)</td></tr><tr><td>Bit Rate of Transmitter</td><td>802.11b: 11/5.5/2/1Mbps
802.11g: 6Mbps, 9Mbps, 12Mbps, 18Mbps, 24Mbps, 36Mbps, 48Mbps,54Mbps
802.11n: Up to 150Mbps</td></tr><tr><td>Number Of Channel</td><td>802.11b/g/n20MHz:11CH
802.11n40MHz:7CH</td></tr><tr><td>Antenna Designation:</td><td>Please see Note 3.</td></tr><tr><td>Output Power(AV Conducted):</td><td>802.11b: 7.75 dBm (Max.)
802.11g: 6.89 dBm (Max.)
802.11n(20M) : 5.73dBm (Max.)
802.11n(40M) : 5.52 dBm (Max.)</td></tr><tr><td>Antenna Gain (dBi)</td><td>2.1dbi</td></tr></table>
Based on the application, features, or specification exhibited in User's Manual, the EUT is considered as an ITE/Computing Device. More details of EUT technical specification, please refer to the User's Manual.</td></tr>
<tr><td>Channel List</td><td colspan="2">Please refer to the Note 2.</td></tr>
<tr><td>Power Rating</td><td colspan="2">AC 120V/60Hz</td></tr>
<tr><td>Connecting I/O Port(s)</td><td colspan="2">Please refer to the User's Manual</td></tr>
</table>

Note:

1. For a more detailed features description, please refer to the manufacturer's specifications or the User's Manual.

2.

Channel List for 802.11b/g/n(20)							
Channel	Frequency (MHz)	Channel	Frequency (MHz)	Channel	Frequency (MHz)	Channel	Frequency (MHz)
01	2412	04	2427	07	2442	10	2457
02	2417	05	2432	08	2447	11	2462
03	2422	06	2437	09	2452		

Channel List for 802.11n(40MHz)							
Channel	Frequency (MHz)	Channel	Frequency (MHz)	Channel	Frequency (MHz)	Channel	Frequency (MHz)
03	2422	06	2437	09	2452		
04	2427	07	2442				
05	2432	08	2447				

3.

Table for Filed Antenna

Ant.	Brand	Model Name	Antenna Type	Connector	Gain (dBi)	NOTE
A	N/A	N/A	CHIP Antenna	N/A	2.1	Wifi Antenna

2.2 DESCRIPTION OF TEST MODES

To investigate the maximum EMI emission characteristics generates from EUT, the test system was pre-scanning tested base on the consideration of following EUT operation mode or test configuration mode which possible have effect on EMI emission level. Each of these EUT operation mode(s) or test configuration mode(s) mentioned above was evaluated respectively.

Pretest Mode	Description
Mode 1	802.11b CH1/ CH6/ CH11
Mode 2	802.11g CH1/ CH6/ CH11
Mode 3	802.11n CH1/ CH6/ CH11
Mode 4	Link Mode

For Conducted Emission	
Final Test Mode	Description
Mode 4	Link Mode

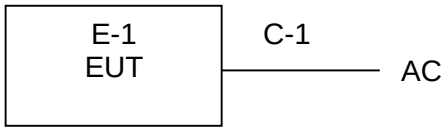
For Radiated Emission	
Final Test Mode	Description
Mode 1	802.11b CH1/ CH6/ CH11
Mode 2	802.11g CH1/ CH6/ CH11
Mode 3	802.11n CH1/ CH6/ CH11
Mode 4	802.11n CH3/ CH6/ CH9

Note:

(1) The measurements are performed at the highest, middle, lowest available channels.

(2) The measurements are performed at all Bit Rate of Transmitter, the worst data was reported

2.3 BLOCK DIGRAM SHOWING THE CONFIGURATION OF SYSTEM TESTED



2.4 DESCRIPTION OF SUPPORT UNITS(CONDUCTED MODE)

The EUT has been tested as an independent unit together with other necessary accessories or support units. The following support units or accessories were used to form a representative test configuration during the tests.

Item	Equipment	Mfr/Brand	Model/Type No.	Series No.	Note
E-1	Personal Power Plate	POWER PLATE	Personal Power Plate	N/A	EUT

Item	Shielded Type	Ferrite Core	Length	Note
C-1	NO	NO	1.0M	

Note:

(1) The support equipment was authorized by Declaration of Confirmation.
(2) For detachable type I/O cable should be specified the length in cm in『Length』column.

2.5 EQUIPMENTS LIST FOR ALL TEST ITEMS

Radiation Test equipment

Item	Kind of Equipment	Manufacturer	Type No.	Serial No.	Last calibration	Calibrated until	Calibration period
1	Spectrum Analyzer	Agilent	E4407B	MY45109572	2015.08.25	2016.08.24	1 year
2	Test Receiver	R&S	ESPI	101396	2015.08.25	2016.08.24	1 year
3	Bilog Antenna	SCHWARZBECK	VULB9160	VULB9160-3369	2015.08.25	2016.08.24	1 year
4	50Ω Coaxial Switch	Anritsu	MP59B	6200264416	2015.06.07	2016.06.06	1 year
5	Spectrum Analyzer	ADVANTEST	R3132	150900201	2015.06.07	2016.06.06	1 year
6	Horn Antenna	SCHWARZBECK	9120D	9120D-1275	2015.08.25	2016.08.24	1 year
7	Horn Ant	Schwarzbeck	BBHA 9170	9170-181	2015.07.06	2016.07.05	1 year
8	Amplifier	SCHWARZBECK	BBV9718	9718-270	2015.08.25	2016.08.24	1 year
9	Amplifier	SCHWARZBECK	BBV9743	9743-119	2015.08.25	2016.08.24	1 year
10	Loop Antenna	ARA	PLA-1030/B	1029	2015.06.08	2016.06.07	1 year
11	Power Meter	R&S	NRVS	100696	2015.07.06	2016.07.05	1 year
12	Power Sensor	R&S	URV5-Z4	0395.1619.05	2015.07.06	2016.07.05	1 year
13	RF cables	R&S	N/A	N/A	2015.07.06	2016.07.05	1 year

Conduction Test equipment

Item	Kind of Equipment	Manufacturer	Type No.	Serial No.	Last calibration	Calibrated until	Calibration period
1	Test Receiver	R&S	ESCI	101421	2015.08.25	2016.08.24	1 year
2	LISN	SCHWARZBECK	NSLK8127	812779	2015.08.25	2016.08.24	1 year
3	LISN	EMCO	Feb-16	42990	2015.08.24	2016.08.23	1 year
4	50Ω Coaxial Switch	Anritsu	MP59B	6200264417	2015.06.07	2016.06.06	1 year
5	Passive Voltage Probe	R&S	ESH2-Z3	100196	2015.06.07	2016.06.06	1 year

3. EMC EMISSION TEST

3.1 CONDUCTED EMISSION MEASUREMENT

3.1.1 POWER LINE CONDUCTED EMISSION Limits (Frequency Range 150KHz-30MHz)

FREQUENCY (MHz)	Class A (dBuV)		Class B (dBuV)		Standard
	Quasi-peak	Average	Quasi-peak	Average	
0.15 -0.5	79.00	66.00	66 - 56 *	56 - 46 *	CISPR
0.50 -5.0	73.00	60.00	56.00	46.00	CISPR
5.0 -30.0	73.00	60.00	60.00	50.00	CISPR

0.15 -0.5	79.00	66.00	66 - 56 *	56 - 46 *	FCC
0.50 -5.0	73.00	60.00	56.00	46.00	FCC
5.0 -30.0	73.00	60.00	60.00	50.00	FCC

Note:

(1) The tighter limit applies at the band edges.

(2) The limit of " * " marked band means the limitation decreases linearly with the logarithm of the frequency in the range.

The following table is the setting of the receiver

Receiver Parameters	Setting
Attenuation	10 dB
Start Frequency	0.15 MHz
Stop Frequency	30 MHz
IF Bandwidth	9 kHz

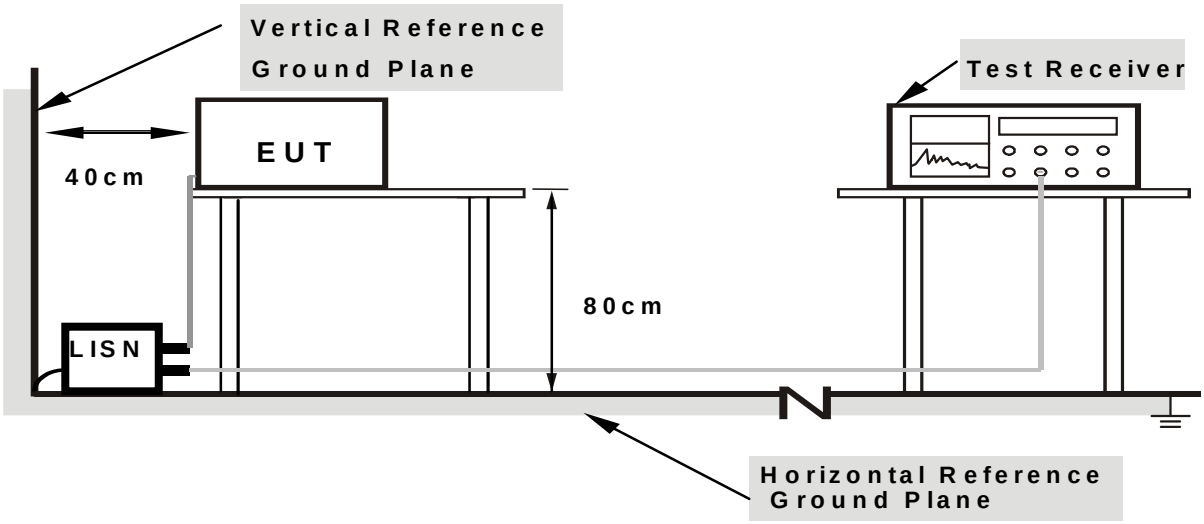
3.1.2 TEST PROCEDURE

a. The EUT was placed 0.8 meters from the horizontal ground plane with EUT being connected to the power mains through a line impedance stabilization network (LISN). All other support equipments powered from additional LISN(s). The LISN provide 50 Ohm/ 50uH of coupling impedance for the measuring instrument.
b. Interconnecting cables that hang closer than 40 cm to the ground plane shall be folded back and forth in the center forming a bundle 30 to 40 cm long.
c. I/O cables that are not connected to a peripheral shall be bundled in the center. The end of the cable may be terminated, if required, using the correct terminating impedance. The overall length shall not exceed 1 m.
d. LISN at least 80 cm from nearest part of EUT chassis.
e. For the actual test configuration, please refer to the related Item –EUT Test Photos.

3.1.3 DEVIATION FROM TEST STANDARD

No deviation

3.1.4 TEST SETUP



Note: 1.Support units were connected to second LISN.
2.Both of LISNs (AMN) are 80 cm from EUT and at least 80 from other units and other metal planes

3.1.5 EUT OPERATING CONDITIONS

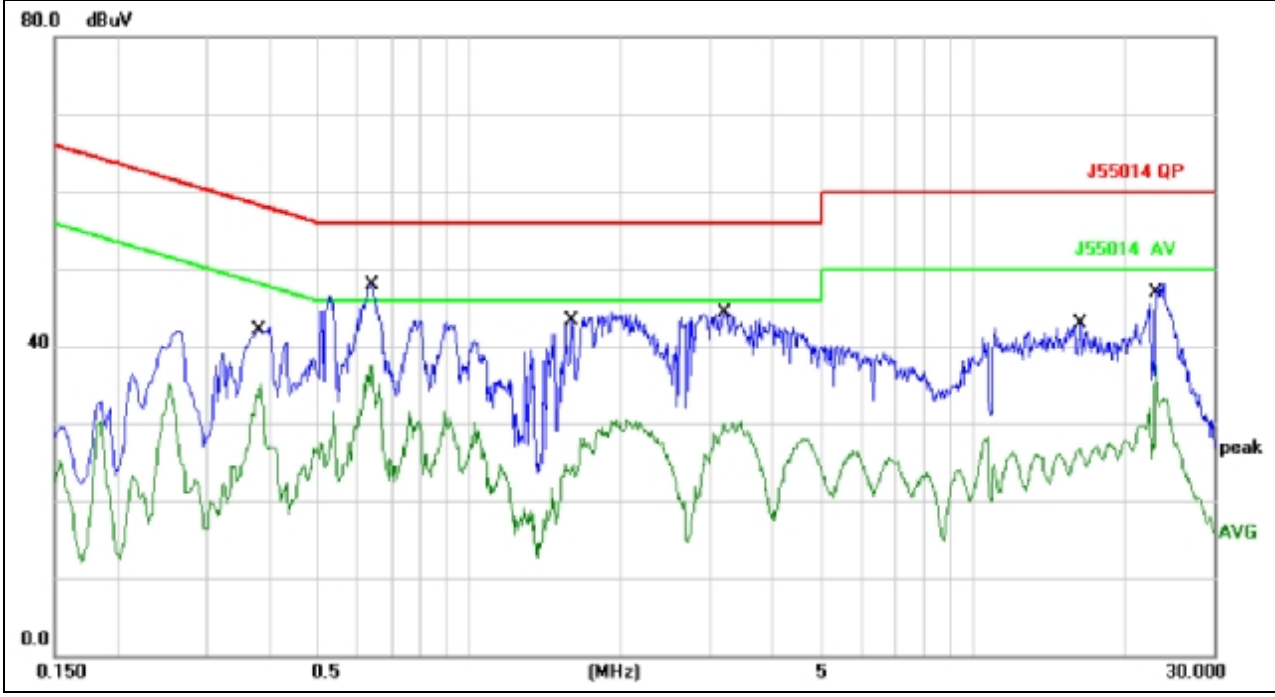
The EUT was configured for testing in a typical fashion (as a customer would normally use it). The EUT has been programmed to continuously transmit during test. This operating condition was tested and used to collect the included data.

3.1.6 TEST RESULTS

EUT：	Personal Power Plate	Model Name. ：	Personal Power Plate
Temperature：	26 ℃	Relative Humidity：	54%
Pressure：	1010hPa	Phase：	L
Test Voltage ：	AC120V/60Hz	Test Mode：	Mode 1

No.	Mk.	Freq.	Reading Level	Correct Factor	Measure-ment	Limit	Over		
		MHz	dBuV	dB	dBuV	dBuV	dB	Detector	Comment
1		0.3860	32.32	10.10	42.42	58.15	-15.73	QP	
2		0.3860	24.98	10.10	35.08	48.15	-13.07	AVG	
3	*	0.6419	37.82	10.13	47.95	56.00	-8.05	QP	
4		0.6419	27.33	10.13	37.46	46.00	-8.54	AVG	
5		1.5980	33.20	10.18	43.38	56.00	-12.62	QP	
6		1.5980	19.20	10.18	29.38	46.00	-16.62	AVG	
7		3.2139	34.03	10.18	44.21	56.00	-11.79	QP	
8		3.2139	20.11	10.18	30.29	46.00	-15.71	AVG	
9		16.3180	32.71	10.15	42.86	60.00	-17.14	QP	
10		16.3180	17.36	10.15	27.51	50.00	-22.49	AVG	
11		23.0260	37.85	10.19	48.04	60.00	-11.96	QP	
12		23.0260	27.24	10.19	37.43	50.00	-12.57	AVG	

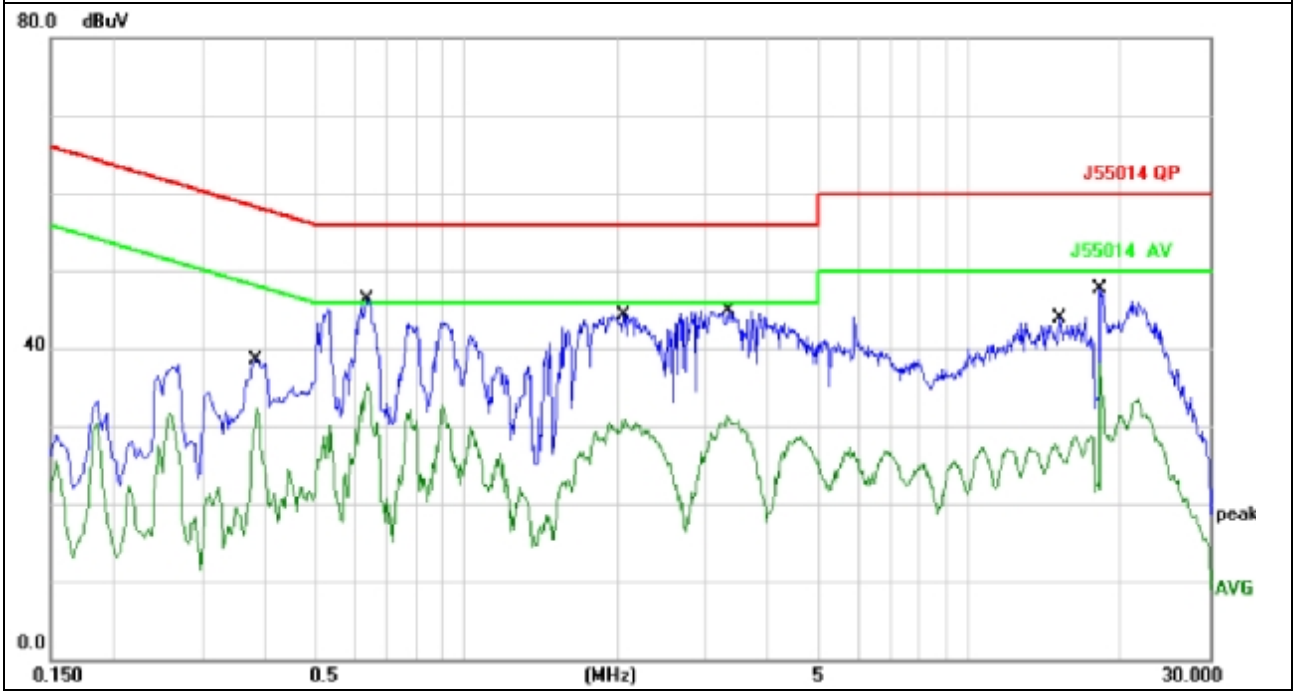
Remark:
1. All readings are Quasi-Peak and Average values.
2. Factor = Insertion Loss + Cable Loss.



EUT：	Personal Power Plate	Model Name. ：	Personal Power Plate
Temperature：	26 ℃	Relative Humidity：	54%
Pressure：	1010hPa	Phase：	N
Test Voltage ：	AC120V/60Hz	Test Mode：	Mode 1

No.	Mk.	Freq.	Reading Level	Correct Factor	Measure-ment	Limit	Over		
		MHz	dBuV	dB	dBuV	dBuV	dB	Detector	Comment
1		0.3820	28.47	10.10	38.57	58.23	-19.66	QP	
2		0.3820	22.17	10.10	32.27	48.23	-15.96	AVG	
3	*	0.6340	36.21	10.13	46.34	56.00	-9.66	QP	
4		0.6340	25.42	10.13	35.55	46.00	-10.45	AVG	
5		2.0660	34.65	10.18	44.83	56.00	-11.17	QP	
6		2.0660	20.81	10.18	30.99	46.00	-15.01	AVG	
7		3.3100	34.75	10.18	44.93	56.00	-11.07	QP	
8		3.3100	21.10	10.18	31.28	46.00	-14.72	AVG	
9		15.0660	33.83	10.15	43.98	60.00	-16.02	QP	
10		15.0660	18.51	10.15	28.66	50.00	-21.34	AVG	
11		18.2020	37.48	10.16	47.64	60.00	-12.36	QP	
12		18.2020	27.93	10.16	38.09	50.00	-11.91	AVG	

Remark:
1. All readings are Quasi-Peak and Average values.
2. Factor = Insertion Loss + Cable Loss.



3.2 RADIATED EMISSION MEASUREMENT

3.2.1 RADIATED EMISSION LIMITS (Frequency Range 9kHz-1000MHz)

20dBc in any 100 kHz bandwidth outside the operating frequency band. In case the emission fall within the restricted band specified on 15.205(a), then the 15.209(a) limit in the table below has to be followed.

Frequencies (MHz)	Field Strength (micorvolts/meter)	Measurement Distance (meters)
0.009~0.490	2400/F(KHz)	300
0.490~1.705	24000/F(KHz)	30
1.705~30.0	30	30
30~88	100	3
88~216	150	3
216~960	200	3
Above 960	500	3

LIMITS OF RADIATED EMISSION MEASUREMENT (Above 1000MHz)

FREQUENCY (MHz)	Class B (dBuV/m) (at 3M)	
	PEAK	AVERAGE
Above 1000	74	54

Notes:

(1) The limit for radiated test was performed according to FCC PART 15C.

(2) The tighter limit applies at the band edges.

(3) Emission level (dBuV/m)=20log Emission level (uV/m).

Spectrum Parameter	Setting
Attenuation	Auto
Start Frequency	1000 MHz
Stop Frequency	10th carrier harmonic
RB / VB (emission in restricted band)	1 MHz / 1 MHz for Peak, 1 MHz / *10Hz* for Average

Receiver Parameter	Setting
Attenuation	Auto
Start ~ Stop Frequency	9kHz~150kHz / RB 200Hz for QP
Start ~ Stop Frequency	150kHz~30MHz / RB 9kHz for QP
Start ~ Stop Frequency	30MHz~1000MHz / RB 120kHz for QP

3.2.2 TEST PROCEDURE

a. The measuring distance of at 3 m shall be used for measurements at frequency up to 1GHz. For frequencies above 1GHz, any suitable measuring distance may be used.
b. The EUT was placed on the top of a rotating table 1.5 meters above the ground at a 3 meter open area test site. The table was rotated 360 degrees to determine the position of the highest radiation.
c. The height of the equipment or of the substitution antenna shall be 1.5 m; the height of the test antenna shall vary between 1 m to 4 m. Both horizontal and vertical polarizations of the antenna are set to make the measurement.
d. The initial step in collecting conducted emission data is a spectrum analyzer peak detector mode pre-scanning the measurement frequency range. Significant peaks are then marked and then Quasi Peak detector mode re-measured.
e. If the Peak Mode measured value compliance with and lower than Quasi Peak Mode Limit, the EUT shall be deemed to meet QP Limits and then no additional QP Mode measurement performed.
f. For the actual test configuration, please refer to the related Item –EUT Test Photos.

Note:

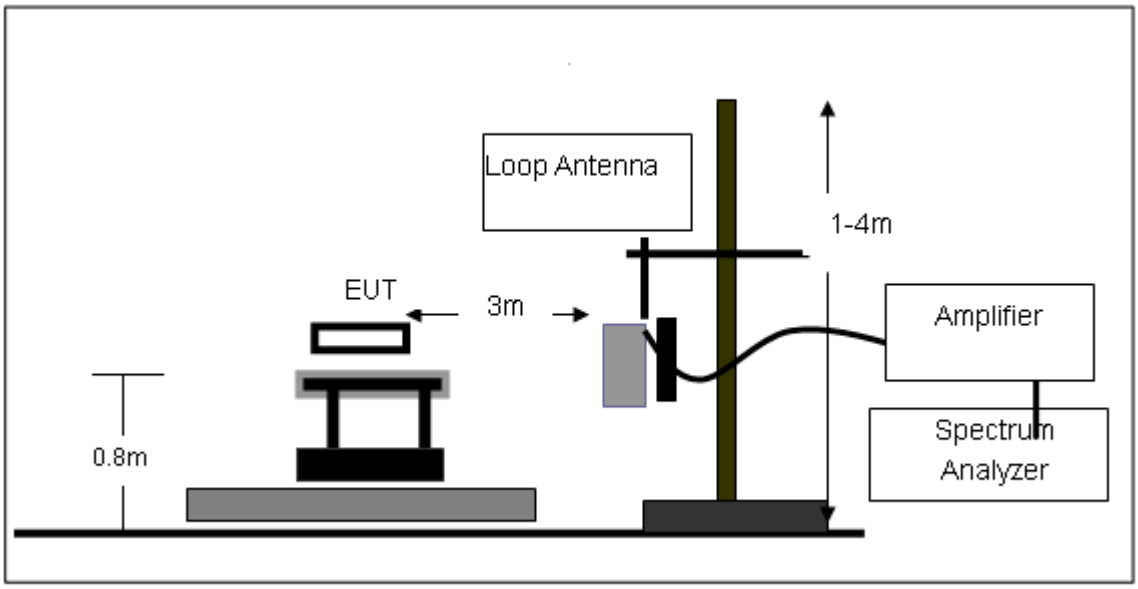
Both horizontal and vertical antenna polarities were tested
and performed pretest to three orthogonal axis. The worst case emissions were reported

3.2.3 DEVIATION FROM TEST STANDARD

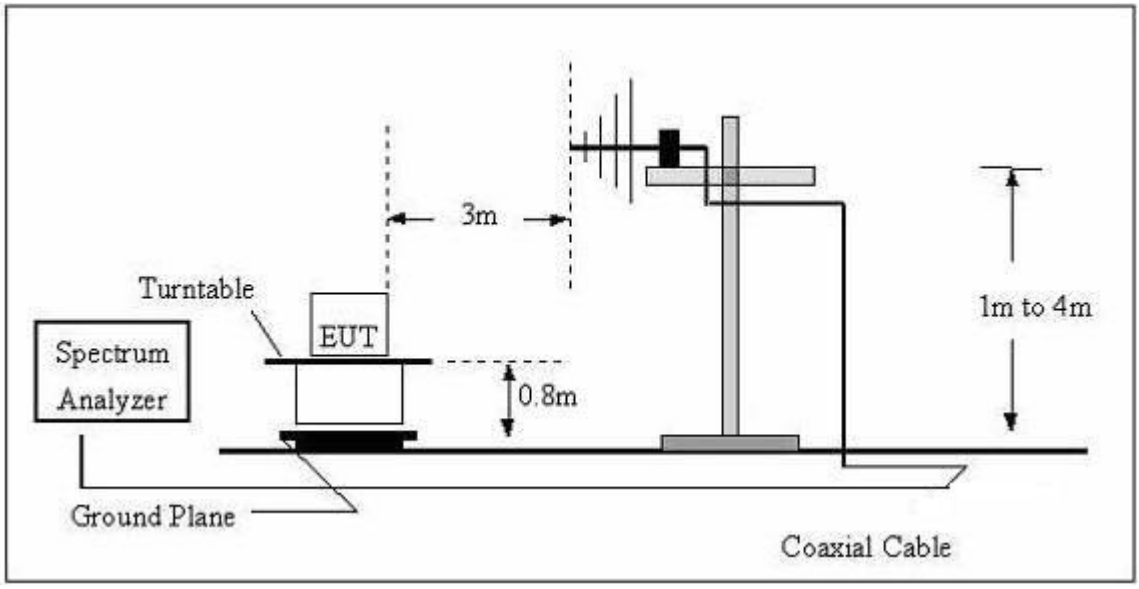
No deviation

3.2.4 TEST SETUP

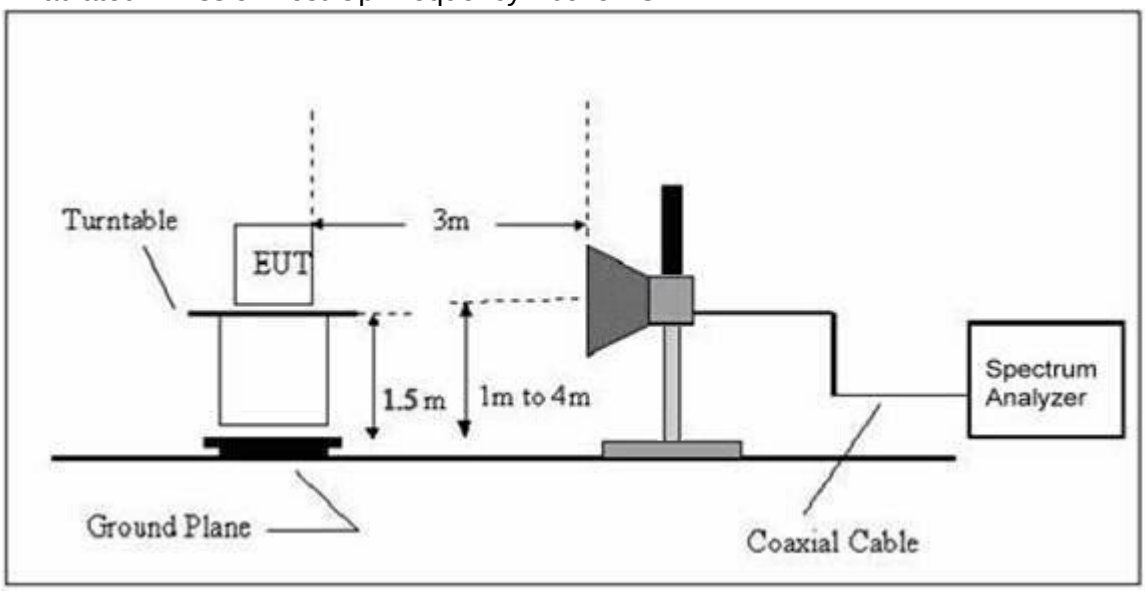
（A）Radiated Emission Test-Up Frequency Below 30MHz



（B）Radiated Emission Test-Up Frequency 30MHz~1GHz



（C）Radiated Emission Test-Up Frequency Above 1GHz



3.2.5 EUT OPERATING CONDITIONS

The EUT tested system was configured as the statements of 2.4 Unless otherwise a special operating condition is specified in the follows during the testing.

3.2.6 TEST RESULTS (BETWEEN 9KHZ – 30 MHZ)

EUT：	Personal Power Plate	Model Name. ：	Personal Power Plate
Temperature：	20 ℃	Relative Humidtity：	48%
Pressure：	1010 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX	Polarization :	--

Freq.	Reading	Limit	Margin	State
(MHz)	(dBuV/m)	(dBuV/m)	(dB)	P/F
--	--	--	--	PASS
--	--	--	--	PASS

NOTE:

The amplitude of spurious emissions which are attenuated by more than 20dB below the permissible value has no need to be reported.
Distance extrapolation factor =40 log (specific distance/test distance)(dB);
Limit line = specific limits(dBuv) + distance extrapolation factor.

3.2.7 TEST RESULTS (BETWEEN 30MHZ – 1GHZ)

EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	20 ℃	Relative Humidity：	48%
Pressure：	1010 hPa	Polarization：	Horizontal
Test Voltage ：	AC120V/60Hz		
Test Mode ：	TX		

No.	Mk.	Freq.	Reading Level	Correct Factor	Measure-ment	Limit	Over		Antenna Height	Table Degree	
		MHz	dBuV	dB/m	dBuV/m	dBuV/m	dB	Detector	cm	degree	Comment
1	*	61.1316	49.87	-11.75	38.12	40.00	-1.88	QP			
2	!	375.9385	55.07	-10.77	44.30	47.00	-2.70	QP			
3	!	425.0280	53.37	-9.60	43.77	47.00	-3.23	QP			
4	!	576.6443	47.98	-6.38	41.60	47.00	-5.40	QP			
5	!	750.1083	44.70	-3.04	41.66	47.00	-5.34	QP			
6	!	827.4934	46.20	-2.25	43.95	47.00	-3.05	QP			

Remark:
Factor = Antenna Factor + Cable Loss – Pre-amplifier.
All interfaces was connected, and BT TX mode was link.

EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	20 ℃	Relative Humidity：	48%
Pressure：	1010 hPa	Polarization：	Vertical
Test Voltage ：	AC120V/60Hz		
Test Mode ：	TX		

No.	Mk.	Freq.	Reading Level	Correct Factor	Measure-ment	Limit	Over		Antenna Height	Table Degree	
		MHz	dBuV	dB/m	dBuV/m	dBuV/m	dB	Detector	cm	degree	Comment
1	*	32.2925	45.24	-8.34	36.90	40.00	-3.10	QP			
2	!	40.7016	43.53	-8.94	34.59	40.00	-5.41	QP			
3	!	67.4382	49.30	-13.50	35.80	40.00	-4.20	QP			
4		375.9385	48.44	-10.77	37.67	47.00	-9.33	QP			
5		501.1790	46.29	-8.19	38.10	47.00	-8.90	QP			
6	!	827.4934	44.71	-2.25	42.46	47.00	-4.54	QP			

Remark:
Factor = Antenna Factor + Cable Loss – Pre-amplifier.
All interfaces was connected, and BT TX mode was link.

3.2.8 TEST RESULTS (ABOVE 1000 MHZ)

802.11b

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2412							
V	4824.00	67.44	-3.60	63.84	74.00	-10.16	Pk
V	4824.00	46.28	-3.60	42.68	54.00	-11.32	AV
H	4824.00	66.95	-3.58	63.37	74.00	-10.63	Pk
H	4824.00	43.26	-3.58	39.68	54.00	-14.32	AV
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11b

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2437							
V	4874.00	65.19	-3.64	61.55	74.00	-12.45	Pk
V	4874.00	42.57	-3.64	38.93	54.00	-15.07	AV
H	4874.00	64.28	-3.64	60.64	74.00	-13.36	Pk
H	4874.00	41.17	-3.64	37.53	54.00	-16.47	AV
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11b

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2462							
V	4924.00	56.39	-3.64	52.75	74.00	-21.25	pk
H	4924.00	55.48	-3.66	51.82	74.00	-22.18	pk
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11g

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2412							
V	4824.00	62.57	-3.6	58.97	74.00	-15.03	Pk
V	4824.00	40.61	-3.6	37.01	54.00	-16.99	AV
H	4824.00	63.22	-3.6	59.62	74.00	-14.38	Pk
H	4824.00	42.08	-3.6	38.48	54.00	-15.52	AV
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11g

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2437							
V	4874.00	63.17	-3.63	59.54	74.00	-14.46	Pk
V	4874.00	41.24	-3.63	37.61	54.00	-16.39	AV
H	4874.00	60.48	-3.64	56.84	74.00	-17.16	Pk
H	4874.00	40.83	-3.64	37.19	54.00	-16.81	AV
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11g

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2462							
V	4924.00	55.21	-3.60	51.61	74.00	-22.39	pk
H	4924.00	56.09	-3.66	52.43	74.00	-21.57	pk
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11n(20MHz)

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2412							
V	4824.00	62.18	-3.58	58.6	74.00	-15.40	Pk
V	4824.00	41.97	-3.58	38.39	54.00	-15.61	AV
H	4824.00	61.27	-3.60	57.67	74.00	-16.33	Pk
H	4824.00	39.58	-3.60	35.98	54.00	-18.02	AV
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11n(20MHz)

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2437							
V	4874.00	63.17	-3.63	59.54	74.00	-14.46	Pk
V	4874.00	41.24	-3.63	37.61	54.00	-16.39	AV
H	4874.00	60.48	-3.64	56.84	74.00	-17.16	Pk
H	4874.00	40.83	-3.64	37.19	54.00	-16.81	AV
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11n(20MHz)

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2462							
V	4924.00	59.67	-3.64	56.03	74.00	-17.97	pk
V	4924.00	37.19	-3.64	33.55	54.00	-20.45	AV
H	4924.00	55.94	-3.66	52.28	74.00	-21.72	pk
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11n(40MHz)

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2422							
V	4844.00	65.27	-3.53	61.74	74.00	-12.26	Pk
V	4844.00	44.28	-3.53	40.75	54.00	-13.25	AV
H	4844.00	66.97	-3.54	63.43	74.00	-10.57	Pk
H	4844.00	40.58	-3.54	37.04	54.00	-16.96	AV
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11n(40MHz)

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2437							
V	4874.00	63.82	-3.64	60.18	74.00	-13.82	Pk
V	4874.00	40.17	-3.64	36.53	54.00	-17.47	AV
H	4874.00	62.84	-3.64	59.2	74.00	-14.8	Pk
H	4874.00	39.56	-3.64	35.92	54.00	-18.08	AV
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

802.11n(40MHz)

Normal Voltage

Polar (H/V)	Frequency (MHz)	Meter Reading (dBuV)	Factor (dB)	Emission Level (dBuV/m)	Limits (dBuV/m)	Margin (dB)	Detector Type
operation frequency:2452							
V	4904.00	59.84	-3.75	56.09	74.00	-17.91	pk
V	4904.00	41.27	-3.75	37.52	54.00	-16.48	AV
H	4904.00	61.85	-3.74	58.11	74.00	-15.89	pk
H	4904.00	40.17	-3.74	36.43	54.00	-17.57	pk
Remark: Absolute Level= ReadingLevel+ Factor, Margin= Limit- Absolute Level							

4. POWER SPECTRAL DENSITY TEST

4.1 APPLIED PROCEDURES / LIMIT

FCC Part15 (15.247) , Subpart C				
Section	Test Item	Limit	Frequency Range (MHz)	Result
15.247	Power Spectral Density	8 dBm (in any 3KHz)	2400-2483.5	PASS

4.1.1 TEST PROCEDURE

1. Set analyzer center frequency to DTS channel center frequency.
2. Set the span to 1.5 times the DTS bandwidth.
3. Set the RBW to: 3 kHz ≤ RBW ≤ 100 kHz.
4. Set the VBW ≥ 3 x RBW.
5. Detector = peak.
6. Sweep time = auto couple.
7. Trace mode = max hold.
8. Allow trace to fully stabilize.
9. Use the peak marker function to determine the maximum amplitude level within the RBW.
10. If measured value exceeds limit, reduce RBW (no less than 3 kHz) and repeat.

4.1.2 DEVIATION FROM STANDARD

No deviation.

4.1.3 TEST SETUP

4.1.4 EUT OPERATION CONDITIONS

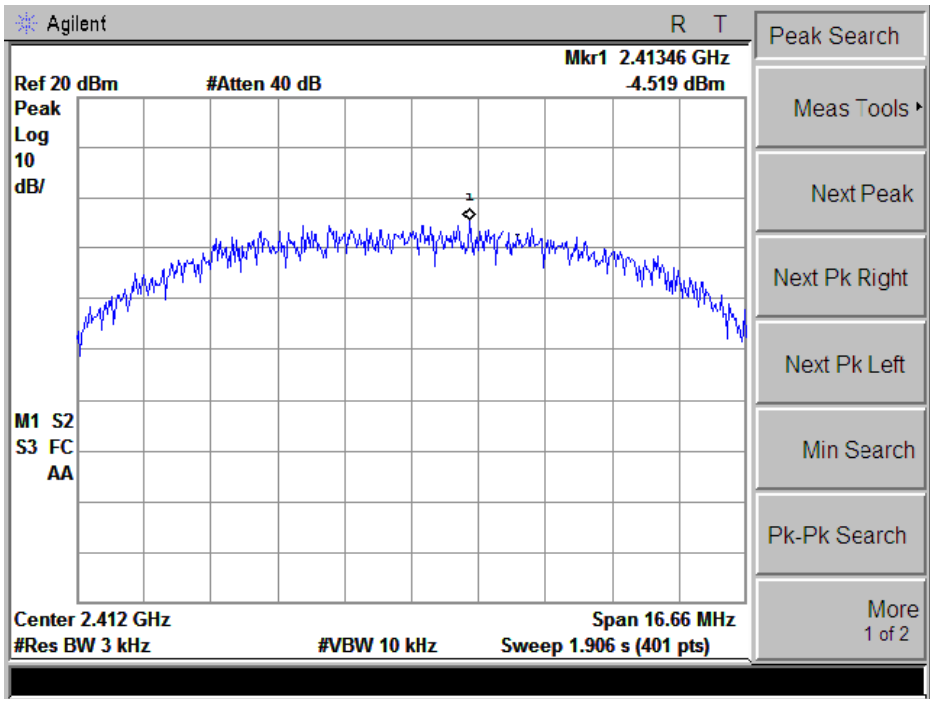
The EUT tested system was configured as the statements of 2.1 Unless otherwise a special operating condition is specified in the follows during the testing.

4.1.5 TEST RESULTS

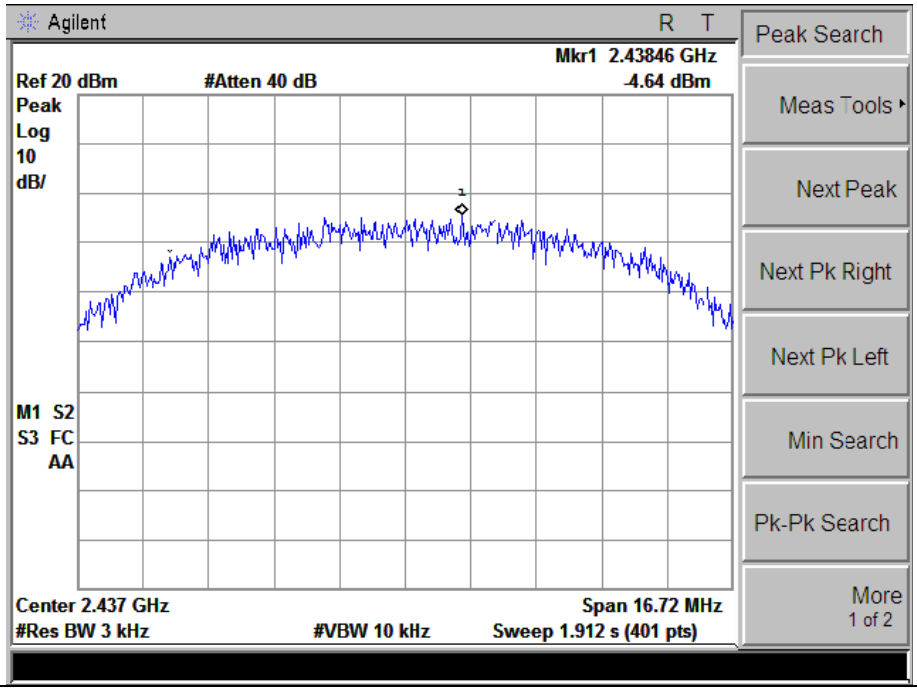
EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1015 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX b Mode /CH01, CH06, CH11		

Frequency	Power Density (dBm)	Limit (dBm)	Result
2412 MHz	-4.52	8	PASS
2437 MHz	-4.64	8	PASS
2462 MHz	-4.16	8	PASS

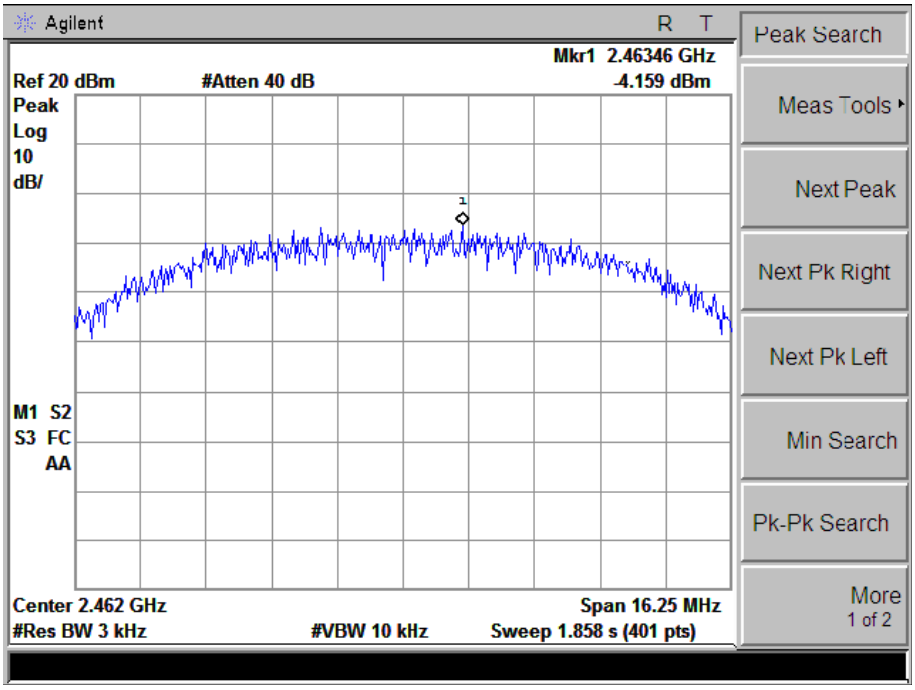
TX CH01



TX CH06



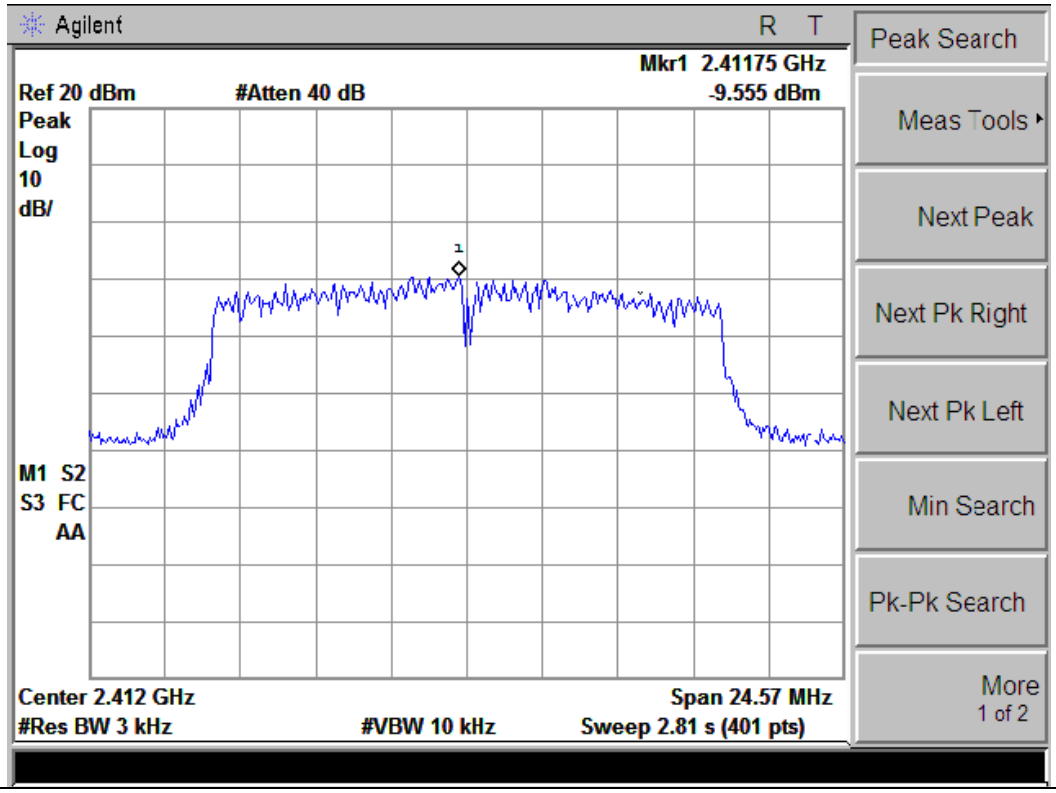
TX CH11



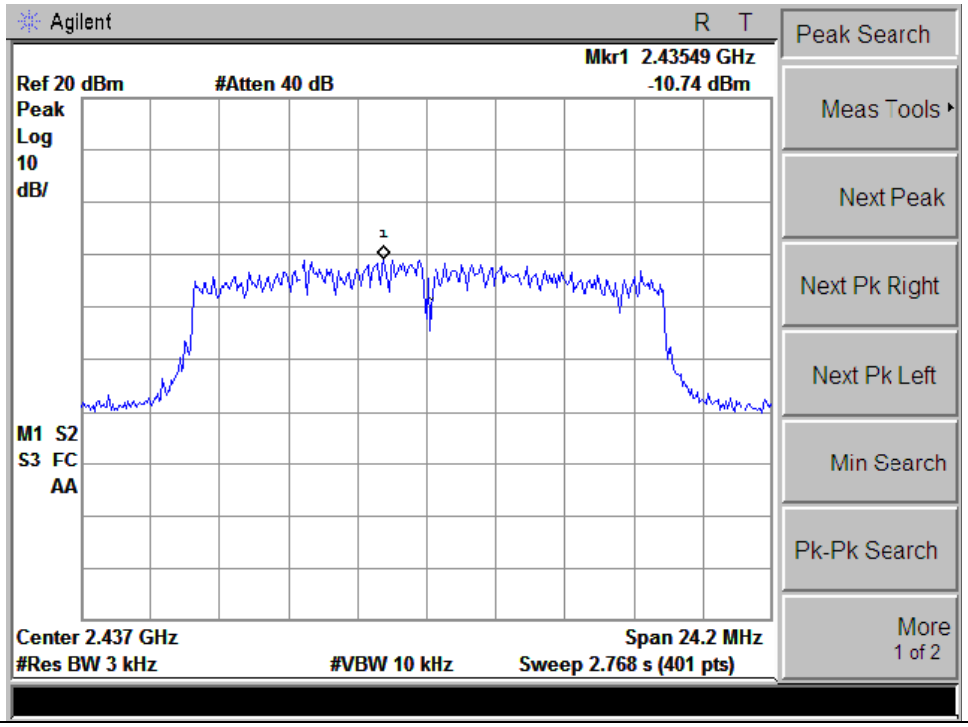
EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1015 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX g Mode /CH01, CH06, CH11		

Frequency	Power Density (dBm)	Limit (dBm)	Result
2412 MHz	-9.55	8	PASS
2437 MHz	-10.74	8	PASS
2462 MHz	-11.76	8	PASS

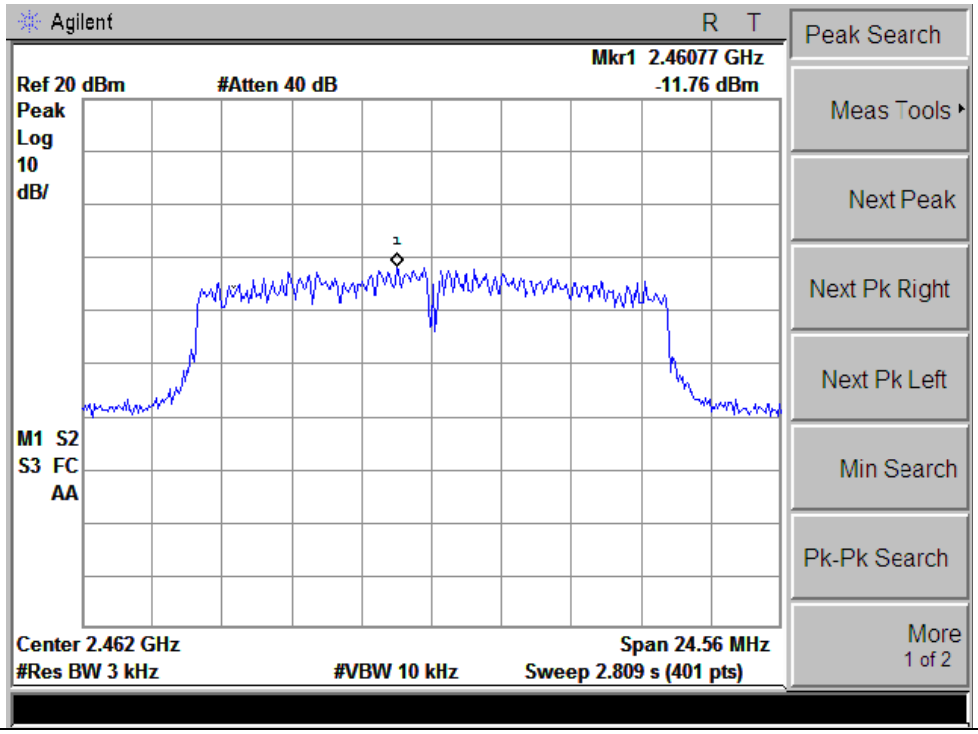
TX CH01



TX CH06



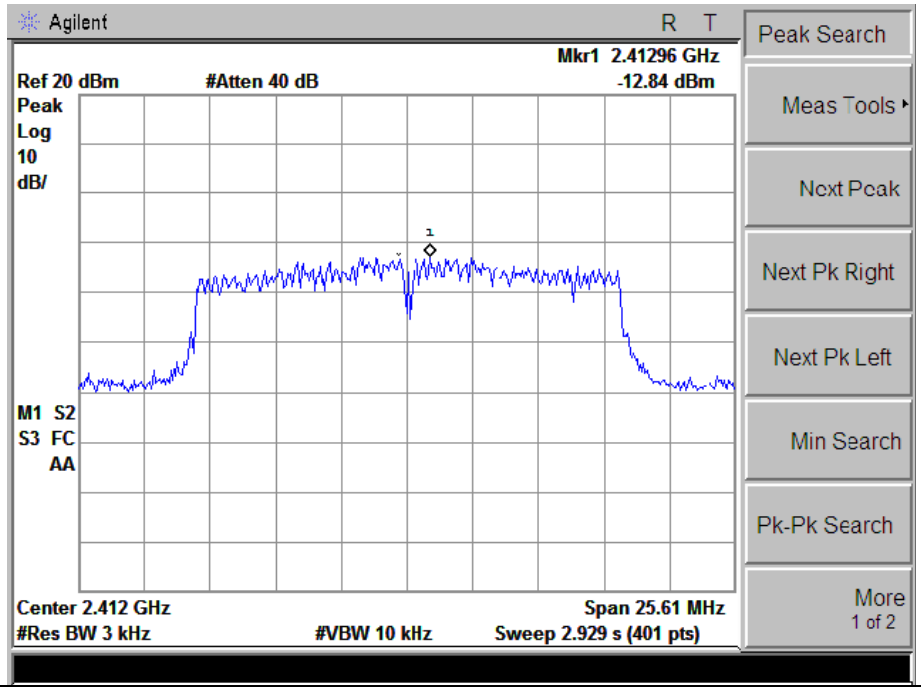
TX CH11



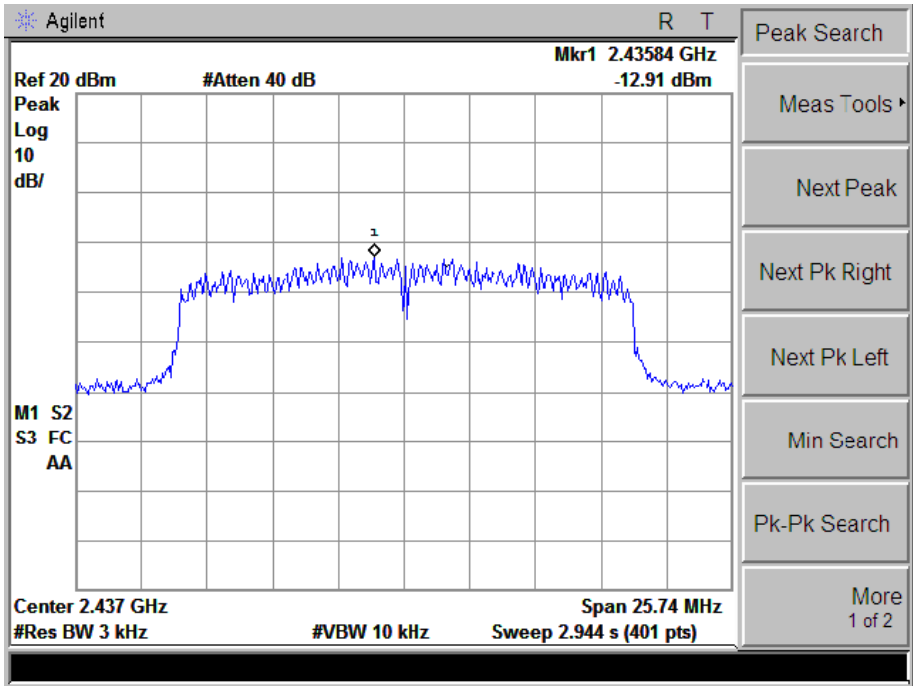
EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1015 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX n Mode(20M) /CH01, CH06, CH11		

Frequency	Power Density (dBm)	Limit (dBm)	Result
2412 MHz	-12.84	8	PASS
2437 MHz	-12.91	8	PASS
2462 MHz	-12.64	8	PASS

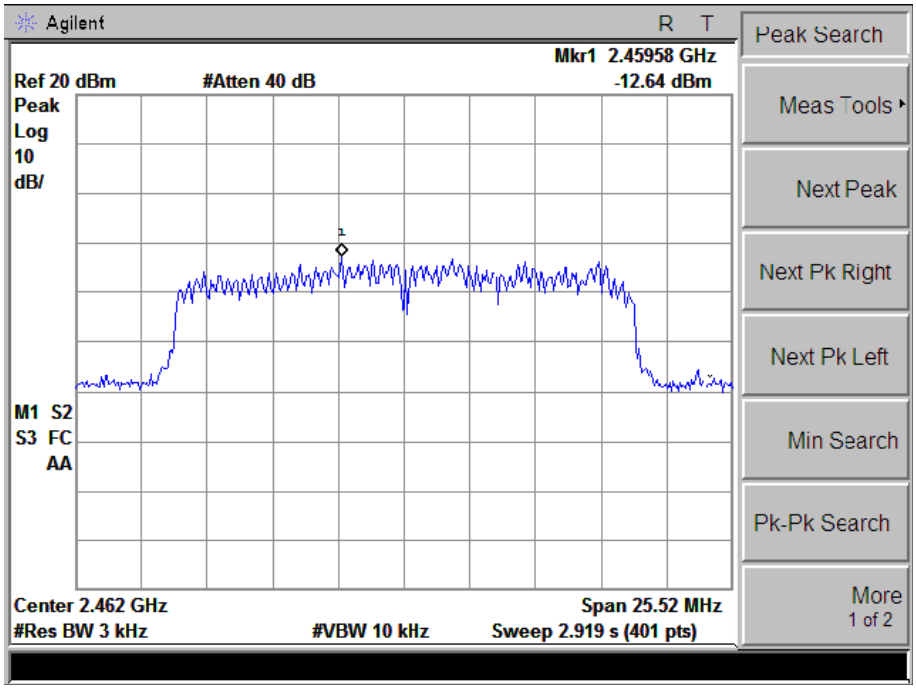
TX CH01



TX CH06



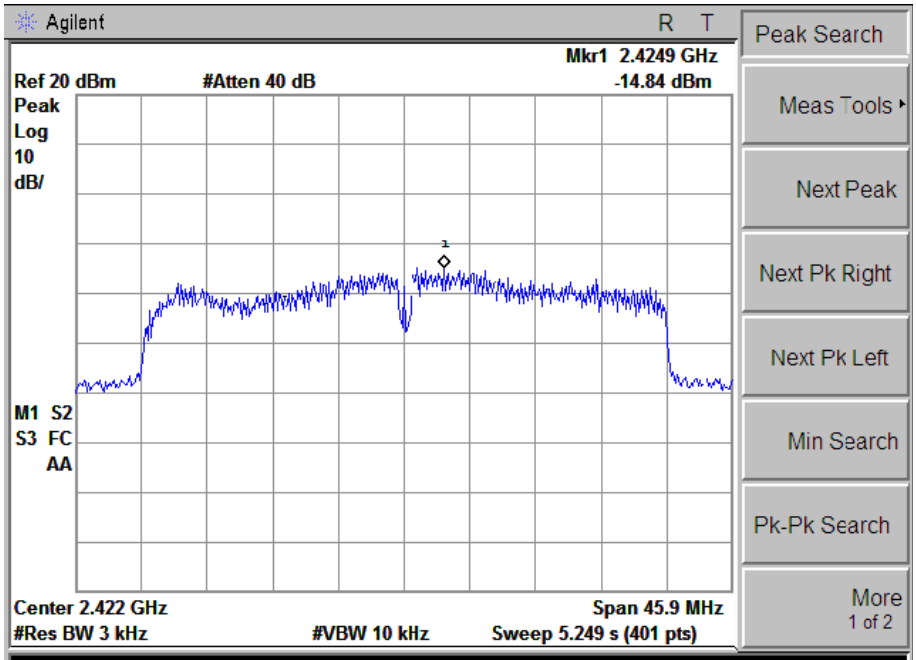
TX CH11



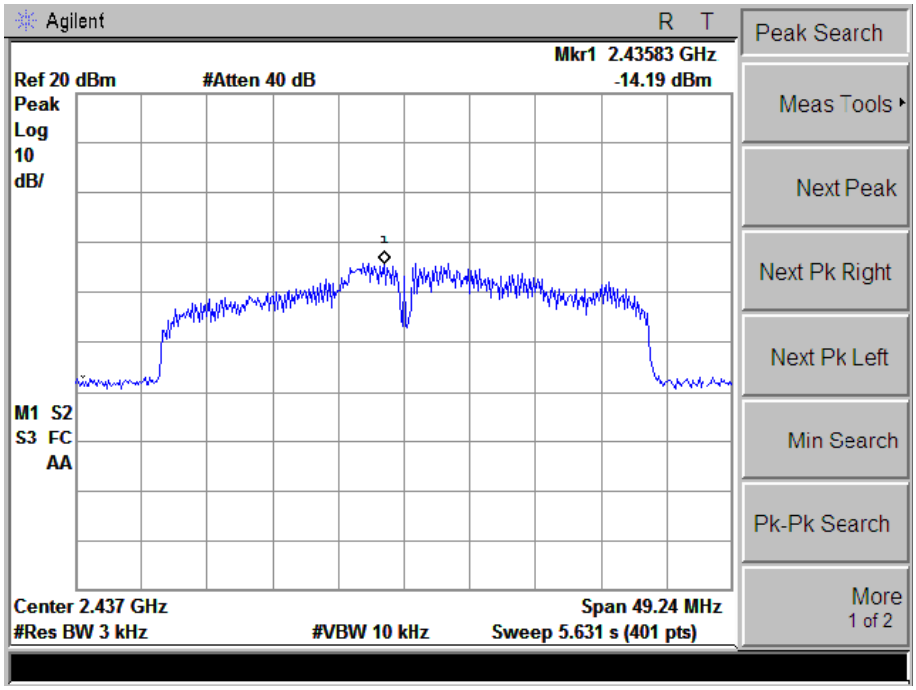
EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1015 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX n Mode(40M) /CH03, CH06, CH09		

Frequency	Power Density (dBm)	Limit (dBm)	Result
2422 MHz	-14.84	8	PASS
2437 MHz	-14.19	8	PASS
2452 MHz	-15.06	8	PASS

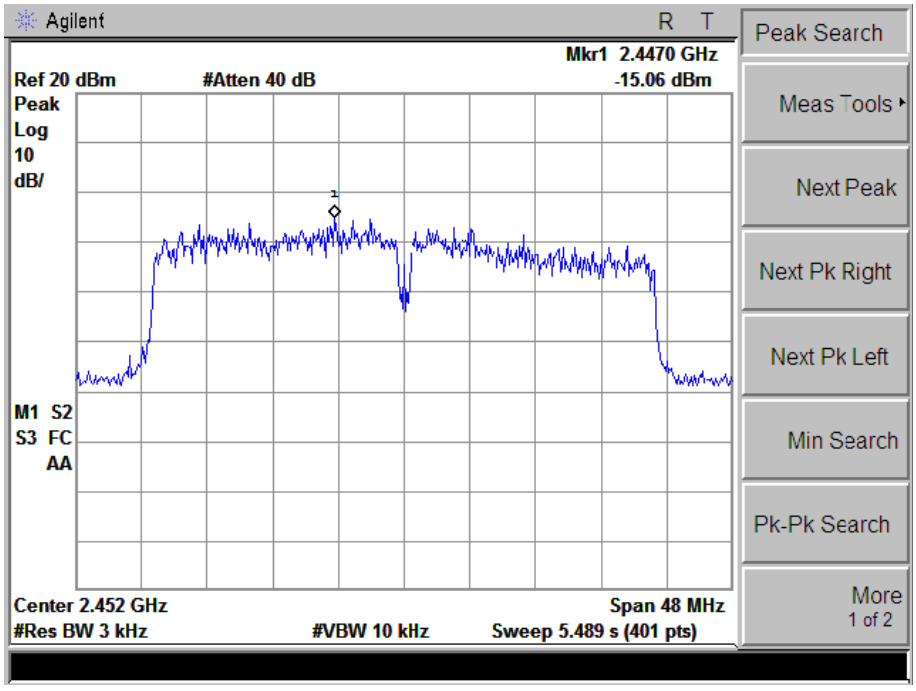
TX CH03



TX CH06



TX CH09



5. BANDWIDTH TEST

5.1 APPLIED PROCEDURES / LIMIT

FCC Part15 (15.247) , Subpart C				
Section	Test Item	Limit	Frequency Range (MHz)	Result
15.247(a)(2)	Bandwidth	>= 500KHz (6dB bandwidth)	2400-2483.5	PASS

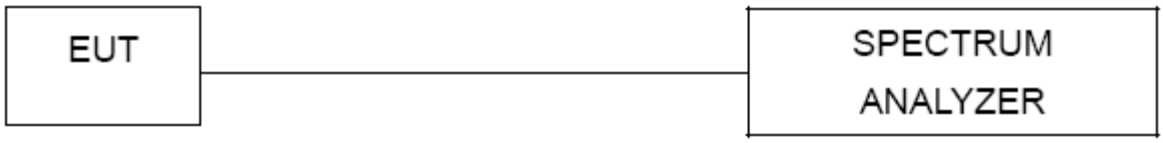
5.1.1 TEST PROCEDURE

1. Set RBW = 100 kHz.
2. Set the video bandwidth (VBW) ⩾ 3 x RBW.
3. Detector = Peak.
4. Trace mode = max hold.
5. Sweep = auto couple.
6. Allow the trace to stabilize.
7. Measure the maximum width of the emission that is constrained by the frequencies associated with the two outermost amplitude points (upper and lower frequencies) that are attenuated by 6 dB relative to the maximum level measured in the fundamental emission.

5.1.2 DEVIATION FROM STANDARD

No deviation.

5.1.3 TEST SETUP



5.1.4 EUT OPERATION CONDITIONS

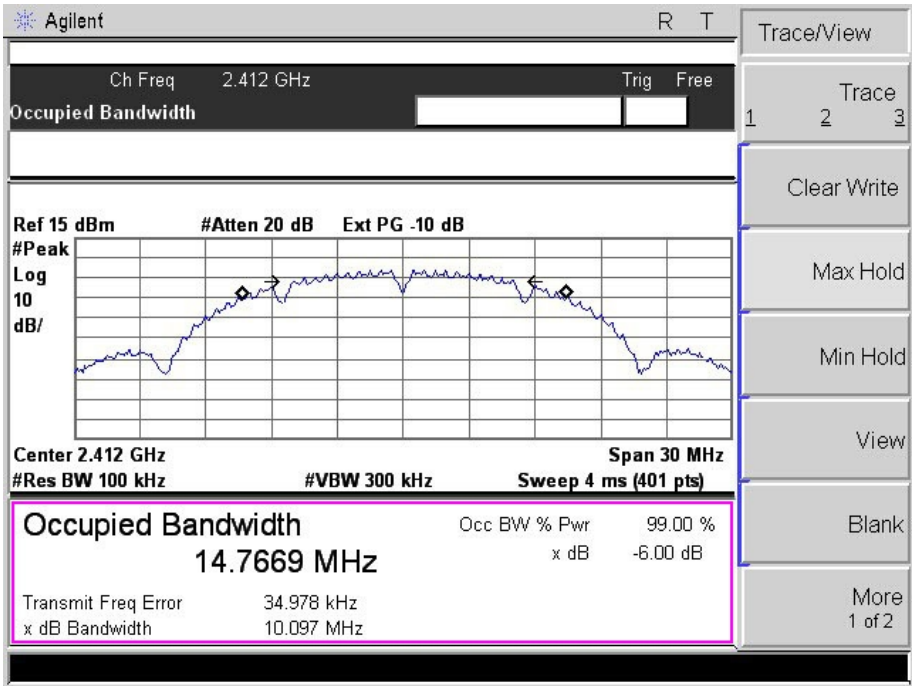
The EUT tested system was configured as the statements of 2.4 Unless otherwise a special operating condition is specified in the follows during the testing.

5.1.5 TEST RESULTS

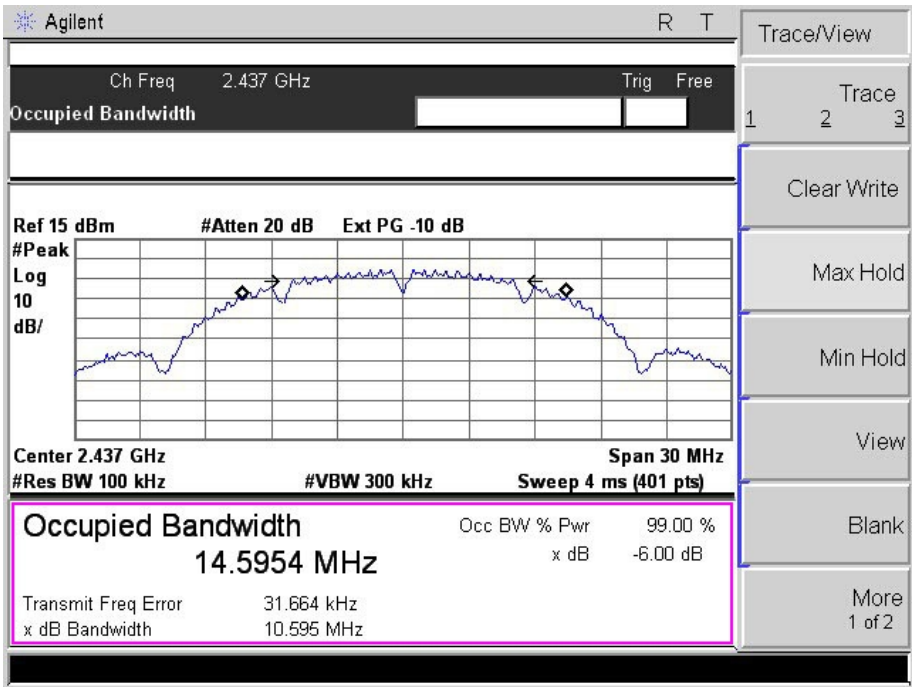
EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1012 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX b Mode /CH01, CH06, CH11		

Channel	Frequency (MHz)	6dB bandwidth (MHz)	Limit (kHz)	Result
Low	2412	10.097	500	Pass
Middle	2437	10.595	500	Pass
High	2462	10.374	500	Pass

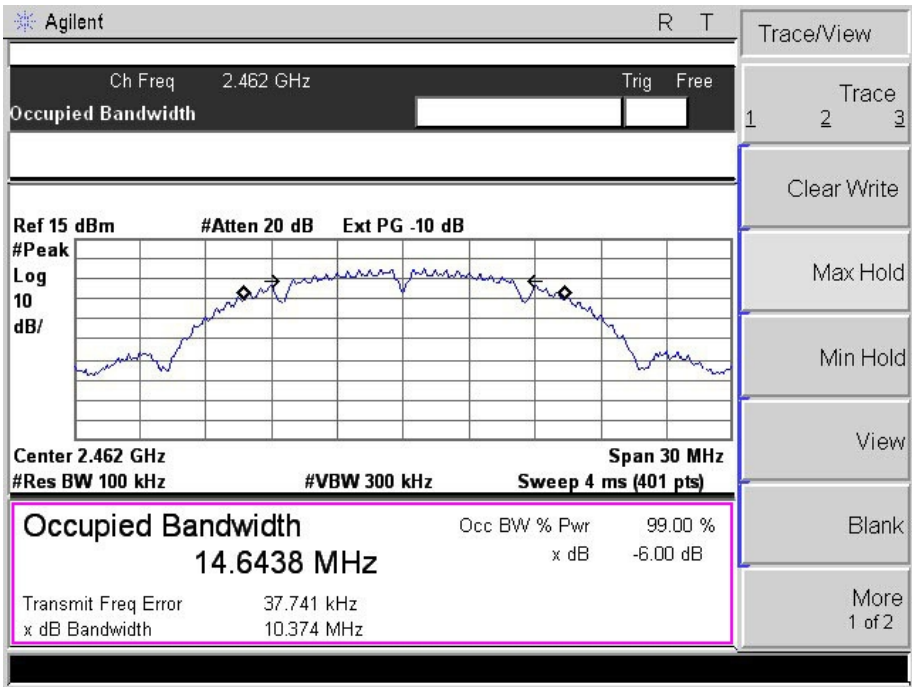
TX CH 01



TX CH 06



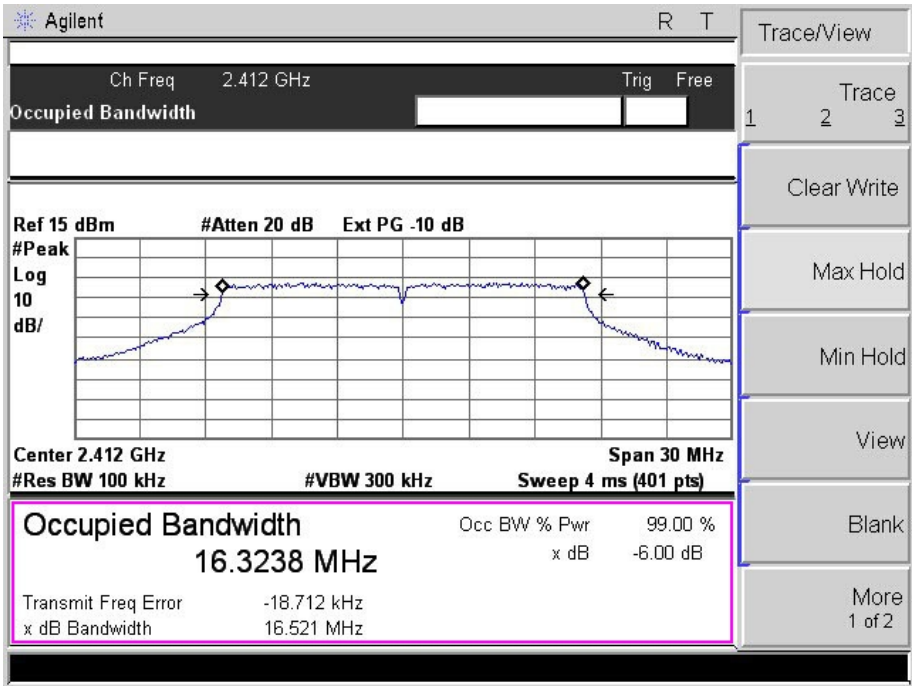
TX CH 11



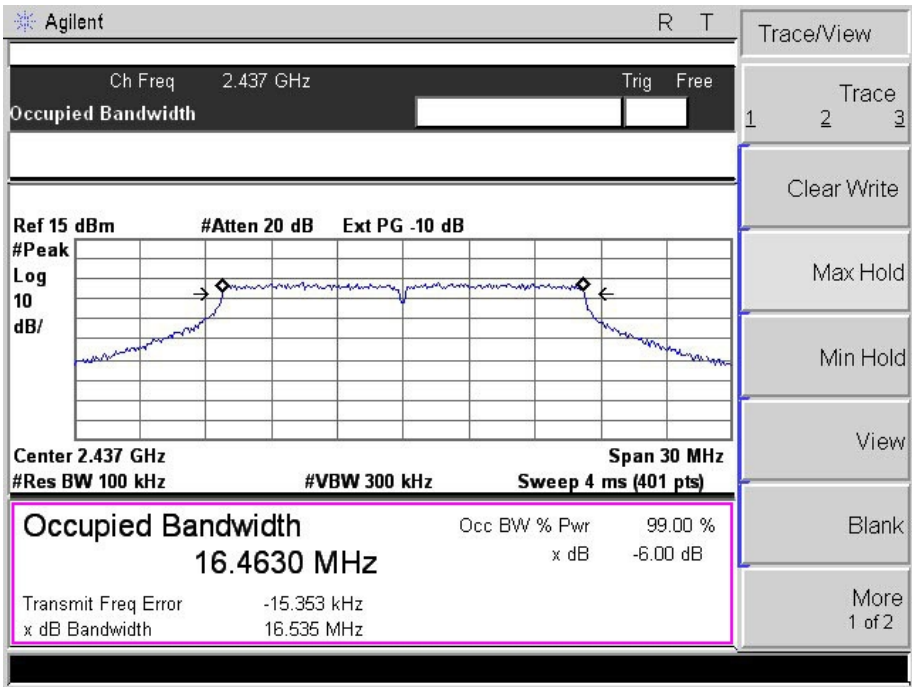
EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1012 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX g Mode /CH01, CH06, CH11		

Channel	Frequency (MHz)	6dB bandwidth (MHz)	Limit (kHz)	Result
Low	2412	16.521	500	Pass
Middle	2437	16.535	500	Pass
High	2462	16.533	500	Pass

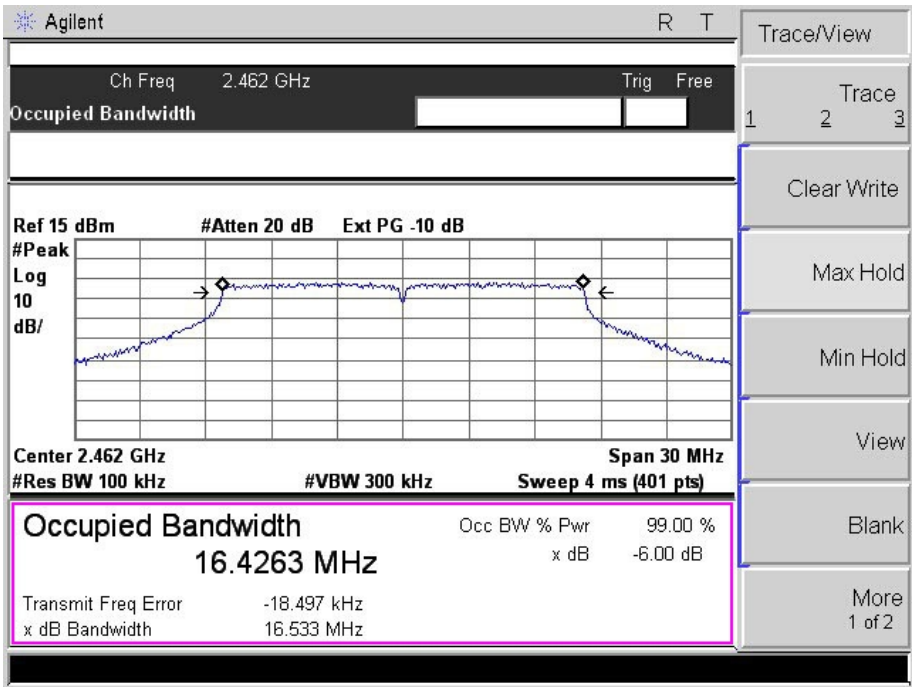
TX CH 01



TX CH 06



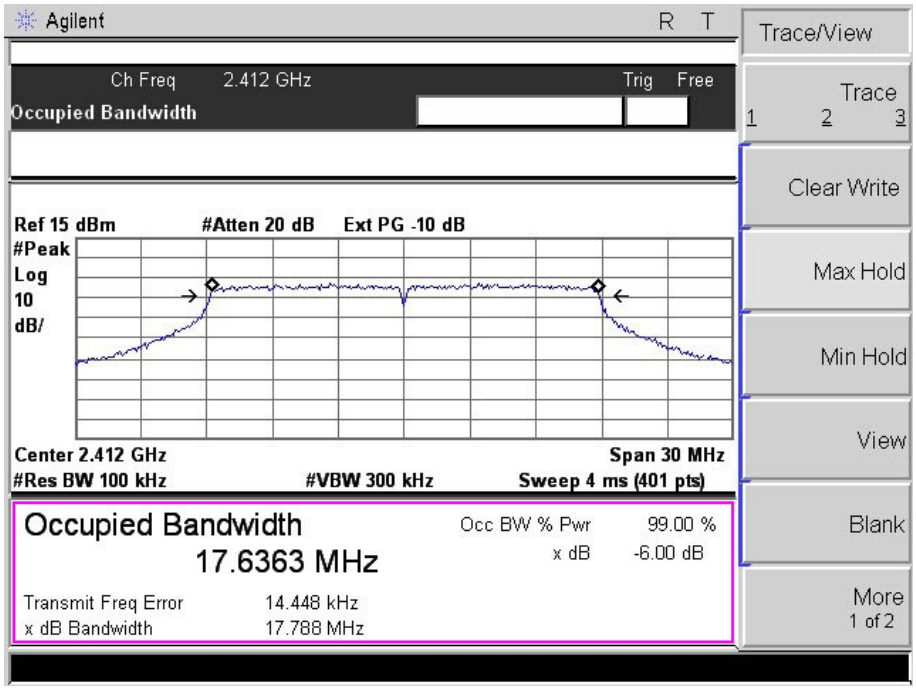
TX CH 11



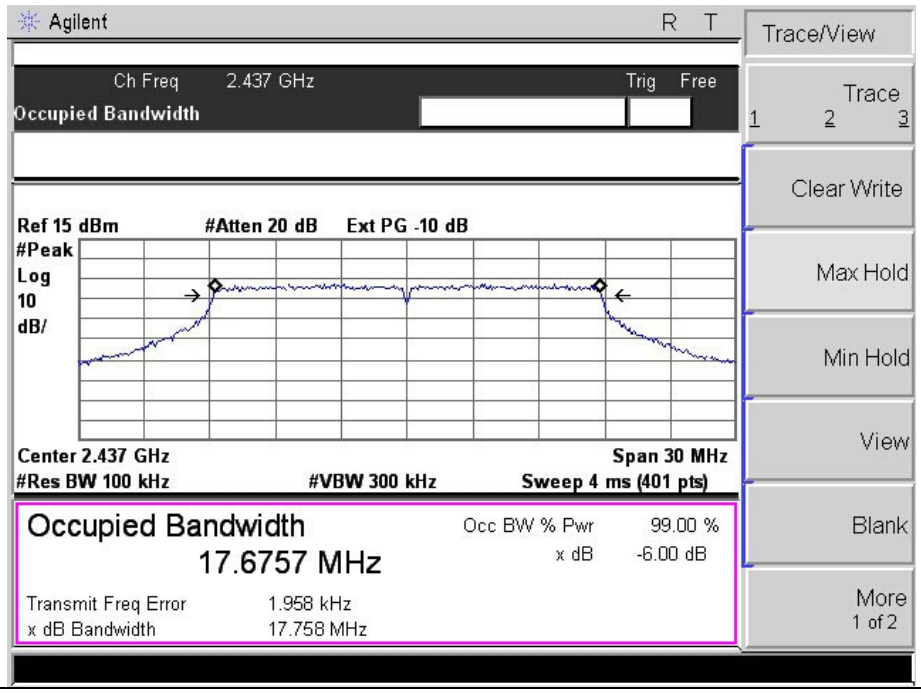
EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1012 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX n Mode(20M) /CH01, CH06, CH11		

Channel	Frequency (MHz)	6dB bandwidth (MHz)	Limit (kHz)	Result
Low	2412	17.788	500	Pass
Middle	2437	17.758	500	Pass
High	2462	17.595	500	Pass

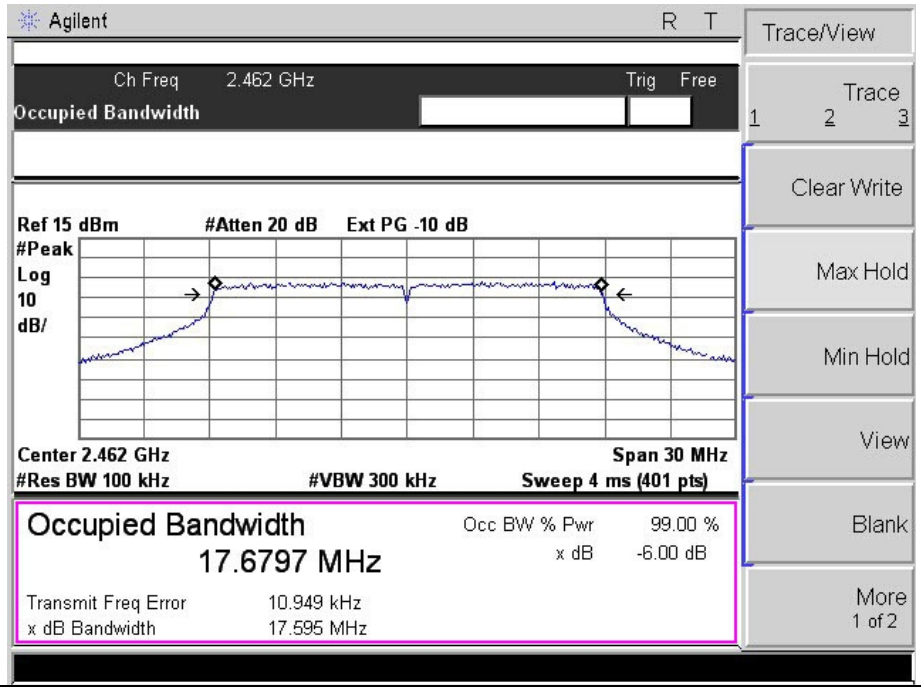
TX CH 01



TX CH 06



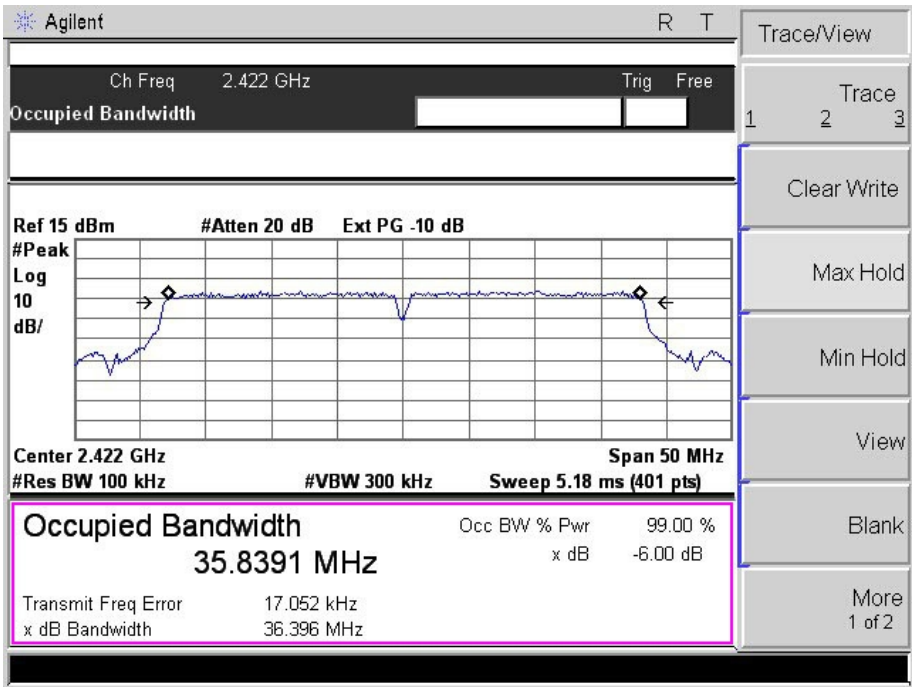
TX CH 11



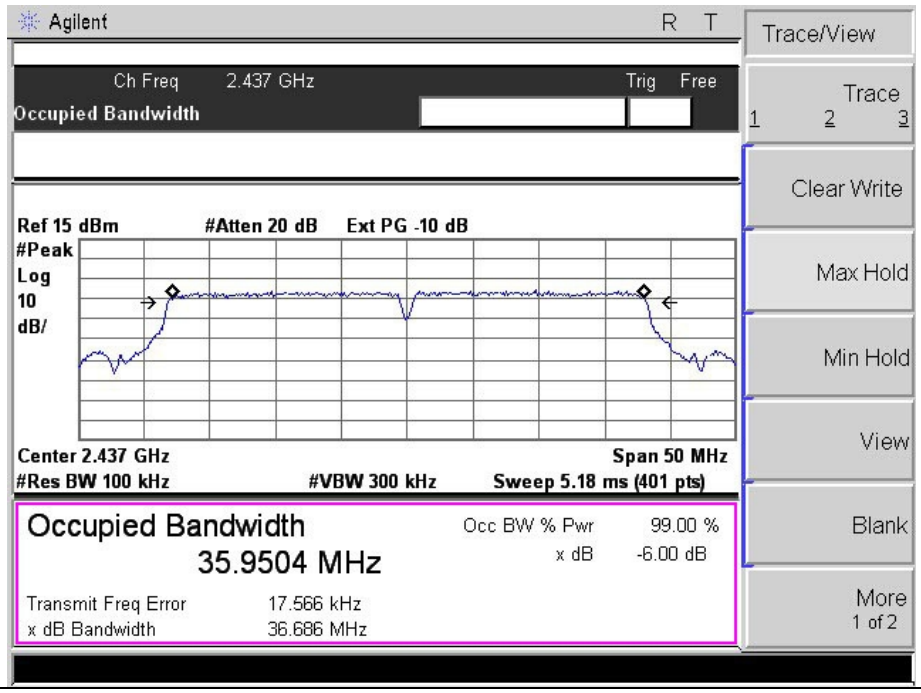
EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1012 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX n Mode(40M) /CH03, CH06, CH09		

Channel	Frequency (MHz)	6dB bandwidth (MHz)	Limit (kHz)	Result
Low	2422	36.396	500	Pass
Middle	2437	36.686	500	Pass
High	2452	36.393	500	Pass

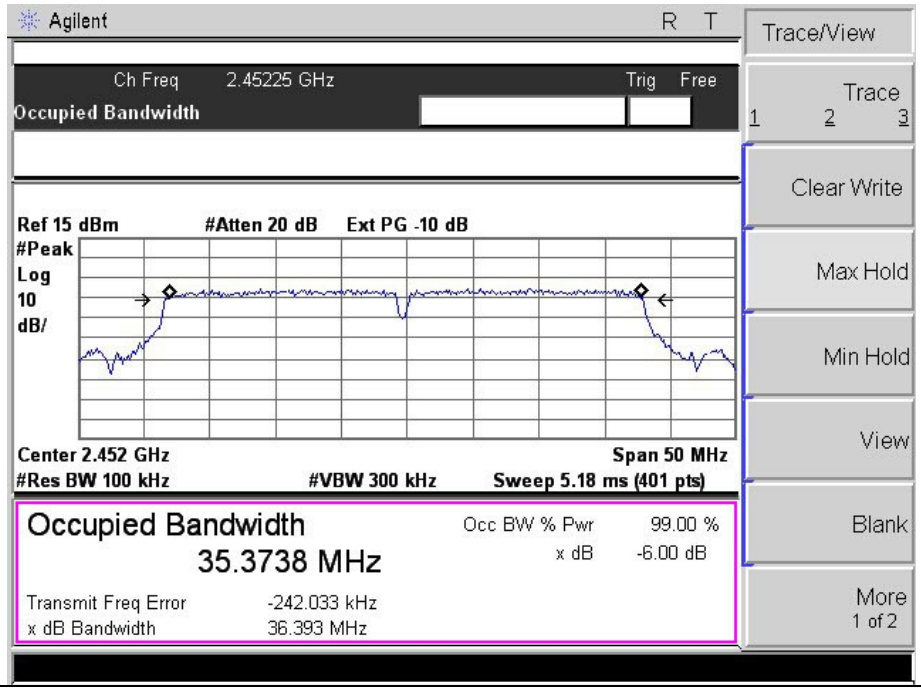
TX CH 03



TX CH 06



TX CH 09



6. PEAK OUTPUT POWER TEST

6.1 APPLIED PROCEDURES / LIMIT

FCC Part15 (15.247) , Subpart C				
Section	Test Item	Limit	Frequency Range (MHz)	Result
15.247(b)(3)	Peak Output Power	1 watt or 30dBm	2400-2483.5	PASS

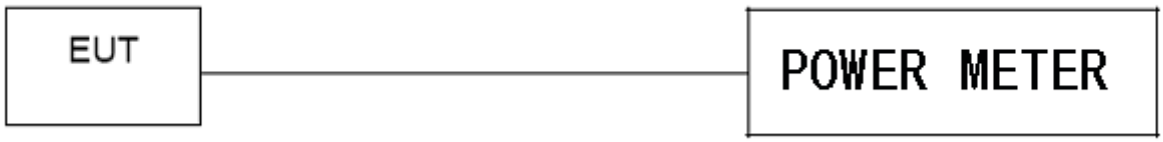
6.1.1 TEST PROCEDURE

a. The EUT was directly connected to the Power meter

6.1.2 DEVIATION FROM STANDARD

No deviation.

6.1.3 TEST SETUP



6.1.4 EUT OPERATION CONDITIONS

The EUT tested system was configured as the statements of 2.4 Unless otherwise a special operating condition is specified in the follows during the testing.

6.1.5 TEST RESULTS

EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1012 hPa	Test Voltage ：	AC120V/60Hz
Test Mode ：	TX b/g/n(20M, 40M)		

TX 802.11b Mode				
Test Channe	Frequency	Maximum Conducted Output Power(PK)	Maximum Conducted Output Power(AV)	LIMIT
	(MHz)	(dBm)	(dBm)	dBm
CH01	2412	8.68	7.75	30
CH06	2437	8.51	7.43	30
CH11	2462	8.32	7.25	30
TX 802.11g Mode				
CH01	2412	7.76	6.89	30
CH06	2437	7.65	6.55	30
CH11	2462	7.70	6.62	30
TX 802.11n-HT20 Mode				
CH01	2412	6.77	5.73	30
CH06	2437	6.72	5.68	30
CH11	2462	6.64	5.45	30
TX 802.11n-HT40 Mode				
CH03	2422	6.53	5.37	30
CH06	2437	6.68	5.52	30
CH09	2452	6.49	5.27	30

7. 100 KHZ BANDWIDTH OF FREQUENCY BAND EDGE

APPLICABLE STANDARD

In any 100 kHz bandwidth outside the frequency band in which the spread spectrum or digitally modulated intentional radiator is operating, the radio frequency power that is produced by the intentional radiator shall be at least 20 dB below that in the 100 kHz bandwidth within the band that contains the highest level of the desired power, based on either an RF conducted or a radiated measurement, provided the transmitter demonstrates compliance with the peak conducted power limits. If the transmitter complies with the conducted power limits based on the use of RMS averaging over a time interval, as permitted under paragraph (b)(3) of this section, the attenuation required under this paragraph shall be 30 dB instead of 20 dB. Attenuation below the general limits specified in §15.209(a) is not required. In addition, radiated emissions which fall in the restricted bands, as defined in §15.205(a), must also comply with the radiated emission limits specified in §15.209(a) (see §15.205(c)).

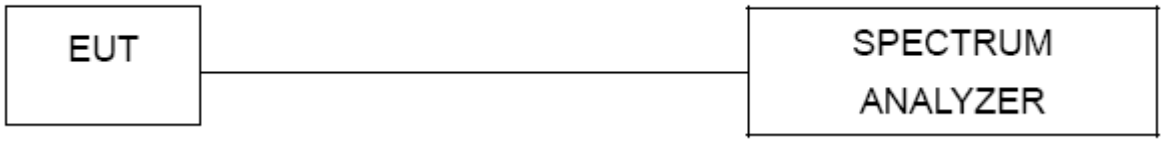
TEST PROCEDURE

a) Check the calibration of the measuring instrument using either an internal calibrator or a known signal from an external generator.
b) Position the EUT without connection to measurement instrument. Turn on the EUT and connect its antenna terminal to measurement instrument via a low loss cable. Then set it to any one measured frequency within its operating range, and make sure the instrument is operated in its linear range.
c) Set RBW to 100 kHz and VBW of spectrum analyzer to 300 kHz with a convenient frequency span including 100 kHz bandwidth from band edge.
d) Measure the highest amplitude appearing on spectral display and set it as a reference level. Plot the graph with marking the highest point and edge frequency.
e) Repeat above procedures until all measured frequencies were complete.

7.1 DEVIATION FROM STANDARD

No deviation.

7.2 TEST SETUP



7.3 EUT OPERATION CONDITIONS

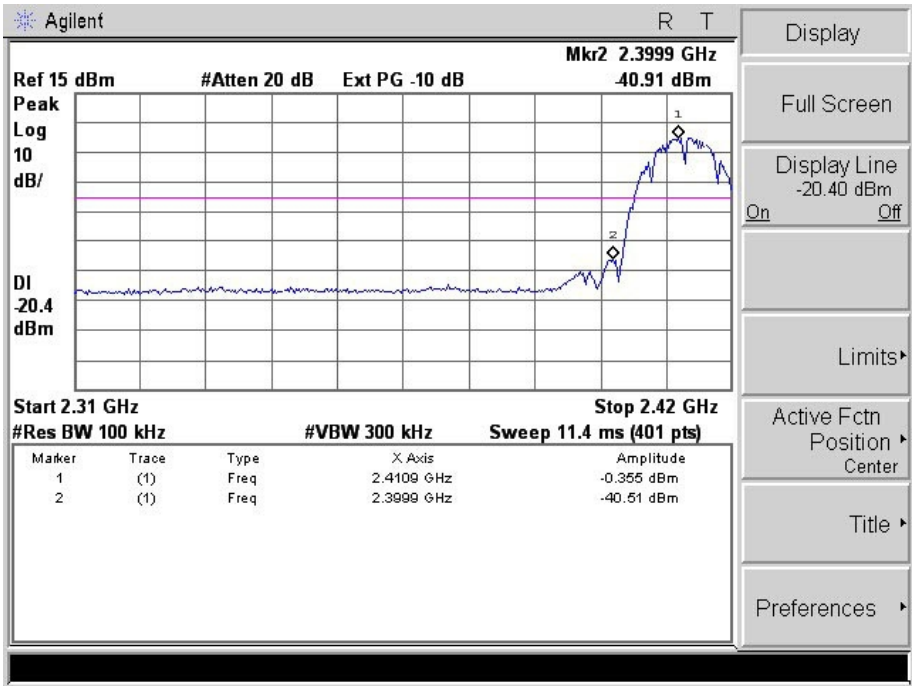
The EUT tested system was configured as the statements of 2.4 Unless otherwise a special operating condition is specified in the follows during the testing.

7.4 TEST RESULTS

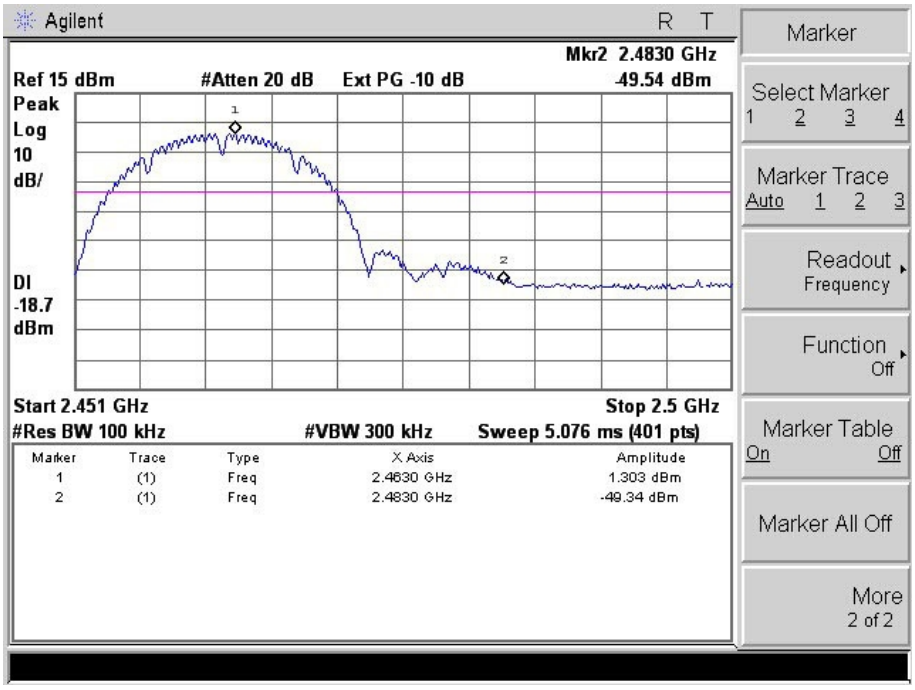
EUT：	Personal Power Plate	Model Name ：	Personal Power Plate
Temperature：	25 ℃	Relative Humidity：	60%
Pressure：	1012 hPa	Test Voltage ：	AC120V/60Hz

Frequency Band	Delta Peak to band emission (dBc)	＞Limit (dBc)	Result
802.11b mode			
Left-band	40.16	20	Pass
Right-band	50.64	20	Pass
802.11g mode			
Left-band	28.95	20	Pass
Right-band	46.40	20	Pass
802.11n-HT20 mode			
Left-band	30.39	20	Pass
Right-band	47.86	20	Pass
802.11n-HT40 mode			
Left-band	29.17	20	Pass
Right-band	44.38	20	Pass

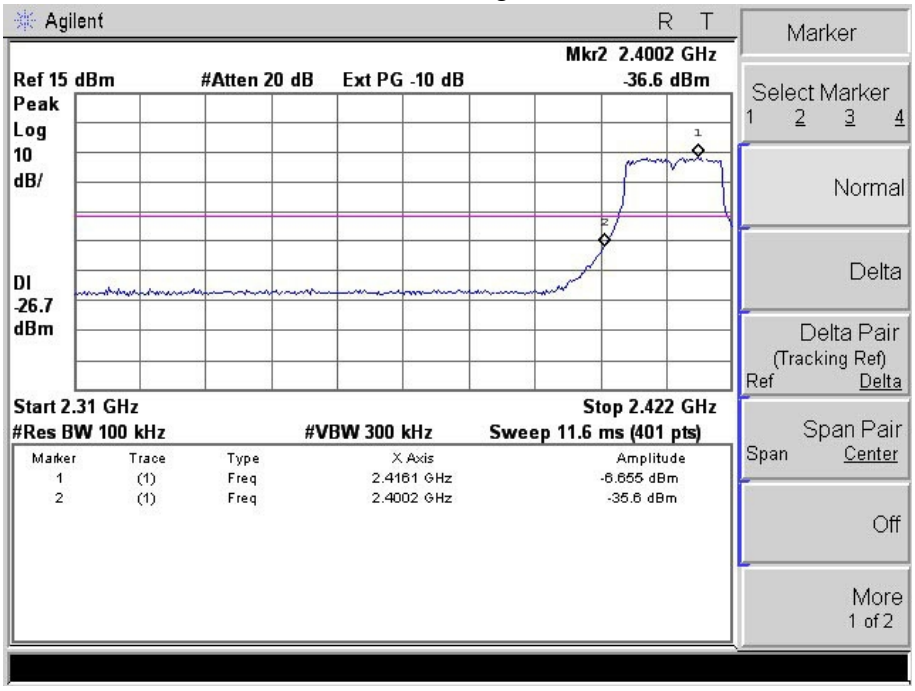
802.11b



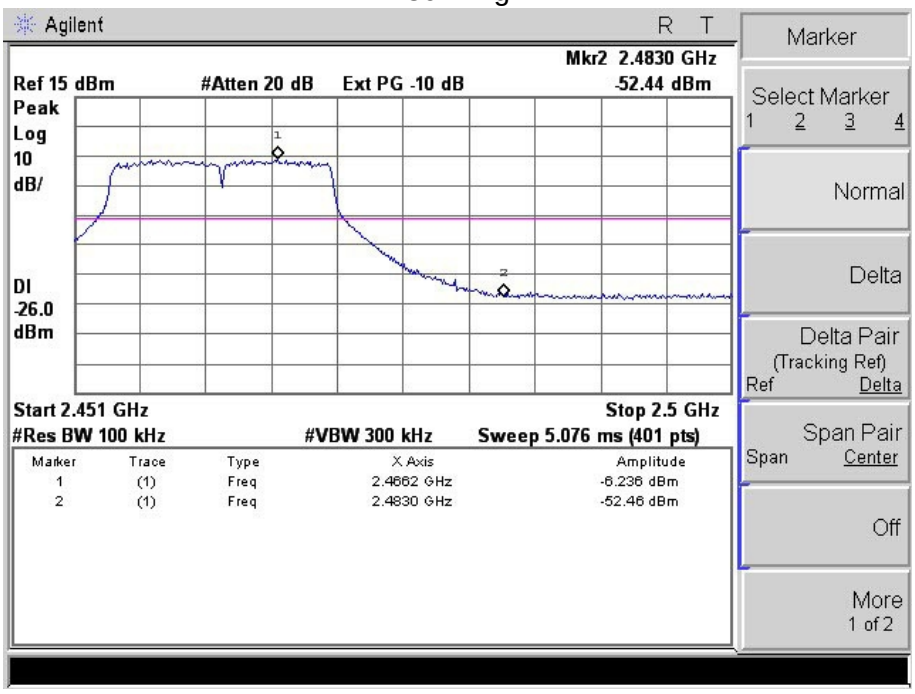
802.11b



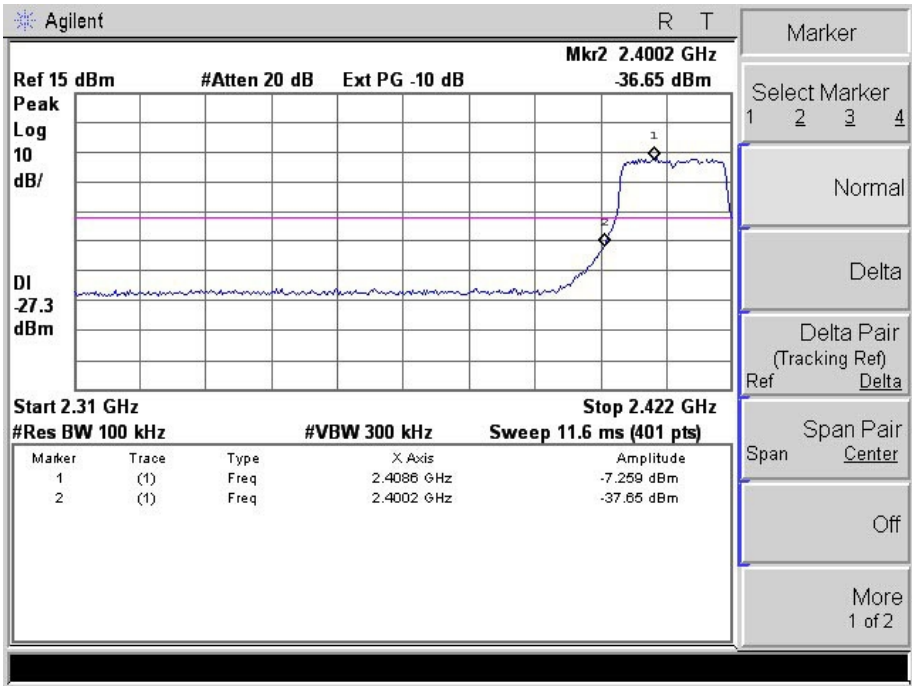
802.11g



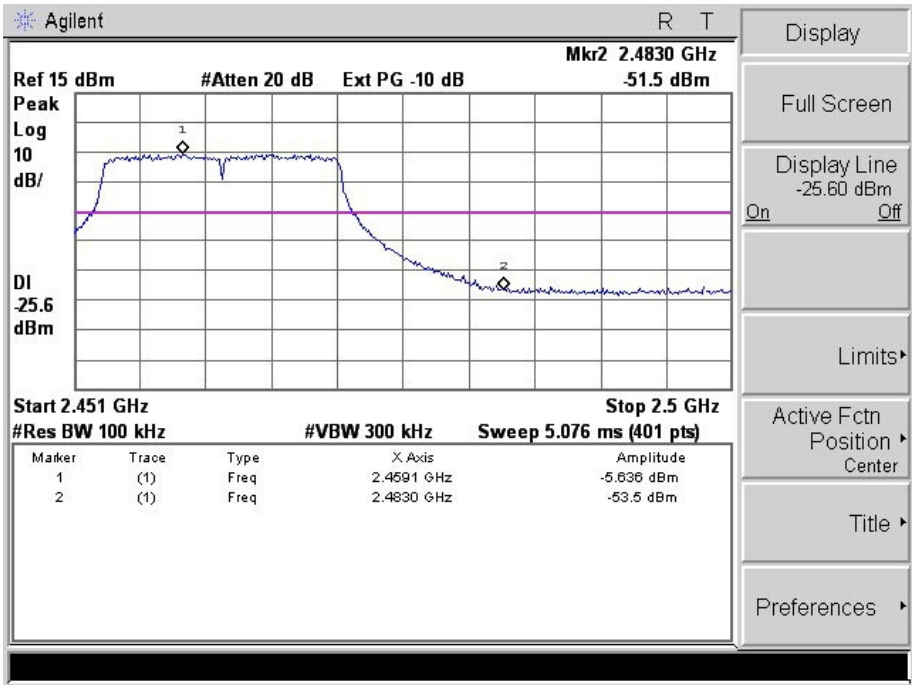
802.11g



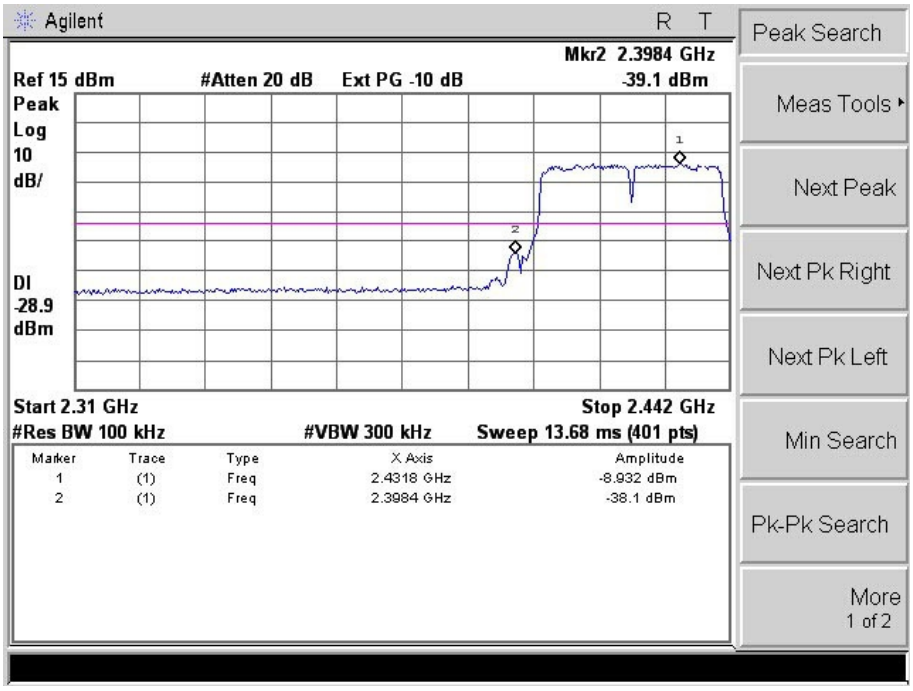
802.11n-HT20



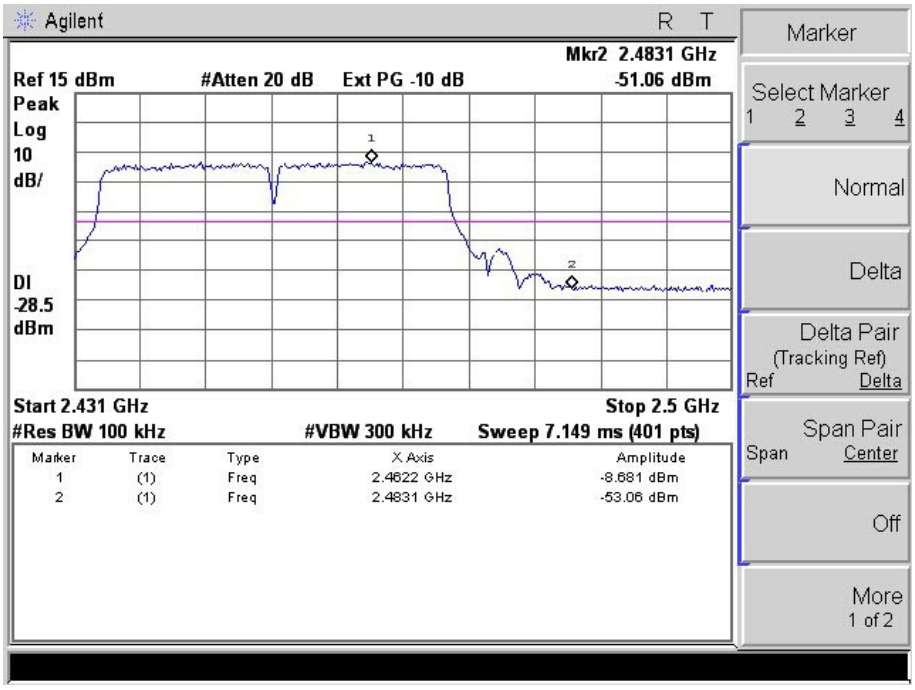
802.11n-HT20



802.11n-HT40



802.11n-HT40



8. ANTENNA REQUIREMENT

8.1 STANDARD REQUIREMENT

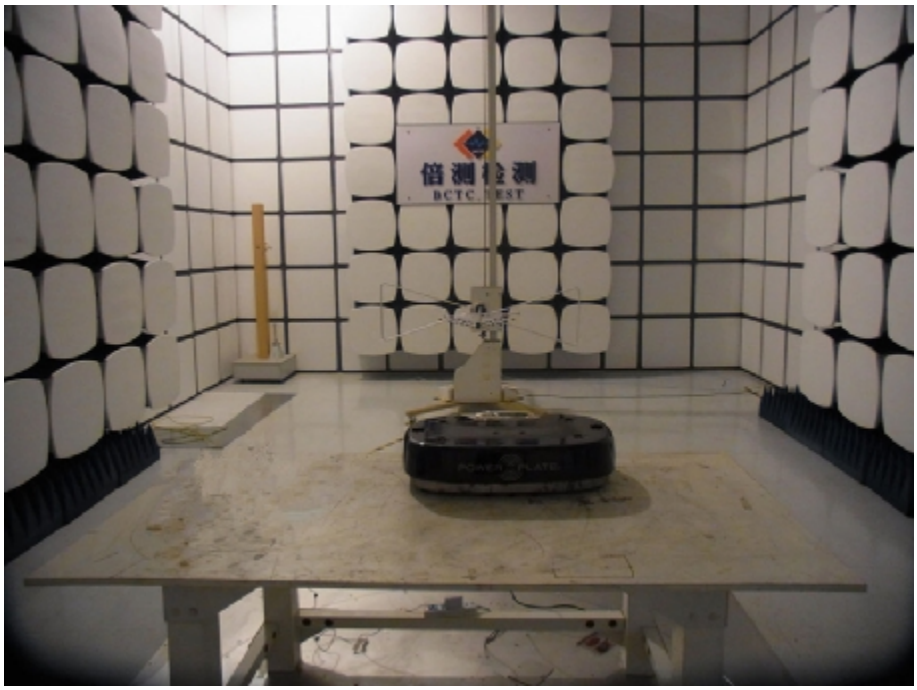
15.203 requirement: For intentional device, according to 15.203: an intentional radiator shall be designed to ensure that no antenna other than that furnished by the responsible party shall be used with the device.

8.2 EUT ANTENNA

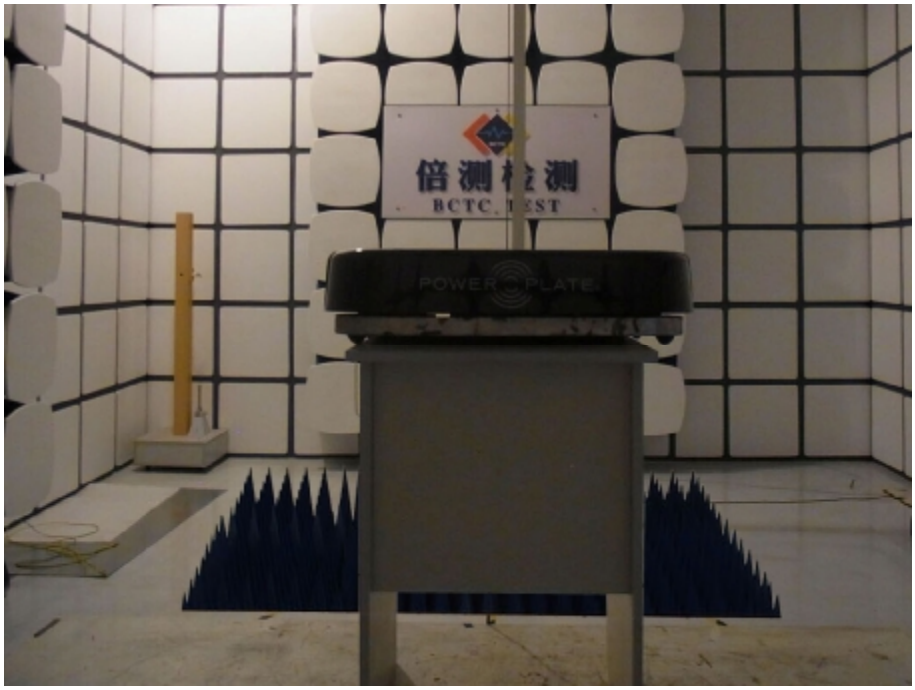
The EUT antenna is Integrated(CHIP) antenna.It's permanent attached antenna. It comply with the standard requirement.

9. EUT TEST PHOTO

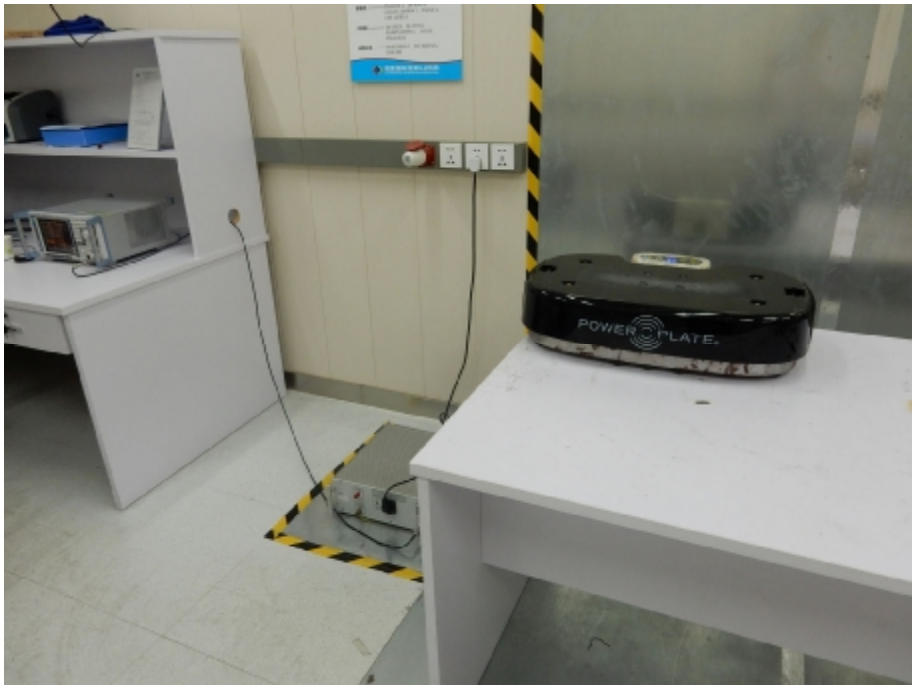
Radiated Measurement Photos



Radiated Measurement Photos



Conducted Measurement Photos



10 PHOTOS OF THE EUT

※※※※※ END OF REPORT ※※※※※