

FCC RF Exposure Exemption report
for

Fitness equipment(Rowing machine)

Model No.: SSR GO

FCC ID: 2ASJ3-SSRGO

of

Applicant: Aviron Interactive.

Address: 265 Bartley Drive. North York M4A2N7 Canada

Tested and Prepared

by

Worldwide Testing Services (Taiwan) Co., Ltd.

FCC Registration No.: TW1072, TW1140, TW1146, TW1477, TW0037

Industry Canada filed test laboratory Reg. No.: 20037, 31634



Report No.: W6M22402-23275-EE

6F, NO. 58, LANE 188, RUEY-KUANG RD., NEIHU TAIPEI 114, TAIWAN, R.O.C.
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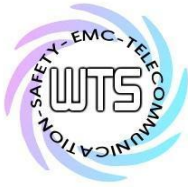
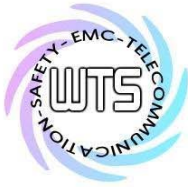


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1 General Information

1.1 Notes

The purpose of conformity testing is to increase the probability of adherence to the essential requirements or conformity specifications, as appropriate.

The complexity of the technical specifications, however, means that full and thorough testing is impractical for both technical and economic reasons.

Furthermore, there is no guarantee that a test sample which has passed all the relevant tests conforms to a specification.

Neither is there any guarantee that such a test sample will interwork with other genuinely open systems.

The existence of the tests nevertheless provides the confidence that the test sample possesses the qualities as maintained and that its performance generally conforms to representative cases of communications equipment.

Laboratory disclaimer-

1. The test results of this test report relate exclusively to the item tested as specified in 1.5.
2. The test report may only be reproduced or published in full.
3. Reproduction or publication of extracts from the report requires the prior written approval of the Worldwide Testing Services(Taiwan) Co., Ltd.
4. Antenna gain is provided by applicant and laboratory issue relevant data and results.

Tester:

September 06, 2024

Brian Ng

Date

WTS-Lab.

Name

Signature

Technical responsibility for area of testing:

September 06, 2024

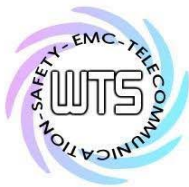
Kevin Wang

Date

WTS

Name

Signature



Worldwide Testing Services(Taiwan) Co., Ltd.

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1.2 Testing laboratory

1.2.1 Location

10m OATS

No.5-1, Lishui, Shuang Sing Village, Wanli Dist.,
New Taipei City 207, Taiwan (R.O.C.)

3 meter semi-anechoic chamber

No.35, Aly. 21, Ln. 228, Ankang Rd., Neihu Dist.,
Taipei City 114, Taiwan (R.O.C.)

Xizhi Lab

No. 99, Sec. 1, Balian Rd., Xizhi Dist.,
New Taipei City 221032, Taiwan (R.O.C.)

Worldwide Testing Services (Taiwan) Co., Ltd.

6F., No. 58, Ln. 188, Ruiguang Rd., Neihu Dist.,
Taipei City 114, Taiwan (R.O.C.)

Tel: 886-2-6606-8877

1.2.2 Details of accreditation status

Accredited testing laboratory

FCC filed test laboratory Reg. No.: TW1072, TW1140, TW1146, TW1477, TW0037

Industry Canada filed test laboratory Reg. No.: 20037, 31634

Test location, where different from Worldwide Testing Services (Taiwan) Co., Ltd.

Name: ./.

Accredited no.: ./.

Street: ./.

Town: ./.

Country: ./.

1.3 Details of approval holder

Name: Aviron Interactive.

Street: 265 Bartley Drive.

Town: North York M4A2N7

Country: Canada



Registration number: W6M22402-23275-EE

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1.4 Application details

Date of receipt of test item: March 21, 2024

Date of test: from March 22, 2024 to May 02, 2024

1.5 General information of Test item

Type of test item: Fitness equipment(Rowing machine)

Model no.: SSR GO

Brand name: Full rich

Multi-listing model no.: ./.

Power supply: 120Va.c.

Technical data

Mode	Channel	Conducted Power (dBm)
BLE	Ch 0: 2402 MHz	-3.41
	Ch 19: 2440 MHz	-2.96
	Ch 39: 2480 MHz	-2.44

Type of antenna: Chip Antenna

Antenna gain: 1.69 dBi

Operation modes: Duplex

Modulation type: GFSK

Sample no.: #01

Classification:

Fixed Device	☐
Mobile Device (Human Body distance > 20cm)	☐
Portable Device (Human Body distance < 20cm)	☒

Manufacturer: (if applicable)

Name: ./.

Street: ./.

Town: ./.

Country: ./.

Registration number: W6M22402-23275-EE

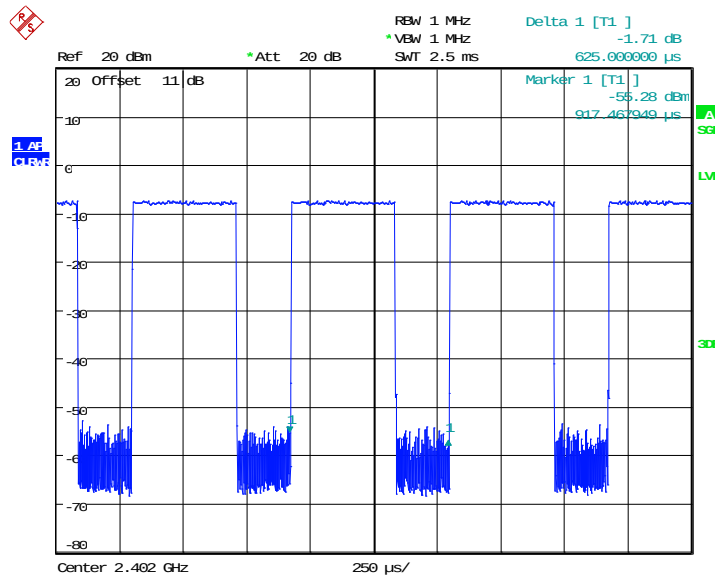
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1.6 Duty cycle and factor

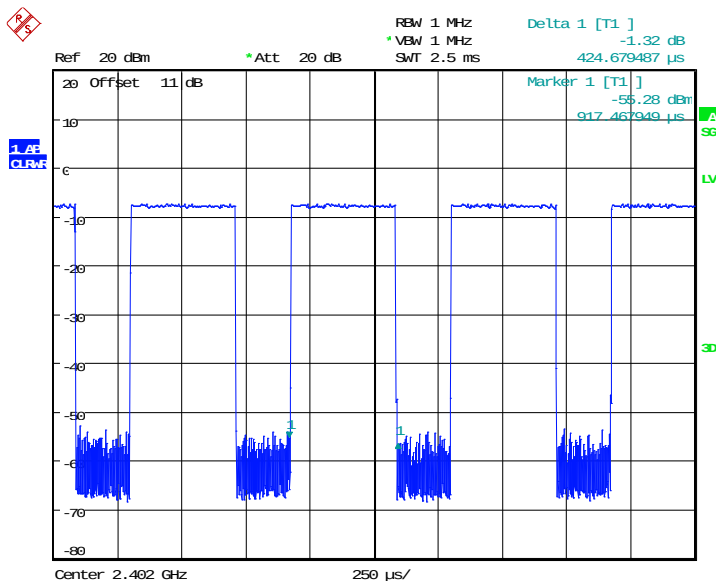
The duty factor is computed as $[10 \log (1 / D)]$, where D is the duty cycle.

Mode	T _{on} (ms)	T _{on} +T _{off} (ms)	Duty cycle(%)	1/T - VBW(kHz)
BLE	0.424	0.625	67.84%	2.36

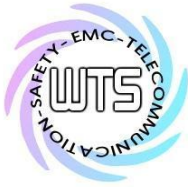
Duty cycle plot



DUTY BLE 1M
Date: 23.APR.2024 16:18:34



DUTY BLE 1M
Date: 23.APR.2024 16:19:29



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1.7 Test standards

47 CFR FCC Part 2.1093

447498 D04 Interim General RF Exposure Guidance v01



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2 Technical test

2.1 Summary of test results

No deviations from the technical specification(s) were ascertained in the course of the tests performed. ☒

or

The deviations were ascertained in the course of the tests performed. ☐.

2.2 Test environment

Relative humidity content: 20 ... 75 %

Air pressure: 86 ... 103 kPa

Power supply: 120Va.c.

Extreme conditions parameters: ./.

Test item Name	Uncertainty
Estimation Result of Uncertainty of Conducted Output Power Measurement	Expanded Uncertainty : 1.64 dB

The decision rule is: Measurement uncertainty is not included in the calculation of test results.

2.3 Test Equipment List

Max output power

Code No.	Test equipment	Mode No.	Serial No.	Brand	Cal. Date	Next Cal. Date
ETSTW-RE 050	Attenuator 10dB	50HF-010-1	None	JFW	2024/2/16	2025/2/15
ETSTW-RE 055	SPECTRUM ANALYZER	FSU 26	200074	R&S	2024/3/7	2025/3/6
ETSTW-RE 099	DC Block	50DB-007-1	None	JFW	2024/2/16	2025/2/15
ETSTW-Cable 030	Microwave Cable	SUCOFLEX 104 (S_Cable 9)	279067	HUBER+SUHNER	2024/2/16	2025/2/15



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3 RF Exposure Test Exemptions

3.1 1-mW Test Exemption

$$P \leq 1\text{mW}$$

When the aggregate maximum available power of all transmitting antennas is ≤ 1 mW in the same time-averaging period.

3.2 SAR-Based Exemption

Max. time-averaged power(conducted power) or $ERP \leq P_{th}$

$$P_{th}(\text{mW}) = ERP_{20\text{cm}} \left(\frac{d}{20}\right)^x \text{ for distance } d \leq 20\text{cm}$$

$$P_{th}(\text{mW}) = ERP_{20\text{cm}} \text{ for distance } 20\text{cm} < d \leq 40\text{cm}$$

$$x = -\log_{10} \left(\frac{60}{ERP_{20\text{cm}} \sqrt{f}} \right)$$

$$ERP_{20\text{cm}}(\text{mW}) \begin{cases} 0.3\text{GHz} \leq f < 1.5\text{GHz}: 2040*f \\ 1.5\text{GHz} \leq f \leq 6\text{GHz}: 3060 \end{cases}$$

d: cm

f: GHz

Table B.2 – Example Power Thresholds (mW)

Frequency (MHz)	Table B.12 Example Power Thresholds (mW)										
	Distance (mm)										
		5	10	15	20	25	30	35	40	45	50
	300	39	65	88	110	129	148	166	184	201	217
	450	22	44	67	89	112	135	158	180	203	226
	835	9	25	44	66	90	116	145	175	207	240
	1900	3	12	26	44	66	92	122	157	195	236
	2450	3	10	22	38	59	83	111	143	179	219
	3600	2	8	18	32	49	71	96	125	158	195
	5800	1	6	14	25	40	58	80	106	136	169



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3.3 MPE-Based Exemption

General frequency and separation-distance dependent MPE-based effective radiated power (ERP) thresholds are in Table B.1 to support an exemption from further evaluation from 300 kHz through 100 GHz.

>300kHz & distance $R > \lambda/2\pi$, MPE-based exemption

Table B.1 –Thresholds for single RF sources subject to routine environmental evaluation

RF Source Frequency			Minimum Distance			Threshold ERP
f_L MHz	-	f_H MHz	$\lambda_L / 2\pi$	-	$\lambda_H / 2\pi$	W
0.3	-	1.34	159 m	-	35.6 m	$1,920 R^2$
1.34	-	30	35.6 m	-	1.6 m	$3,450 R^2/f^2$
30	-	300	1.6 m	-	159 mm	$3.83 R^2$
300	-	1,500	159 mm	-	31.8 mm	$0.0128 R^2/f^2$
1,500	-	100,000	31.8 mm	-	0.5 mm	$19.2 R^2$

f: MHz

R: m

$\lambda/2\pi$

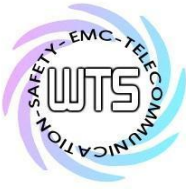
$v=f \lambda$

v: speed of light = $3 \times 10^8 m/s$

f: frequency (Hz)

λ : wavelength

f (MHz)	$\lambda / 2\pi$ (m)	$\lambda / 2\pi$ (mm)
0.125	382	381,972
13.56	3.52	3,521
300	0.159	159
918	0.052	52
2400	0.020	19.9
5250	0.009	9.09
5600	0.009	8.53
5825	0.008	8.20
6000	0.008	7.96
7000	0.007	6.82
10000	0.005	4.77



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4 Exemption calculation

1-mW Test Exemption

The maximum power is -2.44 dBm (0.5702 mW)

$$0.5702 \text{ mW} \leq 1 \text{ mW}$$

The device is qualify for simultaneous transmission SAR exemption.