

Johnson Health Tech. Co., Ltd.

TEST REPORT

Model:
Virtual Training-C

REPORT NUMBER
241000272THC-001

ISSUE DATE
Oct. 29, 2024

PAGES
10

DOCUMENT CONTROL NUMBER
GFT-OP-10h (28-Nov-2018)
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Maximum Permissible Exposure (MPE) Evaluation Report

| | |
|-------------------------------|---|
| Applicant: | Johnson Health Tech. Co., Ltd. No.999, Sec. 2, Dongda Rd., Daya Dist Taichung City 428, Taiwan |
| Product: | Console for Exercise Machine |
| Model No.: | Virtual Training-C |
| FCC ID: | TN7ATHENARF-02 |
| Test Method/ Standard: | 47 CFR FCC 1.1310 KDB 447498 D01 V06 |
| Issue By: | Intertek Testing Services Taiwan Ltd., Hsinchu Laboratory No. 17, Ln. 246, Niupu S. Rd., Xiangshan Dist, Hsinchu City 300075, Taiwan |



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Revision History

| Report No. | Issue Date | Revision Summary |
|------------------|---------------|------------------|
| 241000272THC-001 | Oct. 29, 2024 | Original report |

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Summary of Tests**MPE Evaluation meet FCC OET No. 65: 1997, IEEE C95.1-2005**

| Test | Reference | Results |
|----------------|--|----------|
| MPE Evaluation | FCC Guidelines for Human Exposure IEEE C95.1 | Complies |

Note: Please note that the test results with statement of conformity, the decision rules which are based on: Safety Testing: the specification, standard or IEC Guide 115.

Other Testing: the specification, standard and not taking into account the measurement uncertainty.

1. General Information**1.1 Identification of the EUT**

| | |
|-----------------------------|--|
| Product: | Console for Exercise Machine |
| Model No.: | Virtual Training-C |
| Operating Frequency: | 2402 MHz ~ 2480 MHz 2412 MHz ~ 2462 MHz 5180 MHz ~ 5240 MHz 5745 MHz ~ 5825 MHz |
| FCC ID: | TN7-AP6398SV N7P-HRM8700 |
| Rating: | DC 12V |

2. Test specifications

2.1 Introduction

The EUT operates in the 2.4 GHz & 5GHz band. Due to the EUT (include antenna) at its normal operation distance is at least 20 cm from the human body, the EUT was defined as a Mobile Device.

The reason to do the MPE Evaluation is to avoid the RF hazard to human body. The maximum output power and gain of the antenna were used to calculate the limited Power density (S) at 20 cm distance away from the product. The limit for Maximum Permissible Exposure (MPE) specified in FCC 1.1310 and Safety Code 6 are followed.

According to 1.1307 (b)(1), systems operating under the provisions of this section shall be operated in a manner that ensure that the public is not exposed to radio frequency energy level in excess of the Commission's guideline.

2.2 RF Exposure Limit

According to FCC 1.1310: The criteria listed in the following table shall be used to evaluate the environmental impact of human exposure to radio-frequency (RF) radiation as specified in 1.1307(b) and KDB 447498 D01 General RF Exposure Guidance v06.

| Frequency range (MHz) | Electric field strength (V/m) | Magnetic field strength (A/m) | Power density (mW/cm ²) | Averaging time (minutes) |
|---|-------------------------------|-------------------------------|-------------------------------------|--------------------------|
| (i) 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 |
| 300-1,500 | | | f/300 | <6 |
| 1,500-100,000 | | | 5 | <6 |
| (ii) 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 |
| 300-1,500 | | | f/1500 | <30 |
| 1,500-100,000 | | | 1.0 | <30 |

SAR Test Exclusion Thresholds for 100 MHz – 6 GHz and ≤ 50 mm

Approximate SAR Test Exclusion Power Thresholds at Selected Frequencies and Test Separation Distances are illustrated in the following Table.

| MHz | 5 | 10 | 15 | 20 | 25 | mm |
|------|-----|-----|-----|-----|-----|-----------------------------------|
| 150 | 39 | 77 | 116 | 155 | 194 | SAR Test Exclusion Threshold (mW) |
| 300 | 27 | 55 | 82 | 110 | 137 | |
| 450 | 22 | 45 | 67 | 89 | 112 | |
| 835 | 16 | 33 | 49 | 66 | 82 | |
| 900 | 16 | 32 | 47 | 63 | 79 | |
| 1500 | 12 | 24 | 37 | 49 | 61 | |
| 1900 | 11 | 22 | 33 | 44 | 54 | |
| 2450 | 10 | 19 | 29 | 38 | 48 | |
| 3600 | 8 | 16 | 24 | 32 | 40 | |
| 5200 | 7 | 13 | 20 | 26 | 33 | |
| 5400 | 6 | 13 | 19 | 26 | 32 | |
| 5800 | 6 | 12 | 19 | 25 | 31 | |
| MHz | 30 | 35 | 40 | 45 | 50 | mm |
| 150 | 232 | 271 | 310 | 349 | 387 | SAR Test Exclusion Threshold (mW) |
| 300 | 164 | 192 | 219 | 246 | 274 | |
| 450 | 134 | 157 | 179 | 201 | 224 | |
| 835 | 98 | 115 | 131 | 148 | 164 | |
| 900 | 95 | 111 | 126 | 142 | 158 | |
| 1500 | 73 | 86 | 98 | 110 | 122 | |
| 1900 | 65 | 76 | 87 | 98 | 109 | |
| 2450 | 57 | 67 | 77 | 86 | 96 | |
| 3600 | 47 | 55 | 63 | 71 | 79 | |
| 5200 | 39 | 46 | 53 | 59 | 66 | |
| 5400 | 39 | 45 | 52 | 58 | 65 | |
| 5800 | 37 | 44 | 50 | 56 | 62 | |

Note: 10-g Extremity SAR Test Exclusion Power Thresholds are 2.5 times higher than the 1-g SAR Test Exclusion Thresholds indicated above. These thresholds do not apply, by extrapolation or other means, to occupational exposure limits.

SAR Test Exclusion Thresholds for 100 MHz – 6 GHz and > 50 mm

Approximate SAR test exclusion power thresholds at selected frequencies and test separation distances are illustrated in the following table.

| MHz | 50 | 60 | 70 | 80 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | mm |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|----|
| 100 | 474 | 481 | 487 | 494 | 501 | 507 | 514 | 521 | 527 | 534 | 541 | 547 | 554 | 561 | 567 | mW |
| 150 | 387 | 397 | 407 | 417 | 427 | 437 | 447 | 457 | 467 | 477 | 487 | 497 | 507 | 517 | 527 | |
| 300 | 274 | 294 | 314 | 334 | 354 | 374 | 394 | 414 | 434 | 454 | 474 | 494 | 514 | 534 | 554 | |
| 450 | 224 | 254 | 284 | 314 | 344 | 374 | 404 | 434 | 464 | 494 | 524 | 554 | 584 | 614 | 644 | |
| 835 | 164 | 220 | 275 | 331 | 387 | 442 | 498 | 554 | 609 | 665 | 721 | 776 | 832 | 888 | 943 | |
| 900 | 158 | 218 | 278 | 338 | 398 | 458 | 518 | 578 | 638 | 698 | 758 | 818 | 878 | 938 | 998 | |
| 1500 | 122 | 222 | 322 | 422 | 522 | 622 | 722 | 822 | 922 | 1022 | 1122 | 1222 | 1322 | 1422 | 1522 | |
| 1900 | 109 | 209 | 309 | 409 | 509 | 609 | 709 | 809 | 909 | 1009 | 1109 | 1209 | 1309 | 1409 | 1509 | |
| 2450 | 96 | 196 | 296 | 396 | 496 | 596 | 696 | 796 | 896 | 996 | 1096 | 1196 | 1296 | 1396 | 1496 | |
| 3600 | 79 | 179 | 279 | 379 | 479 | 579 | 679 | 779 | 879 | 979 | 1079 | 1179 | 1279 | 1379 | 1479 | |
| 5200 | 66 | 166 | 266 | 366 | 466 | 566 | 666 | 766 | 866 | 966 | 1066 | 1166 | 1266 | 1366 | 1466 | |
| 5400 | 65 | 165 | 265 | 365 | 465 | 565 | 665 | 765 | 865 | 965 | 1065 | 1165 | 1265 | 1365 | 1465 | |
| 5800 | 62 | 162 | 262 | 362 | 462 | 562 | 662 | 762 | 862 | 962 | 1062 | 1162 | 1262 | 1362 | 1462 | |

SAR Test Exclusion Thresholds for < 100 MHz and < 200 mm

Approximate SAR test exclusion power thresholds at selected frequencies and test separation distances are illustrated in the following table.

| MHz | < 50 | 50 | 60 | 70 | 80 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | mm |
|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----|
| 100 | 237 | 474 | 481 | 487 | 494 | 501 | 507 | 514 | 521 | 527 | 534 | 541 | 547 | 554 | 561 | 567 | mW |
| 50 | 308 | 617 | 625 | 634 | 643 | 651 | 660 | 669 | 677 | 686 | 695 | 703 | 712 | 721 | 729 | 738 | |
| 10 | 474 | 948 | 961 | 975 | 988 | 1001 | 1015 | 1028 | 1041 | 1055 | 1068 | 1081 | 1095 | 1108 | 1121 | 1135 | |
| 1 | 711 | 1422 | 1442 | 1462 | 1482 | 1502 | 1522 | 1542 | 1562 | 1582 | 1602 | 1622 | 1642 | 1662 | 1682 | 1702 | |
| 0.1 | 948 | 1896 | 1923 | 1949 | 1976 | 2003 | 2029 | 2056 | 2083 | 2109 | 2136 | 2163 | 2189 | 2216 | 2243 | 2269 | |
| 0.05 | 1019 | 2039 | 2067 | 2096 | 2125 | 2153 | 2182 | 2211 | 2239 | 2268 | 2297 | 2325 | 2354 | 2383 | 2411 | 2440 | |
| 0.01 | 1185 | 2370 | 2403 | 2437 | 2470 | 2503 | 2537 | 2570 | 2603 | 2637 | 2670 | 2703 | 2737 | 2770 | 2803 | 2837 | |

2.3 RF Exposure calculations

From §FCC 1.1310 table 1, the maximum permissible RF exposure for an uncontrolled environment is 1 mW/(cm²) (or 10 W/m²)*

Power density (S) is calculated by the following formula:

$$S = (P * G) / 4\pi R^2$$

where, S = Power density (mW/cm²)

P = Output power to antenna (mW)

R = Distance between radiating structure and observation point (cm)

G = Gain of antenna in numeric

$\pi = 3.1416$

Example:

Assume a mobile device operates at 2412MHz and its maximum output power is 50mW, and the maximum gain of antenna is 1 (numeric) /0dBi.

then the power density (S) = $(50 * 1) / 4 * \pi * 20^2 = 0.00995$ (mW/cm²) (or = 0.0995 W/m²)

3. Test results

| FCC ID | Mode | Frequency Range (MHz) | Max Power (dBm) | Antenna Gain (dBi) | Distance (cm) | Power Density (mW/cm ²) | Limit (mW/cm ²) |
|--------------|--------|-----------------------|-----------------|--------------------|---------------|-------------------------------------|-----------------------------|
| TN7-AP6398SV | Wi-Fi | 2412-2462 | 18.77 | 1.52 | 20 | 0.0213 | 1 |
| | | 5180-5240 | 16.34 | 4.68 | 20 | 0.0252 | 1 |
| | | 5745-5825 | 15.63 | 4.68 | 20 | 0.0214 | 1 |
| | BLE | 2402-2480 | 9.35 | 1.51 | 20 | 0.0024 | 1 |
| | BR+EDR | 2402-2480 | 0.93 | 1.51 | 20 | 0.0003 | 1 |
| N7P-HRM8700 | BLE | 2402-2480 | -4.72 | 0.00 | 20 | 0.0001 | 1 |

| Sum of MPE Ratios | Limit |
|-------------------|-------|
| 0.0707 | 1 |