RF Exposure Compliance Report

Model / Serial No.	:	My7
Product Type	:	Vibrating Exercise Plate
FCC ID	:	ZN4MY7
Trade Mark	:	Power Plate
Applicant	:	Power Plate International Ltd
Address	:	First Floor, 13 George Street London, W1U 3QJ, UK
Manufacturer	:	Shunde Yip Shing Garbo Clock Co. Ltd.
Test Result	:	■ COMPLIED
Total pages including Appendices	:	3

The test result only corresponds to the tested sample. It is not permitted to copy this report, in part or in full, without the permission of the test laboratory.

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RF Exposure Compliance Requirement

1. Standard requirement

Systems operating under the provisions of this section shall be operated in a manner that ensures that the public is not exposed to radio frequency energy level in excess limit for maximum permissible exposure. In accordance with 47 CFR FCC Part 2 Subpart J, section 2.1091 this device has been defined as a fixed device whereby a distance of 0.2m normally can be maintained between the user and the device.

(a) Limits for Occupational / Controlled Exposure

Frequency Range (MHz)	Electric Field Strength (E) (V/m)	Magnetic Field Strength (H) (A/m)	Power Density (S)(mW/cm^2)	Averaging Times $\|E\|^2$, $\|H\|^2$ or S (m nutes)
0.3-3.0	614	1.63	(100)*	6
3.0-30	1842/f	4.89/f	(900/f)*	6
30-300	61.4	0.163	1.0	6
300-1500			F/300	6
1500-100000			5	6

(b) **Limits for General Population / Uncontrolled Exposure**

Frequency Range (MHz)	Electric Field Strength (E) (V/m)	Magnetic Field Strength (H) (A/m)	Power Density (S)(mW/cm^2)	Averaging Times $\|E\|^2$, $\|H\|^2$ or S (minutes)
0.3-1.34	614	1.63	(100)*	30
1.34-30	824/f	2.19/f	(180/f)*	30
30-300	27.5	0.073	0.2	30
300-1500			F/500	30
1500-100000			1.0	30

Note: f=frequency in MHz; *Plane-wave equivalent power density

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2. MPE Calculation Method

E (V/m)=(30*P*G)$^{0.5}$/d Power Density: Pd(W/m^2)=E^2/377
E=Electric Field (V/m)
P=Peak RF output Power (W)
G=EUT Antenna numeric gain (numeric)
d= Separation distance between radiator and human body (m)
The formula can be changed to
Pd= (30*P*G)/(377*d^2)
From the peak EUT RF output power, the minimum mobile separation distance, d=0.2m, as well as the gain of the used antenna, the RF power density can be obtained.

3. Calculated Result and Limit

Continuously transmitting mode.
Antenna Gain: 4dBi

Model	Mode	Channel frequency (MHz)	Peak Output Power (dBm)	Peak Output Power (mW)	Power Density (S) (mW/cm2)	Limit of Power Density (S) (mW/cm2)	Test Result
My7	802.11b	2412	14.02	25.23	0.0126	1	Complies
		2437	13.50	22.39	0.0112		
		2472	13.24	21.09	0.0105		
	802.11g	2412	14.26	26.67	0.0133		
		2437	14.06	25.47	0.0127		
		2472	14.73	29.72	0.0148		

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