



RF Exposure Compliance Report

Model / Serial No. : My7

Product Type : Vibrating Exercise Plate

FCC ID : ZN4MY7

Trade Mark : Power Plate

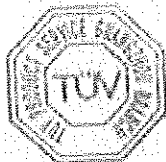
Applicant : Power Plate International Ltd

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.

Prepared by	Approved by
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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 (minutes)
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

2. MPE Calculation Method

$$E (V/m) = (30 \cdot P \cdot G)^{0.5} / d \quad \text{Power Density: } P_d (W/m^2) = E^2 / 377$$

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

$$P_d = (30 \cdot P \cdot G) / (377 \cdot d^2)$$

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/cm ²)	Limit of Power Density (S) (mW/cm ²)	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		