



REPORT No. : SZ15050144S08

# RF EXPOSURE EVALUATION REPORT

**APPLICANT** : ICON Health & Fitness Inc

**PRODUCT NAME** : Two sided fashion Men's watch Digital / Analog

**MODEL NAME** : IFRW115

**TRADE NAME** : DUO

**BRAND NAME** : IFIT Solutions

**FCC ID** : OMC-M14676REV

**STANDARD(S)** : 47CFR 2.1093  
KDB 447498 D01 General RF Exposure Guidance  
v05r02

**ISSUE DATE** : 2015-10-16



**SHENZHEN MORLAB COMMUNICATIONS TECHNOLOGY Co., Ltd.**

NOTE: This document is issued by MORLAB, the test report shall not be reproduced except in full without prior written permission of the company. The test results apply only to the particular sample(s) tested and to the specific tests carried out which is available on request for validation and information confirmed at our website.

**MORLAB GROUP**

FL1-3, Building A, FeiYang Science Park, No.8 LongChang Road,  
Block67, BaoAn District, ShenZhen , Guangdong Province, P. R. China

Tel: 86-755-36698555  
Http://www.morlab.com

Fax: 86-755-36698525  
E-mail: service@morlab.cn



## DIRECTORY

|                                                     |          |
|-----------------------------------------------------|----------|
| <b>TEST REPORT DECLARATION</b>                      | <b>3</b> |
| <b>1. TECHNICAL INFORMATION</b>                     | <b>4</b> |
| 1.1. IDENTIFICATION OF APPLICANT                    | 4        |
| 1.2. IDENTIFICATION OF MANUFACTURER                 | 4        |
| 1.3. EQUIPMENT UNDER TEST (EUT)                     | 4        |
| 1.3.1. PHOTOGRAPHS OF THE EUT                       | 5        |
| 1.3.2. IDENTIFICATION OF ALL USED EUT               | 6        |
| 1.4. APPLIED REFERENCE DOCUMENTS                    | 6        |
| <b>2.DEVICE CATEGORY AND RF EXPOSURE LIMIT</b>      | <b>7</b> |
| <b>3.MEASUREMENT OF CONDUCTED PEAK OUTPUT POWER</b> | <b>8</b> |
| <b>4. RF EXPOSURE EVALUATION</b>                    | <b>8</b> |
| <b>ANNEX A GENERAL INFORMATION</b>                  | <b>9</b> |

| Change History |            |                   |
|----------------|------------|-------------------|
| Issue          | Date       | Reason for change |
| 1.0            | 2015-10-16 | First edition     |
|                |            |                   |



REPORT No. : SZ15050144S08

**TEST REPORT DECLARATION**

|                      |                                                                            |
|----------------------|----------------------------------------------------------------------------|
| Applicant            | ICON Health & Fitness Inc                                                  |
| Applicant Address    | 1500 South 1000 West, Logan, UT. 84321                                     |
| Manufacturer         | NATIONAL ELECTRONICS&WATCH CO.,LTD                                         |
| Manufacturer Address | 15/F, Shing Dao Ind Building 232 Aberdeen Main Road,<br>Aberdeen Hong Kong |
| Product Name         | Two sided fashion Men's watch Digital / Analog                             |
| Model Name           | IFRW115                                                                    |
| Brand Name           | IFIT Solutions                                                             |
| HW Version           | M14-676DN R4                                                               |
| SW Version           | 01191                                                                      |
| Test Standards       | 47CFR 2.1093;<br>KDB 447498 D01 General RF Exposure Guidance v05r02        |
| Issue Date           | 2015-10-16                                                                 |
| SAR Evaluation       | Not Required                                                               |

Tested by : Liu Jun  
Liu Jun

Reviewed by : Zhu Zhan  
Zhu Zhan

Approved by : Zeng Dexin  
Zeng Dexin



## 1. TECHNICAL INFORMATION

Note: the following data is based on the information by the applicant.

### 1.1. Identification of Applicant

|               |                                        |
|---------------|----------------------------------------|
| Company Name: | ICON Health & Fitness Inc              |
| Address:      | 1500 South 1000 West, Logan, UT. 84321 |

### 1.2. Identification of Manufacturer

|               |                                                                            |
|---------------|----------------------------------------------------------------------------|
| Company Name: | NATIONAL ELECTRONICS&WATCH CO.,LTD                                         |
| Address:      | 15/F, Shing Dao Ind Building 232 Aberdeen Main Road, Aberdeen<br>Hong Kong |

### 1.3. Equipment Under Test (EUT)

|                    |                            |
|--------------------|----------------------------|
| Model Name:        | IFRW115                    |
| Trade Name:        | DUO                        |
| Brand Name:        | I-FIT.COM                  |
| Hardware Version:  | M14-676DN R4               |
| Software Version:  | 01191                      |
| Frequency Bands:   | Bluetooth4.0:2402-2480MHz; |
| Modulation Mode:   | Bluetooth4.0: GFSK         |
| Antenna type:      | Fixed Internal Antenna     |
| Development Stage: | Identical prototype        |



REPORT No. : SZ15050144S08

### 1.3.1. Photographs of the EUT

#### 1. EUT front view



#### 2. EUT rear view





### 1.3.2. Identification of all used EUT

The EUT identity consists of numerical and letter characters, the letter character indicates the test sample, and the following two numerical characters indicate the software version of the test sample.

| EUT Identity | Hardware Version | Software Version |
|--------------|------------------|------------------|
| 1#           | M14-676DN R4     | 01191            |

### 1.4. Applied Reference Documents

Leading reference documents for testing:

| No. | Identity                    | Document Title                                                 |
|-----|-----------------------------|----------------------------------------------------------------|
| 1   | <b>47 CFR§2.1093</b>        | Radiofrequency Radiation Exposure Evaluation: portable devices |
| 2   | <b>KDB 447498 D01v05r02</b> | General RF Exposure Guidance                                   |



## 2. DEVICE CATEGORY AND RF EXPOSURE LIMIT

Per user manual, this device is a Watch. Based on 47CFR 2.1093, this device belongs to portable device category with General Population/Uncontrolled exposure.

### **Portable Devices:**

47CFR 2.1093(b)

For purposes of this section, a portable device is defined as a transmitting device designed to be used so that the radiating structure(s) of the device is/are within 20 centimeters of the body of the user.

### **GENERAL POPULATION / UNCONTROLLED EXPOSURE**

47CFR 2.1093(d) (2)

Limits for General Population/Uncontrolled exposure: 0.08 W/kg as averaged over the whole-body and spatial peak SAR not exceeding 1.6 W/kg as averaged over any 1 gram of tissue (defined as a tissue volume in the shape of a cube). Exceptions are the hands, wrists, feet and ankles where the spatial peak SAR shall not exceed 4 W/kg, as averaged over any 10 grams of tissue (defined as a tissue volume in the shape of a cube). General Population/Uncontrolled limits apply when the general public may be exposed, or when persons that are exposed as a consequence of their employment may not be fully aware of the potential for exposure or do not exercise control over their exposure. Warning labels placed on consumer devices such as cellular telephones will not be sufficient reason to allow these devices to be evaluated subject to limits for occupational/controlled exposure in paragraph (d)(1) of this section.



### 3. MEASUREMENT OF CONDUCTED PEAK OUTPUT POWER

#### 1. BT 4.0 peak output power

| Band | Channel | Frequency<br>(MHz) | Output<br>Power(dBm) |
|------|---------|--------------------|----------------------|
|      |         |                    | GFSK                 |
| BT   | 0       | 2402               | -10.62               |
|      | 39      | 2441               | -11.44               |
|      | 78      | 2480               | -11.87               |

### 4. RF EXPOSURE EVALUATION

The device only incorporates a Bluetooth transmitter, so standalone SAR evaluation is required for Bluetooth and simultaneous SAR is not required.

#### Standalone transmission SAR evaluation

According to KDB 447498 section 4.3.1, the 1-g SAR test exclusion thresholds at test separation

Distances  $\leq 50$  mm are determined by:

$[(\text{max. power of channel, including tune-up tolerance, mW})/(\text{min. test separation distance, mm})] \cdot [\sqrt{f(\text{GHz})}] \leq 3.0$

The maximum tune-up limit power is **0.09mW @ 2.402GHz**

The EUT is a watch , so use **5mm** as the most conservative minimum test separation distance,

$[(\text{max. power of channel, including tune-up tolerance, mW})/(\text{min. test separation distance, mm})] \cdot [\sqrt{f(\text{GHz})}] = \mathbf{0.03} \leq 3.0$

So SAR evaluation is not required for this device.



## ANNEX A GENERAL INFORMATION

### 1. Identification of the Responsible Testing Laboratory

|                               |                                                                                                                                  |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Company Name:                 | Shenzhen Morlab Communications Technology Co., Ltd.                                                                              |
| Department:                   | Morlab Laboratory                                                                                                                |
| Address:                      | FL.3, Building A, FeiYang Science Park, No.8 LongChang Road, Block 67, BaoAn District, ShenZhen, Guangdong Province, P. R. China |
| Responsible Test Lab Manager: | Mr. Su Feng                                                                                                                      |
| Telephone:                    | +86 755 36698555                                                                                                                 |
| Facsimile:                    | +86 755 36698525                                                                                                                 |

### 2. Identification of the Responsible Testing Location

|          |                                                                                                                                  |
|----------|----------------------------------------------------------------------------------------------------------------------------------|
| Name:    | Shenzhen Morlab Communications Technology Co., Ltd.<br>Morlab Laboratory                                                         |
| Address: | FL.3, Building A, FeiYang Science Park, No.8 LongChang Road, Block 67, BaoAn District, ShenZhen, Guangdong Province, P. R. China |

\*\*\*\*\* END OF REPORT \*\*\*\*\*