



Test Report No.: FM2009WDG0163

# RF EXPOSURE REPORT

|           |                                                       |
|-----------|-------------------------------------------------------|
| Applicant | Icon Health and Fitness, Inc.                         |
| Address   | 1500 South 1000 West, Logan Utah, United States 84321 |

|                                     |                                                       |
|-------------------------------------|-------------------------------------------------------|
| Manufacturer or Supplier            | Icon Health and Fitness, Inc.                         |
| Address                             | 1500 South 1000 West, Logan Utah, United States 84321 |
| Product                             | Tablet                                                |
| Brand Name                          | N/A                                                   |
| Model                               | MP7-Argon2                                            |
| Additional Model & Model Difference | N/A                                                   |
| Date of tests                       | Jun. 18, 2020 ~ Sep. 15, 2020                         |

- ☒ FCC Part 2 (Section 2.1091)  
☒ KDB 447498 D01  
☒ IEEE C95.1

**CONCLUSION: The submitted sample was found to COMPLY with the test requirement**

|                                                                                     |                                                                                                                  |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Tested by Lucas Chen<br>Project Engineer / EMC Department                           | Approved by Glyn He<br>Assistant Manager / EMC Department                                                        |
|  | <br><br>Date: Nov. 09, 2020 |

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## RELEASE CONTROL RECORD

| ISSUE NO.     | REASON FOR CHANGE | DATE ISSUED   |
|---------------|-------------------|---------------|
| FM2009WDG0163 | Original release  | Nov. 09, 2020 |



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## 1. CERTIFICATION

**PRODUCT:** Tablet

**BRAND NAME:** N/A

**MODEL NO.:** MP7-Argon2

**ADDITIONAL MODEL:** N/A

**FCC ID:** OMC425338

**TEST SAMPLE:** ENGINEERING SAMPLE

**APPLICANT:** Icon Health and Fitness, Inc.

**TESTED DATES:** Jun. 18, 2020 ~ Sep. 15, 2020

**STANDARDS:** FCC Part 2 (Section 2.1091)  
KDB 447498 D01  
IEEE C95.1

## 2. RF EXPOSURE LIMIT

### LIMITS FOR MAXIMUM PERMISSIBLE EXPOSURE (MPE)

| FREQUENCY RANGE (MHz)                                 | ELECTRIC FIELD STRENGTH (V/m) | MAGNETIC FIELD STRENGTH (A/m) | POWER DENSITY (mW/cm <sup>2</sup> ) | AVERAGE TIME (minutes) |
|-------------------------------------------------------|-------------------------------|-------------------------------|-------------------------------------|------------------------|
| LIMITS FOR GENERAL POPULATION / UNCONTROLLED EXPOSURE |                               |                               |                                     |                        |
| 300-1500                                              | ...                           | ...                           | F/1500                              | 30                     |
| 1500-100,000                                          | ...                           | ...                           | 1.0                                 | 30                     |

F = Frequency in MHz

## 3. MPE CALCULATION FORMULA

$$P_d = (P_{out} \cdot G) / (4 \cdot \pi \cdot r^2)$$

where

$P_d$  = power density in mW/cm<sup>2</sup>

$P_{out}$  = output power to antenna in mW

$G$  = gain of antenna in linear scale

$\pi$  = 3.1416

$R$  = distance between observation point and center of the radiator in cm

## 4. CLASSIFICATION

The antenna of this product, under normal use condition, is at least 20cm away from the body of the user. So, this device is classified as **Mobile Device**.

## 5. ANTENNA GAIN

The antennas provided to the EUT, please refer to the following table:

| Frequency Band               | Antenna Gain (dBi) | Antenna Type |
|------------------------------|--------------------|--------------|
| Wi-Fi 2.4GHz                 | 2.31               | FPCB Antenna |
| BT 2.4GHz                    | 2.31               | FPCB Antenna |
| Wi-Fi 5GHz<br>(5150-5250MHz) | 2.93               | FPCB Antenna |
| Wi-Fi 5GHz<br>(5250-5350MHz) | 2.96               | FPCB Antenna |
| Wi-Fi 5GHz<br>(5500-5725MHz) | 3.82               | FPCB Antenna |
| Wi-Fi 5GHz<br>(5725-5850MHz) | 4.45               | FPCB Antenna |

## 6. CALCULATION RESULT OF MAXIMUM CONDUCTED POWER

The tuned conducted Average Power (declared by client)

| Mode              | Frequency (MHz) | Target Power (dBm) | Tolerance (dBm) | Lower Tolerance (dBm) | Upper Tolerance (dBm) |
|-------------------|-----------------|--------------------|-----------------|-----------------------|-----------------------|
| BT (GFSK)         | 2402-2480MHz    | 6                  | +1              | 5                     | 7                     |
| BT (8DPSK)        | 2402-2480MHz    | 4                  | +1              | 3                     | 5                     |
| BT-LE (GFSK)      | 2402-2480MHz    | 6                  | +1              | 5                     | 7                     |
| 802.11b           | 2412-2462MHz    | 15                 | +1              | 14                    | 16                    |
| 802.11g           | 2412-2462MHz    | 15                 | +1              | 14                    | 16                    |
| 802.11n HT20      | 2412-2462MHz    | 14                 | +1              | 13                    | 15                    |
| Wi-Fi 5GHz(Band1) | 5150-5250MHz    | 13                 | +2              | 11                    | 15                    |
| Wi-Fi 5GHz(Band2) | 5250-5350MHz    | 13                 | +2              | 11                    | 15                    |
| Wi-Fi 5GHz(Band3) | 5500-5725MHz    | 12                 | +3              | 9                     | 15                    |
| Wi-Fi 5GHz(Band4) | 5725-5850MHz    | 13                 | +2              | 11                    | 15                    |



The measured conducted Average Power

| Mode              | Frequency (MHz) | Averaged Power (dBm) |
|-------------------|-----------------|----------------------|
| BT (GFSK)         | 2441            | 6.19                 |
| BT (8DPSK)        | 2441            | 3.96                 |
| BT-LE (GFSK)      | 2480            | 5.87                 |
| 802.11b           | 2437            | 15.51                |
| 802.11g           | 2462            | 15.25                |
| 802.11n HT20      | 2412            | 14.30                |
| Wi-Fi 5GHz(Band1) | 5230            | 14.38                |
| Wi-Fi 5GHz(Band2) | 5270            | 14.34                |
| Wi-Fi 5GHz(Band3) | 5700            | 13.06                |
| Wi-Fi 5GHz(Band4) | 5785            | 14.78                |

| FREQUENCY BAND (MHz) | MAX POWER (dBm) | ANTENNA GAIN (dBi) | DISTANCE (cm) | POWER DENSITY (mW/cm <sup>2</sup> ) | LIMIT (mW/cm <sup>2</sup> ) |
|----------------------|-----------------|--------------------|---------------|-------------------------------------|-----------------------------|
| BT 2.4GHz            | 7               | 2.31               | 20            | 0.001697                            | 1.0                         |
| Wi-Fi 2.4GHz         | 16              | 2.31               | 20            | 0.013481                            | 1.0                         |
| Wi-Fi 5GHz           | 15              | 4.45               | 20            | 0.017528                            | 1.0                         |

### CONCLUSION:

The WLAN 2.4GHz and 5GHz can not transmit simultaneously, the BT and WLAN can transmit simultaneously, the formula of calculated the MPE is:

$$CPD1 / LPD1 + CPD2 / LPD2 + \dots \text{etc.} < 1$$

**CPD = Calculation power density**

**LPD = Limit of power density**

$$(0.001697/1)+(0.013481/1) = 0.015178 < 1, \text{ which is less than the "1" limit.}$$

--- END ---