

FCC Maximum Permissible Exposure (MPE) Report

Report Number : **6891025007201-S1** Date of Issue: 2025-08-15

Models : **pro7HC, my8, pro8, pro4plus, FitStop**

Product Type : Vibrating Exercise Plate

Applicant : Performance Health Systems UK Ltd

Address : FORA, 20 Eastbourne Terrace London, Greater London,
W26LG, UNITED KINGDOM

Manufacturer : Performance Health Systems UK Ltd

Address : FORA, 20 Eastbourne Terrace London, Greater London,
W26LG, UNITED KINGDOM

Factory : Performance Health Systems China Limited

Address : Section 1, 6th Floor, Building A, Block D-XB-02-02-04-02,
Northern Leliu Town, Shunde District, 528300 Foshan,
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Test Result : ☒ **Positive** ☐ **Negative**

Total pages including
Appendices : **8**

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2 Details about the Test Laboratory

Details about the Test Laboratory

Test Site 1

Company name: TÜV SÜD Certification and Testing (China) Co., Ltd. Shenzhen Branch
Building 12 & 13, Zhiheng Wisdomland Business Park,
Guankou Erlu, Nantou, Nanshan District,
Shenzhen, Guangdong, China

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FCC Registration No.: 514049

FCC Designation Number: CN5009

3 Description of the Equipment Under Test

Product:	Vibrating Exercise Plate
Model no.:	pro7HC, my8, pro8, pro4plus, FitStop
FCC ID:	2AF6VM8P8
Options and accessories:	NIL
Ratings:	120VAC, 50/60Hz, 220W (for pro7HC and pro8), 180W (for my8, pro4plus and FitStop), Class I
RF Transmission Frequency:	2412MHz-2472MHz for 802.11b/g/n_HT20/n_HT40 5180MHz-5825MHz for 802.11a/n_HT20/ac_VHT20 5190MHz-5795MHz for 802.11n_HT40/ac_VHT40 5210MHz-5775MHz for 802.11ac_VHT80 2402MHz-2480MHz for BLE 13.56MHz for RFID
No. of Operated Channel:	11 channels for 802.11b/g/n_HT20 7 channels for 802.11n_HT40 25 channels for 802.11a/n_HT20/ac_VHT20; 12 channels for 802.11n_HT40/ac_VHT40 6 channels for 802.11ac_VHT80 40 channels for BLE 1 channel for RFID
Modulation:	DSSS, OFDM for WLAN DSSS, OFDM for RLAN GFSK for BLE FSK for RFID
Antenna Type:	1 x Multilayer ceramic antenna for WLAN/RLAN/BLE 1 x PCB loop antenna for RFID
Antenna Gain:	2.66 dBi max for 2.4GHz band 8.22 dBi max for U-NII-1 band 7.49 dBi max for U-NII-2A band 6.01 dBi max for U-NII-2C band 6.39 dBi max for U-NII-3 band
Description of the EUT:	This Equipment Under Test is a Vibrating Exercise Plate with 2.4GHz WLAN, 5GHz RLAN, 13.56MHz RFID and Bluetooth BLE functions.

NOTE 1: The above EUT's information is declared by manufacturer. Please refer to the specifications or user's manual for more detailed description.

4 General Information

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Prepared By
Project Engineer

2025-08-15

Date

Myron Yu

Name



Signature



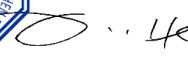
Approved By
Project Manager

2025-08-15

Date

Jessie He

Name



Signature

5 RF Exposure Requirements

An estimation of MPE in this application for product is used to ensure if it complies with the rules of the standard in the regulation list above.

Maximum permissible exposure (MPE) refers to the RF energy that is acceptable for human exposure. It is broken down into two categories, Occupational/controlled and General population/uncontrolled.

Occupational/controlled limits apply in situations in which persons are exposed as a consequence of their employment provided those persons are fully aware of the potential for exposure and can exercise control over their exposure. Limits for occupational/controlled exposure also apply in situations when an individual is transient through a location where occupational/controlled limits apply provided he or she is made aware of the potential for exposure.

General population/uncontrolled exposures apply in situations in which the general public may be exposed, or in which persons that are exposed as a consequence of their employment may not be fully aware of the potential for exposure or cannot exercise control over their exposure.

A rough estimation of the expected exposure in power flux density on a given point can be made with the following equation:

$$S = \frac{P \times G}{4 \times \pi \times R^2}$$

Where:

S = power density

P = power input to the antenna

G = numeric gain of the antenna in the direction of interest relative to an isotropic radiator

R = distance to the centre of radiation of the antenna

EIRP = P * G

The antenna of the product, under normal use condition is at least 20 cm away from the body of the user. Warning statement to the user for keeping at least 20cm separation distance and the prohibition of operating to a person has been printed on the user's manual. Therefore, the S of the device is calculated with R=20cm, and if it is below the limit S, then we can conclude the device complies with the rules.

6 FCC MPE Limits

According to subpart 15.247(i) and subpart §1.1307(b)(1), 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 of the Commission's guidelines.

We analyzed if it complies with the limits for General population/uncontrolled exposure. The FCC MPE limits for field strength and power density are given in 47CFR 1.1310 (Table below) and KDB447498 D01 v06. These limits are generally based on recommended exposure guidelines published by the National Council on Radiation Protection and Measurements (NCRP), and also partly based on guidelines recommended by the American National Standards Institute (ANSI) in Section 4.1 of ANSI/IEEE C95.1.

(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 Time (minute) E ² , H ² or S
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/1500	30
1500-100,000	/	/	1.0	30
f=frequency in MHz			*Plane-wave equivalent power density	

Simultaneous transmission MPE test exclusion applies when the sum of the MPE ratios for all simultaneously transmitting antennas incorporated in a host device is ≤ 1.0

7 RF Exposure Evaluation (FCC)

7.1 Calculation of Power Density for Single Transmission

Mode	EIRP (dBm)	EIRP (mW)	R (cm)	S (mW/cm ²)	Limit (mW/cm ²)	MPE Ratio
BLE	7.89	6.15	20	0.0012	1.0	0.12%
2.4GHz WLAN	23.43	220.29	20	0.0438	1.0	4.38%
5GHz RLAN	16.10	40.74	20	0.0081	1.0	0.81%

For RFID 13.56MHz:

According to ANSI C63.10-2020 (Annex G.2 Field strength approach (linear terms)),

$$\text{EIRP} = p_t \times g_t = (E \times d)^2 / 30 \quad (\text{G.1})$$

where

- p_t is the transmitter output power in watts
- g_t is the numeric gain of the transmitting antenna (dimensionless)
- E is the electric field strength in V/m
- d is the measurement distance in meters (m)

$$\text{ERP} = \text{EIRP} / 1.64 = (E \times d)^2 / (30 \times 1.64) = (E \times d)^2 / 49.2 \quad (\text{G.2})$$

where all terms are as previously defined.

Mode	Field Strength $E_{\text{Meas}@3m}$	ERP (mW)	R (cm)	S (mW/cm ²)	Limit (mW/cm ²)	MPE Ratio (%)
RFID	61.74(dBuV/m)	0.00027	20	0.0000019	13.27	0.0007%

7.1.1 Calculation of Simultaneous Transmission

In order to ensure compliance with the EMF for a controlled environment, the sum of the ratios of the power density to the corresponding EMF should not exceed unity. That is

$$\sum_i \frac{S_i}{S_{\text{Limit } i}} \leq 1$$

The product also has multiple transmitters. The simultaneous transmission possibilities are as below:

No.	Simultaneous Tx Combination	S (mW/cm ²)	Limit (mW/cm ²)
1	BLE + RFID	0.0012019	1.0
2	2.4GHz WLAN + RFID	0.0438019	1.0
3	5GHz RLAN + RFID	0.0081019	1.0

7.2 Conclusion

According to the table above, the calculated power density S is below the limit, therefore, the product complies with the requirements.