

1. RF Exposure Requirements

1.1 General Information

Client Information

Applicant:	OMA FITNESS EQUIPMENT CO., LTD.
Address of applicant:	No.93 Tai An Road South, Yang'e village, Lunjiao Town, Shunde, Foshan City, Guangdong, China
Manufacturer:	OMA FITNESS EQUIPMENT CO., LTD.
Address of manufacturer:	No.93 Tai An Road South, Yang'e village, Lunjiao Town, Shunde, Foshan City, Guangdong, China

General Description of EUT:

Product Name:	Stairmill
Trade Name	/
Model No.:	LT04TB
Adding Model(s):	LT04EB, LT02EB, LT02TB
Rated Voltage:	AC120V
Power Adapter:	/
FCC ID:	2BDTT-LT04
Equipment Type:	Fixed device

Technical Characteristics of EUT:

Bluetooth (BLE mode)

Bluetooth Version:	V5.0 (BLE mode)
Frequency Range:	2402-2480MHz
RF Output Power:	1Mbps: 2.99dBm (Conducted) 2Mbps: 2.98dBm (Conducted)
Data Rate:	1Mbps, 2Mbps
Modulation:	GFSK
Quantity of Channels:	40
Channel Separation:	2MHz
Type of Antenna:	External Antenna
Antenna Gain:	1.42dBi

Bluetooth (BR/EDR mode)

Bluetooth Version:	V5.0 (BR/EDR mode)
Frequency Range:	2402-2480MHz
RF Output Power:	10.50dBm (Conducted)
Data Rate:	1Mbps, 2Mbps, 3Mbps
Modulation:	GFSK, $\pi/4$ DQPSK, 8DPSK
Quantity of Channels:	79
Channel Separation:	1MHz
Type of Antenna:	External Antenna

Antenna Gain:	1.42dBi
Wi-Fi (2.4G)	
Support Standards:	802.11b, 802.11g, 802.11n, 802.11ax
Frequency Range:	2412-2462MHz for 802.11b/g/n/ax(HT/HE20) 2422-2452MHz for 802.11n/ax(HT/HE40)
RF Output Power:	19.74dBm (Conducted)
Type of Modulation:	CCK, OFDM, QPSK, BPSK, 16QAM, 64QAM
Quantity of Channels:	11 for 802.11b/g/n/ax(HT/HE20); 7 for 802.11n/ax(HT/HE40)
Channel Separation:	5MHz
Type of Antenna:	External Antenna
Antenna Gain:	1.42dBi
Wi-Fi (5G)	
Support Standards:	802.11a, 802.11n(HT20), 802.11n-HT40,802.11ac-VHT20/40 802.11ax-HE20/40
Frequency Range:	5180-5240MHz, 5745-5825MHz
Max. RF Output Power:	19.15dBm (Conducted)
Type of Modulation:	QPSK, 16QAM, 64QAM
Type of Antenna:	External Antenna
Antenna Gain:	2.17dBi

1.2 RF Exposure Exemption

According to §1.1307(b)(3) and KDB 447498 D04 Interim General RF Exposure Guidance v01, system operating under the provisions of this section shall be operating in a manner that the public is not exposed to radio frequency energy level in excess limit for maximum permissible exposure.

Option A: FCC Rule Part 1.1307 (b)(3)(i)(A):The available maximum time-averaged power is no more than 1mW, regardless of separation distance.

Option B: FCC Rule Part 1.1307 (b)(3)(i)(B): The available maximum time-averaged power or effective radiated power (ERP), whichever is greater, is less than or equal to the threshold P_{th} (mW) described in the following formula. P_{th} is given by:

$$P_{th} \text{ (mW)} = \begin{cases} ERP_{20 \text{ cm}} (d/20 \text{ cm})^x & d \leq 20 \text{ cm} \\ ERP_{20 \text{ cm}} & 20 \text{ cm} < d \leq 40 \text{ cm} \end{cases}$$

Where

$$x = -\log_{10} \left(\frac{60}{ERP_{20 \text{ cm}} \sqrt{f}} \right) \text{ and } f \text{ is in GHz;}$$

and

$$ERP_{20 \text{ cm}} \text{ (mW)} = \begin{cases} 2040f & 0.3 \text{ GHz} \leq f < 1.5 \text{ GHz} \\ 3060 & 1.5 \text{ GHz} \leq f \leq 6 \text{ GHz} \end{cases}$$

d = the separation distance (cm);

Option C: FCC Rule Part 1.1307 (b)(3)(i)(C): The minimum separation distance (R in meters) from the body of a nearby person for the frequency (f in MHz) at which the source operates, the ERP (watts) is no more than the calculated value prescribed for that frequency. R must be at least $\lambda/2\pi$, where λ is the free-space operating wavelength in meters.

Single RF Sources Subject to Routine Environmental Evaluation	
RF Source frequency (MHz)	Threshold ERP (watts)
0.3-1.34	$1,920 R^2$
1.34-30	$3,450 R^2/f^2$
30-300	$3.83 R^2$
300-1,500	$0.0128 R^2 f$
1,500-100,000	$19.2 R^2$

For Multiple RF sources: FCC Rule Part 1.1307(b)(3)(ii):

- (A) The available maximum time-averaged power of each source is no more than 1 mW and there is a separation distance of two centimeters between any portion of a radiating structure operating and the nearest portion of any other radiating structure in the same device, except if the sum of multiple sources is less than 1 mW during the time-averaging period, in which case they may be treated as a single source (separation is not required).
- (B) In the case of fixed RF sources operating in the same time-averaging period, or of multiple mobile or portable RF sources within a device operating in the same time averaging period, if the sum of the fractional contributions to the applicable thresholds is less than or equal to 1 as indicated in the following equation.

$$\sum_{i=1}^a \frac{P_i}{P_{th,i}} + \sum_{j=1}^b \frac{ERP_j}{ERP_{th,j}} + \sum_{k=1}^c \frac{Evaluated_k}{Exposure Limit_k} \leq 1$$

1.3 Calculated Result

Radio Access Technology	Prediction Frequency (MHz)	Output Power (dBm)	Antenna Gain (dBi)	Duty Cycle (%)	Tune-Up Time-Averaged Power (dBm)	ERP (dBm)
Bluetooth	2402	10.50	1.42	100	11.00	10.27
Wi-Fi	2412	19.74	1.42	100	20.00	19.27
Wi-Fi	5180	15.31	2.17	92.69	15.00	15.02
Wi-Fi	5745	19.15	2.17	14.38	11.00	11.02

Frequency (MHz)	Option	Min. Distance (cm)	Max. Power (dBm) (mW)		Exposure Limit (mW)	Ratio	Result Pass/Fail
2402	C	20.00	10.27	10.64	768.00	0.01	Pass
2412	C	20.00	19.27	84.53	768.00	0.11	Pass
5180	C	20.00	15.02	31.77	768.00	0.04	Pass
5745	C	20.00	11.02	12.65	768.00	0.02	Pass

Note: 1. Time-Averaged Power=Output Power * Duty Cycle; ERP= Time-Averaged Power+ Antenna gain-2.15dB

2. Option A, B and C refers as clause 1.2.

3. For option B, Max (time-averaged power, effective radiated power (ERP)) converts to Max. Power. For option C, ERP converts to Max. Power;

4. For option B, P_{th} (mW) converts to Exposure Limit (mW); For option C, ERP (W) converts to Exposure Limit (mW).

5. Ratio= Tune-Up ERP (mW)/ Exposure Limit (mW)

Mode for Simultaneous Multi-band Transmission:

Radio Access Technology	Ratio 1	Ratio 2	Simultaneous Ratio	Limit	Result Pass/Fail
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Note: BT and Wi-Fi can't transmit at the same time.

Result: Pass