

Health Test Report

For

Applicant name: Fitness On Demand, LLC
Address: 2411 Galpin Court, STE 110, Chanhassen, MN 55317, United States
EUT name: 21.5 inch fitness console
Brand name: N/A
Model number: FOD21A
Series model number: N/A
FCC ID: 2BQS8-FOD21A

Issued By

Company name: BTF Testing Lab (Shenzhen) Co., Ltd.
Address: Plant 101, 201 and 301, Building 1, Block 2, Tantou Industrial Park, Tantou Community, Songgang Street, Bao'an District, Shenzhen, Guangdong, China
Report number: BTF260609R00305
Test standards: 47 CFR Part 2 Subpart J Section 2.1091
Test conclusion: Pass
Date of sample receipt: 2026-06-09
Test date: 2026-06-09 to 2026-07-23
Date of issue: 2026-07-24

Prepared by: Sean.He
Sean.He / Project engineer

Approved by: Ryan.CJ/EMC manager



Note: All the test results in this report only related to the testing samples. Which can be duplicated completely for the legal use with approval of applicant; it shall not be reproduced except in full without the written approval of BTF Testing Lab (Shenzhen) Co., Ltd.. All the objections should be raised within thirty days from the date of issue. To validate the report, you can contact us.

Revision History		
Version	Issue date	Revisions content
R_V0	2026-07-24	Original

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1 Introduction

1.1 Laboratory Location

Test location:	BTF Testing Lab (Shenzhen) Co., Ltd.
Address:	Plant 101, 201 and 301, Building 1, Block 2, Tantou Industrial Park, Tantou Community, Songgang Street, Bao'an District, Shenzhen, Guangdong, China
Description:	All measurement facilities used to collect the measurement data are located at Plant 101, 201 and 301, Building 1, Block 2, Tantou Industrial Park, Tantou Community, Songgang Street, Bao'an District, Shenzhen, Guangdong, China
Phone number:	+86-0755-23146130
Fax number:	+86-0755-23146130

1.2 Laboratory Facility

The test facility is recognized, certified, or accredited by the following organizations:

- **FCC - Designation No.: CN1409**
BTF Testing Lab (Shenzhen) Co., Ltd. has been accredited as a testing laboratory by FCC (Federal Communications Commission). The test firm Registration No. is 695374.
- **ISED – CAB identifier.: CN0135**
The 3m Semi-anechoic chamber of BTF Testing Lab (Shenzhen) Co., Ltd. has been Registered by Certification and Engineering Bureau of Industry Canada for radio equipment testing with Registration No.: 27844.
- **CNAS - Registration No.: CNAS L17568**
BTF Testing Lab (Shenzhen) Co., Ltd. is accredited to ISO/IEC 17025:2017 General Requirements for the Competence of Testing and Calibration laboratories for the competence of testing. The Registration No. is CNAS L17568.
- **A2LA - Registration No.: 6660.01**
BTF Testing Lab (Shenzhen) Co., Ltd. is accredited in accordance with the recognized International Standard ISO/IEC 17025:2017 General requirements for the competence of testing and calibration laboratories.

1.3 Announcement

- (1) The test report reference to the report template version v0.
- (2) The test report is invalid if not marked with the signatures of the persons responsible for preparing, reviewing and approving the test report.
- (3) The test report is invalid if there is any evidence and/or falsification.
- (4) This document may not be altered or revised in any way unless done so by BTF and all revisions are duly noted in the revisions section.
- (5) Content of the test report, in part or in full, cannot be used for publicity and/or promotional purposes without prior written approval from the laboratory.
- (6) The laboratory is only responsible for the data released by the laboratory, except for the part provided by the applicant.
- (7) All entrusted information in this report is provided by the client and has been confirmed through consultation with the client; The testing items for this report have been discussed and confirmed with the client, and our company is only responsible for the content reflected in the report.

2 Product Information

2.1 Application Information

Company name:	Fitness On Demand, LLC
Address:	2411 Galpin Court, STE 110, Chanhassen, MN 55317, United States

2.2 Manufacturer Information

Company name:	Fitness On Demand, LLC
Address:	2411 Galpin Court, STE 110, Chanhassen, MN 55317, United States

2.3 Factory Information

Company name:	Fitness On Demand, LLC
Address:	2411 Galpin Court, STE 110, Chanhassen, MN 55317, United States

2.4 General Description of Equipment under Test (EUT)

EUT name	21.5 inch fitness console
Under test model name	FOD21A
Series model name	N/A
Description of model name differentiation	N/A
Hardware Version	V1.0
Software Version	N/A
AC adapter:	MODEL: MX65C1-1205000 INPUT: 100-240V~50-60Hz 2A OUTPUT: 12.0V--- 5.0A 60.0W
Rating:	Input: DC 12V 5A

2.5 Technical Information

Modulation Mode:	BT	GFSK, $\pi/4$ DQPSK, 8DPSK
	WLAN 2.4GHz	DSSS, OFDM
	5G WIFI	OFDM
Frequency Bands:	BT	2402MHz-2480MHz
	WLAN 2.4GHz	2412MHz-2462MHz
	5G WIFI	Band 1: 5180MHz to 5240MHz; Band 2A: 5260MHz to 5320MHz; Band 2C: 5500MHz to 5700MHz; Band 3: 5745MHz to 5825MHz;
Antenna type:	Internal Antenna	
Antenna Gain:	BT: 1.71 dBi (declare by Applicant) WLAN 2.4GHz: 1.71 dBi (declare by Applicant) 5G WIFI: - Band: 1 Ant1: 1.91dBi; - Band: 3 Ant1: 2.09dBi;	

	- Band: 2A Ant1: 2.64dBi; - Band: 2C Ant1: 2.58dBi; (declare by Applicant)
Antenna transmit mode:	SISO (1TX, 1RX)

3 RF Output Power

Mode	Channel	Frequency (MHz)	Maximum Peak Conducted Output Power (dBm)
BT	CH00	2402	1.58
Maximum Tune-up (dBm)			2.00
WLAN 2.4GHz	CH1	2412	15.96
Maximum Tune-up (dBm)			16.00
5G WIFI	CH100	5500	13.94
Maximum Tune-up (dBm)			14.00

Note 1: According to KDB 447498, MPE assessment is based on source-based time-averaged maximum conducted output power of the RF channel requiring assessment, adjusted for tune-up tolerance, and the minimum test separation distance required for the exposure conditions.

4 Applied Reference Documents

Identity	Document Title
47 CFR Part 2(2.1091)	Radio Frequency Radiation Exposure Assessment: mobile devices
KDB 447498 D01v06	General RF Exposure Guidance

5 Device Category and RF Exposure Limit

Per user manual, Based on 47 CFR 2.1091, this device belongs to mobile device category with General Population/Uncontrolled exposure.	
Mobile Devices:	47 CFR 2.1091(b) For purposes of this section, a mobile device is defined as a transmitting device designed to be used in other than fixed locations and to generally be used in such a way that a separation distance of at least 20 centimeters is normally maintained between the transmitter's radiating structure(s) and the body of the user or nearby persons. In this context, the term "fixed location" means that the device is physically secured at one location and is not able to be easily moved to another location. Transmitting devices designed to be used by consumers or workers that can be easily re-located, such as wireless devices associated with a personal computer, are considered to be mobile devices if they meet the 20 centimeter separation requirement.
General Population/Uncontrolled Exposure:	The general population/uncontrolled exposure limits are applicable to situations in which the general public may be exposed or in which persons who are exposed as a consequence of their employment may not be made fully aware of the potential for exposure or cannot exercise control over their exposure. Members of the general public would come under this category when exposure is not employment-related; for example, in the case of a wireless transmitter that exposes persons in its vicinity. Warning labels placed on low-power consumer devices such as cellular telephones are not considered sufficient to allow the device to be considered under the occupational/controlled category, and the general population/uncontrolled exposure limits apply to these devices.
Test Standards:	The limit for Maximum Permissible Exposure (MPE) specified in FCC 1.1310 is followed. The gain of the antennas used in the product is extracted from the Antenna data sheets provided and also the maximum total power input to the antenna is measured. Through the Friis transmission formula and the maximum gain of the antenna, we can calculate the distance, away from the product, where the limit of MPE is reached. Although the Friis Transmission formula is far field assumption, the calculated result of that is an over-prediction for near field power density. It is taken as worst case to specify the safety range.

According to FCC 1.1310: The criteria listed in the following table shall be used to evaluate the environmental impact of the human exposure to radio-frequency (RF) radiation as specified in 1.1307 (b) Limits for Maximum Permissible Exposure (MPE)

Frequency range (MHz)	Electric field strength(V/m)	Magnetic field strength (A/m)	Power density (mW/cm ²)	Averaging time (minutes)
(A) Limits for Occupational/Controlled Exposures				
0.3–3.0	614	1.63	*(100)	6
3.0–30	1842/f	4.89/f	*(900/f ²)	6
30–300	61.4	0.163	1.0	6

300–1500	-	-	$f/300$	6
1500–100,000	-	-	5	6
(B) Limits for General Population/Uncontrolled Exposure				
0.3–1.34	614	1.63	$*(100)$	30
1.34–30	$824/f$	$2.19/f$	$*(180/f^2)$	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

6 RF Exposure Assessment

➤ Standalone Transmission Assessment:

Bands	Frequency (MHz)	Tune-up Power(dBm)	Antenna Gain(dBi)	E.I.R.P. (mW)	Power Density (mW/cm ²)	Limit for MPE (mW/cm ²)
BT	2402	2	1.71	2.35	0.001	1.0
WLAN 2.4GHz	2412	16	1.71	59.02	0.012	1.0
5G WIFI	5500	14	2.58	45.50	0.009	1.0

Note:

1. According to KDB 447498, MPE assessment is based on source-based time-averaged maximum conducted output power of the RF channel requiring assessment, adjusted for tune-up tolerance, and the minimum test separation distance required for the exposure conditions.

2. MPE calculate method

$$S = PG/4\pi R^2$$

Where:

S = Power density (in appropriate units, e.g. mW/cm²)

P = Time-average maximum tune-up power (in appropriate units, e.g. dBm)

G = numeric gain of the antenna (in appropriate units, e.g. dBi)

R = Separation distance to the centre of radiation of the antenna (20cm)

➤ Conclusion:

According to 47 CFR §2.1091, this device complies with human exposure basic restrictions.



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