

OMRON

INSTRUCTION MANUAL

OMRON Pedometer

計步器

Model
型號 **HJ-109**



Thank you very much for purchasing the OMRON Pedometer.

Please read this Instruction Manual before using the product to ensure safe and correct use.

Please keep this Instruction Manual always at hand for your future reference.

A Good Sense of Health

CONTENTS

Before Using the Unit

Safety Information	3
Features of the Pedometer HJ-109	4
Name of Parts	5
About the Pedometer	6

How to Use the Unit

How to Attach the Pedometer	8
How to Set Time, Weight, and Stride Distance	9
How to Start	12
How to Adjust the Sensitivity	13
To View the Results	14
Memory Function	15
Replacement of Battery	16

Troubleshooting

How to Care and Store the Unit	17
When Problem Occurs	18
Specifications	19

Before Using the Unit

Safety Information

Please read this section carefully before using this unit

Warning

Keep the unit out of reach of young children. If a child swallows battery, cover, or screw, consult a doctor immediately.

Caution

- Do not disassemble, repair, or modify the unit. It may cause damage, or accident.
- Do not throw the battery into fire. It may cause explosion.

General Advice

- Avoid exposing the unit to strong shock.
- Do not force open the main unit.
- Do not press too hard or twist the clip.
- The main unit is not waterproof. Do not wash it or touch it with wet hands.

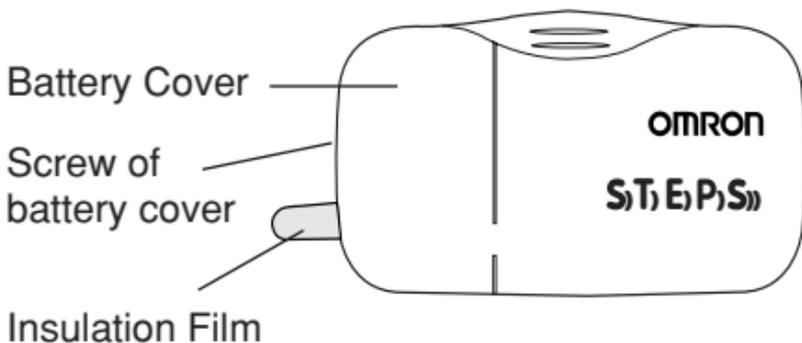
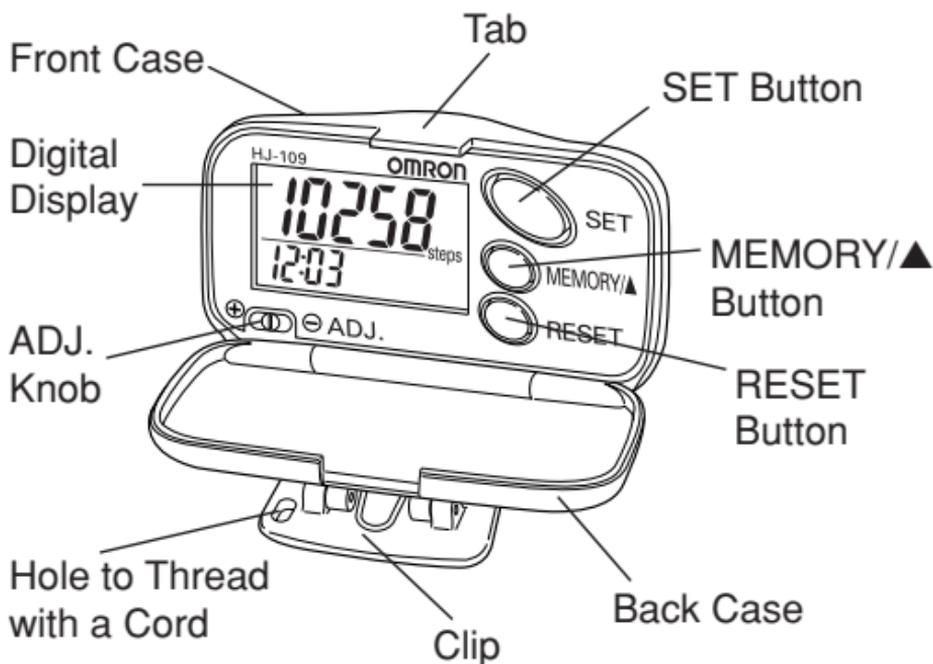
Features of the Pedometer HJ-109

- ❑ **“Aerobic step” function helps to enhance your health.**

The pedometer can measure continuous walking for more than 10 minutes in terms of number of aerobic steps, which should be effective to burn body fat.

- ❑ **Calculates the amount of fat burnt, this information is useful for your diet planning.**
- ❑ **Displays walking distance whereby, you can set a target before walking.**
- ❑ **Memory function that can show the data of past seven days.**
- ❑ **Dual display function that can show both the time and the number of steps simultaneously.**
- ❑ **Compact and simple to use features.**

Name of Parts



About the Pedometer

Walking for good health

Aerobic activities strengthen the heart and lungs, making them more efficient, and also allows your body to use fats and sugars more efficiently, thus burning more calories.

Walking is one of the most suitable form of aerobic exercises for people of all ages.

It is recommended that all people should increase their regular physical activity to a level suitable to their capacities, needs, and interest. One should set a long-term goal to incorporate at least 30 minutes of moderate-intensity physical activity on all, if not, most days of the week. The “number of aerobic steps” of the pedometer aims to help you achieve this.

Number of aerobic steps displayed

“Number of aerobic steps” indicates the number of steps that can be considered as effective aerobic exercise.

The pedometer displays the total number and duration of aerobic steps you take in a day based on the following two criteria:

1. Walking more than 60 steps per minute.
2. Walking for more than 10 minutes continuously (with less than 1 minute of rest).

Example:

If you walk for 20 minutes at the speed of 120 steps per minute, the number of aerobic steps is 2400.



6 Before Using The Unit

About the Pedometer

Calorie/amount of burnt fat displayed

The calorie/amount of burnt fat display indicates the energy consumed by walking and is calculated from the weight, stride distance, number of steps, and walking speed.

For a more precise calorie/amount of burnt fat value, multiply the calorie/amount of burnt fat value displayed by the coefficient in the following table.

Example of correction:

For a woman in her 50's with calorie display of 300, the actual consumed calorie is calculated as follows.

$$300 \times 0.95 = 285 \text{ kcal}$$

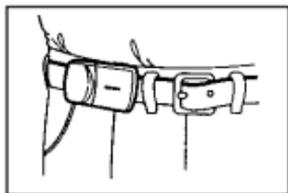
Correction coefficient for calorie display

	Man	Woman
20's	1.10	1.07
30's	1.05	1.01
40's	1.02	0.97
50's	1.01	0.95
60's	1.00	0.95
70's	0.98	0.96
80's	0.95	0.95

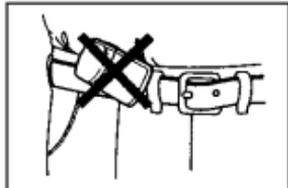
How To Use the Unit

How to Attach the Pedometer

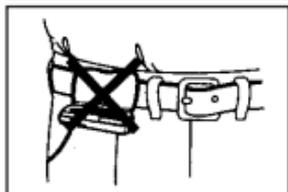
- Attach the unit to your belt or to the top of your shorts or pants.



- The unit must be horizontal to the ground in order for it to function correctly.



- The case should be closed during use, and opened only to see the readings. (The unit will not count steps if the case is open.)



- To prevent the unit from dropping, we recommend that you use a cord to tie it to your belt.



Your Pedometer may not be able to display the step count correctly when:

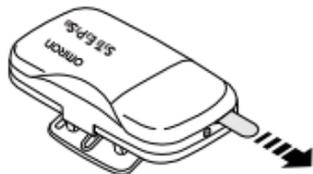
- Walking at an inconsistent or irregular pace, as in crowded places.
- Walking or jogging in sandals, clogs, slippers etc.
- Engaging in intense sports or exercises with varying up and down movement, e.g. climbing the stairs.

8 How To Use The Unit

How to Set Time, Weight, and Stride Distance

1. Turn on the power by pulling out the insulation film.

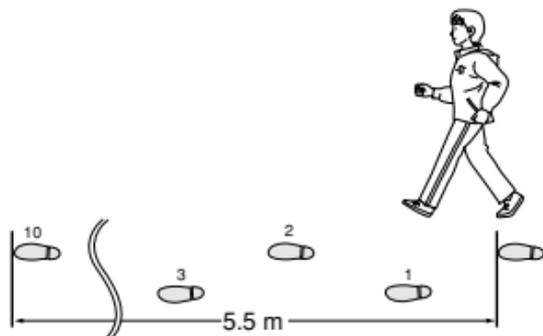
You do not need to re-insert the film. When the power is turned on, the time setting screen will appear and all the characters on the display illuminate.



2. How to measure your stride distance.

Correct stride distance is measurement from the tip of your toe to the other one. To measure the correct average stride distance, divide the total distance of ten steps you walked by the number of steps (10).

Example: When you walk 5.5 meters,
 $5.5 \text{ m (total distance)} \div 10 \text{ (number of steps)}$
 $= 0.55 \text{ m (55 cm)}$



How to Set Time, Weight, and Stride Distance

3. How to set the time

<Setting range: 0:00 - 23:59>

Example: To set the time to 2:30 p.m.

- i) Press the MEMORY/▲ Button once to increase by the hour.

To reset the time display, hold the RESET Button for more than 1.5 seconds.



- ii) Press the SET Button to save the changes and to proceed to minute setting.



- iii) Press the MEMORY/▲ Button again to adjust the minute. Press once to increase value by minute. Keep pressing to fast forward by every 10 minutes.



- iv) Press the SET Button to save the time setting and proceed to weight setting.



How to Set Time, Weight, and Stride Distance

4. How to set the weight <Setting range: 30 to 136 kg>

- i) Press the MEMORY/▲ Button once to advance by the kilogram. Keep pressing the Button to fast forward by every 10 kg.
- ii) Press the SET Button to save above changes and proceed to the setting of stride distance.

Example: To set the weight to 65 kg



5. How to set the stride distance <Setting range: 30 to 120 cm>

- i) Press the MEMORY/▲ Button once to advance by 1 cm. Keep pressing the Button to fast forward by every 10 cm.
- ii) Press the SET Button to set the distance and to change to the number of steps display.

Example: to set the stride distance to 55 cm



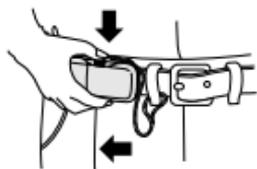
How to Start

1. When all the settings are completed, your pedometer is ready for step count mode.

2. Reset the data on the display, including the number of steps, number of aerobic steps, calories, and distance to zero (0), by pressing the RESET Button for more than 1.5 seconds.



3. Close the front case and clip your pedometer to your belt or the waist band of your pants Securely. (Refer to “How To Attach The Pedometer”).



4. Walk 100 steps to check whether the pedometer counts your number of steps correctly.

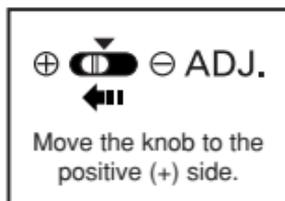
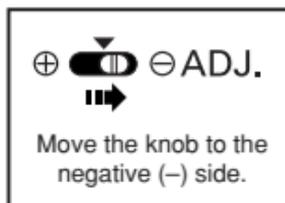
If there's any discrepancy between the number of steps you take and the number shown, adjust the sensitivity accordingly. (Refer to Page 13.)



How to Adjust the Sensitivity

This unit is adjusted to $\pm 5\%$ accuracy (± 5 steps against 100 steps) measured by standard walking on a flat surface in the correct posture.

- Attach your digital pedometer properly and walk 100 steps.
- If the step count displayed is 5 steps or more than actual, shift the ADJ. Knob slightly to the negative (\ominus) side.
- If the step count displayed is 5 steps or less than actual, shift the ADJ. Knob slightly to the positive (\oplus) side.



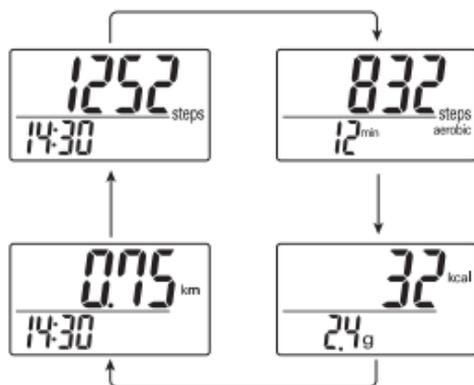
Repeat the 100 steps test again and adjust the ADJ. Knob accordingly till you reach the ± 5 steps count accuracy against your actual strides.

NOTE:

Readjust the sensitivity if you change your pace of jogging, walking or competitive walking etc.

To View the Results

Press the SET Button each time you want to switch the screen display from the number of aerobic steps/duration of aerobic walk, to calorie/amount of burnt fat burnt, to distance, and then number of steps.



To reset all data of today:

Press and hold the RESET Button for more than 1.5 seconds.

All the data (number of steps, number of aerobic steps, duration of aerobic walk, calorie/amount of burnt fat, and distance) of today will be reset to 0.

- You cannot reset the data of one item only.
- The memory data recorded on the previous day will not be deleted.

Memory Function

The unit can store data of past seven days to the recent day (on number of steps, aerobic steps, calorie, and distance).

1. Press the SET Button to display the screen you want to see.
2. Press the MEMORY/▲ Button. Each time you press the button, you can see the data of past seven days, in preceding order. (Time is not displayed on the memory display).

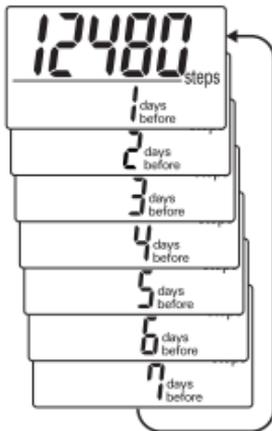
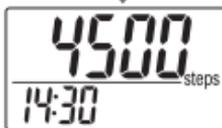
To return to the screen before the memory display, press the SET Button.

If you want to delete the memory.

Remove the battery once and insert it again.

All the stored data, including the set data (time, weight, and stride distance) will be deleted.

Example: To see the data on the number of steps



Replacement of Battery

When to replace the battery

Replace the battery with a new one (LR43) when a ✕ mark blinks.

- Once the battery is removed, all the memory data and the set data (time weight, and stride distance) are deleted. Set time, weight, and stride distance again.
- Please record any important data on your notepad before installing a new battery.

1. Remove the screw on the battery cover with a Phillips screwdriver.



2. Open the battery cover and remove the worn battery.
Do not use metal tweezers or a screwdriver to remove the battery.



3. Insert a new battery with the correct alignment of polarities as shown in the figure.



4. To close the cover, fit the claws of the battery cover into the grooves until they click.



5. Fasten the screw to the battery cover.

NOTES:

- Use a LR43 type battery.
- Replace the worn battery with a new one immediately.
- Dispose of worn battery properly.

Troubleshooting

How to Care and Store the Unit

How to Clean the Unit

- Always keep the unit clean before use.
- Wipe the main unit with a soft dry cloth.

If necessary, use a cloth moistened with water or detergent and squeeze it well before wiping the unit, then wipe dry with a dry cloth.

- Please make sure water do not get into the main unit.
- Do not use benzine, thinner, or gasoline to clean the unit.



Care and storage

- Do not store the unit in the following conditions:
 - i) Where water may get in.
 - ii) Extreme high temperature and humidity, direct sunshine, and dusty places.
 - iii) Where there will be sudden shock, vibration.
 - iv) In storage places of chemicals or where corrosive gas is generated.
- Keep the unit out of reach of children.
- If you are not using the unit for a prolong period (three months or more), remove the batteries before storage.



OMRON will not undertake any responsibility if you fail to observe the above-mentioned notes and correct use of the unit.

When Problem Occurs

Problem	Probable cause	What to do
A  mark blinks.	The battery is worn out.	Replace the battery with a new one (LR43).
Nothing is displayed.	The polarities of battery (+ and -) are not aligned properly.	Insert the battery in correct alignment. (Refer to Page 16)
	The battery is worn out.	Replace the battery with a new one (LR43).
The values displayed are wrong.	The pedometer is not attached correctly.	Refer to the section on "How to Attach the Pedometer." (Refer to Page 8)
	You are walking at an inconsistent pace.	Try to walk in a consistent pace all the time, in proper footwear.
	The set values are wrong.	Change the setting. (Refer to Page 9)
	The ADJ. Knob is not adjusted correctly.	Readjust the sensitivity. (Refer to Page 13)
The contents displayed are wrong.	Remove the battery once and insert it again. (Refer to Page 16)	

- If you are not able to get correct measurement after taking the above-mentioned measures, contact your OMRON dealer.

Specifications

Type	OMRON Pedometer
Model	HJ-109
Power Supply	1.5 VDC (one LR43 battery)
Measurement Range	Number of steps: 0 to 99,999 steps Number of aerobic steps: 0 to 99,999 steps Duration of aerobic walk: 0 to 1440 minutes Calorie: 0 to 99,999 kcal Amount of burnt fat: 0.0 to 999.9 g Distance: 0.00 to 999.99 km Time: 0:00 to 23:59
Memory	Number of steps Number of aerobic steps Duration of aerobic walk Calorie Amount of burnt fat Distance } from past seven days to most recent day for all measurements.
Setting Range	Time: 0:00 to 23:59 (24-hour display) Weight: 30 to 136 kg Stride distance: 30 to 120 cm
Operating Temperature	-10°C to +40°C
Precision of Step Counting	Within +/- 5% (by vibration testing machine)
Time Precision	Within +/- 90 seconds of the average monthly deviation (under normal temperature)
Battery Life	Approx. 1 year (when used for walking 10,000 steps a day)
External Dimensions	Approx. 63.5 x 36.3 x 23.0 mm
Weight	Approx. 24 g (including the battery)
Accessories	Battery (one built-in LR43), Instruction Manual

• Specifications are subject to change without prior notice.