

OMRON Step Counter

Model HJ-113



Walking style

A Good Sense of Health

- Thank you very much for purchasing the OMRON Step counter.
- 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.

Cautions

- Keep the Walking style out of reach of young children.
- If a young child swallows battery, cover or screw, immediately consult a doctor.
- Do not throw the battery into fire because it may explode.
- Do not swing the Walking style.
- Do not hang the Walking style from your neck during jogging.
- Do not drop or step on the Walking style.
- Do not put the Walking style in the back pocket of your shorts or pants.
- Do not wash the Walking style or touch it with wet hands.
- Avoid exposure of the Walking style to direct sunlight.
- The operating environment of the Walking style must be free from excessive vibrations, shocks, magnetic fields, electrical noise, etc.

1. Components of Product

Overview

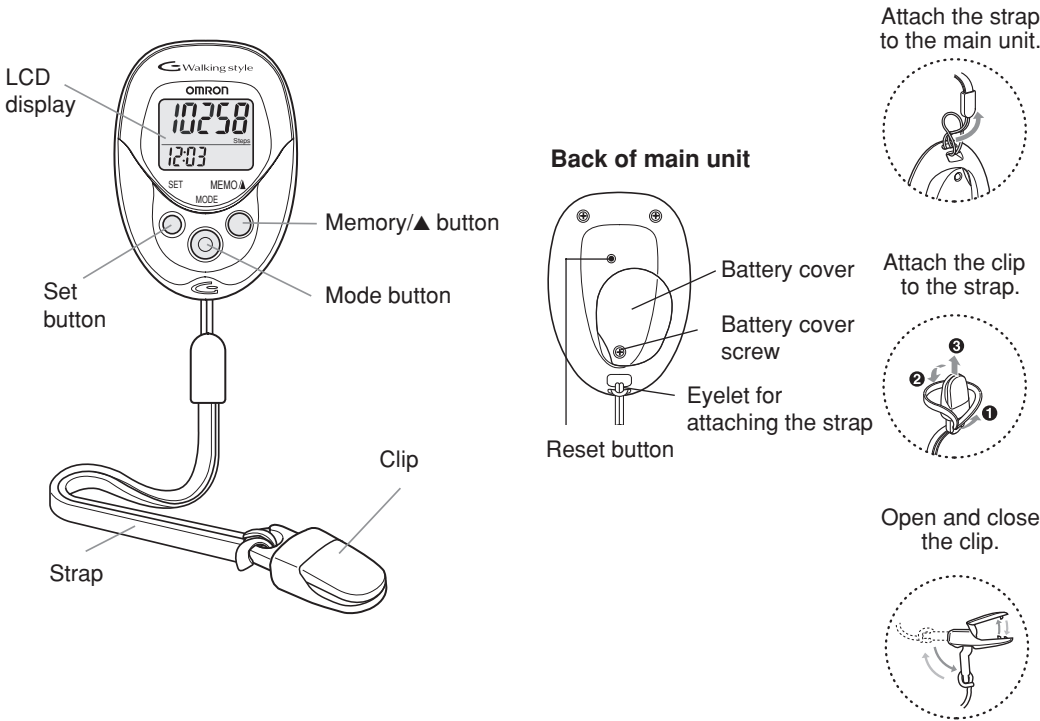
1. Main unit

2. Strap
3. Clip to be attached to strap.

4. Battery

5. Screwdriver
5. Instruction Manual

2. Name of Parts



3. About the Pedometer

Number of Aerobic steps displayed

Besides a regular step counter, the Walking style also features an aerobic step counter, which counts the number of steady steps. Steady – or aerobic - steps is the physical exercise that helps us stay healthy. Steady steps are counted separately when walking more than 60 steps per minute and more than 10 minutes successively. If a rest of less than 1 minute is taken after a continuous walk of more than 10 minutes, this will be regarded as part of “continuous (aerobic or steady) walk”.

How many steps do we need to do per day?

For long term health and reduced chronic disease risk, we should do 10,000 steps a day. For successful weight loss, this should be between 12,000 and 15,000 steps. If we want to build aerobic fitness, we should make at least 3,000 (preferably more) steady steps per day.

The Walking style helps you manage your steps. Simply wear the Walking style Step Counter and it will count all your daily steps. It's easy to use: just set it and start moving (as stated by David R. Bassett Jr., a professor in the Department of Health and Exercise Science at the University of Tennessee, Knoxville).



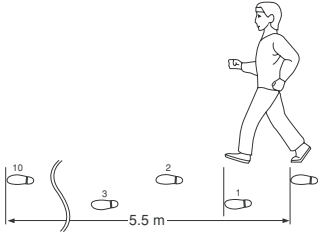
4. Measure your stride distance

Measure your stride distance first for accurate measurement.

How to measure your stride distance

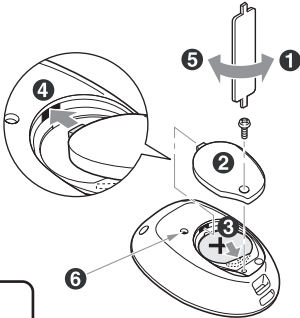
Correct stride distance is from a tip of your foot to another one. To measure the correct average stride distance, divide the total distance of ten steps you walked by the number of steps (10). Calculate the stride distance as shown in the following formula:

Example: When you walk 5.5 meters,
5.5 m (total distance) / 10 (number of steps) = 0.55 m (55 cm).



5. How to insert battery

1. Use the Screwdriver provided to remove the screw.
2. Remove the battery cover.
3. Insert the 3V lithium battery type CR2032.
Note: be sure to place the positive (+) side of the battery upward (as shown in the illustration).
4. Put the battery cover on the battery compartment.
5. Fasten the screw.
6. To reset system, press the Reset button.
Caution! All data, memory and settings will be deleted.



Battery replacement

Use a thin stick to remove the battery and insert a new 3V lithium battery type CR2032.
Caution! Do not use a metal object to remove battery!



6. Set time, weight and stride length

Setting time, weight and stride length is necessary to record the number of steps and then to calculate the consumed calorie, burned fat volume and walking distance.

Note: keep pressing memory/▲ button to go fast forward with 1 hour, 10 minutes, 10 kg or 10 cm intervals.

Note: if you leave time setting for 5 minutes, the display will return to the number of steps.



Set the Time

<Setting Range 0:00 ~ 23:59>

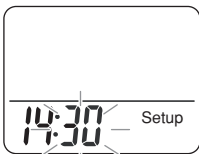
- 1 Press set button for 2 seconds.
Press memory/▲ button to set the hour.



- 2 Press the set button.



- 3 Press memory/▲ button to set the minute.



- 4 Press set button to set the time and to proceed to weight setting.
Note: the initial weight is 30 kg.



Set the Weight

<Setting Range 30 ~ 136kg>

- 1 Press memory/▲ button to set your weight.
Note: if the display reaches 136 kg, it will return to 30 kg.



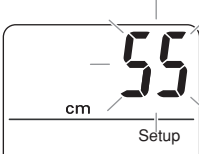
- 2 Press set button to set the weight and to proceed to stride length setting.
Note: the initial stride length is 40 cm.



Set the Stride Distance

<Setting Range 30 ~ 120cm>

- 1 Press memory/▲ button to set your stride length.
Note: if the display reaches 120 cm, it will return to 30 cm.



- 2 Press set button to set all the values. The display will show latest steps and the clock.



Adjust settings

- 1 Press set button for 2 seconds.
- 2 Press memory/▲ button to adjust time, weight or stride length.

7. How to attach the Step Counter

We recommend placing the Step Counter in your pocket or your bag or hanging it from your neck.

Pocket

- 1. Put the unit in your upper front or trousers pocket.
- 2. Clip the strap to the edge of your pocket.
Notes: – do not put the unit in the back pocket of your shorts or trousers.
– be sure the unit is securely fastened to your clothes.



Bag

- 1. Put the unit in a compartment or partition of your bag.
- 2. Clip the strap to the edge of your bag.
Notes: – be sure you can hold the bag tightly.
– be sure the unit is securely fastened to your bag.



Neck

- 1. Attach a commercially available string, strap or key cord to the unit and hang it from your neck.



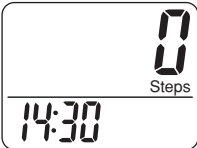
8. Using the Walking style

Actual use of the Step Counter

- 1. Attach the unit to your body. Refer to above 'How to attach the Step Counter'.
- 2. Start walking.
Notes: – to prevent erroneous counting, the display of the Step Counter will start showing the number of steps taken after 4 seconds. This means that the display will not change for 4 seconds after you start walking. However, all steps taken will be displayed.
– after 10 minutes of walking more than 60 steps per minute, the aerobic mode is activated.

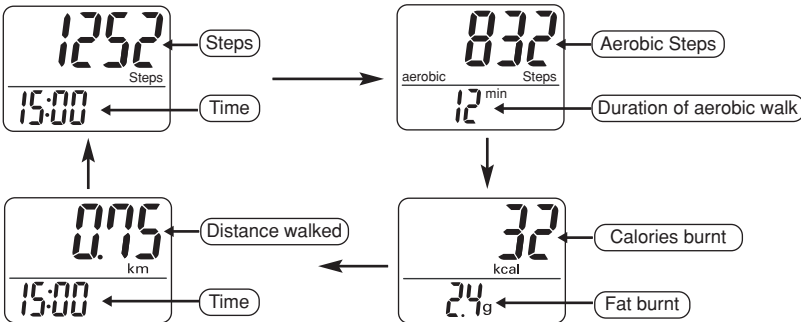
The aerobic mode deactivates after a 1-minute break.

- 3. After your walk, press mode button to read data.
Note: you cannot turn off the unit.



9. To View the Results

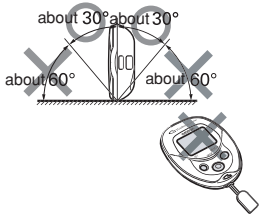
Press the Mode button each time you want to switch the screen display from the number of aerobic steps/duration of aerobic walk, to calorie/amount of fat burnt, to distance, and then number of steps.



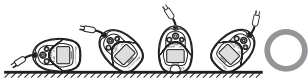
10. Correct usage of Step Counter

Tips for use

- Attach the unit perpendicular to the ground.



Max. tolerance – 30°/ + 30°.



- Do not hang the unit from your belt, the top of your shorts or trousers or a bag.



- Wear proper Shoes
No erratic footsteps such as:
– Walking with a shuffle.
– Walking or jogging with sandals, Clogs, Slippers, etc.



- Do not use unit during intense exercises and bumpy environments:
– Exercises requiring up & down movements.
– Going up or down the stairs or steep slope.
– Exercises other than walking & jogging.
– Pitching or rolling motion when in a moving vehicle.



- Do not hang the step counter from your neck during jogging.



11. Memory Function

Recall data

The Walking Style can store the data of number of steps, number of aerobic steps, duration of steady (aerobic) walk, consumed calories, burned fat volume and walking distance. These data can be shown for seven days.

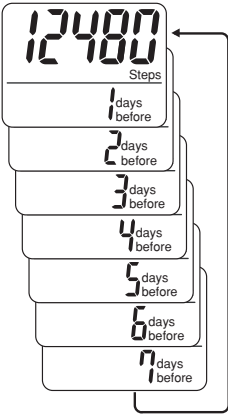
1. Press mode button one or several times to select the mode you want:

- aerobic : number of aerobic steps + duration of aerobic walk
- kcal : consumed calories and burned fat volume
- km : walking distance
- steps : number of steps

2. Press memory/▲ button to recall previous data.

The Walking style can store measure values of seven days.

- Notes:** – when displaying values from memory the number of steps you make will not be counted.
– when displaying values from memory the time is not displayed.
– if the memory/▲ button is not used for one minute, the display will return to the previous screen.



3. Press mode button to exit memory display.

Erase memory

Press system reset button.

Caution! All data memory and settings will be erased!

12. Troubleshooting

	Fault	Cause	Rectification
	Low voltage	Battery weak or exhausted.	Insert a new 3V lithium battery type CR2032.
		Polarities of battery (+ and -) aligned in wrong directions.	Insert battery in correct alignment.
Display empty			
Displayed values are incorrect		The Step Counter is attached incorrectly.	Follow instructions item 5 & 7.
		You are walking at inconsistent pace.	Walk at consistent pace all the time.
		Settings are wrong.	Change settings.

13. Care and storage

- Use a soft, slightly moistened cloth to clean the Walking style.
Caution! Do not use petrol, thinners or similar solvents!
- Do not carry out repairs of any kind yourself.
- Store the Walking style in a dry, enclosed place.

Attention! Disposal of batteries and the Walking style should be carried out in accordance with the national regulations for the disposal of electronic products.

14. Specifications

Product name	Walking style
Type	HJ-113
Power supply	3V Lithium battery type CR2032
Battery life	New battery will last for approx. 6 months (when used for walking 10,000 steps a day)
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 Consumed calories: 0 to 99,999 kcal Burnt fat volume: 0.0 to 199.9 g Walking distance: 0.00 to 999.99 km Time: 0:00 to 23:59
Capacity of memory	Number of steps, number of aerobic steps and duration of aerobic walk, consumed calories and burnt fat volume, walking distance: from 7 days ago to the previous day
Setting range	Time: 0:00 to 23:59 (24-hour display) Weight: 30 to 136 kg in units of 1 kg Stride length: 30 to 120 cm in units of 1 cm
Operating temperature and humidity	-10°C to +40°C, 30 to 85% RH
Storage temperature and humidity	-20°C to +60°C, 30 to 95% RH
Precision of step counting	Within +/- 5% (by vibration testing machine)
Time precision	Within +/- 30 seconds of the average monthly deviation (under normal temperature)
External dimensions	Approx. 47(W) x 66(H) x 16(D) mm
Weight	Approx. 32 g (including battery)
Accessories	3V Lithium battery type CR2032, strap, clip for strap, screwdriver, instruction manual

In the interest of product improvement, specifications are subject to change without notice.

