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You can read the recommendations in the user guide, the technical guide or the installation guide for OMRON HJ-112. You'll find the answers to all your questions on the OMRON HJ-112 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual OMRON HJ-112
User guide OMRON HJ-112
Operating instructions OMRON HJ-112
Instructions for use OMRON HJ-112
Instruction manual OMRON HJ-112

OMRON®

INSTRUCTION MANUAL

GO_{smart}

Pocket Pedometer

Model **HJ-112**



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exercise program. Keep the unit out of the reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any.

piece is swallowed. Read all information in the instruction book and any other literature included in the box before using the unit. Operate the unit only as intended.

Do not use for any other purpose. Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution. Do not throw the battery into fire.

The battery may explode. Do not swing the pedometer by the strap. Swinging the pedometer while holding the strap may cause an injury. IMPORTANT SAFETY INFORMATION Use only OMRON authorized parts and accessories.

Parts and accessories not approved for use with the device may damage the unit. CARE AND MAINTENANCE Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty. Do not subject

the unit to strong shocks, such as dropping the unit on the floor. Do not submerge the unit or any of the components in water. KNOW YOUR UNIT Main Unit display SET Button Holder MEMO/ Button MODE Button Strap Clip Back of the main unit SYSTEM RESET Button Battery Cover Screw of Battery Cover KNOW YOUR UNIT Components Holder Use this holder when

attaching the unit to your belt or the top of your pants. 1) Attach the main unit to A the holder. 2) Attach the holder clip to B your pants.

Holder Clip How to attach the strap to the main unit How to connect the strap and the clip Hole to attach the strap How to release from a clip and fasten with a clip To release To fasten AEROBIC STEP FUNCTION This Pocket Pedometer counts all steps and separately.

counts aerobic steps, which are defined as: Walking more than 60 steps per minute Continuously walking for more than 10 minutes The pedometer separately displays both total steps and aerobic steps. Aerobic steps

will be counted in total steps for the day. NOTE: Walking a rest for less than 1 minute during continuous walking for more than 10 minutes is considered.

as continuous walking. CALORIE DISPLAY The calorie display indicates a calorie consumed by walking and calculated from the weight, stride distance, number of steps, and walking speed. The calorie display

increment is one minute. If you want to know the target calorie value, multiply the displayed calorie by the coefficient in the table shown below. Example of correction: For a woman in her 50's with the

calorie display of 300, the consumed calorie is calculated as follows. $300 \times 0.95 = 285$ kcal Correction coefficient for calorie display Man Woman 20's 30's 40's 50's 60's 70's 80's 1.10 1.05 1.02 1.01 1.00 .98

95 1.07 1.01 .97 .95 .95 .96 .95 STRIDE LENGTH MEASUREMENT Measure your stride

length before beginning to set the pedometer... How to measure your stride length 1. Walk 10 steps with your normal stride as

illustrated below. 2. Measure the distance from START to.

END in inches. 3. Calculate your stride length by dividing the total distance by 10. Example: Total distance = 320 inches. $320 \div 10 = 32$ inches (2 feet 8

inches) Conversion Chart 12 inches = 1 foot 24 inches = 2 feet 36 inches = 3 feet 48 inches = 4 feet

Operating Instructions BATTERY INSTALLATION 1. Remove the Screw on the Battery Cover located on the back of the main unit. Use the supplied screwdriver or use a commercially available small screwdriver.

to. Insert the CR2032 battery in the as illustrated. Tighten the screw on the Battery Cover. NOTES: When installing the battery, set the time of a day,

weight and stride length stored in the memory will be erased. Be sure to write important memory data in a notebook. Low Battery Indicator NOTES: When the Low Battery

Indicator starts to blink, the unit stops at the time is displayed as " _ : _ _ ".

When the Low Battery Indicator is blinking, press the MODE

Button to display the data for the current day. Press the MEMO Button to view the data stored in the memory. When the Low Battery Indicator

appears on the display screen, remove the old battery. Take the battery out with a thin stick that is not easily breakable. NOTES: Do NOT use a pair

of metal tweezers or a D screwdriver. Replace with a new CR2032 battery. CAUTION Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may

cause environmental pollution. CAUTION Do not throw the battery into fire. NOTE: Press the MODE Button to return the hour to 12AM.

3. Press the SET Button to set the hour. Press and hold the button to advance the time in 10 minute

increments. NOTE: Press the MODE Button to return the weight to 10 lb increments. Press and hold the button to advance

weight to 10 lb increments. NOTE: Press the MODE Button to return the weight to

88. 2. Press the SET Button to set the weight. Press and hold the button to advance the stride in 4 inches.

increments. NOTE: Press the MODE Button to return the number of steps and time will

be displayed. All the settings are completed. Change the setting. NOTE: Press the next setting button while sitting on it. Attach the clip on the edge of your pocket to prevent

the unit from falling. Clip the unit in a horizontal or vertical position on your steps taken during those 4 seconds will be

included and shown on the memory display or the unit is being set. 2. The unit is not positioned correctly. When

*When the front of the main unit is placed in
the angle of less than
60° (shown to the @ @ or.*



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placed.upside-down,.or.if.the.main.unit.is. perpendicular.to.

the.ground. 3. @@irregularly.because.it.hits.your.foot,.your.
belt.or.the.top.of

your.pants. @@bag. 4. @@Up.and.down.movement.

·Standing.up.and/or.sitting.down.movement. ·Playing.sports.other.than.

walking. ·Ascendingobic.Steps:. 0.to.99,999.steps Minutes.for.Aerobic.Steps:.

0.to.1,440.minutes Calories:. 0.

to.99,999.kcal Amount.of.Fat.

Burned:. 0.0.to.199.9.g Distance:. 0.00.to.

999.99.miles Steps:. previous.7.days Aerobic.steps.with.minutes:. previous.

7.days Calories.with.amount.of.

fat.burned:. previous.7.days Distance:.

previous.7.days Time:. 12:00AM.to.11:59PM.. (12-hour.display) Weight:. 70.

to.300.lb.(in.increments.of.1.lb). Stride.length:.

1'00".to.4'00".(in.increments.

of.1") 14°F.to.104°F.(-10°C.

to.+40°C)/ 30%.to.85%.RH Within.+/-5%.(by.vibration.

testing.machine) Within.+/-30.seconds.of.the.average.monthly.deviation.

(under.normal.temperature) Approx..6.

months (when.used.for.walking.10,000.

steps.a.day) Approx..1.7/8"(w).x.2.5/8"(h).x.

5/8"(d). (47.mm.x.66.mm.x.16.mm) Approx..

1.1.oz.(battery.included).

Pedometer,.Battery.(CR2032),.Screwdriver,.Strap,.

Clip,. Holder,.and.Instruction.Manual Memory: Setting.Range: Operating.Temperature. /Humidity: Precision.of.Step.

Counting: Time.Precision: Battery.Life: External.Dimensions: Weight: Contents: · Specifications are subject to change without notice. 2 FCC STATEMENT

NotE: POTENTIAL.FOR.RADIO/TELEVISION.INTERFERENCE.(for.U.

S.A..only) This.product.

has.been.tested.and.found.

to.comply.with.the.limits.for.a.Class.B. digital.

device,.pursuant.to.part.15.of.the.FCC.rules. These.

limits.are.designed.to.provide.

reasonable.protection.against.harmful. interference.

in.a.residential.installation..The.product.generates,.uses,.and.

can. radiate.radio.frequency.energy.and,.if.not.installed.and.

used.in.accordance. with.the.

instructions,.may.cause.harmful.interference.

to.radio.communications.. However,.there.is.no.guarantee.that.

interference.will.not.occur.in.a.particular. installation..If.

the.product.does.cause.harmful.

interference.to.radio.or.television.

reception,.which.can.be.determined.by.turning.the.product.on.

and.off,.the.user. is.encouraged.to.try.to.correct.

the.interference.by.one.or.

more.of.the.following. measures: ·.

Reorient.or.relocate.the.receiving.antenna ·.Increase.the.separation.between.

the.product.and.the.receiver. ·. onnect.the.product.

into.an.outlet.on.a.

circuit.different.from.that.to.

which.the. C receiver.is.connected. ·.Consult.the.dealer.or.

an.experienced.radio/TV.technician.for.help. POTENTIAL.FOR.RADIO/TELEVISION.INTERFERENCE.

(for.Canada.only) This.digital.apparatus.

does.not.exceed.the.Class.

B.limits.for.radio.noise. emissions.from.digital.apparatus.as.

set.out.in.the.interference-causing.equipment. standard.entitled."Digital.Apparatus",
ICES-003.of.the.Canadian.Department.
of.Communications. Cet.appareil.numérique.
respecte.les.limite.de.bruits.radioélectriques.applicables. aux.appareils.numériques.

de.Clase.B.prescrites.dans.la.norme.sur.le.materiel.
brouilleur:."Appareils.Numériques",.ICES-003.édictee.
par.le.minister.des. communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

2 LIMITED WARRANTY Your OMRON HJ-112 GOsmart Pocket Pedometer, excluding the battery, is
warranted to be free from
defects in materials and workmanship
appearing within 1 year from the date of purchase, when

used in accordance with the instructions provided with the unit.
The above warranties extend
only to the original retail
purchaser. We will, at our option, repair or replace without

charge any pedometer covered by the above warranties. Repair
or replacement is our only
responsibility and your only remedy.

under the above warranties. To obtain warranty service contact Omron.

Healthcare's Customer Service by calling @@@@omronhealthcare.com. @ number, and description of the specific problem. @ insuring the
product with return receipt requested.

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