

# OMRON®

# INSTRUCTION MANUAL



Thank you for purchasing the OMRON Pedometer.

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

Please keep this Instruction Manual for your future reference.

## Pedometer Model HJ-112

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# 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 young child swallows battery, battery cover, or screw, immediately consult with a doctor.



### Caution

Do not swing the unit by holding the strap.

- You may injure yourself.



Do not throw the battery into fire.

- The battery may explode.



### General Advice

- Do not disassemble or modify the unit.
- Do not subject the unit to severe shock, drop or step on unit.
- The main unit is not waterproof. Do not wash it or touch it with wet hands.
- Do not wipe the unit with thinner, or abrasive cleaners.
- Avoid the unit being exposed to direct sunshine, high temperature, high humidity, rain, and/or dust when using or storing the unit.

# Features of the Product

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- **“Aerobic step” function helpful for building your health**

The unit can measure the number of “aerobic steps” (continuous steps taken for more than 10 minutes), which can be considered an effective exercise to burn body fat.

- **Number of steps can be measured even during jogging.**

By attaching the unit to your belt or the top of your pants with the supplied holder, the number of steps during jogging can also be measured.

- **Convenient memory function that can show the data of seven days**

The memory function supports the management of daily walking.

- **Dual display function that can show both the time and the number of steps simultaneously.**

# Components of the Product

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The following items are included in the box.  
If any item is missing, please contact the nearest OMRON dealer.

## 1. Main unit



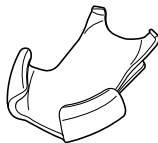
## 5. Clip for strap



## 2. Battery (CR2032)



## 6. Holder



## 3. Screwdriver



## 7. Instruction Manual

## 8. Warranty Card

## 4. Strap



# Names and Functions of the Parts

## Main Unit

### Display

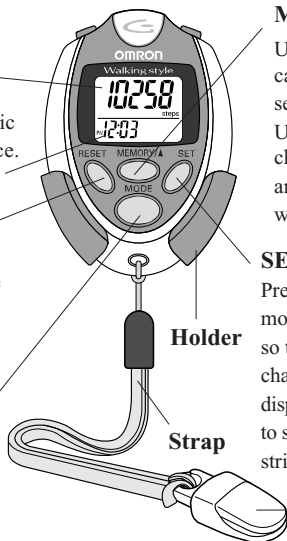
Displays the number of steps, number of aerobic steps, calorie, and distance.  
Displays the time and the duration of aerobic walk.

### RESET Button

Press this Button for more than 1.5 seconds to reset the data of today to 0.  
Use this Button to reset time, weight, and stride distance to the initial values when setting the unit.

### MODE Button

Use this Button to repeat the display in the order of number of steps, number of aerobic steps, calorie, and distance.



### MEMORY/▲

Use this Button to call up the data of seven days.  
Use this Button to change time, weight, and stride distance when setting the unit.

### SET Button

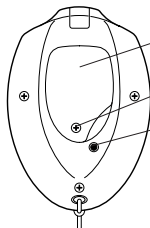
Press this Button for more than 1.5 seconds so that the screen will change to the setting display. Use this Button to set time, weight, and stride distance.

Holder

Strap

Clip

## Back of the main unit



Battery cover

Screw of battery cover

SYSTEM RESET Button

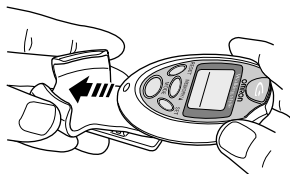
Press the System Reset button to delete past memory data, and set data and reset to zero.

## Names and Functions of the Parts

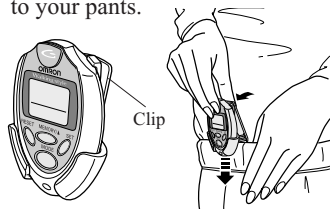
### Holder

Use this holder when attaching the unit to your belt or the top of your pants.

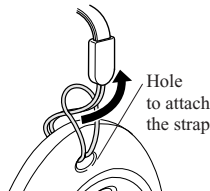
- 1) Attach the main unit to the holder.



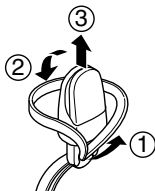
- 2) Fasten the holder clip to your pants.



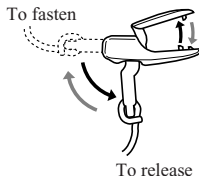
### How to attach the strap to the main unit



### How to connect the strap and the clip



### How to release from a clip and fasten with a clip



# About the Pedometer

## Number of aerobic steps

The unit displays the total number of aerobic steps in a day that satisfies the following two conditions: (The total duration you walked as the number of aerobic steps is also displayed.)

- Walk more than 60 steps per minute
- Walk for more than 10 minutes continuously

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



**Note:** Taking 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.

**Correction coefficient  
for calorie display**

	Man	Woman
20's	1.10	1.07
30's	1.05	1.01
40's	1.02	.97
50's	1.01	.95
60's	1.00	.95
70's	.98	.96
80's	.95	1.10

### Example of correction:

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

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

# How to Attach the Pedometer

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We recommend that you place the unit in the upper front pocket of your jacket, in a bag you hold tightly, or attach unit to your pants or belt.

## Place the unit in your pocket.

- Do not place the unit in the back pocket of your pants.
- We recommend that you attach the clip on the edge of your pocket to prevent the unit from dropping.



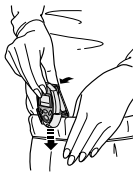
## Place the unit in your bag.

Place the unit in your pocket or the partition of your bag.



## Attach the unit to your belt or the top of your pants.

Use the supplied holder.



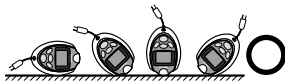
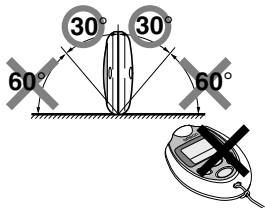


## How to Attach the Pedometer

The unit may not be able to count the steps correctly in the following cases.

### When the memory is being displayed or the unit is being set

- When the front of the main unit is placed in the angle of less than  $60^\circ$  (shown to the right) or horizontal to the ground.
- The unit can count steps even if it is slanted or placed upside-down, or if the main unit is perpendicular to the ground.



### When the main unit moves irregularly

- When the main unit is placed in the bag that moves irregularly because it hits your foot, your belt or the top of your pants.
- When the unit hangs from your belt, the top of your pants or a bag



### When you walk at an inconsistent pace

- When you shuffle or wear sandals
- When you fail to walk consistently in a crowded place

### When you use the unit in the place where lots of up and down movements or vibrations take place

- Standing up and/or sitting down movement
- Playing sports other than walking
- Ascending or descending movement at stairs or in a steep slope
- Vertical or horizontal vibration in the moving vehicle such as on the bicycle, in the automobile, trains or a bus



### When you jog or walk extremely slowly

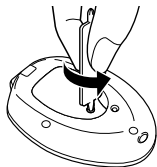
- The unit will count steps during jogging if it is attached to your belt or the top of your pants with a holder.

# How to Insert the Battery

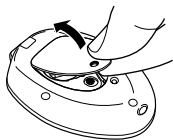
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- 1. Remove the screw on the battery cover located at the back of the main unit.**

Use a supplied screwdriver or a commercially available small screwdriver to remove the screw on the battery cover.

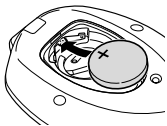


- 2. Open the battery cover.**



- 3. Insert a battery in the direction shown in the figure.**

Place the positive (+) side of a supplied battery (CR2032) upward and insert the battery in the direction of an arrow.

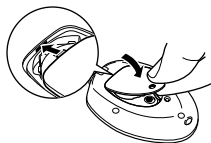


## How to Insert the Battery

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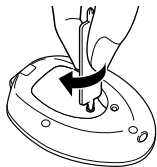
### 4. Close the battery cover.

Insert the projected portion of the battery cover first.



### 5. Tighten the screw on the battery cover.

The time setting display will appear in the screen for approximately 5 minutes after the battery is inserted. Set time, weight, and stride distance according to the section on “How to Set Time, Weight, and Stride Distance.”




### General Advice on Battery Handling

- The supplied battery is for the monitor use only. The life of the battery is approximately 6 months.
- Replace the worn battery with a new one immediately.
- Align the battery polarities (+ and -) correctly.
- When handling the battery, carefully read the notes indicated on the battery.
- Discard the worn battery according to the disposal regulations of your local community.

# How to Replace the Battery

## When to replace the battery

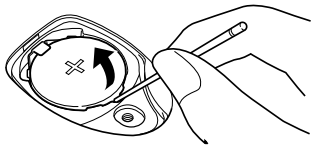
Replace the battery with a new one (CR2032) when a  mark blinks.



- When 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.
- Be sure to write the important memory data on your notepad or notebook.

Refer to “How to Insert the Battery” for how to open the battery cover.

Take out the battery with a thin stick that is not easily breakable.

- Do not use a pair of metal tweezers or a screwdriver.



- When a  mark starts to blink, the unit stops counting, the value of the latest number of steps is turned on, and the time is displayed as “-:-:-”.
- If you press the MODE Button when the  mark is blinking, you can confirm the data of that day (number of steps, number of steady steps, duration of steady walk, calorie, and distance). If you press the MEMORY/▲ Button, you can see the memory data.

# How to Reset the System

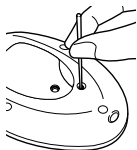
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In the following cases, press the SYSTEM RESET Button.

- When the battery is replaced
- When you want to delete the memory
- When the display becomes unrecognizable

## 1. Press the SYSTEM RESET Button on the back of the main unit with a thin stick that is not easily breakable.

All the memory data and the set data (time, weight, and stride distance) are deleted.



## 2. Set time, weight, and stride distance again.

After all characters on the display are turned on, a time setting display appears. Set time, weight, and stride distance.

(Refer to "How to Set Time, Weight, and stride Distance".)

# How to Set Time, Weight, and Stride Distance

Set the time, weight, and stride distance before using this unit

## Measuring your stride length.

- 1) As illustrated, walk 10 steps with your normal stride.
- 2) Measure the distance from Start to End in inches.
- 3) Calculate your stride by dividing the total distance by 10.

### Example:

Total distance = 320"

$320'' \div 10 = 32''$  inches (2' feet 8" inches)

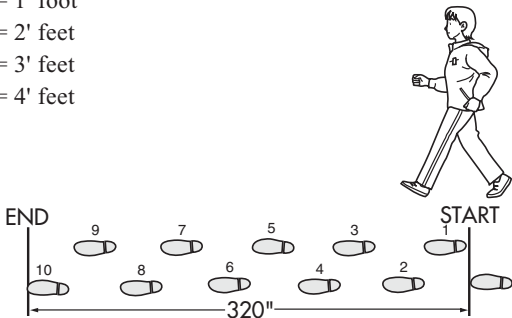
### Conversion Chart

12" inches = 1' foot

24" inches = 2' feet

36" inches = 3' feet

48" inches = 4' feet



## How to Set Time, Weight, and Stride Distance

### 1. How to set the time.

Setting range: AM 12:00 - PM 11:59

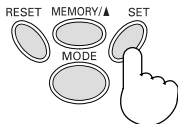
- **Press the SET Button for more than 1.5 seconds.**  
The time setting display will appear.
  - A display of “Time” will blink.
- **Press the MEMORY/▲ Button to set the time.**

Each time you press the Button, the time will advance by 1 hour.

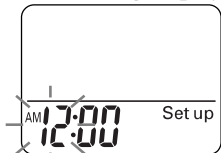
If you press the RESET Button, the display of time will be reset to AM 12:00.

- If you leave the unit without setting the time for more than 5 minutes, the screen will show the number of steps.
- **Press the SET Button to advance the setting to minute.**

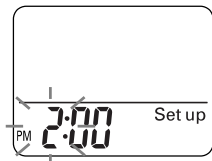
A display of “minute” will blink.



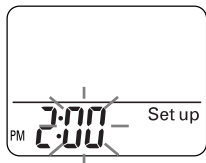
#### Time Setting Display



Initial setting of “AM12” will blink.



During the time setting, the displayed figures will blink.



During the time setting, the displayed figures will blink.

## How to Set Time, Weight, and Stride Distance

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- **Press the MEMOR /▲ Button to adjust the minute.**

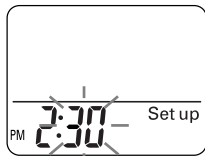
Each time you press the MEMORY/▲ Button, the display of time will advance by 1 minute.

Keep pressing the Button to fast forward the display of time by 10 minutes.

If the display of minute reaches 59, it will return to 00.

If you press the RESET Button, the display of minute will be reset to 00.

- If you leave the unit without setting the minute for more than 5 minutes, the display will show the number of steps.



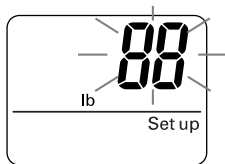
During the minute setting, the displayed figures will blink.

## 2. How to set the weight

Setting range: 70 to 300 lbs.

- **Press the SET Button to proceed to the setting of weight.**

A display of “weight” will blink.



The initial weight is set to 88 lbs. During the weight setting, the displayed figures will blink.



## How to Set Time, Weight, and Stride Distance

- **Press the MEMORY/▲ Button to set the weight.**

Each time you press the Button, the display of weight will advance by 1 lb.

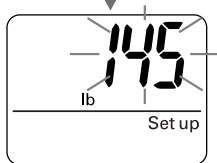
Keep pressing the Button to fast forward the display of weight by 10 lbs.

When the display of weight reaches 300, it will return to 70.

If you press the RESET Button, the display of weight will be reset to 88.

- If you leave the unit for more than 5 minutes without setting the weight, the screen will show the number of steps while the display of weight remains unchanged.

**Example: To set the weight to 145 lbs**



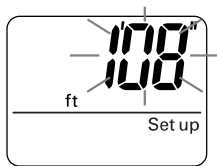
During the weight setting, the displayed figures will blink.

### 3. How to set the Stride Distance

Setting range: 1'00" to 4'00" feet

- **Press the SET Button to change to the setting of stride length.**

The display of “stride” will blink.



The initial stride length is set to 1'08". During the stride length setting, the displayed figures will blink.

## How to Set Time, Weight, and Stride Distance

- **Press the MEMORY/▲ Button to set the stride length.**

Each time you press the Button, the display of stride length will advance by 1".

Keep pressing the Button to fast forward the display of stride length by 1'.

If the display of stride length reaches 4'00", it will return to 1'00".

If you press the RESET Button, the display of stride length will be reset to 1'08".

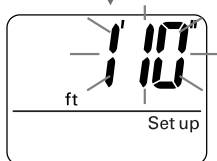
- If you leave the unit for more than 5 minutes without setting the stride length, the screen will show the number of steps while the display of stride length remains unchanged.

- **Press the SET Button to change to the display of number of steps.**

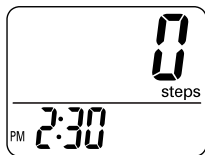
Display of the number of steps and display of time will be turned on.

**Now all the settings are finished.**

Example: To set the stride length to 1'10"



During the stride length setting, the displayed figures will blink.



**How to change time, weight, or stride distance after the setting is completed:**

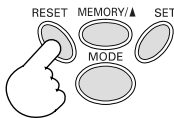
1. Press the MODE Button to display the number of steps.
  2. Press the SET Button for more than 1.5 seconds.
  3. Change the setting.
- If an item that does not need to be changed is displayed, press the SET Button, then the display will change to the next item to be set.

# How to Use the Unit

## Procedures in Actual Use

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1. Press the RESET Button for more than 1.5 seconds to set the display of the number of steps, number of aerobic steps, duration of aerobic walk, calorie, and distance to 0.



2. **Attach main unit properly.**  
(Refer to **How to Attach the Pedometer**)



3. **Start walking.**

The unit will count the number of aerobic steps, calorie, and distance.

- To measure the number of steps during jogging, attach a holder to the main unit and securely attach the unit to your belt or the top of your pants.

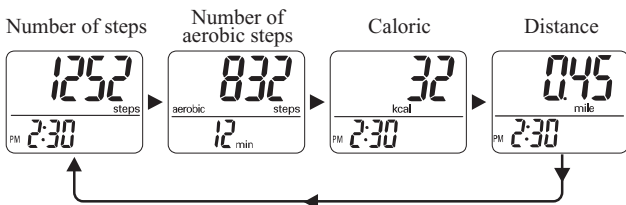
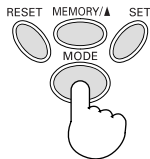


The unit's display will not change or display steps until after you have walked for more than 4 seconds.

## Procedures in Actual Use

### Press the MODE Button to change the display

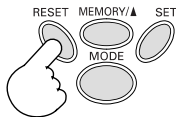
Each time you press the MODE Button, the display will change.



### Press the RESET Button for more than 1.5 seconds.

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

- The memory data accumulated up to the previous day will not be deleted.



# Memory Function

The unit can store the data of seven days starting with the oldest day to the previous day on number of steps, number of aerobic steps, calorie, and distance.

The data (number of steps, number of aerobic steps, calorie, and distance) of today are automatically stored in the memory when the time reaches 0:00, and the display will return to 0.

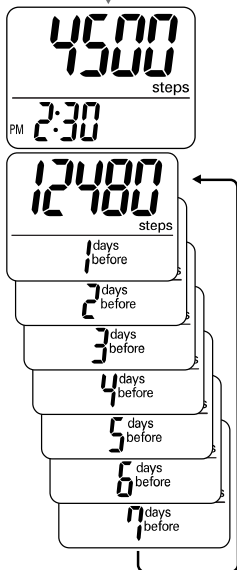
- You do not need to press the RESET Button everyday.
- Be sure to set the time in advance.

- 1. Press the MODE Button to select the display contents you want to see.**
- 2. Press the MEMORY/▲ Button.**

Each time you press the MEMORY/▲ Button, you can see the data of seven days from the oldest day to the previous day.

- The memory only stores the aerobic steps.
- The time is not displayed during the memory display.
- During the memory display, the number of steps are not counted.
- If no operation of the Button is conducted for more than 1 minute, the display will return to the normal display.

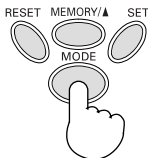
**Example: To see the data on the number of steps**



**If you want to return to the screen before the memory display**



**Press the MODE Button.**

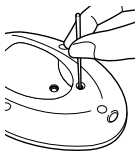


**If you want to delete the memory**



**Press the SYSTEM RESET Button on the back of the main unit with a firm stick that is not easily breakable.**

If you press the SYSTEM RESET Button, all the past memory data and the set data (time, weight, and stride distance) will be deleted. Set time, weight, and stride distance again.



When the unit is affected by static electricity or electric noise, the memory data or the set data may be changed or deleted. We recommend that you write down the important memory data on your notepad or notebook.

# Troubleshooting

## How to Care and Store the Unit

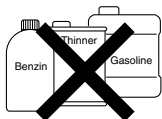
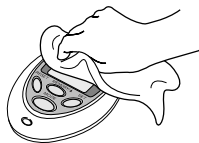
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### How to Care for the Unit

Always keep the unit clean for use.

If the unit is heavily stained, use a cloth moistened with water or detergent and squeeze it well before wiping the stain, then wipe the unit dry with another soft cloth.

- Be careful so that water should not get into the main unit.
- Do not use benzene, thinner, or gasoline to clean on the unit. Wipe any stains off with a soft dry cloth.

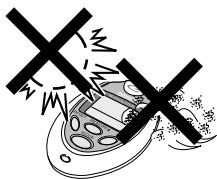


### How to Store the Unit

Do not place the unit for storage in the following conditions:


- Do not store the unit in a location where it is exposed to direct sunlight, high temperatures, high humidity, dust, water, heavy vibrations, or where chemicals or corrosive gas is generated.

Keep the unit out of reach of young children.



- OMRON cannot take responsibility if you fail to observe the above-mentioned notes and other correct method of using the unit.

# Troubleshooting

<b>Trouble</b>	<b>Probable cause</b>	<b>How to correct</b>
A  mark blinks.	The battery is worn.	Replace the battery with a new one (CR2032).
Nothing is displayed.	The polarities of battery (+ and -) are aligned in the wrong directions.	Insert the battery in correct alignment.
	The battery is worn.	Replace the battery with a new one (CR2032).
The displayed values are wrong.	The unit is attached incorrectly.	Refer to the section on “How to Attach the Pedometer.”
	You are walking at an inconsistent pace.	Try to walk regularly in a consistent rhythm all the time.
	The set values are wrong.	Change the setting.
The displayed contents are wrong.	Press the SYSTEM RESET Button.	



# Specifications

Model	OMRON Pedometer
Type	<b>HJ-112</b>
Power Supply	3 VDC (1 lithium battery CR2032)
Measurement Range	Number of steps: 0 to 99,999 steps Number of steady steps: 0 to 99,999 steps Duration of steady walk: 0 to 1,440 minutes Distance: 0.00 to 999.99 miles Calorie: 0 to 99,999 kcal Time: AM 12:00 to PM 11:59
Memory	Number of steps: from seven days ago to the previous day Number of steady steps: from seven days ago to the previous day Calorie: from seven days ago to the previous day Distance: from seven days ago to the previous day
Setting Range	Time: AM 12:00 to PM 11:59 (12-hour display) Weight: 70 to 300 lbs (in the unit of 1 lb) Stride distance: 1'00" to 4'00" (in the unit of 1")
Operating Temperature	14°F to 104°F (-10°C to +40°C)
Precision of Step Counting	Within +/- 5% (by vibration testing machine)
Time Precision	Within +/- 30 seconds of the average monthly deviation (under normal temperature)
Battery Life	Approx. 6 months (when used for walking 10,000 steps a day)
External Dimensions	Approx. 2 7/8" x 2 1/8" x 5/8"
Weight	Approx. 1.13 oz (battery not included)

## Supplied accessories:

1 battery (CR2032), 1 screwdriver, 1 strap, 1 clip for strap, 1 holder, 1 Instruction Manual, 1 Warranty Card.

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

## Caution

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Changes or modifications not expressly approved by OMRON Healthcare, Inc. could void the user's warranty.

### **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 receiver.
- Connect the product into an outlet on a circuit different from that to which the 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.

## Limited One Year Warranty

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Your HJ-112 Omron Pedometer is warranted to be free from manufacturing defects for a period of one year under normal use. This warranty extends only to the original retail purchaser. The one year warranty excludes the battery.

Should repair be needed within the warranty period, ship the unit prepaid with the proof of purchase date and \$5.00 for return shipping and insurance to:

**OMRON Healthcare, Inc.**  
Attn: Repair Department  
300 Lakeview Parkway  
Vernon Hills, IL 60061

Be sure to include the model number and your phone number on any correspondence.

We will either repair or replace (at our option) free of charge any parts necessary to correct defects in the materials or workmanship.

The above warranty is complete and exclusive. The warrantor expressly disclaims liability for incidental, special, or consequential damages of any nature. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above warranty may not apply to you.)

Any implied warranties arising by the operation of law shall be limited in duration to the term of this warranty. (Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.)

This warranty gives you specific legal rights, and you may have other rights which vary from state to state. As a condition to operation of your warranty, the enclosed registration card must be completed and sent to us within 10 days from the date of purchase.

### For Customer Service

By phone toll free:

1-800-634-4350

By using the Feedback Form at:

[www.omornhealthcare.com](http://www.omornhealthcare.com)

Manufactured by OMRON

Distributed by:

**OMRON HEALTHCARE, INC.**

300 Lakeview Parkway

Vernon Hills, Illinois 60061

[www.omronhealthcare.com](http://www.omronhealthcare.com)

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