

OMRON Step Counter

Model HJ-113



Walking style

A Good Sense of Health

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 wear 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 touch 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.

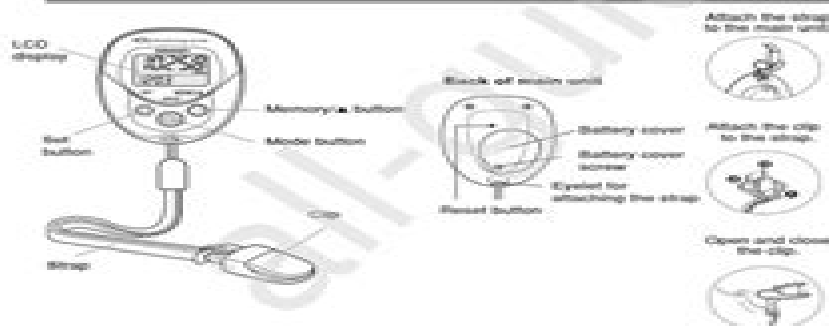
- Thank you very much for purchasing the OMRON Step counter.
- Please read this Instruction Manual before using the product to ensure safe and correct use.
- Please keep this Instruction Manual always at hand for your future reference.

1. Components of Product

Overview



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 50 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 (as walked by the number of steps (10)). Calculate the stride distance as shown in the following formula:

Example:
$$\frac{5.5 \text{ m (total distance)}}{10 \text{ (number of steps)}} = 0.55 \text{ m (55 cm)}$$



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 CR2002.
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

Show a tip: clip to remove the battery and insert a new 3V lithium battery type CR2002.
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 calories, 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.



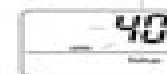
Set the Weight

<Setting Range 30 ~ 130kg>

1. Press memory button to set your weight.
Note: If the display reaches 130 kg, it will return to 30 kg.



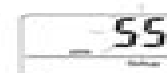
2. Press set button to set the weight and to proceed to stride length setting.
Note: the initial stride length is 40 cm.



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.

Omron Walking Style Manual

Roman Wölfel



Omron Walking Style Manual:

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