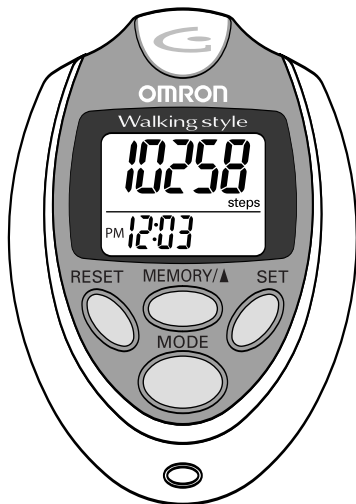


**OMRON®**

# INSTRUCTION MANUAL

## Pedometer Model **HJ-112**



# CONTENTS

## Before Using the Unit

Introduction .....	3
Important Safety Information .....	4
Know Your Unit	
Main Unit .....	5
Components .....	6
Aerobic Step Function and Calorie Display .....	7
Stride Length Measurement .....	8

## Operating Instructions

Battery Installation .....	9
Battery Replacement .....	10
Setting the Time .....	11
Setting the Weight .....	13
Setting the Stride Length .....	14
Attaching the Pedometer .....	15
Using the Pedometer .....	17
Changing the Display .....	18
Using the Memory Function .....	19
Using the System Reset Function .....	20

## Care and Maintenance

Caring and Maintenance .....	21
Troubleshooting Tips.....	22
Specifications.....	23
Warranty Information .....	24
Notes .....	25

# INTRODUCTION

Thank you for purchasing the Omron HJ-112 Premium Pedometer.

**Fill-in for future reference**

**DATE PURCHASED:** \_\_\_\_\_

**Staple your purchase receipt here.**

A pedometer is a great motivational tool to track your distance, the number of steps you take and how many calories you burn. The convenient memory function supports the management of daily walking. You can easily set and reach your daily goals. This premium pedometer allows the user to place the pedometer in a pocket, bag or clip it to a belt when walking for added flexibility to count steps.

Your HJ-112 comes with the following components:

- Pedometer
- Screwdriver
- Strap
- Clip for Strap
- Holder
- Battery (CR2032)
- Instruction Manual

## SAVE THESE INSTRUCTIONS

## IMPORTANT SAFETY INFORMATION

*To assure the correct use of the product basic safety measures should always be followed including the precautions listed below:*

- ☑ 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.
- ☑ Keep the unit out of reach of young children. If a young child swallows the battery, battery cover, or screw immediately consult with a doctor.
- ☑ Properly dispose of used battery. Do not throw the battery into fire. The battery may explode.
- ☑ Do not swing the pedometer by holding the strap. May cause injury.
- ☑ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- ☑ Consult your physician or healthcare provider before beginning an exercise program.

## Main Unit

### Display

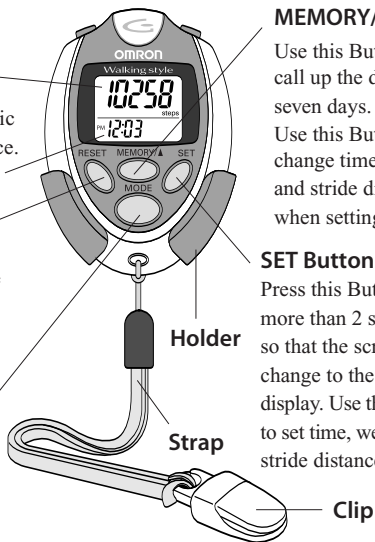
Displays the number of steps, number of aerobic steps, calorie, and distance. Displays the time and the duration of aerobic walk.

### RESET Button

Press this Button for more than 2 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.



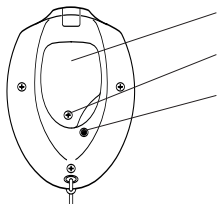
### MEMORY/▲

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 2 seconds so that the screen will change to the setting display. Use this Button to set time, weight, and stride distance.

## 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.

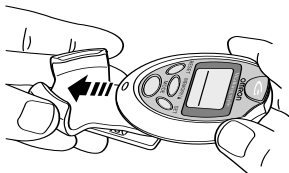
# KNOW YOUR UNIT

## Components

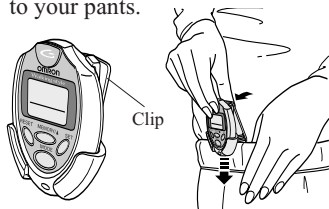
### Holder

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

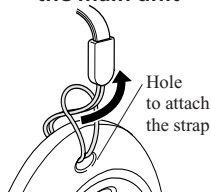
1) Attach the main unit to the holder.



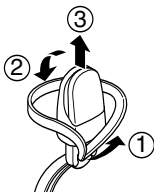
2) Fasten the holder clip to your pants.



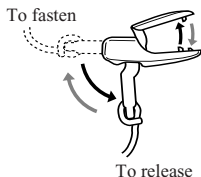
**How to attach the strap to the main unit**



**How to connect the strap and the clip**



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



# AEROBIC STEP FUNCTION

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	.95

## Example of correction:

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

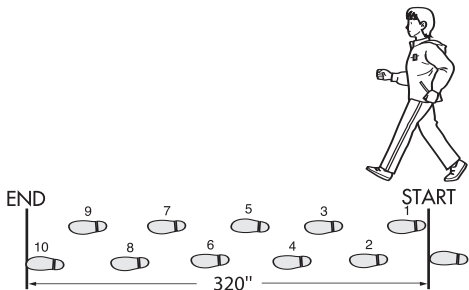
$$300 \times 0.95 = 285 \text{ kcal}$$

# 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"

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

### Conversion Chart

12" inches = 1' foot

24" inches = 2' feet

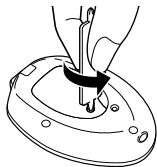
36" inches = 3' feet

48" inches = 4' feet

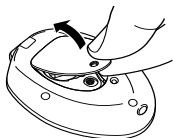
# BATTERY INSTALLATION

- 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 remove the screw on the battery cover.

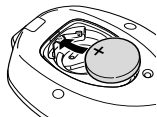


- 2. Open the battery cover.**



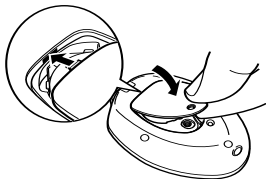
- 3. Insert the battery.**

Place the positive (+) side of the battery (CR2032) upward. Insert the battery in the direction of the arrow as illustrated.



- 4. Close the battery cover.**

Insert the projected portion of the battery cover first.

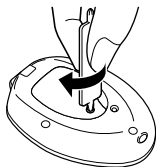


## BATTERY INSTALLATION

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

#### NOTES:

- The time setting display will appear on the screen for approximately 5 minutes after the battery is inserted.
- After installing the battery, set time of day, weight and stride length.



## BATTERY REPLACEMENT

When the battery is removed from the unit the settings and all data stored in the memory will be erased.

Be sure to write important memory data in a notebook.



Battery Indicator

#### NOTE:

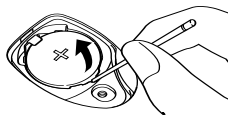
When the battery indicator starts to blink, the unit stops counting, the value of the latest number of steps is turned on, and the time is displayed as " \_: \_ \_".

When the battery indicator is blinking, press the MODE button to display the data for the current day. Press the MEMORY/▲ button to view the data stored in the memory.

When the Battery Indicator appears on the display screen remove the old battery.

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

- DO NOT use a pair of metal tweezers or a screwdriver.
- Replace with a new CR2032 battery.



# SETTING THE TIME

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

1. Press and hold the SET Button for 2 seconds.

The initial time setting display will appear.

Hour display blinking.



Initial setting of 0 will blink.

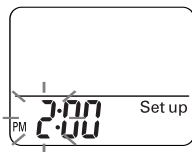
Example: to set the time to 2:30PM

2. Press the MEMORY/▲ Button to adjust the hour.

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

**NOTE:**

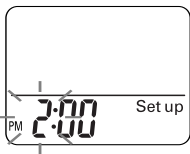
Press the RESET button to return the hour to 12:00AM.



During the hour setting, the displayed figures will blink.

3. Press the SET button to set the hour.

Minute display blinking.



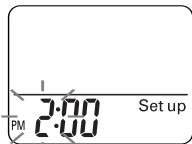
## SETTING THE TIME

- 4. Press the MEMORY /▲ button to adjust the minute.**

Each time you press the button, the time will advance by 1 minute.

When display reaches 59, it will return to 00.

Press and hold the button to advance the time in 10 minute increments.



During the minute setting, the displayed figures will blink.

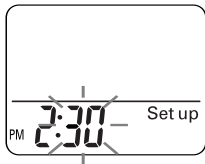
**NOTE:**

Press the RESET button to return the minute to 00.

- 5. Press the SET button to set the minute.**  
Weight display blinking.

**NOTE:**

If the Set Button is not pressed for 5 minutes without setting the time, weight or stride length the screen will display the number of steps and time.



# SETTING THE WEIGHT

Setting range: 70 to 300 lb.

Weight display blinking.

## 1. Press the MEMORY/▲ button to adjust the weight.

Each time you press the button, the weight will advance by 1 lb.

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

Press and hold the button to advance weight in 1 lb increments.

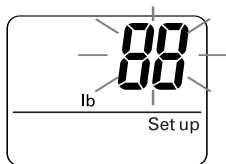
### NOTE:

Press the RESET button to return the weight to 88.

## 2. Press the Set button to set the weight.

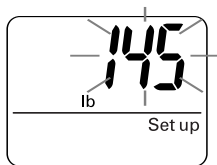
The weight is set.

Stride display blinking.

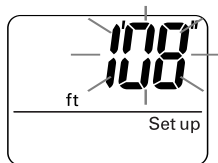


The initial weight is set to 88 lb. During the weight setting, the displayed figures will blink.

### Example: To set the weight to 145 lb



During the weight setting, the displayed figures will blink.



# SETTING THE STRIDE LENGTH

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

Stride display blinking.

## 1. Press the MEMORY/▲ button to adjust the stride length.

Each time you press the button, the stride length will advance by 1" in.

When the display reaches 4'00" it will return to 1'00".

Press and hold the button to advance the stride in 1' increments.

### NOTE:

Press and hold the RESET button to return the stride length to 1'08".

## 2. Press the SET button to the stride length.

The stride length is set

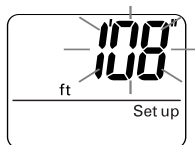
The number of steps and time will display.

All the settings are finished.

To change the time, weight, or stride distance after the setting is completed:

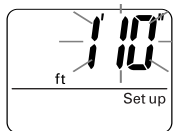
1. Press and hold the SET Button for 2 seconds.
2. Change the setting.

**NOTE:** If setting does not need to be changed, press the set button to advance to the next setting.

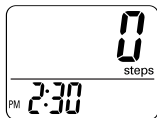


The initial stride length is set to 1'08". During the stride length setting, the displayed figures will blink.

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



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



# ATTACHING THE PEDOMETER

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.
- Attach the clip on the edge of your pocket to prevent the unit from dropping.



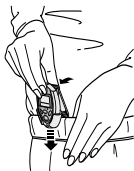
## Place the unit in your bag.

- 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.

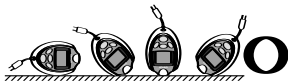
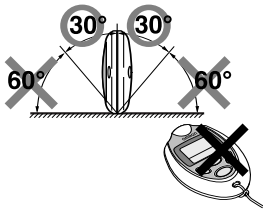


# ATTACHING THE PEDOMETER

**NOTE:** 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

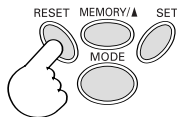


## When you jog or walk extremely slowly

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

# USING THE PEDOMETER

- 1. Press the RESET Button** for 2 seconds to set the number of steps, number of aerobic steps, minutes for aerobic steps, calories, and distance to 0.



- 2. Attach the pedometer.**

- 3. Start walking.**

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



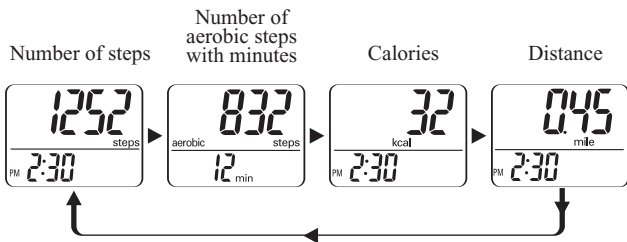
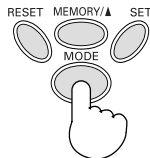
## NOTE:

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

# CHANGING THE DISPLAY

**Press the MODE Button  
to change the display**

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



## To Reset the current day's data

Press the RESET Button for more 2 seconds.

All the data (number of steps, number of aerobic steps, minutes for aerobic steps, calories, and distance) for the current day will be reset to 0.

- The data stored in the memory for the previous days will not be deleted.

# USING THE MEMORY FUNCTION

This unit can store up to seven days of data for the number of steps, number of aerobic steps, calories and distance. The data is stored starting with the oldest day.

The current day data is automatically stored in memory when the time reaches 12:00AM. The display will return to 0. You do not need to press the RESET Button everyday.

**NOTE:** The time must be correctly set in the unit.

## How to view data stored in the memory

**Press the MODE button** until the data you want to see is displayed:

- Steps
- Aerobic Steps
- Calories
- Distance

**Press the MEMORY button.** The previous day data is displayed.

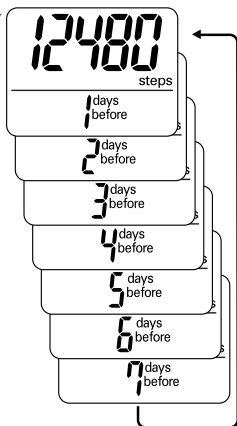
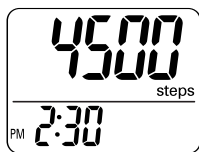
Continue to press the MEMORY button until all seven days of stored data is displayed.

### NOTE:

The time is not displayed when using the memory function. If no button is pressed for more than 1 minute, the display will return to the current day data.

**Press the Mode button** to return to the current day's data.

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



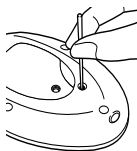
# USING THE SYSTEM RESET FUNCTION

Use the **SYSTEM RESET** function in the following cases:

- 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 data stored in the memory and the set data (time, weight, and stride length) are deleted.



- 2. Set the time, weight, and stride length again.**

After all characters on the display are turned on, the initial time setting display appears.

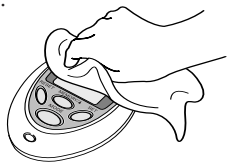
(Begin on page 11, Setting the Time.)



# CARE AND MAINTENANCE

**Clean the unit with a soft dry cloth.**

- Do not use any abrasive or volatile cleaners.
- The unit is not waterproof. Do not wash it or touch it with wet hands.
- Never immerse the unit in water.
- Be careful so water does not get into the unit.



**Store the unit in a safe and dry location.**

- Avoid the unit being exposed to direct sunlight, high temperatures, high humidity, water and/or dust.

**Do not subject the unit to strong shock, drop, or step on the unit.**

**Use the unit consistent with the instruction provided in this manual.**

## TROUBLESHOOTING TIPS

Problem	Probable cause	How to correct
The battery indicator blinks.	The battery is low or 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 incorrect.	The unit is positioned incorrectly.  Irregular movement.  Inconsistent pace.  Up and down movement.	Refer to “Attaching the Pedometer” on Page 15.
	The set values are wrong.	Check the weight and stride length settings.

# SPECIFICATIONS

Model:	OMRON Pedometer	
Type:	HJ-112	
Power Supply:	3 VDC (1 lithium battery CR2032)	
Measurement Range:	Steps:	0 to 99,999 steps
	Aerobic Steps:	0 to 99,999 steps
	Minutes for Aerobic Steps:	0 to 1,440 minutes
	Calories:	0 to 99,999 kcal
	Distance:	0.00 to 999.99 miles
	Time:	12:00AM to 11:59PM
Memory:	Steps:	previous 7 days
	Aerobic Steps:	previous 7 days
	Calories:	previous 7 days
	Distance:	previous 7 days
Setting Range:	Time:	12:00AM to 11:59PM (12-hour display)
	Weight:	70 to 300 lb (in increments of 1 lb)
	Stride distance:	1'00" to 4'00" (in increments 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)	
Contents:	1 pedometer, 1 battery (CR2032), 1 screwdriver, 1 strap, 1 clip for strap, 1 holder, and 1 Instruction Manual	
UPC:	0 73796 80112 0	

- Specifications are subject to change without notice.

# WARRANTY INFORMATION

## Limited Warranty

Your Omron HJ-112 Premium 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 monitor 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 for the address of the repair location. Shipping instructions and repair information is available by calling **1-800-634-4350** or visiting our website at [www.omronhealthcare.com](http://www.omronhealthcare.com).

Enclose the Proof of Purchase. Include \$5.00 for the return shipping and handling. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

**ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE APPLICABLE WRITTEN WARRANTY ABOVE.** Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

**OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.** Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

### FOR CUSTOMER SERVICE

Visit our web site at:

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

Call toll free:

1-800-634-4350

# NOTES

# NOTES

# NOTES

Manufactured by OMRON

Distributed by:

**Omron Healthcare, Inc**

1200 Lakeside Drive

Bannockburn, Illinois 60015

Copyright © 2005 OMRON HEALTHCARE, INC.

112INST Rev D