



Step Counter

A Good Sense of Health

IM-HJ-113-E-04/08/08
9054840-3B

Walking style II English

Introduction

The OMRON Walking style II tracks your workouts with steps, distance, time, calories and fat volume you burned during walking.

The OMRON Walking style II has a dual display function that can show both the time and the number of steps simultaneously. The memory function of OMRON Walking style II can store and show the data from the previous seven days. Besides a regular step counter, the OMRON Walking style II 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. Aerobic 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 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 (as stated by David R. Bassett Jr., a professor in the Department of Health and Exercise Science at the University of Tennessee, Knoxville). The OMRON Walking style II helps you manage your steps. Simply wear the OMRON Walking style II and it will count all your daily steps. It's easy to use: just set it and start moving.

1. Use of the OMRON Walking style II

1.1 Tips for use

- Attach the OMRON Walking style II perpendicular to the ground (refer to illustration under 3.4).
- Wear solid shoes.
- Walk at a constant pace.
- Do not walk extremely slowly or at an inconstant pace (e.g. in crowded places).
- Up and down movements or vibrations can create incorrect counting.

1.2 Cautions

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

2. Overview

- A Main unit
- B Holder
- C Strap
- D Clip
- E Battery
- F Screwdriver
- G Battery cover
- H Screw battery cover

3. Preparation

3.1 Place battery

- Remove the Battery cover.
Note: Please use supplied Screwdriver.
- Insert the 3V lithium battery type CR2032.
Note: Be sure to place the positive (+) side of the battery upward.
Note: Avoid touching the top (+) and down (-) side of the battery at the same time, this can result in reduced battery lifetime.
- Put the Battery cover on the battery compartment and fasten the screw.
- Press System reset button.
Note: The battery is weak when only () mark blinks. Replace the battery with a new one (CR2032). When () mark starts to blink, the unit stops counting, the value of the latest number of steps is shown, and the time is displayed as "--:--".
Note: When the battery is removed, the set time will be deleted. You need to set the time again.

3.2 Replace battery

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!

Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.

3.3 Assemble the OMRON Walking style II

- Attach the Strap to the Main unit.
- Attach the Clip to the Strap.
- Open and close the Clip.

3.4 How to attach the OMRON Walking style II

We recommend attaching the Main unit to your belt, your pocket or your bag or hanging it from your neck.

Note: Attach the Main unit perpendicular to the ground. Max. tolerance - 30° / + 30° (refer to illustration under 3.4).

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

Belt

- Clip the Holder with the Main unit to the band or belt of your shorts or trousers.
- Clip the Strap to your shorts or trousers.

Pocket

- Put the Main unit in your upper front or trousers pocket.
- Clip the Strap to the edge of your pocket.

Bag

- Put the Main unit in a compartment or partition of your bag.
- Clip the Strap to the edge of your bag.
Note: Be sure you can hold the bag tightly.
Note: Be sure the Main unit is securely fastened to your bag.

Neck

- Attach a commercially available string, strap or key cord to the Main unit and hang it from your neck.
Note: Do not hang the Main unit from your neck during jogging.

4. Settings

4.1 Control functions

- J Display
- K Set button [SET]
- L Mode button [MODE]
- M Memory/▲ button [MEMO/▲]
- N System reset button

4.2 Determine your stride length

Measure your stride length first for accurate measurement.

How to measure your stride length?

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

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

4.3 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.

Note: Use the black circled button, indicated on the drawing, to perform the operation.

- Place battery, replace battery or press Set button for two seconds.
Note: Refer to 3.1 or 3.2.
- Press Memory/▲ button to set the hour.
- Press Set button.
- Press Memory/▲ button to set the minute.
- Press Set button to set the time and to proceed to weight setting.
Note: The initial weight is 30 kg.
- Press Memory/▲ button to set your weight.
Note: If the display reaches 136 kg, it will return to 30 kg.
- Press Set button to fix the weight and to proceed to stride length setting.
Note: The initial stride length is 40 cm.
- Press Memory/▲ button to set your stride length.
Note: If the display reaches 120 cm, it will return to 30 cm.

- Press Set button to Set all the values. The display will show the latest number of steps and the clock.

4.4 Adjust settings

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

5. Using the OMRON Walking style II

5.1 Actual use of the OMRON Walking style II

- Attach the Main unit to your body. See 3.4 "How to attach the OMRON Walking style II".
- Start walking.

Note: 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.

Note: After 10 minutes of continuous walking more than 60 steps per minute, the aerobic mode is activated. The aerobic mode deactivates after a 1-minute break.

- After you walk, press mode button to read data.

Note: You cannot turn off the unit.

Note: Step Counter resets to "0" after 00:00 hours.

6. Memory

6.1 Recall data

The Walking style II can store the data of number of steps, number of steady steps, duration of steady (aerobic) walking, consumed calories and walking distance. These data can be shown for seven days.

8. Trouble shooting

	Fault	Cause	Rectification
	Low voltage	Battery weak or exhausted	Insert a new 3V lithium battery type CR2032
Display empty	Low voltage	Battery weak or exhausted	Insert a new 3V lithium battery type CR2032
Displayed values are incorrect		The Main unit is attached incorrectly	Follow instructions (see chapter 3)
		You are walking at inconstant pace	Walk at constant pace all the time
		Settings are wrong	Change settings

9. Technical data

Product name	Walking style II
Type	HJ-113-E
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). Note: Supplied battery is for trial use. This battery can run out within 6 months.
Measurement range	Number of steps: 0 to 99,999 steps Number of aerobic steps: 0 to 99,999 steps Duration of aerobic walking: 0 to 1440 minutes Consumed calories: 0 to 99,999 kcal Burned fat volume: 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, aerobic steps and duration of aerobic walking, consumed calories and burned fat volume, walking distance: past 7 days, including present day. 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
Setting range	-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 73(H) x 16(D) mm
Weight	Approx. 37 g (including battery)
Accessories	Holder, 3V Lithium battery type CR2032, Strap, Clip for strap, Screwdriver and instruction manual.

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

OMRON HEALTHCARE EUROPE B.V. guarantees this product for 2 year after date of purchase. The guarantee does not cover battery, packaging and/or damages of any kind due to misuse (such as dropping or physical misuse) caused by the user. Claimed products will only be replaced when returned together with the original invoice / cash ticket.



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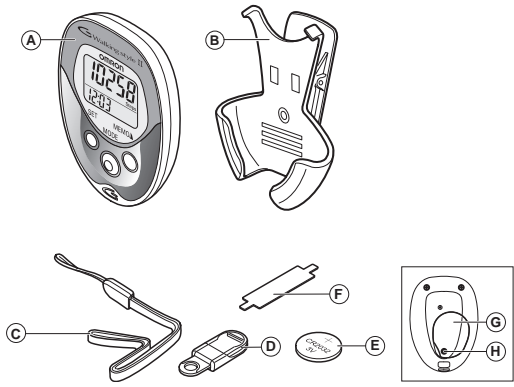
Made in China

Introduction

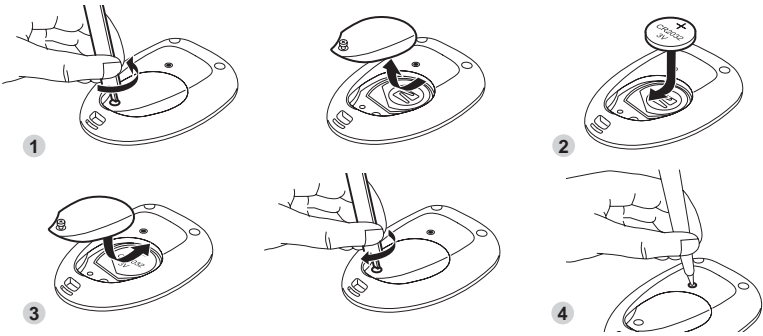


For example: If you walk 120 steps per minute for 20 minutes, "the number of steady steps" will be 2400. • Zum Beispiel: Wenn Sie 20 Minuten lang 120 Schritte in der Minute gehen, dann ist die Zahl der gleichmäßigen Schritte 2.400. • Bijvoorbeeld: Als u gedurende 20 minuten 120 passen per minuut loopt, is het aantal constante passen 2400. • Par exemple : Si vous effectuez 120 pas par minute pendant 20 minutes, 'le nombre de pas réguliers' sera de 2 400. • Ad esempio: Se si effettuano 120 passi al minuto per 20 minuti, il numero di passi a ritmo costante corrisponderà a 2400. • Por ejemplo: Si camina a un ritmo de 120 pasos por minuto durante 20 minutos, el número de pasos regulares es 2.400. • Пример: если Вы идёте со скоростью 120 шагов в минуту в течение 20 минут, то «количество равномерных шагов» будет равно 2400.

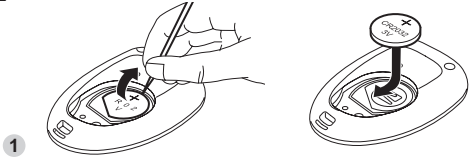
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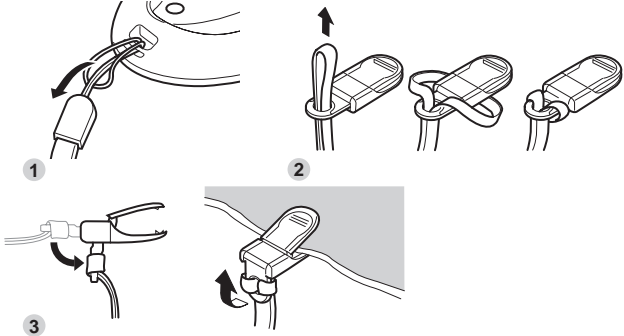
3.1



3.2



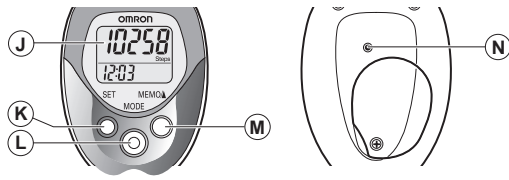
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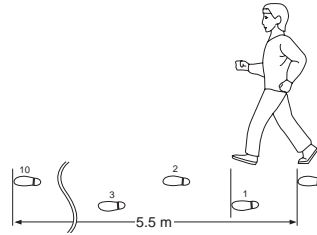
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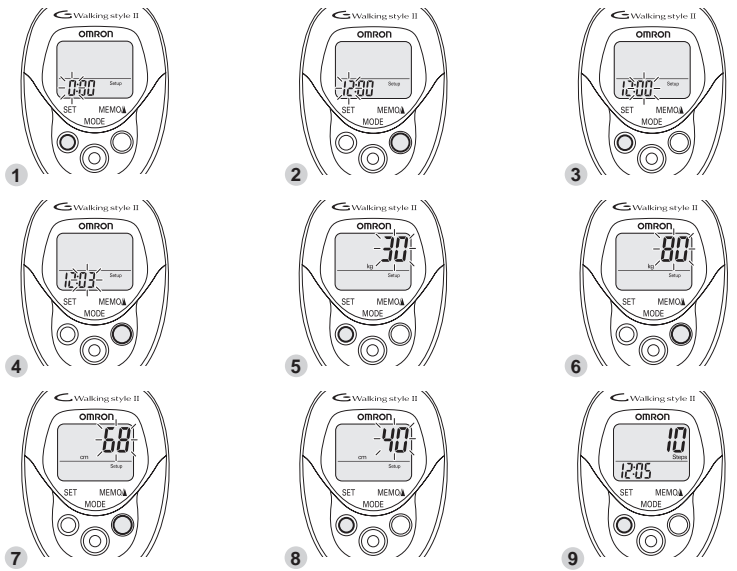
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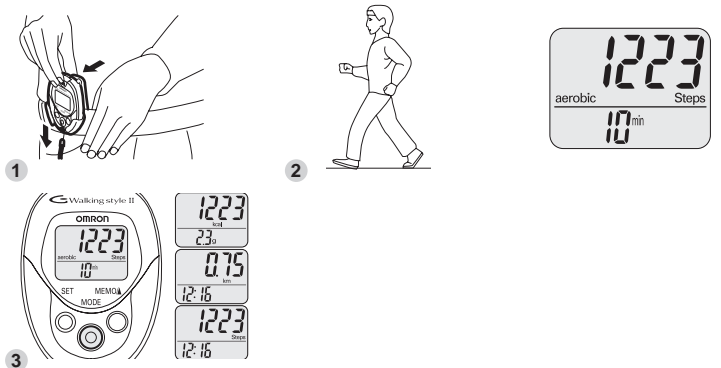
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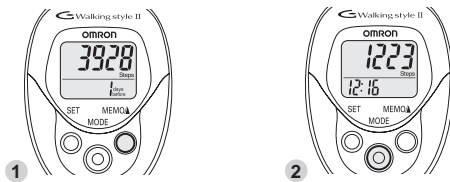
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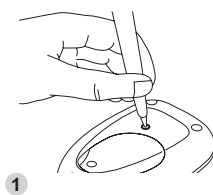
5.1



6.1



6.2



***Correct Disposal of This Product
(Waste Electrical & Electronic Equipment)***



This marking shown on the product or its literature, indicates that it should not be disposed with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take this item for environmentally safe recycling.

Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial wastes for disposal.

This product does not contain any hazardous substances.

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