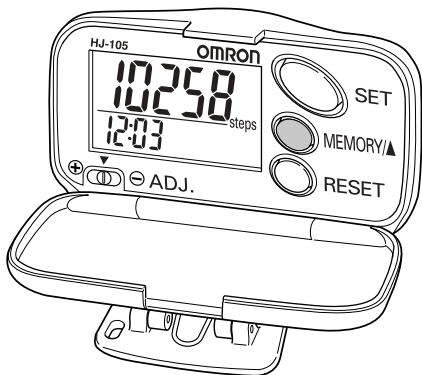


# OMRON®

## INSTRUCTION MANUAL

### OMRON Pedometer Model **HJ-105**



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# INTRODUCTION

Thank you for purchasing the Omron HJ-105 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. The dual display function shows both the time and the number of steps simultaneously. You can easily set and reach your daily goals.

Your HJ-105 comes with the following components:

- Main Unit
- LR43 Battery (installed)
- Instruction Manual

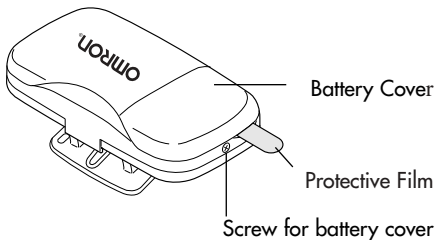
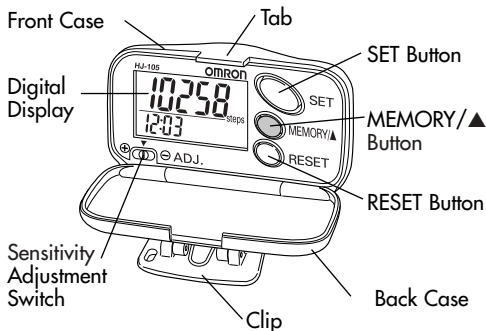
## Save These Instructions

# IMPORTANT SAFETY NOTES

*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 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.

# KNOW YOUR UNIT



# AEROBIC STEP FUNCTION

Helpful for building your health, the unit can measure the number of aerobic steps that can be considered an effective exercise to improve cardiovascular fitness.

The number of “aerobic steps” indicates the number of steps that can be considered as effective aerobic exercise.

The unit displays the total number of steps in a day, which satisfies the following two conditions:

1. Walk more that 60 steps per minute
2. Walk for more that 10 minutes continuously

The total duration you walked as the number of aerobic steps is also displayed in minutes.

Example: If you walk for 20 minutes at the speed of 120 steps per minute, the number of aerobic 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/AMOUNT OF FAT BURNED

The amount of fat burned is displayed in grams simultaneously with the amount of calories consumed. This information can be used for diet planning.

The calorie/amount of fat burned display indicates the estimated calories consumed by walking calculated from the weight, stride distance, number of steps, and walking speed.

The actual calories/amount of fat burned varies with age and gender. To improve the accuracy of the calculation, multiply the displayed calorie/amount of fat burned by the coefficient in the table shown below.

## Correction coefficient for calorie display

Example of correction:

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

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

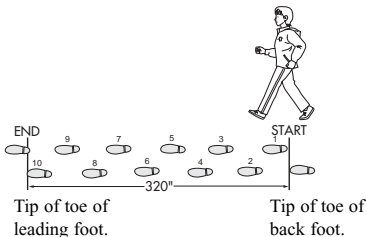
	Man	Woman
20's	1.10	1.07
30's	1.05	1.01
40's	1.02	0.97
50's	1.01	0.95
60's	1.00	0.95
70's	0.98	0.96
80's	0.95	0.95

# STRIDE LENGTH MEASUREMENT

Measure your stride length before beginning to set the pedometer.

## 1. How to measure your stride length

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.
4. Convert your stride length to feet and inches. You will set the stride length using feet and inches.

### Example:

Total Distance from START to END = 320" (inches)

$320'' \div 10 = 32''$  (inches)

$32'' = 2' 8''$  (2 feet 8 inches)

### Conversion Chart

12" inches = 1' foot

24" inches = 2' feet

36" inches = 3' feet

48" inches = 4' feet

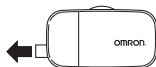


# ACTIVATING THE BATTERY

Open the unit and remove the protective film from the face of the display.

The pedometer will not draw power from the battery until the insulation film is removed.

Pull the tab in the direction of the arrow as illustrated.



All displays will turn on for approximately 2 seconds. The unit will proceed to the setting mode.



# SETTING THE TIME

1. Press and hold the SET Button.  
Hour Display Blinking

Example: To set the time to 2:30 p.m.

2. Press the MEMORY Button to adjust the hour.

**NOTE:** Press and hold the RESET Button for 2 seconds to reset the hour to 12AM.

Press the SET Button  
Minute Display Blinking

3. Press the MEMORY Button to adjust the minute. Press and hold the MEMORY Button to advance in 10-minute increments.

**NOTE:** Press and hold the RESET Button for 2 seconds to reset the minute to 00.

Press the SET Button.  
The time is set.

Weight Display Blinking



# SETTING THE WEIGHT

Set weight within the range of 70 to 300 pounds

## Weight Display Blinking

1. Press the MEMORY Button to adjust the weight. Press and hold the MEMORY Button to advance in 10-pound increments.

**NOTE:** *Press and hold the RESET Button for 2 seconds to reset the weight to 88 pounds.*

Press the SET Button.

The weight is set.

## Stride Display Blinking



Example: To set the weight to 145 lbs



# SETTING THE STRIDE LENGTH

Set stride length between 1'00" and 4'00".

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

1. Press the MEMORY Button to adjust the stride length. When the stride length reaches 4'00" the display will return to 1'00".



**NOTE:** *Press and hold the RESET Button for 2 seconds to reset the stride length to 1'08".*

Press the SET Button.

The stride length is set. The screen will display the number of steps and the time.

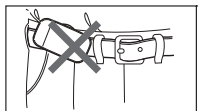
**NOTE:** If the Set Button is not pressed for 5 minutes without setting the time, weight, or stride length the screen will display the number of steps and time. Refer to Setting the Time to set the unit.



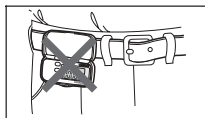
# ATTACHING THE PEDOMETER

Clip the pedometer to your belt or the top of your waistband.

The unit must be positioned horizontal with the ground for the unit to function correctly.



The case should be closed during use. Open only to see readings. The unit will not count steps if the case is open.



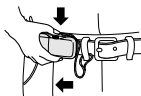
**NOTE:** The unit may not count steps correctly in the following conditions:

1. When the unit is being set
2. When you walk at an inconsistent pace
  - When you shuffle or wear sandals
  - When you fail to walk consistently in a crowded place
3. When you use the unit in a place where up and down movements take place
  - Standing up and/or sitting down
  - Playing sports other than walking
  - Ascending or descending movement on stairs or steep slopes
  - Vertical or horizontal vibration in a moving vehicle such as a bicycle, automobile, train or bus

# USING THE PEDOMETER

After you have completed setting the pedometer the unit may display steps, number of aerobic steps, calories and distance.

1. Press the RESET Button for 2 seconds to reset the data to zero.
2. Close the case and attach the unit to your belt or waistband.
3. Walk 100 steps to confirm the unit counts your number of steps correctly.



**Note:** If a discrepancy between the number of steps walked and the number of steps displayed on the unit is found adjust the sensitivity switch.

4. Start walking.

## ADJUSTING THE SENSITIVITY SWITCH

The unit can be adjusted to a  $\pm$  5% accuracy rate ( $\pm$  5% steps against 100 steps) when used on a level surface at a consistent walking pace.

Attach the unit to your belt or waistband and walk 100 steps.

- **Reading is 105 steps or more**

Slide the ADJ. Switch to the  $\ominus$  minus direction.

- **Reading is 95 steps or less**

Slide the ADJ. Switch to the  $\oplus$  plus direction.



**NOTE:** You may need to adjust the Sensitivity Switch if you change your walking speed.

# USING THE MEMORY FUNCTION

This unit can store up to seven days of data for the number of steps, number of aerobic steps with minutes for aerobic steps, calorie with amount of fat burned, and distance.

The current day data is automatically stored in memory when the time reaches 12:00 AM. The display will return to zero.

You do not need to press the RESET Button every day.

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

## How to view data stored in the memory

Press the SET Button until the data you want to see is displayed:



Steps

Aerobic Steps / Aerobic Time

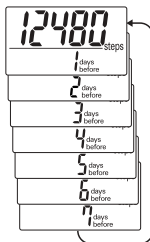
Calories Consumes / Fat Grams Burned

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.

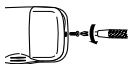
# TROUBLESHOOTING

<b>Problem</b>	<b>Probable Cause</b>	<b>How to Correct</b>
The battery indicator blinks.	The battery is low or worn.	Replace the battery with a new LR43.
Nothing is displayed.	The polarities of the battery (+ and -) are aligned in the wrong direction.	Insert the battery in the correct alignment.
	The battery is worn.	Replace the battery with a new LR43.
The displayed values are incorrect.	The unit is positioned incorrectly. Case open during use. Up and down movement. Inconsistent pace.	Refer to “Attaching the Pedometer” on Page 11.
	The set values are wrong.	Check the weight and stride length settings.
	Change in walking speed.	Adjust the sensitivity control switch.

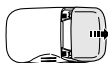
# BATTERY INSTALLATION

When the battery is removed from the unit the settings will return to the default values. All data stored in the memory will be erased.

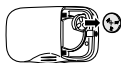
1. Remove the screw from the battery cover.  
Use a Phillips screwdriver.



2. Open the battery cover.



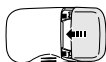
3. Replace the battery with a new LR43 battery.



Face the positive (+) side of the new battery upwards. Insert the battery in the direction of an arrow.



4. Close the battery cover.



5. Tighten the screw on the battery cover.



**NOTE:** After installing the new battery set time of day, weight and stride length.

# 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.**



# SPECIFICATIONS

Model:	Omron Pedometer <b>HJ-105</b>	
Power Supply:	1.5 VDC (one LR43 battery)	
Measurement Range:	Number of steps:	0 to 99,999 steps
	Number of aerobic steps:	0 to 99,999 steps
	Duration of aerobic walk:	0 to 1440 minutes
	Calorie:	0 to 99,999 kcal
	Amount of burned fat:	0.0 to 199.9 g
	Distance:	0.00 to 999.99 miles
	Time:	12:00 AM to 11:59 PM
Memory:	Number of steps:	previous 7 days
	Number of aerobic steps:	previous 7 days
	Duration of aerobic walk:	previous 7 days
	Calorie:	previous 7 days
	Amount of burned fat:	previous 7 days
	Distance:	previous 7 days
Setting Range:	Time:	12:00 AM to 11:59 PM (12 hour display)
	Weight:	70 to 300 lbs (in increments of 1 lb.)
	Stride Length:	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 +/- 90 seconds of the average monthly deviation (under normal temperature)	
Battery Life:	Approx. 3 months. Varies depending on usage	
External Dimensions:	Approx. 2 1/2" x 1 1/2" x 1"	
Weight:	Approx. 0.85 oz (including the battery)	
Contents:	1 Pedometer, 1 Battery (LR43 installed) and 1 Instruction Manual	

- Specifications are subject to change without notice.

# WARRANTY INFORMATION

## LIMITED WARRANTIES

Your HJ-105 Pedometer, excluding the battery, is warranted to be free from defects in materials and workmanship appearing within 1 year, when used in accordance with the instructions provided with the monitor. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge the 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, ship the monitor and all of the components, together with proof of purchase and a note explaining the problem with \$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, your name and your phone number on the enclosed note and any other correspondence.

**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.

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This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

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Call toll free:

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# NOTES

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