Omron hj-113 pocket pedometer manual

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GOsmart Pocket Pedometer with advanced technology 2D Smart Sensor HJ-113... Whether it's walking or taking the right steps to achieve fitness goals, Omron's GOsmart Dual-Axis pocket pedometers are the perfect choice to monitor progress in a simple, precise and time-consuming manner. The double-axis pocket pedometers are equipped with advanced 2D Smart Sensor technology, which allows you to position the pedometer horizontally or vertically by accurately counting the steps. The HJ-112 can be placed on the side, in a pocket or attached to a bag for greater comfort. FEATURES: Double axis acceleration sensor counts steps when placed horizontally or vertically; Count each step silently and accurately; Measure steps, aerobic steps, time and distance; Calculate burnt calories; Stores 7 days of information in memory; It automatically resets at midnight so that it is ready to go every morning; Includes: watch, lithium battery, support, belt and clip. Completing Omron customer service contact information, including steps to reach representatives, operating hours, customer support links and much more from ContactHelp.com. HJ-325-ZB5 341 974-1ATThank you for purchasing the OMRON HJ-325 Pedometer This Pedometer comes with advanced 3D Smart Sensor technology, so you know exactly when you're stepping up. It is more accurate than other pedometers using a simple pendulum design. Use this in your pocket, bag or side for greater comfort. Use this unit every day to monitor your fitness results! Your pedometer comes with the following components: PedometerBattery (CR2032 installed) Clip for boarHolderManual instruction ManualRead this instruction manual carefully before using the drive. To ensure the correct use of the product, the measures must always be takenbasic safety, including the warnings and precautions listed in this manual of instructions. Contact your doctor or health care professional before starting a weight reduction or exercise programme. Keep the unit out of the reach of young people The unit contains small pieces that can be swallowed. Contact your doctor immediately if a piece is swallowed. Please use caution when wearing the unit around the neck so as to avoid possible strangulations. Do not place the unit around the children's neck. If the battery fluid enters the eyes, the skin or clothing, immediately rinse with plenty of clean water. Contact a doctor immediately. Read all the information in the instruction manual and any other literature included in the package before using the unit. Operate the unit only as educated. Do not use for any other purpose. Do not insert the battery with polarities in the wrong direction. Do not throw the battery into fire. The battery can explode. Dispose of the device, the battery and the components according to the applicable local regulations. Illegal disposal can cause environmental pollution. Note: remove the protective film from the face of the unit. This pedometer contains a function to calculate your step on foot, if you want to adjust, please follow these instructions.1. Walk 10 steps with your normal step as illustrated below.2. Measure the distance from Start to end in inches.3. Calculate the length of the step by dividing the total distance of 10. Example: total distance = 320'320 Ã · 10 = 32 inches (2 feet 8 inches) Chart12 inch conversion = 1 foot24 inch = 2 feet36 inch = 3 feet48 inch = 4 feet The unit is equipped with the battery installed. When using the unit for the first time, follow the underlying steps. To set the range details see â € œSpecificationsâ €. Note: If the initial settings are incorrect, the measurement results may not be accurate.1. Press and hold any button for 2 seconds. After â € œHelloâ € has been displayed, â € œLbâ € and â € œkgâ € flash on display.2. Setting up units weight.A) Press or select mode.B) Press to confirm the setting.3. To set the height/stride length unit, repeat steps A) and B) in step 2 above.4. To set the distance unit, repeat steps A) and B) in step 2 2 2 Set the weight. A) Press or select the desired value for an setting. Press to move (back) one. Keep pressure on to move (back) quickly. B) Press to confirm the setting. 6. To set the height, repeat passages A) and B) in paragraph 5 above. 7. To set the length of the step, repeat passages A) and B) in paragraph 5 above. 8. To set the time, repeat points A) and B) in point 5 above. 9. To set the minute, repeat passages A) and B) in the preceding paragraph 5. All settings are complete. 1. Press and hold down simultaneously. "Blue" or "kga" flash on the display. 2. Follow the procedure described in point 2 of'Settings'. The unit counts accurately in a pocket, bag or wherever you want to put it. The unit can be placed in the upper front pocket of the clothing, in the front pocket of the pants, in a bag or attached to the belt or pants. Just take with you © Unity wherever you go. NOTE:To avoid counting steps that are not part of a walk, the unit does not display the count of steps for the first four seconds of walk. If you continue to walk for more than four seconds, display the footsteps count for the first four seconds and then continue counting. 1. The unit moves irregularly. When the unit is placed in a bag and the bag moves irregularly. When the unit swings from your belt, the top of your pants or a bag. 2. Walking at an inconsistent pace. When you mix or wear sandals. Start and stop or other forms of walking inconsistently. 3. Moving up and down. Movement standing and/or sitting. Practice sports other than walking. Movement on or down the stairs or on a steep slope. 4. Vibrations from a moving vehicle. How to ride a bike, by car, by train or by bus. 5. Walk very slowly. Press to view various measures.By measuring the intensity of your activity, the unit can calculate the amount of calories burned.Aerobic stages are the physical exercise that helps us stay healthy. Aerobic steps are counted separately when more than 60 steps per minute and more than ten consecutive minutes. If after a continuous walk of more than ten minutes a break of less than one minute is taken, this is considered part of the "continuous walk". After five minutes without pressing a button, the display is automatically switched off. However, the unit continues to count the steps. This mode prolongs the battery life. Press or reset the display. The unit stores up to seven days of unit data. The data of the current day are automatically stored when the time reaches the hours 12:00 (0:00). The display will return to 0. NOTE:The time must be set correctly in unit.1. Press to select the type of measurement you want to display (steps, distance, etc.). 2. Press to view the results (days 1-7) in memory. The display changes at each pressure as shown below. NOTE:If no button is pressed for more than one minute, the display will return to the current day data. Compilation by reference to future DATA ACQUIRED: Exhausted Exhausted Exhaust Print here the purchase receipt Register the product online at www.register-area. COMSAFETY SYMBS USED IN THIS MANUAL EDUCATION Indicates a potentially dangerous situation which, if not avoided, could cause death or serious injury. Indicates a potentially dangerous situation which, if not avoided, may cause minor or moderate injury to the user or to the patient or damage to the equipment or other things. Battery discharge indicator is key 4/ button 2button DisplayBlock battery coverage Battery grip Battery grip PortaAggancio/Remove the support as shown below. Belt and clip create a ring to fasten the belt. To unlock To fix How to connect the strap to the main unit How to connect the strap and clipH How to unlock and fix with a clipA) calorieDisplay of the passes AerobicoHJ-325-Z EN. When the discharge indicator appears on the display, replace the discharge indicator immediately with the with a new CR2032 battery. NOTE:226; Do not remove the battery around 12:00AM. The results of the measurements on the day the battery was removed will be added to the results of the measurements for the day the battery was inserted. (It is assumed that the battery will be removed and replaced with a new battery on the same day.) The measurement results are automatically stored in hourly memory (e.g. at 12:00AM, 1:00AM, 2:00AM, 9:00PM, 10:00PM, 11:00PM). The measurement results of the time until the battery is replaced will be deleted for that day. When the battery is removed, the time will be reset until Please. Reset the time after inserting the new battery. And refer to the voice. (The measurement results stored in memory and the weight, height and step length settings are not deleted.) 1. To unlock the battery cap, move the lock to the left. Then you take the cover off the unit. 2. Remove the battery with a toothpick. NOTE:Do not use any type of metal object to remove the battery. CAUTIONS malting of the device, battery and components according to applicable local regulations. Illegal disposal can cause environmental pollution. Don't throw the battery into the fire. The battery could explode. 3. Insert the battery (CR2032) with the positive side (+) upwards. 4. Replace the battery cap by slipping the grip first, then press firmly on the battery cap so that it closes. Once completed, move the lock to the right. Follow the procedure below to delete all previous measurement results and settings, including time, weight, height and step length. 1. Press and hold and at the same time. Lights on the display. 2. Press and hold and at the same time again. After it was to£ÂÂÂÂÂ; flash on the display. Measurement results stored in memory and settings for time, weight, height and stride length are erased. To continue using the unit is, reset time, weight, weight, weight, and stride length (see Article 226;ÂÂœÂÂÂ). To keep the unit in good condition and protect the unit from damage follow the instructions listed below:CAUTIONDo not disassemble or modify the unit. Modifications or modifications not approved by OmronHealthcare void your warranty. Wipe the unit with a soft dry cloth. Do not use abrasive or volatile detergents. Do not immerse the unit or any of the components in water. The unit is not waterproof. Do not wash or touch it with wet hands. Take care that water does not enter the unit. Store the unit in a safe and dry place. Avoid exposure to direct light, high temperatures, high humidity, water and/or dust. Do not subject the unit to strong shock, drop or step over. Immediately replace a spent battery with a new one. Remove the battery if the unit will not be used for three months or more. Use of the unit must be consistent with the instructions contained in this manual. NOTE:If a malfunction has occurred and you need to repair your unit, all settings and measurement results are erased. We recommend that you record the results of your measurements. Specifications are subject to change without notice.* A new battery based on OMRON tests. NOTE:POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (only for U S A) This product has been tested and found to comply with the limitations of a Class B digital device, as per Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential facility. The product generates, uses and can radiate radiofrequency energy and, if not installed and used as directed, can cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular system. If the product causes harmful to radio or television reception, which can be determined by turning on and off the product, the user is encouraged to try to fix fix fix interference with one or more of the following measures:Â¢ Reorient or reposition the receiver antenna.Â¢ Increase the separation between the product and the receiver.Â¢ Connect the product to a socket on a circuit other than the one to which the receiver is connected.Â¢ Refer to the dealer or an experienced radio/TV technician for assistance.Modifications or modifications not expressly approved by the compliance officer may revoke the userâs authority to use the equipment.Your OMRON HJ-325 pyometer, excluding the battery, guarantees no material or workmanship defects that appear within 1 year of purchase, when used according to the instructions provided with the appliance. The above warranties apply only to the original retail purchaser.At our discretion, we will repair or replace any meter covered by the above warranties free of charge. Repair or replacement is our sole responsibility and your only remedy under the above warranties.For warranty service, contact Omron Customer Service at 1-800-634-4350. Information for warranty service is available on our website at www.omronhealthcare.com.Enclose proof of purchase. Include a letter, with your name, address, telephone number and description of the specific problem. Pack the product carefully to avoid damage during transport. Due to possible losses during transport, it is advisable to insure the product with receipt of return required.THE WARRANTY IS THE ONLY TESTED WARRANTY BY OMRON IN CONNECTION TO THIS PRODUCT, AND OMRON HERE DISCLAIMES OTHER WARRANTIES, WITHDRAWANTIED OR USED, INCLUDED, INCLUDED, INCLUDED MARKETABILITY AND FITNESS FOR A PARTICULAR PURPOSE. WARRANGES IMPLEMENTED AND OTHER TERMS THAT MAY BE IMPLEMENTED BY LAW, IF ANY, ARE LIMITED IN DURATION OF THE WARRANTY PERIOD YOU MUST NOT BE RESPONSIBLE FOR LOSS OF USE OR HEIGHTS OR HIGHTS OR OTHER OTHER SPECIAL COSTS, EXPENDITURE OR DAMILY, CONSEQUENTS OR INDIRECTS.This warranty provides: provides: legal rights, and you may have other rights that vary by jurisdiction. Due to special local requirements, some of the above limitations and exclusions may not apply to you. FOR CUSTOMER SERVICE our website: www.omronhealty. Free link: 1-800-634-4350DISTRIBUTED by:OMRON HEALTHCARE, INC.1925 West Field CourtLake Forest, IL 60 045 U.S.A.www. omronhealty. as 169; 2014 OMRON HEALTHCARE, INC. Made in ChinaBlinking Battery power is low. The battery’s energy appears to be continuously depleted. The unit stops the measurement. Probable Problem Cause How to adjust The low battery indicator flashes or appears continuously. The battery is low or worn out. Replace the battery with a new one (CR2032), refer to BATTERY RELACEMENTT226. Nothing is displayed. Battery saving mode active. Press one or more of ~~~~Make CURRENT DISPLAY6; The polarities of the battery (+ and -) are aligned in the wrong direction. Insert the battery into a proper alignment, refer to BATTERY RELACEMENTT226;. The battery is consumed. Replace the battery with a new one (CR2032), refer to BATTERY RELACEMENTT226. The displayed values are incorrect. The unit is positioned incorrectly. The unit cannot correctly count the phases in the following conditions:226;Ot ~; ~; ~;~;~USING THE UNITÃ¢;. Irregular movement. An incoherent pace. Up and down movement. The set values are wrong. Check the settings, refer to âÂÂÂÂ. The display is unusual or the buttons don’t work normally. Replace the battery with a new one (CR2032), refer to BATTERY RELACEMENTT226. Device error. Reinstall the battery, refer to the BATTERY RELACEMENTT226. Model: HJ-325Product name Alvita UltimatePwer Supply: 3VDC (1-lithium battery CR2032) Measurement Range:Steps: 0-99: 0-621.3 miles KMCaloris: 0-59, 999 KcalÃ³bic: 0-99, Kcalaerobic Steps: 0-99, 9999 Step: 12:00 am-11/11/599999: distance: previous days on the displacement: 12: 12: 12: 00am: 0062: 2062: 0062: (in (in of 1 pound) / from 30 to 136 kg (in increments of 1 kg) Height: 3'4 '' A 6'6 '' (with 1 inch increments) / 100-99 cm (in 1 cm increments) length Step: 12 "to 48" (with 1 inch increments) / 30 to 120 cm (with 1 cm increments) Operating temperature / humidity: 14 Â ° F at 104 Â ° F (-10 Â ° C A + 40 Â ° C) / 30% to 85% Rock Life: approx. 6 months * (if used for 14 hours a day) Note: the battery supplied is for initial use. This battery can run out within 6 months. External dimensions: approx. 1.65 "(W) Ãƒ- 2.24" (H) Ã £ - 0.51 "(d) (42.0 (W) Ãƒ- 57.0 (h) Ãƒ- 13.0 (d) mm) Weight: approx. 0 8 oz / 23 g (battery included) Contents: pedometer, support, battery (CR2032 installed), strap, clip and instructions ManualHJ-325-Z_EN.FM Page 2 Thursday 12 December 2013 1:43 PMPAGE 3 HJ-325-ZB5341974 -1ATHATTY YOU For purchasing the Omron Pedometer HJ-325.This Pedometer features Advanced Technology Smart Smart Sensor Technology - so you know exactly when you are taking a step. It is more precise than other pedometers that use a simple pendulum design. Use this In your pocket, bag or on your hip for greater comfort. Use this unit every day to monitor your fitness! Instruction Manual Before Use of the Unit. Make sure that the correct use of the product is always followed by the measurements Basic safety, including warnings and the cat ion listed in this instruction manual. CONTACT THE â €

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