



Walking style IV

Step Counter

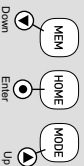
Instruction Manual

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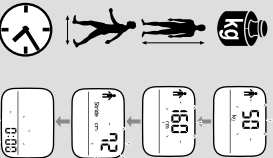
All for Healthcare

SET

(Refer to page 8)



lb ↔ kg
feet/inch ↔ cm
mile ↔ km



TODAY RESULTS

MODE

(Refer to page 13)

MEM HOME MODE Select



Steps

HIDE



Distance

HIDE



Calories

HIDE



Aerobic Steps

ACTION DISPLAY

MODE

(Refer to page 12 and 14)

MEM HOME MODE Start



Press 2 Sec.

MEM HOME MODE Select



MEM HOME MODE Stop



Press 2 Sec.

MEMORY

(Refer to page 15)

MEM HOME MODE Select



Press



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INTRODUCTION

Dear customer,

Thank you for purchasing this OMRON Step Counter. The new Walking style IV will measure your physical activity accurately and helps you to assist your diet or motivates you to reach your daily walking target.

This Step Counter can count the number of steps while in a bag or pocket as well as when being worn around the neck, giving you a choice of options on how to carry it. Use it every day for an easy way to monitor your health.

■ The OMRON Walking style IV features

Aerobic steps (brisk walking)

Aerobic steps are 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 brisk walk of more than 10 minutes, this will be regarded as part of "a continuous walk".

Calories burned


The intensity of walking is measured and the amount of calories are calculated.

Action mode

This stores the measurement values* for a specified period or session. These measurement values are separate to the measurement values stored for each day.

* Steps counted/Distance/Calories burned/Aerobic steps


symbol at 10,000 steps

The  symbol appears if you have done 10,000 steps within a day (will not appear on the Action mode display and Action mode memory display).

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NOTES ON SAFETY

Symbols and definitions are as follows:

 **Caution:** Improper use may result in injury or property damage.

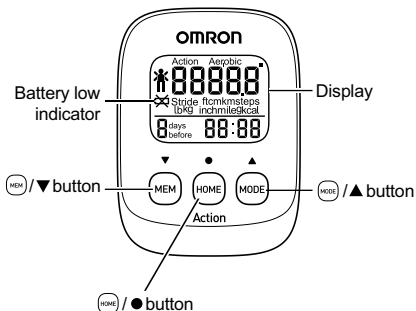
 **Caution:**

- Contact your doctor or healthcare provider before beginning a weight reduction or exercise program.
- Keep the unit out of the reach of young children.
- Always take a rest if you feel tired or experience pain while exercising. If the pain or discomfort continues, immediately stop your exercise and consult a doctor.
- If young children swallow any small piece, immediately consult a doctor.
- Do not swing the unit by the strap. Swinging the unit while holding the strap may cause an injury.
- Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.
- Do not insert the battery with the polarities in the wrong direction.
- Always use the type of battery indicated.
- Replace a worn battery with a new one immediately.
- Remove the battery from this unit when you are not going to use it for a long period of time (approximately 3 months or more).
- Do not immerse the unit or any of the components in water. The unit is not waterproof.

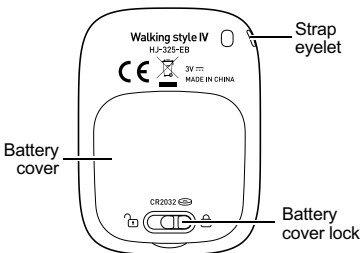
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KNOW YOUR UNIT

■ Main Unit



■ Back of the main unit

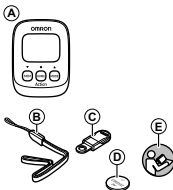


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■ Components

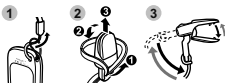
- A** Main unit **B** Strap
C Clip **D** Battery*
E Instruction manual

* The battery is already installed in the unit.



■ Assemble the Strap and Clip

- 1 Attach the strap to the unit.
- 2 Attach the clip to the strap.
- 3 Open and close the clip.



Note: Press the clip open to remove the unit.
Depending on the material, the clip may cause damage or scratches to your clothes if it is attached or removed roughly.

ACTIVATION AND INITIAL SETTING

When you use the unit for the first time, follow the steps below.

Press any button for 2 seconds.

After the following display, "lb" and "kg" flash on the display.



A. Setting the unit of measurement:

Weight, Height/Stride Length, Distance.

(lb↔kg, feet/inch↔cm, mile↔km)

1 Setting the weight unit.

(1) Press ▼ or ▲ to select the desired value for a setting.

(2) Press ● to confirm the setting.

2 Repeat steps (1) to (2) to set the height/stride length unit.

3 Repeat steps (1) to (2) to set the distance unit.

Setting range details refer to "TECHNICAL DATA" on page 20.

B. Setting the Weight, Height, Stride Length and Time.

1 Setting the weight.

(1) Press ▼ or ▲ to select the desired value for a setting.

- Press ▲ (▼) to advance (go back).

- Hold ▲ (▼) down to advance (go back) rapidly.

(2) Press ● to confirm the setting.

2 Repeat steps (1) to (2) to set the height.

3 Repeat steps (1) to (2) to set the stride length.

4 Repeat steps (1) to (2) to set the time.

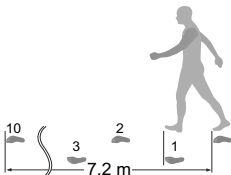
This completes the setup.

Notes:

- If no settings are made for more than 5 minutes, the display will revert to the factory setting.
- The initial stride length value that blinks on the display is an estimated stride length calculated from your height setting.

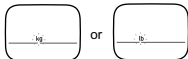
Set the actual stride length based on the type of walking you will do and your own physique.

- To measure the correct average stride length, divide the total length of ten steps you walked by the number of steps (e. g. 7.2 meter divided by 10 steps = 72 cm).



■ Adjusting the setting

- 1 Press and hold ▼ and ▲ at the same time. The “lb” or “kg” flashes on the display.



- 2 Follow the procedure refer to “ACTIVATION AND INITIAL SETTING” starting at A. Setting the unit of measurement on page 8.

Notes:

- This does not delete measurement values stored on the unit, including any stored today.
- If no settings are made for more than 5 minutes, the display will revert to the current step count display.

ATTACH THE UNIT

We recommend putting the unit in your pocket, your bag or hanging it from your neck.

To prevent accidentally dropping of the unit, and make it more noticeable when adding clothes to the washing, we recommend using the strap and clip provided.

Pocket

- 1 Put the unit in your upper front or trousers pocket.
- 2 Clip the strap to the edge of your pocket.

Note: Do not put the unit in the back pocket of your shorts or trousers.



Bag

Put the unit in your bag.

Notes:

- Be sure you can hold the bag tightly.
- Be sure the unit is securely fastened to your bag.
- Clip the strap to the edge of your bag.



Neck

Attach a commercially available string, strap or key cord to the unit and hang it from your neck.

Note: A neck strap is not included.



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USING THE UNIT

■ Cases where the unit may not be able to count steps accurately

Irregular movement

- When the unit is placed in a bag that moves irregularly.
- When the unit hangs from your waist or a bag.



Inconsistent walking pace

- When you shuffle or wear sandals etc.
- When you cannot walk at a consistent pace in a crowded area.

Excessive vertical movement or vibration

- When standing up and/or sitting down.
- When doing sports other than walking.
- When ascending or descending stairs or on a steep slope.
- When there is vertical or horizontal vibration in a moving vehicle such as on the bicycle, in a car, trains or a bus.



When walking very slowly

■ Start walking

After a walk, press ▲ to read the data (refer to “Checking the current display” on page 13).

Notes:

- In order to avoid counting steps that are not part of a walk, the unit does not display the step count for the first 4 seconds of walking. If you continue walking for more than 4 seconds, it displays the step count for the first 4 seconds and then continues to count.
- This unit resets to “0” at midnight (0:00) each day.

■ Action mode

The Action mode stores the measurement values separately for a specified walking period or session.

Note: You cannot check the current display or memory function when using the Action mode.

- 1 Press ● for two seconds.

☐ rotates when using the Action mode.



- 2 Start walking.

The display changes with each press of ▲ to display the step count, distance, calories burned, and aerobic (brisk) steps, in that order.

- 3 Press ● for two seconds from any of the display to finish the Action mode.

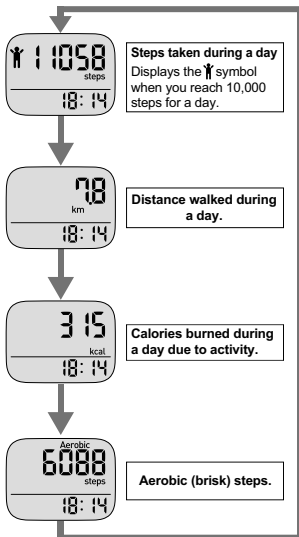
Press ▼ to view the measurement results after the Action mode has finished (refer to "MEMORY FUNCTION" on page 15).

Notes:

- Only one session can be stored in memory for the Action mode.
- If you don't stop the Action mode within 24 hours, the unit will go back to the normal mode.

Checking the current display

Press ▲ to change the display.



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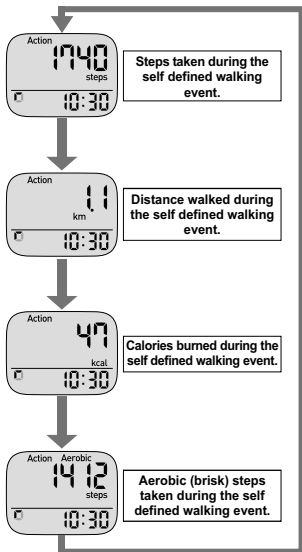
■ About the energy saving function

In order to save energy, the display of the unit will be turned off if no buttons are pressed for more than 5 minutes. However, the unit will continue to monitor your step count.

Press any button to turn the display on again.

Checking the display during the Action mode

Press ▲ to change the display.



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MEMORY FUNCTION

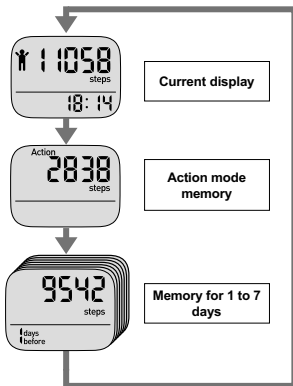
The measurements for each day (steps, distance walked, calories burned and aerobic steps) are automatically stored in memory and reset to 0 at midnight (0:00) each day.

■ Recall data

- 1 Press ▲ to select the type of display you want to see.
- 2 Press ▼ to view the measurement results history.

The display changes with each press of ▼ as shown below.

- Keep ▼ pressed to automatically change the display until the current display is displayed.
- Press ● to return to the current display.



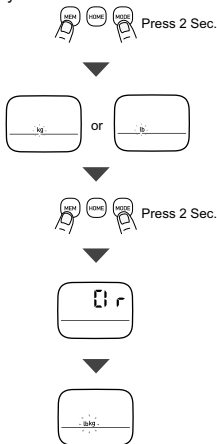
Notes:

- You cannot use the memory function when using the Action mode (refer to “Action mode” on page 12).
- If no buttons are pressed for more than 1 minute, the display returns to the current display.

DELETE ALL SETTINGS

To clear all of the set values and measured results (past measurement results), initialize your main unit as follows.

- 1 Press and hold ▼ and ▲ at the same time.
The “lb” or “kg” flashes on the display.
- 2 Press and hold ▼ and ▲ at the same time again.
After “Clr” has been displayed, “lb” and “kg” flash on the display.




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Notes:

- To continue using the unit, reset the weight, height, stride length and time (refer to “ACTIVATION AND INITIAL SETTING” starting at A. Setting the unit of measurement on page 8).
- If no settings are made for more than 5 minutes, the unit will revert to the factory mode.

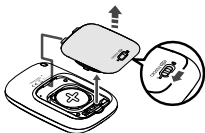
BATTERY LIFE AND REPLACEMENT

If the  symbol blinks or appears on the display, replace the battery with a new (CR2032) battery.

Note: The supplied battery is for trial use. This battery can run out within 6 months.

■ Replacing the battery

- 1 Turn the button on the back of the unit to left, unlock and remove the battery cover by pulling it off in the direction of the arrow.

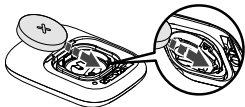


- 2 Remove the battery with a thin, sturdy, stick that will not break easily.

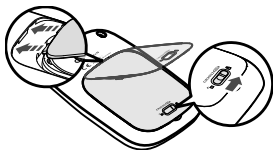
Note: Do not use a pair of metal tweezers or a screwdriver.



- 3 Insert the battery (CR2032) with the positive (+) side face up.



- 4 Replace the battery cover by sliding the catch in first, then turn the button to right and lock the battery cover.



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MAINTENANCE AND STORAGE

Maintenance

Always keep the unit clean.

The unit should be cleaned with a soft dry cloth.

To remove stubborn stains, wipe the unit with a damp cloth moistened with water or mild detergent. Then wipe it dry.

Maintenance and storage precautions

Do not use volatile liquids, such as benzene, or thinner, to clean the unit.

Please observe the following storage conditions.

- Do not subject the unit to strong shocks or vibrations, drop it, step on it.
- Do not immerse the unit or any of the components in water.

The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.


- Do not subject the unit to extreme temperatures, humidity, moisture, or direct sunlight.
- Do not store the unit where it will be exposed to chemical or corrosive vapours.

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Always store the unit out of the reach of young children.

Remove the batteries if the unit will not be used for a long time (3 months or more).

TROUBLE SHOOTING

Phenomenon	Cause	Rectification
 blinks or appears continuously.	Battery weak or exhausted.	Insert a new 3V Lithium battery type CR2032 (refer to page 17).
Nothing is displayed.	Polarities of battery (+ and -) aligned in wrong directions.	Insert battery in correct alignment (refer to page 17).
	Battery weak or exhausted.	Insert a new 3V Lithium battery type CR2032 (refer to page 17).
	Energy saving function active.	Press either of ▼, ▲ or ● (refer to page 13).
Displayed values are incorrect.	The unit is attached incorrectly.	Follow instructions (refer to page 10).
	You are walking at inconsistent pace.	Follow instructions (refer to page 11).
	Settings are wrong.	Change settings (refer to page 9).
The display is unusual or the buttons do not operate normally.		Remove the battery then insert it again (refer to page 17).

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Note: If a malfunction has occurred and you need to repair your unit, all settings and measurement results are deleted. We recommend you to record measurement results.

TECHNICAL DATA

Product description	OMRON Step Counter	
Model	Walking style IV (HJ-325-EB / HJ-325-EW)	
Power supply	3V Lithium battery type CR2032	
Battery life	Approx. 6 months* (when used for 14 hours a day) Note: Supplied battery is for trial use. This battery can run out within 6 months.	
Measurement range	Steps	0 to 99,999 steps
	Calories	0 to 59,999 kcal
	Aerobic Steps	0 to 99,999 steps
	Distance walked	0.0 to 999.9 km / 0.0 to 621.3 miles
	Time	0:00 to 23:59
Setting range	Time	0:00 to 23:59
	Height	100 to 199 cm with an increment of 1 cm / 3'4" to 6'6" with an increment of 1 inch
	Weight	30 to 136 kg with an increment of 1 kg / 66 to 300 lb with an increment of 1lb
	Stride length	30 to 120 cm with an increment of 1 cm / 12" to 48" with an increment of 1 inch
Operating temperature	-10°C to +40°C (14°F to 104°F)	
Humidity	30 to 85% RH	
External dimensions	42.0 (W) × 57.0 (H) × 13.0 (D) mm	
Weight	Approx. 23 g (including battery)	
Contents	Step Counter, 3V lithium battery type CR2032, clip, strap and instruction manual	

These specifications are subject to change without notice.

* New battery life based on OMRON testing.

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OMRON HEALTHCARE EUROPE B.V. guarantees this product for 2 years after date of purchase.

The guarantee does not cover battery, strap, clip, 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.

Do not disassemble or modify the unit. Changes or modifications not approved by OMRON HEALTHCARE will void the user warranty.



Hereby, OMRON HEALTHCARE Co., Ltd., declares that this Walking style IV is compliant with the essential requirements and other relevant provisions of Directive 2004/108/EC (EMC) and 2011/65/EU (RoHS).

Battery disposal EC Directive 2006/66/EC



Batteries are not a part of your regular household waste. You must return batteries to your municipality's public collection or wherever batteries of the respective type are being sold.

Disposal of electric and electronic devices EC Directive 2012/19/EU



This product is not to be treated as regular household waste but must be returned to a collection point for recycling electric and electronic devices. Further information is available from your municipality, your municipality's waste disposal services, or the retailer where you purchased your product.

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