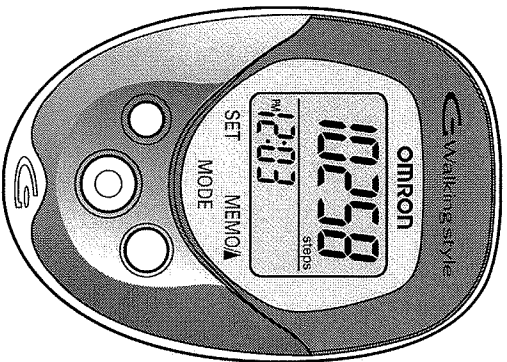


**OMRON®**

**INSTRUCTION MANUAL**

**Pocket Pedometer**  
**Model HJ-113**



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## INTRODUCTION

Thank you for purchasing the Omron® HJ-113 Pocket 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 pocket 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-113 comes with the following components:

- Pedometer
- Screwdriver
- Strap
- Clip
- 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 warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
 <b>WARNING</b>	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
 <b>CAUTION</b>	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

### OPERATING THE DEVICE

- ⚠ Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
- ⚠ Keep the unit out of the reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
- ⚠ 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.
- ⚠ Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- ⚠ Do not throw the battery into fire. The battery may explode.
- ⚠ Do not swing the pedometer by the strap. Swinging the pedometer while holding the strap may cause an injury.

## IMPORTANT SAFETY INFORMATION

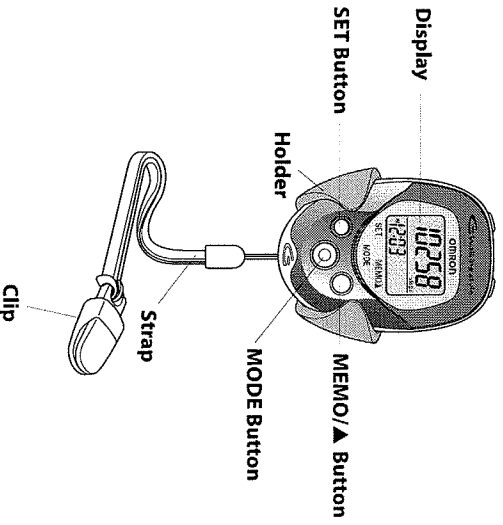
- ⚠ Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

### CARE AND MAINTENANCE

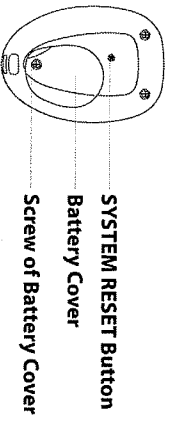
- ⚠ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- ⚠ Do not subject the unit to strong shocks, such as dropping the unit on the floor.
- ⚠ Do not submerge the unit or any of the components in water.

## KNOW YOUR UNIT

### Main Unit



### Back of the main unit



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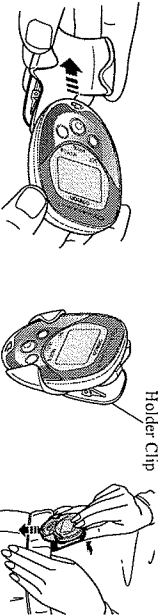
## KNOW YOUR UNIT

### Components

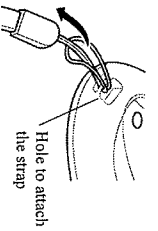
#### Holder

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

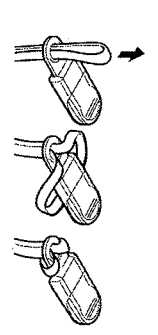
- 1) Attach the main unit to the holder.
- 2) Fasten the holder clip to your pants.



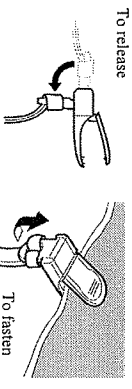
#### How to attach the strap to the main unit



#### How to connect the strap and the clip



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



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## 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

### 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

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.

### Example of correction:

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

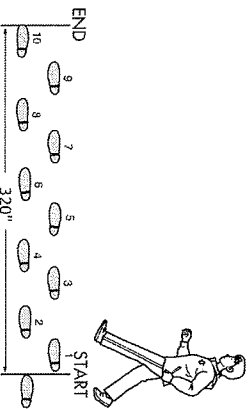
$$300 \times 0.95 = 285 \text{ kcal}$$

## STRIDELENGTH 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:

$$\text{Total distance} = 320''$$

$$320 \div 10 = 32 \text{ inches (2 feet 8 inches)}$$

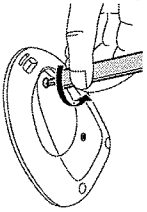
### Conversion Chart

- 12 inches = 1 foot
- 24 inches = 2 feet
- 36 inches = 3 feet
- 48 inches = 4 feet

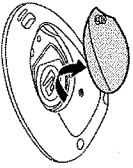
## BATTERY INSTALLATION

### 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.

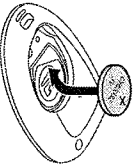


### 2. Open the Battery Cover.



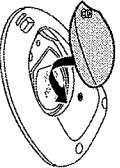
### 3. Insert the battery.

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



### 4. Replace the Battery Cover.

Insert the projected portion of the battery cover as illustrated.



Tighten the screw on the Battery Cover.

#### NOTES:

- After installing the battery, set the time of day, weight and stride length.
- Remove the protective film from the face of the display.

## 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.



Low Battery Indicator

#### NOTES:

- When the Low 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 Low Battery Indicator is blinking, press the MODE Button to display the data for the current day. Press the MEMO/▲ Button to view the data stored in the memory.

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

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

#### NOTES:

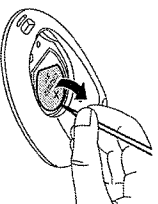
- DO NOT use a pair of metal tweezers or a screwdriver.
- Replace with a new CR2032 battery.

#### ▲ CAUTION

Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

#### ▲ CAUTION

Do not throw the battery into fire. The battery may explode.



## SETTING THE TIME

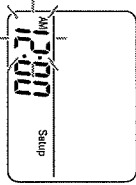
Setting range: 12:00 AM-1:59 PM

### 1. Install the battery.

(Refer to "Battery Installation" on page 10)

The hour flashes on the display.

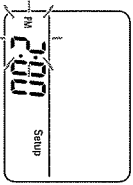
If the MEMO/▲ or SET Button is not pressed for 5 minutes, complete setting and display the number of steps and time. Press and hold the SET Button to change the setting.



### 2. Press the MEMO/▲ Button to advance by increments of one hour.

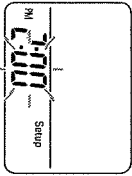
#### NOTE:

Press the MODE Button to return the hour to 12AM.



### 3. Press the SET Button to set the hour.

The minutes flash on the display.

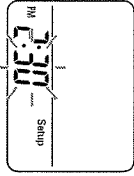


### 4. Press the MEMO/▲ Button to advance by increments of one minute.

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

#### NOTE:

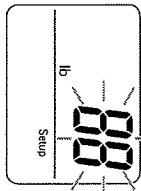
Press the MODE Button to return the minute to 00.



## SETTING THE TIME

### 5. Press the SET button to set the minute.

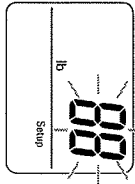
The weight flashes on the display.



## SETTING THE WEIGHT

**Setting range: 70 to 300 lb.**

The weight flashes on the display.

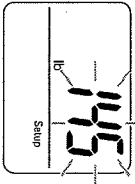


1. Press the MEMO/▲ Button to advance by increments of 1 lb.

Press and hold the button to advance weight in 10 lb increments.

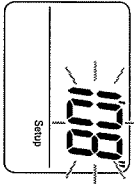
**NOTE:**

Press the MODE Button to return the weight to 88.



2. Press the SET Button to set the weight.

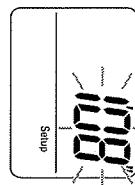
The stride length flashes on the display.



## SETTING THE STRIDE LENGTH

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

The stride length flashes on the display.

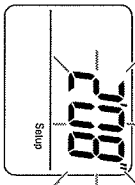


1. Press the MEMO/▲ Button to advance by increments of 1 inch.

Press and hold the button to advance the stride in 4 inches increments.

**NOTE:**

Press the MODE Button to return the stride length to 1'08"



2. Press the SET Button to the stride length.

The number of steps and time will be displayed.

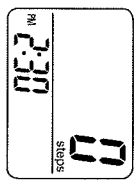
**All the settings are completed.**

**To change the time, weight, or stride length 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.



## ATTACHING THE PEDOMETER

The unit may be placed in the upper front pocket of your clothing, in the front pocket of your pants, in a bag, or attached to your belt or pants.

### 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.

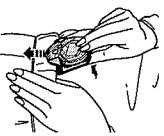
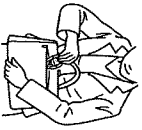
### Place the unit in your bag.

Place the unit in a secure section or partition of your bag.

### Attach the unit to your belt or the top of your pants.

Use the supplied holder.

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



## ATTACHING THE PEDOMETER

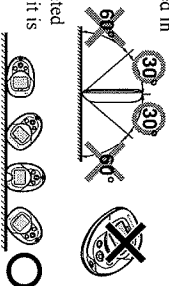
The unit may not count steps correctly in the following conditions:

### 1. The memory is displayed or the unit is being set.

### 2. The unit is not positioned correctly.

- When the front of the main unit is placed in the angle of less than 60° (shown to the right) or horizontal to the ground.

**NOTE:**  
The unit can count steps even if it is slanted or placed upside-down, or if the main unit is perpendicular to the ground.



### 3. The unit moves irregularly.

- When the main unit is placed in the bag and the bag moves irregularly because it hits your foot, your belt or the top of your pants.

### 4. Walking at an inconsistent pace.

- When you shuffle or wear sandals
- When you fail to walk consistently in a crowded place

### 5. Up and down movement.

- Standing up and/or sitting down movement
- Playing sports other than walking
- Ascending or descending movement at stairs or in a steep slope

### 6. Vibrations from a moving vehicle

- Such as riding a bicycle, automobile, train or bus.

### 7. Jog or walk extremely slowly.

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

