INSTRUCTION MANUAL
Pedometer Downloadable Model: HJ-324U
HJ-324U-ZBULK 5379468-0B

INTRODUCTION
Thank you for purchasing the OMRON® HJ-324U Pedometer.

This Pedometer features advanced 3D Smart Sensor technology - so it knows exactly when you’re taking a step. It’s more accurate than other pedometers which use a simple pendulum design. Use this in your pocket, bag or on your hip for added convenience. You can easily track your progress by transferring your walking data from the pedometer to your personal computer. Use this unit everyday to monitor your fitness achievements!

Your Pedometer comes with the following components:
- Pedometer
- Battery (CR2032 installed)
- Screwdriver
- Holder
- Strap
- Clip

Please read this instruction manual thoroughly before using the unit. Please keep for future reference.

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

WARNING Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

CAUTION Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patent or damage to the equipment or other property.

OPERATING THE DEVICE

1. Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
2. Keep the unit out of the reach of young children.
3. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
4. Use caution when wearing the unit around the neck of children.
5. If battery fluid gets in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.
6. Read all information in the instruction manual 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.
7. If battery fluid gets on your skin or clothing, immediately rinse with plenty of clean water.
8. Do not insert the battery with the polarities in the wrong direction.
9. Do not throw the battery into a fire. The battery may explode.
10. Do not touch the USB Connector with wet hands.
11. Do not use a cell phone near the pedometer while transferring data.
12. When transferring data to the online solution do not leave the unit plugged into the PC for an extended period of time.
13. Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

CARE AND MAINTENANCE
Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

WARNING
- Do not subject the unit to strong shocks, such as dropping the unit on the ground.
- Do not submerge the unit or any of the components in water.

CAUTION
- Remove the protective film from the face of the unit.
- Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- Do not use a cell phone near the pedometer while transferring data.
- Do not throw the battery into the fire. The battery may explode.
- Do not leave the unit plugged into the PC for an extended period of time.

NOTE:
- In order to avoid counting steps that are not part of a step, 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.

STRIDE LENGTH MEASUREMENT
How to measure your stride length before setting the pedometer.

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 18.

Example:
Total distance = 320 inches
320 ÷ 18 = 18 inches

4. Vibrations from a moving vehicle.
- Such as riding a bicycle, automobile, train or bus.

5. Walking extremely slowly.

SETTINGS
The unit comes with the battery installed. When you use the unit for the first time, follow the steps below. For setting range details refer to “SPECIFICATIONS”.

NOTE:
If the initial settings are not correct, the measurement results may not be accurate.

1. Press and hold [mem / button] A) Press and hold [mem / button] to select the mode.
2. Press [mem / button] 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 above.
5. To set the time display, repeat steps A) and B) in step 2 above.

6. Setting the weight.

7. To set the height, repeat steps A) and B) in step 6 above.
8. To set the stride length, repeat steps A) and B) in step 6 above.
9. To set the year, repeat steps A) and B) in step 6 above.
10. To set the month, repeat steps A) and B) in step 6 above.
11. To set the day, repeat steps A) and B) in step 6 above.
12. To set the hour, repeat steps A) and B) in step 6 above.
13. To set the minute, repeat steps A) and B) in step 6 above.

All the settings are completed.

Adjust the settings.
1. Press and hold [mem / button] “lb” or “kg” flash on the display.
2. Follow the procedure from step 2 of “SETTINGS”.

MEMORY FUNCTION
The unit stores up to 22 days of data, including the current day and displays the previous 7 days of data on the unit. The current day’s data is automatically stored in memory when the time reaches 12:00AM (0:00). The display will return to 0.

NOTE:
- The time must be correctly set in the unit.
- If no button is pressed for more than 1 minute, the display will return to the current day’s data.

TRANSFER Indicat or
The Transfer Indicator will blink when 18 days of data, including the current day, are stored in the memory and have not been transferred. Transfer the measurement results immediately. To transfer the data, refer to “TRANSFERRING DATA TO THE ONLINE SOLUTION”.

READING THE CURRENT DISPLAY
Press [mem / button] to change the display.

<table>
<thead>
<tr>
<th>Step count display</th>
<th>Distance display</th>
<th>Calories display</th>
</tr>
</thead>
<tbody>
<tr>
<td>12549</td>
<td>53</td>
<td>372</td>
</tr>
<tr>
<td>8169</td>
<td>32</td>
<td>12358</td>
</tr>
</tbody>
</table>

Aerobic steps
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 walk of more than 10 minutes, this will be regarded as part of “a continuous walk”.

Pitch
The average number of Aerobic steps per minute is displayed. The faster you walk, the more calories you will burn.

The battery saving mode
After 5 minutes with no button being pressed, the display will automatically turn off. However, the unit continues to record data. To reactivate the display again, press [mem / button] or [mem / button].

Calories
By measuring the intensity of your activity, the unit can calculate the amount of calories burned.

To transfer the measurement results immediately.
- Press [mem / button] to select the type of measurement you want to see (steps, distance, etc.).
- Press [mem / button] to view the results (days 1-7) in memory.

The display changes with each press of [mem / button] as shown below.

- Keep [mem / button] pressed to automatically change the display until the current display is displayed.

NOTE:
- If no button is pressed for more than 1 minute, the display will return to the current day’s data.

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2. Press [mem / button] to view the results (days 1-7) in memory.

The display changes with each press of [mem / button] as shown below.

- Keep [mem / button] pressed to automatically change the display until the current display is displayed.

NOTE:
- If no button is pressed for more than 1 minute, the display will return to the current day’s data.
DELETING ALL RESULTS AND SETTINGS

Follow the procedure below to delete all the previous measurement results and settings, including the date, time, weight, height, and stride length.

1. Press and hold \( \text{Ctrl} \) \( B \) or \( \text{kg} \) flashes on the display.

2. Press and hold \( \text{Ctrl} \) \( B \) and \( \text{kg} \) at the same time. After \( \text{Ctrl} \) has been displayed, "B" and "kg" flash on the display.

The measurement results stored in memory and the settings for the date, time, weight, height and stride length are deleted. To continue using the unit, reset the date, time, weight, height, and stride length (refer to “SETTINGS”).

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

SPECIFICATIONS

- **Model:** HJ-324U (HJ-324U-ZBU1L) (J)
- **Power Supply:** 3VDC (1 lithium battery CR2032)
- **Measurement Steps:**
  - Range: 0 to 99,999 steps
  - Distance: 0 to 621.3 miles / 0.00 to 999.9 km
  - Calories: 0 to 99,999 kcal
  - Aerobic steps: 0 to 99,999 steps
  - Pace: 0.0 to 9.999’/9.999"/9.999 km/h
  - InCL (in increments of 100): 0.1 step/min
  - Time: 12:00AM to 11:59PM / 0:00 to 23:59
- **Memory:** Previous 21 days (Most recent 7 days on display)
- **IT Function:** USB connector
- **Setting Range:**
  - Time: 12:00AM to 11:59PM / 0:00 to 23:59
  - Weight: 22 to 300 lb (in increments of 0.2 lb / 0.1 kg)
  - Height: 3'4" to 6'6" (in increments of 0.1"
  - Stride length: 12" to 48" (in increments of 1 inch) / 30 to 120 cm (in increments of 1 cm)
- **Operating Temperature:** -14°F to 110°F (-20°C to +43°C)
- **Humidity:** 10% to 85% RH
- **Battery Life:** Approx. 6 months (When used for 12 hours a day, and transferring the results for 30 seconds once per day)
- **Internal Dimensions:** Approx. 3 1/4" (H) × 3 1/8" (W) × 1 3/4" (D)
- **Weight:** Approx. 0.9 oz / 27 g (battery included)
- **Contents:** Pedometer, Holder, Strap, Clip, Battery (CR2032 installed), Screwdriver, and Instruction manual

NOTE:
Changes or modifications not expressly approved by Omron Healthcare could void the user’s authority to operate the equipment.

LIMITED WARRANTY

Your OMRON HJ-324U Pedometer, excluding the battery, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the unit. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any Pedometer covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Omron’s Customer Support at 1-800-634-4350. Information for warranty service is available on our website at www.omronhealthcare.com.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of specific local requirements, some of the above limitations and exclusions may not apply to you.

FOR CUSTOMER SERVICE

Visit our web site at: www.omronhealthcare.com
Call toll free: 1-800-634-4350

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