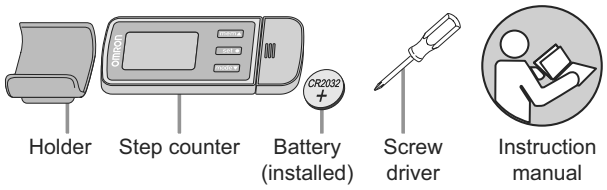
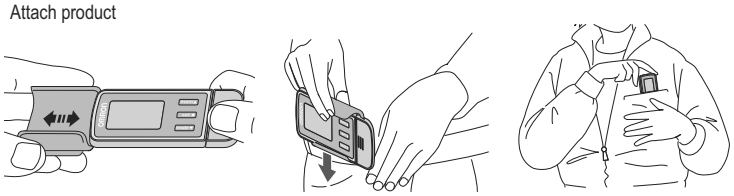
HJ-322U-E Step counter with upload capability
Walking style Pro 2.0

IM-HJ-322-E-web-02-10/2012

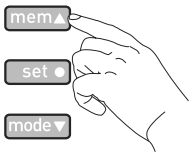


1.

Attach product



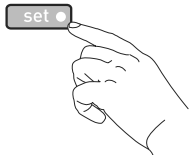
2.



Activation:
Press any key for 2 sec.

3.

General Settings:
Press ● for 2 sec.. Convert unit with ▲▼ .
Confirm with ●.

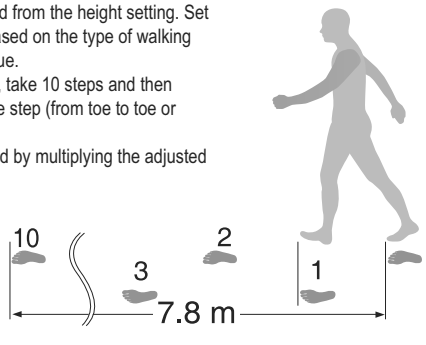


lb ↔ kg
↓
feet/inch ↔ cm
↓
km ↔ mile
↓
12h ↔ 24h



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

About stride length
- The initial stride length value that blinks on the display is an estimated stride length calculated from the height setting. Set the actual stride length to use based on the type of walking you will do and your own physique.
- To get the most accurate results, take 10 steps and then measure the stride length for one step (from toe to toe or from heel to heel).
- The distance display is calculated by multiplying the adjusted stride length by the number of steps.



4.



Checking todays results

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

Aerobic steps
Aerobic steps are the physical exercise that helps us stay healthy. Aerobic steps are counts separately when walking more than 60 steps per minute and more than 10 minutes continuously. 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".

About the battery energy saving function
In order to save battery 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 ▲ , ● or ▼ button to turn the display on again.

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

Note:
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.

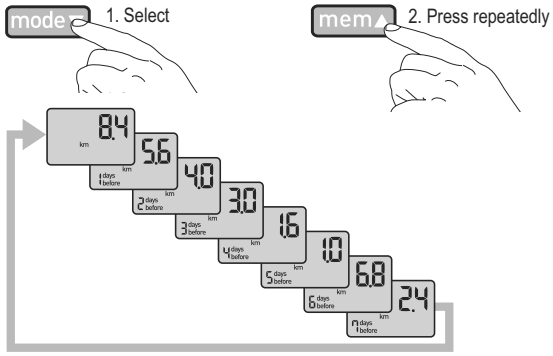
The CE-mark refers to compliance with the EMC EU-Directive 2004/108/EC

Battery disposal EC Directive 2008/12/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 2002/96/EC
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.

5.

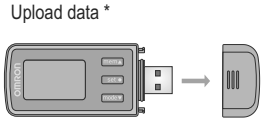
Memory



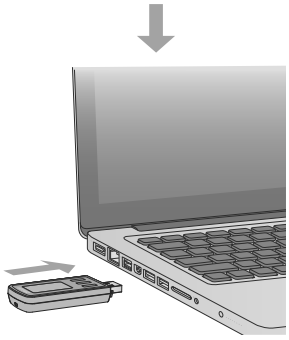
Note: The unit stores up to 22 days of data, including the current day and displays the previous 7 days of data on the unit. The current day's data is automatically stored in memory when the time reaches 0:00 (12:00AM). The display will return to 0.

6.

Upload data *

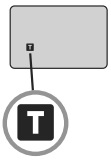






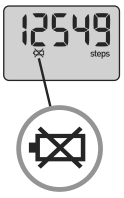
Transfer Indicator

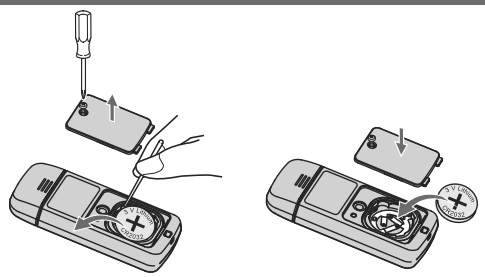
The transfer indicator will blink when 18 days of data, including the current day, are stored in the memory and have not been downloaded.
The transfer indicator will light up when 22 days of data have not been transferred. The older measurement results are deleted first. Transfer the measurement results immediately.



7.

Change battery

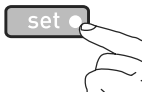




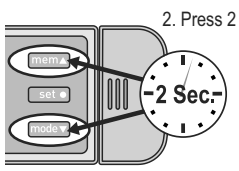
8.

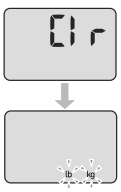
Resetting all

1. Press 2 Sec.



2. Press 2 Sec.





9.

Notes of 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.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.
- If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
- 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 throw the battery into fire because it may explode.
- Do not immerse the unit or any of the components in water. The unit is not waterproof.
- Do not use a cell phone near the unit while transferring data.
- Do not touch the USB connector with wet hands.
- Do not use the unit for an extended period of time to transfer data.

OMRON HEALTHCARE EUROPE B.V. guarantees this product for 2 years after date of purchase. The guarantee does not cover battery, packaging and/or damages of any kind due to misusage (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.

Technical Data

Product name	Walking style Pro 2.0	
Type	HJ-322U-E	
Power supply	3V Lithium battery type CR2032	
Battery life	Approx. 6 months* (When used for 12 hours a day, and transferring the results for 30 seconds once per day) **Note:** Supplied battery is for trial use. This battery can run out within 6 months.	
Measurement range	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 / 12:00 AM to 11:59 PM
	Activity calories	0 to 59,999 kcal
	Aerobic	0 to 99,999 steps
IT function	USB connector	
Capacity of memory	Previous 1 to 21 days (7 days displayed)	
Setting range	Time: 0:00 to 23:59 / 12:00 AM to 11:59 PM Weight: 10 to 136 kg in units of 1 kg / 22 to 300 lb in units of 1 lb Height: 100 to 199 cm in units of 1 cm / 3' 4" to 6' 6" in units of 1 inch Stride length: 30 to 120 cm in units of 1 cm / 12" to 48" in units of 1 inch	
Operating temperature/ humidity	-10°C to +40°C (14°F to 140°F)/30 to 85% RH	
External dimensions	78(W)×34(H)×12(D) mm	
Weight	Approx. 27 g (including battery)	
Contents	Step counter, holder, 3V lithium battery type CR2032, screwdriver and instruction manual	

These specifications are subject to change without notice. This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd. Japan.

* New battery life based on OMRON testing.

Manufacturer **OMRON HEALTHCARE Co., Ltd.**
53, Kunotsubo, Terado-cho, Muko, Kyoto,
617-0002 JAPAN

EU-representative **OMRON HEALTHCARE EUROPE B.V.**
Scorpius 33, 2132 LR Hoofddorp, THE NETHERLANDS
www.omron-healthcare.com

Production facility **OMRON (DALIAN) CO., LTD.**
Dalian, CHINA

Manufacturer **OMRON HEALTHCARE Co., Ltd.**
53, Kunotsubo, Terado-cho, Muko, Kyoto,
617-0002 JAPAN

EU-representative **OMRON HEALTHCARE EUROPE B.V.**
Scorpius 33, 2132 LR Hoofddorp, THE NETHERLANDS
www.omron-healthcare.com

Production facility **OMRON (DALIAN) CO., LTD.**
Dalian, CHINA

Made in China