



## Step Counter Walking style One

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# Walking style One

## Introduction

The OMRON Walking style One tracks your workouts with steps, distance, time, calories and fat volume you burned during walking.

The OMRON Walking style One has a dual display function that can show both the time and the number of steps simultaneously. The memory function of OMRON Walking style One can store and show the data from the previous seven days.

Besides a regular step counter, the OMRON Walking style One also features an aerobic step counter, which counts the number of steady steps.

Steady or aerobic steps is 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 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 "continuous walk".



For example: If you walk 120 steps per minute for 20 minutes, "the number of steady steps" will be 2400.

EN

## How many steps do we need to walk per day?

For long term health and reduced chronic disease risk, we should walk 10,000 steps a day. For successful weight loss, this should be between 12,000 and 15,000 steps. If we want to build aerobic fitness, we should make at least 3,000 (preferably more) steady steps per day (as stated by David R. Bassett Jr., a professor in the Department of Health and Exercise Science at the University of Tennessee, Knoxville). The OMRON Walking style One helps you manage your steps. Simply wear the OMRON Walking style One and it will count all your daily steps. It's easy to use: just set it and start moving.

# 1 Use of the OMRON Walking style One

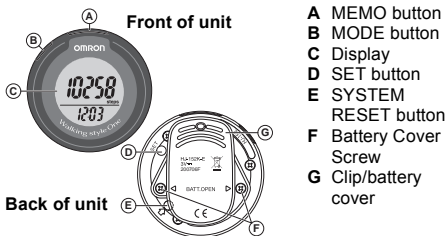
## 1.1 Tips for use

- Attach the OMRON Walking style One perpendicular to the ground (refer to illustration under 4).
- Wear solid shoes.
- Walk at a constant pace.
- Do not walk extremely slowly or at an inconstant pace (e.g. in crowded places).
- Up and down movements or vibrations can create incorrect counting.

## 1.2 Cautions

- Keep the OMRON Walking style One out of reach of young children.
- If a young child swallows battery, battery cover or screw, immediately consult a doctor.
- Do not throw the battery into fire because it may explode.
- Do not drop or step on the OMRON Walking style One.
- Do not wash the OMRON Walking style One or do not touch it with wet hands.
- Avoid exposure of the OMRON Walking style One to direct sunlight.
- The operating environment of the OMRON Walking style One must be free from excessive vibrations, shocks, magnetic fields, electrical noise, etc.

## 2 Overview



### 3 Settings

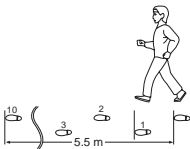
Setting time, weight and stride length is necessary to record the number of steps and then to calculate the consumed calories, amount of fat burned and walking distance.

#### 3.1 Determine your stride length

Measure your stride length first for accurate measurement.

##### How to measure your stride length?

Correct stride length is from a tip of your foot to another one. To measure the correct average stride length, divide the total length of ten steps you walked by the number of steps (10). Calculate the stride length as shown in the following formula:  
Example: When you walk 5.5 meters,  $5.5 \text{ m (total length)} / 10 \text{ (number of steps)} = 0.55 \text{ m (55 cm)}$



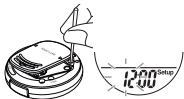
#### 3.2 Setting the time

The unit comes with the battery installed. Set the unit by using a thin stick that is not easily breakable.

**Setting range: 0:00 - 23:59**

- 1 Initial set-up or after battery replacement.

Press the SYSTEM RESET button on the back of the unit as illustrated.



The hour flashes on the display.

- 2 Press the MEMO (up) or MODE (down) button to adjust by increments/decrements of one hour.



If no button is pressed for 5 minutes, the unit will automatically turn off.

- 3 Press the SET button to set the hour. The minute flashes on the display.



- 4 Press the MEMO (up) or MODE (down) button to adjust by increments/decrements of one minute.



Press and hold the button to adjust the time in 10 minute increments/decrements.

- 5 Press the SET button to set the minute.  
The weight flashes on the display.



### 3.3 Setting the weight

**Setting range: 30 to 136 kg.**

The weight flashes on the display.



- 1 Press the MEMO (up) or MODE (down) button to adjust by increments/decrements of 1 kg.



Press and hold the button to adjust weight in 10 kg increments/decrements.

- 2 Press the SET button to set the weight.  
The stride length flashes on the display.



### 3.4 Setting the Stride Length

**Setting range: 30 to 120 cm**

The stride length flashes on the display.



- 1 Press the MEMO (up) or MODE (down) button to adjust by increments/decrements of 1 cm.



Press and hold the button to adjust the stride in 10 cm increments/decrements.

- 2 Press the SET button to set the stride length.  
The number of steps and time will display.



**All the settings are completed.**

### Notes on Adjusting the Time Setting

To adjust the time at a later stage, follow the steps below.

- 1 Press the SET button.

The hour flashes on the display.

- 2 Refer to Chapter 3.2.2 to start setting the time.

## 4 Attaching the step counter

### 4.1 How to attach the step counter

Attach the unit to your belt or the top of your waistband.

- Do not place the unit in the back pocket of your pants.

**Note:** Press the clip open to remove the unit. The clip may cause scratches to the belt if it is attached or removed roughly, depending on the belt material.



Try to position the unit so that the display is upright.

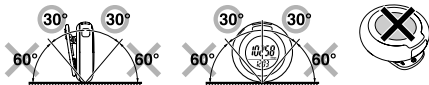
### When steps are counted

In order to avoid counting steps that are not part of a walk, the unit does not display the step count for the first four seconds of walking. If you continue walking for more than four seconds, it displays the step count for the first four seconds and then continues to count.

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

#### 1 Incorrect unit position

- When the front of the unit is placed at an angle of less than  $60^\circ$  (shown below) or horizontal to the ground.



#### 2 Walking at an inconsistent pace

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

#### 3 Irregular unit movement

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



- 4 Vibrations from a moving vehicle
  - Such as riding a bicycle, automobile, train or bus
- 5 Extremely slow walking

## 5 Using the step counter

### 5.1 Actual use of the OMRON Walking style One

1 Attach the unit to your body. Refer to Chapter 4.1 “How to attach the step counter”.

2 Start walking.

**Note:** After 10 minutes of continuous walking more than 60 steps per minute, the aerobic mode is activated. The aerobic mode deactivates after a 1-minute break.

3 Press the MODE button to display the data.

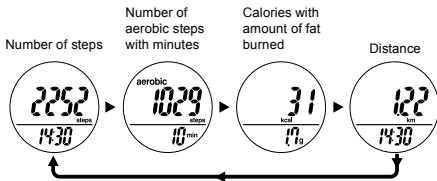
**Notes:**

- You cannot turn off the unit.
- Step Counter resets to “0” after midnight (0:00).

### 5.2 Changing the display

Press the MODE button to change the display.

Each time you press the MODE button, the display will change.



### 5.3 Battery saving mode

After 5 minutes with no button being pressed, the display will automatically turn off. However, the unit continues measuring steps. This mode extends the battery life. Press the MEMO or MODE button to activate the display again.

## 6 Memory

### 6.1 Using the memory function

This unit can store and display up to seven days of previous data.

The current day's data is automatically stored in memory when the time reaches 0:00. The display will return to 0.

#### How to view data stored in the memory

Press the **MODE** button until the data you want to see is displayed:

- Steps
- Aerobic steps with minutes
- Calories with amount of fat burned
- Distance



#### Press the **MEMO** button.

The previous day's data is displayed. Continue to press the MEMO button to display all seven days of data.



**Note:** If no button is pressed for more than 1 minute, the display will return to the current day's data.

Press the **MODE** button to return to the current day's data.

### 6.2 Using the system reset function

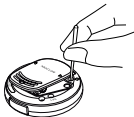
Use the **SYSTEM RESET** function in the following cases:

- When the display becomes unrecognizable
- When you want to delete all data

Press the **SYSTEM RESET** button on the back of the unit.

All the data in memory is deleted and settings return to default values.

To set the time, weight and stride length refer to Chapter 3 "Settings".





## 7 Battery Installation

### 7.1 How to replace the battery

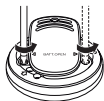
The battery is installed in the step counter when this unit is purchased.



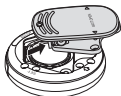
Low Battery Indicator

When the Low Battery Indicator appears on the display, immediately replace the battery with a new CR2032 battery. When the battery is removed from the unit the settings and all data stored in the memory will be erased. Write data required for later use down in a notebook.

- 1 Remove the screws on the battery cover located on the back of the unit.  
Use a small screwdriver to remove the screws on the battery cover.

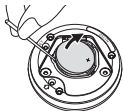


- 2 Remove the battery cover.



- 3 Remove the old battery.  
Take the battery out with a thin stick that is not easily breakable.

**Note:** DO NOT use a pair of metal tweezers or a screwdriver.



#### Caution!

- Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal will cause environmental pollution.
- Do not throw the battery into fire. The battery may explode.

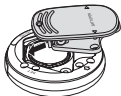
- 4 Insert the new battery.  
Place the positive (+) side of the battery upward. Insert the battery in the direction of the arrow.



- 5** Replace the battery cover.  
Insert the projected portion of the battery cover.

Tighten the screws on the battery cover.

After installing the battery, set time of day, weight and stride length. Refer to Chapter 3 “Settings”.



## **8 Care and storage**

*To keep your step counter in the best condition and protect the unit from damage follow the directions listed below:*

**Caution!** Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

**Clean the unit with a soft dry cloth.**

Do not use any abrasive or volatile cleaners.

**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.

**Store the unit in a safe and dry location.**


Avoid the unit being exposed to direct sunlight, high temperatures, high humidity, water and/or dust.

**Do not subject the unit to strong shock, drop, or step on the unit.**

Remove the battery if the unit will not be used for three months or longer.

**Use of the unit must be consistent with the instructions provided in this manual.**

## 9 Trouble shooting

Phenomenon	Cause	Rectification
	Battery weak or exhausted.	Insert a new 3V lithium battery type CR2032.
Display remains empty after pressing MODE or MEMO.	Battery weak or exhausted.	Insert a new 3V lithium battery type CR2032.
	Polarities of battery (+ and -) aligned in wrong directions.	Insert battery in correct alignment.
Displayed values are incorrect.	The unit is attached incorrectly.	Follow instructions (refer to Chapter 4.1).
	You are walking at inconsistent pace.	Walk at consistent pace all the time (refer to Chapter 4.1).
	Settings are wrong.	Change settings.

## 10 Technical data

<b>Product name</b>	Walking style One
<b>Type</b>	HJ-152R-E/HJ-152K-E/HJ-152W-E
<b>Power supply</b>	3V Lithium battery type CR2032
<b>Battery life</b>	New battery will last for approx. one year (when used for walking 10,000 steps a day). Note: Supplied battery is for trial use. This battery can run out within one year.
<b>Measurement/Display range</b>	Number of steps: 0 to 99,999 steps Number of aerobic steps: 0 to 99,999 steps Duration of aerobic walking: 0 to 1440 minutes Consumed calories: 0 to 99,999 kcal Burned fat volume: 0 to 199.9 g Walking distance: 0.00 to 999.99 km Time: 0:00 to 23:59
<b>Capacity of memory</b>	Previous 7 days on display.
<b>Setting range</b>	Time: 0:00 to 23:59 (24-hour display) Weight: 30 kg to 136 kg in units of 1 kg Stride length: 30 cm to 120 cm in units of 1 cm
<b>Operating temperature/humidity</b>	-10°C to +40°C; 30% to 85% RH
<b>Storage temperature/humidity/air pressure</b>	-20°C to +60°C; 10% to 95% RH; 700 - 1060 hPa
<b>Precision of step counting</b>	Within +/- 5% (by vibration testing machine)
<b>Time precision</b>	Within +/- 90 seconds of the average monthly deviation (under normal temperature)
<b>External dimensions</b>	Approx. 53(W) x 53(H) x 25.8(D) mm
<b>Weight</b>	Approx. 33 g (including battery)
<b>Accessories</b>	3V Lithium battery type CR2032 and Instruction manual.

In the interest of product improvement, specifications are subject to change without notice.

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 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.






***Correct Disposal of This Product  
(Waste Electrical & Electronic Equipment)***

This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take this item for environmentally safe recycling.

Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial wastes for disposal.

This product does not contain any hazardous substances. Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.

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