

**OMRON®**

**INSTRUCTION MANUAL**

*GO<sub>smart</sub>*

**Pocket Pedometer**

**Model HJ-112**



# CONTENTS

## Before Using the Unit

Introduction .....	3
Important Safety Information .....	4
Know Your Unit.....	6
Main Unit .....	6
Components.....	7
Aerobic Step Function .....	8
Calorie Display .....	8
Stride Length Measurement.....	9

## Operating Instructions

Battery Installation .....	10
Battery Replacement.....	11
Setting the Time.....	12
Setting the Weight.....	14
Setting the Stride Length .....	15
Attaching the Pedometer .....	16
Changing the Display .....	18
Using the Memory Function.....	19
Using the System Reset Function.....	20

## Care and Maintenance

Care and Maintenance .....	21
Troubleshooting Tips .....	22
Specifications.....	23
FCC Statement.....	24
Limited Warranty .....	25
Notes .....	26

# INTRODUCTION

Thank you for purchasing the OMRON HJ-112 GOsmart Pocket Pedometer.

**Fill-in for future reference**

**DATE PURCHASED:** \_\_\_\_\_

- **Staple your purchase receipt here**
- **Register your product on-line at [www.register-omron.com](http://www.register-omron.com)**

A pedometer is a great motivational tool to track your distance, the number of steps you take and how many calories you burn. This pocket pedometer features advanced 2D Smart Sensor technology - so it knows exactly when you're taking a step. It's more accurate than other pedometers which use the simple pendulum design. Use this in your pocket, back or hip for added convenience. The seven-day memory helps you keep track of your daily activity to help you reach your fitness goals.



Your HJ-112 GOsmart Pocket Pedometer 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

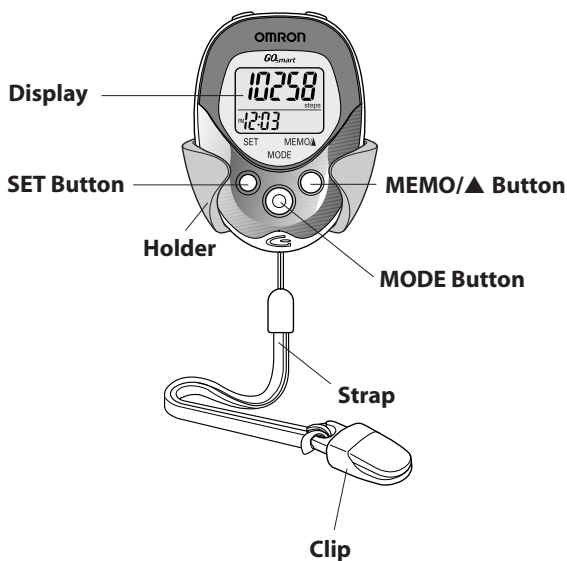
- ⚠ Use only OMRON authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

## CARE AND MAINTENANCE

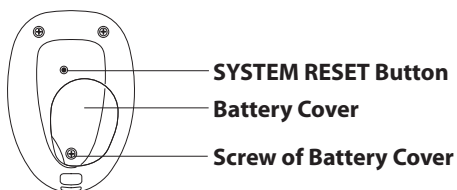
- ⚠ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- ⚠ Do not subject the unit to strong shocks, such as dropping the unit on the floor.
- ⚠ Do not submerge the unit or any of the components in water.

# KNOW YOUR UNIT

## Main Unit



## Back of the main unit



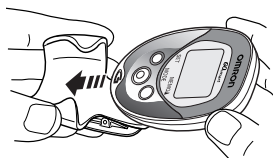
# KNOW YOUR UNIT

## Components

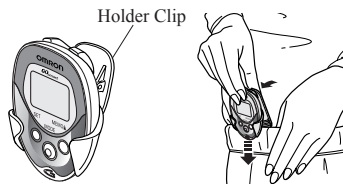
### Holder

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

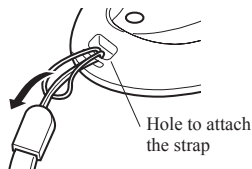
1) Attach the main unit to the holder.



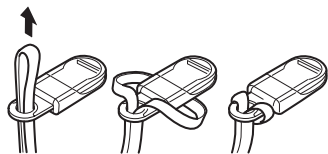
2) Fasten the holder clip to your pants.



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

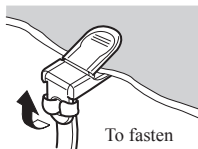
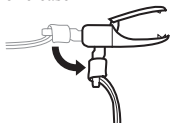


### How to connect the strap and the clip



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

To release

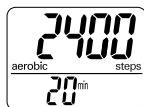


# AEROBIC STEP FUNCTION

This Pocket Pedometer counts all steps and separately counts aerobic steps, which are defined as:

- **Walking more than 60 steps per minute**
- **Continuously walking for more than 10 minutes**

The pedometer separately displays both total steps and aerobic steps. Aerobic steps will be counted in total steps for the day.



**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.

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

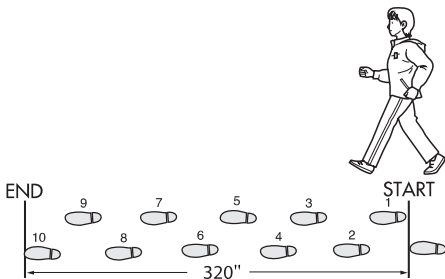


# STRIDE LENGTH MEASUREMENT

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:

Total distance = 320"

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

### Conversion Chart

12 inches = 1 foot

24 inches = 2 feet

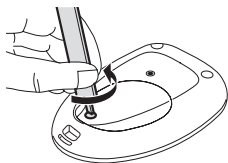
36 inches = 3 feet

48 inches = 4 feet

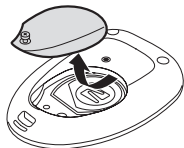
# BATTERY INSTALLATION

## 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.

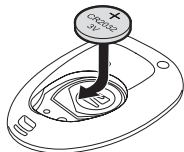


## 2. Open the Battery Cover.



## 3. Insert the battery.

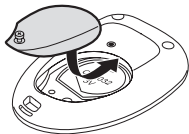
Place the positive (+) side of the battery (CR2032) upward. Insert the battery in the direction of the arrow as illustrated.



## 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.



## NOTES:

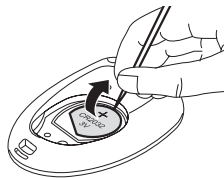
- When the Low Battery Indicator starts to blink, the unit stops counting, the value of the latest number of steps is turned on, and the time is displayed as “\_:\_”.
- When the Low Battery Indicator is blinking, press the MODE Button to display the data for the current day. Press the MEMO/▲ Button to 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

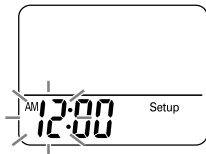
Do not throw the battery into fire. The battery may explode.

# SETTING THE TIME

Setting range: 12:00 AM-11:59 PM

- 1. Install the battery.**  
(Refer to "Battery Installation" on page 10)

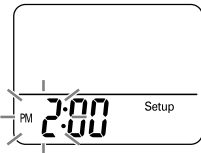
The hour flashes on the display.



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

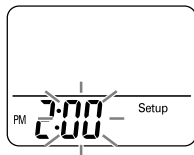
**NOTE:**

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



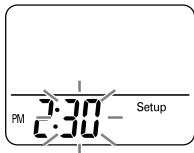
- 3. Press the SET Button to set the hour.**

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.



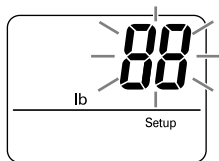
**NOTE:**

Press the MODE Button to return the minute to 00.

## SETTING THE TIME

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

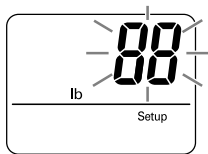
The weight flashes on the display.



# SETTING THE WEIGHT

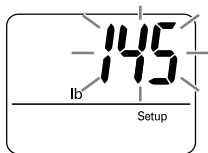
**Setting range: 70 to 300 lb.**

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.

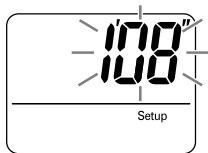


**NOTE:**

Press the MODE Button to return the weight to 88.

- 2. Press the SET Button to set the weight.**

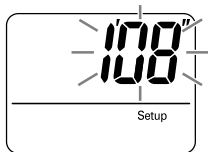
The stride length flashes on the display.



# 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 to prevent sitting on it.

Attach the clip on the edge of your pocket to prevent the unit from dropping.



## Place the unit in your bag.

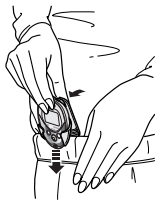
Place or clip the unit in a horizontal or vertical position in a secure section or pocket of your bag.



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

Use the supplied holder.

Clip the unit in a horizontal or vertical position on your belt or top your pants, skirt, etc.



### NOTE:

The display will show all activity after 4 seconds of movement. All steps taken during those 4 seconds will be included and shown on the display.



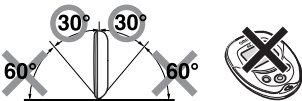
# ATTACHING THE PEDOMETER

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

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

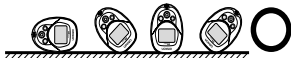
**2. The unit is not positioned correctly.**

- When the front of the main unit is placed in the angle of less than  $60^\circ$  (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.
- When the unit hangs from your belt, the top of your pants or a bag.



**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. Walk extremely slowly.**

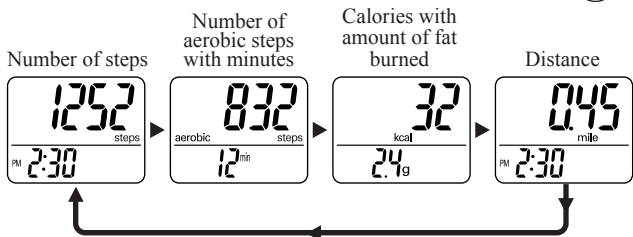
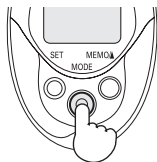
**NOTE:**

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

# CHANGING THE DISPLAY

Press the **MODE** Button to change the display

Each time you press the **MODE** Button, the display will change.



# USING THE MEMORY FUNCTION

This unit can store up to seven days of data for the number of steps, number of aerobic steps, calories and distance. The data is stored starting with the oldest day.

The current day data is automatically stored in memory when the time reaches 12:00AM. The display will return to 0. You do not need to press the RESET Button everyday.

**NOTE:** The time must be correctly set in the unit.

## How to view data stored in the memory

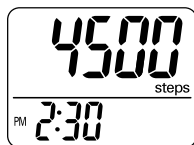
**Press the MODE Button** until the data you want to see is displayed:

Steps

Aerobic steps with minutes

Calories with amount of fat burned

Distance



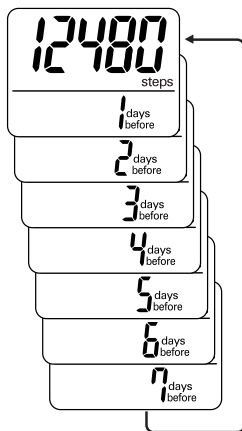
**Press the MEMORY Button.** The previous day data is displayed.

Continue to press the MEMO/▲ Button until all seven days of stored data is displayed.

### NOTE:

The time is not displayed when using the memory function. If no button is pressed for more than 1 minute, the display will return to the current day data.

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



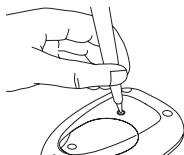
# USING THE SYSTEM RESET FUNCTION

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

- When the battery is replaced
- When you want to delete the memory
- When the display becomes unrecognizable

**1. Press the SYSTEM RESET Button on the back of the main unit with a thin stick that is not easily breakable.**

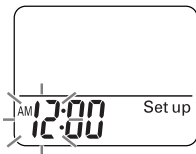
All the data stored in the memory and the set data (time, weight, and stride length) are deleted.



**2. Set the time, weight, and stride length again.**

After all characters on the display are turned on, the initial time setting display appears.

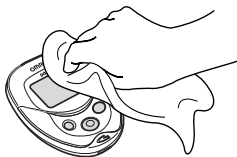
(Refer to Setting the Time on page 12)



## CARE AND MAINTENANCE

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

**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 subjecting the unit to direct sunlight, high temperatures, high humidity, water and/or dust.

**Do not subject the unit to strong shocks,** such as dropping the unit on the floor or stepping on the unit.

**Remove the battery** if the unit will not be used for three months or longer. Always replace the battery with a new one.

**Use the unit consistent with the instruction provided in this manual.**

### **⚠ CAUTION**

Changes or modification not approved by Omron Healthcare will void the user warranty.

## TROUBLESHOOTING TIPS

Problem	Cause	Solution
The Low Battery Indicator blinks.	The battery is low or worn.	Replace the battery with a new one (CR2032).
Nothing is displayed.	The polarities of battery (+ and -) are aligned in the wrong directions.	Insert the battery in correct alignment. Refer to BATTERY INSTALLATION on page 10.
	The battery is worn.	Replace the battery with a new one (CR2032).
The displayed values are incorrect.	The unit is positioned incorrectly.  Irregular movement.  Inconsistent pace.  Up and down movement.	Refer to ATTACHING THE PEDOMETER on page 16.
	The set values are wrong.	Check the weight and stride length settings.

# SPECIFICATIONS

Model:	<b>HJ-112N (HJ-113-ZS)</b>	
Power Supply:	3 VDC (1 lithium battery CR2032)	
Measurement Range:	Steps:	0 to 99,999 steps
	Aerobic Steps:	0 to 99,999 steps
	Minutes for Aerobic Steps:	0 to 1,440 minutes
	Calories:	0 to 99,999 kcal
	Amount of Fat Burned:	0.0 to 199.9 g
	Distance:	0.00 to 999.99 miles
Memory:	Steps:	previous 7 days
	Aerobic steps with minutes:	previous 7 days
	Calories with amount of fat burned:	previous 7 days
	Distance:	previous 7 days
Setting Range:	Time:	12:00AM to 11:59PM (12-hour display)
	Weight:	70 to 300 lb (in increments of 1 lb)
	Stride length:	1'00" to 4'00" (in increments of 1")
Operating Temperature /Humidity:	14°F to 104°F (-10°C to +40°C) / 30% to 85% RH	
Precision of Step Counting:	Within +/- 5% (by vibration testing machine)	
Time Precision:	Within +/- 30 seconds of the average monthly deviation (under normal temperature)	
Battery Life:	Approx. 6 months (when used for walking 10,000 steps a day)	
External Dimensions:	Approx. 1 7/8"(w) × 2 5/8"(h) × 5/8"(d) (47 mm × 66 mm × 16 mm)	
Weight:	Approx. 1.1 oz (battery included)	
Contents:	Pedometer, Battery (CR2032), Screwdriver, Strap, Clip, Holder, and Instruction Manual	

- Specifications are subject to change without notice.

# FCC STATEMENT

## NOTE:

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the product and the receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled “Digital Apparatus”, ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: “Appareils Numériques”, ICES-003 édictée par le ministre des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.



# LIMITED WARRANTY

Your OMRON HJ-112 GOsmart Pocket 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 Healthcare's Customer Service by calling **1-800-634-4350** for the address of the repair location and the return shipping and handling fee. Information for warranty service is available on our website at [www.omronhealthcare.com](http://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 special local requirements, some of the above limitations and exclusions may not apply to you.

## FOR CUSTOMER SERVICE

Visit our web site at:  
Call toll free:

[www.omronhealthcare.com](http://www.omronhealthcare.com)  
1-800-634-4350

# NOTES

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