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Omron HJ-150

Omron HJ-150 Hip Pedometer Instruction Manual

Model: HJ-150

Brand: Omron

INTRODUCTION

The Omron HJ-150 Hip Pedometer is designed to accurately count your daily steps, helping you monitor and improve your activity levels. This device utilizes smart sensor technology to provide precise step counts and stores up to 7 days of activity data. It automatically resets at midnight, ensuring a fresh start for tracking your daily progress.

Key Features:

- Omron Single-Axis Technology: Counts steps accurately and quietly when worn on the hip.
- Automatic Daily Reset: Resets to zero at midnight for accurate daily tracking.
- 7-Day Memory: Stores up to 7 days of step information.
- Integrated Clock: Displays the current time.



Figure 1: The Omron HJ-150 Hip Pedometer, showing its display with step count and time.

SETUP

1. **Battery Installation:** The Omron HJ-150 Pedometer comes with a pre-installed battery. If the display is blank or dim, the battery may need replacement. Refer to the "Maintenance" section for battery replacement instructions.
2. **Initial Settings:** Upon first use or after battery replacement, you will need to set the time. Follow the instructions in the included manual for setting the clock.
3. **Wearing the Pedometer:** The pedometer is designed to be worn on your hip. Use the integrated belt clip to securely attach it to your waistband or belt. Ensure it is positioned horizontally for optimal accuracy.



Figure 2: The compact size of the Omron HJ-150 Pedometer, designed for discreet hip wear.

OPERATING INSTRUCTIONS

The Omron HJ-150 Pedometer is designed for straightforward operation. Once set up and worn correctly, it automatically begins tracking your steps.

- **Automatic Step Counting:** The pedometer uses a smart sensor to detect walking motion. It will begin counting steps after approximately four seconds of continuous walking. Steps taken during shorter, incidental movements may not be registered immediately but will be added once continuous walking resumes.
- **Viewing Daily Steps:** The main display shows your current daily step count.
- **Viewing 7-Day Memory:** The device stores your daily step counts for the past seven days. Consult the full instruction manual for specific button presses to access this historical data.
- **Clock Function:** The current time is displayed on the pedometer screen.

MAINTENANCE

- **Battery Replacement:** The Omron HJ-150 uses a CR2032 coin cell battery. To replace the battery, carefully open the battery compartment on the back of the unit. Insert a new CR2032 battery, ensuring correct polarity. After replacing the battery, you may need to reset the time settings.
- **Cleaning:** Wipe the pedometer with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the pedometer in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Pedometer not counting steps or inaccurate count.	<ul style="list-style-type: none">• Not worn correctly (not on hip, not horizontal).• Short, intermittent movements (less than 4 seconds).• Low battery.	<ul style="list-style-type: none">• Ensure the pedometer is securely clipped to your hip and remains horizontal during activity.• Note that the device requires approximately 4 seconds of continuous walking to register steps.• Check battery level and replace if necessary.

Problem	Possible Cause	Solution
Display is blank or dim.	Dead or low battery.	Replace the CR2032 battery. Refer to the "Maintenance" section.
Time is incorrect.	Time not set or reset after battery change.	Refer to the initial setup instructions in the full manual to set the correct time.

SPECIFICATIONS

Model Number:	HJ-150
Brand:	Omron
Dimensions:	7.6 x 3.4 x 1.2 inches
Weight:	0.2 Pounds (3.2 ounces)
Battery Type:	1 x CR2032 (included)
Battery Life:	Approximately 7 days (actual life may vary)
Sensor Type:	Pedometer (Single-Axis Technology)
Memory:	7 days of step data
Color:	White
Material:	Plastic

WARRANTY AND SUPPORT

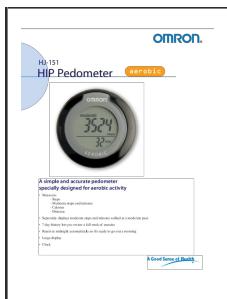
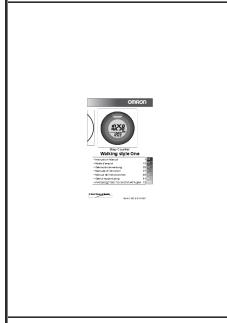
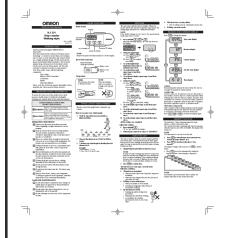
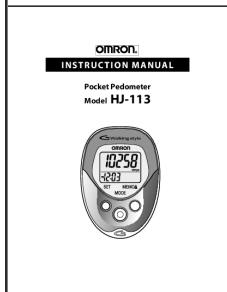
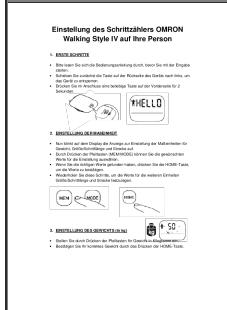
For detailed warranty information and customer support, please refer to the official documentation included with your Omron HJ-150 Hip Pedometer or visit the official Omron website. The manufacturer's warranty typically covers defects in materials and workmanship under normal use.

Legal Disclaimer:

The seller is not affiliated with the manufacturer. Please consult your doctor concerning products that may affect health status.

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Related Documents - HJ-150

	<p>OMRON HJ-151 HIP Pedometer: Features, Specifications, and Overview</p> <p>Detailed information on the OMRON HJ-151 HIP Pedometer, designed for aerobic activity. Includes features, measurement ranges, packaging specifications, and technical details.</p>
	<p>OMRON Walking style One Step Counter User Manual</p> <p>User manual for the OMRON Walking style One step counter, detailing its features, setup, usage, memory, battery replacement, care, troubleshooting, and technical specifications.</p>
	<p>OMRON HJ-321 Step Counter: Instruction Manual and User Guide</p> <p>Comprehensive instruction manual for the OMRON HJ-321 Step Counter. Learn how to set up, use, and maintain your device for accurate activity tracking, including safety information and troubleshooting.</p>
	<p>Omron HJ-113 Pocket Pedometer: Instruction Manual and User Guide</p> <p>Comprehensive instruction manual for the Omron HJ-113 Pocket Pedometer. Learn how to set up, operate, care for, and troubleshoot your device for accurate step and activity tracking.</p>
	<p>OMRON Walking style II HJ-113-E Step Counter User Manual</p> <p>User manual for the OMRON Walking style II HJ-113-E step counter, providing instructions on setup, usage, features, troubleshooting, and technical specifications.</p>
	<p>OMRON Walking Style IV Schrittzähler: Einfache Einrichtung und Bedienung</p> <p>Anleitung zur schnellen und einfachen Einrichtung Ihres OMRON Walking Style IV Schrittzählers. Erfahren Sie, wie Sie Gewicht, Größe, Schrittlänge und Uhrzeit korrekt einstellen für präzise Schrittzählung.</p>