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# Omron HJ-113 Pocket Pedometer User Manual

Model: HJ-113

## INTRODUCTION

This manual provides detailed instructions for the proper setup, operation, and maintenance of your Omron HJ-113 Pocket Pedometer. Please read this manual thoroughly before using the device to ensure accurate readings and optimal performance. The Omron HJ-113 is designed to help you track your daily physical activity, including steps taken, distance covered, and calories burned.

## PRODUCT OVERVIEW



Front view of the Omron HJ-113 Pocket Pedometer. It features a black casing with a light blue display area. The display shows '10258 steps' and 'PM 12:03'. Below the display are three primary function buttons: 'SET', 'MEMO/▲', and 'MODE'. Three smaller blue circular buttons are located at the bottom of the device for navigation and selection.

### Key Features:

- Dual-axis sensor for accurate step counting regardless of placement.
- Measures steps, aerobic steps, distance, calories, and fat grams burned.
- 7-day memory for tracking progress.
- Integrated clock display.
- Automatic daily reset at midnight.

## SETUP

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### 1. Battery Installation

The Omron HJ-113 Pedometer requires 1 AAA battery for operation. Locate the battery compartment on the back of the device. Open the cover, insert the AAA battery according to the polarity indicators (+/-), and securely close the cover. *Note: Some internal components may use a non-replaceable CR2032 battery; however, the user-serviceable battery for primary function is AAA.*

### 2. Initial Settings

Upon first use or after a system reset, you will need to configure the following settings:

- Time:** Use the 'SET' button to enter time setting mode. Adjust hours and minutes using the 'MEMO/▲' button and confirm with 'SET'. Ensure AM/PM is correctly selected.
- Weight:** Input your body weight. This is crucial for accurate calorie and fat gram calculations.
- Stride Length:** Measure and input your average stride length. To do this, walk 10 steps, measure the total distance, and divide by 10. This ensures accurate distance measurement.

Refer to the on-screen prompts and use the 'SET' and 'MEMO/▲' buttons to navigate and confirm each setting.

## OPERATING INSTRUCTIONS

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### 1. Wearing the Pedometer

The Omron HJ-113 can be worn in various ways due to its dual-axis sensor:

- In your pocket:** Place the pedometer in your pants or jacket pocket.
- In your bag:** Place it inside a bag or purse.
- Clipped to your hip:** Use a compatible clip (if included or purchased separately) to attach it to your waistband.

Ensure the device is stable and does not swing excessively for the most accurate readings.

### 2. Navigating Modes

Press the 'MODE' button to cycle through the different measurement displays:

- Steps:** Displays the total number of steps taken.
- Aerobic Steps:** Shows steps taken during continuous, brisk walking.
- Distance:** Displays the total distance walked in miles or kilometers.
- Calories:** Indicates the estimated calories burned.
- Fat Grams:** Shows the estimated fat grams burned.
- Clock:** Displays the current time.

### 3. Viewing Memory

The pedometer stores up to 7 days of activity data. Press the 'MEMO/▲' button to review past daily records. Each press will cycle through the previous days' data.

### 4. Automatic Daily Reset

The Omron HJ-113 automatically resets all daily activity data (steps, distance, calories, fat grams) to

zero at midnight (12:00 AM) each day. This ensures a fresh start for tracking your daily progress.

## MAINTENANCE

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### Cleaning

Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water. Keep the device dry.

### Storage

Store the pedometer in a cool, dry place away from direct sunlight and extreme temperatures. If storing for an extended period, it is advisable to remove the AAA battery to prevent leakage.

## TROUBLESHOOTING

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### Inaccurate Step Count

- Ensure the pedometer is worn securely and does not swing excessively.
- Verify your stride length setting is accurate.
- Avoid sudden, jerky movements that are not part of walking, as these can sometimes be misinterpreted as steps.

### Display Not Working / Device Unresponsive

- Check the battery. Replace the AAA battery if it is low or depleted.
- Ensure the battery is inserted with correct polarity.
- Perform a system reset.

### System Reset

If the device malfunctions or you wish to clear all data and settings, a system reset can be performed. Locate the small reset button (often recessed) on the back of the device. Use a thin, pointed object (like a paperclip) to press and hold the reset button for a few seconds. This will clear all data, including time, weight, stride length, and memory, requiring you to re-enter initial settings.

## SPECIFICATIONS

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- **Model Number:** HJ-113
- **Product Dimensions:** 2.1 x 2.75 x 4.5 inches
- **Item Weight:** 0.01 Ounces
- **Batteries:** 1 AAA batteries required (CR2032 for internal components, non-replaceable)
- **Battery Life:** Approximately 7 days (with typical use)
- **Sensor Type:** Pedometer (Dual-axis)
- **Color:** Black
- **Manufacturer:** Omron Healthcare, Inc.
- **UPC:** 073796113131, 073796801137

## WARRANTY AND SUPPORT

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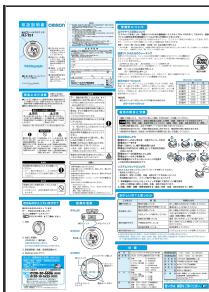
Information regarding product warranty is not provided in the available data. For specific warranty details or technical support, please refer to the official Omron website or contact Omron customer service directly. Keep your purchase receipt as proof of purchase.

*Legal Disclaimer: Please note that the provided product information states "No refunds." This may pertain to specific purchase conditions and does not necessarily override consumer rights or manufacturer warranty policies.*

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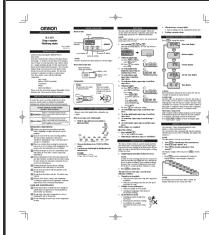
## Related Documents - HJ-113

	<p><a href="#">Omron HJ-113 Pocket Pedometer: Instruction Manual and User Guide</a></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><a href="#">OMRON Walking style II HJ-113-E Step Counter User Manual</a></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><a href="#">OMRON Walking style One Step Counter User Manual</a></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><a href="#">OMRON Walking Style IV Schrittzähler: Einfache Einrichtung und Bedienung</a></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>



## [OMRON HJ-151 Walking Style Pedometer User Manual | Features, Specifications, and Instructions](#)

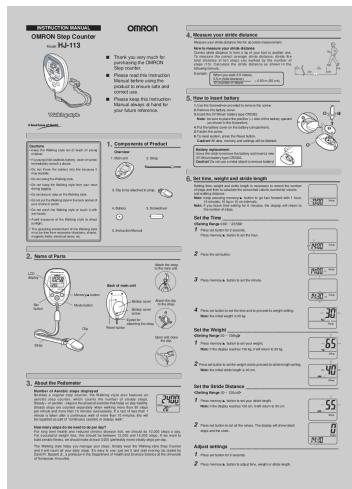
Detailed user manual for the OMRON HJ-151 Walking Style pedometer. Learn about exercise steps, calorie calculation, setting up your device, memory functions, specifications, and safety precautions for optimal health tracking.



## [OMRON HJ-321 Step Counter: Instruction Manual and User Guide](#)

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.

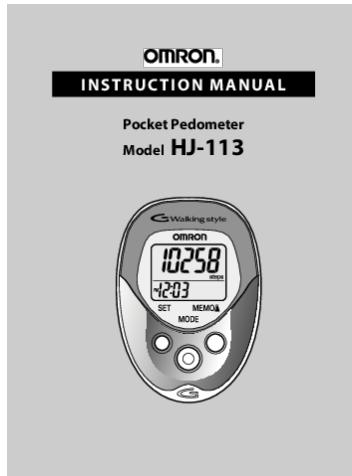
## Documents - Omron – HJ-113



### [\[pdf\] User Manual](#)

OMRON STEP COUNTER MODEL HJ 113 INSTRUCTION MANUAL manuallib |||

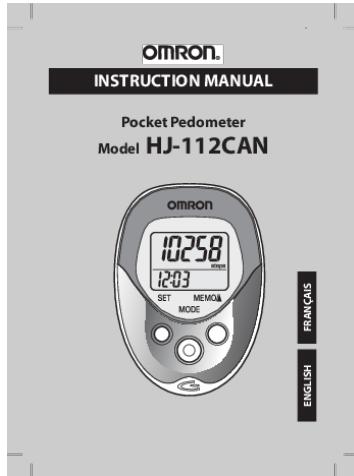
INSTRUCTION MANUAL OMRON Step Counter Model **HJ-113** 9 Thank you very much for purchasing the OMRON Step counter. 9 Please read this Instruction Manual before using the product to ensure safe and correct use. 9 Please keep this Instruction Manual always at hand for your future reference. Cautions K... lang:en score:52 filesize: 362.46 K page\_count: 2 document date: 2011-06-30



## [Omron HJ-113 Pocket Pedometer: Instruction Manual and User Guide](#)

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.

lang:en score:35 filesize: 1010.76 K page\_count: 28 document date: 2012-08-10



### [\[pdf\] User Manual Instructions](#)

HJ 112CANN E FR 020411indd.indd Model 112CAN Omron Healthcare Pocket Pedometer

INSTRUCTION MANUAL A M05 101001 ENGLISH ANÇAIS instruction manual SAFETY SYMBOLS

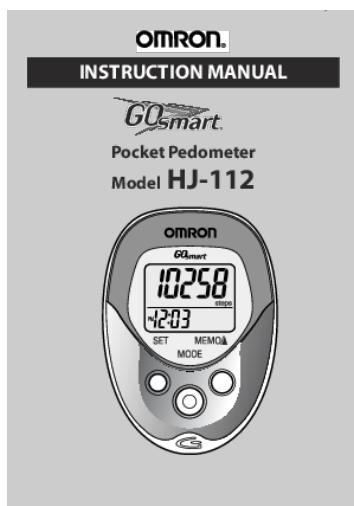
USED IN THIS WARNING Indicates a potentially hazardous situation which if not avoided could result in death or serious injury CAUTION may minor moderate to the user patient hj 112cann eng im omronhealthcare ca media 80

HJ-112CANN\_A\_M05\_101001.pdf INSTRUCTION MANUAL Pocket Pedometer

Model HJ-112CAN FRANAIS ENGLISH ... of Step Counting: Time Precision: Battery

Life: External Dimensions: Weight: Contents: HJ-112CANN **HJ-113-CASL** 3 VDC 1 lithium battery CR2032 Steps: 0 to 99,999 steps Aerobic Steps: 0 to 99,9...

lang:en **score:33** filesize: 1.14 M page\_count: 28 document date: 2011-02-07



### [\[pdf\] User Manual Instructions](#)

Pocket Pedometer Model HJ 112 Omron Healthcare INSTRUCTION MANUAL 112N Z B M01 100201

Instruction Manual SAVE THESE INSTRUCTIONS IMPORTANT SAFETY INFORMATION To assure the correct use of product basic safety measures should always be followed including warnings and cautions listed in this instruction manual SAFETY SYMBOLS USED IN THIS Your GOsmart es with following

ponents Screwdriver Strap Clip Holder Battery CR2032 2 CONTENTS Before Using Unit Aerobic Step

Function 8 Calorie Display Stride Length Measurement 9 Safety symbols used Warning Indicates a

potentially hazardous situation which if not avoided could result death or serious injury HJ112 IM

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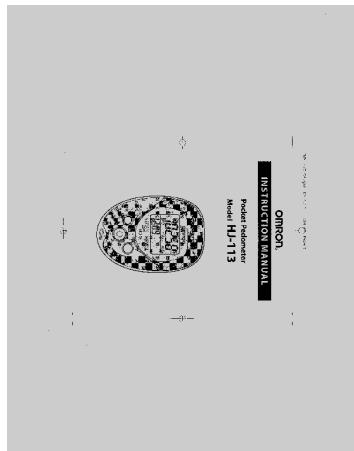
INSTRUCTION MANUAL Pocket Pedometer Model HJ-112 CONTENTS Before

Using the Unit Introduction..... ... on of Step Counting: Time Precision: Battery Life:

External Dimensions: Weight: Contents: HJ-112N **HJ-113-ZS** 3 VDC 1 lithium battery

CR2032 Steps: 0 to 99,999 steps Aerobic Steps: 0 to 99,999...

lang:en **score:33** filesize: 660.04 K page\_count: 28 document date: 2010-02-03



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lang:en **score:29** filesize: 736.9 K page\_count: 15 document date: 2008-09-03



## [OMRON Walking style II HJ-113-E Step Counter User Manual](#)

User manual for the OMRON Walking style II HJ-113-E step counter, providing instructions on setup, usage, features, troubleshooting, and technical specifications.

lang:en score:27 filesize: 635.07 K page\_count: 3 document date: 2009-02-03



## [\[pdf\] User Manual](#)

HJ 113 A 7 Z³ G4 hj113 m healthcare omron co jp 80 support manual

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lang:en score:23 filesize: 596.54 K page\_count: 2 document date: 2010-07-29



## [\[pdf\] User Manual Catalog](#)

7985 catalogue pm758 2005 GB Omron Hem 637 Manual Pdf Wrist Blood Pressure Monitor with Advanced Positioning omronkatalog ajmedical se |||

OMRON HEALTHCARE EUROPE B.V. Kruisweg 577 NL-2132 NA Hoofddorp The Netherlands [www.omron-healthcare.com](http://www.omron-healthcare.com) ... a satisfactory feeling of well-being. Walking style II Active STEPS Vital STEPS Walking style II **HJ-113-E** This elegant and stylish Step Counter is equipped with unique, advanced acceleration sensi...

lang:en score:22 filesize: 1.79 M page\_count: 10 document date: 2005-02-14

[\[pdf\]](#)

OMRON abolition list healthcare omron co jp 80 english environment

Zero Use of Regulated Chemicals : RoHS Efforts We at Omron Healthcare are working to use no regulate ... 8 HEM-639V6 123 HJ-107-K 69 HEM-642 124 HJ-108-D 70 HEM-642-KR 125 HJ-108-K 71 HEM-642-N 126 **HJ-113-K** 72 HEM-650 127 **HJ-113-R** 73 HEM-650-N 128 **HJ-113-W** 74 HEM-7000 129 HJ-151-K 75 HEM-70...

lang:en **score:17** filesize: 62.29 K page\_count: 1 document date: 2010-09-07



[\[pdf\]](#) Specifications Dimension Guide

7822 WSII leaflet CMYK G4 b krevni tlak omron cz walking style ii data sharedfiles 1793 |||

Specifications: Product name OMRON Walking style II Type **HJ-113-E** Power supply 3V Lithium battery type CR2032 Battery life New battery will last for approx. 6 months when used for walking 10,000 steps a day Measurement range Number of steps: 0 to 99,999 steps Number of steady steps: 0 ...

lang:en **score:15** filesize: 94.19 K page\_count: 2 document date: 2004-08-23



[\[pdf\]](#) Catalog

561 09 OMR Katalog 2010 RZ Stanzung indd OMRON Product Catalogue omronkatalog ajmedical se ||| your balance. Knowing the signals. Finding OMRON Product Catalogue 2010 Blood Pressure Monitoring ... ight Clock Pocketable Belt-clip and strap Software, USB-cable and battery Walking style II **HJ-113-E** This step counter with its 2D electronic sensor measures all kinds of walking activities. ...

lang:en **score:13** filesize: 11.39 M page\_count: 66 document date: 2010-09-13



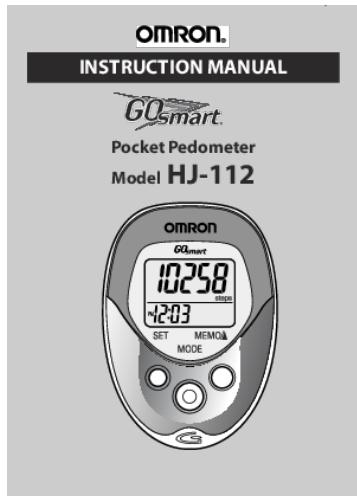
[\[pdf\]](#) Catalog

9499 Omron Catalogue 2006 705IT HEM 759 E Computer transfer of information makes tracking easy

Thanks to the new Bio Information Link functionality this unit it omronkatalog ajmedical se |||

Helping to build healthy lives OMRON HEALTHCARE EUROPE B.V. Kruisweg 577 2132 NA Hoofddorp The Neth ... surely result in a satisfactory feeling of well-being. Walking style II Active STEPS Vital STEPS **HJ-113-E** HJ-109-E HJ-005-E This elegant and stylish Step Counter is equipped with unique, ad...

lang:en **score:12** filesize: 1.86 M page\_count: 18 document date: 2006-02-16



[\[pdf\]](#) User Manual Instructions

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INSTRUCTION MANUAL Pocket Pedometer Model HJ-112 CONTENTS Before Using the Unit Introduction..... ... on of Step Counting: Time Precision: Battery Life: External Dimensions: Weight: Contents: HJ-112N **HJ-113-ZS** 3 VDC 1 lithium battery CR2032 Steps: 0 to 99,999 steps Aerobic Steps: 0 to 99,999...  
lang:en **score:10** filesize: 655.62 K page\_count: 28 document date: 2010-07-21