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› Omron Tri-Axis Pedometer with USB Plug Instruction Manual

Omron HJ-322U

Omron Tri-Axis Pedometer with USB Plug

Model: HJ-322U

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1. INTRODUCTION

The Omron Tri-Axis Pedometer with USB Plug (Model HJ-322U) is designed to accurately track your daily physical activity. Utilizing advanced tri-axis technology, it counts steps regardless of its position, whether on your hip, in a pocket, or in a bag. This device helps you monitor your steps, aerobic steps, distance, and calories burned, providing valuable data to support your fitness goals. Data can be easily uploaded to the OmronFitness.com web-based solution for comprehensive tracking and analysis.

2. SETUP

2.1. Package Contents

Before beginning, ensure all items are present in the package:

- Omron HJ-322U Pedometer
- Lithium Battery (CR2032)
- Holder
- Strap and Clip
- Instruction Manual

2.2. Battery Installation

The pedometer comes with a lithium battery. Install the battery according to the instructions provided in the included manual. Ensure correct polarity.

2.3. Initial Settings

Upon first use or after battery replacement, you will need to set up the pedometer. This typically involves:

- Setting the current time and date.
- Entering personal information such as height, weight, and stride length for accurate calorie and distance calculations. Refer to the detailed instruction manual for specific steps on navigating the settings menu using the device buttons.

2.4. Connecting to OmronFitness.com

The HJ-322U features a built-in USB plug for connecting to your computer and uploading data to the OmronFitness.com web-based solution. No monthly fee is required for this service.

1. Visit [OmronFitness.com](https://www.OmronFitness.com) to download the necessary software.
2. Install the software on your PC or Mac computer.
3. Carefully remove the USB cap from the pedometer.
4. Insert the pedometer's USB plug into an available USB port on your computer.
5. Follow the on-screen prompts from the OmronFitness software to register your device and upload your activity data.



Image: The Omron Tri-Axis Pedometer with its USB plug extended, ready for connection to a computer. The cap is shown removed.

3. OPERATING INSTRUCTIONS

3.1. Wearing the Pedometer

Thanks to Omron's Tri-Axis Technology, the pedometer can be positioned comfortably in various ways while maintaining accuracy:

- On your hip, using the included holder and clip.
- In a pocket.
- In a bag.

Ensure the device is secure to prevent accidental loss.

3.2. Tracking Modes and Display

The HJ-322U tracks five distinct modes of activity:

- **Steps:** Total steps taken.
- **Aerobic (Brisk) Steps:** Steps taken during continuous brisk walking (typically 60 steps/minute or more for over 1 minute).

- **Pitch:** Average number of aerobic steps per minute.
- **Calories Burned:** Estimated calories expended based on activity and personal data.
- **Distance:** Estimated distance covered.

Use the "MODE" button on the device to cycle through these display modes. The display will show the current count for the selected mode.



Image: The Omron Tri-Axis Pedometer's digital display showing a step count of 12,549, along with "4 days before" indicating memory recall. Buttons for "mem", "set", and "mode" are visible.

3.3. Automatic Reset and Data Storage

The pedometer automatically resets to zero at midnight each day, providing a fresh start for daily tracking.

- **Weekly Log:** The device displays up to seven days of information directly on the unit.
- **22-Day Activity Storage:** The pedometer can store up to 22 days of detailed activity data. This data can be downloaded to your computer via the USB connection for long-term tracking and analysis on OmronFitness.com.

OMRON®



Pedometer with USB

Easily connects to
online dashboard to
track your daily,
monthly and
yearly progress



Features:

Tracks Steps, Aerobic Steps, Distance and Calories
7-Day Memory/Stores 21 Days of Activity
Wear it at your Hip or place it in your Bag or Pocket
PC or Mac Compatible



Image: The Omron Pedometer in its retail packaging, emphasizing its USB connectivity and key features such as tracking steps, aerobic steps, distance, and calories. It also notes 7-day memory and 21-day activity storage.

OMRON®

HJ-322U



Track your progress and reach your goals at
www.OmronFitness.com

Works in any position at any angle:

Features Omron's Tri-Axis Technology so it counts steps accurately whether positioned flat, vertically or horizontally.

Features:

- Steps & Aerobic Steps
- Distance
- Calories Burned
- 7-Day Memory
- Stores 21 Days of Activity
- Clock
- Re-sets at Midnight
- USB Connector for Access to Online Dashboard

Contents:

- Pedometer
- Holder
- Battery - (CR2032 Installed)
- Screwdriver
- Instruction Manual

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Lake Forest, IL 60045 U.S.A.
www.omronhealthcare.com

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This product contains a CR Type Coin Lithium Battery which contains Perchlorate Material - special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate

Made in China

Image: The back of the Omron Pedometer packaging, detailing how to track progress and reach goals at OmronFitness.com. It lists features like Tri-Axis Technology, steps, aerobic steps, calories burned, distance, 7-day memory, 21-day storage, automatic reset,

4. MAINTENANCE

4.1. Cleaning

To clean the pedometer, gently wipe it with a soft, dry cloth. Do not use abrasive cleaners, solvents, or immerse the device in water. Keep the USB port free of dust and debris.

4.2. Battery Replacement

When the battery indicator appears on the display, replace the lithium battery (CR2032). Refer to the instruction manual for detailed steps on safely opening the battery compartment and replacing the battery. Dispose of used batteries according to local regulations.

4.3. Storage

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

5. TROUBLESHOOTING

If you encounter issues with your Omron HJ-322U Pedometer, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Inaccurate Step Count	Incorrect personal settings (stride length, weight), unusual movement patterns, or device not securely worn.	• Verify your height, weight, and stride length settings are accurate in the device menu. • Ensure the pedometer is worn securely, whether clipped to clothing or placed firmly in a pocket/bag. • Note that very short, sporadic movements may not be registered.
Pedometer Stops Recording Steps	Low battery, device malfunction, or internal error.	• Check the battery indicator. Replace the battery if low. • Try removing and reinserting the battery to perform a soft reset. • If the issue persists, contact Omron customer support.
Cannot Upload Data to Computer / OmronFitness.com	Software not installed correctly, USB connection issue, or outdated software.	• Ensure the OmronFitness software is installed and up-to-date. • Try a different USB port on your computer. • Ensure the pedometer's USB plug is fully inserted and recognized by your computer. • Restart your computer and the pedometer. • Visit OmronFitness.com for the latest software and troubleshooting guides.

Problem	Possible Cause	Solution
Pedometer Falls Off Clip	Clip not secure, or excessive movement.	• Ensure the pedometer is firmly seated in its holder and the clip is securely attached to clothing. • Consider placing the pedometer in a secure pocket or bag if the clip is insufficient for your activity level.

6. SPECIFICATIONS

Feature	Detail
Model Number	HJ-322U
Product Dimensions	3.25 x 1.5 x 5.75 inches
Item Weight	1.76 ounces (0.11 Pounds)
Battery Type	1 Lithium Ion battery (CR2032, included)
Battery Life	Approximately 7 days (depending on usage)
Sensor Type	Tri-Axis Pedometer
Tracking Modes	Steps, Aerobic Steps, Pitch, Calories Burned, Distance
Memory Storage (On-device)	7 days of daily log
Memory Storage (Downloadable)	Up to 22 days of activity data
Connectivity	USB for data upload to OmronFitness.com
Color	Blue
Material	Slate (referring to casing material)
Manufacturer	Omron
Date First Available	August 9, 2012

7. WARRANTY & SUPPORT

7.1. Warranty Information

The Omron HJ-322U Pedometer is covered by Omron's standard manufacturer's warranty. For specific details regarding warranty coverage, duration, and terms, please refer to the warranty card included with your product or visit the official Omron Healthcare website.

7.2. Customer Support

For technical assistance, product inquiries, or support with the OmronFitness.com web-based solution, please contact Omron customer support:

- **Online Support:** Visit www.omronhealthcare.com for FAQs, user manuals, and contact information.
- **OmronFitness.com:** For software downloads, data management, and online fitness tracking, go to www.omronfitness.com.
- **Manufacturer Address:** OMRON HEALTHCARE, INC., 1925 West Field Court, Lake Forest, IL 60045 U.S.A.

Please have your product model number (HJ-322U) and purchase date available when contacting support.