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> Omron Go Smart HJ-112 Pedometer User Manual

Omron HJ-112

Omron Go Smart HJ-112 Pedometer User Manual

Model: HJ-112

INTRODUCTION

This manual provides detailed instructions for the proper use and maintenance of your Omron Go Smart HJ-112 Pedometer. The HJ-112 is designed to accurately track your daily activity, including steps, distance, calories burned, and aerobic steps, utilizing advanced 2D SmartSensor Technology. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

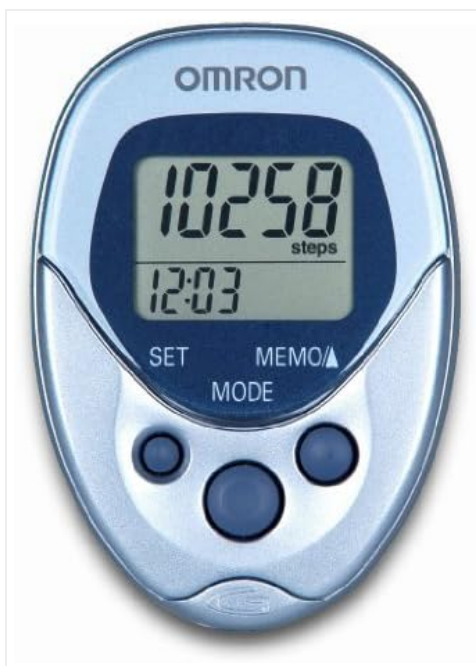


Figure 1: Front view of the Omron Go Smart HJ-112 Pedometer, displaying the screen and control buttons.

PACKAGE CONTENTS

- Omron Go Smart HJ-112 Pedometer
- CR2032 Battery (pre-installed or separate)
- Instruction Manual (this document)

SETUP

1. Battery Installation

The Omron HJ-112 Pedometer uses one CR2032 lithium coin cell battery.

1. Locate the battery compartment on the back of the pedometer.
2. Use a small coin or screwdriver to open the battery cover.
3. Insert the CR2032 battery with the positive (+) side facing up.
4. Replace the battery cover and secure it.

2. Initial Settings

Upon first use or after battery replacement, you will need to set the time, date, and personal information.

1. Press the **SET** button to enter setup mode.
2. Use the **MODE** button to cycle through settings (Time, Date, Stride Length, Weight, Height).
3. Use the **MEMO/▲** button to adjust values.
4. Press **SET** to confirm each setting and move to the next.

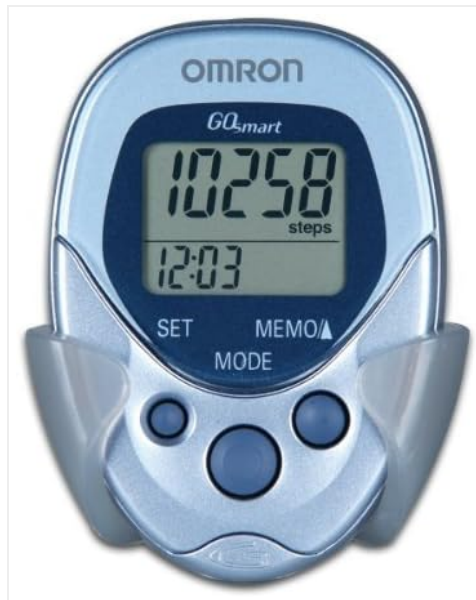


Figure 2: Omron Go Smart HJ-112 Pedometer shown with its optional clip attachment for secure placement.

OPERATING THE PEDOMETER

Wearing the Device

The Omron HJ-112 Pedometer features 2D SmartSensor Technology, allowing for flexible placement. You can place it in your pocket, bag, or clip it onto your hip. For best accuracy, ensure it remains relatively stable during movement.



Figure 3: Side view of the Omron Go Smart HJ-112 Pedometer, illustrating its compact design and clip mechanism.

Viewing Data

Press the **MODE** button to cycle through the various display modes:

- **Steps:** Total steps taken.
- **Distance:** Total distance walked/run in miles or kilometers.
- **Calories:** Calories burned.
- **Fat Burned:** Amount of fat burned.
- **Aerobic Steps:** Steps taken at an aerobic intensity.
- **Aerobic Time:** Duration of aerobic activity.
- **Clock:** Current time.

Daily Reset

The pedometer automatically resets daily data at midnight.

Memory Function

Press the **MEMO/▲** button to view historical data. The device stores data for a certain number of days (refer to specifications for exact memory capacity).

MAINTENANCE

Cleaning

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

Battery Replacement

When the battery indicator appears on the display, replace the CR2032 battery as described in the "Battery Installation" section.

Storage

Store the pedometer in a cool, dry place away from direct sunlight and extreme temperatures.



Figure 4: Slim side profile of the Omron Go Smart HJ-112 Pedometer, highlighting its portability.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or dead battery.	Replace the CR2032 battery.
Inaccurate step count.	Incorrect placement or personal settings.	Ensure pedometer is placed securely. Verify stride length and weight settings are accurate.
Device not responding to buttons.	Temporary software glitch.	Remove and reinsert the battery to perform a soft reset.

SPECIFICATIONS

- **Model:** HJ-112
- **Sensor Type:** 2D SmartSensor Pedometer
- **Power Source:** 1 x CR2032 Lithium Coin Cell Battery
- **Item Weight:** 4.96 ounces (approx. 140g)
- **Package Weight:** 4.96 ounces (approx. 140g)
- **Dimensions (L x W x H):** 8 x 4.2 x 1.75 inches (approx. 20.3 x 10.7 x 4.4 cm)
- **Screen Size:** 0.75 inches (diagonal)
- **Data Display:** Steps, Distance, Calories, Fat Burned, Aerobic Steps, Aerobic Time, Clock
- **Memory:** Stores daily data for multiple days (specific capacity not provided in source, typical for Omron is 7-30 days).

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your product or visit the

official Omron website. You can also contact Omron customer service directly for assistance with product inquiries, troubleshooting, or repair services.

Omron Official Website: www.omronhealthcare.com

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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