

## Omron HJ-325

# Omron Alvita Ultimate Pedometer

## MODEL: HJ-325 USER MANUAL

### 1. Introduction

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The Omron Alvita Ultimate Pedometer (Model HJ-325) is designed to help you track your daily physical activity with precision. Utilizing Omron's validated Tri-Axis technology, this pedometer provides accurate measurements regardless of its position. It records steps, aerobic steps, distance walked, and calories burned, offering a comprehensive overview of your activity levels. The device also features a 7-day memory, allowing you to review your progress over time.

Key features include:

- Tracks steps, aerobic steps (i.e., healthy steps), distance walked, and calories burned.
- Maintains accurate step count in various positions: flat, vertical, or horizontal.
- Auto Stride Function calculates stride length based on user-inputted height and weight.
- Displays 7 days of activity data directly on the device.
- Lightweight design (less than 1 ounce) for versatile clipping options.

### 2. Product Overview

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**Figure 2.1:** Front view of the Omron HJ-325 Pedometer. The display shows steps and time, with three control buttons below: Mode (left), Home/Set (middle), and Up/Memory (right).



**Figure 2.2:** The pedometer shown with its attachable security strap, designed to prevent accidental loss when clipped to clothing or carried in a bag.



**Figure 2.3:** Rear view of the pedometer, highlighting the removable clip holder. This allows for secure attachment to a waistband or pocket.

## Components:

- **Display Screen:** Shows steps, time, distance, calories, and other data.
- **Mode Button (Left):** Cycles through different measurement displays (steps, distance, calories, aerobic steps).
- **Home/Set Button (Middle):** Used for confirming settings and accessing the main menu.
- **Up/Memory Button (Right):** Used to adjust values during setup and to view historical data (7-day memory).
- **Battery Compartment:** Located on the back.
- **Clip Holder:** Detachable accessory for securing the pedometer to clothing.
- **Security Strap:** An additional strap to prevent loss.

## 3. Setup

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### 3.1. Battery Installation

The Omron HJ-325 Pedometer requires one CR2032 lithium coin cell battery (included). To install or replace the battery:

1. Locate the battery compartment cover on the back of the pedometer.
2. Use a small coin or screwdriver to twist the cover counter-clockwise to unlock it.
3. Carefully remove the old battery, if any.
4. Insert the new CR2032 battery with the positive (+) side facing up.
5. Replace the cover and twist clockwise to secure it.

### 3.2. Initial Settings

Upon first use or after battery replacement, you will need to set up the pedometer. This typically involves setting the time, date, and personal information for accurate stride calculation.

1. After battery installation, the display will likely prompt you to begin setup.
2. Use the **Up/Memory Button** (right) to adjust values (e.g., hour, minute, year, month, day).
3. Press the **Home/Set Button** (middle) to confirm each setting and move to the next.
4. You will be prompted to enter personal data such as your height and weight. This information is crucial for the pedometer's Auto Stride Function to accurately calculate distance walked.
5. Follow the on-screen prompts until all settings are complete. The device will then return to the main display mode.

## 4. Operating Instructions

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### 4.1. Wearing the Pedometer

The Omron HJ-325 is designed for flexible wear, ensuring accurate tracking in various positions:

- **In your pocket:** Simply place the pedometer in your pants or jacket pocket.
- **On your hip:** Use the enclosed clip holder to attach the pedometer securely to your waistband or belt.

- **Around your wrist:** The attachable strap can be used to wear the pedometer on your wrist, though its primary design is for pocket or hip wear.

Ensure the pedometer is stable and does not swing excessively for optimal accuracy.

## 4.2. Viewing Measurements

The pedometer tracks multiple metrics. To view them:

1. Press the **Mode Button** (left) repeatedly to cycle through the different measurement displays.
2. The display will show: **Steps**, **Aerobic Steps**, **Distance**, and **Calories Burned**.
3. The display may turn off after a few minutes to conserve battery. Press any button to reactivate the display.

## 4.3. Accessing 7-Day Memory

The pedometer stores your activity data for the past 7 days. To view historical data:

1. From any measurement display (Steps, Distance, Calories, etc.), press the **Up/Memory Button** (right).
2. Each press of the **Up/Memory Button** will cycle through the daily results for the past 7 days (Day 1 being the most recent, Day 7 the oldest).

# 5. Maintenance

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## 5.1. Cleaning

To maintain your pedometer, wipe it regularly with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.

## 5.2. Battery Replacement

When the battery level is low, a low battery indicator will appear on the display. Refer to Section 3.1 for instructions on replacing the CR2032 battery. It is recommended to replace the battery promptly to ensure continuous and accurate tracking.

## 5.3. 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 battery to prevent leakage.

# 6. Troubleshooting

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## 6.1. Inaccurate Step Count

- Ensure the pedometer is worn securely and does not swing freely.
- Verify that your personal settings (height, weight) are correctly entered, as these affect stride length calculation.

- The Tri-Axis technology is designed for accuracy in various positions, but extreme movements or vibrations not related to walking may affect readings.

## 6.2. Display Not Responding / Blank Screen

- Press any button to wake the display, as it enters a power-saving mode.
- Check the battery level indicator. If low, replace the battery (refer to Section 3.1).
- Ensure the battery is inserted correctly with the positive (+) side facing up.

## 6.3. Resetting Settings

If you need to reset your pedometer's settings, for example, after a battery change or if settings become corrupted, follow these steps:

1. Press the **Up/Memory Button** (right).
2. Simultaneously press the **Home/Set Button** (middle) and the **Up/Memory Button** (right) together.
3. Simultaneously press the **Home/Set Button** (middle) and the **Up/Memory Button** (right) together **AGAIN**.
4. The display should show 'Clr' (Clear).
5. The unit (lb/kg) will then flash. Proceed to re-enter all your personal values (unit, height, weight, time, date) by using the **Up/Memory Button** (right) or **Mode Button** (left) to select values and the **Home/Set Button** (middle) to confirm each value.

## 6.4. Attachment Issues

If the pedometer frequently slips out of its clip holder, consider using the included security strap. Thread the strap through a belt loop or secure point on your clothing and attach it to the pedometer to prevent accidental loss.

## 7. Specifications

| Feature            | Specification                           |
|--------------------|-----------------------------------------|
| Model Number       | HJ-325                                  |
| Product Dimensions | 0.5 x 1.6 x 2.2 inches                  |
| Item Weight        | 0.8 ounces                              |
| Battery Type       | 1 x CR2032 Lithium Coin Cell (included) |
| Battery Life       | Approximately 7 days (display on)       |
| Sensor Type        | Pedometer (Tri-Axis technology)         |
| Screen Size        | 0.96 Inches                             |
| Color              | Blue                                    |
| Manufacturer       | Omron                                   |

## 8. Warranty and Support

For detailed warranty information and customer support, please refer to the documentation included with your product or visit the official Omron website. You can also find a digital version of the user manual for the Omron HJ-325 Pedometer at the following link:

[Download Official User Manual \(PDF\)](#)

For any issues not covered in this manual, please contact Omron customer service for assistance.

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**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