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› Omron HJ322U-E Walking Style Pro 2.0 Pedometer Instruction Manual

OMRON HJ322UE

Omron HJ322U-E Walking Style Pro 2.0 Pedometer Instruction Manual

Your guide to effective use and care

1. INTRODUCTION

Thank you for choosing the Omron HJ322U-E Walking Style Pro 2.0 Pedometer. This device is designed to accurately measure your daily steps and aerobic steps, helping you monitor your physical activity and achieve your fitness goals. Please read this manual thoroughly before using the device to ensure proper operation and to maintain its longevity.



Figure 1: Front view of the Omron HJ322U-E Walking Style Pro 2.0 Pedometer, showing the display and control buttons.

2. PRODUCT OVERVIEW

The Omron HJ322U-E is a compact and portable pedometer featuring a clear digital display and intuitive controls. It is equipped with a highly accurate sensor to track your steps throughout the day. The device is designed for ease of use and portability, making it an ideal companion for daily walks and fitness tracking.

Key Features:

- **Step Counting:** Accurately tracks total steps taken.
- **Aerobic Steps:** Identifies and counts steps taken during moderate to intense activity.
- **Portable Sensor:** Designed for convenient wear.
- **Memory Function:** Stores daily activity data.



Figure 2: Angled view of the Omron HJ322U-E Pedometer, showing its compact design and integrated clip for attachment.

3. SETUP

3.1 Battery Installation

The Omron HJ322U-E Pedometer requires one CR2 Lithium-ion battery (not included). Follow these steps to install the battery:

1. Locate the battery compartment cover on the back of the device.
2. Use a small coin or screwdriver to gently open the battery cover.
3. Insert one CR2 battery, ensuring the positive (+) and negative (-) terminals are aligned correctly as indicated inside the compartment.
4. Replace the battery cover and secure it firmly.

3.2 Initial Settings

Upon first use or after battery replacement, you may need to set the time, date, and personal stride length for

accurate measurements. Refer to the on-screen prompts and use the 'set' and 'mode' buttons to navigate and confirm your selections.

4. OPERATION

4.1 Wearing the Pedometer

For optimal accuracy, wear the Omron HJ322U-E Pedometer securely on your waistband or belt, positioned vertically above your hip. The integrated clip allows for easy attachment. Ensure it is not loose or swinging, as this may affect step counting accuracy.

4.2 Basic Functions

- **Power On/Off:** The device typically powers on automatically when motion is detected or a button is pressed. It may enter a low-power sleep mode when inactive.
- **Viewing Steps:** The main display shows your current step count.
- **Aerobic Steps:** The display will indicate when aerobic steps are being counted, usually below the main step count.
- **Mode Button (mode ▼):** Press to cycle through different display modes, such as total steps, aerobic steps, distance, calories burned, or time.
- **Set Button (set●):** Used to enter settings mode or confirm selections during setup.
- **Memory Button (mem ▲):** Press to view historical data, such as previous day's step counts.

5. DATA TRANSFER

The Omron HJ322U-E Pedometer supports data transfer to a computer for detailed activity tracking and analysis. This typically requires a compatible USB dongle (sold separately) and Omron's health management software.

1. Install the Omron health management software on your computer.
2. Insert the USB dongle into an available USB port on your computer.
3. Follow the software instructions to pair your pedometer and initiate data transfer.



Figure 3: The Omron HJ322U-E Pedometer connected to a laptop, illustrating the data transfer capability via a USB dongle.

6. MAINTENANCE

6.1 Cleaning

To clean your pedometer, wipe it gently with a soft, dry cloth. Do not use abrasive cleaners, solvents, or immerse the device in water. Keep the device dry.

6.2 Storage

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

7. TROUBLESHOOTING

Common Issues and Solutions:

- **Device not turning on:** Check battery installation. Ensure the battery is new and correctly inserted.
- **Inaccurate step count:** Ensure the pedometer is worn securely and vertically on your waistband or belt. Avoid loose clothing covering the device. Verify your stride length setting is accurate.
- **Display is blank or dim:** Replace the battery. If the issue persists, contact customer support.
- **Data transfer issues:** Ensure the USB dongle is properly connected and the Omron software is correctly installed and running. Refer to the software's help section.

8. SPECIFICATIONS

Feature	Specification
Model Number	HJ322UE
Color	Black
Material	Plastic
Item Weight	50 Grams
Sensor Type	Pedometer
Compatible Devices	Smartphones (via data transfer software/accessories)
Battery Type	1 x CR2 Lithium-ion battery (not included)
Package Dimensions	14.5 x 8.2 x 3.8 cm

9. WARRANTY AND SUPPORT

For information regarding warranty coverage, product registration, or technical support, please refer to the warranty card included with your product or visit the official Omron Healthcare website. You can also visit the [OMRON Store on Amazon](#) for additional product information and support resources.

Please retain your purchase receipt as proof of purchase for warranty claims.