

S₁T₁E₁P₁S₁ Pedometer

Your perfect companion for health and fitness

- Super slim and lightweight, which can be held securely by its clip onto belt or waistband
- Comfortable to wear all day
- Easy to read LCD display
- Easy to operate, with simple push buttons
- Step sensitivity adjustment function for more accurate step count
- 7-day memory Function (available for model HJ-109 only)



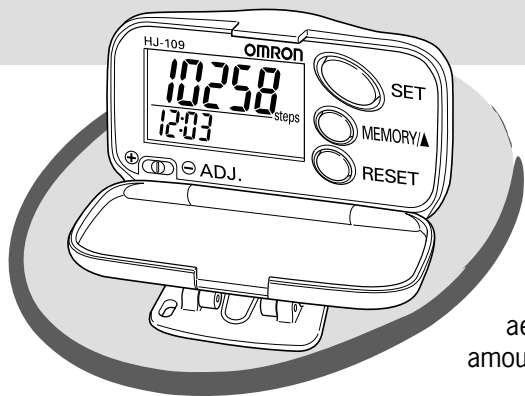
Aerobic Step display (for HJ-109)

indicates the number of aerobic steps, effective for body fat burning



One Function Pedometer - HJ-005
Show Steps Only

With OMRON's "STEP Technology", **STEPS** counts the number of aerobic steps, which means continuous activity for at least 10 minutes that is effective for body fat burning.

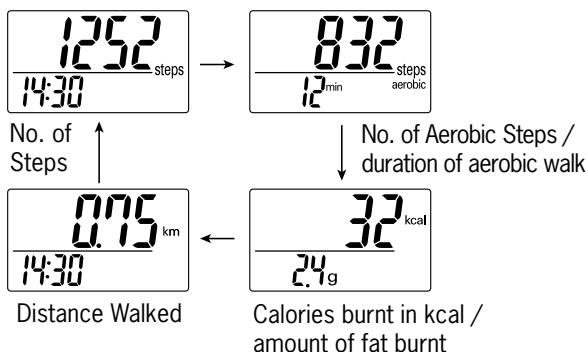


Walking for good health

Aerobic activities strengthen the heart, lungs and bones and allows your body to metabolise fats and sugars more efficiently. It also helps to boost your metabolism and burn more calories.

Walking is one of the most suitable form of aerobic exercises for people of all ages. OMRON pedometer aims to motivate and help you increase your aerobic physical activities for good health and fitness. With the calories and the amount of fat burnt information displayed, this would be useful for your diet planning.

What displays you would read from your pedometer HJ-109 screen



Sensitivity adjustment

Provides you with a more accurate step count, adjusted to ±5% accuracy (i.e. ±5 steps against 100 steps).

How to adjust the sensitivity

Adjustment	Steps displayed > actual 100 steps walked	Steps displayed < actual 100 steps walked
	<p>Move the knob to the negative (-) side.</p>	<p>Move the knob to the positive (+) side.</p>

7-days Memory Function

Your pedometer HJ-109 can store data on the number of steps, aerobic steps, calories burnt and distance of past 7 days to the most recent ones.

Example: To see the data on the number of steps



Specifications

	HJ-109	HJ-005
Colours Available	Black	Orange and Blue
Power	DC 1.5V (one LR43 battery)	
Count Range		
Steps:	0 to 99,999 steps	0 to 99,999 steps
Aerobic Steps:	0 to 99,999 steps	-
Aerobic Walk Time:	0 to 1440 minutes	-
Calories:	0 to 9,999 kcal	-
Amount of burnt fat:	0.0 to 999.9 g	-
Distance:	0 to 000.99 km	-
Time:	0:00 to 23:59	-
Memory		
Number of steps:	From past seven days to most recent day for all measurements	NA
Aerobic Steps:		
Calories:		
Amount of burnt fat:		
Distance:		
Setting Range	Time: 0:00 to 23:59 (24-hour display)	
	Weight: 30 to 120 kg	
	Stride distance: 30 to 200 cm	
Operating Temperature	-10°C to + 40°C	
Precision of Step Counting	Within +/- 5% (by vibration testing machine)	
Time Precision	Within +/- 90 seconds of the average monthly deviation (under normal temperature)	
Battery Life	Approx. one year (used with an LR43 type battery for 10,000 steps a day)	
External Dimensions	Approx. 63.5 x 35.5 x 21.0 mm	
Weight	Approx. 24 g (including the battery)	
Accessories	Battery (one built-in LR43), Instruction Manual	

Specifications are subject to change without prior notice.

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