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Continue

Pocket Pedometer HJ-112INSTRUCTION MANUALHJ-112N-Z_B_M01_100201.pdfSiguiente 1 2 3 ... 28 1 Table of Contents 2 3 4 5 6 7 8 9 10 11 12 13 Pocket Pedometer HJ-112INSTRUCTION MANUALHJ-112N-Z_B_M01_100201.pdfSiguiente 1 2 3 ... 28 1 Table of Contents 2 3 4 5 6 7 8 9 10 11 12 13 1 Table Of Contents 2 3 4 5 6 7 8 1 0 11 12 13 Pocket Linear Model HJ-112 Contents Before Using The Introduction	4. I know your
3 Important safety information	6. 6.
unit.	
6.1.*	
7.1.00.00	
8 calories	
offer.	
8 measure the length of the step	9 9
operating instructions installing the battery	
10 Replacement 11. Determining the time. 12. Determining the weight	
14 Put the length of the step	15 Attach the
pedometer.	16 Change the
offer.	
Using the memory function	19 Using the system of re-
functioning	20 Care, maintenance, care and
maintenance.	21 Tips for exploring and repairing
malfunctions.	22. 22. 23. The FCC
statement	24. The limited
warranty	
25.0.	26 Thanks for buying OMRON HJ-112 GOSmart Pocket Pedometer. fill in for

future reference date The number of steps you take and the number of calories you burn. This pedometer features an advanced 2D Smart Sensor - so it knows exactly when to take a step. It's more accurate than other pedometers that use simple pendulum design. Use this in your pocket, back or hip for added comfort. The seven-day memory helps you keep track of your daily activity to help you achieve your fitness goals. The HJ-112 GOSmart Pocket Pedometer comes with the following components: the screwdriver screwdriver bar battery holder bar (CR2032) instruction manual save these instructions to ensure the correct use of the product basic safety measures must always be followed including the warnings and warnings included in this instruction manual. The safety codes used in this instruction manual indicate a potentially dangerous condition warning which, if not avoided, can lead to death or serious injury. Refers to a potentially dangerous situation that, if not avoided, may result in minor injury, minor damage to the user or patient, or damage to equipment or other property. Turn on the device contact your doctor or health care provider before starting a weight loss program or exercise. Keep the unit out of reach of young children. The unit contains small pieces that can be swallowed. Immediately contact your doctor if you swallow any pieces. Read all the information in the helpbook and any other prints listed in the box before using the unit. Run the unit only as intended. Do not use for any other purpose. Get rid of the machine, battery and components in accordance with applicable local regulations. The international situation in the Middle And Away From The Middle Of The World has been a cause for serious human rights in the world. Don't throw the battery into the fire. The battery may explode. Do not swing the pedometer by the belt. Swinging the pedometer while carrying the belt can result in injury. Important safety information use only OMRON authorized parts and accessories. Spare parts and accessories that are not supported for use with the device may damage the unit. No care and maintenance disassemble or modify the unit. Changes or modifications that Omron Healthcare has not approved will invalidate the user's warranty. The unit is not subject to strong shocks, such as dropping the unit to the ground. Do not immerse the unit or any of the ingredients in the water. View SET button note / MOUE button holder tape tape clip back from the main unit system reset button battery cover screw battery cover battery cover know the component holder unit use this holder when tying the unit to the belt or top of your pants. 1) Attach the main unit to the holder. 2) Tie the holder clip to your pants. Clip holder how to attach a belt to the main unit how to fasten the belt and clip hole to attach the belt how to release from the clip and connect with the clip to correct this pocket pedometer counts all the steps Separately, the pneumatic steps, defined as: * Walking more than 60 steps per minute * Continuous walking for more than 10 minutes displays the pedometer separately both the overall steps and the pneumatic steps. The air steps will be calculated in the overall steps of the day. Note: Taking a rest for less than one minute while walking continuously for more than 10 minutes is considered as a continuous walk. Calorie display the calorie screen refers to the calories consumed by walking and is calculated by weight, distance, number of steps, and walking speed. Increase the width of calories by one minute. If you want to know the value of the calories you target, multiply the calories displayed in the table below. Example of correction: The calorie correction factor show women 20 women 1.10 1.07 30% 1.05 1.01 40% 1.02 37 50 for 1.01 9 60 1.00 95 70 98 96 80 95 95 for women in their 50's with a calorie width of 300. calories consumed are calculated as follows: 300 * 0.95 = 285 calories measure your step length before you start setting the pedometer. How to measure the length of your step 1. Walk 10 steps with your regular step as described below. 2. Measure the distance from START to END in inches. 3. Calculate the length of your step by dividing the total distance by 10. Example: Total distance = 320 / 300 = 10 = 32 inches 2 ft 8 inches 12 inches = 1 ft 24 inches = 2 ft 36 inches = 3 feet 48 inches = 4 feet 48 inches = 4 feet 1 table of contents 2 3 4 5 6 7 1 8 9 10 11 12 13 14 15 16 17 18 19 21 22 23 24 25 26 27 28 This site or its tools are used by third-party cookies necessary for their performance and required to achieve the purposes described in the cookie policy. If you want to learn more or withdraw your consent to all or some cookies, please refer to the cookie policy. By closing this sign, passing this page, clicking a link or continuing to browse otherwise, you agree to use cookies. 1 Table of Contents 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 men tie their ligaments while wearing a fitness tracker. Photo credit: Kuzmik_AI/Stock/Getty Images When you're aiming to lose weight or just get the best shape, walking can be one way to do it, whether it's walking on a treadmill or going out for a picnic on your lunch break. But if you want to get an idea of how much walking you do all day, you might want to use a pedometer. Like most pedometers, the Omron brand's pedometer requires you to enter some basic information before use, so you can get a more accurate reading of the steps you've taken. Measure step length 1 draw the chalk line on the floor and then set the back of one foot against the line. Step 2 Walk 10 steps, using your normal step length, and then make a mark at the front of your feet after step 10. Step 3 Measurement between the two markers per inch. Step 4 divide the number by 10 to reach the length of your step. Then turn this number into feet and inches, keeping in mind that 12 inches represents 1 foot. For example, if your step length is 16 inches, you represent this number as 1 ft 4 inches. Enter your information step 1 put a new battery into the device by removing the back cover with a small screwdriver, pulling the old battery with a thin stick and then putting a new battery in the battery slot with the side + facing upward. Replace the battery cover and tighten the screw. This will turn the device on and display a flashing time indicator in the bottom left corner of the screen. If you don't need to replace the battery yet, you still need to remove the battery, as that's how you update the data on your device. Step 2 Press the note/arrow button up to move to the current clock. Look at the AM/PM indicator to the left of the time and set the time to the right time of day. Press set when the correct clock is displayed. Then press the notes/arrow button up again to set the minutes to the correct time. Press set when the correct minute is displayed. After that, the flash weight indicator is in the upper right corner of the screen. Step 3 Press the note/arrow button until the right weight appears, in pounds, on the screen. Then press the set button to set this weight. Next, the step length indicator will be displayed in the upper right corner of the screen. Step 4 Press the note button/arrow until the correct step length is indicated on the screen, in feet and inches. If the step length is 16 inches, you must have 1.04 displayed on the screen. Press set when you reach the correct number. Step 5 cut the pedometer on your belt or place it in the front pocket to start counting your steps. Press the set button and hold for 2 seconds to change the time, weight and step length settings. The pressure on set again will move to the next setting, so if you don't have to change the time but you want to change the weight, press and hold set, then press set again to skip the time setting. Walking 10,000 steps per day can put you in an active category, but that number may not be suitable for everyone, suggests a study conducted at Arizona State University. The number may be too high for the elderly, and too low for children - so if you are worried about health, it is best to get a recommendation from your doctor. Doctor.

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