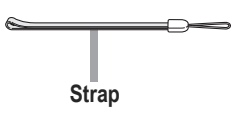
OMRON

Walking style IV (HJ-325-EB / HJ-325-EW / HJ-325-EBK) Step counter



IM-HJ-325-E-04-04/2021
9301389-6C


Strap

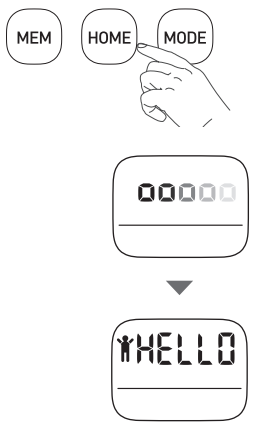

Clip



Battery (installed)

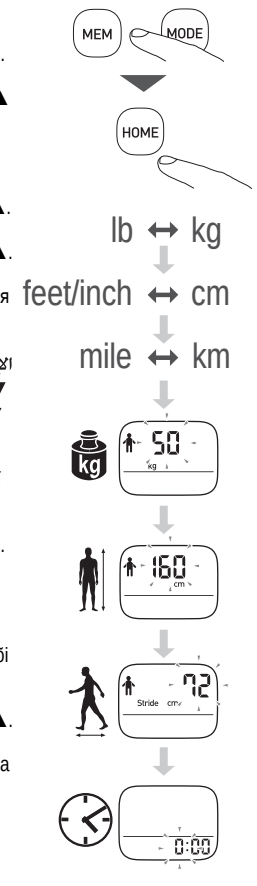

Instruction manual

1.



EN Activation: Press any button for 2 sec.
IT Attivazione: premere un qualsiasi pulsante per 2 sec.
DE Aktivierung: Drücken Sie eine beliebige Taste 2 Sekunden lang.
FR Activation : Appuyez sur un bouton quelconque pendant 2 secondes.
NL Activering: druk 2 sec. op een knop.
ES Activación: pulse cualquier botón durante 2 segundos.
RU Активация: нажмите и удерживайте любую кнопку в течение 2 секунд.
AR التنشيط: اضغط فوق أي زر لمدة ثانيتين (٢).
BG Активиране: Натиснете кой да е бутон за 2 сек.
CS Aktivace: Stiskněte a držte libovolné tlačítko po dobu 2 vteřin.
DA Aktivering: Tryk på en vilkårlig knap i 2 sek.
EL Ενεργοποίηση: Πατήστε οποιονδήποτε κουμπί για 2 δευτ.
ET Käivitamine: vajutage kahe sekundi vältel suvalist nuppu.
FI Aktivointi: paina mitä tahansa painiketta kahden sekunnin ajan.
HR Aktivacija: Pritisnite bilo koji gumb u trajanju od 2 sekunde.
HU Aktiválás: Nyomja meg 2 másodpercre valamelyik gombot.
LT Įjungimas: spauskite bet kurį mygtuką 2 s.
LV Ieslēgšana. Nospiediet jebkuru pogu un turiet to nospiestu 2 sekundes.
NO Aktivering: Trykk på en knapp i to sek.
PL Aktywacja: Naciśnij którykolwiek przycisk przez 2 sek.
PT Activação: pressione qualquer botão durante 2 seg.
RO Activarea: Apăsați orice buton timp de 2 secunde.
SL Aktiviranje: Poljuben gumb pritisnite za 2 sek.
SK Aktivácia: Na 2 sekundy stlačte ktorékoľvek tlačidlo.
SR Pokretanje: pritisnite bilo koje dugme na 2 sekunde.
SV Aktivering: Håll någon av knapparna intryckt i två sekunder.
TR Aktivasyon: Herhangi bir düğmeye 2 saniye basın.

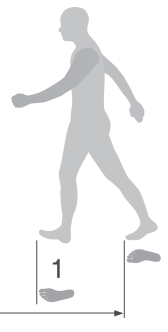
2.

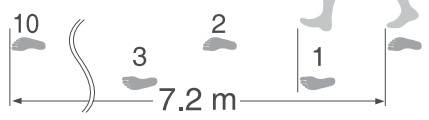


EN General Settings: Convert unit with ▼ or ▲. Confirm with ●.
IT Impostazioni generali: convertire le unità con ▼ o ▲. Confermare con ●.
DE Allgemeine Einstellungen: Maßeinheit mit ▼ oder ▲ anpassen. Mit ● bestätigen.
FR Réglages généraux : Modifiez l'unité avec ▼ ou ▲. Confirmez la sélection avec ●.
NL Algemene instellingen: verander eenheid met ▼ of ▲. Bevestig met ●.
ES Configuración general: convierta la unidad con ▼ o ▲. Confirme con ●.
RU Общие настройки: выберите единицу измерения с помощью кнопок ▲▼. Подтвердите выбор, нажав ●.
AR الإعدادات العامة: تحويل الوحدة باستخدام ▼ أو ▲. تأكيد بـ ●.
BG Общи настройки: Преобразувайте единица с ▼ или ▲. Потвърдете с ●.
CS Všeobecná nastavení: Jednotky nastavíte pomocí tlačítek ▼ a ▲. Nastavení potvrdíte pomocí tlačítka ●.
DA Generelle indstillinger: Skift enhed med ▼ eller ▲. Bekræft med ●.
EL Γενικές ρυθμίσεις: Μετατρέψτε τις μονάδες πατώντας το ▼ ή ▲. Επιβεβαιώστε πατώντας το ●.
ET Üldsätted: vajutage ühiku muutmiseks nuppu ▼ või ▲. Vajutage kinnitamiseks nuppu ●.
FI Yleiset asetukset: muunna yksikkö painamalla ▼ tai ▲. Vahvista painamalla ●.
HR Opće postavke: Promijenite jedinicu pomoću gumba ▼ ili ▲. Potvrdite pomoću gumba ●.
HU Általános beállítások: Nyomja meg a ▼ vagy ▲ gombot a készülék átállításához. Jóváhagyás a ● gombbal.
LT Bendrosios nuostatos: Pakeiskite vienetus naudodami ▼ arba ▲. Patvirtinkite paspausdami ●.
LV Vispārīgie iestatījumi. Mērvienības var mainīt ar pogu ▼ vai ▲. Apstipriniet izvēli, nospiežot pogu ●.
NO Generelle innstillinger: Konverter enhet med ▼ eller ▲. Bekreft med ●.
PL Ustawienia ogólne: Za pomocą przycisku ▼ lub ▲ możesz zamieniać jednostki. Zatwierdź za pomocą przycisku ●.
PT Definições gerais: converta a unidade com ▼ ou ▲. Confirme com ●.
RO Setări generale: Realizați conversia unităților cu ▼ sau ▲. Confirmați cu ●.
SL Splošne nastavitve: Enote pretvorite z gumbom ▼ ali ▲. Potrdite z gumbom ●.
SK Všeobecné nastavenia: Jednotky nastavte pomocou tlačidiel ▼ a ▲. Nastavenie potvrďte pomocou tlačidla ●.
SR Opšta podešavanja: promenite jedinicu pomoću ▼ ili ▲. Potvrdite pritiskom na ●.
SV Allmänna inställningar: Byt enhet med ▼ eller ▲. Bekräfta med ●.
TR Genel Ayarlar: ▼ veya ▲ öğesi ile birimi değiştirin. ● öğesiyle onaylayın.

About stride length

- Measure your stride length first for accurate measurement.
- To measure the correct average stride length, divide the total length of the steps you walked by the number of steps (e. g. 7.2 meter divided by 10 steps = 72 cm).
- The distance display is calculated by multiplying the adjusted stride length by the number of steps.

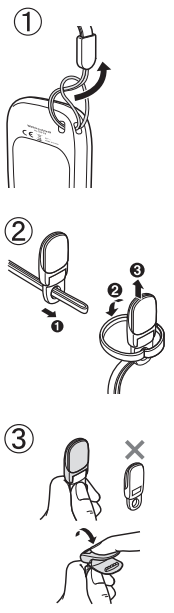




Other Languages see 10.

Note: If the initial settings are not correct, the measurement results may not be accurate.

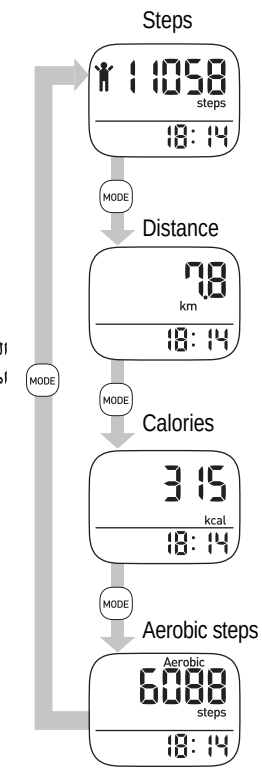
3.



EN Attach unit.
IT Fissare l'unità.
DE Gerät befestigen.
FR Fixez l'appareil.
NL Bevestig het apparaat.
ES Acople la unidad.
RU Варианты крепления шагомера.
AR إرفاق وحدة.
BG Прикрепете устройството.
CS Připojte zařízení.
DA Fastgør enhed.
EL Συνδέστε τη μονάδα.
ET Kinnitage seade.
FI Kiinnitä yksikkö.
HR Pričvrstite uređaj.
HU A készülék rögzítése.
LT Pritvirtinkite prietaisą.
LV Ierīces piestiprināšana.
NO Fest enhet.
PL Podłącz urządzenie.
PT Coloque a unidade.
RO (Legați unitatea.) Conectați unitatea.
SL Enoto pritrdite.
SK Pripojte zariadenie.
SR Priključite jedinicu.
SV Sätt fast enheten.
TR Birimi ekleyin.



4.



EN Checking result: Press ▲ to change the display.
IT Controllo del risultato: Premere ▲ per cambiare schermata sul display.
DE Ergebnis prüfen: Drücken Sie ▲ um die Anzeige zu wechseln.
FR Vérification du résultat : Appuyez sur ▲ pour modifier l'affichage.
NL Resultaat bekijken: Druk op ▲om de weergave te wijzigen.
ES Comprobación del resultado: Pulse ▲ para cambiar la pantalla.
RU Проверка результатов за текущий день: Нажимайте ▲ для перехода к следующим значениям.
AR التحقق من النتيجة: اضغط فوق ▲ لتغيير شاشة العرض.
BG Проверка на резултата: Натиснете ▲, за да промените екрана.
CS Kontrola výsledků: Stisknutím tlačítka ▲ změníte zobrazení.
DA Aflæsning af resultat: Tryk på ▲ for at skifte display.
EL Έλεγχος του αποτελέσματος: Πατήστε το ▲ για να αλλάξετε την ένδειξη στην οθόνη.
ET Tulemuse kontrollimine: vajutage kuva vahetamiseks nuppu ▲.
FI Tuloksen tarkistaminen: vaihda näyttöä painamalla ▲.
HR Provjera rezultata: Pritisnite gumb ▲ za promjenu zaslona.
HU Az adatok megtekintése: Nyomja meg a ▲ gombot a kijelző megváltoztatásához.
LT Rezultatų tikrinimas: paspauskite ▲, kad pakeistumėte rodinį.
LV Rezultātu apskatīšana. Lai mainītu rādījumu, nospiediet pogu ▲.
NO Kontrollere resultat: Trykk på ▲ for å gå til et annet display.
PL Sprawdzanie wyniku: Naciśnij przycisk ▲, aby zmienić ekran.
PT Verificação do resultado: pressione ▲ para alterar o visor.
RO Verificarea rezultatului: Apăsați pe ▲ pentru a comuta afișajul.
SL Preverjanje rezultata: Pritisnite ▲, da spremenite prikaz.
SK Kontrola výsledkov: Stláčaním tlačidla ▲ zmeníte zobrazenie na displeji.
SR Provera rezultata: Pritisnite ▲ da biste promenili prikaz.
SV Visa resultatet: Tryck på ▲ för att ändra skärmen.
TR Sonuç kontrolü: Ekranı değiştirmek için ▲ öğesine basın.

Aerobic steps (brisk walking)

Other Languages see 10.

Aerobic steps are the physical exercise that helps us stay healthy. Aerobic steps are counted separately when walking more than 60 steps per minute and more than 10 minutes successively. If a rest of less than 1 minute is taken after a continuous brisk walk of more than 10 minutes, this will be regarded as part of "a continuous walk".

Cases where the unit may not be able to count steps accurately.

Irregular movement

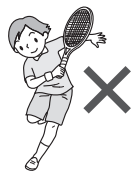


- When the unit is placed in a bag that moves irregularly.
- When the unit hangs from your waist or a bag.

Inconsistent walking pace

- When you shuffle or wear sandals etc.
- When you cannot walk at a consistent pace in a crowded area.

Excessive vertical movement or vibration



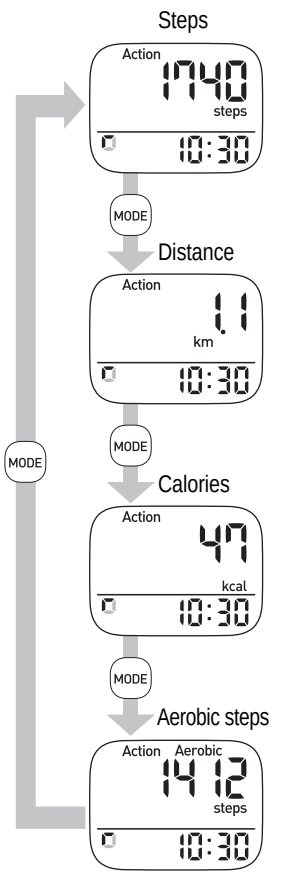
- When standing up and/or sitting down.
- When doing sports other than walking.
- When ascending or descending stairs or on a steep slope.
- When there is vertical or horizontal vibration in a moving vehicle such as on the bicycle, in a car, trains or a bus.

When walking very slowly

Note:
In order to avoid counting steps that are not part of a walk, the unit does not display the step count for the first 4 seconds of walking. If you continue walking for more than 4 seconds, it displays the step count for the first 4 seconds and then continues to count.

5.

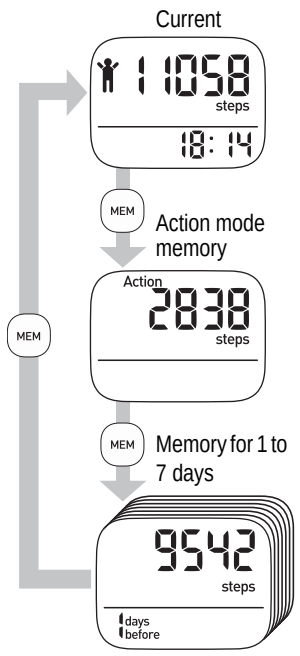
The Action mode allows you to track your individual walks separately. Press ● for two seconds to start the Action mode. To stop the Action mode press ● for two seconds.



EN Checking the display during the Action mode.
IT Controllo del display durante la modalità azione.
DE Aufrufen der Anzeige im Aktionsmodus.
FR Vérification de l'affichage en mode action.
NL De weergave bekijken tijdens de actiemodus.
ES Comprobación en la pantalla durante el modo acción.
RU Проверка результатов, полученных в режиме «Активности».
AR التحقق من شاشة العرض خلال وضع الإجراء.
BG Проверка на екрана по време на режим на действие.
CS Kontrola údajů na displeji během režimu aktivity.
DA Aflæsning af displayet i aktivitetstilstand.
EL Έλεγχος των ενδείξεων στην οθόνη κατά τη διάρκεια της λειτουργίας δραστηριότητας.
ET Näidiku kontrollimine aktiivsusrežiimi ajal.
FI Näytön tietojen tarkastelu toimintatilassa.
HR Provjera zaslona tijekom režima aktivnosti.
HU A kijelző megtekintése aktivitás üzemmódban.
LT Rodinio peržiūra veikimo režimu.
LV Rādījumu apskatīšana aktivitātes režīmā.
NO Kontrollere displayet i handlingsmodus.
PL Sprawdzanie wyświetlania w trybie aktywności.
PT Consulta do visor durante o modo de acção.
RO Verificarea afișajului pe durata modului Acțiune.
SL Preverjanje zaslona med načinom aktivnosti.
SK Kontrola údajov na displeji počas režimu aktivity.
SR Provera prikaza tokom režima rada.
SV Kontrollera skärmen i aktivitetsläget.
TR Etkin mod sırasında ekran kontrolü.

6.

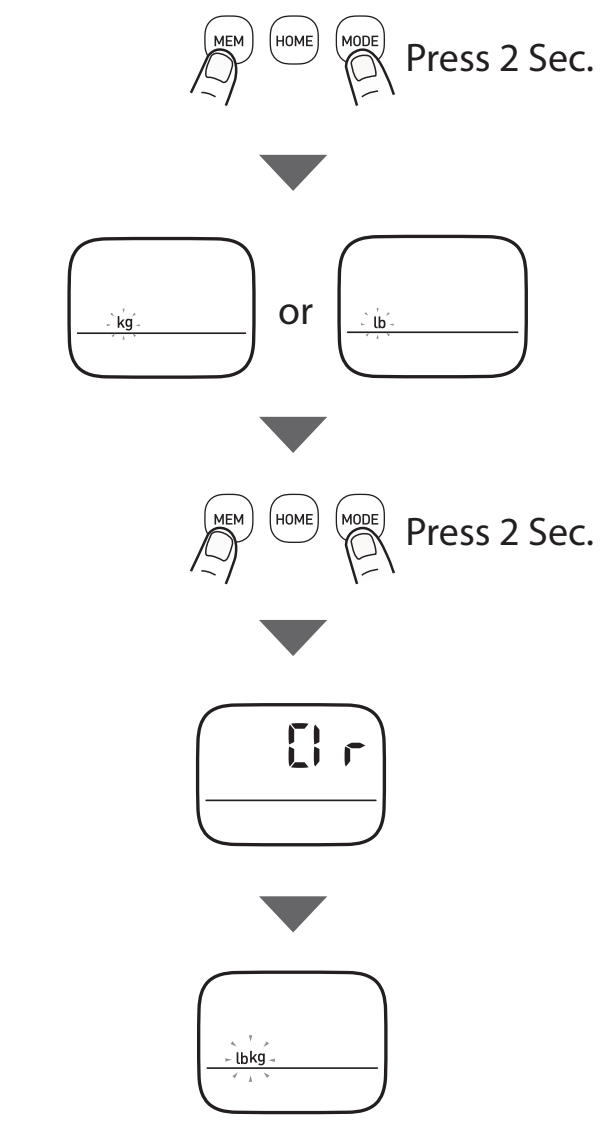
(EN) Memory function
(IT) Funzione di memoria
(DE) Speicherfunktion
(FR) Fonction de mémoire
(NL) Geheugenfunctie
(ES) Función de memoria
(RU) Функция памяти
(AR) وظيفة الذاكرة
(BG) Функция Памет
(CS) Funkce paměti
(DA) Hukommelsesfunktion
(EL) Λειτουργία μνήμης
(ET) Mälufunktsioon
(FI) Muistitoiminto
(HR) Funkcija memorije
(HU) Memória funkció
(LT) Atminties funkcija
(LV) Atmiņas funkcija
(NO) Minnefunksjon
(PL) Funkcja pamięci
(PT) Função da memória
(RO) Funcţia de memorie
(SL) Funkcija pomnilnika
(SK) Funkcia pamäte
(SR) Funkcija memorije
(SV) Minnesfunktion
(TR) Hafıza fonksiyonu



- The measurements for each day are automatically stored in memory and reset to 0 at midnight (0:00) each day.
- You cannot use the memory function when using the Action mode.

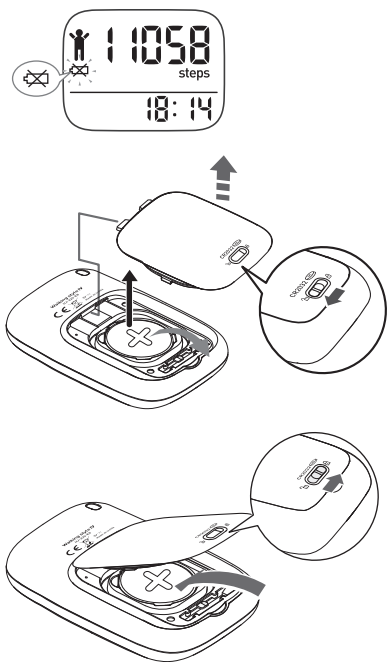
7.

(EN) Resetting all
(IT) Reset completo
(DE) Alles zurücksetzen
(FR) Réinitialisation générale
(NL) Alles opnieuw instellen
(ES) Reajustando todo
(RU) Сброс всех значение
(AR) إعادة تعيين الكل
(BG) Нулиране на всички
(CS) Resetování všech údajů
(DA) Nulstilling af alt
(EL) Επαναφορά όλων
(ET) Kõigi sätete lähtestamine
(FI) Kaikkien nollaaminen
(HR) Poništavanje svih vrijednosti
(HU) Minden törlése
(LT) Viską nustatyti iš naujo
(LV) Visu iestatījumu atiestatīšana
(NO) Tilbakestille alle
(PL) Resetowanie wszystkich ustawień
(PT) Repor tudo
(RO) Resetarea tuturor datelor
(SL) Ponastavitev vseh nastavitev
(SK) Vynulovanie všetkých údajov
(SR) Poništavanje svega
(SV) Återställa allt
(TR) Hepsini sıfırlama



8.

(EN) Change battery
(IT) Cambiare la batteria
(DE) Batterie wechseln
(FR) Remplacez la pile
(NL) Batterij vervangen
(ES) Cambie la batería
(RU) Замена элемента питания
(AR) تغيير البطارية
(BG) Смяна на батерията
(CS) Výměna baterie
(DA) Udskiftning af batteri
(EL) Αλλαγή της μπαταρίας
(ET) Patarei vahetamine
(FI) Vaihda paristo.
(HR) Mijenjanje baterije
(HU) Az elem cseréje
(LT) Keisti bateriją
(LV) Baterijas maiņa
(NO) Bytte batteri
(PL) Zmiana baterii
(PT) Substituição da pilha
(RO) Schimbarea bateriei
(SL) Zamenjava baterij
(SK) Výmena batérie
(SR) Zamena baterije
(SV) Byta batteri
(TR) Pil değiştirme



9.

Notes of safety

Other Languages see 10.

Symbols and definitions are as follows:

⚠**Caution:** Improper use may result in injury or property damage.

⚠**Caution:**

- Contact your doctor or healthcare provider before beginning a weight reduction or exercise program.
- Keep the unit out of the reach of young children.
- Always take a rest if you feel tired or experience pain while exercising. If the pain or discomfort continues, immediately stop your exercise and consult a doctor.
- If young children swallow any small piece, immediately consult a doctor.
- Do not swing the unit by the strap. Swinging the unit while holding the strap may cause an injury.
- Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.
- Do not insert the battery with the polarities in the wrong direction.
- Always use the type of battery indicated.
- Replace a worn battery with a new one immediately.
- Remove the battery from this unit when you are not going to use it for a long period of time (approximately 3 months or more).
- Do not immerse the unit or any of the components in water. The unit is not waterproof.

OMRON HEALTHCARE EUROPE B.V. guarantees this product for 2 years after date of purchase. The guarantee does not cover battery, strap, clip, packaging and/or damages of any kind due to misusage (such as dropping or physical misuse) caused by the user. Claimed products will only be replaced when returned together with the original invoice / cash ticket.
Do not disassemble or modify the unit. Changes or modifications not approved by OMRON HEALTHCARE will void the user warranty.

10.

(EN) Download the complete instruction manual at:
(IT) Scaricare il manuale di istruzioni completo all'indirizzo:
(DE) Gebrauchsanweisung herunterladen unter:
(FR) Téléchargez le mode d'emploi complet sur la page Web suivante :
(NL) Download de volledige gebruiksaanwijzing op:
(ES) Descargue el manual de instrucciones completo en:
(RU) Скачайте полную версию руководства по эксплуатации по адресу:
(AR) تنزيل دليل الإرشادات الكامل من:
(BG) Изтеглете пълното ръководство с инструкции на:
(CS) Úplný návod k obsluze si můžete stáhnout na stránce:
(DA) Download den komplette brugervejledning på:
(EL) Πραγματοποιήστε λήψη του πλήρους εγχειριδίου οδηγιών στη διεύθυνση:
(ET) Laadige täielik kasutusjuhend alla järgmiselt aadressilt:
(FI) Lataa kattava käyttöohje osoitteesta
(HR) Preuzmite čitav korisnički priručnik na:
(HU) A teljes használati útmutatót innen töltheti le:
(LT) Visą naudojimo instrukciją atsisiųskite adresu:
(LV) Lejupielādējiet pilnīgu lietošanas instrukciju vietnē:
(NO) Last ned hele instruksjonshåndboken på:
(PL) Pełny podręcznik obsługi można pobrać na:
(PT) Transfira o manual de instruções completo em:
(RO) Descărcați manualul cu instrucțiuni complet la:
(SL) Celotna navodila prenesite z naslova:
(SK) Úplný návod na používanie môžete prevziať na adrese:
(SR) Kompletno uputstvo za upotrebu preuzmite na:
(SV) Du kan hämta den fullständiga bruksanvisningen från:
(TR) Kullanım kılavuzunun tamamını aşağıdaki adres üzerinden indirin:

www.omron-healthcare.com

Technical Data

Product Category	Pedometers	
Product Description	Step Counter	
Model (code)	Walking style IV (HJ-325-EB / HJ-325-EW / HJ-325-EBK)	
Power supply	3V Lithium battery type CR2032	
Battery life	Approx. 6 months* (when used for 14 hours a day) **Note:** Supplied battery is for trial use. This battery can run out within 6 months.	
Measurement range	Steps	0 to 99,999 steps
	Calories	0 to 59,999 kcal
	Aerobic Steps	0 to 99,999 steps
	Distance walked	0.0 to 999.9 km / 0.0 to 621.3 miles
	Time	0:00 to 23:59
Setting range	Time	0:00 to 23:59
	Height	100 to 199 cm with an increment of 1 cm / 3'4" to 6'6" with an increment of 1 inch
	Weight	30 to 136 kg with an increment of 1 kg/ 66 to 300 lb with an increment of 1lb
	Stride length	30 to 120 cm with an increment of 1 cm / 12" to 48" with an increment of 1 inch
Operating temperature	-10°C to +40°C (14°F to 104°F)	
Humidity	30 to 85% RH	
External dimensions	42.0 (W) × 57.0 (H) × 13.0 (D) mm	
Weight	Approx. 23 g (including battery)	
Contents	Step counter, 3V lithium battery type CR2032, clip, strap and instruction manual	

These specifications are subject to change without notice. This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd. Japan.

* New battery life based on OMRON testing.

The CE-mark refers to compliance with the EMC EU-Directive 2014/30/EU

Correct Disposal of This Product (Waste Electrical & Electronic Equipment)

This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.
Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can return this item for environmentally safe recycling.
Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial waste for disposal.

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