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OMRON WALKING STYLE IV
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Measure your stride length before setting the pedometer. How to measure your stride length 1. Walk 10 steps with your normal stride as illustrated below. 2.e the distance from START to END in inches. Measur 3.

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Calculate your stride length by dividing the total distance by 10. Example:

Total distance = 320'' $320 \div 10 = 32$ inches (2 feet 8 inches)

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features advanced 3D Smart
Sensor technology - so it
knows exactly when you're
taking a step. It's more
accurate than other
pedometers which use a
simple pendulum design. Use
this in your pocket, bag or
on

KNOW YOUR UNIT SETTINGS
READING THE CURRENT DISPLAY

...

Measure your stride length
before beginning to set the

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pedometer. How to measure your stride length

1. Walk 10 steps with your normal stride as illustrated below.
2. Measure the distance from START to END in inches.
3. Calculate your stride length by dividing the total distance by 10. Example:
Total distance = 320'' $320 \div 10 = 32$ inches (2 feet 8 inches)

Pocket Pedometer Model

HJ-113 - Omron Healthcare

Wellness ...

Omron HJ-105 Manuals & User Guides. User Manuals, Guides and Specifications for your Omron HJ-105 Pedometer.

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Omron HJ-105 Manuals and User Guides, Pedometer Manuals ...

When you're aiming to lose weight or just get in better shape, walking can be one way to do it, whether it be walking on a treadmill or going out for a stroll on your lunch break. But if you want to get a sense of how much walking you're doing throughout the day, you may want to use a pedometer.

How to Set Up an Omron Pedometer | Livestrong.com
HJ-325_Instruction_Manual

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After walking for a while, you may lose some weight or change your stride length, which means you'll want to reset your Omron Walking Style Pedometer. Press the "Set" button on the Omron Walking Style Pedometer for two seconds. The hour starts flashing. You might have taken up a program of regular brisk walking to maintain or improve your health.

How to Reset an Omron
Walking Style Pedometer
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OMRON-Healthcare - Activity Monitor - Walking style IV Black

To assure the correct use of the product basic safety

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measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS
INSTRUCTION MANUAL

Omron HJ-320, Pedometer
HJ-320 User Manual

Omron Healthcare is a leader in medical equipment for therapy and health monitoring with a range of products that include blood pressure monitors, temperature measurement devices, respiratory therapy devices, electronic fever thermometers and body fat monitors.

Omron United Kingdom

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