

# OMRON®

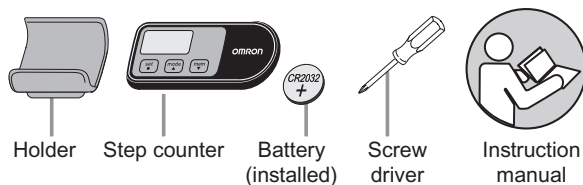
## HJ-321-E

### Step counter

### Walking style One 2.1

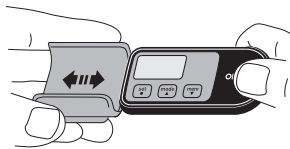


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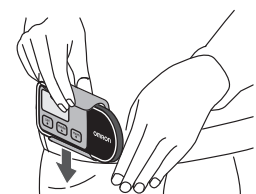


#### 1.

- EN Attach product
- IT Fissaggio del prodotto
- DE Produkt anbringen
- FR Fixation de l'appareil
- NL Product bevestigen
- ES Colocación del producto
- RU Крепление изделия



- AR تثبيت المنتج
- BG Прикрепяне на продукта
- CS Připnutí přístroje
- DA Vedhæft produkt
- EL Προσάρτηση προϊόντος
- ET Seadme kinnitamine
- FI Mittarin kiinnitys
- HR Pričvrstite proizvod
- HU A termék rögzítése
- LT Pritvirtinkite prietaisą
- LV Ierīces piestiprināšana
- NO Feste produktet
- PL Przymocowanie urządzenia
- PT Fixar produto
- RO Atașarea produsului
- SL Priprni izdelek
- SK Prípnutie zariadenia
- SV Sätta fast enheten
- TR Ürün ekle



#### Calories burned

By measuring the intensity of your activity, the unit can calculate the amount of calories burned.

Other Languages see 9.

#### Aerobic steps

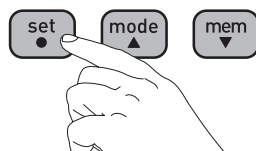
Aerobic steps are the physical exercise that helps us stay healthy. Aerobic steps are counts separately when walking more than 60 steps per minute and more than 10 minutes continuously. If a rest of less than 1 minute is taken after a continuous walk of more than 10 minutes, this will be regarded as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

#### About the battery energy saving function

In order to save battery energy, the display of the unit will be turned off if no buttons are pressed for more than 5 minutes. However, the unit will continue to monitor your step count. Press ●, ▲ or ▼ button to turn the display on again.

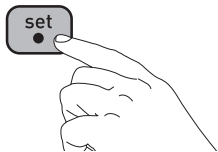
#### 2.

- EN Activation: Press any key for 2 sec.
- IT Attivazione: premere un tasto qualsiasi per 2 sec.
- DE Aktivieren: Drücken Sie 2 Sekunden lang eine beliebige Taste.
- FR Activation : Appuyez sur n'importe quelle touche pendant 2 s.
- NL Inschakelen: druk 2 seconden lang op een willekeurige toets.
- ES Activar: pulse cualquier tecla durante 2 seg.
- RU Активация: нажимайте любую клавишу в течение 2 секунд.
- AR التنشيط: اضغط أي مفتاح لمدة ثانيتين.
- BG Активиране: Натиснете някой от клавишите за 2 сек.
- CS Aktivace: Stiskněte libovolné tlačítko na 2 sekundy.
- DA Aktivering: Tryk på en vilkårlig tast i 2 sek.
- EL Ενεργοποίηση: Πατήστε οποιοδήποτε πλήκτρο για 2 δευτ.
- ET Kaivitamine: vajutage kahe sekundi vältel suvalist nuppu.
- FI Aktivointi: paina mitä tahansa näppäintä 2 sekuntia.
- HR Aktivacija: pritisnite bilo koju tipku na 2 sekunde.
- HU Aktiválás: Nyomja meg bármelyik gombot 2 másodpercig.
- LT Aktyvinimas: spauskite 2 sek. bet kurį mygtuką.
- LV Aktivizēšana: nospiediet jebkuru taustiņu un turiet to nospiestu 2 sekundes.
- NO Aktivering: Trykk på en hvilken som helst tast i 2 sekunder.
- PL Aktywacja: Naciskaj dowolny przycisk przez 2 sekundy.
- PT Activação: Premir qualquer tecla durante 2 segundos.
- RO Activare: Apăsati orice tastă timp de 2 secunde.
- SL Aktiviranje: Pritisnite katerokoli tipko za 2 sekundi.
- SK Aktivácia: Potlačte ľubovoľné tlačidlo v dĺžke 2 sekúnd.
- SV Aktivering: Tryck på valfri knapp i 2 sek.
- TR Etkinleştirme: 2 sn. boyunca herhangi bir tuşa basın.



#### 3.

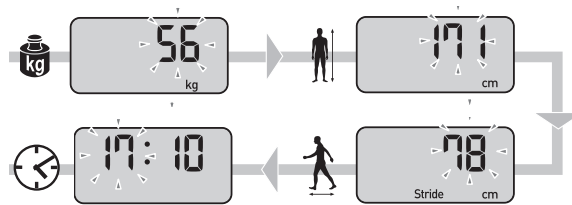
- EN Changing Unit of Measurement: Press ● for 2 sec.. Select with ▲▼.
- IT Cambio dell'unità di misura: premere ● per 2 sec. Selezionare con ▲▼.
- DE Ändern der Messeinheit: Drücken Sie ● 2 Sekunden lang. Wählen Sie mit ▲▼ aus.
- FR Changement de l'unité de mesure : Appuyez sur ● pendant 2 s. Effectuez votre sélection à l'aide des touches ▲▼.
- NL Meeteenheid wijzigen: druk 2 seconden lang op ●. Selecteer met ▲▼.
- ES Cambiar unidad de medida: pulse ● durante 2 seg. Seleccione con ▲▼.
- RU Изменение единицы измерения: нажимайте ● в течение 2 секунд. Выберите с помощью ▲▼.
- AR تغيير وحدة القياس: اضغط ● لمدة ثانيتين.. حدد الخيار باستخدام ▲▼.
- BG Смяна на измервателната единица: Натиснете ● за 2 сек. Изберете с ▲▼.
- CS Změna měrné jednotky: Stiskněte ● na 2 sekundy. Zvolte pomocí ▲▼.
- DA Ændring af måleenhed: Tryk på ● i 2 sek. Vælg med ▲▼.
- EL Αλλαγή μονάδας μέτρησης: Πατήστε το ● για 2 δευτ. Επιλέξτε με το ▲▼.
- ET Mõõtmühiku vahetamine: vajutage kahe sekundi vältel nuppu ●. Kasutage valimiseks nuppu ▲▼.
- FI Mittayksikön muuttaminen: Paina ● 2 sekuntia. Valitse näppäimillä ▲▼.
- HR Promjena mjerne jedinice: pritisnite ● na 2 sekunde. Odaberite koristeći ▲▼.
- HU A mértékegység módosítása: Nyomja meg a ● jelet 2 másodpercig. A kiválasztáshoz használja a ▲▼ jelet.
- LT Matavimo vienetų keitimas: spauskite ● 2 sek. Pasirinkite su ▲▼.
- LV Mērvienību maiņa: nospiediet un 2 sekundes turiet nospiestu ●. Atlasiet ar ▲▼.
- NO Endre måleenhet: Trykk på ● i 2 sekunder. Velg med ▲▼.
- PL Zmiana jednostki pomiaru: Naciskaj przycisk ● przez 2 sekundy. Wybierz za pomocą ▲▼.
- PT Mudar a unidade de medida: Premir ● durante 2 segundos. Seleccionar com ▲▼.
- RO Modificarea unității de măsură: Apăsati ● timp de 2 secunde. Selectați cu ▲▼.
- SL Menjava merske enote: Pritisnite gumb ● za 2 sekundi. I zbirajte z gumboma ▲▼.
- SK Zmena jednotky: Potlačte ● v dĺžke 2 sekúnd. Vyberte pomocou ▲▼.
- SV Ändra måtenhet: Tryck på ● i 2 sek. Välj med ▲▼.
- TR Ölçüm Ünitesini Değiştirme: 2 sn. boyunca ● tuşuna basın. ▲▼ tuşu ile seçim yapın.



lb ↔ kg  
feet/inch ↔ cm  
km ↔ mile  
AM/PM ↔ 24h

#### 4.

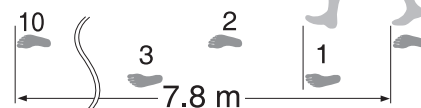
- EN Setting Personal Data and Time (▲,▼,●).
- IT Impostazione dei dati personali e dell'ora (▲,▼,●).
- DE Einstellen von persönlichen Daten und der Uhrzeit (▲,▼,●).
- FR Régler de l'heure et des données personnelles (▲,▼,●).
- NL Persoonlijke gegevens en tijd instellen (▲,▼,●).
- ES Configurar datos personales y hora (▲,▼,●).
- RU Установка личной даты и времени (▲,▼,●).
- AR ضبط البيانات الشخصية والزمن (●,▼,▲).
- BG Настройка на личните данни и времето (▲,▼,●).
- CS Nastavení osobních dat a času (▲,▼,●).
- DA Indstilling af personlige data og klokkeslæt (▲,▼,●).
- EL Ρύθμιση προσωπικών δεδομένων και ώρας (▲,▼,●).
- ET Kuupäeva ja kellaja seadistamine (▲,▼,●).
- FI Henkilökohtaisen päivämäärän ja ajan asettaminen (▲,▼,●).
- HR Postavljanje osobnih podataka i vremena (▲,▼,●).
- HU Személyes adatok és az idő beállítása (▲,▼,●).
- LT Asmens duomenų ir laiko nustatymas (▲,▼,●).
- LV Datuma un laika iestatīšana (▲,▼,●).
- NO Innstille personopplysninger og tid (▲,▼,●).
- PL Zapis własnych danych i godziny (▲,▼,●).
- PT Definir hora e dados pessoais (▲,▼,●).
- RO Setarea datei și a timpului personal (▲,▼,●).
- SL Nastavitev osebnih podatkov in časa (▲,▼,●).
- SK Nastavenie osobných údajov a času (▲,▼,●).
- SV Ställa in personliga data och tid (▲,▼,●).
- TR Kişisel Bilgileri ve Zamanı ayarlama (▲,▼,●).



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

#### About stride length

- The initial stride length value that blinks on the display is an estimated stride length calculated from the height setting. Set the actual stride length to use based on the type of walking you will do and your own physique.
- To get the most accurate results, take 10 steps and then measure the stride length for one step (from toe to toe or from heel to heel).
- The distance display is calculated by multiplying the adjusted stride length by the number of steps.



#### 5.

- EN Checking today's results
- IT Controllo dei risultati odierni
- DE Ergebnisse von heute prüfen
- FR Contrôle des résultats du jour
- NL Resultaten van vandaag controleren
- ES Comprobación de los resultados diarios
- RU Проверка сегодняшних результатов
- AR فحص نتائج اليوم
- BG Проверка на днешните резултати
- CS Kontrola dnešních výsledků
- DA Kontrol af dagens resultater
- EL Έλεγχος αποτελεσμάτων ημέρας
- ET Tänauste tulemuste kontrollimine
- FI Päivän tulosten tarkistelu
- HR Provjera današnjih rezultata
- HU A napi mérés eredmények megtekintése
- LT Šios dienos rezultatų tikrinimas
- LV Šodienas rezultātu apskatīšana
- NO Kontrollere dagens resultater
- PL Sprawdzenie bieżących pomiarów
- PT Verificar os resultados do dia
- RO Verificarea rezultatelor de azi
- SL Preverjanje današnjih rezultatov
- SK Kontrola dnešných výsledkov
- SV Kontrollera dagens resultat
- TR Bugünün sonuçlarının kontrolü



## 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.

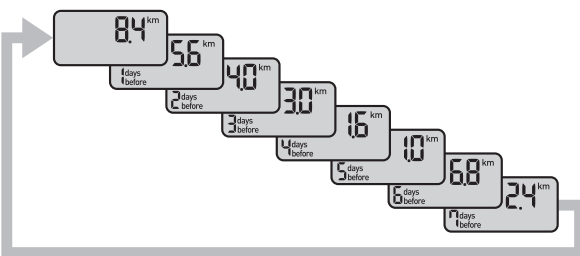
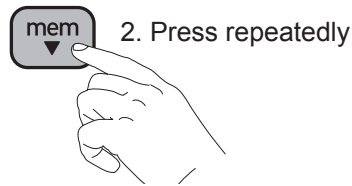
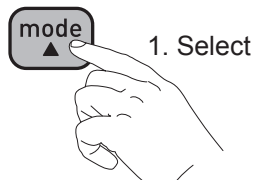
### When walking very slowly

#### 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.

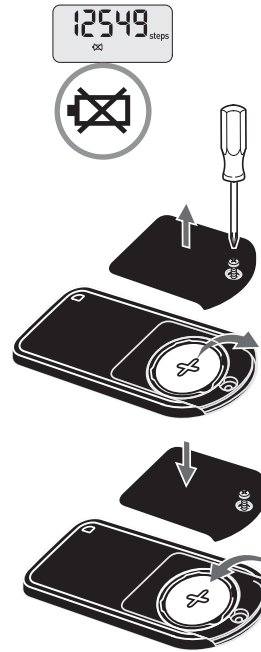
## 6.

- (EN) Memory
- (IT) Memoria
- (DE) Speicher
- (FR) Mémoire
- (NL) Geheugen
- (ES) Memoria
- (RU) Память
- (AR) الذاكرة
- (BG) Памет
- (CS) Paměť
- (DA) hukommelse
- (EL) Μνήμη
- (ET) Mälu
- (FI) Muisti
- (HR) Memorija
- (HU) Memória
- (LT) Atmintis
- (LV) Atmiņa
- (NO) Minne
- (PL) Pamięć
- (PT) Memória
- (RO) Memorie
- (SL) Pomnilnik
- (SK) Pamäť
- (SV) Minne
- (TR) Hafıza



## 7.

- (EN) Change battery
- (IT) Sostituzione della batteria
- (DE) Batterie wechseln
- (FR) Remplacement de la pile
- (NL) Batterij vervangen
- (ES) Reemplazar pila
- (RU) Замена батареек
- (AR) تغيير البطارية
- (BG) Смяна на батерията
- (CS) Výměna baterie
- (DA) Skift batteri
- (EL) Αλλαγή μπαταρίας
- (ET) Patarei vahetamine
- (FI) Pariston vaihto
- (HR) Promjena baterije
- (HU) Elemcsere
- (LT) Elemento keitimas
- (LV) Baterijas nomaiņa
- (NO) Bytte batteri
- (PL) Wymiana baterii
- (PT) Troca de pilha
- (RO) Schimbarea bateriei
- (SL) Zamenjaj baterijo
- (SK) Výmena batérie
- (SV) Byta batteri
- (TR) Pili değiştir



## 8.

### Notes of safety

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.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.
- If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
- 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 throw the battery into fire because it may explode.
- 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, packaging and/or damages of any kind due to misuse (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.

## 9.

- (EN) Download the complete instruction manual at:
- (IT) Scarica il manuale d'istruzioni completo dal sito:
- (DE) Laden Sie das vollständige Handbuch mit Anweisungen von herunter.
- (FR) Télécharger le mode d'emploi complet sur le site
- (NL) Download de volledige instructiehandleiding op:
- (ES) Descárguese el manual de instrucciones completo en:
- (RU) Загрузите полную версию руководства по эксплуатации по адресу:
- (AR) يمكنك تنزيل دليل الإرشادات بالكامل من الموقع:
- (BG) Изтеглете пълните инструкции за употреба на:
- (CS) Kompletní návod k použití lze stáhnout z webu
- (DA) Hent den komplette brugsanvisning på:
- (EL) Πραγματοποιήστε λήψη του πλήρους εγχειριδίου οδηγίων στη διεύθυνση:
- (ET) Laadige täielik kasutusjuhend alla veebilehelt
- (FI) Lataa koko ohjekirja osoitteesta:
- (HR) Cjelokupni korisnički priručnik preuzmite na adresi:
- (HU) Töltse le a teljes használati útmutatót az alábbi helyről:
- (LT) Visą instrukcijų vadovą galite parsisiųsti iš interneto svetainės
- (LV) Lejupielādējiet pilnīgu lietošanas instrukciju vietnē
- (NO) Hele bruksanvisningen kan lastes ned på:
- (PL) Pełna instrukcja obsługi jest dostępna do pobrania pod adresem
- (PT) Transfira o manual de instruções completo em:
- (RO) Descărcați întregul manual de instrucțiuni de la adresa:
- (SL) Celoten priročnik z navodili za uporabo si lahko prenesete na naslovu:
- (SK) Kompletný návod na obsluhu si stiahnite zo stránky:
- (SV) Ladda ner hela instruktionshandboken på:
- (TR) Adresinden komple kullanım kılavuzunu indirebilirsiniz:

[http://www.omron-healthcare.com/en/product/step\\_counters/HJ-321.html](http://www.omron-healthcare.com/en/product/step_counters/HJ-321.html)



### Technical Data

Product name	Walking style One 2.1	
Type	HJ-321-E	
Power supply	3V Lithium battery type CR2032	
Battery life	Approx. 6 months* (when used for 12 hours a day) <b>Note:</b> Supplied battery is for trial use. This battery can run out within 6 months.	
Measurement range	Steps	0 to 99,999 steps
	Distance walked	0.0 to 5,999.9 km / 0.0 to 3,725.9 miles
	Activity calories	0 to 59,999 kcal
	Aerobic	0 to 99,999 steps
Capacity of memory	Time	0:00 to 23:59 / 12:00 AM to 11:59 PM
	Setting range	1 to 7 days
Setting range	Time: 0:00 to 23:59 / 12:00 AM to 11:59 PM	
	Weight: 10 to 136 kg in units of 1 kg / 22 to 300 lb in units of 1 lb	
	Height: 100 to 199 cm in units of 1 cm / 3' 4" to 6' 6" in units of 1 inch	
Operating temperature/humidity	-10°C to +40°C (14°F to 140°F)/30 to 85% RH	
	External dimensions	75.0(W) x 31.0(H) x 8.0(D) mm
Weight	Approx. 20 g (including battery)	
Contents	Step counter, 3V lithium battery type CR2032, holder, screwdriver 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.

**CE** The CE-mark refers to compliance with the EMC EU-Directive 2004/108/EC

Other Languages see 9.

### Battery disposal EC Directive 2008/12/EC

Batteries are not a part of your regular household waste. You must return batteries to your municipality's public collection or wherever batteries of the respective type are being sold.

### Disposal of electric and electronic devices EC Directive 2002/96/EC

This product is not to be treated as regular household waste but must be returned to a collection point for recycling electric and electronic devices. Further information is available from your municipality, your municipality's waste disposal services, or the retailer where you purchased your product.

**Manufacturer** OMRON HEALTHCARE Co., Ltd.  
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617-0002 JAPAN

**EU-representative** OMRON HEALTHCARE EUROPE B.V.  
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[www.omron-healthcare.com](http://www.omron-healthcare.com)

**Production facility** OMRON (DALIAN) CO., LTD.  
Dalian, CHINA

**Subsidiary** OMRON HEALTHCARE UK LTD.  
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MK15 0DG, U.K.

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Made in China