

-New Product Information Sheet-

Specifications subject to change
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Name: **Walking style Pro 2.0**

Track & compare

View and share your exercise data using Omron's cloud web solution



HJ-322U-E

Omron's new advanced Walking style Pro is combining all the activity-enhancing features of tri-axis technology with the free www.OmronFitness.com cloud web solution. The HJ-322U-E USB pedometer provides an engaging and information-driven way to improve one's health. The integrated "Tri Axis Technology" counts steps accurately no matter where it is positioned. Four tracking modes to track steps, aerobic steps, distance and activity calories burned. The device will automatic reset each day and stores up to 21 days of information.

*View and share your exercise data with your fitness buddies using
Omron's free cloud web solution*

Keeping count of your daily steps is one thing. But now you can also upload performance data to your computer to see your performance over time. And even highlight the periods when you could have been more active. Best of all, with the Pro HJ-322U-E you can share information with your fitness partners, friends or family using Omron's cloud web solution in order to motivate each other to improve individual performance even more.

Omron's cloud web solution is accessible and viewable on PC (MS Windows Vista and later), Mac (OS X 10.7 and later) as well as on Tablets and Smartphones. When you connect the HJ-322U-E to www.OmronFitness.com, you will be able to view your trends, track your goals and stay motivated as you improve your personal fitness.

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- Make Every Step Count -

Product features:

- Integrated USB connection
- Free Online software included (for both Mac and PC)
- Distance counter
- Daily step counter
- Aerobic step counter
- Activity kCal counter
- 21 day/7 day memory
- Units switch (miles/km)
- Clock



Free cloud web solution in detail:

For more details please visit www.OmronFitness.com

Starting page



The dashboard



How it works:

1. Record one full day with your HJ-322U-E,
2. Plug it in your computer,
3. The device will be detected and the driver will be downloaded and installed,
4. Sign in on www.OmronFitness.com and upload the data,
5. Enjoy, browse through the dashboard and share with your friends

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Walking style Pro target group:

Women, 30- 50 years old. They start recreational jogging and walking. Exercise once or twice a week but irregularly. Want to improve their fitness and/or lose a bit of weight in an easy and healthy way. Like to monitor their progress and will get motivation by it. They are interested in getting feedback and guidance on how to exercise to reach their objectives.

Feature advantage benefit overview:

The new Walking style Pro 2.0 comes with a bunch of different features and user benefits:

feature	advantage	benefit
3D-sensor	The device is able to detect movements in 3D	Make every step count
USB interface	Data upload via PC and/or Mac to www.OmronFitness.com	View your trends, track your goals and stay motivated as you improve your personal fitness
Steps	Counts numbers of steps	Stay motivated by tracking your steps. Try to reach 10,000 steps per day
Aerobic steps	Every walk which exceed 60 sec will be display separately	See those steps which benefits your cardiovascular system
Distance	Measures the distance	See how many KM you have walked that day
Activity KCAL burned	Display the additional KCAL burned while walking	See how many activity Kcal you have burned per day
7 days memory (visible in display), 21 days memory (internal memory)	Keeps the past activities for 7/21 days	Provides long-term control and motivation.
Clock	Shows time by pressing the buttons	Convenient reading of the time
Imperial and metric system of units	Switchable from KM to miles and KG to Pounds	Suitable for the metric- and imperial-system
Holder	The device will be delivered with a hip holder	Comfortable to wear on the waistband

Illustration; only partly (both sides printed)

HJ-322U-E Step counter with upload capability Walking style Pro 2.0

IM-HJ-322-E-web-02-10/012



Holder Step counter Battery (installed) Screw driver Instruction manual

1.
Attach product

2.

Activation:
Press any key for 2 sec.

3.

General Settings:
Press \blacktriangle for 2 sec. Convert unit with \blacktriangle/∇ .

4.

Checking today's results

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

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.

5.

Memory \blacktriangle 1. Select \blacktriangle 2. Press repeatedly

Note: The unit stores up to 22 days of data, including the current day and displays the previous 7 days of data on the unit. The current day's data is automatically stored in memory when the time reaches 0:00 (12:00 AM). The display will return to 0.

6.

Upload data *

www.omronfitness.com

Transfer Indicator
The transfer indicator will blink when 18 days of data, including the current day, are stored in the memory and have not been downloaded. The transfer indicator will light up when 22 days of data have not been transferred. The older measurement results are deleted first. Transfer the measurement results immediately.

9.

Notes of safety

Symbols and definitions are as follows:
 \blacktriangle 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.
- Do not use a cell phone near the unit while transferring data.
- Do not touch the USB connector with wet hands.
- Do not use the unit for an extended period of time to transfer data.

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.

Technical Data

Product name	Walking style Pro 2.0
Type	HJ-322U-E
Power supply	3V Lithium battery type CR2032
Battery life	Approx. 6 months* (When used for 12 hours a day, and transferred the

Illustration Packaging

The packaging will be a clam shell, the device visible in the centre of the packaging.

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Walking style Pro 2.0

Step counter

HJ-322U-E

Tracks Steps,
Aerobic Steps
and Distance
accurately



Features:

- 21 Days Memory
- Clock
- Calories Burned
- USB connection
- Steps
- Aerobic steps

All for Healthcare



OMRON HJ-322U-E product specifications:

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All for Healthcare

Product name Walking style Pro 2.0

- o Type; HJ-322U-E
- o Power supply; 3V Lithium battery type CR2032
- o Battery life; Approx. 6 months* (when used for 12 hours a day and transferring the results for 30 seconds once per day)

Note: Supplied battery is for trial use. This battery can run out within 6 months.

Measurement range

- o Steps: 0 to 99,999 steps
- o Distance walked: 0.0 to 999.9 km or 0.0 to 621.3 miles
- o Activity calories: 0 to 59,999 kcal
- o Aerobic steps: 0 to 99,999 steps
- o Time: 0:00 to 23:59 / 12:00 AM to 11:59 PM

IT function

- o USB connector

Supported OS:

- o Microsoft Windows Vista and later
- o Apple Mac OS X 10.7 Lion and later

Setting range:

- o Time: 0:00 to 23:59 / 12:00 AM to 11:59 PM
- o Weight: 10 to 136 kg in units of 1 kg or 22 to 300 lb in units of 1 lb
- o Height: 100 to 199 cm in units of 1 cm or 3'4" to 6'6" in units of 1 inch
- o Stride length: 30 to 250 cm in units of 1 cm or 12" to 48" in units of 1 inch

Operating:

Temperature/humidity

- o Temperature: -10° C to +40° C and/or 14° F to 140° F
- o Humidity: 30 to 85% RH

External dimensions: 78 (W) × 34(H) × 12(D) mm

Weight: Approx. 27 g (including battery)

Packaging-content:

Step counter, Clip, 3V Lithium battery type CR2032, screwdriver and instruction manual

OMRON HJ-322U-E packaging specifications:

Carton	QTY	Approx. Weight	Approx. Dimensions W*D*H
Unit	1	0.050 kg	145 * 82 * 38 mm
Inner	10	0.660 kg	465 * 102 * 149.5 mm
Master	50	4.400 kg	530 * 473 * 185 mm

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