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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

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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)

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Pedometer  
features advanced  
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technology - so it  
knows exactly  
when you're taking  
a step.

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Pedometer 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

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KNOW YOUR UNIT  
SETTINGS READING  
THE CURRENT  
DISPLAY ...

Measure your  
stride length before  
beginning to set  
the pedometer.

How to measure  
your stride length

1. Walk 10 steps  
with your normal  
stride as illustrated

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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)

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When you're  
aiming to lose  
weight or just get  
in better shape,  
walking can be one

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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.

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How to Set Up an  
Omron Pedometer |  
Livestrong.com  
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Healthcare

After walking for a  
while, you may  
lose some weight  
or change your

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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

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brisk walking to  
maintain or  
improve your  
health.

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features Bluetooth

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[http://omronconnec](http://omronconnect.com)

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your device requires a USB cable you can use

Bi-LINK Health Management.

Details can be found at [bi-link.omron.com](http://bi-link.omron.com)

OMRON-Healthcare  
- Activity Monitor -  
Walking style IV  
Black

To assure the



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correct use of the  
product basic  
safety measures  
should always be  
followed including  
the warnings and  
cautions listed in  
this instruction  
manual. SAFETY  
SYMBOLS USED IN  
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Omron HJ-320,  
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