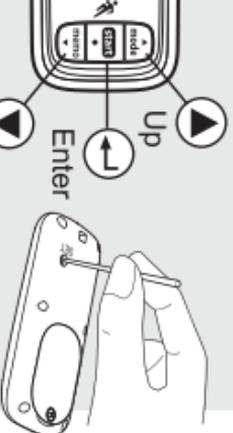




Activity monitor Jog style

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• Mode d'emploi	67	FR

SET



WORKOUT MODE

Start Workout



Press 2 Sec.



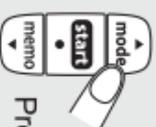
Stop Workout



Press 2 Sec.



DISPLAYS



Press

Workout results



Workout time
(“=min.”=sec.)

Distance



Calories burned

Ø Speed

Today's Total



Steps total

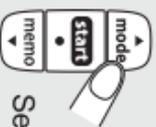
Time



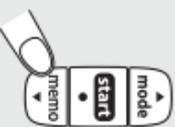
Calories burned
total

Fat burned
total

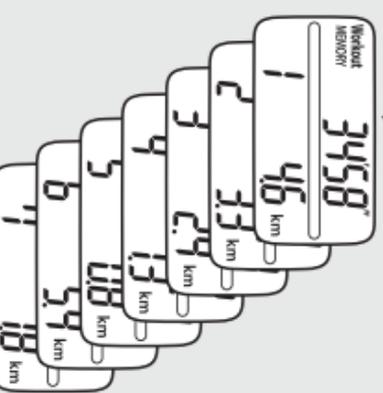
MEMORY



Select



Press



1 Introduction

Dear customer,

Thank you for purchasing this high-quality OMRON activity monitor. The new Jog style will keenly measure your physical activity and helps to assist with your diet or motivates you to reach your daily walking target.

The OMRON Jog style HJA-300 uses OMRON's new Active Engine technology to measure the intensity and amount of exercise, ranging from walking to jogging and running.

In addition to measuring the step count and the number of calories burned during everyday activities, it can also keep a record of each workout. This makes it useful for planning an exercise program based on the intensity of your training.

■ Active Engine

This OMRON technology can accurately detect and calculate any fast or slow signals caused by physical activity.

Active Engine makes it possible to monitor not only the physical activity of walking, but can also capture the more intense activity of jogging in real time and calculate the amount of fat and calories burned.

■ Workout

For most health related activities, "workout" means a training program to improve your fitness. However, in this instruction manual it is used to refer to one training period of jogging or walking.

■ The OMRON Jog style Features

Fat burned/Calories burned

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

Workout mode

Workout mode records the time between when a workout is started and when it is stopped as single record, using stopwatch like display (refer to Chapter 6.3).

The data includes the distance, time, calories burned and average speed for each workout.

The unit automatically records the workout data for up to 7 previous sessions.

Workout stopped

If a workout continues for more than 30 minutes, the message "Good job" scrolls on the display after you finish Workout mode.

2 Use of the OMRON Jog style

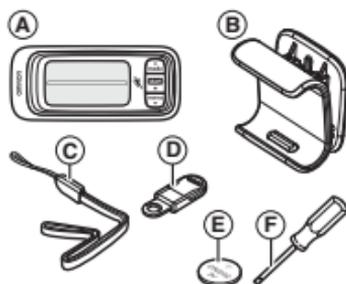
2.1 Cautions

- Do not look at the display while jogging. Always stop where it is safe to do so before checking the display.
- Contact your doctor or healthcare provider before beginning a weight reduction or exercise program.
- 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.
- Keep the unit out of the reach of young children.
- If young children swallow the battery, battery cover or screw, 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.
- When disposing the product, remove the battery and follow local regulations on environmental protection.

3 Overview

- A** Main unit **B** Holder
C Strap **D** Clip

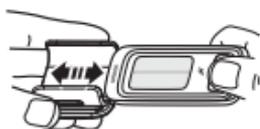
- E** Battery
* The battery is already installed in the unit.
F Screwdriver



Holder

Use this holder when attaching the unit to your belt or the top of your pants.

Attach/remove the holder as shown in the illustrations below.



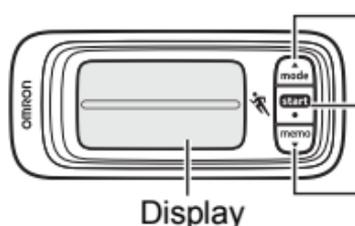
Note:

When attaching the holder, do not grip it strongly at the top and bottom.



4 Know your unit

■ Main Unit



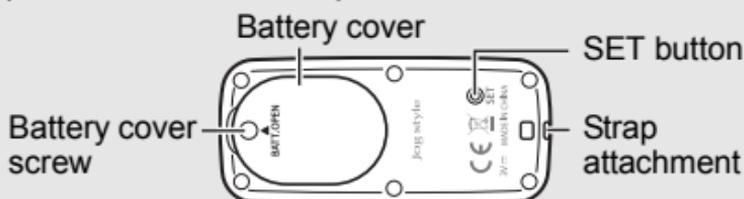
▲ /mode (mode switch) button

● /start button

▼ /memo (memory) button

EN

(Back of the main unit)



■ Display

Workout indicator
(Refer to Chapter 6.3)



Battery low indicator

Note: This illustration displays all items.

5 Settings

5.1 Setting the Time, Weight, Height and Stride Length

When you use the unit for the first time or you want to change settings, follow the steps below.

- 1 Press the SET button on the back of the unit with a thin, sturdy, stick that will not break easily.

Note: Do not press the button with a sharp point. This could cause damage.



The hour flashes on the display.

Note: If no settings are made for more than 5 minutes...

- When setting up the unit for the first time
→ The display will be turned off.
- When adjusting the settings
→ The display will revert to the Workout time/distance display.

* Setting range details refer to Chapter 13 "Technical data".

2 Setting the hour.

- (1) Press  or  to select the desired value for a setting.

- Press  () to advance (go back) one.
- Hold  () down to advance (go back) rapidly.

(1)



- (2) Press  to confirm the setting.

(2)



3 Repeat steps (1) to (2) to set the minute.

4 Repeat steps (1) to (2) to set the weight.

5 Repeat steps (1) to (2) to set the height.

6 Repeat steps (1) to (2) to set the stride length for workout.

This completes the setup.

■ About stride length setting

The initial stride length value* that blinks on the display is an estimated stride length calculated from the Height set in step 5.

Set the actual stride length to use for workouts based on the type of training (jogging/walking) you will use and your own physique.

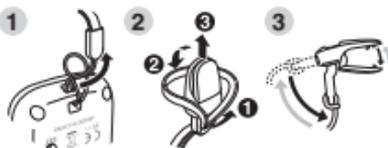
* When setting up the unit for the first time, or after the settings have been reset.

Refer to Chapter 6.3, if you want to set the stride length more accurately.

6 Using the OMRON Jog style

6.1 Assemble the OMRON Jog style

- 1 Attach the strap to the unit.
- 2 Attach the clip to the strap.
- 3 Open and close the clip.



Note: Press the clip open to remove the unit.

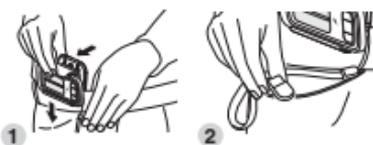
Depending on the material, the clip may cause damage or scratches to your clothes if it is attached or removed roughly.

6.2 How to attach the OMRON Jog style

[During workout]

Belt

- 1 Clip the holder with the unit to the band or belt of your shorts or trousers.
- 2 Clip the strap to your shorts or trousers.



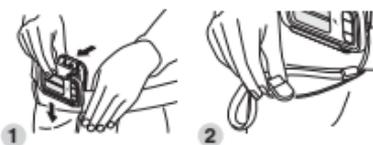
Note: Always attach the unit to your waist when jogging.

[During workout off (walking)]

We recommend attaching the unit to your belt, your pocket, your bag or hanging it from your neck.

Belt

- 1 Clip the holder with the unit to the band or belt of your shorts or trousers.
- 2 Clip the strap to your shorts or trousers.



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Pocket

- 1 Put the unit in your upper front or trousers pocket.
- 2 Clip the strap to the edge of your pocket.



Note: Do not put the unit in the back pocket of your shorts or trousers.

Bag

- 1 Put the unit in your bag.

Notes:

- Be sure you can hold the bag tightly.
- Be sure the unit is securely fastened to your bag.
- Clip the strap to the edge of your bag.

Neck

- 1 Attach a commercially available string, strap or key cord to the unit and hang it from your neck.

Note: The included strap and clip are to prevent the unit from falling. Do not hang the unit from your waist or a bag.



6.3 Actual use of the OMRON Jog style

[Workout mode]

Start Jogging mode (Workout mode)

- 1 Press  for 2 seconds.

Workout mode starts.

The unit starts to record the distance, time, calories burned, and average speed.

Note: During a workout, the Workout indicator bar appears in all the displays. Start your workout after checking that this bar is being displayed.



Stop Jogging mode (Workout mode)

- 2 Press  for 2 seconds.

Workout mode stops.

Notes:

- Workout mode will automatically stop 24 hours after it is started.
- If a workout continues for more than 30 minutes, the message "Good job" scrolls on the display after you finish Workout mode.

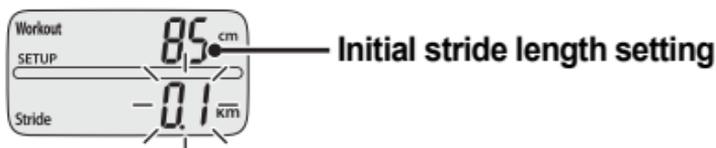
[Stride length measurement mode]

Use stride length measurement mode for more accurate stride length.

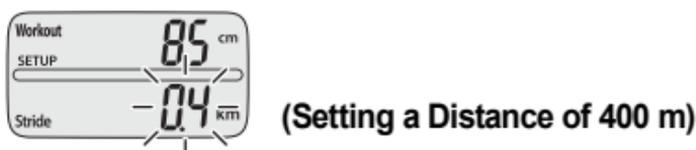
Examples of suitable locations:

- On a running track
- A jogging course with distances marked, or similar locations

- 1 Display the workout time and distance.
Be sure to stop Workout mode beforehand.
- 2 Press  for 2 seconds.
The Distance display blinks.

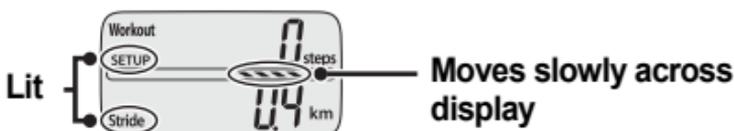


- 3 Set the workout distance for measuring stride length.
Press  or  to select the desired value for a setting.



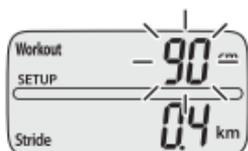
Note: The distance is set in 100 m increments. Perform the workout where you can measure distances of 100 m.

- 4 Press  to start the workout.
Do a workout of the distance entered in step 3.
While measuring stride length, the display is different from normal Workout mode, as shown below.



Note: Even when measuring stride length, the total calories and fat burned, and number of steps are recorded. However, the workout time, distance, workout calories burned and average speed are not recorded.

- 5 Press  for 2 seconds to end the workout.
The stride length blinks after measurement.



Note: If you want to make further adjustments, press  and  to adjust the stride length.

- 6 Press  to confirm the stride length.

The Workout time/distance display appears.

Note: The distance display for future workouts will be calculated using the new stride length setting.

■ To cancel stride length measurement mode [Before starting the workout]

- 1 Press  or  to change the distance display to “- - - - km”.



- 2 Press .

Stride length measurement mode ends and the Workout time/distance display appears.

[After starting the workout]

To cancel stride length measurement mode during the workout, you must end the workout.

Stop the workout (refer to step 5) and enter the original stride length.

[Workout mode off (walking)]

1 Start walking.

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.

2 After you walk, press to read the data (refer to Chapter 7 “Checking the measurement result”).

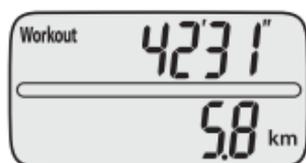
To ensure an accurate step count, be sure to read “Cases where the unit may not be able to count steps accurately” in Chapter 7.2 before using the unit.

7 Checking the measurement result

7.1 Button operation flow [Workout Off screens]

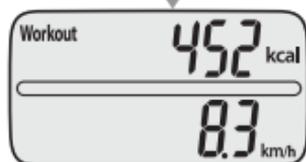
Press  to change the display.

Workout results



**Workout time/
distance**

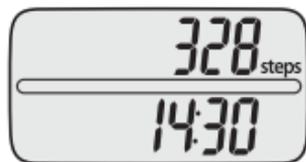
(Refer to Chapter 7.2)



**Workout calories/
average speed**

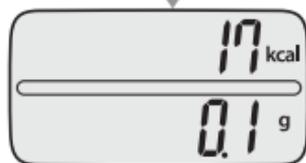
(Refer to Chapter 7.2)

Today's Total



**Daily steps counted/
24 hour time**

(Refer to Chapter 7.2)



**Daily additional calories
burned/fat burned**

(Refer to Chapter 7.2)

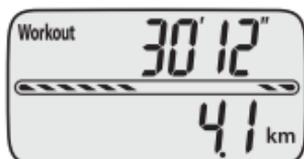
To start Workout mode, press  for 2 seconds in any of the displays.

[During a workout]

Press  to change the display.

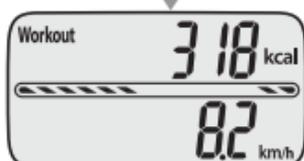
Note: During a workout, the Workout indicator bar blinks across the screen in all the displays.

Workout results



**Workout time/
distance**

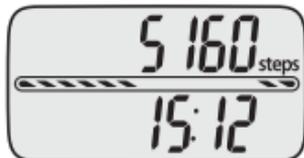
(Refer to Chapter 7.2)



**Workout calories/
average speed**

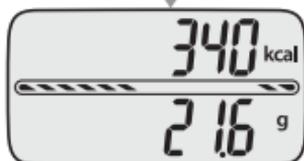
(Refer to Chapter 7.2)

Today's Total



**Daily steps counted/
24 hour time**

(Refer to Chapter 7.2)



**Daily additional calories
burned/fat burned**

(Refer to Chapter 7.2)

EN

To stop Workout mode, press  for 2 seconds in any of the displays.

■ About the energy saving function

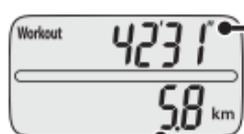
In order to save energy, the display of the unit will be turned off if no buttons are pressed for more than 5 minutes. However, the unit will continue to monitor your step count.

Press ,  or  to turn the display on again.

7.2 About the individual displays

Workout time/distance

The values do not change after Workout mode has been stopped.



Workout time

Time elapsed since Workout mode started.

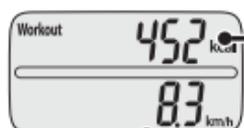
Displayed in minutes and seconds.

Distance

Distance during Workout mode.

Workout calories/average speed

The values do not change after Workout mode has been stopped.



Workout calories

Displays the calories burned for each workout.

Average speed

Average speed from the start of the workout to the present time.

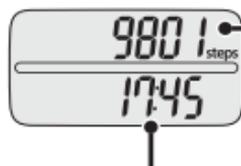
Notes:

- The average speed displays the average speed for the time between when Workout mode started and when it was stopped. In order to keep an accurate record, press  for 2 seconds to stop Workout mode as soon as you have finished your workout.
- When you start Workout mode, the workout time, distance, workout calories burned and average speed values for the previous workout are reset and measurement begins.



Workout start display

Daily steps counted/24 hour time

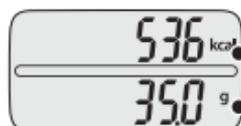


24 hour time

Daily steps counted

Displays the total steps for the day, including those in a workout.

Daily additional calories burned/fat burned



Daily additional calories burned/fat burned

The intensity of your walking is measured and the amounts of calories and fat burned are calculated. Displays the additional energy consumption that has been burned during a day (Resting metabolism + additional energy burned = total energy consumption for one day). Assists you with your diet.

Notes:

- The calories burned for each workout is displayed as "Workout calories".
- If a workout continues for more than 30 minutes, the message "Good job" scrolls on the display after you finish Workout mode.

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

[When jogging]

When the unit is attached somewhere other than your waist.

[When walking]

Irregular movement

- When the unit is placed in a bag that moves irregularly because it hits your foot or clothes.
- 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.
- When walking very slowly.

[When jogging or walking]

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.

8 Memory function

The measurements for one day (calories burned, fat burned, number of steps) are automatically stored in memory and reset to 0 at midnight (0:00) each day.

However, the workout time, distance, workout calories burned and average speed are not reset to 0.

Note: The values do not switch the display during a workout.

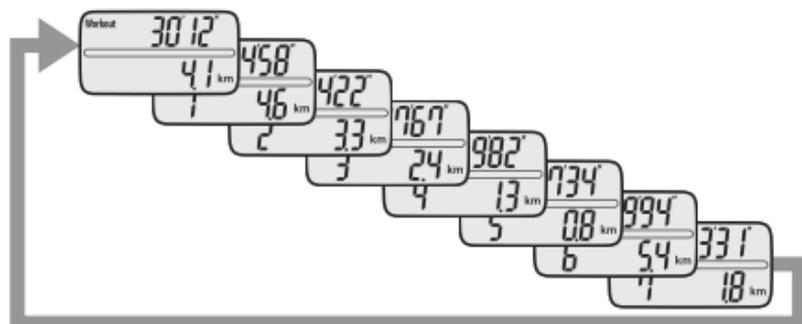
8.1 Recall data

1 Press  to select the type of display you want to see.

2 Press  to view the measurement results.

The values for the previous time or previous day are displayed.

- With each press of , you can view the measurement values for up to 7 previous times or 7 previous days.
- Keep  pressed to advance rapidly.



- You can also press  to select the type of display you want to see while viewing the previous results.



- Press  to return to the current display.

Notes:

- The time is not displayed while viewing previous results.
- If no buttons are pressed for more than 1 minute, the display returns to the display before you started the memory function.

9 Battery life and replacement

If the  symbol blinks or appears on the display, replace the battery with a new (CR2032) battery.

Blinking	Battery power is low.
Appears continuously	Battery power exhausted. The unit stops counting steps.

Notes:

- Do not replace the battery around midnight (0:00). The measurement results of the day when the battery was removed will be added to the measurement results for the day the battery was inserted.
(It is assumed that the battery will be removed and replaced with a new one on the same day.)
- The measurement results for calories and fat burned, and the number of steps are automatically stored in memory on the hour (e.g. at 0:00, 1:00, 2:00, ... 21:00, 22:00, 23:00). The measurement results from the hour until the time the battery is replaced will be deleted for that day.
- When the battery is removed, the time will be reset to "0:00". Set the time after inserting the new battery (refer to Chapter 5 "Settings").
(The measurement results stored in memory and the weight, height, and stride length settings are not deleted.)
- The attached battery is for trial use. This battery may run out in 4.5 months.

Battery life

The battery life will vary depending on how frequently you workout and on how long the unit is worn.

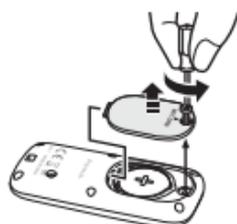
The following examples offer a guide to expected battery life.

- Worn during everyday life
 - Approx. 4.5 months (4 hours of activity each day)
Everyday life is defined as wearing the unit for 15 hours a day, of which 4 hours are counted as walking steps.
- Worn only during workouts
 - Approx. 6 months
This assumes that the unit is only worn when jogging or walking for 2 hours (approx. 10,000 steps) a day.

Note: In both cases, the battery life may be shorter if the amount of walking or activity increases.

9.1 Replacing the battery

- 1 Loosen the screw of the battery cover on the back of the unit, and remove the battery cover by pulling it off in the direction of the arrow.



Use the supplied screwdriver or use a small screwdriver to loosen the screw on the battery cover.

- 2 Remove the battery with a thin, sturdy, stick that will not break easily.

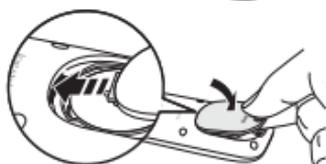
Note: Do not use a pair of metal tweezers or a screwdriver.



- 3 Insert the battery (CR2032) with the positive (+) side face up.



- 4 Replace the battery cover by sliding the catch in first, then tighten the screw.



10 Deleting all settings

Follow the procedure below to delete all the previous measurement results and settings, including the time, weight, height, and stride length.

- 1 Press the SET button on the back of the unit with a thin, sturdy, stick that will not break easily.

Note: Do not press the button with a sharp point. This could cause damage.

The hour setting will flash.



- 2 Press  and  at the same time for at least 2 seconds.

After "ALL Clr" has been displayed, the hour setting will appear.

The measurement results stored in memory and the settings for the time, weight, height, and stride length are deleted. To continue using the unit, reset the time, weight, height, and stride length settings (refer to Chapter 5 "Settings").

11 Maintenance and storage

11.1 Maintenance

Always keep the unit clean.

The unit should be cleaned with a soft dry cloth.

To remove stubborn stains, wipe the unit with a damp cloth moistened with water or mild detergent. Then wipe it dry.

Maintenance and storage precautions

Do not use volatile liquids, such as benzene, or thinner, to clean the unit.

Please observe the following storage conditions.

- Do not disassemble or modify the unit. Changes or modifications not approved by OMRON HEALTHCARE will void the user warranty.
- Do not subject the unit to strong shocks or vibrations, drop it, step on it, or leave it at an angle.
- Do not immerse the unit or any of the components in water. The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.
- Do not subject the unit to extreme temperatures, humidity, moisture, or direct sunlight.
- Do not store the unit where it will be exposed to chemical or corrosive vapours.

Always store the unit out of the reach of young children.

Remove the batteries if the unit will not be used for a long time (3 months or more).

EN

12 Troubleshooting

Phenomenon	Cause	Rectification
 Blinks or appears continuously.	Battery weak or exhausted.	Insert a new 3V lithium battery type CR2032 (refer to Chapter 9.1).
The display does not change.	Workout mode is off.	Workout time, distance, workout calories burned and average speed are only recorded in Workout mode. Start Workout mode (refer to Chapter 6.3).

Phenomenon	Cause	Rectification
Nothing is displayed.	Polarities of battery (+ and -) aligned in wrong directions.	Insert battery in correct alignment (refer to Chapter 9.1).
	Battery weak or exhausted.	Insert a new 3V lithium battery type CR2032 (refer to Chapter 9.1).
	Energy saving function active.	Press either of  ,  or  (refer to Chapter 7.1).
The distance display is not correct.	The stride length setting is not correct.	Adjust the stride length (refer to Chapter 6.3).
Displayed values are incorrect.	The unit is attached incorrectly.	Follow instructions (refer to Chapter 6.2).
	You are walking at inconsistent pace.	Cases where the unit may not be able to count steps accurately (refer to Chapter 7.2).
	Settings are wrong.	Change settings (refer to Chapter 5.1).
"Err" is displayed.	A malfunction has occurred.	Remove the battery then insert it again (refer to Chapter 9.1).
The display is unusual or the buttons do not operate normally.		Remove the battery then insert it again (refer to Chapter 9.1).

Note: If a malfunction has occurred and you need to repair your unit, all settings and measurement results are deleted. We recommend you to record measurement results.

Physical Activity and Public Health in Older Adults (M. E. Nelson; et al.)
 ACSM/AHA Recommendation; Circulation 2007;116:1094-1105
 Physical Activity and Public Health (W. L. Haskell; et al.)
 Update: ACSM/AHA Recommendation; Circulation
 2007;116:1081-1093

13 Technical data

Product name	Jog style	
Type	HJA-300-EY/HJA-300-EK	
Power supply	3V Lithium battery type CR2032	
Battery life	Approx. 6 months* (when used for 2 hours a day [approx. 10,000 steps])	
	Note: Supplied battery is for trial use. This battery can run out within 6 months.	
Measurement range	Workout results	
	Time	0'00" to 1440'00"
	Distance	0.0 to 999.9 km
	Calories burned	0 to 59,999 kcal
	Average speed	0.0 to 999.9 km/h
	Total today	
	Calories burned today	0 to 59,999 kcal
	Fat burned today	0.0 to 999.9 g
	Steps today	0 to 999,999 steps
	Time	0:00 to 23:59
Capacity of memory	Workout results	
	Time	1 to 7 previous measurements
	Distance	1 to 7 previous measurements
	Calories burned	1 to 7 previous measurements
	Average speed	1 to 7 previous measurements
	Total today	
	Calories burned today	1 to 7 days ago
	Fat burned today	1 to 7 days ago
Steps today	1 to 7 days ago	
Setting range	Time: 0:00 to 23:59 (24-hour display)	
	Weight: 30 to 136 kg in units of 1 kg	
	Height: 100 to 199 cm in units of 1 cm	
	Stride length: 30 to 250 cm in units of 1 cm	
Operating temperature/humidity	-10°C to +40°C/30 to 85% RH	
External dimensions	75.5(W) × 33.5(H) × 11.8(D) mm	
Weight	Approx. 28 g (including battery)	
Contents	Activity monitor, Holder, Strap, Clip, 3V Lithium battery type CR2032, Screwdriver and Instruction manual	

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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.

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.





***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 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 take 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 wastes for disposal.

This product does not contain any hazardous substances. Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.



Battery

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Made in China

