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How to Set Up an Omron Pedometer | Livestrong.com

Your Omron pedometer is a fitness accessory used to provide a great amount of information about your activity. The pedometer displays a history of the number of steps you take, the amount of time you walk, the distance you travel and an approximation of the number of calories you burn.

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Here're the different parts of the main unit.

Omron HJ 112 - Premium Digital Fitness Pedometer

Bob Greene, Oprah's personal trainer and author of 20 Years Younger, shows us how easy Omron Pedometers are to use as he takes us through a quick, step by step set up. Check out @OmronFitness on ...

How to Set Up Your Pedometer

If you own an Omron HJ-112 pedometer and want to review the manual for details, it is available here: Omron HJ-112 Manual Expert Review - Omron HJ-112 Pedometer The Omron HJ-112 was rated high for accuracy by a consumer testing organization.

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