



90166 Manual

90166 Smart Sports Watch

Introduction

Screen display area

Function button

Pressure relief hole

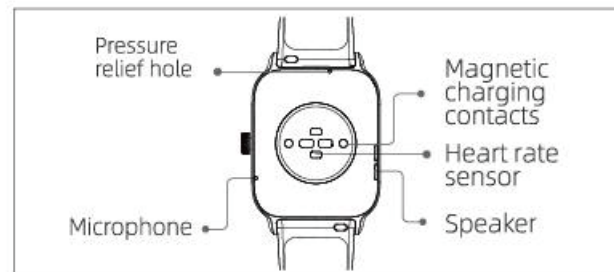
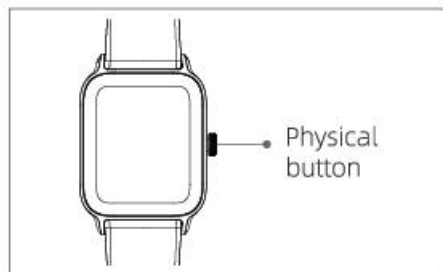
Heart rate sensor

Microphone

Speaker

Front side

Back side



Getting started

- (1) Open the package and check its content.
- (2) Delivery content: 1) 90166 smart watch (with built-in lithium battery); 2) user manual; 3) original charging cable and charging base.
- (3) Charge the watch to activate and turn it on before first use. To charge, simply connect the magnetic charging dock to the charging contact located on the back of the watch.
- (4) Search for “Titan Smart World” on the APP Store, Google Play or scan the QR code to download and install the APP.
- (5) Log in to the APP and set your personal information, as well as your daily goals.



(USE Titan Smart World QR code)

- (6) On the “Device” interface, tap the “+” icon in the upper right corner, your phone starts searching. From the device list found, choose your smart watch name to pair with. You may also link the device directly by scanning the device’s QR code using the scan function.

Health

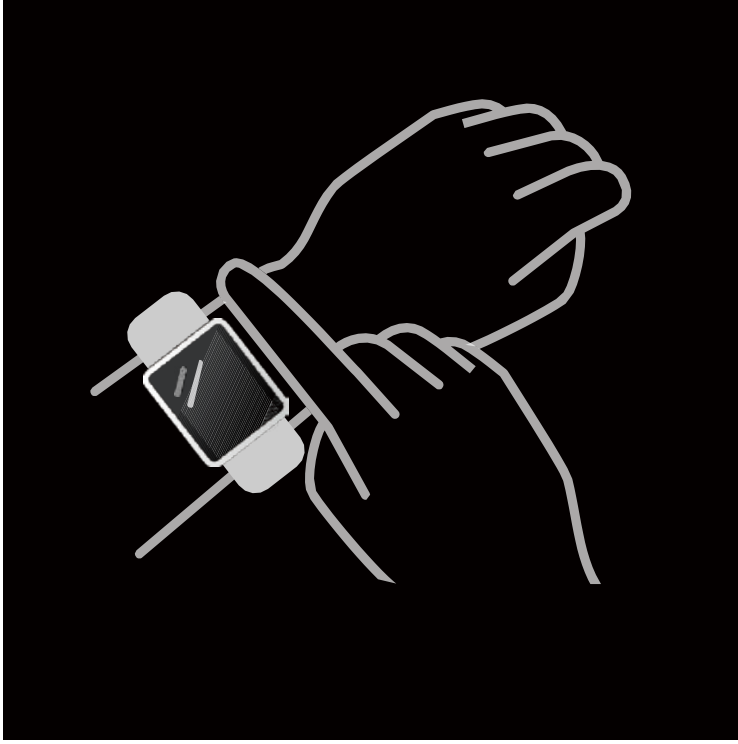
a) Watch

1. The watch will automatically record your data.
2. You can measure your heart rate, HRV, SpO2, stress level, body energy, respiratory rate on the watch, or turn on automatic measurement of heart rate, SpO2, stress, sleep on the APP to track these data the whole day. You can manually or make the watch automatically monitor your health status continuously.
3. To start an exercise:
 - 1) When the watch face interface is displayed, short press the physical button to access the APPlication list. Tap the Sport icon to access the icons of different exercise types, then tap the icon of an exercise (such as Outdoor run) to start the exercise.
 - 2) There are 110 exercise types, the watch can display 21 exercise types by default, display up to 30 exercise types. You can add or delete the exercise types through the watch. On the APP's multi exercise mode you can change their order.

b) APP

1. Start “Titan Smart World”, enable the Bluetooth feature, and grant the GPS positioning permission;
2. Light up the bracelet screen and bring it close to your phone;
3. Click the “+” icon on the APP, and select the smart watch model in the search results to bind;
4. Confirm the binding request on the smart watch;
5. Fill in your information and set your step goal on the APP to complete the binding.

Basic Operations



1. Wear the watch correctly: ensure that your watch is at least one finger above your wrist bone and that the sensor on the back touches your skin.
2. Screen operation: 90166 has a full touch screen, which supports operations including short/long tap, swipe left/right and swipe up/down.
3. Button operation: 90166 has a physical button; which supports “short press” and “long press” operations. Short press: to return to home page/pause exercise. Long press: for 2 seconds to turn on the watch when it is off; to turn on Alexa when the watch is on;for 5 seconds to enter power&restart page;for 8 seconds to restar watch.

Function Description

1.Watchface

The watch can display a total of 10 watch faces (including 1 wallpaper watch face), default built-in 6. You can switch between them manually on the watch or on the Titan Smart World APP’s watch face settings. You can also install the wallpaper watch face on the APP. More watch faces are available for download from the "Watch Face Market".

2.Sports

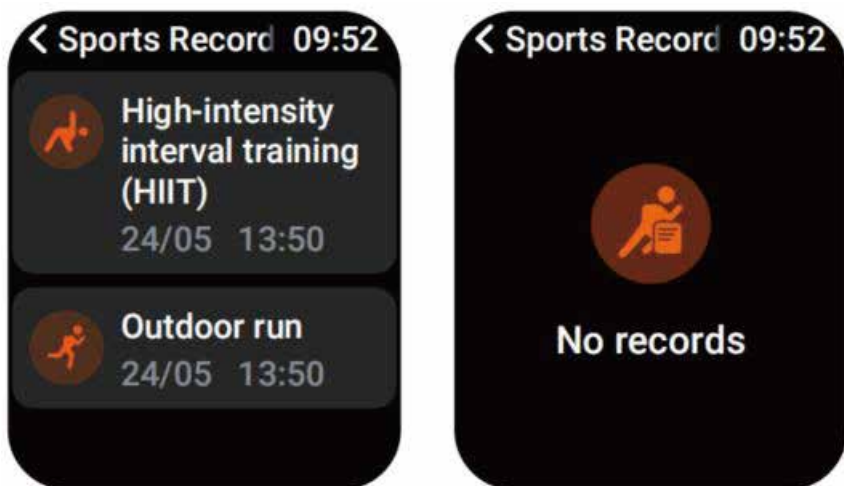
21 exercise types can be displayed by default:Outdoor run, Indoor run,Outdoor walk,Indoor walk,Hiking,Outdoor cycle,Indoor cycle,Pool swim,Open swimming,Elliptical,Rowing machine,Yoga,Workout,Cricket,Functional training,High-intensity interval training (HIIT),Core training,Dance,Step training,Cooldown,Cross-country race.There are 110 exercise types,the watch can display 21 exercise types by default,display up to 30 exercise types. You can add or delete the exercise types through the watch.On the APP's multi exercise mode you can change their order.



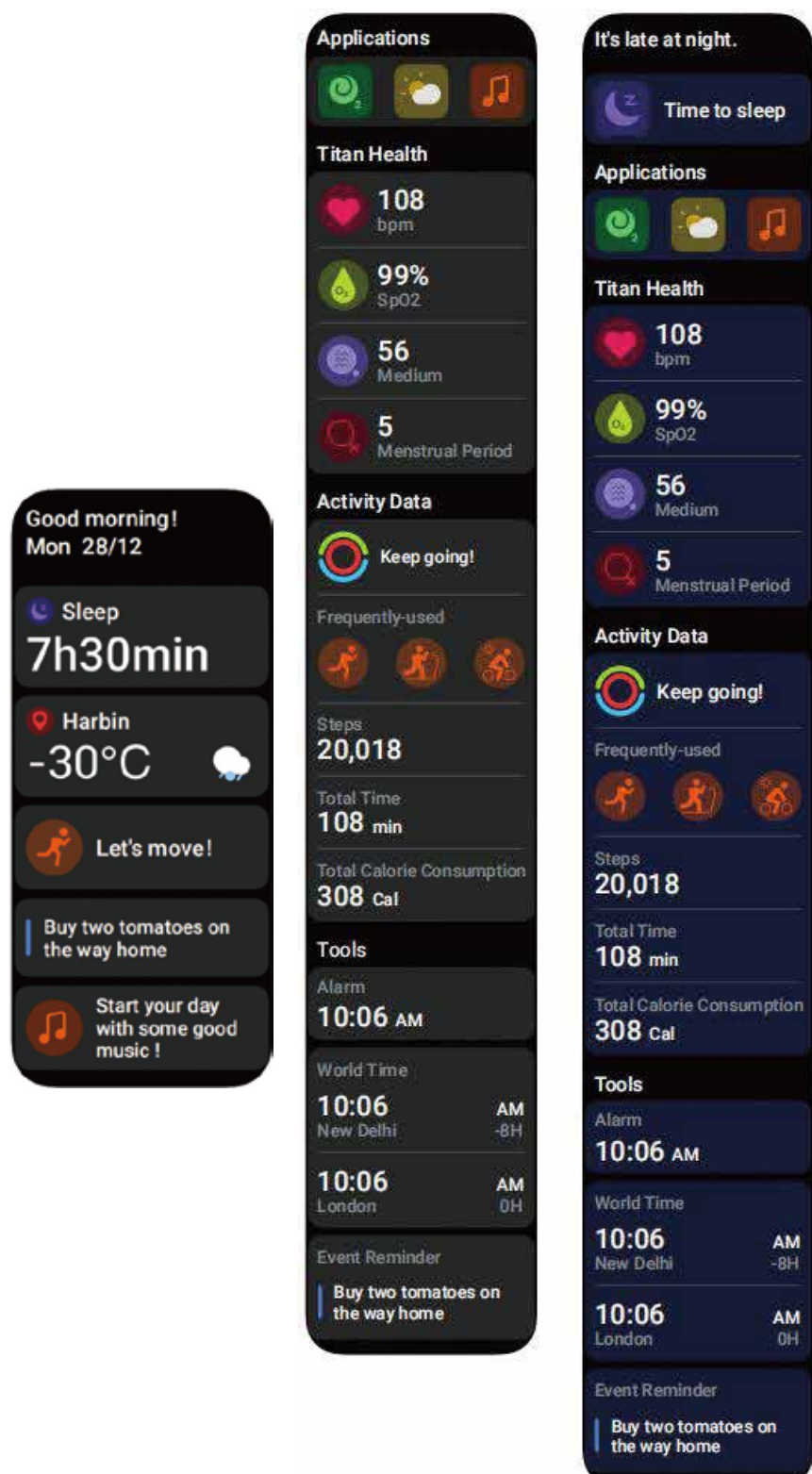
90166 supports running courses,Offer different stages for different runners to improve your running ability step by step.



- a) 90166 supports intelligent exercise recognition. It can recognize whether the user is running/walking. It supports automatically pausing an exercise or reminding when an exercise ends. This feature can be turned on/off on the APP.
- b) 90166 summary of exercise contains various exercise data, which can be checked on the Titan Smart World APP.
- c) You can view your recent exercise records on the watch, including detailed data about your exercise; you can also view the exercise records on the APP.



3.X Screen



Taking time as the dimension, according to the user's usage habits, recommend different Applications and reminders to be displayed on the X screen

4.Application

Multisport(Sports,Running Courses,Sports Records),Wellness(My Fitness,Heart Rate,Stress,SpO2,One-click Measurement,Ambient Noise,Sleep,Breathe,My Cycle,Body Energy),Alexa,Phone,Event Reminder,Weather,Music,Camera, Time(Alarm,Stopwatch,Timer, World Time),Find Phone,Flashlight, Settings are contained in the watch.



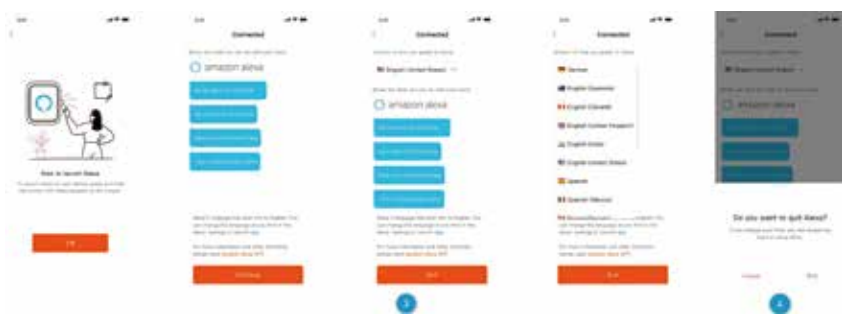
4.1 Alexa

4.1.1 Titan Smart World APP-Alexa



(use Titan Smart World APP's alexa pictures)

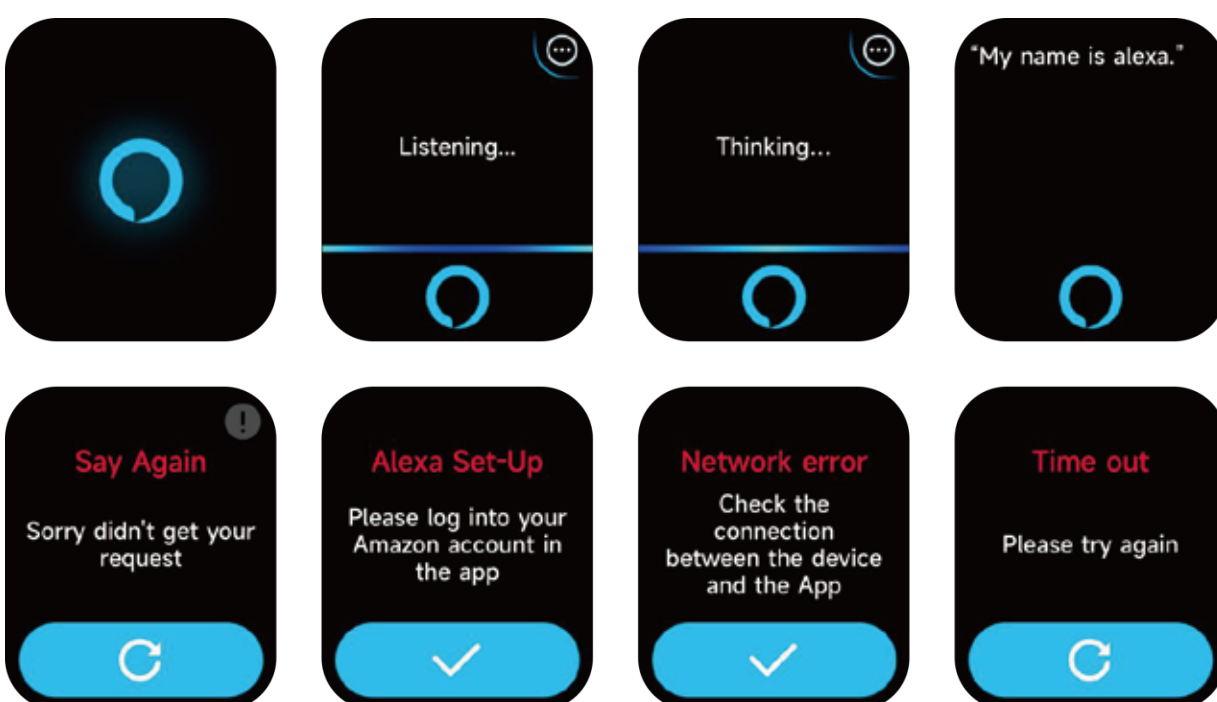
1. APP can click the amazon Alexa area to enter the login tutorial interface.
2. Jump to the Amazon dedicated Alexa account login interface for account binding authorization;



(use Titan Smart World APP's alexa pictures)

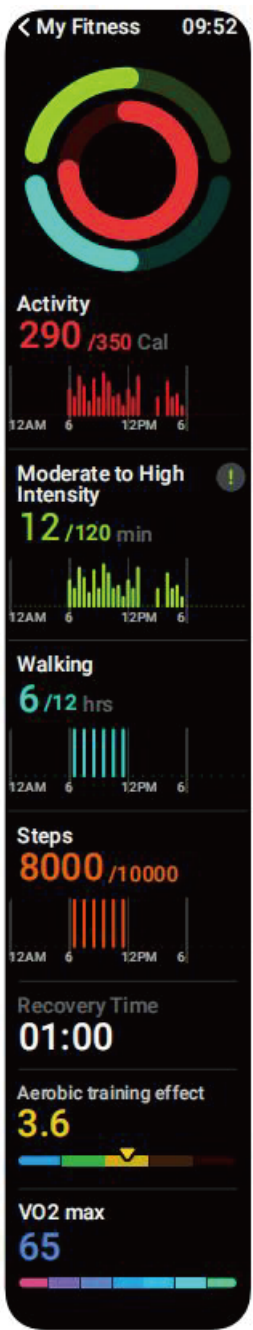
3. After binding authorization, you can view part of the operation introduction and set different national languages;
4. Click the log out button to log out of Alexa, you can log in again at any time.

4.1.2 Watch-Alexa



1. The watch is Alexa built-in. On Listening interface, if you ask a question or say a voice command, it turns to Thinking interface and returns an answer or executes the command. Currently via Alexa you can set alarm clock, countdown, event reminder services on the watch.
2. A corresponding prompt is displayed in case the request is timed out, the voice is not recognized, the account is not logged in, the network connection is unstable, or the Bluetooth is not connected.

4.2 My Fitness



The watch can collect and display: Activity/Moderate to High Intensity/Walking/Steps data and goals of the day, histogram of Moderate to High Intensity /Activity/Walking data per hour throughout the day, Steps and Distance of the day, Daily Goal Setting, etc.

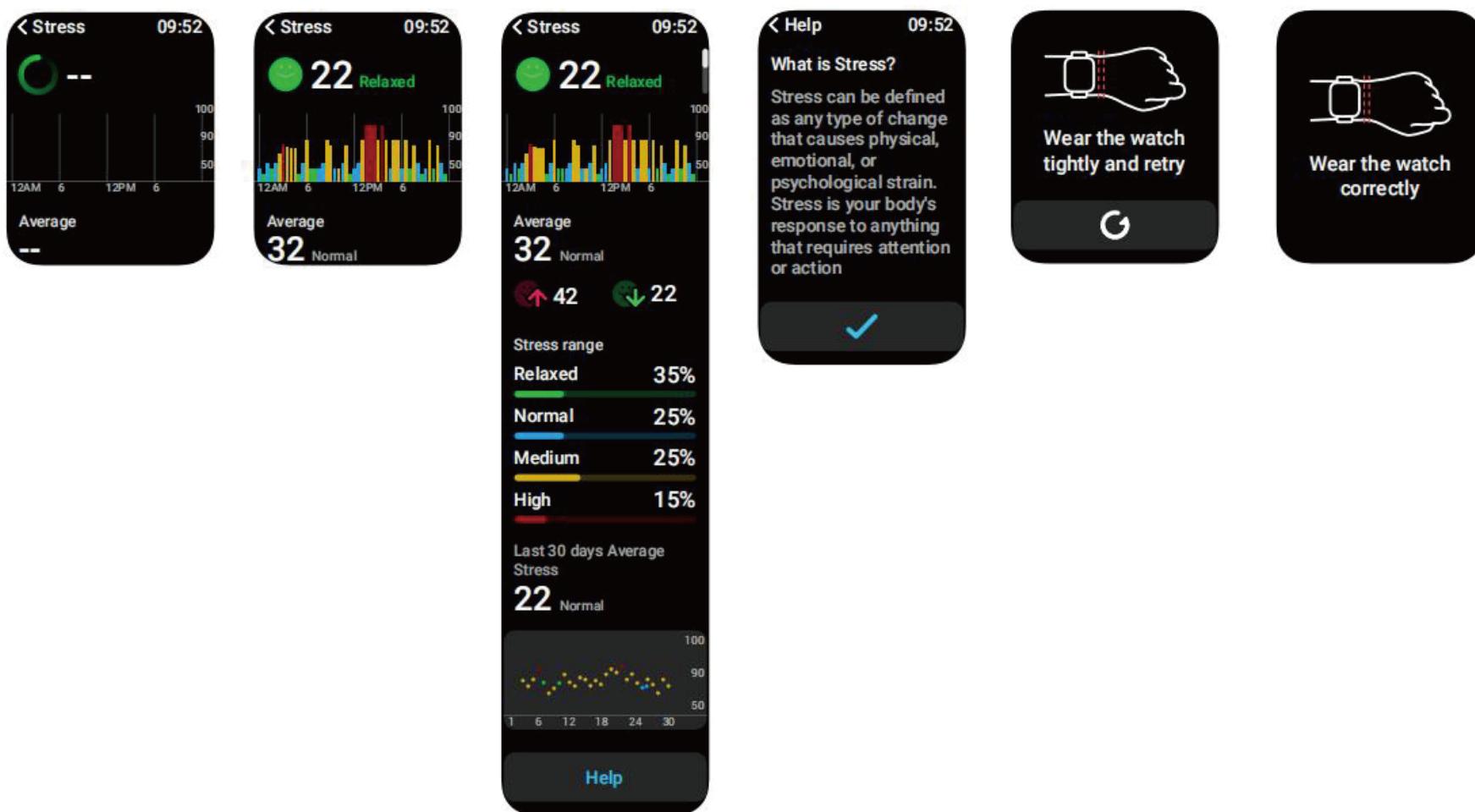
4.3 Heart Rate

1. What is Heart Rate?
Heart Rate refers to the number of times your heart beats per minute, which is generally 60-100 beats/min. It may vary depending on an individual's age, gender or other physiological factors

2. What is HRV?
HRV (Heart Rate Variability) refers to the time intervals between consecutive heartbeats. It is typically measured using the green light PPG signal. HRV is a combination of multiple indicators. It is usually evaluated using the standard deviation of normal to normal R-R intervals (SDNN). Generally speaking, the higher the HRV, the better. High HRV is associated with better cardiovascular functions and ability to work under Pressure, while low HRV is associated with higher risks of anxiety and depression, as well as higher cardiovascular mortality. In addition, irregular HRV may increase the risk of heart diseases, which needs your attention
Range: normal HRV ranges from 25 to 200
Low HRV (<25): anxiety or fatigue, which indicates that you need to rest and relax

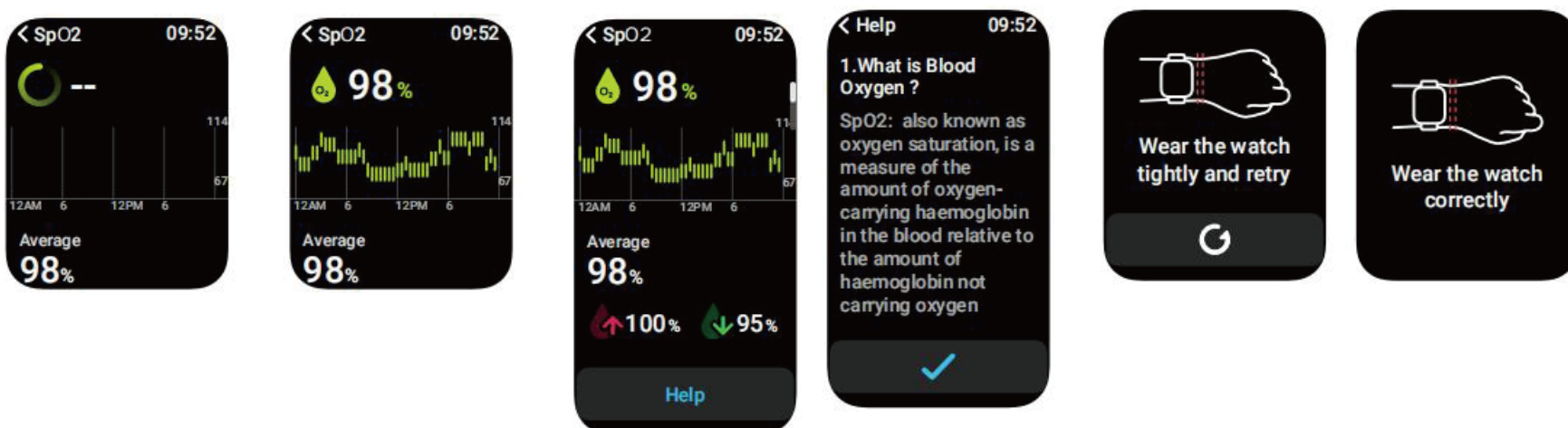
1. You can manually measure the heart rate and HRV on the watch. In the APP settings, you can turn on/off the around-the-clock monitor of the heart , or view the data. When the all-day heart rate monitor is turned on, you can see the percentage of each heart rate interval.
2. Each time heart rate is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

4.4 Stress



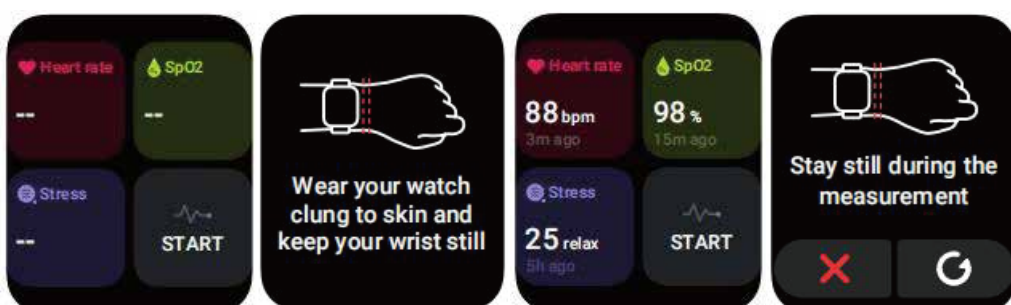
1. You can manually measure stress on the watch. In addition, the watch supports automatic around-the-clock stress monitor. In the APP settings, you can turn on/off this function, or view the stress data.
2. Each time stress is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

4.5 SpO2



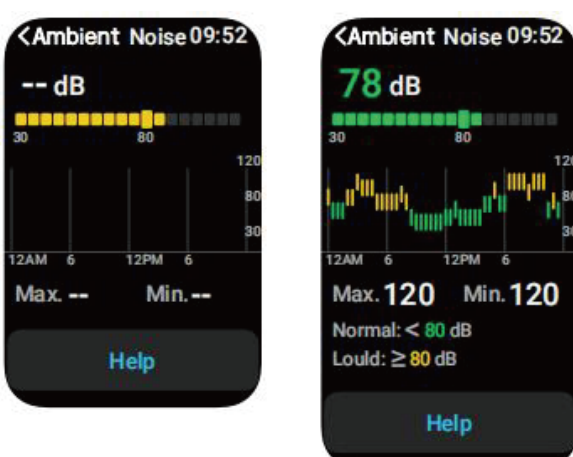
1. You can manually measure SpO2 on the watch. In addition, the watch supports automatic around-the-clock SpO2 monitor. In the APP settings, you can turn on/off this function, or view the SpO2 data.
2. Each time SpO2 is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

4.6 One-click Measurement



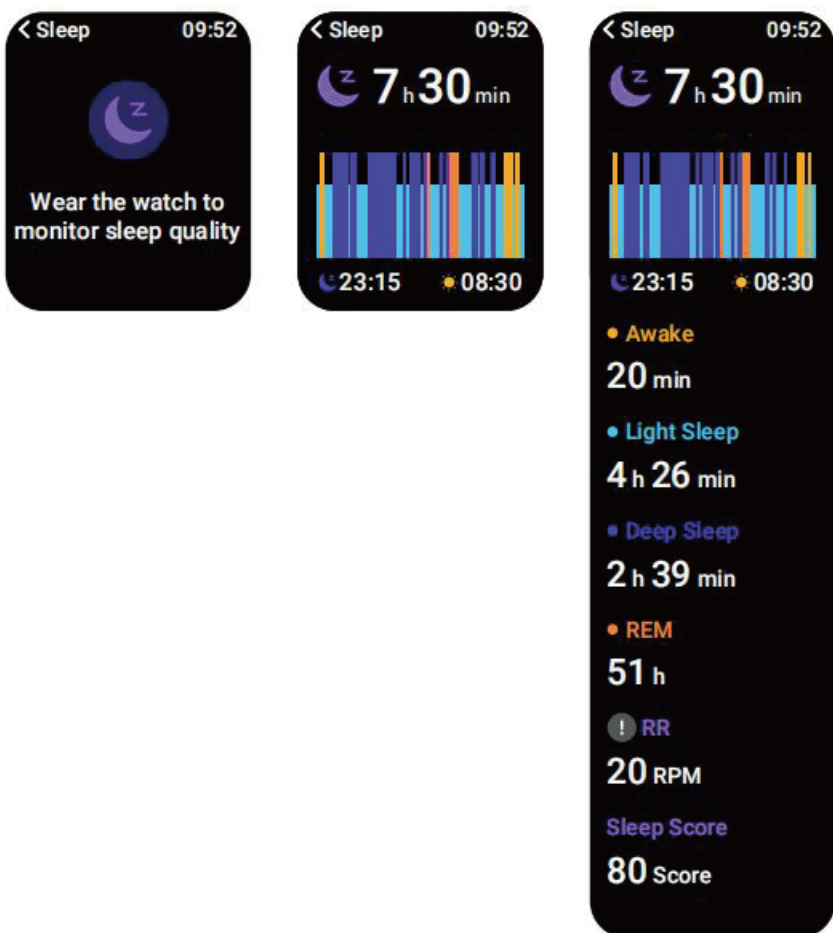
1. Heart rate, pressure, and blood oxygen can be measured simultaneously within 30 seconds.
2. Each time One-click measurement is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

4.7 Ambient Noise



1. You can manually measure noise on the watch. In addition, the watch supports automatic around-the-clock noise monitor. In the APP settings, you can turn on/off this function, or view the corresponding data.
2. Each time noise is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

4.8 Sleep



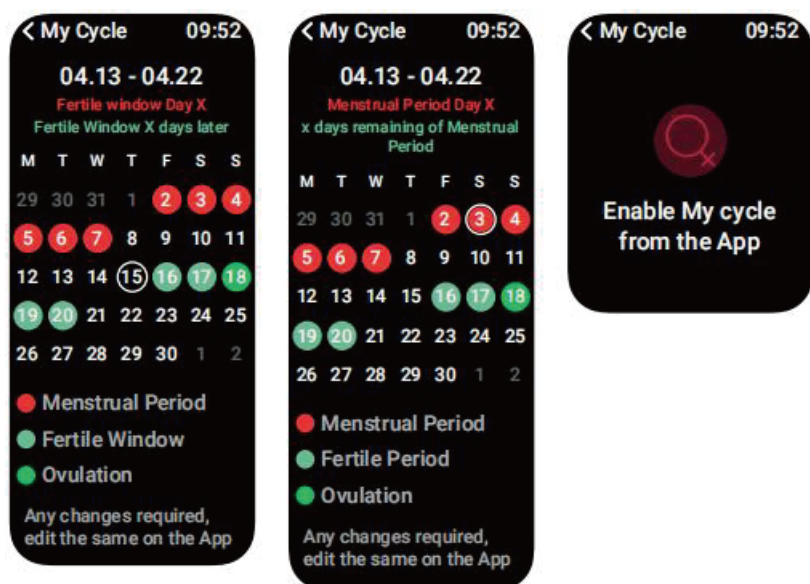
You can view the most recent sleep record, sleep and respiratory rate status at each stage.

4.9 Breathe



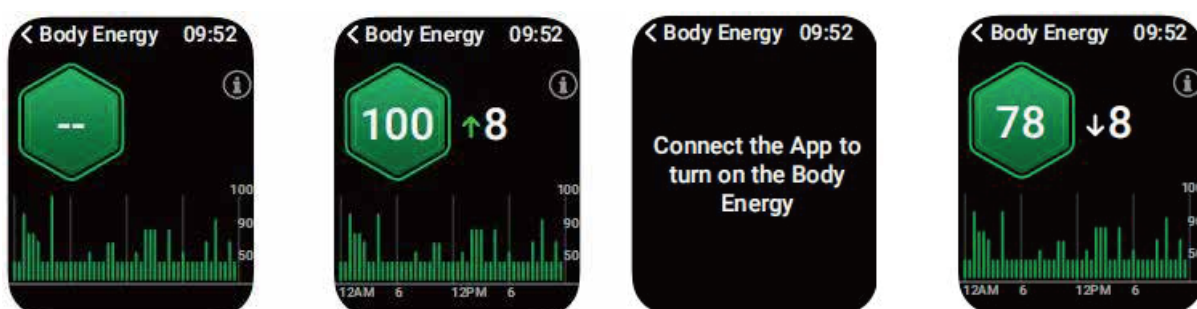
1. Click Breath training icon to access this feature. It helps adjust your breathing rate: rapid, normal and slow, and choose the duration.
2. Click Start to directly enter the breath training animation. Follow the vibration and animation frequency to adjust your breathing. Reasonable breath training can help soothe your emotions.

4.10 My Cycle



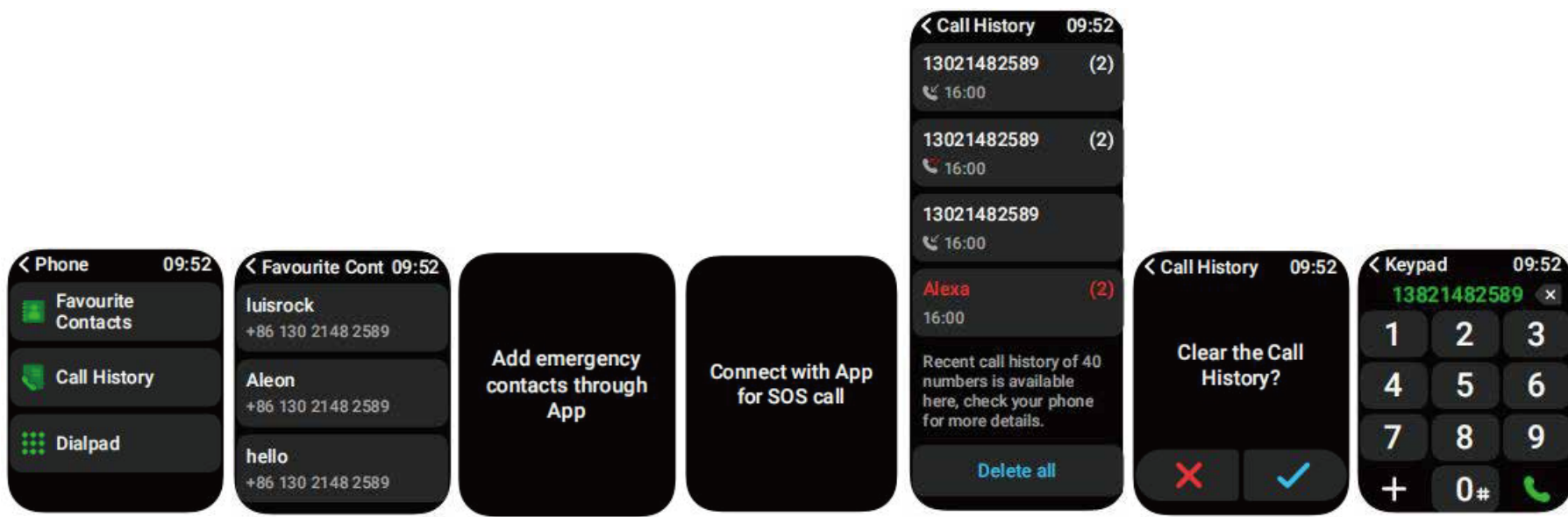
When the user is a woman and has set the cycle length, reminder time and other options, the time will be reminded periodically, the watch will display the cycle tracking function options.

4.11 Body Energy



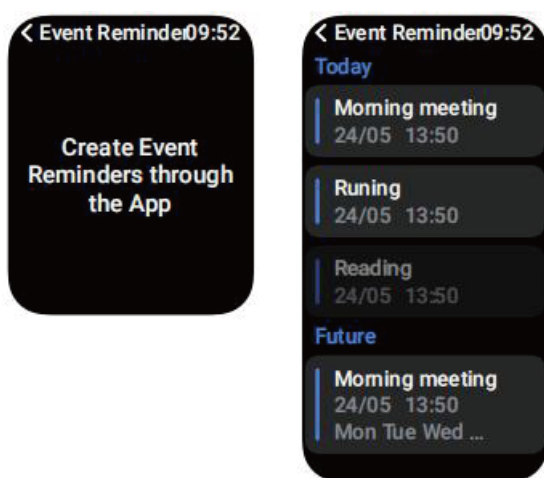
Body Energy is a feature that uses a combination of Heart Rate Variability, Stress, Sleep and Activity to estimate a user's energy reserves throughout the day. Body Energy can be used to help manage a user's day. A high value should mean the user has enough energy for a workout or exercise. Conversely, a low value may indicate it's time to rest.

4.12 Phone



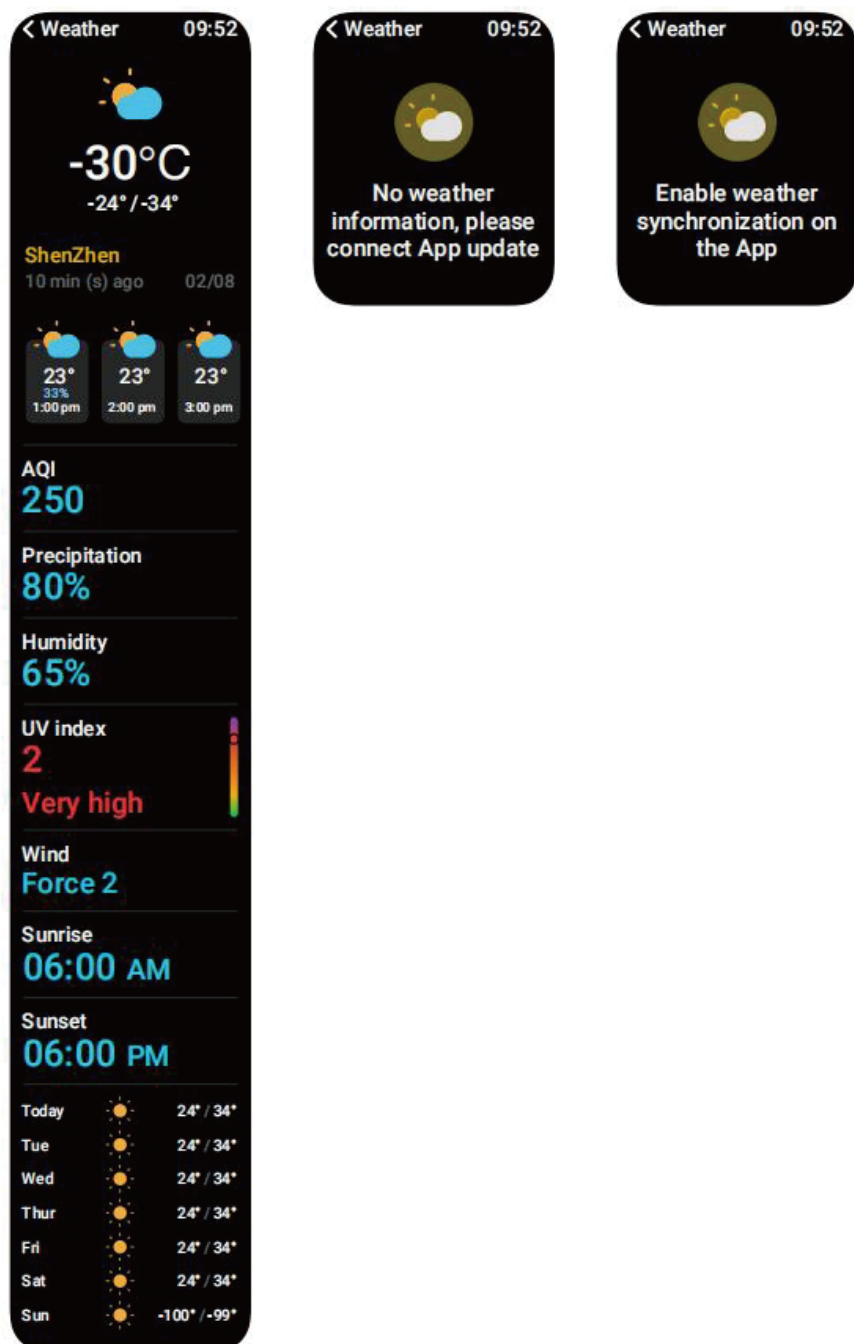
1. You can add up to 20 favourite contacts to your watch through the APP, then call these contacts on your watch.
2. You can add 1 emergency contact to your watch through the APP. When the BT, BLE connect and APP is running, long press the button for 5 seconds on the watchface or quickly press the button three times in the favourite contacts page to dial an emergency contact.
3. You can view and delete recent call history on your watch and call the numbers displayed in the call history.
4. You can make calls through the watch's dialer.

4.13 Event Reminder



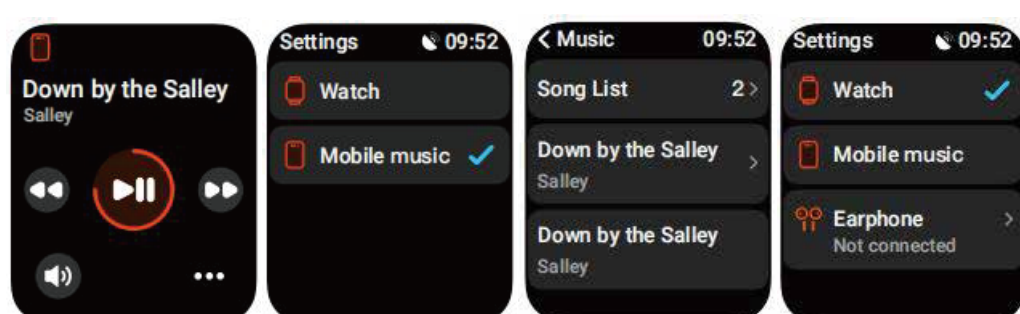
You can set a reminder, reminder time on the APP. Once the setting is completed, the reminder will be synchronized to the watch. When the reminder is due, a notification will pop up on the watch. You can view all event reminders set on the watch.

4.14 Weather



Supports Current city seven-day weather viewing, you can view today's "current weather, highest and lowest weather values" and the "highest and lowest weather values" for the next six days.

4.15 Music



1. When the watch is connected to the APP, you can control the mobile music player to perform the functions of "next, previous", "play/pause" and "volume increase and decrease". This function can be open or close in the APP settings.
2. You can also set song lists and transit songs through APP, after watch receive music file from APP the watch can play the local music.
3. we can connect earphone to listening local songs and sports notifications ect.

4.16 Camera



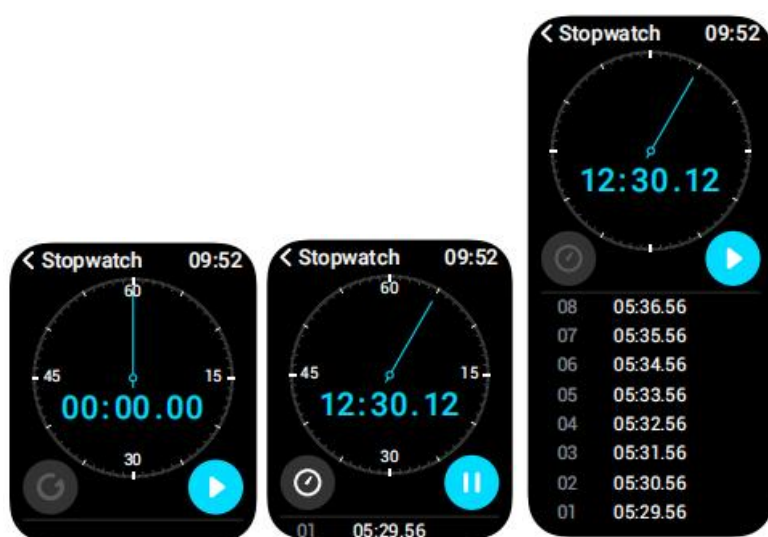
1. When the watch is connected to the APP, you can make your Camera Control.

4.17 Alarm



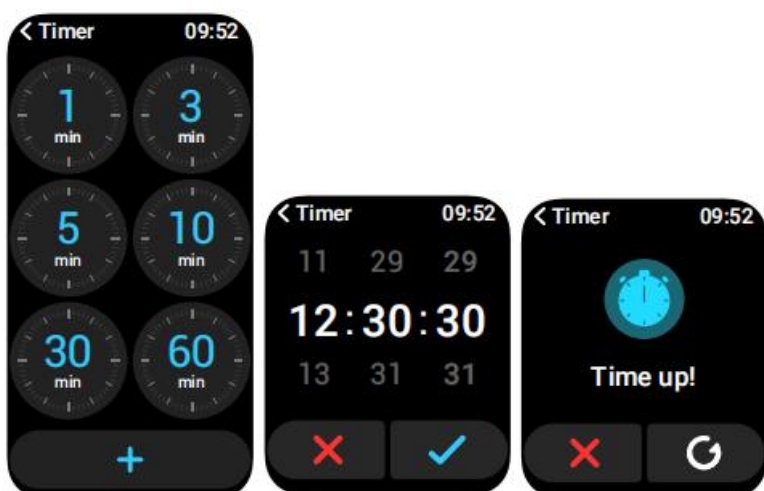
1. You can add, delete an alarm, or turn the alarm on/off on the watch, and also set an alarm for the watch via the APP.
2. You can set the alarm delay time and times in the APP to decide how long you want to delay and how many times to delay.

4.18 Stopwatch



Use the watch as a stopwatch. The stopwatch has a "Lap" function.

4.19 Timer



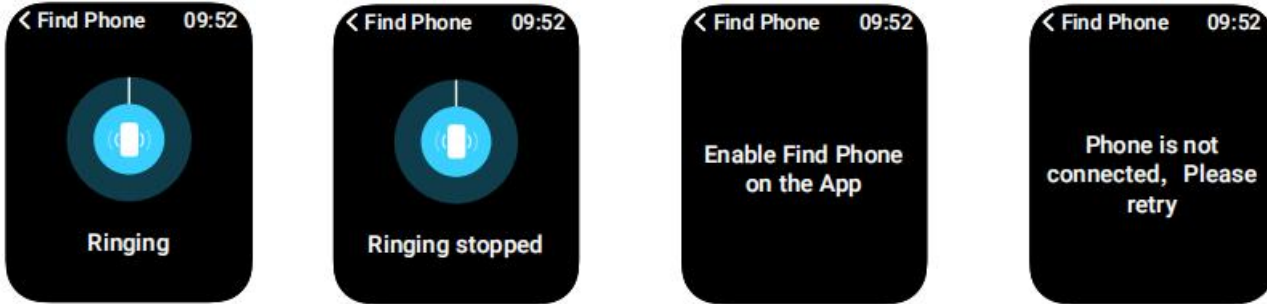
You can set a timer with a preset duration on the watch, and the timer will remind you when the timer expires; you can customize the timer time.

4.20 World Time



You can check the time in your city on the watch, and set on the APP the time in cities of other countries to be displayed on the watch.

4.21 Find Phone



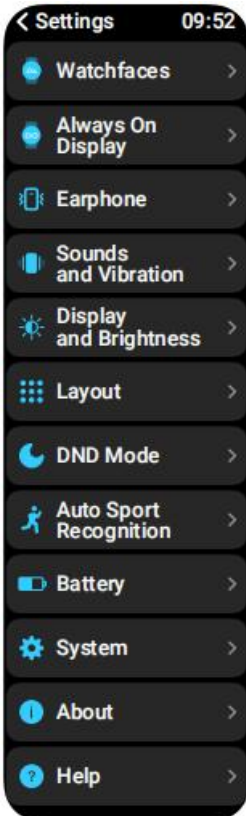
1. When the watch is connected to the APP, you can make your phone ring.
2. Click the icon to end the ringing.
3. This function can be On or off in the APP settings.

4.22 Flashlight



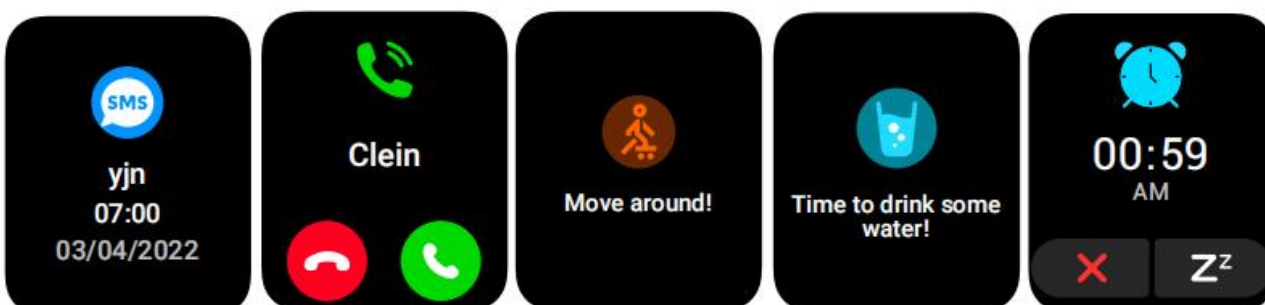
When the power is greater than 5%, you can turn on the watch's flashlight for lighting.

4.23 Settings



1. In the watch's settings, you can set the screen-on time, ringtone settings and APP view.
2. In the watch's settings, you can also shut down, restart or reset the watch (once reset, all data stored in the watch will be cleared, and the watch will be unpaired from your phone).

5. Reminder module



The watch supports multiple reminder modes, including message reminder, incoming call reminder, walking reminder, drinking reminder, exercise goal reminder, exercise rate warning reminder, etc.

changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two

conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

manufacturer : Titan Company Limited
Integrity, #193, Veerasandra, Electronics City P.O., Off Hosur Main Road, Bangalore, India

importer information : XXXXXXXX
XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Operating Temperature: 0°C-45°C
Product Frequency : 2402-2480MHz
Max.transmission Power Consumption : 0.46dbm
GPS: 1575.42 MHz