POLAR 90085777

POLAR Grit X Pro Titan User Manual

Model: 90085777

Introduction

This manual provides comprehensive instructions for the POLAR Grit X Pro Titan, a premium outdoor GPS sports watch designed for durability and advanced training. It covers setup, operation, maintenance, and troubleshooting to ensure you get the most out of your device.

The POLAR Grit X Pro Titan is built to handle any environment with its ultra-strength titanium bezel, military-level durability, and scratch-resistant sapphire glass. It features ultra-long battery life and Precision Prime OHR tracking. With turn-by-turn guidance and powerful GPS, you'll always know where you stand. Explore the world and understand your body with all-new navigation tools, always-on outdoor features, and Polar's ultimate training solutions. The watch comes with two premium wristbands: perforated leather and FKM, combining style with rugged functionality.

What's in the Box

The POLAR Grit X Pro Titan package includes the following items:

- POLAR Grit X Pro Titan Sports Watch
- Charging Cable
- Getting Started Guide
- Additional FKM Wristband (pre-installed, if not, the other is)
- Perforated Leather Wristband (if not pre-installed, the other is)



Image: The POLAR Grit X Pro Titan sports watch, showcasing its robust design and a vibrant display of activity metrics.

Setup

1. Initial Charging

Before first use, fully charge your POLAR Grit X Pro Titan. Connect the charging cable to the watch's charging port and plug the other end into a USB power adapter or a computer's USB port. The watch display will indicate charging progress.

2. Powering On and Initial Setup

Press and hold the top-left button until the Polar logo appears. Follow the on-screen instructions to select your language, time format, and other basic settings. For optimal experience, download the Polar Flow app on your smartphone.

3. Pairing with Polar Flow App

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Polar Flow app and sign in or create a new Polar account.
3. Follow the app's instructions to pair your watch. A pairing request will appear on your watch; confirm it.
4. The app will guide you through setting up your personal physical data (height, weight, age, etc.) for accurate tracking.

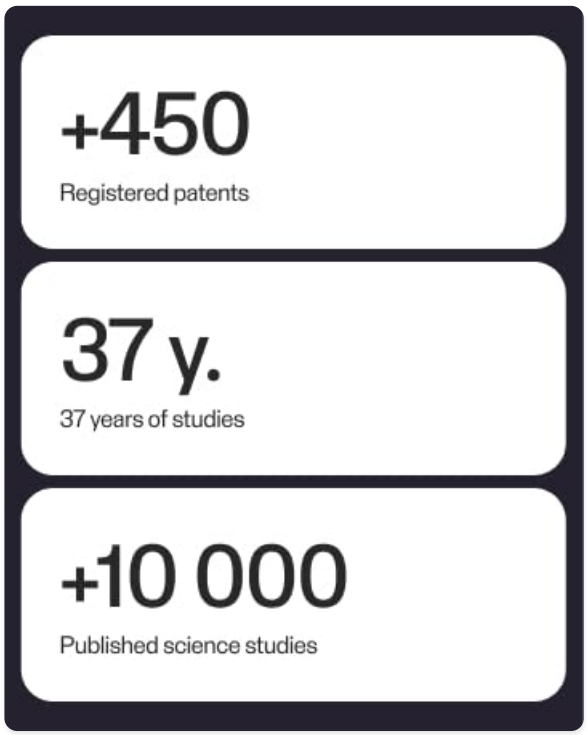


Image: A user interacting with the Polar Flow app on a smartphone, demonstrating the digital interface for managing watch settings and data.

Key Features

Rugged Durability

The POLAR Grit X Pro Titan is built to handle any environment with its MIL-STD-810G premium design, scratch-resistant sapphire glass, and water resistance up to 100m. This watch is designed to withstand extreme conditions, making it ideal for outdoor adventures.

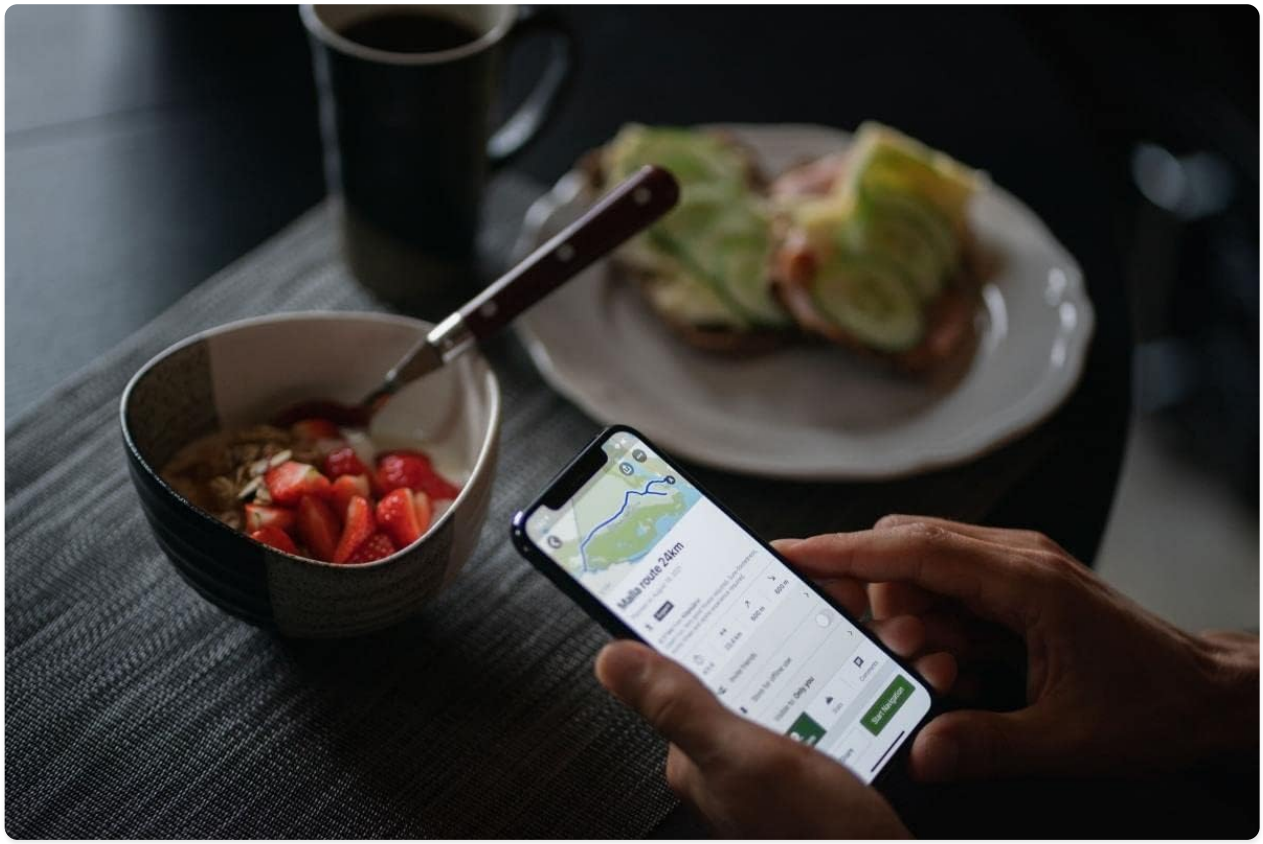


Image: The POLAR Grit X Pro Titan on a wrist, highlighting its durable construction and sleek appearance.

Ultra-Long Battery Life

Enjoy extended usage with up to 40 hours of training with full GPS and heart rate tracking. With power-save options, the battery life can extend up to 100 hours for GPS tracking. In watch mode with 24/7 heart rate tracking, it provides up to 7 days of battery life.

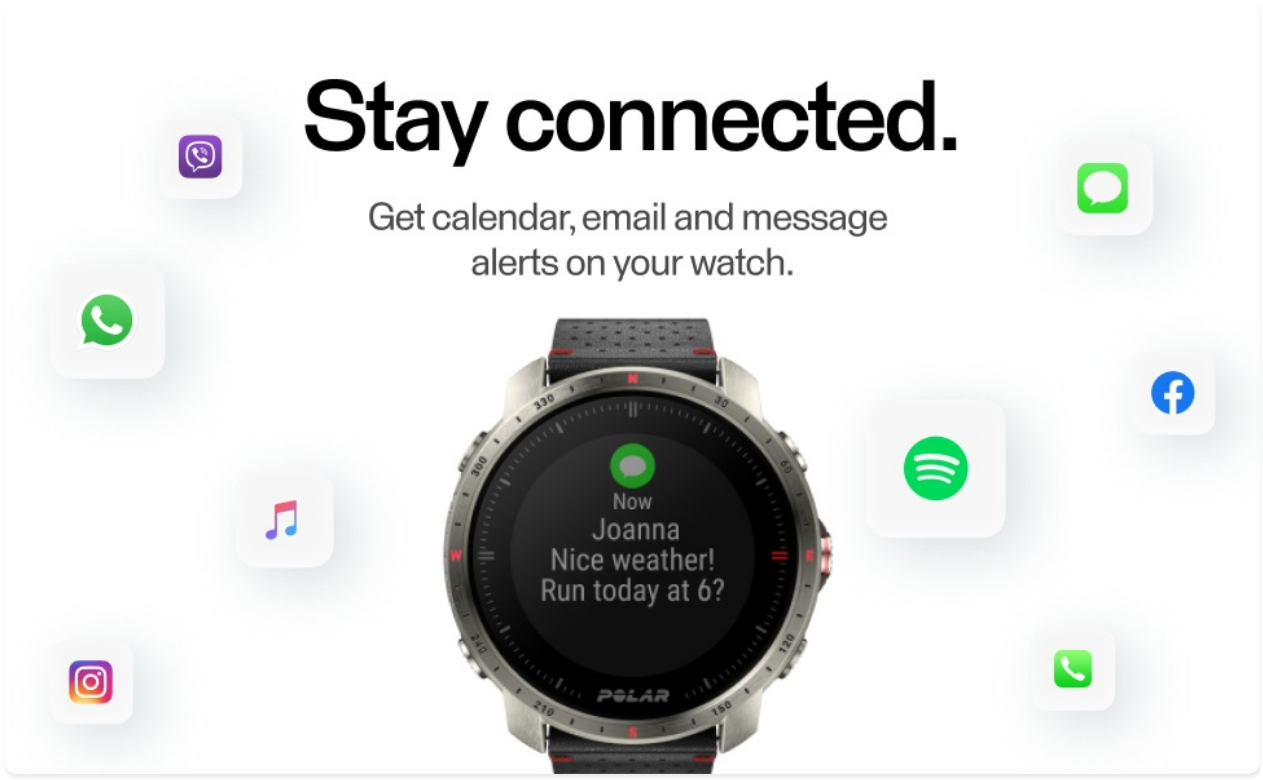


Image: A visual representation of the watch's impressive battery performance under various usage scenarios.

Unrivaled OHR Tracking and GPS Accuracy

The watch features world-renowned wrist-based heart rate monitoring for precise data. Built-in GPS provides exact locations, and assisted-GPS ensures fast fix times, crucial for accurate tracking during outdoor activities.

Turn-by-Turn Guidance Powered by Komoot

Navigate confidently with real-time, turn-by-turn guidance directly on your watch. This feature, powered by Komoot, helps you stay on the right track during your adventures.

Smart Features

Stay connected with weather reports, phone notifications, and music controls directly on your watch.

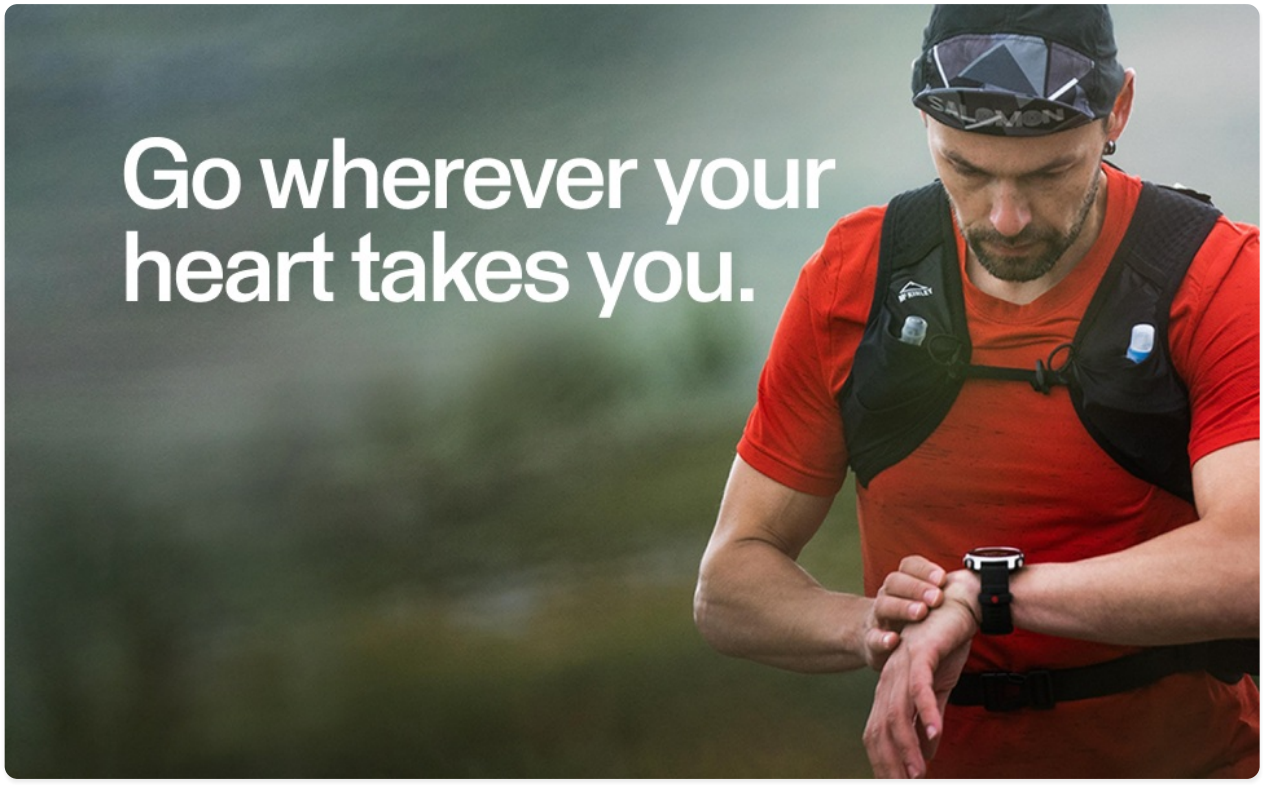


Image: The watch face displaying incoming notifications from various applications, demonstrating its smart connectivity features.

Hill Splitter

Automatically detects all uphills and downhills by using your speed, distance, and altitude data, providing detailed performance insights for each section of your session.



Image: The watch displaying the Hill Splitter feature, showing metrics for uphill and downhill segments of a route.

Nightly Recharge and Sleep Plus Stages

These features offer an easy and simple way to see how your body recovers from training and stress, helping you make optimal choices for the day ahead.

Operating Instructions

Basic Navigation

- **Touchscreen:** Swipe up/down to browse menus, left/right to switch watch faces. Tap to select.
- **Buttons:** The watch has five buttons. The top-left button controls backlight and locks screen. The middle-right button confirms selections. The bottom-right button cancels or returns to previous screen. The top-right and bottom-left buttons are for scrolling.

Starting a Training Session

1. From the time view, swipe left or right to find the pre-training mode.
2. Select your desired sport profile (e.g., Running, Cycling).
3. Wait for the watch to acquire GPS signal and heart rate. The icons will turn green when ready.
4. Press the middle-right button to start your session.

Using Navigation Features

Access navigation features from the pre-training mode or during a session. You can import routes from Komoot via the Polar Flow app. The watch will provide real-time turn-by-turn directions and display elevation profiles.



Image: The watch displaying an elevation profile, indicating current position and remaining ascent/descent.

Product Demonstration Video

Your browser does not support the video tag.

Video: An official product demonstration showcasing the features and functionality of the POLAR Grit X Pro Titan watch.

Maintenance

Cleaning Your Watch

Regularly clean your watch and wristband with mild soap and water. Rinse thoroughly and dry with a soft towel. Avoid harsh chemicals or abrasive materials that could damage the watch.

Charging Port Care

Ensure the charging contacts on the watch and cable are clean and dry before charging. Dirt or moisture can affect charging performance.

Storage

When not in use for extended periods, store the watch in a cool, dry place. It is recommended to charge the battery to about 50% before long-term storage to preserve battery health.

Troubleshooting

Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- Perform a soft reset by pressing and holding all five buttons simultaneously for 10 seconds until the Polar logo appears.

GPS Not Connecting

- Ensure you are in an open outdoor area with a clear view of the sky.
- Sync your watch with the Polar Flow app to update the assisted-GPS data.
- Check for any obstructions or interference.

Heart Rate Inaccuracy

- Ensure the watch is worn snugly on your wrist, just behind the wrist bone.
- Clean the optical heart rate sensor on the back of the watch.
- Warm up before starting your exercise to improve blood flow to the wrist.

Syncing Issues

- Ensure Bluetooth is enabled on your phone and the watch.
- Restart both your watch and your phone.
- Try unpairing and re-pairing the watch with the Polar Flow app.

Specifications

Feature	Detail
Product Dimensions	1.85 x 1.85 x 0.51 inches
Item Weight	1.87 ounces (53 Grams)
Model Number	90085777
Batteries	1 Lithium Polymer battery required (included)
Standing Screen Display Size	1.2 Inches
Memory Storage Capacity	128 MB
Operating System	Android (Note: This refers to compatibility, not the watch OS itself)
Special Feature	Bluetooth
Battery Capacity	346 Milliamp Hours
Connectivity Technology	GPS, Bluetooth
Shape	Round
Water Resistance	Up to 100m
Display Material	Sapphire Glass
Bezel Material	Titanium

Warranty and Support

For detailed warranty information and customer support, please refer to the official Polar website or the comprehensive User Manual PDF available for download.
Official User Manual (PDF): Download Here
For further assistance, contact Polar customer service through their official channels.

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