

**POLAR®**



***POLAR GRIT X***

## OUTDOOR MULTISPORT WATCH WITH GPS AND ALL ESSENTIAL TRAINING FEATURES

The Polar Grit X outdoor multisport watch is an uncompromising combination of rugged and durable, yet lightweight design, top training features and the support of Polar Flow, the ultimate training platform.

Polar Grit X comes with built-in GPS, compass and altimeter in training mode, and Polar's unique Smart Coaching features that make sure you're ready for your future adventures.





## **STYLE MEETS STRENGTH**

When you're going further than anyone else, you need tools that last with you. Polar Grit X is designed to take you through even the roughest, most epic sessions without clashing with your everyday style.

## **MILITARY-LEVEL DURABILITY**

Polar Grit X has passed several MIL-STD-810G tests, including extreme temperatures, drop and humidity.

## **LET NOTHING WEIGH YOU DOWN**

At 64 grams, Polar Grit X is one of the lightest outdoor multisport watches out there.

## **GO BEYOND AND BACK**

The ultra-long battery life and multiple power save options make sure Polar Grit X won't let you down even on your longest adventures.

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# DO WHAT MOVES YOU

Whether you're out on the trails or preparing for your future adventures with supportive workouts indoors, Polar Grit X comes with all the essential tools you need to make progress and achieve your goals.

The Polar logo, featuring the word "POLAR" in a bold, black, sans-serif font. The letter "O" is replaced by a red circle with a white horizontal line through its center. To the right of the logo is a red rectangular graphic consisting of two horizontal bars.

## LEARN TO REFUEL

Stay energized throughout your session with the new FuelWise™ fueling assistant. [Learn more](#)

## ELEVATE YOUR GOALS

The detailed uphill and downhill stats from Hill Splitter™ tell you how you performed on the ascent and descent sections of your route. [Learn more](#)

## AIM HIGHER

Your journey starts long before the trailhead. The [AUTOMATIC RECOVERY MEASUREMENT](#) and [THE ADAPTIVE DAILY WORKOUTS](#) make sure you're well prepared for your pursuit to conquer the trails.

## STAY ON THE RIGHT PATH

Plan your route on Komoot and let the turn-by-turn guidance on the watch keep you on the right track. [Learn more](#)

## DON'T LET THE ELEMENTS HOLD YOU BACK

There's no such thing as bad weather when you're well prepared. Polar Grit X shows you current weather and a 2-day forecast. [Learn more](#)

## DISCOVER THE ULTIMATE TRAINING PLATFORM

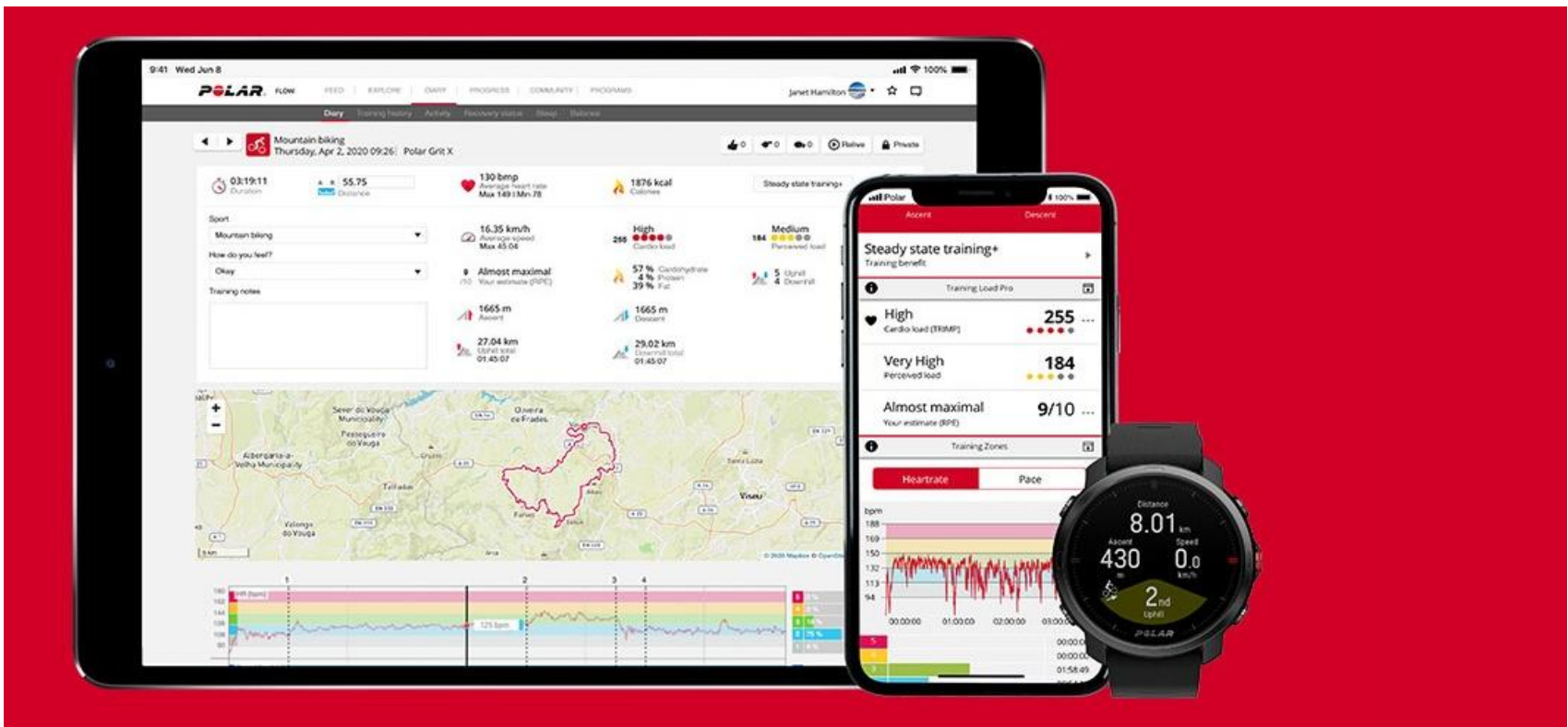
Polar Grit X goes hand in hand with Polar Flow, the app and web service that keeps all your training, activity and sleep data, plans and progress reports conveniently in one place and at hand whenever you need it.

## PLAN AND ANALYSE

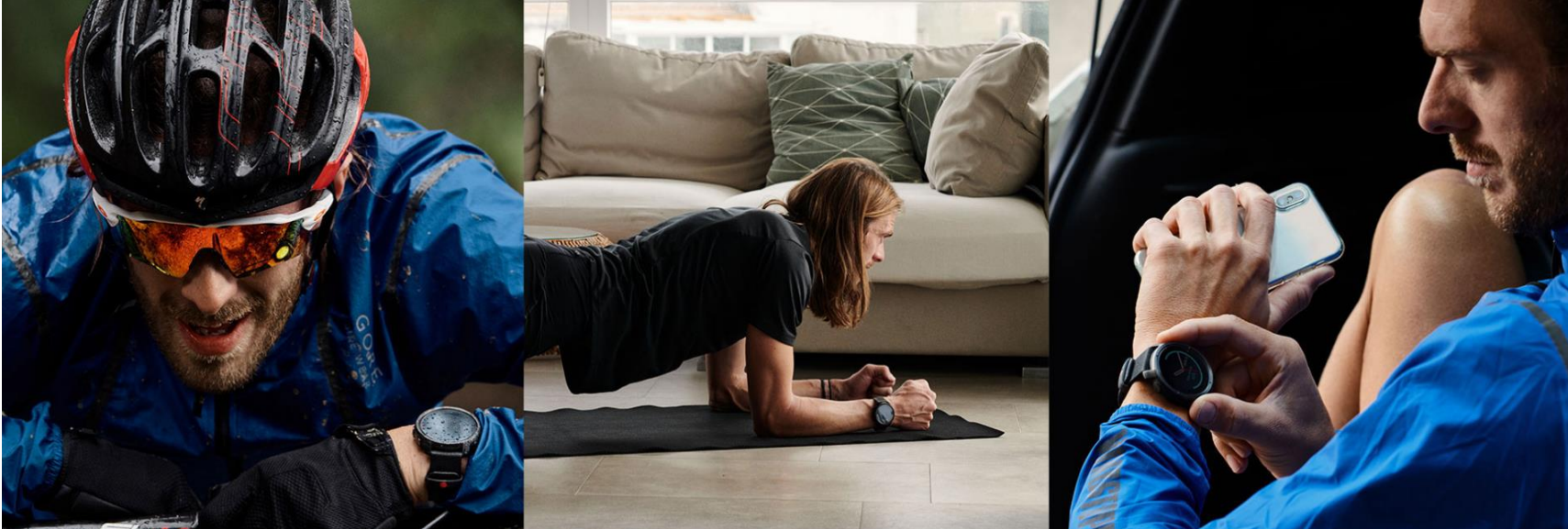
Make a training plan for a full season and keep track of your progress with the extensive analysis tools.

## SYNC YOUR DATA TO OTHER SERVICES

With Polar Flow, you can automatically sync all your training data to other apps, such as Strava or TrainingPeaks.



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## TECH SPECS

### Measurements

47 x 47 x 13 mm

### Weight

64 g with wristband, 44 g without wristband.

### Materials

Extreme high strength stainless steel case (with DLC coating on black color version). Glass fiber reinforced polymer back cover.

### Display

Always-on color touch display. Laminated Gorilla glass lens with anti-fingerprint coating, protected with forged stainless steel bezel with lugs. Size 1.2", resolution 240 x 240.

### Battery

346 mAh Li-pol battery. Battery life up to 40 h in training mode (GPS and wrist-based heart rate) or up to 7 days in watch mode with continuous heart rate tracking. Multiple power save options available.

### GPS & Barometer

Integrated GPS, GLONASS, Galileo, QZSS. Assisted GPS for fast fix times. Barometric altitude, incline, ascent and descent.\*\*





## POLAR FLOW

### POLAR FLOW

#### Plan your training

Plan all your training from individual workouts to full season plans.

#### Analyze your results

Get to the heart of your performance with the extensive training analysis tools.

#### Share with your coach

Share your training data with your coach or PT with the free Polar Flow for Coach service.

#### Get social

Share your highlights, join groups and let the Polar Flow community help you on your way to your goals.

### CONNECTIVITY

#### Connect with online sports communities

Komoot  
Strava  
TrainingPeaks  
MyFitnessPal  
Endomondo  
Nike+ Run Club

## FEATURES



### Hill Splitter™

Get detailed data about your performance on the uphill and downhill sections of your session.



### Route guidance

Upload your route to your Polar Grit X and stay on the right path with real-time guidance.



### Advanced wrist-based heart rate

Polar Grit X tracks heart rate with the Precision Prime™ sensor fusion technology.\*



### Running Index

Get an estimate of your running VO2max and see how your running performance is developing.



### FuelWise™ smart fueling assistant

Learn to refuel and maintain adequate energy levels during your long sessions.



### Route planning with Komoot

Plan your route on Komoot, import it to your Polar Grit X and let the turn-by-turn guidance take care of navigation for you.



### Weather

Check current weather info and a 2-day forecast straight on your watch.



### Smart Calories

Know exactly how many calories you've burned based on your weight, height, age, gender, your individual maximum heart rate (HRmax) and how hard you're training.



### Training Load Pro

Quantify the strain of your training session and see how your training strains the different parts of your body.



### Running Program

Get a personal and adaptive training plan that fits you and your goals.



### Training Benefit

Get motivating feedback immediately after training describing the effect of the session.



### Continuous Heart Rate

Get a comprehensive view on how your heart behaves during your day. Continuous heart rate monitoring gives you even more accurate calorie burn and activity data and tells you the lowest and highest heart rate of your day.

## FEATURES



### FitSpark™ training guide

Polar Grit X and the FitSpark™ training guide make sure you're prepared for your pursuit to conquer the trails with ready-made daily workouts that match your recovery, readiness and training history.



### Nightly Recharge™

See how well you recover from your day during the night.



### Serene™ breathing exercise

Relax your body and calm down your mind with the help of a guided breathing exercise.



### Sport profiles

Polar Grit X supports over 130 different sports. Add your favorite sports to your sports watch in Polar Flow.



### Running Power

Get more comprehensive insight into the intensity of your running sessions.



### Sleep Plus Stages™

Follow your sleep stages and get insights to your sleep quality.



### Swimming metrics

Polar Grit X automatically detects your heart rate, swimming style, distance, pace, strokes and rest times. Distance and strokes get tracked also in open water swimming.



### Energy sources

See how your body uses different energy sources during a training session. Polar Grit X divides your energy usage into carbs, proteins and fats.



### Fitness Test

Test your fitness level easily in just 5 minutes without breaking a sweat.

## FEATURES



### Phone notifications

Stay connected with notifications from your phone. Get alerts for incoming calls, messages, emails, calendar events and more.



### Strava Live Segments

Make your runs and rides more exciting with Strava Live Segments. Get alerts about nearby segments, see real-time performance data during a segment and check your results right after you finish.

## IN THE BOX

### POLAR GRIT X

Polar Grit X outdoor multisport watch  
Charging cable  
User manual  
Information note

