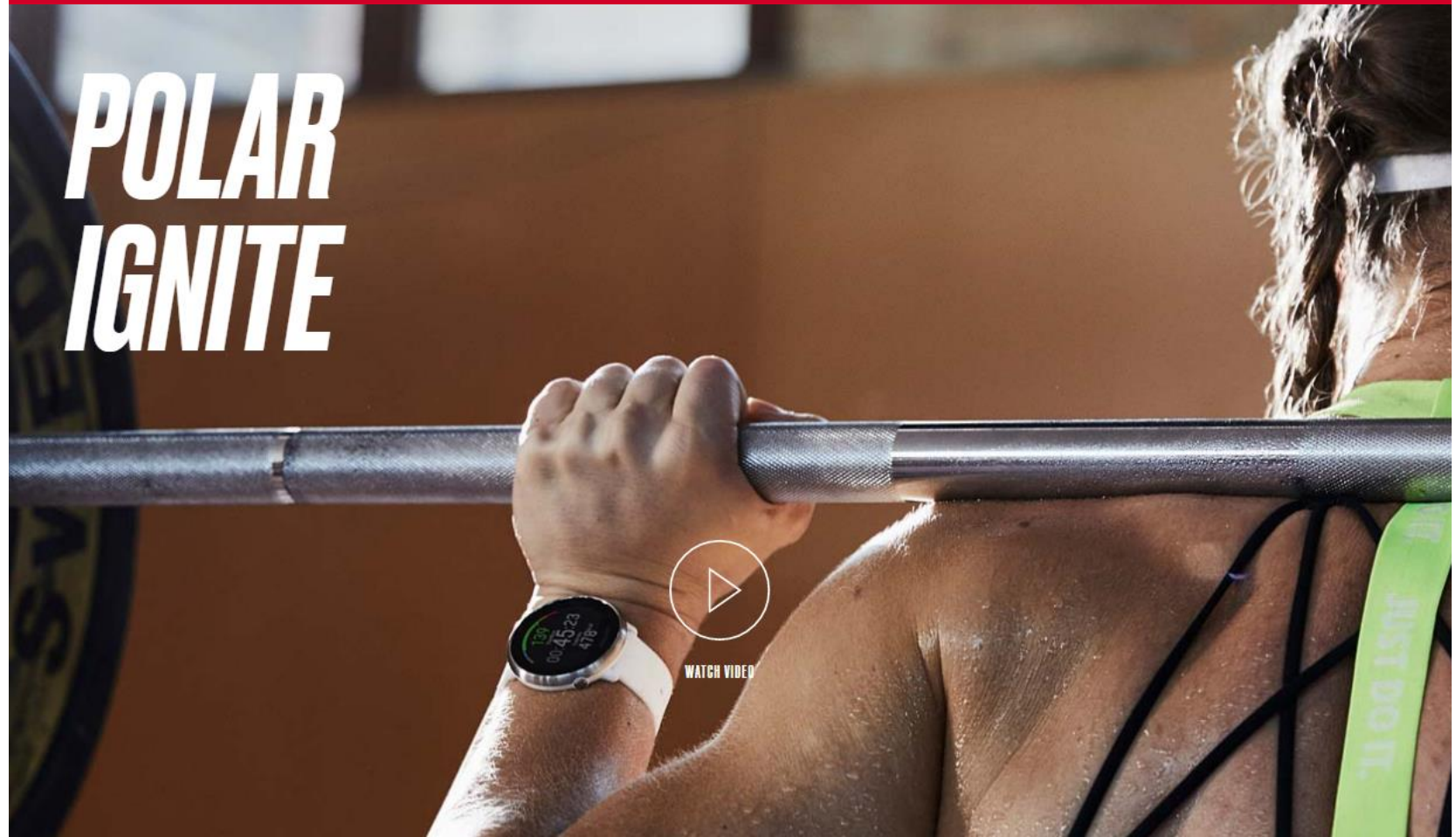


**POLAR**

# **POLAR IGNITE**





## FITNESS WATCH WITH GPS AND WRIST-BASED HEART RATE

Polar Ignite is a waterproof fitness watch with advanced wrist-based heart rate and integrated GPS. This new-generation workout partner helps you become your true potential and push your limits the right way. Polar Ignite offers you a full view of your day and guidance towards a more balanced life.





Polar Ignite is a versatile workout partner that takes care of the planning for you.

### **WORK OUT WITHOUT BURNOUT**

No more wasting time looking for the right workout plan for the day – the FitSpark™ training guide offers ready-made on-demand workouts that match your recovery and readiness.

### **GET MORE OUT OF YOUR FITNESS CLASS**

Take your group exercise experience to the next level – track your heart rate, find out how many calories you burned and see a summary of your workout afterwards.



### **TRACK YOUR RUNS, WALKS AND RIDES**

Polar Ignite is a great training partner for running, cycling and other outdoor workouts: the integrated GPS tracks your speed, distance and route.

### **DISCOVER THE ULTIMATE TRAINING PLATFORM**

The Polar Flow app and web service is your automatic workout log, the home of your sleep and activity data and the place for you to track your progress.

## MAKE THE MOST OF YOUR DAY

On top of the essentials, such as daily activity tracking, steps and calories, Polar Ignite gives you detailed insights to recovery and readiness.

### BUILD THE DAY ON THE NIGHT

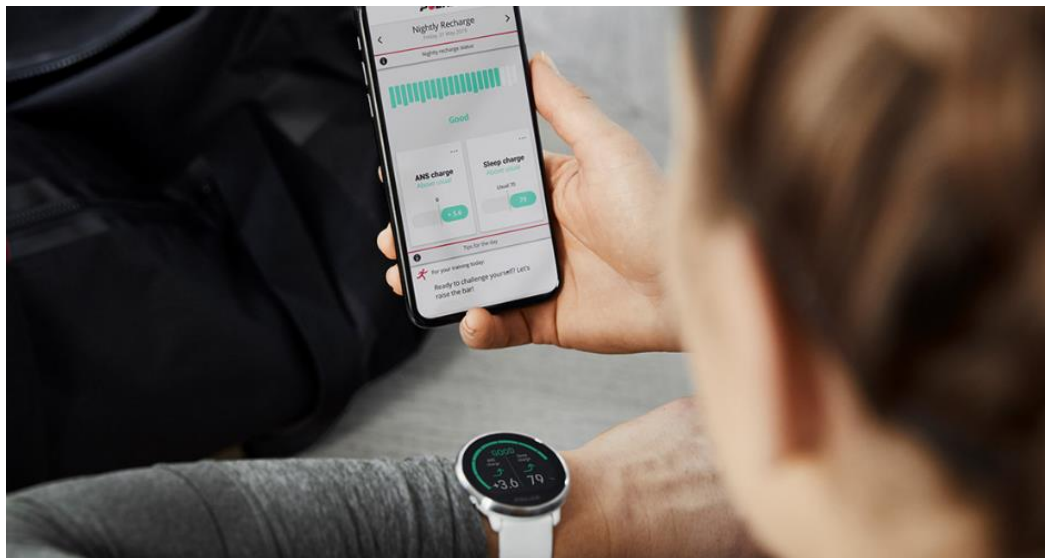
The Nightly Recharge™ recovery measurement shows how well you recover from stress and training during the night and helps you make optimal choices during the day.

### NO SLEEP, NO GLORY

Follow your sleep stages and get detailed sleep insights with the new Sleep Plus Stages™ sleep tracking.

### BREATHE AND FOCUS

Relax your body and calm down your mind with the new Serene™ breathing exercise.



## DESIGNED TO ADAPT

Polar Ignite's lightweight and sleek design is optimised for 24/7 use. You can wear it around the clock and it blends in with both your workday look and your training gear.

## NO LIMITS WITH YOUR LOOK

Match your Polar Ignite to any style or look: it's compatible with any standard 20 mm watch straps.

## ENJOY THE SIMPLICITY

The colour touchscreen and the one-button interface make Polar Ignite easy to use.



**POLAR.**



## TECH SPECS

### Measurements

43 x 43 x 8.5 mm

### Display

Gesture-activated colour touch display (IPS TFT) with ambient light sensor (ALS). Always-on option in training mode. Resolution 240x204. Dragontrail glass lens.

### Materials

Glass fibre reinforced polymer case. Stainless steel bezel & button.

### GPS

Integrated GPS & GLONASS. Assisted GPS for fast fix times.

### Watch

Time & date. Alarm with snooze. Stopwatch & countdown timer.

### Weight

35 g with wristband, 21 g without wristband.

### Battery

165 mAh Li-pol battery. Battery life up to 17 h in training mode (GPS and wrist-based heart rate), up to 5 days in watch mode with continuous heart rate tracking.

### Wristbands

Black & Silver: TPU plastic, stainless steel buckle.  
Other colours: Silicone, stainless steel buckle.

Sizing:

S: wrist circumference 130-185 mm

M/L: wrist circumference 155-210 mm

### Connectivity

Bluetooth Low Energy (BLE). Custom USB cable for charging and data synchronisation.

### UI languages

English, German, French, Italian, Dutch, Norwegian, Spanish, Portuguese, Swedish, Finnish, Danish, Polish, Russian, Turkish, Indonesian, Czech, Japanese, Chinese (simplified)

### Sensors

Compatible with Polar BLE heart rate sensors.

### Standalone mode

Can be set up and used without other devices or connections (limited memory capacity for data storage). To access all features, functionalities and unlimited cloud storage, connect your watch to Polar Flow, our free app and web service and the home of your sports and fitness data.

### Water resistant

Water resistant 30 m (ISO 22810, suitable for swimming)



## POLAR FLOW

### POLAR FLOW

The Polar Flow app and web service is the home of your training, activity and sleep data.

#### **Plan and analyse your training**

Plan all your training from individual workouts to full season plans and get to the heart of your performance with the extensive training analysis tools.

#### **Keep track of your sleep and daily activity**

See your sleep stats and get tips on how to reach your daily activity goal.

#### **Share with your PT**

Share your training data with your personal trainer or coach 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**

Strava  
TrainingPeaks  
MyFitnessPal  
Endomondo  
Nike+ Run Club



## FEATURES

### GPS

#### Integrated GPS

Track your speed, distance, route and altitude.



#### Nightly Recharge™

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



#### Sleep Plus Stages™

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



#### 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.



#### Advanced wrist-based heart rate \*

Polar Ignite tracks heart rate with the Precision Prime™ sensor fusion technology.



#### FitSpark™ daily training guide

Get ready-made daily workouts that match your recovery, readiness and training history.



#### Serene™ breathing exercise

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



#### Fitness Test

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



#### 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.



#### Activity guide

Stay on the move every day. Polar Ignite gives you a personalised daily activity goal that motivates you to keep moving throughout the day. You'll see how active you've been and Polar Flow gives you practical tips on how to reach that 100%.



#### Running Index

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

## FEATURES



### Running Programme

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



### Phone notifications

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



### Swimming metrics

Follow your progress in the pool – Polar Ignite automatically detects your heart rate, swimming style, distance, pace, strokes and rest times.



### Training Load Pro

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



### Sport profiles

Polar Ignite supports over 100 different sports. Add your favourite sports to your watch in Polar Flow.



### Works with Polar Club

If your gym uses the Polar Club group heart rate system, you can use Polar Ignite to display your heart rate on the screen.



### Training Benefit

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

## IN THE BOX

# POLAR IGNITE

Polar Ignite fitness watch  
Charging cable  
Polar Ignite user manual  
Information note

