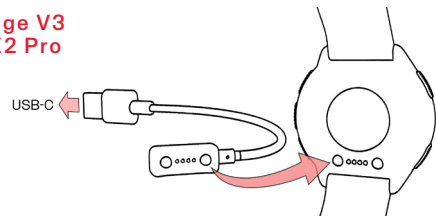


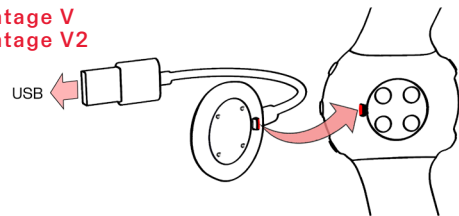
## Charge

To wake up and charge your watch, plug it into a powered USB port or a USB charger with the custom cable that came in the box.

Vantage V3  
Grit X2 Pro



Grit X  
Grit X Pro  
Vantage V  
Vantage V2



## Setup

After waking up the watch, choose your language and setup method. The watch gives you three options for setup: **(A)** set up on your phone, **(B)** on your computer or **(C)** on your watch. We recommend option **A** and provide instructions for it in this guide. By setting up your watch on your phone with the Polar Flow app, you'll get the latest updates for your watch and during the setup, your watch will also be paired with your phone.



Browse to the option most convenient for you with **UP/DOWN** and confirm your selection with **OK**.

To get the most accurate and personal training and activity data, it's important that you're precise with the settings in the setup.

To keep your watch up to date, always update the firmware whenever a new version is available. You'll be notified via Flow when a new version is available.

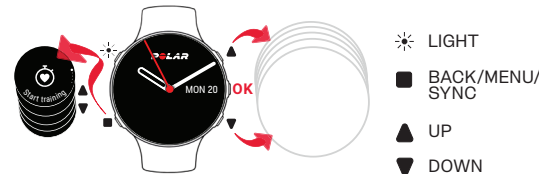
## Set up with a phone and Polar Flow app

Note that you have to do the pairing in the Polar Flow app and NOT in your phone's Bluetooth settings.

1. Make sure your phone is connected to the **internet** and turn on **Bluetooth**.
2. Download the **Polar Flow app** from the **App Store** or **Google Play**.
3. Open the Flow app on your phone. The Flow app recognizes your watch and prompts you to start pairing it. Tap the **Start** button.
4. Accept the Bluetooth pairing request on your phone. Confirm the pin code on your watch and the pairing is done.
5. **Sign in** with your **Polar account** or create a new one. We'll walk you through the sign-up and setup within the app.

When you're done with the settings, tap **Save and sync** and your settings are synced to your watch.

## Get to know



### Key button functions

- Press **OK** to confirm selections.
- Browse the views and menu with **UP/DOWN**, move through selection lists, and adjust a chosen value.
- Return, pause and stop with **BACK**. In time view press **BACK** to enter the menu, press and hold to start pairing and syncing.
- Press and hold **LIGHT** to lock buttons.

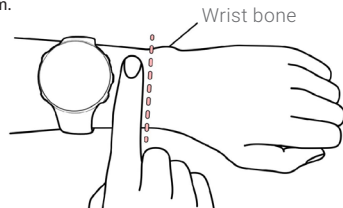
### Touch display (Disabled during training sessions)

- Tap the display to choose items.
- Swipe up or down to scroll.
- Swipe left or right in time view to view different views.
- Swipe down from the top of the display in time view to access the **Quick settings menu**.

## Wear

To get accurate heart rate readings during training, make sure that you wear the watch correctly:

- Wear the watch on top of your wrist, at least a finger's width up from the wrist bone.
- Tighten the wristband firmly around your wrist. The sensor on the back must be in constant touch with your skin and the watch should not be able to move on your arm.



When not measuring heart rate, loosen the wristband a bit for a more comfortable fit and to let your skin breathe.

Your watch is also compatible with Polar heart rate sensors with chest straps as well as optical heart rate sensors. You can buy a heart rate sensor as an accessory. Find a full list of sensors and accessories your watch is compatible with at [support.polar.com/en](https://support.polar.com/en).

## Train

1. Wear your watch and tighten the wristband.
2. Press **BACK** to enter the main menu, choose **Start training**, and then browse to a sport profile.

**When starting an outdoor training session:** Move away from tall buildings and trees, and keep your watch still with the display upwards to catch GPS satellite signals. The circle around the GPS icon will turn green when the GPS is ready.

3. The watch has found your heart rate when your heart rate is shown.
4. When all signals are found, press **OK** to start training recording.

### Pause and stop training

Press **BACK** to pause your training session. To continue training, press **OK**. To stop the session, press and hold **BACK** when paused until **Recording ended** is displayed. You'll get a summary of your training session on your watch right after you've stopped training.

### Take care of your watch

Keep your watch clean by washing it under running water with a mild soap and water solution after each training session. Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your watch and cable. Gently wipe off any dirt or moisture. **Do not charge the watch when it's wet.**

## Polar Flow

Sync your watch with the **Flow app** after training and get an **instant overview** of and feedback on your training, activity and sleep.

Sync your training data to the **Flow web service** with your computer or via Flow app to track your achievements, get guidance and see a **detailed analysis** of your training results, activity and sleep.

Information about materials and technical specifications are available in the user manual at [support.polar.com/en](https://support.polar.com/en).

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 5 mW maximum power.

The Polar Elixir biosensing technologies and Polar Precision Prime optical heart rate sensor technology use a very small, safe amount of electric current on the skin to measure the contact of the device to your wrist to enhance accuracy.

Model: Vantage V3: 5P, Grit X2 Pro: 5S, Grit X/Grit X Pro: 3N, Vantage V: 2X, Vantage V2: 4A

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Android and Google Play are trademarks of Google Inc.

Manufactured by  
Polar Electro Oy  
[customer-care@polar.com](mailto:customer-care@polar.com)  
[www.polar.com](https://www.polar.com)

Compatible with



17982757.06 ENG 01/2024



## Getting Started Guide

### Vantage V3

Premium GPS Multisport Watch

### Grit X2 Pro

Premium Outdoor Multisport Watch

### Grit X

Outdoor Multisport Watch

### Grit X Pro

Premium Outdoor Multisport Watch

### Vantage V & Vantage V2

GPS Multisport Watch

English

Learn more at [support.polar.com/en](https://support.polar.com/en)