Recording using device to trigger activity

I have found certain "features" and "contradictions to the manual" when using the X2 device with or without an active connection to my Smartphone. I hope the enclosed can help and/or clarify this for other users wishing to use the X2 without the need to even carry your Smartphone at all.
According to this link...
https://support.fourthfrontier.com/article/5-recording-a-workout-continuous-ecg

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If you are working out **without** your smartphone or smartwatch, follow the steps below to quick start your activity recording **directly on the Frontier X2 device:**

1. Simply double-press the blue button on your Frontier X2 device to start. You will feel a buzz, then the display on your Frontier X2 will read "Recording Started." Your Frontier X2 will blink red when it is recording.

This will work, but ONLY if you have previously connected to the app, and either disconnected manually using the Disconnect option from within the app or simply closed it and then let the device "time out" itself and enter some sort of "sleep" mode.

If you have opted to use the app to force your device to shut down, as in…
- Settings
  - Device Information
    - Shut Down

The double-press feature does not work as described when the X2 is restarted.

Example 1

Device Configuration From X2 Shut Down
   Smartphone on, Fourth Frontier App off.
   Garmin Edge 1030 on.
   Single press of Blue Button starts X2 from previous Shut Down state.
Device Connectivity
   Garmin shows X2 connected, but not transmitting data.
   Double tap on Blue Button under X2 results in nothing, device does not buzz, nor does the Garmin display anything in the HR field. Double tap tried several times, nothing.
   Now I launch the Smartphone App and the device connects straight away to the App.
   Double Tap on the X2 Blue Button and an activity starts immediately on the Smartphone App and several seconds later the Garmin HR field displays heart rate.
   Double Tap stops activity.
Last Steps
   From the Smartphone App select the device in top corner, screen prompts to Cancel/Disconnect, select Disconnect option.
   Close down the Smartphone App and sleep or turn Smartphone off.
   Shut down Garmin device.
   Leave X2 to got into sleep mode once a lack of device connectivity is detected.

Now we have no devices running at all and the X2 has been allowed to power itself off or enter some sort of sleep mode. This "state" appears to leave the device in a different state than when a forced shutdown is performed.

Example 2

Device Configuration From X2 Sleep Mode
        Smartphone on/off, Fourth Frontier App off.
        Garmin Edge 1030 on.
        Single press of Blue Button wakes X2.
Device Connectivity
        Garmin shows X2 connected, but not transmitting data.
        Double tap on Blue Button under X2, device vibrates once, Garmin HR field displays heart rate.
        Double Tap X2 Blue Button, device vibrates twice to indicate activity stopped.

Example 3

Device Configuration From X2 Sleep Mode
        X2 is not connected to ANY device.
        Double tap on Blue Button under X2, device vibrates once.
        Double Tap X2 Blue Button, device vibrates twice to indicate activity stopped.
        The activity data is stored internally on the X2.

Syncing None Smartphone App related activities.
        Launch the Smartphone App.
        Wake the X2 with a single press of the Blue Button.
        If the X2 does not connect automatically, select top right icon on Smartphone App and manually select X2.
        Activities should automatically sync and the device memory cleared.

GPS data inconsistency

If the X2 is connected to the Smartphone App whilst an outdoor activity is in progress, once the activity is uploaded, the workout page will show two graphs (Altitude & Speed) and a map at the foot of the page. It should also allow a FIT file of the activity itself to be downloaded (option just below title at the top left).
The Smartphone GPS signal

This can be enhanced by "linking" your Smartphone App to your Garmin Connect account. Having done this and dual recorded on a Garmin device and the Smartphone, you are presented with two graph and map options source from either Garmin or the Smartphone.

Problems

I mainly cycle, as such my phone is usually in a pocket on the rear of my jersey. When situated here the Bluetooth connection is lost and as such I get no GPS data and consequently no FIT file.
To resolve this initially I wore a Flip-Belt under my jersey and my Smartphone in it under my jersey so the Smartphone could be positioned round the front. This works, but in a slam flat TT position, not the most comfortable as my thigh hits the phone.

Also, it appears that my body may also be interfering with the Smartphone's ability to receive GPS data consistently and as such has gaps/jumps in it.

So, understanding that the GPS data from Garmin can be used instead of the Smartphone I opted to not connect to the Smartphone and transmit solely to my Garmin head unit. I configure my Garmin to record every second (not automatically) and as such the more frequent data points leads to more overall accuracy.
This worked a treat, but only so far as I get the graphs and map, but there is no FIT file download option. After a support call which confirmed ONLY Smartphone connectivity allowed for the creation of a FIT file.
My interest in using Garmin source data was fed back to the Dev team to put on the shelf as a future potential enhancement!