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## Reebok The Train Pod

# Reebok The Train Pod User Manual

Model: The Train Pod (Blue)

## INTRODUCTION

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The Reebok Train Pod is a versatile fitness accessory designed to enhance your workout by introducing instability, which forces your muscles to work harder for balance and control. This multi-purpose functional training platform is ideal for a total body workout, helping to tone and tighten muscles. Its adjustable air pressure allows for varied intensity, making it suitable for users of different fitness levels.

## SAFETY INFORMATION

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Please read all safety instructions before using the Reebok Train Pod. Improper use can lead to injury.

- Consult with a healthcare professional before starting any new exercise program.
- Ensure the Train Pod is placed on a flat, stable, non-slip surface during use.
- Maintain proper balance and control at all times. If you feel unstable, step off the platform carefully.
- Do not over-inflate the air pod. Refer to the setup section for proper inflation.
- Keep children and pets away from the Train Pod during use.
- Inspect the Train Pod for any damage before each use. Do not use if damaged.
- Use appropriate footwear for exercise to ensure good grip.

## PACKAGE CONTENTS

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Your Reebok The Train Pod package should contain the following items:

- 1 x Reebok The Train Pod (Blue)
- 1 x Instruction Manual (this document)

## SETUP

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The Reebok Train Pod comes pre-assembled. The primary setup involves adjusting the air pressure of the instability pod to your desired intensity.

1. **Unpack:** Carefully remove the Train Pod from its packaging.
2. **Inspect:** Check the unit for any signs of damage from shipping.
3. **Adjust Air Pressure:**
  - Locate the inflation valve on the blue air pod.
  - Insert the needle of an inflation pump (not included) into the valve.
  - Inflate or deflate the air pod to achieve the desired firmness. A firmer pod provides less instability and is easier for beginners, while a softer, less inflated pod increases instability and challenge.
  - Do not over-inflate. The pod should remain slightly pliable.
4. **Placement:** Place the Train Pod on a flat, level, and non-slip surface before beginning your workout.



Image: The Reebok Train Pod, showing its assembled form with the blue instability pod and white platform.



Image: A top-down view of the Train Pod, highlighting the textured surface of the white platform and the central inflation valve on the blue pod.

## OPERATING INSTRUCTIONS

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The Reebok Train Pod is designed for a variety of exercises that challenge balance, core strength, and overall muscle stability. Always start with basic movements to get accustomed to the instability before progressing to more complex exercises.

### Basic Usage

- **Stepping On/Off:** Approach the Train Pod carefully. Place one foot firmly on the platform, then bring the other foot up. Maintain a slight bend in your knees and keep your core engaged. To step off, reverse the process, stepping down one foot at a time.
- **Finding Balance:** Begin by simply standing on the Train Pod, focusing on maintaining your balance. You may need to adjust your stance or the air pressure to find a comfortable level of challenge.

### Exercise Examples

Here are a few examples of exercises you can perform with the Reebok Train Pod:

#### Balance Squats



Image: A man performing a squat while balancing on the Train Pod, showcasing how the instability challenges leg and core muscles.

Stand on the Train Pod with feet shoulder-width apart. Slowly lower your body into a squat position, keeping your back straight and core engaged. The instability will activate more stabilizing muscles. Return to the starting position. Repeat for desired repetitions.

## **Dynamic Balance**



Image: A woman demonstrating dynamic balance on the Train Pod, using her arms for counter-balance during movement. Once comfortable standing, try small, controlled movements like shifting your weight from side to side or front to back. This helps improve proprioception and ankle stability. You can also try small jumps or hops if you feel confident and stable.

### **Plank with Train Pod**



Image: A woman holding a plank position with her forearms on the Train Pod, illustrating how the instability intensifies core engagement.

Place the Train Pod on the floor. Assume a plank position with your forearms resting on the white platform of the Train Pod. Keep your body in a straight line from head to heels, engaging your core. The instability of the pod will significantly increase the challenge to your core muscles.

### **Push-ups with Train Pod**



Image: A man performing push-ups with his hands gripping the handles of the Train Pod, adding an instability challenge to the exercise.

Place the Train Pod on the floor. Grip the handles of the white platform with both hands, shoulder-width apart. Perform push-ups as usual, maintaining a straight body line. The unstable base will engage more stabilizing muscles in your chest, shoulders, and core.

Always listen to your body and stop if you feel any pain. Gradually increase the duration and intensity of your workouts as your strength and balance improve.

**Note on Videos:** No official product videos from the seller were available for embedding at this time.

## MAINTENANCE AND CARE

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Proper care will extend the life of your Reebok The Train Pod.

- **Cleaning:** Wipe down the Train Pod with a damp cloth and mild soap after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the Train Pod in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inflation Check:** Periodically check the air pressure of the pod. Re-inflate if it feels too soft or deflated.
- **Inspection:** Regularly inspect the entire unit for any signs of wear, tears, or damage, especially around the air pod and platform connections.

## TROUBLESHOOTING

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If you encounter issues with your Reebok The Train Pod, refer to the following table:

| Problem                       | Possible Cause                                 | Solution  |
|-------------------------------|--|---|
| Pod feels too soft/unstable.  | Under-inflated air pod.                        | Re-inflate the air pod to your desired firmness using an inflation pump.  |
| Pod feels too hard/stable.    | Over-inflated air pod.                         | Carefully release some air from the valve until the desired pliability is achieved.   |
| Difficulty balancing.         | New to instability training; air pod too soft. | Start with a firmer air pod. Practice basic standing exercises before progressing. Hold onto a stable object for support initially. |
| Squeaking or creaking sounds. | Friction between components.                   | Ensure all parts are clean. If sounds persist and affect function, contact customer support.  |

## SPECIFICATIONS

| Feature                     | Detail  |
|-----------------------------|---|
| Brand                       | Reebok  |
| Model                       | The Train Pod                                       |
| Colour                      | Blue  |
| Dimensions (Length x Width) | Approximately 45 cm x 30 cm                         |
| Weight                      | Approximately 2.2 kg (2200 Grams)                   |
| Material                    | Not specified, but typically durable plastic/rubber |
| Adjustable Intensity        | Yes, via air pressure adjustment                    |
| Intended Use                | Fitness, balance training, core strengthening       |

## WARRANTY AND SUPPORT

For information regarding the warranty of your Reebok The Train Pod, please refer to the warranty card included with your purchase or visit the official Reebok website. Warranty terms and conditions may vary by region and retailer.

If you require technical support, have questions about product usage, or need to report a defect, please contact Reebok customer service through their official website or the contact information provided on your purchase receipt.

**Reebok Official Website:** [www.reebok.com](http://www.reebok.com)