

Reebok ROS Workout TR 2.0-W

Reebok Women's ROS Workout TR 2.0 Cross-Trainer Shoe User Manual

Brand: Reebok | Model: ROS Workout TR 2.0-W

PRODUCT OVERVIEW

The Reebok Women's ROS Workout TR 2.0 Cross-Trainer Shoe is engineered for functional fitness training, providing an anatomical shape that cradles feet with support while allowing natural movement and flex for enhanced balance. The underfoot cushioning is specifically designed for impact control during rigorous workouts, making it an ideal partner for diverse training regimens.

KEY FEATURES

- **Unleash the Athlete Within:** Versatile athletic sneakers enabling jumping, climbing, and workouts with complete confidence.
- **Superior Comfort & Support:** Designed to optimize workouts, providing lightweight, responsive cushioning similar to running shoes, while maintaining the performance and stability of training shoes.
- **Signature Style:** Sleek shape and ultra-stylish design to help achieve workout goals while looking good.
- **Next-Level Performance:** Engineered to help conquer fitness goals, offering enhanced agility, speed, and endurance.
- **Move with Confidence:** Perfect for crossfit and intense workouts, including cardio, lifting, climbing, and running.

SETUP AND FIRST USE

The Reebok ROS Workout TR 2.0 shoes are ready for immediate use upon unboxing. Proper lacing is essential to ensure a secure and comfortable fit before engaging in any physical activity.

1. Unpack the shoes from their packaging.
2. Loosen the laces and insert your foot, ensuring your heel is seated firmly at the back of the shoe.
3. Tighten the laces evenly from the toe box upwards, securing them with a knot that provides a snug yet comfortable fit without restricting circulation.
4. Walk a few steps to ensure the fit is correct and comfortable for your foot type.

Usage Guidelines

These cross-trainer shoes are engineered for a variety of athletic activities. Follow these guidelines for optimal performance and longevity:

- **Cross-Training:** Ideal for diverse workouts including cardio, weightlifting, and agility drills.
- **Running:** Suitable for short to medium distance road running and treadmill use.
- **Functional Fitness:** Provides stability and support for movements like box jumps, rope climbs, and burpees.
- **Fit:** The anatomical shape cradles feet with support while allowing natural movement and flex for better balance.

Care and Maintenance

Proper care will extend the life of your Reebok ROS Workout TR 2.0 shoes:

- **Cleaning:** Wipe shoes with a damp cloth and mild soap to remove dirt. Avoid harsh chemicals.
- **Drying:** Air dry at room temperature. Do not use direct heat sources like radiators or dryers, as this can damage materials.
- **Storage:** Store in a cool, dry place away from direct sunlight.
- **Laces:** Periodically check laces for wear and replace if necessary.

Troubleshooting

Common issues and their solutions:

Issue	Possible Cause	Solution
Shoes feel too tight or narrow.	Elastic strips connecting tongue to sole, or general fit.	Loosen laces. If still too tight, consider if the shoe's design is suitable for your foot width. Some users have noted a snug fit.
Lack of cushioning for high-impact activities.	Design optimized for stability in cross-training rather than maximum cushioning for long-distance running.	These shoes are best for gym lifting and cross-training. For high-impact activities like long-distance running, consider shoes specifically designed for heavy cushioning.
Shoelaces fraying or breaking.	Normal wear and tear, or manufacturing defect.	Replace shoelaces with new ones of appropriate length and material.

Product Specifications

Feature	Detail
Item Weight	8.4 ounces
Item model number	ROS Workout TR 2.0-W

Feature	Detail
Department	womens
Date First Available	June 28, 2016
Manufacturer	Reebok
ASIN	B01G3S4DY6
Fabric type	100% Synthetic
Origin	Imported
Sole material	Rubber
Shaft height	Low-top

SIZE GUIDE

US REGULAR

Brand Size	US Size	Heel to toe (in)
5	5	8.3
5.5	5.5	8.5
6	6	8.7
6.5	6.5	8.9
7	7	9.1
7.5	7.5	9.3
8	8	9.4
8.5	8.5	9.6
9	9	9.8
9.5	9.5	10
10	10	10.2
10.5	10.5	10.4
11	11	10.6
11.5	11.5	10.8
12	12	11
12.5	12.5	11.2
13	13	11.4
13.5	13.5	11.6
14	14	11.8
15	15	12.2

PRODUCT IMAGES



Front-side view of the Reebok Women's ROS Workout TR 2.0 Cross-Trainer Shoe in black, alloy, and white. This image highlights the overall design and mesh upper.



A pair of Reebok Women's ROS Workout TR 2.0 Cross-Trainer Shoes, showcasing both shoes from a slightly elevated angle. The 'WORKOUT 2.0' text is visible on the side of one shoe.



Top-down view of a single Reebok Women's ROS Workout TR 2.0 Cross-Trainer Shoe, illustrating the lacing system and the Reebok logo on the tongue.



Bottom view of the Reebok Women's ROS Workout TR 2.0 Cross-Trainer Shoe, highlighting the rubber sole pattern designed for grip and stability during workouts. The 'ROPEPRO' text is visible on the side of the sole.

WARRANTY AND SUPPORT

For specific warranty information and customer support regarding your Reebok Women's ROS Workout TR 2.0 Cross-Trainer Shoe, please refer to the official Reebok website or contact Reebok customer service directly. Keep your proof of purchase for any warranty claims.

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