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Reebok CN4856

Reebok Men's 3D Fusion Cross Trainer Instruction Manual

Model: CN4856

INTRODUCTION

This manual provides essential information for the proper use, care, and maintenance of your Reebok Men's 3D Fusion Cross Trainer. Please read these instructions carefully before using your new athletic footwear to ensure optimal performance and longevity.

PRODUCT OVERVIEW

The Reebok Men's 3D Fusion Cross Trainer is designed for athletic activities, offering a balance of comfort and support. It features a lightweight construction and a durable rubber sole, making it suitable for various training environments.



Front view of the Reebok Men's 3D Fusion Cross Trainer, showcasing the overall design.

SETUP AND FIRST USE

1. **Unpacking:** Remove the shoes from their packaging. Inspect them for any visible damage or manufacturing defects.
2. **Lacing:** Ensure laces are properly threaded through all eyelets. Adjust lacing to achieve a secure yet comfortable fit across the top of your foot. Avoid overtightening, which can restrict circulation.
3. **Initial Fit Check:** Wear the shoes with athletic socks. There should be approximately a thumb's width of space between your longest toe and the end of the shoe. The heel should feel secure, and the midfoot snug without pinching.



Top view of the shoe, showing the lacing system and interior.

OPERATING INSTRUCTIONS

The Reebok 3D Fusion Cross Trainer is designed for a variety of athletic activities, including cross-training, gym workouts, and light running. Adhere to the following guidelines for optimal use:

- **Activity Suitability:** These shoes are suitable for both indoor and outdoor training surfaces.
- **Proper Footwear Use:** Always wear appropriate athletic socks to prevent friction, enhance comfort, and manage moisture.
- **Break-in Period:** Allow for a short break-in period during initial uses to adapt the shoes to your foot shape and movement patterns.



Side view of the cross trainer, highlighting the sole and upper material.

MAINTENANCE AND CARE

Proper care extends the life and performance of your footwear. Follow these steps to maintain your shoes:

- **Cleaning:**

- Remove loose dirt and debris with a soft brush.
 - Wipe the upper with a damp cloth and a small amount of mild soap.
 - Clean the sole with a brush to remove embedded dirt.
 - Do not machine wash or tumble dry, as this can damage materials and adhesives.
- **Drying:** Allow shoes to air dry naturally at room temperature. Avoid direct heat sources like radiators or direct sunlight, which can cause materials to shrink, crack, or deform.
 - **Storage:** Store shoes in a cool, dry place away from direct sunlight when not in use.



Back view of the Reebok 3D Fusion Cross Trainer, showing the heel design.



Bottom view of the shoe sole, showing the tread pattern for traction.

TROUBLESHOOTING

Common Issues and Solutions

| Issue | Possible Cause | Solution |
|-----------------------|--|---|
| Discomfort or rubbing | Incorrect lacing, wrong size, or new shoe break-in period. | Adjust lacing for a more comfortable fit. Ensure correct shoe size. Allow for a short break-in period. Wear appropriate athletic socks. |
| Squeaking noise | Moisture trapped inside the shoe or between the insole and sole. | Remove the insole and air dry both the insole and shoe interior thoroughly in a well-ventilated area. |
| Reduced traction | Dirt, mud, or debris embedded in the sole's tread pattern. | Clean the sole thoroughly with a stiff brush and water to remove any obstructions. |

SPECIFICATIONS

- **Model Number:** CN4856
- **Brand:** Reebok
- **Department:** Men's
- **Material:** Man Made (Upper and Insole)
- **Sole Material:** Rubber
- **Closure Type:** Lace-Up
- **Heel Type:** Flat
- **Toe Style:** Closed Toe
- **Shaft Height:** Low-top
- **Item Weight:** 7.4 Ounces
- **Sport Type:** Running (suitable for cross-training)
- **Water Resistance Level:** Not Water Resistant
- **Origin:** Imported

WARRANTY AND SUPPORT

This product is manufactured by Reebok. For specific warranty information or customer support, please refer to the official Reebok website or contact their customer service directly. Warranty terms may vary by region and retailer.

You can visit the official Reebok store for more information and support:[Reebok Store](#).