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Reebok GY8801

Reebok Women's HIIT Tr 3 Training Shoes User Manual

Model: GY8801

1. INTRODUCTION TO YOUR REEBOK HIIT TR 3 TRAINING SHOES

The Reebok Women's HIIT Tr 3 Training Shoes are designed for high-intensity interval training and general fitness activities. These shoes are engineered to support dynamic movements, providing stability and comfort during various workouts. The design reflects Reebok's commitment to inspiring human movement and performance.



Image: A single Reebok Women's HIIT Tr 3 Training Shoe, showcasing its black upper, white Reebok stripes, and vibrant pink and grey sole accents.

2. GETTING STARTED: SETUP AND INITIAL FIT

Upon receiving your new Reebok HIIT Tr 3 Training Shoes, ensure they are properly laced for a secure and comfortable fit. The lacing system is designed to provide adjustable support across the foot.

1. **Lacing:** Thread the laces through all eyelets, ensuring even tension. Begin by tightening from the toe box upwards, securing the midfoot, and finishing with a firm knot at the ankle.
2. **Initial Fit:** Wear the shoes with your preferred athletic socks. Walk around to assess comfort and fit. Your toes should have a small amount of space at the front, and your heel should feel secure without excessive slipping.
3. **Sizing Note:** Some users have reported that these shoes may run slightly large or wide. Consider trying a half-size smaller than your usual athletic shoe size if you prefer a snugger fit or have narrower feet.



Image: A pair of Reebok Women's HIIT Tr 3 Training Shoes, ready for use, highlighting the overall design and color scheme.

3. OPERATING: USING YOUR TRAINING SHOES

The Reebok HIIT Tr 3 Training Shoes are specifically engineered for the demands of high-intensity workouts. Their construction provides the necessary support and grip for various exercises.

- **High-Intensity Interval Training (HIIT):** The shoe's design, including its rubber sole, offers excellent traction and stability for quick changes in direction, jumps, and explosive movements common in HIIT.
- **Cross-Training:** Suitable for a range of gym activities, including weightlifting, cardio machines, and bodyweight exercises, providing a balanced blend of cushioning and ground feel.
- **General Fitness:** Can be used for general fitness classes and light workouts where stability and comfort are key.

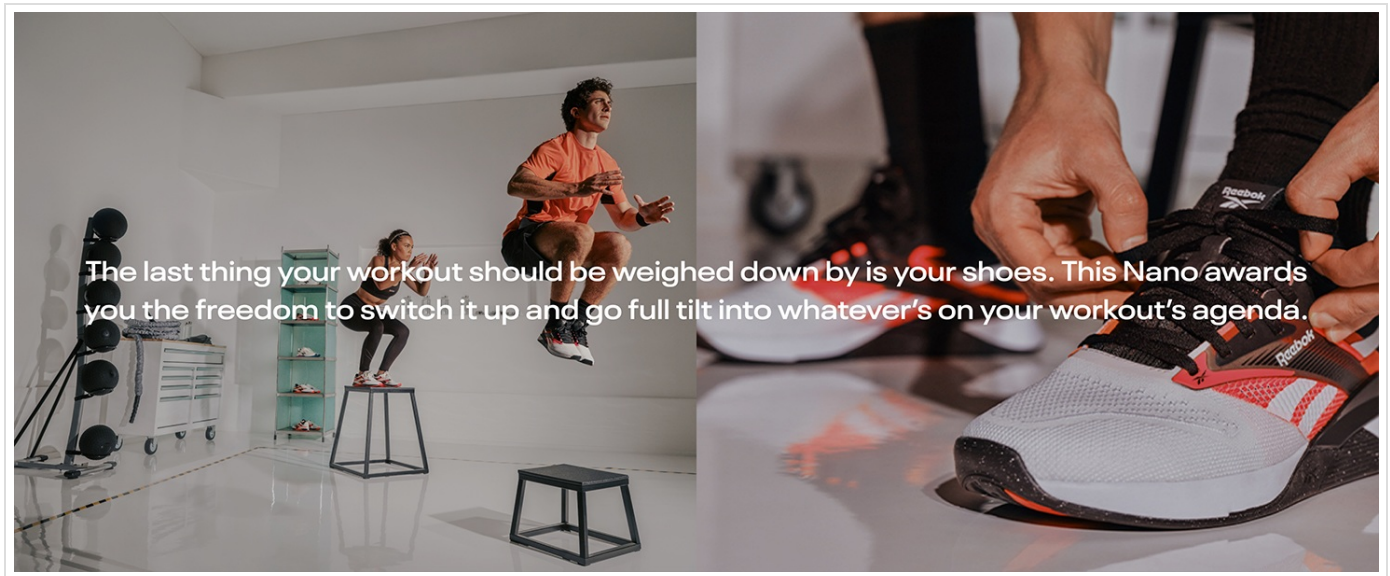


Image: An athlete demonstrating a dynamic jump, showcasing the shoes in action during a high-intensity workout.

4. MAINTENANCE: CARE AND CLEANING

Proper care will extend the life and maintain the performance of your Reebok HIIT Tr 3 Training Shoes.

- **Cleaning:** For general cleaning, wipe the shoes with a damp cloth and mild soap. Avoid harsh chemicals or abrasive cleaners. For stubborn dirt, a soft brush can be used on the sole and upper.
- **Drying:** Allow shoes to air dry naturally at room temperature. Do not use direct heat sources like radiators or tumble dryers, as this can damage materials.
- **Storage:** Store shoes in a cool, dry place away from direct sunlight. If storing for extended periods, consider using shoe trees to help maintain their shape.
- **Odor Control:** To minimize odors, ensure shoes are fully dry after each use. Odor-absorbing inserts can also be used.

5. TROUBLESHOOTING: COMMON CONCERNS

Addressing potential issues to ensure a satisfactory experience with your training shoes.

- **Discomfort/Stiffness:** If the shoes feel stiff or uncomfortable initially, allow for a break-in period. The materials may soften with wear. Ensure proper lacing to avoid pressure points. If discomfort persists, re-evaluate sizing.
- **Heel Slippage:** If you experience heel slippage, try adjusting the lacing technique to create a more secure fit around the ankle. Using thicker socks can also help.
- **Sizing Issues:** As noted, some users find these shoes run large. If your current size feels too big, consider exchanging for a half-size smaller. Refer to the size guide in the specifications section for detailed measurements.

6. PRODUCT SPECIFICATIONS

Detailed information regarding the construction and dimensions of your Reebok HIIT Tr 3 Training Shoes.

Key Features:

- **Rubber Sole:** Provides durable traction and grip for multi-directional movements.

General Specifications:

Attribute	Detail
Item Model Number	GY8801
Department	womens
Fabric Type	100% Textile_Synthetic
Sole Material	Rubber
Outer Material	Rubber
Closure Type	Lace-Up
Package Dimensions	11.37 x 7.37 x 4.11 inches
Item Weight	1.63 Pounds
Manufacturer	Reebok-Women's
Date First Available	November 10, 2021

Size Guide (US Regular):

Brand Size	EU Size	UK Size	Heel to toe (in)
5	35	2.5	8.7
5.5	35.5	3	8.9
6	36	3.5	9.1
6.5	37	4	9.3
7	37.5	4.5	9.4
7.5	38	5	9.6
8	38.5	5.5	9.8
8.5	39	6	10
9	40	6.5	10.3
9.5	40.5	7	10.4
10	41	7.5	10.6
10.5	42	8	10.8
11	42.5	8.5	11
11.5	43	9	11.2
12	44	9.5	11.4

Reebok products are manufactured to high standards. For specific warranty information regarding your Reebok Women's HIIT Tr 3 Training Shoes, please refer to the official Reebok website or contact their customer service directly. Keep your proof of purchase for any warranty claims.

For further assistance, product inquiries, or to explore other Reebok products, please visit the official [Reebok Store on Amazon](#).

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question