

Reebok LRL39

Reebok Mens Nano X2 TR Adventure Training Shoes User Manual

1. PRODUCT OVERVIEW

The Reebok Mens Nano X2 TR Adventure Fitness Outdoor Athletic and Training Shoes are engineered for versatility and performance across various athletic activities. Designed to support dynamic movements, these shoes offer a blend of comfort, stability, and durability, making them suitable for cross-training, gym workouts, and everyday wear. They feature advanced cushioning and support to ensure comfort during intense sessions, while their stylish design allows for seamless transition from athletic environments to casual settings.

Key Features:

- **Versatile Athletic Design:** Enables confident performance in jumping, climbing, and various workout styles.
- **Superior Comfort & Support:** Provides lightweight, responsive cushioning akin to running shoes, combined with the stability of training shoes.
- **Signature Style:** Features a sleek shape and ultra-stylish design suitable for both workouts and casual wear.
- **Next-Level Performance:** Engineered to enhance agility, speed, and endurance for diverse fitness goals.
- **Confident Movement:** Ideal for cross-training sessions and intense workouts, including cardio, weightlifting, climbing, and running.



Figure 1.1: Reebok Mens Nano X2 TR Adventure Training Shoes (Orange Flare/Black/Solar Acid Yellow)

2. USAGE GUIDELINES

These shoes are designed for optimal performance in a variety of training scenarios. To maximize their benefits and ensure longevity, follow these guidelines:

- **Proper Fit:** Ensure the shoes fit snugly but comfortably. The natural toe shape provides ample room for forefoot splay, crucial for stability during lifts and dynamic movements.
- **Lacing:** Utilize the lace-up closure to secure your foot firmly. Adjust laces to prevent excessive movement within the shoe while avoiding over-tightening, which can restrict circulation.
- **Activity Specificity:** While versatile, these shoes excel in cross-training, weightlifting, and short to medium-distance runs. The flat, stable bottom is particularly beneficial for exercises requiring a strong ground connection.
- **Surface Awareness:** The rubber outsole with its textured pattern provides excellent traction on various indoor and

outdoor surfaces. Be mindful of extremely wet or slippery conditions, as no shoe can guarantee absolute slip prevention.



Figure 2.1: Side profile of the Nano Gym shoe, highlighting its design for fitness classes and cardio.



Figure 2.2: Visual representation of the shoe's core performance attributes: durability, breathability, stability, and responsiveness.



Figure 2.3: Detailed breakdown of the shoe's construction, including Flexweave upper for durability and breathability, Floatride Court Foam for cushioning, and Zoned Stability for targeted support.



Figure 2.4: Close-up of the outsole, showcasing the Megagrip Rubber Outsole for multi-directional traction, Rubber Wrap for stability, and Heel Clip for a locked-in feel.

3. CARE AND MAINTENANCE

Proper care will extend the life and maintain the performance of your Reebok Nano X2 TR Adventure shoes:

- **Cleaning:** For general cleaning, remove loose dirt with a soft brush. Mix mild soap with warm water and use a cloth or sponge to gently clean the upper and sole. Avoid harsh chemicals or abrasive cleaners.
- **Drying:** Allow shoes to air dry naturally at room temperature. Do not expose them to direct heat sources (e.g., radiators, direct sunlight) as this can damage materials and adhesives.
- **Storage:** Store shoes in a cool, dry place away from direct sunlight. If storing for extended periods, consider stuffing them with newspaper to help maintain their shape and absorb moisture.
- **Odor Control:** If odors develop, remove insoles and allow them to air out. You can also use shoe deodorizers or sprinkle baking soda inside the shoes overnight.

4. TROUBLESHOOTING

If you encounter any issues with your shoes, consider the following common solutions:

- **Discomfort/Rubbing:** Ensure you are wearing appropriate socks. Check for proper lacing technique; sometimes adjusting tightness can alleviate pressure points. If discomfort persists, verify shoe size and width.
- **Reduced Traction:** Clean the outsole thoroughly to remove any embedded debris or dirt that might be compromising grip.
- **Squeaking Noise:** This can sometimes be caused by friction between the insole and the shoe's interior. Try removing the insole, cleaning both surfaces, and reinserting. A light dusting of baby powder or cornstarch can also help.
- **Material Wear:** While durable, all materials will show wear over time. Regular cleaning and proper storage can slow this process. Excessive wear in specific areas might indicate a need for a different shoe type or a gait analysis.

5. PRODUCT SPECIFICATIONS

Specification	Detail
---------------	--------

Specification	Detail
Brand	Reebok
Model Name	Nano X2 TR Adventure
Item Model Number	LRL39
Department	Mens
Date First Available	May 3, 2022
Manufacturer	Reebok
Origin	Imported
Sole Material	Rubber
Outer Material	Rubber
Closure Type	Lace-Up

6. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the official Reebok website or contact their customer service directly. Keep your proof of purchase for any warranty claims.

Visit the [Reebok Store on Amazon](#) for additional product information and support resources.

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

Email

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

Details

