

## Reebok MDR12

# Reebok Men's Reebok Lite 4 Running Shoes Instruction Manual

Model: MDR12

## 1. INTRODUCTION

This manual provides essential information for the proper use and care of your Reebok Men's Reebok Lite 4 running shoes. Designed for comfort and support during various activities, these shoes are suitable for running, walking, and general athletic use. Please read this manual thoroughly to ensure optimal performance and longevity of your footwear.



*Image 1.1: Side view of the Reebok Men's Reebok Lite 4 running shoe in black with white sole. This image displays the overall design and profile of the shoe.*

## 2. SETUP AND INITIAL USE

Your Reebok Lite 4 shoes are ready for immediate use upon unboxing. Follow these steps for initial fitting:

1. **Unboxing:** Carefully remove the shoes from their packaging. Inspect them for any visible defects or damage.

2. **First Fit:** Wear the shoes with athletic socks. Ensure your heel is comfortably seated at the back of the shoe. There should be about a thumb's width of space between your longest toe and the end of the shoe.
3. **Lacing:** Lace the shoes securely but not too tightly. The lacing should provide a snug fit across the midfoot without causing pressure points. Adjust as needed for comfort.



*Image 2.1: Front view of a pair of Reebok Men's Reebok Lite 4 running shoes. This image highlights the lacing system and toe box area.*

### 3. OPERATING (WEARING GUIDELINES)

The Reebok Lite 4 shoes are designed for versatility in athletic and casual settings. Adhere to the following guidelines for optimal experience:

- **Intended Use:** These shoes are suitable for light running, walking, gym workouts, and everyday casual wear. They are not designed for specialized sports requiring specific traction or ankle support.
- **Break-in Period:** Allow a short break-in period, typically a few days of light use, for the shoes to conform to your foot shape.
- **Footwear Rotation:** Consider rotating your footwear, especially if you engage in frequent or intense

physical activity, to extend the lifespan of your shoes and promote foot health.



*Image 3.1: Top-down view of a pair of Reebok Men's Reebok Lite 4 running shoes. This perspective shows the overall shape and how the foot would sit within the shoe.*

## 4. MAINTENANCE AND CARE

Proper care will help maintain the appearance and performance of your Reebok Lite 4 shoes:

- **Cleaning:**
  - For surface dirt, gently wipe with a damp cloth and mild soap.
  - For tougher stains, use a soft brush.
  - 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 material degradation.
- **Storage:** Store shoes in a cool, dry place away from direct sunlight when not in use.



*Image 4.1: View of the bottom sole of the Reebok Men's Reebok Lite 4 running shoe. This image displays the tread pattern designed for traction.*

## 5. TROUBLESHOOTING

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If you encounter any issues with your Reebok Lite 4 shoes, consider the following:

- **Discomfort or Rubbing:**
  - Ensure you are wearing appropriate socks.
  - Re-adjust lacing to be snug but not overly tight.
  - Verify correct shoe size. Refer to the size guide if unsure.

- **Reduced Cushioning:** Over time, cushioning materials may compress. This is normal wear and tear.
- **Squeaking:** A new shoe may squeak due to friction between materials. This often resolves with wear. If persistent, ensure the insole is properly seated.

## 6. SPECIFICATIONS

Key specifications for the Reebok Men's Reebok Lite 4 shoes:

Feature	Detail
Brand	Reebok
Model Number	MDR12
Department	Mens
Sole Material	Rubber
Shaft Height	Ankle
Outer Material	Synthetic
Inner Material	Synthetic
First Available	June 16, 2023

For detailed sizing information, please refer to the [product page size guide](#).


## 7. WARRANTY AND SUPPORT






Reebok products are manufactured to high standards. For information regarding warranty coverage, please refer to the official Reebok website or contact their customer support directly. Keep your proof of purchase for any warranty claims.

For further assistance or inquiries, please visit the [Reebok Store on Amazon](#) or the official Reebok brand website.

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### Related Documents - MDR12

	<p><a href="#">Reebok GB40s / GX40s Console Guide: User Manual</a></p> <p>This guide provides essential information for operating the Reebok GB40s and GX40s fitness equipment console. Learn about display functions, workout modes, and operational procedures for a versatile training experience.</p>
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	<p><a href="#">Reebok JET300+ Treadmill User Manual &amp; Bluetooth Guide</a></p> <p>Comprehensive user manual for the Reebok JET300+ treadmill, covering assembly, operation, safety, maintenance, and Bluetooth connectivity. Essential guide for owners.</p>
	<p><a href="#">Reebok Watch User Manual: Operation, Features, and Warranty</a></p> <p>Comprehensive guide to operating your Reebok watch, including setting the date and time, using the alarm and INDIGLO® night-light, understanding water resistance, adjusting the bracelet, and warranty information.</p>
	<p><a href="#">Reebok GX40s Cross Trainer User Manual</a></p> <p>Discover the Reebok GX40s Cross Trainer with this comprehensive user manual. Learn about safe operation, assembly, console features, and various workout modes for an effective home fitness experience.</p>
	<p><a href="#">Reebok SL8.0 DC Treadmill User Manual: Setup, Operation, Safety &amp; Maintenance</a></p> <p>Download the official user manual for the Reebok SL8.0 DC treadmill (RVSL-10821). Includes setup guides, important safety instructions, button functions, maintenance tips, and technical specifications for your home fitness equipment.</p>
	<p><a href="#">Reebok Bone Conduction Wireless Headphones with Digital Display User Manual</a></p> <p>User manual for Reebok Bone Conduction Wireless Headphones with Digital Display (Item: RBK5002), covering safety precautions, package contents, features, charging, powering on/off, Bluetooth pairing, usage instructions, maintenance, FCC warnings, and warranty information.</p>