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› SKY LAND Fitness 2 in 1 Treadmill Machine Walking Pad & Running Pad with Remote Control and Bluetooth Speaker -Motor =2.25 HP- 4 HP peak

SKY LAND EM-1282-H

SKY LAND Fitness 2-in-1 Treadmill Machine User Manual

Model: EM-1282-H

Brand: SKY LAND

INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your SKY LAND Fitness 2-in-1 Treadmill Machine (Model EM-1282-H). Please read this manual thoroughly before using the treadmill to ensure proper usage and to maximize its lifespan. This versatile machine functions as both a walking pad and a running treadmill, designed for convenient home or office use.



Figure 1: Overview of the SKY LAND Fitness 2-in-1 Treadmill Machine.

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always read and follow these basic precautions before using the treadmill:

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Always wear appropriate athletic footwear.
- Use the safety key clip during operation. In case of emergency, the safety key will stop the machine.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Consult a physician before starting any exercise program.
- Do not use the treadmill outdoors or in damp environments.
- Unplug the treadmill from the power outlet when not in use or before cleaning.

PRODUCT COMPONENTS

The SKY LAND Fitness 2-in-1 Treadmill comes with the following main components:

- Treadmill Base with Running Belt
- Foldable Handrail/Armrest
- Digital LED Display (front and on handrail)
- Wireless Remote Control
- Safety Key
- Built-in Bluetooth Speaker
- Mobile Phone Holder
- Transportation Wheels



Figure 2: Key features and components of the treadmill.

SETUP

The SKY LAND Fitness 2-in-1 Treadmill is designed for immediate use with minimal setup required. It arrives fully assembled.

1. Carefully remove the treadmill from its packaging.

2. Place the treadmill on a flat, level surface, ensuring adequate space around it for safe operation.
3. Plug the power cord into a grounded electrical outlet.
4. If using in running mode, raise the handrail to its upright and locked position. For walking pad mode, the handrail can remain folded down.
5. Attach the safety key clip to your clothing before starting any exercise.

OPERATING INSTRUCTIONS

Dual Mode Operation

This treadmill offers two distinct modes of operation:

- **Walking Pad Mode:** With the handrail folded down, the treadmill operates at speeds from 1 to 4 km/h, ideal for light exercise or use under a standing desk.
- **Running Mode:** With the handrail raised and locked, the treadmill can reach speeds up to 12 km/h, suitable for jogging and running workouts.



Figure 3: Visual representation of Walking Mode (handrail folded) and Running Mode (handrail unfolded).

Using the Remote Control

The included wireless remote control allows you to easily adjust speed and start/stop the treadmill. Ensure the remote has working batteries.

- Press the **Start/Stop** button to begin or end your workout.
- Use the **+** and **-** buttons to increase or decrease the speed.
- The remote also features quick speed buttons for common speeds.



Figure 4: Remote control and digital display interface.

Display Information

The dual LED displays show important workout metrics:

- **Speed:** Current speed in km/h.
- **Time:** Duration of your workout.

- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Steps:** Number of steps taken.

Bluetooth Speaker and Phone Holder

Enhance your workout experience by connecting your device to the built-in Bluetooth speaker and using the integrated phone holder.

1. Place your smartphone or tablet securely in the phone holder.
2. Enable Bluetooth on your device and search for "SKY LAND Treadmill" (or similar name).
3. Pair your device. You can now play music or watch videos through the treadmill's speakers.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the surfaces with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to prevent dust buildup.

Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its life. Refer to the included user manual for specific lubrication instructions and frequency. Typically, silicone lubricant is applied under the belt.

Storage

The treadmill features a compact folding design for easy storage.

- Fold the handrail down completely.
- Utilize the transportation wheels to move the treadmill.
- Store it under a bed, sofa, or upright against a wall in a dry, cool place.



Folding Storage & Save Space



Figure 5: Examples of space-saving storage for the treadmill.

TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; circuit breaker tripped; safety key not in place.	Ensure power cord is securely plugged in. Check household circuit breaker. Ensure safety key is properly inserted.
Running belt slips or hesitates.	Belt needs lubrication; belt tension is incorrect.	Lubricate the running belt as per maintenance instructions. Adjust belt tension (refer to full user manual for detailed steps).

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose components; motor issue; belt friction.	Check for any loose screws or parts and tighten them. Lubricate the belt. If noise persists, contact customer support.
Remote control not responding.	Dead batteries; remote out of range; interference.	Replace remote control batteries. Ensure you are within range. Remove any potential interference sources.

For issues not listed here, or if solutions do not resolve the problem, please contact SKY LAND customer support.

SPECIFICATIONS

Detailed technical specifications for the SKY LAND Fitness 2-in-1 Treadmill (Model EM-1282-H):

- Model Number:** EM-1282-H
- Motor Horsepower:** 2.25 HP (Continuous), 4 HP (Peak)
- Speed Range:** 1-4 km/h (Walking Mode), 1-12 km/h (Running Mode)
- Display Type:** Dual LED (5 Inches)
- Display Metrics:** Speed, Time, Distance, Calories Burned, Steps
- Frame Material:** Alloy Steel
- Product Dimensions (L x W x H):** 133.5 x 68.5 x 106.5 cm (Unfolded)
- Packed Size:** 11 x 68 x 143 cm
- Item Weight:** 35 kg
- Color:** Black
- Power Source:** Corded Electric
- Special Features:** Bluetooth, Built-In Speaker, Compact Design, Foldable, Portable, Remote Control
- Included Components:** Remote Control, Tool Kit, User Manual



Figure 6: Motor specifications and performance details.

WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or contact SKY LAND customer support. SKY LAND is committed to providing high-quality sports and fitness equipment.

Customer Support

If you have any questions, require technical assistance, or need to report an issue, please contact our support team:



SKY LAND
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Figure 7: SKY LAND Customer Service Contact Information.

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WhatsApp: +971543084588, +971565015399

Phone (U.A.E.): +97142269180

Website: www.topskyland.com

Please have your model number (EM-1282-H) and purchase details ready when contacting support.

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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

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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