

manuals.plus /

› **SKY LAND** /

› **SKY LAND EM-1266 Treadmill and EM-9362 Ab Roller Instruction Manual**

SKY LAND EM-1266, EM-9362

SKY LAND EM-1266 Treadmill and EM-9362 Ab Roller Instruction Manual

Model: EM-1266 (Treadmill), EM-9362 (Ab Roller)

1. INTRODUCTION

Thank you for choosing the SKY LAND EM-1266 Foldable Treadmill and EM-9362 Smart Rebound Ab Roller bundle. This comprehensive fitness package is designed to provide effective cardio and core training in the comfort of your home. This manual contains important information regarding the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and retain it for future reference.

BRING THE GYM TO YOUR LIVING ROOM

Experience Professional-Grade Cardio and Core Training in the Comfort of Your Own Home



Image 1.1: The SKY LAND EM-1266 Treadmill and EM-9362 Ab Roller setup in a home environment.

2. SAFETY INFORMATION

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill or ab roller. SKY LAND assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

General Safety Precautions:

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the equipment on a solid, level surface with adequate clearance around it.
- Wear appropriate exercise clothing and athletic shoes.
- Do not use the equipment if you feel dizzy, faint, or experience pain. Stop exercising immediately.
- Inspect the equipment for wear or damage before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before use.

Treadmill Specific Safety:

- Always attach the safety key clip to your clothing before starting the treadmill.
- Do not step on the running belt when it is in motion.
- Hold the handrails when starting or stopping the treadmill.
- Do not exceed the maximum user weight of 100 kg.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

Ab Roller Specific Safety:

- Use the included knee pad to protect your knees during exercise.
- Maintain a controlled movement throughout the exercise to prevent injury.
- Ensure the ab roller is on a stable, non-slip surface.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, please contact customer support.

- SKY LAND EM-1266 Treadmill (Main Frame, Console, Running Belt)
- SKY LAND EM-9362 Ab Roller (Main unit, Detachable Handles, Knee Pad)
- Power Cord
- Safety Key
- User Manual (This document)
- Assembly Tools (if included)

4. ASSEMBLY INSTRUCTIONS

Assembly is required for both the treadmill and the ab roller. Follow the steps carefully.

4.1. SKY LAND EM-1266 Treadmill Assembly

The treadmill features a hydraulic soft-drop folding system for easier setup. While some components may come pre-assembled, final assembly typically involves attaching the console, handrails, and securing various parts.

1. Unpack all components and place them on a clear, flat surface.
2. Carefully lift the uprights and console mast into position.
3. Attach the console to the uprights, ensuring all cables are connected correctly.
4. Secure all bolts and nuts as indicated in the assembly diagram (refer to the separate assembly sheet if provided).
5. Ensure the running belt is centered and tensioned correctly.

EFFORTLESS CONTROL AND ENHANCED SAFETY FOR EVERY HOME WORKOUT

Experience the peace of mind of a hydraulic soft-drop folding mechanism and easy-move front wheels



Treadmill EM-1266

Image 4.1: The treadmill's folding mechanism, manual incline adjustment, and transport wheels.

4.2. SKY LAND EM-9362 Ab Roller Assembly

The ab roller is designed for quick and easy assembly.

1. Attach the detachable handles to the main ab roller unit. Ensure they click securely into place.
2. The knee pad is ready for use.

Smart Rebound Ab Roller EM-9362



Image 4.2: The SKY LAND EM-9362 Ab Roller.

5. SETUP

5.1. Treadmill Placement

Place the treadmill on a flat, stable surface. Ensure there is at least 2 meters of clear space behind the treadmill and 0.5 meters on each side for safe operation and emergency dismount. Connect the power cord to a grounded electrical outlet.

5.2. Ab Roller Placement

The ab roller can be used on various floor types, including tile, wooden flooring, carpet, and concrete flooring, thanks to its 6-layer design for maximum strength and floor protection. Ensure the surface is clear of obstructions.

6-LAYER

MAXIMUM STRENGTH
FOR ANY TYPE OF FLOOR

- 6 Support layer
- 5 Thickening layer
- 4 Sound-deadening layer
- 3 Shock-absorbing layer
- 2 Reinforcement layer
- 1 Anti-slip layer



Image 5.1: The 6-layer construction of the Ab Roller for floor protection.

6. OPERATING INSTRUCTIONS - SKY LAND EM-1266 TREADMILL

6.1. Console Overview

The 5-inch LCD display shows key workout metrics. The console includes buttons for speed adjustment, program selection, and music control.

BLUE LCD DISPLAY

- 2 Cup Holders
- Pulse Sensors
- 12 Preset Programs
- 6 Speed Short Cut Keys

BLUETOOTH

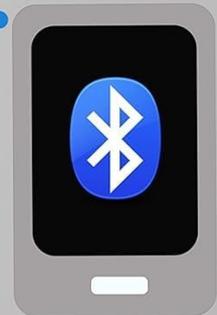


Image 6.1: The treadmill's LCD console and control panel.

6.2. Starting and Stopping

1. Ensure the safety key is properly placed on the console and clipped to your clothing.
2. Press the **START** button to begin your workout. The belt will start moving at a low speed.
3. To stop, press the **STOP** button or pull the safety key.

6.3. Adjusting Speed

Use the **+** and **-** buttons on the console to increase or decrease the running belt speed. The treadmill offers speeds from 0.8 to 14 km/h. Quick speed buttons (e.g., 2, 4, 6, 8, 10, 12 km/h) are also available for rapid adjustments.

6.4. Adjusting Incline

The EM-1266 treadmill features 3 levels of manual incline. To adjust the incline, you must manually change the position of the incline mechanism located at the rear of the treadmill. Ensure the treadmill is off and unplugged before adjusting the incline.

6.5. Preset Programs

The treadmill includes 12 preset workout programs. Use the **PROGRAM** button to cycle through the available programs. Each program offers varying speed and incline profiles to challenge your workout.

6.6. Heart Rate Monitoring

Grip the pulse sensors on the handrails to monitor your heart rate. Your heart rate will be displayed on the LCD screen.

6.7. Music Function

Connect your audio device to the treadmill's AUX port to play music through the built-in Hi-Fi speakers. Adjust volume from your connected device.

6.8. Folding and Storage

To fold the treadmill for storage, lift the running deck until it locks into an upright position. The hydraulic soft-drop system assists in this process. Use the built-in transport wheels to move the folded treadmill. To unfold, gently release the locking mechanism and lower the deck using the hydraulic system.

7. OPERATING INSTRUCTIONS - SKY LAND EM-9362 AB ROLLER

7.1. Using the Ab Roller

The EM-9362 Ab Roller features an automatic rebound system and dual-wheel stability for effective core workouts.

1. Place the included knee pad on the floor. Kneel on the pad, holding the ab roller handles firmly.
2. Slowly roll the ab roller forward, extending your body while keeping your core engaged. The smart brake function will provide resistance.
3. Utilize the automatic rebound feature to smoothly return to the starting position. This spring-assisted rebound reduces strain and enhances safety.
4. Perform repetitions as desired, focusing on controlled movements.

SMART BRAKE AUTOMATIC REBOUND

Built-in braking function. Spring-assisted rebound. Smoother

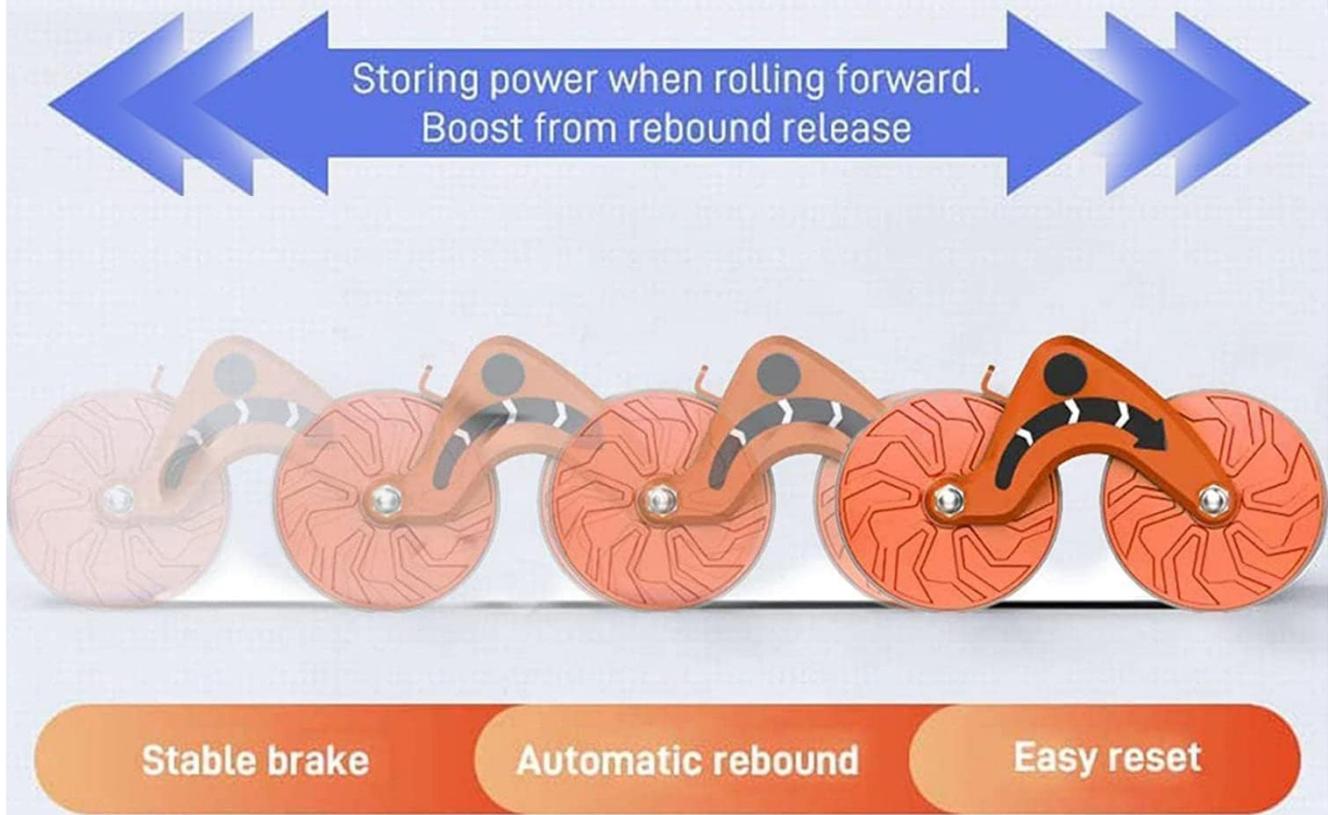


Image 7.1: Illustration of the Ab Roller's smart brake and automatic rebound mechanism.

7.2. Comfort Features

The ab roller is designed with comfortable elbow support, non-slip foam grips, and a padded knee mat to ensure safe and effective workouts.

7.3. Target Muscle Groups

The ab roller effectively targets various muscle groups, including:

- Abdominal muscle group
- Arm muscle group
- Gluteal muscle group
- Lower limb muscle group
- Back muscle group
- Chest muscle group



Arm muscle group



Gluteal muscle group



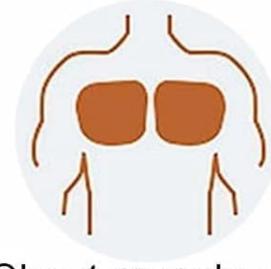
Abdominal muscle group



Lower limb muscle group



Back muscle group



Chest muscle group



Image 7.2: Muscle groups targeted by the Ab Roller.

8. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your fitness equipment.

8.1. Treadmill Maintenance

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** Lubricate the running belt every few months or as indicated by usage. Refer to the specific instructions for your treadmill model for the correct lubricant and application method.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust if necessary according to the instructions in the full assembly guide.
- **General Inspection:** Regularly check all bolts and nuts for tightness.

8.2. Ab Roller Maintenance

- **Cleaning:** Wipe the ab roller with a damp cloth after use.

- **Storage:** Store in a dry place. The detachable handles allow for compact storage.

9. TROUBLESHOOTING

If you encounter issues with your equipment, refer to the following common problems and solutions.

9.1. Treadmill Troubleshooting

- **Treadmill does not start:** Ensure the power cord is securely plugged in and the safety key is correctly placed on the console. Check the circuit breaker.
- **Running belt slips or stops:** The running belt may need tensioning or lubrication. Refer to the maintenance section.
- **Unusual noises:** Check for loose parts or foreign objects under the belt. If the noise persists, contact customer support.
- **Inaccurate heart rate reading:** Ensure your hands are firmly gripping both pulse sensors. Skin moisture can affect readings.

9.2. Ab Roller Troubleshooting

- **Handles feel loose:** Ensure the detachable handles are fully inserted and locked into place.
- **Ab roller not rebounding smoothly:** Check for any obstructions or debris in the wheel mechanism. Ensure the spring is functioning correctly.

10. SPECIFICATIONS

10.1. SKY LAND EM-1266 Treadmill Specifications

Brand	SKY LAND
Model Name	EM-1266 (Part of TREADMILL BUNDLE)
Color	GRAY
Product Grade	Residential
Product Dimensions (D x W x H)	152.5 x 75.2 x 118 cm
Folded Size	90 x 74 x 132.5 cm
Item Weight	44 Kilograms
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel, Plastic
Frame Material	Alloy Steel
Maximum Speed	14 Kilometers per Hour
Maximum Horsepower	4 HP (Peak)
Maximum Incline Rate	3.0 (Manual)
Display Type	LCD
Screen Size	5 Inch

Meter Type	Distance, Heart Rate, Speed, Time
Power Source	Corded Electric
Maximum Weight Recommendation	100 Kilograms
Running Surface Length	1250 Millimeters
Running Surface Width	430 Millimeters
Special Features	Built-In Speaker, Foldable, Heart Rate Monitor, Lightweight, Manual Incline
Recommended Uses	Home Cardio, Office Cardio, Running, Walking, Brisk Walking
Target Audience	Adult, Youth
Assembly Required	Yes



10.2. SKY LAND EM-9362 Ab Roller Specifications

Brand	SKY LAND
Model Name	EM-9362 (Part of TREADMILL BUNDLE)
Product Type Name	Ab Roller
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel, Plastic
Product Dimensions (Approximate)	44 cm (Width) x 37 cm (Depth) x 16 cm (Height)
Special Features	Smart Rebound System, Dual Wheel Stability, Elbow Support, Non-slip Foam Grips, Knee Pad
Product Benefits	Improve Bone Strength, Improve Muscle Strength, Weight Loss Support
Target Audience	Adult, Youth
Assembly Required	Yes (Handles attachment)

PRODUCT SIZE

37 X 44 X 16 CM



Image 10.2: Ab Roller product dimensions.

11. WARRANTY AND SUPPORT

The SKY LAND EM-1266 Treadmill and EM-9362 Ab Roller bundle comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects under normal use conditions.

For warranty claims, technical support, or inquiries about replacement parts, please contact Top Sky Land General Trading LLC, the manufacturer. Please retain your proof of purchase for warranty validation.

Manufacturer: Top Sky Land General Trading LLC

Country of Origin: China