

A man with a beard, wearing a red t-shirt and black shorts, is running on a black Life Fitness treadmill. The treadmill is in a modern gym with large windows in the background showing green trees. The gym floor is made of light-colored wood. In the background, there are dumbbells on a rack and other gym equipment. The overall lighting is warm and bright.

Life Fitness ATMOS

Product Guide
FOR RESIDENTIAL



Residential fitness that keeps residents moving.

Fitness is now one of the top amenities residents consider when choosing where to live, and a well designed fitness room contributes directly to satisfaction scores and quality-of-life.

\$548.4B market

— wellness-led residential real estate is now 2.4× its 2019 size, confirming health as a core value driver in housing (GWI, 2024).

37%

of people rank physical health as a top home concern, and 30% expect their home to actively strengthen them physically or mentally (IKEA).

70%+

amenity preference — fitness, yoga, and connected training spaces now rank among the top quality-of-life amenities in residential developments (BDC Network).

A Practical Guide to Refreshing Your Residential Fitness Space Without a Full Renovation

A well-designed residential fitness space supports everyday routines and feels naturally connected to the way people live in the building. This guide explores how to refresh these spaces so they remain current, comfortable, and relevant, without expanding the footprint or interrupting daily life.

The Residential Fitness Reality

Residents form an impression the moment they step inside. Often before they touch a piece of equipment.

In those first seconds, they register whether the space feels familiar, whether it belongs to the building, and whether it fits smoothly into their day. Layout, flow, and ease of use quietly shape how often the space becomes part of a routine.

Atmos is designed with this in mind. It brings visual calm, intuitive interaction, and low operational friction from the moment residents walk in, supporting regular use through consistency and comfort.





The Typical Residential Fitness space.

The Typical Residential Fitness Space:

In many residential environments, the fitness space is designed to fit within what is available rather than around how it is used.

- A compact area tucked into the building layout
- A wide mix of residents, with different habits, confidence levels, and expectations
- Use that comes and goes throughout the day, often in short sessions
- Spaces expected to operate smoothly with minimal oversight

Signals residents often pick up on:

- Cardio equipment that feels dated, inconsistent, or visually disconnected
- Consoles that require explanation or patience to use
- A room with little sense of atmosphere or care

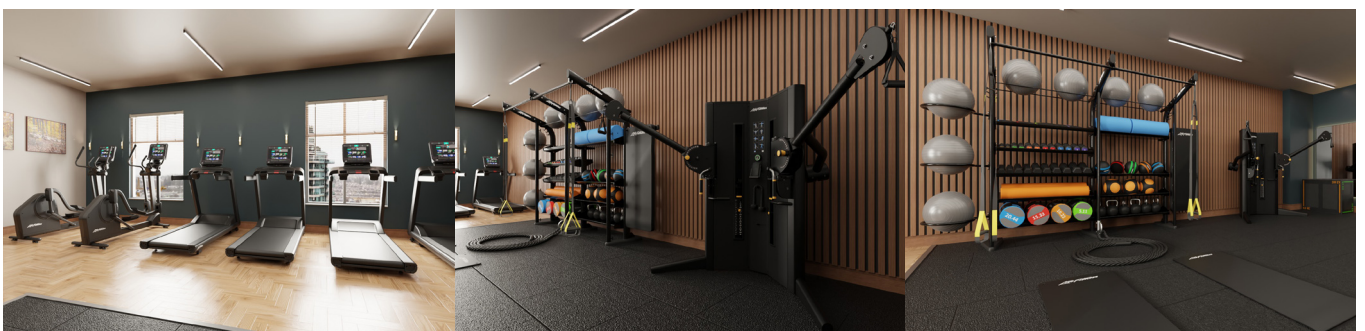




Imagine your fitness space with:

- A cohesive cardio lineup that feels clean, modern, and visually balanced from the moment residents walk in
- Cardio equipment that feels intuitive instantly, eliminating hesitation or guesswork before a workout begins
- A space that feels integrated into the building design, consistent with the way residents live and move every day
- A cardio-forward design that elevates the entire fitness space without requiring structural changes or adding operational complexity

Atmos anchors the space with visual clarity and ease of use, creating a strong foundation for a residential fitness environment that feels current, considered, and ready for everyday life.





The company that keeps pushing forward.

For over 50 years, Life Fitness has set the standard in commercial fitness equipment. Our innovations in biomechanics, connectivity and operational efficiency don't just transform bodies, they transform businesses in more than 160 countries.

Whether you need to get the most from a single property or updating an international group, Life Fitness will be supporting your brand, your space, and your operational goals.



Cardio that raises the standard — and fits your space.

Fitness has become a must-have amenity for residents, and expectations keep rising. The Life Fitness Atmos Cardio Series is purpose-built for residential properties where room is limited, budgets are controlled, and reliability is essential.

Offering an elevated, compelling and evolving fitness experience keeps residents coming back, Atmos brings together compact, durable cardio equipment engineered to work as one cohesive solution. The result is a space that feels organized, performs reliably, and delivers an intuitive experience for every resident.

Deliver understated, elegant designs that complement your brand and environment without overwhelming, with smaller equipment footprints that give even the most modest spaces room to impress. Bring proven durability and engaging connectivity, with console options that support everything from quick-start workouts to streaming entertainment.

This is essential cardio,
designed for the realities of residential fitness.



Life Fitness

ATMOS

Cardio Series



Atmos Treadmill

ATMOS CARDIO SERIES

**Essential performance,
designed to fit your space.**

The Atmos Treadmill brings the Life Fitness running experience to residential fitness spaces in a compact, cost-efficient design. Smooth, confident motion, intuitive controls and console options that support every resident in feeling confident from the first step.

You optimize your floor space and budget, while residents enjoy an essential, reliable cardio experience.

ATMOS TREADMILL SPECIFICATIONS	
PERFORMANCE	0-12mph / 0-19km/h 15% INCLINE 4HP AC MOTOR
CONSOLE OPTIONS	SL / SE4
DIMENSIONS (L X W X H)	82" x 32" x 61" 208.3 x 81 x 155 cm
MAX USER WEIGHT	400 lbs / 181 KG



**Compelling
Connectivity**

Connect Bluetooth devices and the Life Fitness app to track progress, generate workouts and keep your exercisers coming back. See Connectivity page for more.



Atmos Elliptical

ATMOS CARDIO SERIES

**Essential low-impact motion,
designed for accessible comfort.**

The Atmos Elliptical delivers smooth, low-impact movement in compact footprint, ideal for shared residential amenities where ease of use, comfort and quiet performance are essential. Built with tested Life Fitness components, it offers dependable operation and broad resident appeal.

A workout that feels natural for every resident in motion, in a design that fits effortlessly into residential atmospheres.

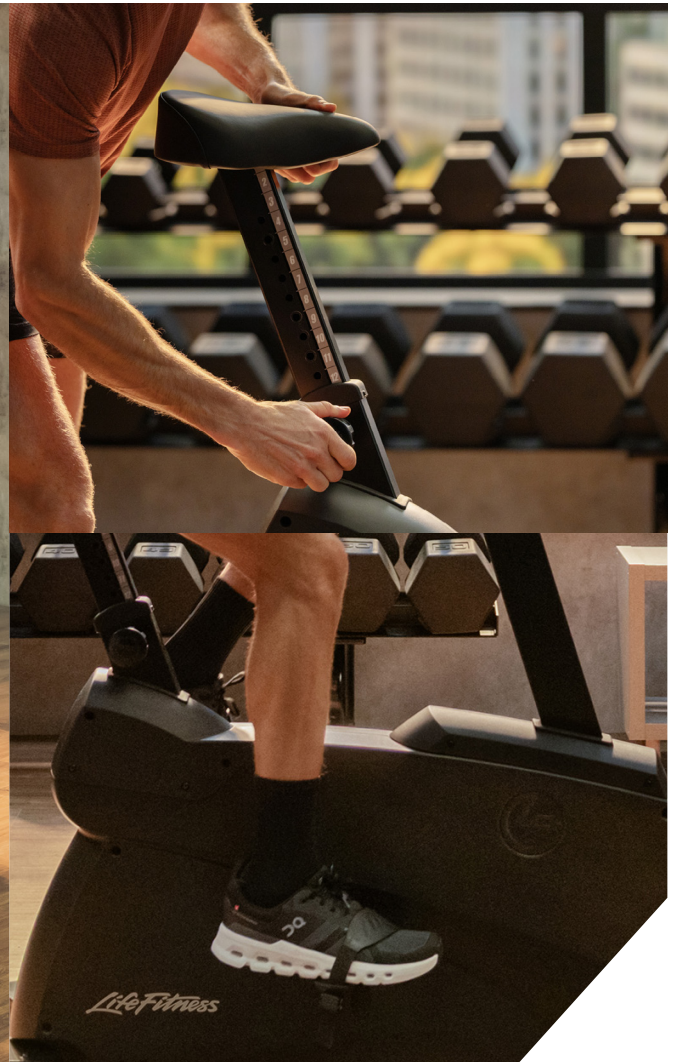
ATMOS ELLIPTICAL SPECIFICATIONS

PERFORMANCE	25 RESISTANCE LEVELS 19.5" / 45.5cm STRIDE
CONSOLE OPTIONS	SL / SE4
DIMENSIONS (L X W X H)	81.9" x 30.7" x 66.6" 208 x 77.9 x 169 cm
MAX USER WEIGHT	400 lbs / 181 KG



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Atmos Upright Bike

ATMOS CARDIO SERIES

Essential cycling comfort, designed for everyday wellbeing.

The Atmos Upright Bike delivers a natural, comfortable ride with simple adjustments and intuitive controls that fit the full range of exercisers. Its slim profile and light footprint let you maximize the number of popular pieces in smaller fitness rooms.

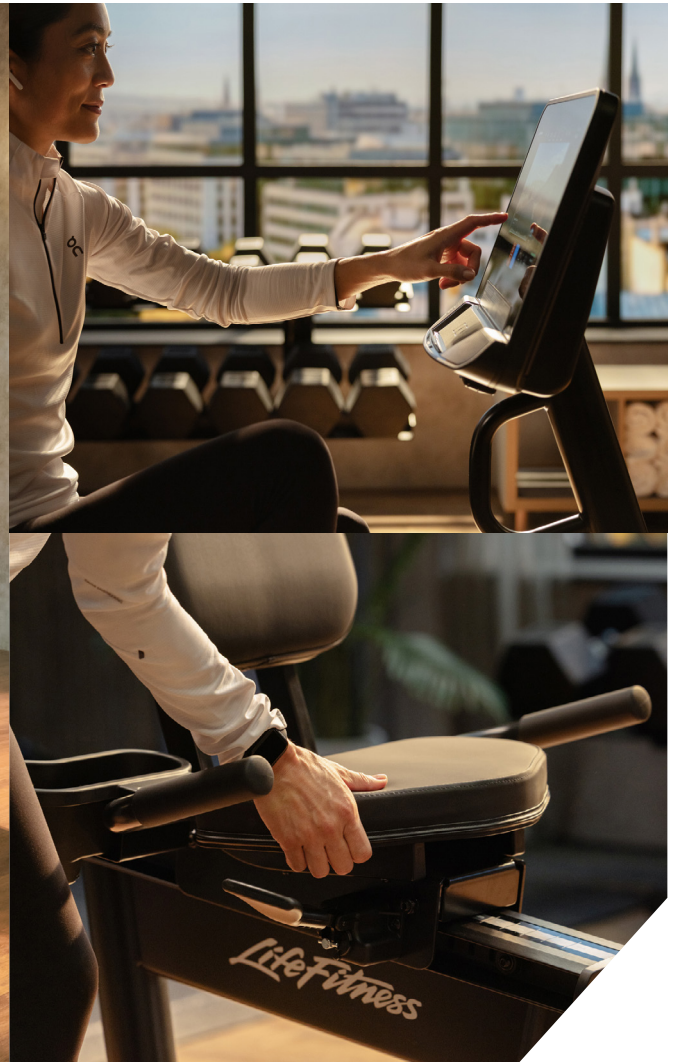
Residents expect Upright Bikes, and Atmos ensures they get one that feels familiar, reliable, and easy to use.

ATMOS UPRIGHT BIKE SPECIFICATIONS	
PERFORMANCE	25 RESISTANCE LEVELS
CONSOLE OPTIONS	SL / SE4
DIMENSIONS (L X W X H)	46.3" x 26.4" x 60.3" 117.6 x 67 x 153 cm
MAX USER WEIGHT	400 lbs / 181 KG



Compelling Connectivity

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Atmos Recumbent Bike

ATMOS CARDIO SERIES

Essential seated, designed for effortless accessibility.

The Atmos Recumbent Bike welcomes users of all ages, abilities and mobility levels. Its wide step-through design and ergonomic seating increase demographic appeal, all in a more compact package.

Riding in comfort means further journeys, for longer and more often for your residents.

ATMOS RECUMBENT BIKE SPECIFICATIONS

PERFORMANCE	25 RESISTANCE LEVELS
CONSOLE OPTIONS	SL / SE4
DIMENSIONS (L X W X H)	66.5" x 27" x 53" 168.9 x 68.6 x 134.6 cm
MAX USER WEIGHT	400 lbs / 181 KG



**Compelling
Connectivity**

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CONSOLES AND CONNECTIVITY

Intuitive for every user. Reliable for every property.

Different residents want different experiences: some prefer streaming and guidance, others a simple start-and-go interface. With Atmos, you can choose the console that best fits your property.

Both options support Bluetooth®, GymKit™, heart-rate tracking and Facility Connect integration to help reduce downtime and keep users engaged.

SE4

The SE4 Console enhances every workout with a bright 16" Full HD display, smooth navigation and responsive touch controls.

- Slim design with Advanced In Cell Touch Technology (AIT)
- Apple Watch® & Samsung Galaxy Watch® compatibility
- Bluetooth®, Wi-Fi® & NFC Wireless mobile device charging
- 500+ On-Demand Workouts, Interactive Terrains and Content Customization
- Streaming and Entertainment Apps



SL

The SL Console offers a straightforward, get-on-and-go experience with a bright 16" LED display that makes it easy for residents to get moving.

- 17 to 22 workouts
- Bluetooth® connection to heart rate straps, headphones and mobile devices
- Wi-Fi® and NFC
- Apple Watch® compatibility

Why Atmos?

Designed with purpose

ATMOS brings commercial-quality fitness to more environments than ever before.

Purposefully designed to fit your business model, its compact footprint and streamlined aesthetic make the most of smaller spaces while maintaining the proven bio-mechanics and engineering of Life Fitness. A smart design choice that blends seamlessly into hospitality, corporate, and residential environments.

Essential Performance

A smart investment in cardio, designed to give you exactly what you need, with no excess, and no compromise.

Delivering seamless workouts with the same natural motion and premium feel of a commercial gym. Available with two console options: the immersive SE4 16" console, offering interactive terrains and 400+ on-demand workouts for engaging, personalised training, or the intuitive SL console for straightforward, effective cardio sessions.

Proven Reliability

ATMOS delivers the right balance of price and quality, built on decades of Life Fitness dependability.

Designed for simple installation and minimal upkeep, it fits seamlessly into your space and supports your business without adding complexity. With Facility Connect and our dedicated service team by your side, you have a reliable partner to reduce downtime, simplify operations, and keep your exercisers moving.



Wherever
people move,
Life Fitness
moves with them.

Our residential specialists can help you design a fitness experience that aligns with your brand, fits your space, and performs reliably every day.

**Book a meeting
with our team today.**





Life Fitness ATMOS