

A man in a red t-shirt and a woman in a white long-sleeve shirt are running on treadmills in a modern gym. The gym has large windows overlooking a city skyline. The treadmills are black and have the Life Fitness logo on them. The man is in the foreground, and the woman is in the background. The text 'Life Fitness' is written in a white, cursive font across the middle of the image, and 'ATMOS' is written in a white, bold, sans-serif font below it.

Life Fitness

ATMOS

Essential Cardio
DESIGNED TO FIT EVERY GUEST EXPERIENCE



Cardio that raises the standard — and fits your space.

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

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

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 hospitality fitness.

Marriott
INTERNATIONAL

Hilton

HYATT[®]

Radisson

IHG
HOTELS & RESORTS

ACCOR

Kempinski
HOTELIERS SINCE 1897

ROYAL CARIBBEAN CRUISES LTD.

MANDARIN ORIENTAL
THE HOTEL GROUP

MELIÀ
HOTELS & RESORTS

FOUR SEASONS
Hotels and Resorts

EVEN HOTELS



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.



Hospitality fitness that keeps guests moving.

Fitness is now one of the top amenities guests consider when choosing where to stay, and a well-designed fitness room contributes directly to satisfaction scores and return visits.

51%

Business travelers are embracing fitness and wellbeing: according to BCD Travel (2025), 51% value access to a gym, pool, or spa for their wellbeing.

20%

While 20% prefer in-room exercise options. Fitness amenities are now considered part of productivity and recovery on the road.

55%

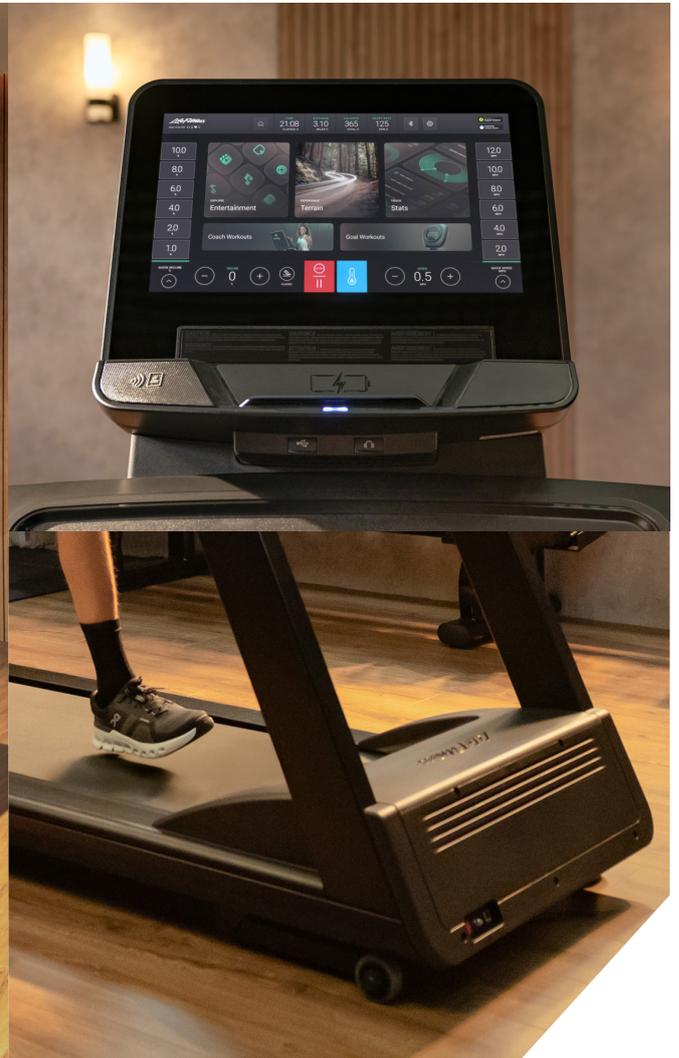
Wellness is mainstream: 55% of travelers would consider a wellness retreat, and Gen Z is driving demand for movement-based activities (TravelBoom Leisure Travel Study, 2026).



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 hotel fitness rooms in a compact, cost-efficient design. Smooth, confident motion, intuitive controls and console options that support every guest in feeling confident from the first step.

You optimize your floor space and budget, while guests 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 hotel spaces where ease of use, comfort and quiet performance are essential. Built with tested Life Fitness components, it offers dependable operation and broad guest appeal.

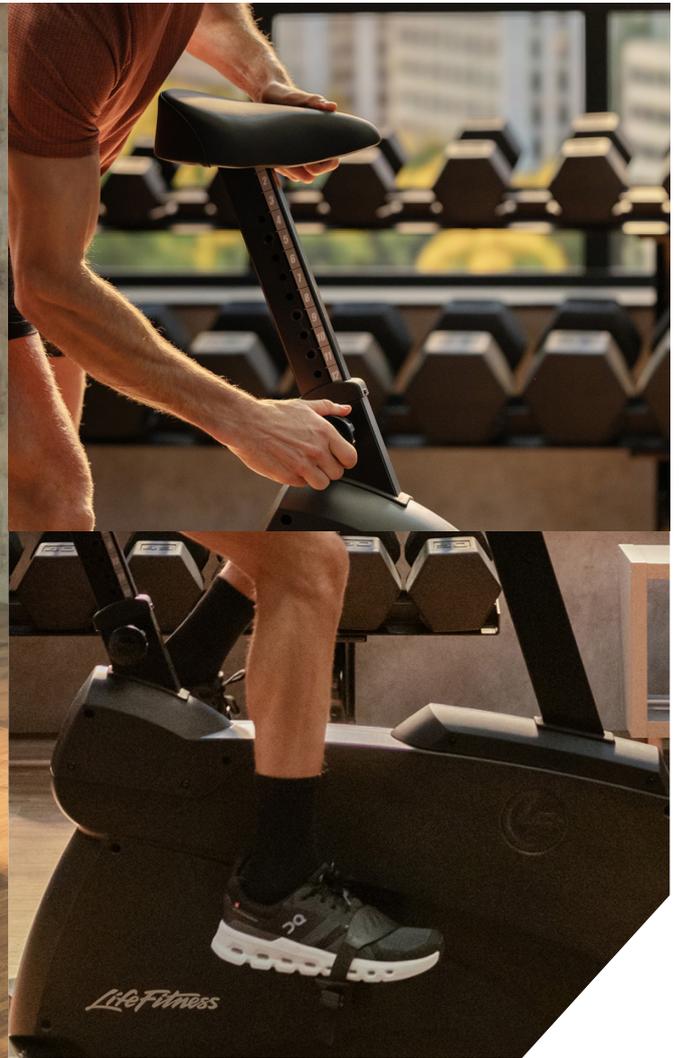
A workout that feels natural for every guest in motion, in a design that fits effortlessly into hospitality atmospheres.

| 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 |



**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 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.

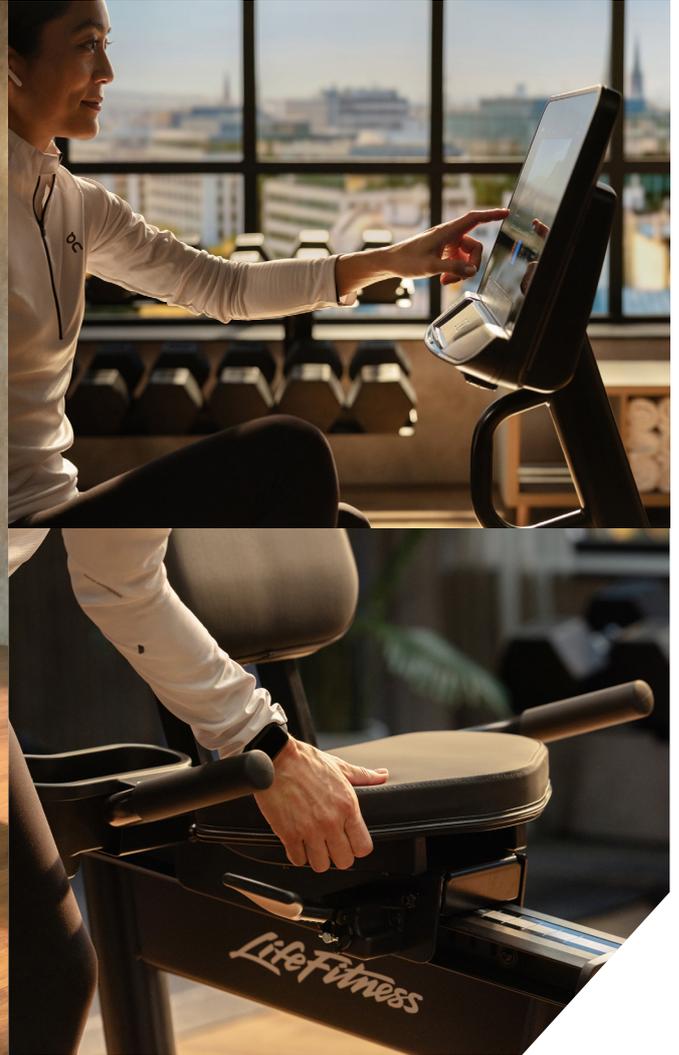
Guests expect Upright Bikes, and Atmos ensures they get one that feels familiar, reliable, and easy to use.

| 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

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 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 guests.

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**

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

CONSOLES AND CONNECTIVITY

Intuitive for every user. Reliable for every hotel.

Different guests 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 guests to get moving.

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

Wherever
people move,
Life Fitness
moves with them.

Our hospitality 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.**





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