



Bowflex® HVT® Machine Earns Prestigious IDA Award

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Nautilus, Inc. recognized for industry-leading innovation, groundbreaking products

VANCOUVER, Wash.--(BUSINESS WIRE)--Jun. 13, 2018-- Nautilus, Inc. (NYSE: NLS), a leader in innovative fitness equipment, has received the 2017 IDA Award for the [Bowflex® HVT® machine](#). The Bowflex HVT machine expands on the traditional home gym by offering hybrid velocity training – an approach to fitness that combines cardio and strength training into a fast, effective workout. In as little as 18 minutes and 20 seconds, everyone – from beginners to seasoned pros – can increase their metabolism and burn calories while building sculpted, lean muscles.

This press release features multimedia. View the full release here: <https://www.businesswire.com/news/home/20180613005089/en/>



Recognized for its design, the Bowflex HVT machine was awarded the Silver Award in the Outdoor & Exercise Equipment category, and is also the third Nautilus, Inc. product to win the IDA Award. The Bowflex HVT machine captured the IDA Award jury's attention for its innovation, quality and unique design – standing out among more than 3,000 entries. A highly regarded international design award, the IDA Award honors exceptional products across several categories.

"Winning a second award for the Bowflex HVT machine further validates that we've hit the mark in creating a new category of fitness equipment that delivers workouts tailored to our customers' needs," said Chris Quatrochi, Senior Vice President, Innovation for Nautilus, Inc. "By combining advanced technology features with accessible workout programs geared to motivate, we're enabling our customers to achieve their fitness goals."

The Bowflex® HVT® machine earns the IDA Silver Award in the Outdoor & Exercise Equipment category. (Photo: Business Wire)

was also recognized with the prestigious ISPO Award – selected as a Winner in the Health & Fitness category.

The HVT machine's dynamic coaching console features three pre-programmed workout modes, resistance adjustment at the turn of a dial, and an intuitive interface that provides instant feedback to keep users motivated and on track. With built-in Bluetooth® smart technology and the free HVT® app, available for iOS and Android, users can choose pre-built workouts or customize their own from 50 trainer-led videos that guide them every step of the way, and allows them to go at their own pace.

For more information about the Bowflex HVT machine, visit: www.bowflex.com/hvt.

About Nautilus, Inc.

Headquartered in Vancouver, Wash., Nautilus, Inc. (NYSE: NLS) is a global fitness solutions company that believes everyone deserves a fit and healthy life. With a brand portfolio including Bowflex®, Nautilus®, Octane Fitness®, Schwinn® and Universal®, Nautilus, Inc. develops innovative products to support healthy living through direct and retail channels as well as in commercial channels with Octane Fitness® products.

About IDA Award

A handful of designers, thinkers and entrepreneurs created the International Design Awards in 2007 as a response to the lack of recognition and celebration for smart and sustainable multidisciplinary design. The International Design Awards (IDA) exists to recognize, celebrate and promote legendary design visionaries and to uncover emerging talent in Architecture, Interior, Product, Graphic, and Fashion Design. IDA aspires to draw attention to the iconoclasm of design world wide, conceptualizing and producing great work.

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