FORM 4

Instruction 1(b).

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington,	D.C. 20549
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Check this box if no longer subject	STATEMENT OF CHANGES IN BENEFICIAL	<b>OWNERSHIP</b>
to Section 16. Form 4 or Form 5		
obligations may continue. See		

OMB APPROVAL 3235-0287 Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* Siegert Marvin G						2. Issuer Name and Ticker or Trading Symbol NAUTILUS, INC. [ NLS ]									ationship of Reporti k all applicable) Director		10% Ow		ner	
	UTILUS, II	NC.	Middle)			3. Date of Earliest Transaction (Month/Day/Year) 06/16/2021								Officer (give title below)		Other (s below)		specify		
(Street)	UVER W		8683		4. If <i>I</i>	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Indi Line) X						
(City)	(St	ate) (Z	Zip)																	
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
Da			2. Transac Date (Month/Da	ay/Year)   Exe		2A. Deemed Execution Date, f any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (ADisposed Of (D) (Instr. 3, 5)			4 and Secur Benef		cially Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amount	(A) (D)	or Pr	ice	Transaction(s) (Instr. 3 and 4)				(5011 4)	
Common	Stock			06/16/	2021				A		5,147(1)	I	A	\$ <mark>0</mark>	54,224		D			
Common	Stock														5	5,000 I By Trus				
		Tal									osed of, convertib				Owne	d				
1. Title of Derivative Security (Instr. 3)	Derivative Conversion Date Execution D Security or Exercise (Month/Day/Year) if any				Code (Instr.		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Ins 3 and 4)		De Se (In		9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	у	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership t (Instr. 4)	
					Code	v	(A)	(D)	Date Exercis	able	Expiration Date	Title	Amour or Number of Shares	er						

## **Explanation of Responses:**

- 1. Represents an award of restricted stock. The restricted stock is subject to forfeiture until vesting on June 16, 2022.
- 2. The Reporting Person is a trustee of The Siegert Trust. The Reporting Person disclaims beneficial ownership of such securities except to the extent of his pecuniary interest therein. The inclusion of these securities in this report shall not be deemed an admission of beneficial ownership of such securities for purposes of Section 16 or for any other purpose.

## Remarks:

/s/ Aina E. Konold, Attorneyin-fact for Marvin G. Siegert

06/21/2021

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- \* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.