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Nautilus, Inc. Expands Brand Portfolio, Announces Availability of Modern Movement® Fitness Training Line

Modern Movement® Marks the Company's Entry into Balance and Core Strength Category and Makes Fitness Fun

VANCOUVER, Wash.--(BUSINESS WIRE)-- Nautilus, Inc. (NYSE: NLS), a leader in innovative fitness equipment, continues to broaden its portfolio and find new, creative ways to deliver on its mission to support a healthy lifestyle for all, announcing today the launch of the Modern Movement® brand and the availability of the Modern Movement fitness training line.

This press release features multimedia. View the full release here:

<http://www.businesswire.com/news/home/20171214005199/en/>



The Modern Movement brand expands Nautilus, Inc.'s offerings to include shelf fitness, and adds the balance and core strength focus area to the company's collection. The next generation in fitness training, Modern Movement is designed for those who seek a stronger core and better balance. Products include the M-Pad™ Balance & Strength Trainer and the Edge-Board™ Core Strength Trainer, and both sync with the free M-Trac™ app, available for iOS and Android.

The M-Trac app features the ability to connect to a TV and offers balance and agility games including "Bull's Eye," "Maze" and "Space Invaders," making the products fun and engaging, all while measuring progress and providing motivation.

Modern Movement® Edge-Board™ Core Strength Trainer features functionality extending much further than a traditional ab roller and can be incorporated into a wide variety of exercises. (Photo: Business Wire)

balance, agility and core strength training offerings in our family of brands," said Jeff Collins, Vice President, General Manager Retail of Nautilus, Inc. "These new products are designed to offer functionality and entertainment in a sleek package that will help deliver results."

"We strive to provide innovative and fun ways for our customers to achieve their health and fitness goals by delivering a diverse set of cardio, strength and now

Experts agree that balance and core training are an important part of a healthy workout routine, for everyday activities like walking and climbing stairs to improving agility for sports and athletics. Additionally, children are more likely to engage in fitness if they enjoy the activity, suggesting a need for a fun exercise tool.

"Many people focus on cardio or strength training, but don't realize the importance of improving your balance and strengthening your core for a well-rounded fitness regimen," said Tom Holland, exercise physiologist and Nautilus, Inc. Fitness Advisor. "The Modern Movement products not only help consumers to regain, maintain and improve functional balance, as well as enhance their overall core strength, but they also provide entertainment for users of all ages, to encourage longer, more frequent training sessions. It can be a great way for families to get fit while having fun."

Modern Movement Fitness Training Line

M-Pad Balance & Strength Trainer: combines the latest smart technology with balance and agility games through the M-Trac app. This balance and strength trainer offers interactive tracking software. The M-Pad trainer doesn't limit users to side-to-side or back-to-front motions, providing a wider range of motion that better replicates real-life movements. Additionally, the compact size allows the M-Pad trainer to be used in a variety of environments, including at a standing desk,

the gym and at home.

Edge-Board Core Strength Trainer: is a core and full-body extension trainer with functionality that extends much further than that of a traditional ab roller. It can be incorporated into a variety of exercises, including lunges, ab extensions, hamstring curls, push-ups, pike-ups and more. The attachable phone cradle allows users to build their own custom workouts or follow trainer-led exercises, or add a little fun with the gaming option.

The products are available for purchase both directly and at select Dick's Sporting Goods stores, dickssportinggoods.com, amazon.com and other retailers. Suggested retail prices are \$119 for the M-Pad and \$69 for the Edge-Board. For more information, visit: www.modmov.com.

About Nautilus, Inc.

Headquartered in Vancouver, Washington, 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®, Modern Movement®, 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.

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