

NAUTILUS, INC.
Form 4
February 28, 2007

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
HAMMANN GREGGORY C

(Last) (First) (Middle)

NAUTILUS GROUP INC, 1400 NE 136TH AVE

(Street)

VANCOUVER, WA 98684

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
NAUTILUS, INC. [NLS]

3. Date of Earliest Transaction (Month/Day/Year)
02/27/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)

Chief Executive Officer

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person
___ Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
				(A) or (D)	Price		
Common stock	02/27/2007		M	1,000	D \$ 17.97	31,000	D
Common stock	02/27/2007		M	1,000	D \$ 17.96	31,000	D
Common stock	02/27/2007		M	2,000	D \$ 17.95	31,000	D
Common stock	02/27/2007		M	1,000	D \$ 17.9	31,000	D
Common stock	02/27/2007		M	1,000	D \$ 17.85	31,000	D

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Common stock	02/27/2007	M	900	D	\$ 17.82	31,000	D
Common stock	02/27/2007	M	2,000	D	\$ 17.8	31,000	D
Common stock	02/27/2007	M	1,000	D	\$ 17.77	31,000	D
Common stock	02/27/2007	M	200	D	\$ 17.72	31,000	D
Common stock	02/27/2007	M	300	D	\$ 17.71	31,000	D
Common stock	02/27/2007	M	2,500	D	\$ 17.7	31,000	D
Common stock	02/27/2007	M	5,000	D	\$ 17.5	31,000	D
Common stock	02/27/2007	M	1,000	D	\$ 17.52	31,000	D

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

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	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 Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock option (right to buy)	\$ 10.39	02/27/2007		M	18,900	07/15/2004	07/15/2013	Common stock	18,900

Reporting Owners

Reporting Owner Name / Address	Relationships
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Director 10% Owner Officer Other

HAMMANN GREGGORY C
NAUTILUS GROUP INC
1400 NE 136TH AVE
VANCOUVER, WA 98684

Chief Executive Officer

Signatures

Gregg
Hammann 02/28/2007

 Signature of Date
Reporting Person

Explanation of Responses:

- * 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.
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