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STEIN MIC Form 4											
June 11, 20	ЛЛ					~			PPROVAL		
	UNITED	STATES		RITIES A Ashingtor			E COMMISSION	N OMB Number:	3235-0287		
Check t if no lo subject Section Form 4 Form 5 obligati may co <i>See</i> Ins 1(b).	to or Filed pu ntinue.	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							January 31, 2005 average urs per . 0.5		
(Print or Type	e Responses)										
1. Name and STEIN MI	2. Issuer Name and Ticker or Trading Symbol NAUTILUS, INC. [NLS]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
(Last) (First) (Middle) NAUTILUS, INC., 16400 SE NAUTILUS DRIVE			3. Date of Earliest Transaction (Month/Day/Year) 06/10/2010			X_ Director 10% Owner Officer (give title 0ther (specify below) below)					
				endment, D onth/Day/Yea	-	ıl	Applicable Line) _X_ Form filed by	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
(City)	(State)	(Zip)	Tal	de I. Non	Dominating	Securities	Person	of or Donoficio	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		ed Date, if	3. Transactio Code (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3, -	ies (A) or of (D)	Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect		
Reminder: Ro	eport on a separate lin	e for each cl	ass of sec	purities bene	Perso inform requir	ons who res nation con red to resp ays a curre	or indirectly. spond to the colle tained in this form ond unless the fo ontly valid OMB co	n are not rm	SEC 1474 (9-02)		

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Am
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Sec
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	•	(Instr. 3, 4,				
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	A C N C
Director Stock Option (right-to-buy)	\$ 1.94	06/10/2010		A		10,000		06/10/2011 <u>(1)</u>	06/10/2017	Common Stock	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
STEIN MICHAEL A NAUTILUS, INC. 16400 SE NAUTILUS DRIVE VANCOUVER, WA 98683	Х							
Signatures								
/s/ Kenneth L. Fish, Attorney-in- Stein		06/11/2010						

<u>**</u>Signature of Reporting Person Date

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).

(1) This option will vest and become exercisable in four equal installments beginning June 10, 2011.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.