Edgar Filing: FOLLIT EVELYN V - Form 4

FOLLIT EVI	ELYN V									
Form 4										
September 10	0, 2007									
FORM	1								PPROVAL	
	UNITED	STATES		RITIES A shington			COMMISSIO	N OMB Number:	3235-0287	
Check thi								Expires:	January 31,	
if no long subject to Section 1	F CHAI	NGES IN SECUI	Estimated	Estimated average burden hours per						
Form 4 or Form 5					с ·		A (01024	response	. 0.5	
obligation may conti <i>See</i> Instru 1(b).	inue. Section 17(a) of the	Public U	Itility Hol	ding Cor		nge Act of 1934, of 1935 or Secti 940			
(Print or Type R	Responses)									
1. Name and Address of Reporting Person <u>*</u> FOLLIT EVELYN V			2. Issuer Name and Ticker or Trading Symbol NAUTILUS, INC. [NLS]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (I	Middle)	3. Date of Earliest Transaction				(Check all applicable)			
NAUTILUS, INC., 16400 SE NAUTILUS DRIVE			(Month/Day/Year) 09/06/2007				X_ Director 10% Owner Officer (give title Other (specify below) below)			
(Street)			4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
				onth/Day/Yea	-		Applicable Line) _X_ Form filed by One Reporting Person			
VANCOUV	ER, WA 98683							More than One R		
(City)	(State)	(Zip)	Tab	ole I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
	2. Transaction Date (Month/Day/Year)	2A. Deem Execution any (Month/D	Date, if	3. Transactio Code (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3, 4	(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code V	Amount	(D) Price	(Instr. 3 and 4)			
Reminder: Rep	ort on a separate line	e for each cl	ass of sec	urities bene	-	-	-			
					inforn requir	nation cont ed to resp lys a curre	spond to the colle tained in this form ond unless the fo ntly valid OMB co	n are not orm	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	Transaction	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)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title) ()
Stock Option (right-to-buy)	\$ 9.81	09/06/2007		А		10,000		09/06/2008 <u>(1)</u>	09/06/2014	Common Stock	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
FOLLIT EVELYN V NAUTILUS, INC. 16400 SE NAUTILUS DRIVE VANCOUVER, WA 98683	Х							
Signaturaa								

Signatures

/s/ William D. Meadowcroft, Attorney-in-fact for Evelyn V. Follit

**Signature of Reporting Person

09/10/2007

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) Options vest in four annual installments beginning September 6, 2008.

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.