

NAUTILUS, INC.
Reported by
CHAN ALAN LOP-GATE

FORM 4
(Statement of Changes in Beneficial Ownership)

Filed 08/05/22 for the Period Ending 08/03/22

Address	17750 SE 6TH WAY VANCOUVER, WA, 98683
Telephone	360-859-2900
CIK	0001078207
Symbol	NLS
SIC Code	3949 - Sporting and Athletic Goods, Not Elsewhere Classified
Industry	Recreational Products
Sector	Consumer Cyclical
Fiscal Year	03/31

FORM 4

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

OMB APPROVAL
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[] Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

1. Name and Address of Reporting Person * Chan Alan Lop-gate (Last) (First) (Middle) C/O NAUTILUS, INC., 17750 SE 6TH WAY (Street) VANCOUVER, WA 98683 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol NAUTILUS, INC. [NLS]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) Chief Legal Officer
3. Date of Earliest Transaction (MM/DD/YYYY) <p align="center">8/3/2022</p>		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
4. If Amendment, Date Original Filed (MM/DD/YYYY)		

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

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	8/3/2022		M		5317	A		5317	D	
Common Stock	8/3/2022		F		2093	D	\$1.95	3224	D	

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

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Restricted Stock Units	(U)	8/3/2022		M		5317		(U)	(U)	Common Stock	5317.0	\$0	10634	D	

Explanation of Responses:

- (1) Restricted stock units convert into common stock on a one-for-one basis.
- (2) On August 3, 2021 the reporting person was granted 15,951 restricted stock units, vesting in three equal annual installments beginning on the first anniversary of the grant date, subject to the reporting person's provision of services to the Issuer on such vesting dates.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Chan Alan Lop-gate C/O NAUTILUS, INC. 17750 SE 6TH WAY VANCOUVER, WA 98683			Chief Legal Officer	

Signatures

/s/ Alan L. Chan

8/5/2022

**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.

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