



## Nautilus, Inc.'s Modern Movement® M-Pad™ Balance & Strength Trainer Wins Red Dot Award

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***World-renowned design award recognizes innovative smart balance product***

VANCOUVER, Wash.--(BUSINESS WIRE)--Apr. 9, 2018-- Nautilus, Inc. (NYSE: NLS), a leader in innovative fitness equipment, has received the prestigious international 2018 Red Dot Award: Product Design for the Modern Movement® M-Pad™ Balance & Strength Trainer. The product was awarded the honor for its ground-breaking design and named the "best in the industry," according to the Red Dot Award jury.

This press release features multimedia. View the full release here: <https://www.businesswire.com/news/home/20180409005331/en/>



The Modern Movement M-Pad is a balance and strength trainer that offers interactive, tracking software. With the M-Trac™ app, working out is transformed into a live gaming experience, making training fun and motivating. By leveraging the sensors in smartphones, the M-Trac app uses balance tests and challenges to provide a metric for balance ability, allowing users to track their progress. Featuring three, attachable base pads, which increase the level of difficulty with each additional pad, this balance and strength trainer progresses with users as their balance skills improve. Designed with all fitness levels in mind, the M-Pad features a low step-on height, allowing those with no balance training experience to gain confidence quickly.

The Modern Movement M-Pad stood out among more than 6,300 submissions from 59 countries, capturing the Red Dot Award jury's attention for the product's creativity, functionality and advanced technological capabilities. Since it was established in 1955, the Red Dot Award ranks among the most renowned design competitions in the world.

"The Modern Movement product line, and M-Pad in particular, allowed us to expand our offerings and advance the category by incorporating innovative technology to further meet our customers' needs," said

The Modern Movement® M-Pad™ Balance & Strength Trainer received a Red Dot Award for its unique design and ground-breaking technology. (Photo: Business Wire)

Bruce Cazenave, Chief Executive Officer of Nautilus, Inc. "This Red Dot Award proves that we were successful in designing a product that motivates our customers to live healthy lives."

The M-Pad provides a wider range of motion and does not limit users to side-to-side or back-to-front movement – which more closely replicates real life movements. In addition, the combination of instability and motion provides a better method for improving balance and agility, while actively engaging and strengthening core muscles. The M-Pad can be used at a standing desk, at the gym with weights, or at home while watching TV, and is easily transported in a gym bag or backpack.

For more information on the product, visit: [www.modmov.com](http://www.modmov.com).

The Modern Movement M-Pad Balance & Strength Trainer is the third product from Nautilus, Inc. to be recognized with a Red Dot Award: Product Design. The Bowflex® SelectTech® 560 dumbbells won the Red Dot: Best of the Best distinction in 2016, and the Bowflex Max Trainer® was recognized with a Red Dot Design Award in 2015.

### **About Nautilus, Inc.**

Headquartered in Vancouver, Wash., 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®, 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 with Octane Fitness® products.

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**Media:**

Nautilus, Inc.

Erin Beck, 360-859-5863

[ebeck@nautilus.com](mailto:ebeck@nautilus.com)

or

The Hoffman Agency

Carey Kerns, 503-754-7975

[ckerns@hoffman.com](mailto:ckerns@hoffman.com)

or

**Investor Relations:**

ICR, LLC

John Mills, 646-277-1254

[John.Mills@ICRinc.com](mailto:John.Mills@ICRinc.com)