## Edgar Filing: MusclePharm Corp - Form 4

Form 4	rm Corp								
December (	08, 2016								
FORM	<b>M</b> 4							APPROVAL	
UNITED STATES SECURITIES AND EXCHANGE COMMISSIO Washington, D.C. 20549						E COMMISSION	OMB Number:	3235-0287	
Section 16. Form 4 or			CHANGES SE(	IN BENE CURITIES	FICIAL O	WNERSHIP OF	Expires: Estimated burden ho response.	urs per	
Form 5 obligations may continue. See Instruction 1(b). 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	e Responses)								
1. Name and Address of Reporting Person <u>*</u> Lynch Peter Christopher			2. Issuer Name <b>and</b> Ticker or Trading Symbol MusclePharm Corp [MSLP]			5. Relationship of Reporting Person(s) to Issuer			
(Last)				est Transactio	-	(Check all applicable)			
C/O MUS CORPORA	<sup>(First)</sup> CLEPHARM ATION, 4721 IR <sup>1</sup> BUILDING A	( 1	Month/Day/Ye		11	Director X Officer (giv below) Chief		% Owner her (specify cer	
(Street) DENVER, CO 80239			4. If Amendment, Date Original Filed(Month/Day/Year)			<ul> <li>6. Individual or Joint/Group Filing(Check</li> <li>Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> </ul>			
						Person			
(City)	(State)	(Zip)	Table I - N	lon-Derivativ	ve Securities A	Acquired, Disposed o	of, or Beneficia	ally Owned	
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)	Execution D any	ate, if Trans Code /Year) (Instr		ed (A) or ed of (D) , 4 and 5) (A) or	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)	
Reminder: Re	eport on a separate li	ne for each clas	s of securities	beneficially o	wned directly	or indirectly.			
				info requ disp	rmation con iired to resp	spond to the collec tained in this form ond unless the for ntly valid OMB co	are not m	SEC 1474 (9-02)	
	Ta		tive Securities uts, calls, warr			Beneficially Owned securities)			
1. Title of Derivative		ansaction Date th/Day/Year)		4. te, if Transa	5. Numberivativ			7. Title and Amount of Underlying Securities	

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Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code (Instr. 8)	Securities (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		/Year)	(Instr. 3 and 4)		
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount o Number o Shares
Option to Purchase Common Stock	\$ 2.39	12/05/2016		A	139,277		<u>(1)</u>	12/05/2026	Common Stock	139,277

## **Reporting Owners**

\*\*Signature of

Reporting Person

Reporting Owner Name / Address		Relationships					
in porting of the ran	reporting o more reality reality		10% Owner	Officer	Other		
Lynch Peter Christopher C/O MUSCLEPHARM CORPORATION 4721 IRONTON STREET, BUILDING A DENVER, CO 80239				Chief Financial Officer			
Signatures							
/s/ Peter Lynch	12/08/2016						

## **Explanation of Responses:**

\* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

Date

- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Represents the grant of an option to purchase shares of common stock, of which 1/3 will vest after one year and the remaining amount will vest pro rata quarterly over the following two years.

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.