UNITED STATES SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of earliest event reported) **September 14, 2010**

ARMOUR Residential REIT, Inc.

(Exact Name of Registrant as Specified in Its Charter)

Maryland

001-33736

26-1908763

	(State or Other Jurisdiction (Commission File Number) of Incorporation)	(I.R.S. Employer Identification No.)
	956 Beachland Blvd., Suite 11 Vero Beach, Florida	32963
	(Address of Principal Executive Offices)	(Zip Code)
	(772) 617-4340 (Registrant's Telephone Number, Including	g Area Code)
	<u>n/a</u> (Former Name or Former Address, if Changed S	Since Last Report)
	the appropriate box below if the Form 8-K filing is intended to stion of the registrant under any of the following provisions (see Co	
]	Written communications pursuant to Rule 425 under the Securit	ies Act (17 CFR 230.425)
]	Soliciting material pursuant to Rule 14a-12 under the Exchange	Act (17CFR 240.14a-12)
]	Pre-commencement communications pursuant to Rule 14d-2(b) 240.14d-2(b))	under the Exchange Act (17 CFR
]	Pre-commencement communications pursuant to Rule 13e-4(c) 240.13e-4(c))	under the Exchange Act (17 CFR

Item 7.01. Regulation FD Disclosure.

Commencing on September 14, 2010, ARMOUR Residential REIT, Inc. ("ARMOUR") will be making presentations to certain investors. Attached as Exhibit 99.1 to this report is the form of investor presentation to be used by ARMOUR in its presentations.

The investor presentation attached to this report as Exhibit 99.1 is furnished pursuant to this Item 7.01 and shall not be deemed filed in this or any other filing of ARMOUR under the Securities Exchange Act of 1934, as amended, unless expressly incorporated by specific reference in any such filing.

Item 8.01. Other Events.

On September 14, 2010, ARMOUR announced the declaration of a quarterly dividend of \$0.36 per common share for the third fiscal quarter of 2010. The dividend will be paid on October 29, 2010 to stockholders of record on September 23, 2010, with an ex-dividend date of September 21, 2010. The Company also announced that dividends will be paid on a monthly basis commencing in January 2011.

A copy of ARMOUR's press release announcing the dividend is attached hereto as Exhibit 99.2 and incorporated herein by this reference.

Item 9.01. Financial Statements and Exhibits.

(c) Exhibits

Exhibit No. Description

99.1	Investor Presentation, dated September 14, 2010
99.2	Press Release, dated September 14, 2010

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: September 14, 2010

ARMOUR RESIDENTIAL REIT, INC.

By: <u>/s/ Jeffrey J. Zimmer</u> Name: Jeffrey J. Zimmer

Title: Co-Chief Executive Officer, President and Co-Vice

Chairman

Exhibit Index

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99.1	Investor Presentation, dated September 14, 2010
99.2	Press Release, dated September 14, 2010



ARMOUR RESIDENTIAL REIT, Inc. Company Update September 14, 2010

PLEASE READ: Important Regulatory and Yield Estimate Risk Disclosures

Certain statements made in this presentation regarding ARMOUR Residential REIT, Inc. ("ARMOUR" or the "Company"), and any other statements regarding ARMOUR's future expectations, beliefs, goals or prospects constitute forward-looking statements made within the meaning of Section 21E of the Securities Exchange Act of 1934. Any statements that are not statements of historical fact (including statements containing the words "believes," "plans," "anticipates," "expects," "estimates" and similar expressions) should also be considered forward-looking statements. Forward-looking statements include but are not limited to statements regarding the projections for the ARMOUR business, and plans for future growth and operational improvements. A number of important factors could cause actual results or events to differ materially from those indicated by such forwardlooking statements. ARMOUR assumes no obligation to update the information looking statements. in this communication, except as otherwise required by law. Readers are cautioned not to place undue reliance on these forward-looking statements, which speak only as of the date hereof.

This material is for information purposes only and does not constitute an offer to sell, a solicitation of an offer to buy, or a recommendation for any securities, financial instruments, or common or privately issued stock. The statements, information and estimates contained herein are based on information that the presenter believes to be reliable as of today's date, but cannot be represented that such statements, information or estimates are complete or accurate.

Actual realized yields, durations and net durations described herein will depend on a number of factors that cannot be predicted with certainly. Estimated yields do not reflect any of the costs of operation of ARMOUR.



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ARMOUR Residential REIT, Inc. - Investment & Business Strategy

ARMOUR Residential REIT, Inc. ("ARMOUR") invests solely in Agency Mortgage Securities.

- Only with a shareholder vote may ARMOUR REIT change its Agency only investment asset class.

ARMOUR's business strategy has been fully implemented and equity capital is fully deployed.

- 1) Invest in a low duration very diverse set of Agency Mortgage Securities.
 - ARMOUR REIT owns 229 separate securities (cusips).
- 2) Target a weighted average gross asset duration of 2.5 or less.
- 3) Target a balance sheet duration of 1.5 or less.
 - Balance Sheet Duration achieved by the use of swaps and Eurodollar futures.
- 4) Hold 40% of unlevered equity in cash.
 - · Liquidity defends against the unexpected.

ARMOUR's business strategy is transparent.

- 1) ARMOUR's portfolio and liability details are released on the ARMOUR website twice a quarter.
 - · Asset details and REPO counter-parties are identified.
- 2) Amortization is expensed as it occurs.
 - · There is no yield 'smoothing.'
- 3) Hedge portfolio is marked-to-market and the change in value is realized for GAAP.

ARMOUR is one of only two Agency REITs with a non-executive, Independent Board Chairman.



ARMOUR Portfolio and Balance Sheet Highlights Dividend and Earnings Update

(September 7, 2010 Data)

Portfolio and Balance Sheet Highlights

- ARMOUR is 100% invested.
- ARMOUR has an Agency mortgage portfolio valued at \$516 million (1).
- Gross asset duration is currently estimated at 1.74.
- Net balance sheet duration is currently estimated at 0.52.
- REPO borrowings total \$487 million. After September 2010 paydowns, effective REPO borrowings are \$479M.
- Eurodollar Futures to replicate swaps total \$185 million (39.2% of non-true ARMS).
- Cash on hand & short term principal & interest receivables: \$23.5 million.
- Unpledged Agency mortgage assets on the balance sheet total \$3.5 million.
- ARMOUR currently has 7,414,054 shares outstanding and book value per share as of June 30, 2010 was \$7.33.

Q3 2010 and Q4 2010 Dividend Information

- Today, ARMOUR announced a Q3 2010 dividend of \$0.36 per share which represents an annualized return on June 30, 2010 equity of 19.6%. It is estimated that 100% of this dividend will come from core earnings.
 - Q3 dividend: Ex-Date, September 21, 2010; Record Date, September 23, 201; Payable on October 29, 2010.
- ARMOUR will announce and pay a Q4 2010 dividend in December 2010.

· Starting in January 2011, ARMOUR will pay dividends monthly

- On the second business day of every quarter ARMOUR will announce the monthly dividend rate for that quarter.
- The shareholder record date will be the 15th of every month, payable on the second to last business day monthly.
- (1) Based on independent third party pricing.



ARMOUR REIT Current Portfolio and Liability Information

- ARMOUR REIT Portfolio Composition
- ARMOUR REIT Portfolio Constant Prepayment History
 ARMOUR REIT REPO Composition
- ARMOUR REIT Interest Rate Hedges



ARMOUR REIT Agency Only Portfolio Composition

Agency Asset Class		Current Value		Percentage of Total Portfolio
ARMS (0-18 Months to Reset) (1)		\$	45,057,589	8.7%
Hybrids (19 Months and Longer to Reset) ⁽²⁾		\$	346,264,606	67.1%
Seasoned 15 & 20 Year Pass-Throughs $^{(3)}$		\$	18,126,445	3.5%
Low Loan Balance 15 Year Pass-Throughs $^{\left(4\right)}$		\$	106,956,038	20.7%
	Total	\$	516,404,678	100.0%

- (1) Weighted Average Months to Reset = 5
- (2) Weighted Average Months to Reset = 62
- (3) Longest Final Maturity of April 2027
- (4) Maximum Original Loan Balance of \$85,000

	Agency Type		Current Value		Percentage of Total Portfolio
Fannie Mae			\$	310,566,651	60.1%
Freddie Mac			\$	149,413,062	28.9%
Ginnie Mae			\$	56,424,965	10.9%
		Total	\$	516,404,678	100.0%

Note: Current values are calculated using independent third party market prices as of 9/7/2010.

The company has committed to purchase approximately \$22.4M of securities for future settle, which are not reflected in the above amounts.



ARMOUR REIT Portfolio Asset Class & Duration Detail

Agency Asset Class	Weighted Average Purchase Price	Weighted Average Current Market Price	Weighted Average Coupon September 2010	Estimated Effective Duration Using Current Values
ARMS	104.3%	104.1%	3.57	0.88
Hybrids	103.9%	105.1%	4.11	1.49
Seasoned 15 & 20 Year Pass-Throughs	104.1%	107.3%	4.94	1.64
Low Loan Balance 15 Year Pass-Throughs	106.0%	106.8%	4.72	2.90
Totals	104.4%	105.5%	4.22	1.74

NOTE: Duration es timates are derived from functions available from Bloomberg Finance L.P. ARMOUR uses estimates for GNMA collateral. Actual realized yields, durations and net durations described herein will depend on a number of factors that cannot be predicted with certainty. Market prices for our securities are obtained from independent third party sources. Market prices are as of 9/7/2010. Durations are as of 9/7/2010.

Estimated Balance Sheet Duration	Amount	Estimated Duration	Duration Effect on Balance Sheet
Agency Assets Eurodollar Futures	\$ 516,404,678 185,000,000	1.74 2.88	1.74 -2.88
	Estimated Bala	ance Sheet Duration	0.52

NOTE: As rates go down the value of our Eurodollar Futures (which are 'shorts') will typically decline. Inversely, as rates go up, the value of the Eurodollar Futures will typically increase. Asset duration is as of 9/7/2010. Futures duration is as of 9/7/2010.



ARMOUR REIT Portfolio Constant Prepayment Rates (CPR)

Portfolio Prepayment Information (1), (2)							
Reporting Month	Weighted Average Annualized Constant Prepayment Rate						
December 2000	0.0						
December 2009	8.6						
January 2010	12.9						
February 2010	10.0						
March 2010	20.7						
April 2010	18.8						
May 2010	16.0						
June 2010	11.9						
July 2010	12.6						
August 2010	9.5						
September 2010	11.1						

Asset Class Prepayment Detail (1)								
Agency Asset Class	Weighted Average September 2010 Constant Prepayment Rate							
True ARMs (0-18 Months to Reset) Hybrids (19 Months and Longer to Reset) Seasoned 15 & 20 Year Pass-Throughs Low Loan Balance 15 Year Pass-Throughs	14.3 11.5 22.2 6.6							

NOTE: ARMOUR expenses amortization as it occurs.

- (1) Constant Prepayment Rate (CPR) is the annualized equivalent of single monthly mortality (SMM). CPR attempts to predict the percentage of principal that will prepay over the next twelve months based on historical principal pay downs.
- (2) CPR is reported on the 4th business day of the month for the previous month's prepayment activity.



ARMOUR REIT REPO Composition

REPO Counter-Party	Principal Borrowed	Percentage of REPO Positions with ARMOUR	Longest Maturity in Days
Goldman, Sachs & Co.	\$ 88,409,000	18.1%	13
MF Global Inc.	\$ 79,009,000	16.2%	107
Nomura Securities International, Inc.	\$ 72,532,000	14.9%	86
Cantor Fitzgerald & Co. Inc.	\$ 65,894,000	13.5%	21
Guggenheim Liquidity Services, LLC	\$ 59,725,000	12.3%	13
South Street Securities LLC	\$ 57,810,356	11.9%	15
RBS Securities Inc.	\$ 53,749,000	11.0%	16
Jefferies & Company, Inc.	\$ 9,978,000	2.0%	13
Total or Weighted Average	\$ 487,106,356	100.0%	41
Weighted Average Haircut	5.34%		
Weighted Average Repo Rate	0.30%		
September Paydowns	\$ (8,169,091)		
Total REPO after Paydowns	\$ 487,106,356		
Debt to Equity Ratio after Paydowns	\$ 8.8		

NOTE: Repo data is as of 9/7/2010.



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ARMOUR REIT Eurodollar Futures Positions

Eurodollar Futures to Replicate Swaps (Maturity Dates)	Notional Amount		Weighted Average Rate	Duration	Longest Maturity in Months
September 2012	\$	44,000,000	1.052%	1.75	24
September 2013	\$	77,000,000	1.519%	2.70	36
September 2014	\$	49,000,000	2.070%	3.60	48
September 2015	\$	15,000,000	2.095%	4.75	60
Total or Weighted Average	\$	185,000,000	1.601%	2.88	38

NOTE: Futures data is as of 9/7/2010.



Visit our Website at www.armourreit.com





ARMOUR Residential REIT, Inc. Reports 19.6% Annualized Dividend Rate for Q3 2010

ARMOUR Residential REIT, Inc. to Pay Dividends Monthly Starting in January 2011

September 14, 2010

ARMOUR Residential REIT, Inc. (NYSE Amex: "ARR" and "ARR.WS") ("ARMOUR" or the "Company") today announced that its Board of Directors has declared a \$0.36 dividend payable to shareholders of record on Thursday, September 23 with an ex-dividend date of Tuesday, September 21, 2010. The dividend will be paid on Friday, October 29, 2010. The Company also announced that dividends will be paid on a monthly basis starting in January 2011.

- \$0.36 dividend equals annualized taxable yield on June 30, 2010 equity of 19.6%
- · The dividend will be paid from estimated Q3 2010 taxable REIT earnings
- · Starting in January 2011, the Company will pay dividends monthly
- The fourth quarter 2010 dividend will be announced and paid in December 2010

ARMOUR Residential REIT, Inc.

ARMOUR is a Maryland corporation that invests primarily in hybrid adjustable rate, adjustable rate and fixed rate residential mortgage-backed securities, or RMBS, issued or guaranteed by U.S. Government-chartered entities. ARMOUR is externally managed and advised by ARMOUR RESIDENTIAL MANAGEMENT LLC ("ARRM"). ARMOUR Residential REIT, Inc. intends to qualify to be taxed as a real estate investment trust ("REIT") for U.S. federal income tax purposes, commencing with ARMOUR's taxable year ending December 31, 2009.

Safe Harbor

This press release includes "forward-looking statements" within the meaning of the safe harbor provisions of the United States Private Securities Litigation Reform Act of 1995. Actual results may differ from expectations, estimates and projections and, consequently, you should not rely on these forward looking statements as predictions of future events. Words such as "expect," "estimate," "project," "budget," "forecast," "anticipate," "intend," "plan," "may," "will," "could," "should," "believes," "predicts," "potential," "continue," and similar expressions are intended to identify such forward-looking statements. These forward-looking statements involve significant risks and uncertainties that could cause the actual results to differ materially from the expected results.

Additional information concerning these and other risk factors is contained in the Company's most recent filings with the Securities and Exchange Commission ("SEC"). All subsequent written and oral forward-looking statements concerning the Company are expressly qualified in their entirety by the cautionary statements above. The Company cautions readers not to place undue reliance upon any forward-looking statements, which speak only as of the date made. The Company does not undertake or accept any obligation or undertaking to release publicly any updates or revisions to any forward-looking statements to reflect any change in their expectations or any change in events, conditions or circumstances on which any such statement is based.

Additional Information and Where to Find It

Investors, security holders and other interested persons may find additional information regarding the Company at the SEC's Internet site at http://www.sec.gov/, or the Company website www.armourreit.com or by directing requests to: ARMOUR Residential REIT, Inc., 956 Beachland Blvd., Suite #11, Vero Beach, Florida 32963, Attention: Investor Relations.

Investor Contact:
Jeffrey Zimmer
Co-Chief Executive Officer, President and Vice Chairman
ARMOUR Residential REIT, Inc.
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