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Armour Residential REIT, Inc. Form 8-K January 10, 2014		
UNITED STATES SECURITIES AND EXCHANGE COMMIS WASHINGTON, D.C. 20549	SSION	
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) January 10, 2014		
ARMOUR Residential REIT, Inc. (Exact Name of Registrant as Specified in Its Charter)		
Maryland (State or Other Jurisdiction of Incorporation)	001-34766 (Commission File Number)	26-1908763 (I.R.S. Employer Identification No.)
3001 Ocean Drive, Suite 201 Vero Beach, Florida (Address of Principal Executive Offices)		32963 (Zip Code)
(772) 617-4340 (Registrant's Telephone Number, Including	Area Code)	
n/a (Former Name or Former Address, if Change	ed Since Last Report)	
Check the appropriate box below if the Form the registrant under any of the following pro-		
_] Written communications pursuant to Rule 425 under the Securities 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) under the Exchange Act (17 CFR 240.14d-2(b)		
[_] Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))		

Item 7.01. Regulation FD Disclosure.

On January 10, 2014, ARMOUR Residential REIT, Inc. ("ARMOUR") posted on its website, a slide deck presentation, which contains updates on ARMOUR's financial position, business and operations. Attached as Exhibit 99.1 to this report is the slide deck presentation posted by ARMOUR.

The slide deck 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 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

99.1 Slide Deck Presentation, dated January 10, 2014

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: January 10, 2014

ARMOUR RESIDENTIAL REIT, INC.

By: /s/ Mark Gruber Name: Mark Gruber

Title: Chief Operating Officer

Exhibit Index

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