Instruction 1(b).

## FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden

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| Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 |
|--|
| or Section 20(b) of the Investment Company Act of 1040                 |

| 1. Name and Address of Reporting Person*<br>WARZALA RICHARD S |               |                          | 2. Issuer Name and Ticker or Trading Symbol<br><u>ALLIED MOTION TECHNOLOGIES</u><br><u>INC</u> [ AMOT ] | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)<br>X Director X 10% Owner<br>y Officer (give title Other (specify                        |
|---|---------------|--------------------------|---|---|
| (Last)<br>ALLIED MO<br>495 COMME                              |               | (Middle)<br>OLOGIES INC. | 3. Date of Earliest Transaction (Month/Day/Year)<br>11/10/2020  | X biller (yield the below)<br>below) below)<br>Chief Executive Officer  |
| (Street)<br>AMHERST<br>(City)                                 | NY<br>(State) | 14228<br>(Zip)           | <ul> <li>4. If Amendment, Date of Original Filed (Month/Day/Year)</li> </ul>                            | 6. Individual or Joint/Group Filing (Check Applicable Line)         X       Form filed by One Reporting Person         Form filed by More than One Reporting Person |

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

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date | 2A. Deemed<br>Execution Date, | 3.<br>Transaction<br>Code (Instr. |   | 4. Securities<br>Disposed Of | Acquire       | d (A) or | 5. Amount of<br>Securities                  | Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4) | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---------------------------------|------------------------|-------------------------------|-----------------------------------|---|------------------------------|---------------|----------|---|---|---|
|                                 | (Month/Day/Year)       | if any<br>(Month/Day/Year)    |                                   |   | 5)                           |               |          | Beneficially<br>Owned Following<br>Reported |   |   |
|                                 |                        |                               | Code                              | v | Amount                       | (A) or<br>(D) | Price    | Transaction(s)<br>(Instr. 3 and 4)          |   |   |
| Common Stock                    | 11/10/2020             |                               | S                                 |   | 3,285                        | D             | \$43     | 1,065,909                                   | D   |   |
| Common Stock                    |                        |                               |                                   |   |                              |               |          | 16,321 <sup>(1)</sup>                       | Ι   | By<br>ESOP<br>Trust   |

## Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transa<br>Code (<br>8) |   | 5. Number<br>of<br>Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed<br>of (D)<br>(Instr. 3, 4<br>and 5) |     | 7. Titl<br>Amou<br>Secur<br>Unde<br>Deriv<br>Secur<br>3 and | int of<br>rities<br>rlying<br>ative<br>rity (Instr. | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | Beneficial<br>Ownership<br>(Instr. 4) |  |  |
|---|---|--|---|------------------------------|---|---|-----|---|---|---|--|--|---------------------------------------|--|--|
|   |   |  |   | Code                         | v | (A)   | (D) | Date<br>Exercisable   | Expiration<br>Date                                  | Title   | Amount<br>or<br>Number<br>of<br>Shares   |  |                                       |  |  |

Explanation of Responses:

1. Includes an additional 311 shares allocated to the reporting person's account under the Company's Employee Stock Ownership Plan.

**Remarks:** 

Michael C. Donlon, Attorney-11/12/2020 in-Fact for Richard S. Warzala

Date

\*\* Signature of Reporting Person

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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

POWER OF ATTORNEY

Know all by these presents, that the undersigned hereby constitutes and appoints each of Michael R. Leach, Christopher J. Thome, Brenda S. Larson, Joseph P. Kubarek and Michael C. Donlon, signing singly, the undersigned's true and lawful attorney-in-fact to:

(1) prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Securities Exchange Act of 1934 or any rule or regulation of the SEC;

(2) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of Allied Motion Technologies Inc. (the "Company"), Forms 3, 4, and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934 and the rules thereunder;

(3) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4, or 5, complete and execute any amendment or amendments thereto, and file such form with the United States Securities and Exchange Commission and any stock exchange or similar authority;

(4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion; and

(5) designate any person then serving as a director or officer of the Company to be an additional or substitute attorney-in-fact under this Power of Attorney with the same power and authority as if such person were named herein.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of November 12, 2020.

/s/ Richard S. Warzala

Richard S. Warzala