

ARDEN REALTY INC
Form 4
March 16, 2005

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 Responses)

1. Name and Address of Reporting Person *
COLEMAN VICTOR J

(Last) (First) (Middle)
11601 WILSHIRE
BOULEVARD, 4TH FLOOR
(Street)

LOS ANGELES, CA 90025-1740

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
ARDEN REALTY INC [ARI]

3. Date of Earliest Transaction
(Month/Day/Year)
03/14/2005

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
President & COO

6. Individual or Joint/Group Filing(Check Applicable Line)
 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 Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common stock	03/14/2005		M		111,400	A	\$ 25.94
Common stock	03/14/2005		S		111,400	D	(2) 463,162
Common stock	03/15/2005		S		168,600	A	\$ 25.94 631,762
Common stock	03/15/2005		M		168,600	D	(3) 463,162

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount Number of Shares
Stock option (right to buy)	\$ 25.94	03/14/2005		M	111,400	07/22/1999 ⁽⁴⁾	07/22/2008	common stock	111,400
Stock option (right to buy)	\$ 25.94	03/15/2005		M	168,600	07/22/1999 ⁽⁴⁾	07/22/2008	common stock	168,600

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
COLEMAN VICTOR J 11601 WILSHIRE BOULEVARD 4TH FLOOR LOS ANGELES, CA 90025-1740	X		President & COO	

Signatures

/s/ David A. Swartz
Attorney-in-Fact

03/15/2005

**Signature of Reporting Person

Date

Explanation of Responses:

* 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).

(1) In addition, 1,000 shares are held indirectly by the reporting person by trust.

(2) 34,300 shares sold at \$35.30; 7,400 shares sold at \$35.31; 7,200 shares sold at \$35.32; 5,100 shares sold at \$35.33; 400 shares sold at \$35.34; 200 shares sold at \$35.35; 2,000 shares sold at \$35.36; 3,500 shares sold at \$35.37; 3,500 shares sold at \$35.38; 900 shares sold at \$35.39; 18,900 shares sold at \$35.40; 4,000 shares sold at \$35.41; 1,500 shares sold at \$35.43; 4,900 shares sold at \$35.44; 5,100 shares sold at \$35.45; 600 shares sold at \$35.46; 800 shares sold at \$35.47; 1,400 shares sold at \$35.48; 700 shares sold at \$35.49; 200 shares

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sold at \$35.50; 1,300 shares sold at \$35.51; 1,300 shares sold at \$35.52; 2,000 shares sold at \$35.53; 1,500 shares sold at \$35.54; 1,200 shares sold at \$35.55; 500 shares sold at \$35.56; 1,000 shares sold at \$35.57;

- (3) 1,100 options sold at \$35.62; 400 options sold at \$35.57; 200 options sold at \$35.55; 100 options sold at \$35.54; 600 options sold at \$35.52; 22,400 options sold at \$35.50; 900 options sold at \$35.45; 11,100 options sold at \$35.44; 2,700 options sold at \$35.43; 22,300 options sold at \$35.42; 9,200 options sold at \$35.41; 95,400 options sold at \$35.40; 100 options sold at \$35.39; 500 options sold at \$35.38; 1,000 options sold at \$35.37; 200 options sold at \$35.36; 400 options sold at \$35.35;

- (4) Option vests in three (3) equal annual installments commencing July 22, 1999

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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