



MEDIA ALERT

JOIN PUMA AND MONDO DUPLANTIS AS THEY HOST A LIVE POWER TRAINING ON INSTAGRAM TODAY, APRIL 3rd

Bradford Rahmlow will be leading the dual training to make you sweat from home.

WHAT: Global sports brand PUMA, World Record holder Mondo Duplantis, and PUMA trainer Bradford Rahmlow will be hosting a LIVE power training on PUMA's Instagram account. No audacious pole-vaulting exercises will be taught, but this 30-minute lower body & core-focused workout will have you sweating – and maybe regretting it the next day. Follow [@puma](#), [@mondoduplantis](#), and [@rahmstagram](#), activate the notifications for updates, and be ready to stay home and train.

WHO: Mondo Duplantis and Bradford Rahmlow

- **Mondo Duplantis:** PUMA sponsored athlete, pole vaulter, and current World Record holder for his 6.18 meters jump
- **Bradford Rahmlow:** PUMA trainer, Rumble coach, NASM certified trainer (CPT, CES, MMACS), and international instructor

WHEN: Friday, April 3rd, 2020 – 9am PDT / 12pm EDT / 5pm BST / 6pm CEST

WHERE: Follow [@PUMA](#) on Instagram to join and train from home.

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PUMA

PUMA is one of the world's leading Sports Brands, designing, developing, selling and marketing footwear, apparel and accessories. For more than 70 years, PUMA has relentlessly pushed sport and culture forward by creating fast products for the world's fastest athletes. PUMA offers performance and sport-inspired lifestyle products in categories such as Football, Running and Training, Basketball, Golf, and Motorsports. It collaborates with renowned designers and brands to bring sport influences into street culture and fashion. The PUMA Group owns the brands PUMA, Cobra Golf and stichd. The company distributes its products in more than 120 countries, employs more than 14,000 people worldwide, and is headquartered in Herzogenaurach/Germany. <https://about.puma.com/>