

MEDIA ALERT



JOIN ADAM LALLANA AND REDEFINE JAMIE IN A LIVE FOOTBALL SPECIFIC WORKOUT HOSTED BY PUMA FOOTBALL

WHAT: Global sports brand PUMA, along with PUMA football player Adam Lallana and his personal trainer Redefine Jamie will be hosting a LIVE workout on PUMA Football's Instagram account to support the PUMA #StrongerTogether workout series. Join Adam and Jamie for a 45-minute intense football specific workout to keep you fit and active with the ball. Follow [@pumafootball](#), [@officiallallana](#) and [@redefine_jamie](#), activate the notifications for updates and don't forget to bring a ball.

WHO:

- **Adam Lallana:** PUMA sponsored football player and England International.
- **Redefine Jamie:** PUMA trainer and sport specific conditioning coach.

WHEN: Friday, April 24th, 2020 – 10am PDT/ 1pm EDT / 6pm BST / 7pm CEST

WHERE: Follow [@pumafootball](#) on Instagram and don't forget to tune in.

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Media Contact:

Luke Haidarovic – Global PR Teamsports – luke.haidarovic@puma.com

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/>