B / M

Bremen Menelli

PERFORMANCE LONGEVITY LIFESTYLE

MEDIA KIT 2026



Built for more than the gym.

Bremen Menelli is a Brazilian-born performance coach and creator based in Fort Lauderdale–Miami. He translates 15+ years of training into stories about strength, tennis, recovery, mindset, travel and modern lifestyle.

Coaching authority, on-camera presence and a cross-platform community of nearly 1.9 million.



A MULTI-PLATFORM COMMUNITY

1.89M

combined followers

790K	513K	510K	75K
Facebook	Instagram	TikTok	YouTube

One creator. Four major platforms. Flexible distribution built around each campaign’s goals.

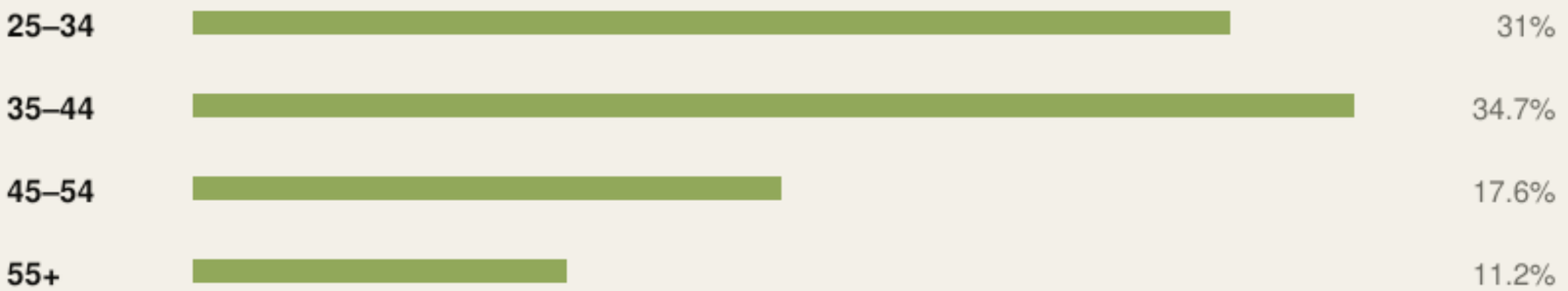
Established, focused and commercially relevant.

81.5%
MEN

65.7%
AGES 25–44

67.6%
NON-FOLLOWER VIEWS

AGE DISTRIBUTION



TOP MARKETS / **United States 21.4%** **Brazil 13.6%** **Mexico 10.1%** **India 3.9%** **Colombia 2.8%**

RECENT PLATFORM MOMENTUM

Reach that extends beyond the follower count.

1.49M

Instagram views / 90 days

637.9K

Instagram viewers

1.7M

Facebook views / 90 days

934K

Facebook viewers

49.4K

Instagram interactions

15K

Facebook engagements

Performance with a life around it.



TENNIS + PERFORMANCE



RECOVERY + LONGEVITY



LIFESTYLE + TRAVEL



PETS + PERSONALITY

Branded stories built to travel.

PONGBOT

1.6M

total campaign views

355 shares
169 saves
1,104 interactions

TIKTOK / FIFA WORLD CUP

456.7K

total campaign views

995 interactions
809 likes
57 saves

Campaign totals may include paid distribution reported by platform analytics.

SELECTED PARTNERSHIPS

Trusted across performance, wellness and lifestyle.

PONGBOT	**TIKTOK / FIFA**	**NORDICTRACK**
ORION	**MUCINEX**	**NEURIVA**
BIOFREEZE	**CONCEPT2**	**PLUNGE**

COLLABORATION OPTIONS

Reels, posts and Stories TikTok videos YouTube integrations Facebook cross-posting
UGC and content production Brand ambassadorships Events Travel campaigns Paid usage

PARTNERSHIPS / 2026

Let’s build something that performs.

Custom partnerships and multi-platform packages available upon request.

bremenfitness@gmail.com

FORT LAUDERDALE – MIAMI

@bremen_fitness_

