

LORENA ABREU

STUNTWOMAN | PROFESSIONAL PARKOUR ATHLETE | ACTRESS



STUNT REEL

SAG-AFTRA | 5'2", 120lbs, Hispanic / Arabic | 1.956.926.9547 | lorenaparkour@icloud.com | LORENAPARKOUR.COM

SKILLS :

- Parkour / Freerunning
- Parkour Consultant, Choreographer, & Coach
- Tae Kwon Do - Green Belt, II Stripe
- Wire work - (I own a Jerk Vest, Leg Cuffs, Corset & Hong Kong harnesses)
- Acting - TV & Stage
- Dance - Multiple Styles
- Stunt fighting
- Horseback riding
- Wrecks
- Firearm Safety
- Fire Burns
- Tumbling & Flips
- Certified Strength Trainer
- High Falls- experience up to 35ft
- Scuba Diving
- Videography - A7Sii
- Pro video editor
- Tennis & Baseball
- Animalistic Movement
- Fluent Spanish

FILM STUNTS :

Doctor Strange In the Multiverse of Madness
The Pocketwatch

TV STUNTS :

Every Witch Way
NCIS New Orleans - EP 4.09
Mi Familia Perfecta
Al Otro Lado Del Muro
NCIS New Orleans - EP 6.14
American Horror Stories - EP 2.01
The Horror of Dolores Roach EP 1 - 1.08
The Rookie: Feds - EP 1.12
Shining Vale - EP 2.06

POSITION

Stunt Double 2X - Xochitl Gomez
Stunt Double 2X - Malia Baker

Stunt Double
Stunt Double- Jowin Batoon + Stunt Actor
Stunt Actor
Stunt Driver
Stunt Double - Raquel Dominguez
Stunt Double - Emily Morales-Cabrera
Lead Double 1X - Justina Machado
Stunt Actor - Bus Passenger
Stunt Double - Chrissie Fit

COORDINATOR

Samuel Le
Chelsea Bruland

Juan Bofill
Jonathan Arthur
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Jonathan Arthur
Simon Rhee
Alicia Turner
Jeff Wolfe
Rob King

COMMERCIAL STUNTS :

GoPuff #Quarertime Show ft. Lil Dicky

Stunt Actor

Charles Grisham

TV APPEARANCES :

Total Knockout with Kevin Hart
Exatlón Estados Unidos
Exatlón Estados Unidos : Season 2
TBD Bytes
Ultimate Tag
TBD's The LINK

Competitor - 3rd Place
Competitor - Top 3 Semifinalist
"Contendientes" Team Coach
TV Host
Pro Tagger - "Atomic Ant"
TV Host

NETWORK

CBS
Telemundo/ AcunMedya
Telemundo/ AcunMedya
TBD
FOX
TBD

COMMERCIAL APPEARANCES:

Adidas Stellasport | SS16
Know Obstacles Apparel 2016 Collection
Mirror's Edge Promo for gamespot.com
Saucony "Run Your World" Campaign
The EO - Michelob Ultra/People Are Awesome
Fitness Tips W/ Michelob Ultra
TJ Maxx 2021 Winter Ad
Toyota "Jump In" Ad
Honda "Te Toca" Spot (English + Spanish Spots)

Parkour Performer / Model
Parkour Performer / Model
Parkour Performer / Actor "Faith"
Parkour Performer / Model
Self
Parkour Performer / Self
Parkour Performer / Self
Parkour Performer/ Self
Parkour Performer/ Self

DIRECTOR

Marie Schuller
Francis Lyons
Jeff Nelson
Matt Caputo
Bryan Cuthbert
Benjamin Montague
Filip Engstrom
Prod: Logan Industry
Coord: Mike Bronson

LIVE PERFORMANCES :

Legally Blonde the Musical
Abbott Health & Fitness Expo Parkour Show
The Eighth Voyage of Sindbad
The Flying Fishmarket at Universal Studios
Secret Life of Pets Show at Universal Studios
VOLTA by Cirque Du Soleil

Musical Actor / Tumbling
Parkour Performer
Principal Stunt Actor "Princess Amoura"
Principal Acrobat
Parkour Performer / Dancer
Parkour Performer / Actor

COMPANY

Osceola Arts
WFPF
Universal Orlando Resort
AntiGravity
AntiGravity
Cirque Du Soleil

EDUCATION / FORMAL TRAINING :

- Bachelor's of Science in Film - Full Sail University
- Certified Personal Trainer - NASM
- Corrective Exercise Specialist - NASM
- Certified Nutrition Coach - NASM
- John Zimmerman Stunt Camp
- NRA Pistol Certification
- Writing For Late Night TV & Talk Shows, Stand-Up 1-2, Improv 1-3 - The Second City
- Musical Theatre Summer Conservatory (London Chapter) - PAA

REFERENCES:

- Simon Rhee - Stunt Coordinator & Master:
- Jonathan Arthur - Stunt Coordinator:
- Alicia Turner - Stunt Coordinator (Toronto):
- John Zimmerman - Stunt Coordinator & Instructor :

LINKS: [SHOWREEL](#) | [HEADSHOT](#) | [IMDbPro](#) | [INSTAGRAM](#) | [YOUTUBE](#) | [FACEBOOK](#) | LORENAPARKOUR.COM