

# LORENA ABREU

STUNTWOMAN | PROFESSIONAL PARKOUR ATHLETE | ACTRESS



STUNT REEL

SAG-AFTRA | 5'2", 120lbs, Hispanic / Arabic [1.956.926.9547](tel:19569269547) | [lorenaparkour@icloud.com](mailto:lorenaparkour@icloud.com) | [LORENAPARKOUR.COM](http://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

## POSITION

Stunt Double 2X - Xochitl Gomez

## COORDINATOR

Samuel Le

## 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

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

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

Hilton Garden Inn "Brighthearted" Conference

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

Parkour Performer

Principal Stunt Actor "Princess Amoura"

Principal Acrobat

Parkour Performer / Dancer

Parkour Performer / Actor

## COMPANY

Osceola Arts

WFPF

Hardkore Parkour

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: (818) 692-0689
- Alicia Turner - Stunt Coordinator ( Toronto ): (416) 994-2063
- Jonathan Arthur - Stunt Coordinator: (818) 926-9138
- John Zimmerman - Stunt Coordinator & Instructor : (504) 400-8330

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