

# LORENA ABREU

PROFESSIONAL PARKOUR ATHLETE | ACTRESS | STUNTWOMAN

## SAG-AFTRA

Lorenaparkour.com

1.956.926.9547 | lorenaparkour@icloud.com

youtube.com/lorenaabreu | facebook.com/lorenaparkour | instagram.com/lorenaparkour

**Height:** 5'2"

**Weight:** 115lbs

**Eyes:** Brown

**Hair:** Brown

## REALITY TELEVISION

<i>Total Knockout with Kevin Hart</i>	Competitor & 3rd Place	CBS	2018
<i>Exatlón Estados Unidos</i>	Competitor and 3rd Place Semifinalist	Telemundo	2018

## STUNTS FOR FILM/ TELEVISION

<i>Every Witch Way</i>	Stunt Double - Autumn Wendel	Juan Bofill	2015
<i>NCIS New Orleans S4EP9 "Hard Knock Life"</i>	Stunt Double - Jowin Marie Batoon	Jonathan Arthur	2017
<i>NCIS New Orleans S4EP9 "Hard Knock Life"</i>	"Gutter Punk" Parkour Performer	Jonathan Arthur	2017
<i>Mi Familia Perfecta</i>	Stunt Actor	Juan Bofill	2018
<i>Al Otro Lado Del Muro</i>	Stunt Driver	Juan Bofill	2018

## COMMERCIALS

<i>Adidas Stellasport   SS16</i>	Parkour Performer / Model	Marie Schuller	2015
<i>Know Obstacles Apparel 2016 Collection</i>	Parkour Performer / Model	Francis Lyons	2016
<i>Mirror's Edge Promo for gamespot.com</i>	Parkour Performer / Actor "Faith"	Jeff Nelson	2016
<i>Saucony "Run Your World" Campaign</i>	Parkour Performer / Model	Matt Caputo	2018

## LIVE PERFORMANCES

<i>Legally Blonde the Musical</i>	Musical Actor / Tumbling	Osceola Arts	2015
<i>ASICS private corporate performance</i>	Parkour Performer	WFPF	2015
<i>Wonderland Events Corporate performance</i>	Parkour Performer	Team Rilla Hops	2015
<i>Peace, Love, Unity, Respect</i>	Parkour Performer / Dancer	AntiGravity	2016
<i>Lloyd Live Design Seminar performance</i>	Parkour Performer	WFPF	2016
<i>Abbott Health &amp; Fitness Expo Parkour Show</i>	Parkour Performer	WFPF	2016
<i>Hilton Garden Inn "Brightearted" Conference</i>	Parkour Performer	Hardkore Parkour	2016
<i>The Eighth Voyage of Sindbad</i>	Principal Stunt Actor "Princess Amoura"	Universal Orlando Resort	2016-2017
<i>The Flying Fishmarket at Universal Studios</i>	Principal Acrobat	AntiGravity	2016-2017
<i>Secret Life of Pets Show at Universal Studios</i>	Parkour Performer / Dancer	AntiGravity	2016-2017
<i>VOLTA by Cirque Du Soleil</i>	Parkour Performer / Actor	Cirque Du Soleil	2017

## SKILLS:

- professional parkour/ freerunning athlete
- flips/ tumbling
- parkour instructor
- karate (brown belt)
- stage combat
- stage swordfighting
- fire burns (partial & full)
- fire safety crew
- ground pounder
- high falls
- prat falls
- ratchet pulls
- slide for life
- chinese pole
- olympic weightlifting
- calisthenics
- bellydance
- hip hop dance
- salsa/merengue / bachata dance
- acting
- singing (mezzo soprano)
- zumba instructor
- tennis
- baseball
- bilingual (spanish, english)
- videography
- video editing
- photography
- US Passport
- US Driver's License

## EDUCATION/ FORMAL TRAINING:

- **Full Sail University** - Bachelor's of Science in Film
- **National Academy of Sports Medicine** - Certified Personal Trainer
- **John Zimmerman Stunt Camp**
- **Performing Arts Abroad** - Musical Theatre Summer Conservatory (London Chapter)

## REFERENCES:

- **John Zimmerman** - Stunt Coordinator & Instructor : +1 (504) 400-8330
- **Jonathan Arthur** - Stunt Coordinator: +1 (818) 926-9138

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