

# LORENA ABREU

STUNTWOMAN | PROFESSIONAL PARKOUR ATHLETE | ACTRESS



SAG-AFTRA | 5'2", 120lbs, Hispanic

1.956.926.9547 | [lorenaparkour@icloud.com](mailto:lorenaparkour@icloud.com) | [LORENAPARKOUR.COM](http://LORENAPARKOUR.COM)

## SKILLS :

- Parkour / Freerunning
- Parkour Consultant, Choreographer, & Coach
- Tae Kwon Do - Green Belt
- 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

## TV STUNTS :

Every Witch Way

NCIS New Orleans S4EP9 "Hard Knock Life"

Mi Familia Perfecta

Al Otro Lado Del Muro

NCIS New Orleans S6EP14 "Man in the Red Suit"

American Horror Stories S2

The Horror of Dolores Roach

## COMMERCIAL STUNTS :

GoPuff #Quarertime Show ft. Lil Dicky

## TV APPEARANCES :

Total Knockout with Kevin Hart

Exatlón Estados Unidos

Exatlón Estados Unidos : Season 2

TBD Bytes

Ultimate Tag

TBD's The LINK

## 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

## LIVE PERFORMANCES :

Legally Blonde the Musical

ASICS private corporate performance

Lloyd Live Design Seminar performance

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

## 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: +1 (818) 692-0689
- Jonathan Arthur - Stunt Coordinator: +1 (818) 926-9138
- Alicia Turner - Stunt Coordinator: +1 (416) 994-2063
- John Zimmerman - Stunt Coordinator & Instructor: +1 (504) 400-8330