

LORENA ABREU

ACTRESS STUNT PERFORMER HOST/EMCEE

LORENAPARKOUR.COM

SHOWREEL



LORENA ABREU STATS

UNION: SAG-AFTRA

HEIGHT: 5'2" | **WEIGHT:** 120 lbs

ETHNICITY: Hispanic (Dominican), Arabic (Lebanese)

AGE RANGE: 18-35

PASSPORT: Passport Ready

PERMANENT RESIDENCIES:

PRIMARY: Los Angeles, CA | **SECONDARY:** Atlanta, GA

FOREIGN RESIDENCY: Punta Cana, Dominican Republic

FOLLOWERS



1.1M

@LORENAPARKOUR



407.9K

@LORENAPARKOUR



291K

@LORENAPARKOUR



28.1K

/LORENAABREU

SKILLS:

- Parkour Coach & Choreographer
- Acting • TV Host / Emcee
- Singing • Dance (multiple styles)
- Cosplay • Improv • Stunts
- Videography & Video Editing
- Certified Personal Trainer
- Fluent Spanish + English, moderate Japanese

POST CONTENT

- Parkour Training
- Cosplay & Conventions
- "Dominican Dora" Parody
- Dance
- Olympic Weightlifting
- Strength Training & Fitness
- World Travels
- Original Music & Covers

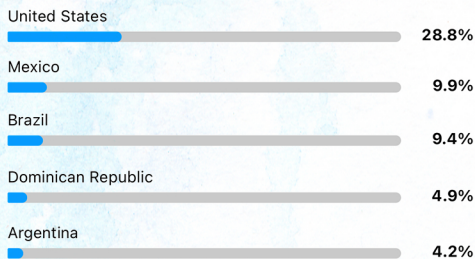
EDUCATION:

- Bachelor's of Science in Film
- Full Sail University
- Writing For Late Night TV
- The Second City
- Stand-Up 1 & 2 - The Second City
- Improv 1-3 - The Second City
- Improv 101 - UCB
- Certified Personal Trainer - NASM
- Corrective Exercise Specialist - NASM
- Certified Nutrition Coach - NASM

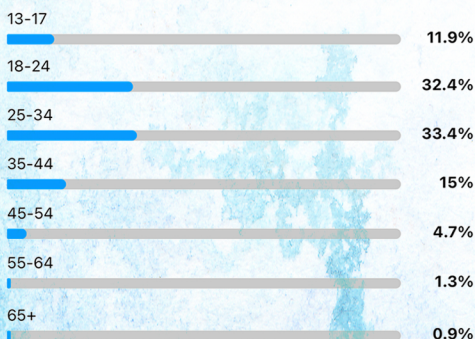
INSTAGRAM DEMOGRAPHICS



Top locations



Age range



REALITY TV

FINAL 3
130 DAYS
89 EPISODES

EXATLÓN
ESTADOS UNIDOS

COMPETITOR Season 1

EXATLON ESTADOS UNIDOS

EXATLÓN
ESTADOS UNIDOS

COACH Season 2

LORENA
RETTY EN NY

EXATLON ESTADOS UNIDOS: T-2

COMPETITOR

TKO

TOTAL KNOCKOUT with KEVIN HART

"ATOMIC ANT"

ULTIMATE TAG

COMMERCIALS

GO BEYOND THE WORKOUT

STELLASPORT

ADIDAS STELLASPORT SS16

Know Obstacles

KNOW OBSTACLES

saucony®

SAUCONY "RUN YOUR WORLD"

ULTRA WORKOUT

PRESENTED BY
Michelob **ULTRA**

ORDINARY
PEOPLE ARE AWESOME

MICHELOB ULTRA x PEOPLE ARE AWESOME

LEAGUE OF LEGENDS

BILINGUAL SPOT

Lorena Abreu
Professional Parkour Athlete

HONDA

HOSTING / EMCEEING



TBD.
BYTES

HOST
Seasons 1 + 2

TBD BYTES



TBD'S
THE LINK

HOST

TBD'S the LINK



CASINO ROYALE
INSIDER | HOW REAL IS IT?

INSIDER: "How Real Is It?"



SPL Parkour World Championships



H-E-B's McAllen Holiday Parade



TIBIAL
STRESS FRACTURES

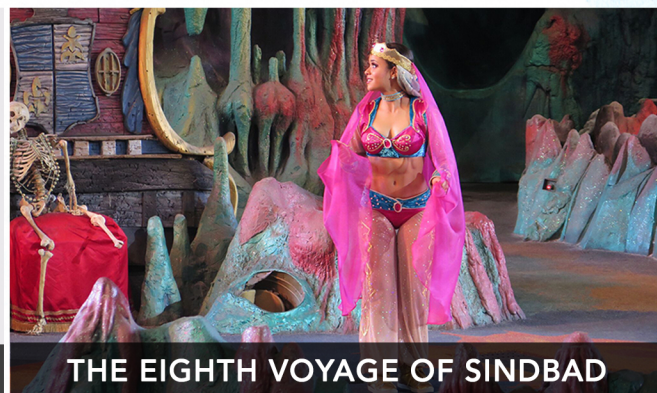
CLEARLY STATED

LIVE SHOWS



CIRQUE DU SOLEIL
VOLTA
FIND YOUR FREE

VOLTA by CIRQUE DU SOLEIL



THE EIGHTH VOYAGE OF SINDBAD



THE FLYING FISHMARKET



THE SECRET LIFE OF PETS

TOP STUNTS



Doctor Strange in the Multiverse...



Descendants: The Rise of Red



The Horror of Dolores Roach



American Horror Stories S2



PARKOUR COORDINATOR

"Be Your Own Hero" CDC Spot



NCIS: New Orleans

STUNT ACTING



Sharpshooter



Forelock



Lil Dicky Quertertime Show



"Attention" - Doja Cat

TOP STUNTS



Doctor Strange in the Multiverse...



Descendants: The Rise of Red



The Horror of Dolores Roach



American Horror Stories S2



PARKOUR COORDINATOR

"Be Your Own Hero" CDC Spot



NCIS: New Orleans

FOR FULL LIST OF PREVIOUS WORK PLEASE REFER TO RESUME

LORENAPARKOUR.COM