

LORENA ABREU

STUNTWOMAN | PARKOUR ATHLETE | ACTRESS | HOST / EMCEE

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



STUNT REEL

SKILLS:

- Parkour / Freerunning
- Acting - TV & Stage
- High falls (experience up to 35ft)
- Tae Kwon Do - Green Belt
- Video editing
- Parkour choreography & coaching
- Wire work (jerk vest, leg cuffs, corset, & hong kong)
- Dance - multiple styles
- Animalistic & quadrupedal movement
- A7sii+Ronin videography
- Film fighting
- Flips / Tumbling
- Tactical firearm movement
- Certified strength trainer & nutritionist coach
- Fluent Spanish, Moderate Japanese
- Wrecks
- Fire burns
- Horseback Riding

FILM STUNTS

Doctor Strange in the Multiverse of Madness
Descendants: The Rise of Red
Sharpshooter

TV STUNTS

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

COMMERCIAL / MUSIC VIDEO STUNTS

GoPuff #Quarertime Show ft. Lil Dicky
"Attention" - Dojo Cat music video
CDC + Ad Council Diabetes PSA
League of Legends Opening Ceremony Worlds 2023

TV APPEARANCES (AS SELF)

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 Winter Ad
Toyota "Jump In" Ad
Honda "Te Toca" Spot (English + Spanish)

LIVE PERFORMANCES

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
- John Zimmerman Stunt Camp
- Certified Nutrition Coach - NASM
- NRA Pistol Safety Certification
- Writing For Late Night TV & Talk Shows, Stand-Up 1 & 2, Improv 1-3 - The Second City

REFERENCES:

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

POSITION

Stunt Double 2x - Xochitl Gomez
Stunt Double 2x - Malia Baker
Stunt Actor - Cartel Member

POSITION

Stunt Double
Stunt Double - Jowin Batton + Stunt Actor
Stunt Actor
Stunt Driver
Stunt Double - Raquel Dominguez
Stunt Double - Emily Morales-Cabrera
1X Stunt Double - Justina Machado
Stunt Actor
Stunt Double - Chrissie Fit

POSITION

Stunt Actor
Stunt Actor
Parkour Coordinator / Stunt Double
Stunt Actor "Protagonist B"

POSITION

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

POSITION

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

POSITION

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

COORDINATOR

Samuel Le / Brycen Counts
Chelsea Bruland
Simon Rhee

COORDINATOR

Juan Bofill
Jonathan Arthur
Juan Bofill
Juan Bofill
Jonathan Arthur
Samuel Le / Brycen Counts
Alicia Turner
Jeff Wolfe
Rob King

COORDINATOR

Charles Grisham
Danny Wayne
Lorena Abreu
Paul Lacovara

NETWORK

CBS
Telemundo/ AcunMedya
Telemundo/ AcunMedya
TBD
FOX
TBD

Director

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

COMPANY

Universal Orlando Resort
AntiGravity
AntiGravity
Cirque Du Soleil