

LORENA ABREU

STUNTWOMAN | PROFESSIONAL PARKOUR ATHLETE | ACTRESS



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

1.956.926.9547 | lorenaparkour@icloud.com | LORENAPARKOUR.COM

SKILLS :

- parkour / freerunning
- parkour choreographer
- experienced parkour coach
- dance - multiple styles
- wire work - (I own a jerk vest, leg cuffs, corset & hong kong harnesses)
- Tae Kwon Do - blue belt
- fire burns - partial & full
- acting - tv & live stage
- stunt fighting
- stage combat
- prat falls
- firearm safety training
- certified trainer
- basic tumbling & flips
- high falls - experience 25ft
- scuba diving
- videography - A7Sii
- pro video editor
- tennis & baseball
- olympic weightlifting
- Spanish - fluent

FILM STUNTS :

Doctor Strange In the Multiverse of Madness

POSITION

Stunt Double 2x - Xochitl Gomez

COORDINATOR

Samuel Le / Brycen Counts

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

Horror of Dolores Roach

Stunt Double

Stunt Double + Stunt Actor

Stunt Actor

Stunt Driver

Stunt Double - Raquel Dominguez

Stunt Double - Emily Morales-Cabrera

Lead Double - Justina Machado

Juan Bofill

Jonathan Arthur

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Simon Rhee

Alicia Turner

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

Team Coach

Host

Pro Tagger - "Atomic Ant"

Host

NETWORK

CBS

Telemundo/ AcunMedya

Telemundo/ AcunMedya

TBD

FOX

TBD

DIRECTOR

Marie Schuller

Francis Lyons

Jeff Nelson

Matt Caputo

Bryan Cuthbert

Benjamin Montague

Filip Engstrom

Prod: Logan Industry

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

Parkour Performer / Model

Parkour Performer / Model

Parkour Performer / Actor "Faith"

Parkour Performer / Model

Self

Parkour Performer / Self

Parkour Performer / Self

Parkour Performer/ Self

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

Musical Actor / Tumbling

Parkour Performer

Parkour Performer

Parkour Performer

Parkour Performer

Principal Stunt Actor "Princess Amoura"

Principal Acrobat

Parkour Performer / Dancer

Parkour Performer / Actor

COMPANY

Osceola Arts

WFPF

WFPF

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
- Writing For Late Night TV & Talk Shows, Stand-Up 1-2, Improv 1-3 - The Second City
- Musical Theatre Summer Conservatory (London Chapter) - PAA
- John Zimmerman Stunt Camp
- NRA Pistol Certification

REFERENCES:

- Simon Rhee - Stunt Coordinator: +1 (818) 692-0689
- Jonathan Arthur - Stunt Coordinator: +1 (818) 926-9138
- John Zimmerman - Stunt Coordinator & Instructor: +1 (504) 400-8330