



Lisa Schneider

BRIGHTON, ENGLAND

AGE

28

LOCATION

Brighton, England

HEIGHT

177 cm / 5'8"

DISCIPLINES

Parkour / Freerunning

A Brighton-based parkour athlete and performer with a diverse background in movement and media. With nine years of parkour experience and a foundation in gymnastics and trampolining, Lisa brings a unique balance of power, creativity, and screen presence. Her work spans commercial campaigns, film projects, and viral social media content, positioning her as one of the most visible and versatile women in parkour today.

MOVEMENT STYLE

Lisa Schneider's movement is broad, expressive, and dynamic. She thrives on powerful jumps and classic parkour lines, while also exploring smaller, flow-based movement with creative flair. Her style reflects both technical skill and artistic experimentation, making her equally effective in competition, film, and online platforms.

EXPERIENCE

PROFESSIONAL CREDITS

Stunt double for Lera Abova in Extrerritorial
 Featured in campaign shoot for Rieker Shoes
 Competitor at Red Bull Art of Motion 2021
 Director and producer of Gatecrasher , an all-women's parkour film
 Performer in FANTASIC , a YouTube parkour film
 Social media creator with 171K followers and a viral reel reaching over 102 million views

