

PORTFOLIO

bogdan



pascal

PROFESSIONAL
ARTIST

www.bogdanpascal.com



Professional Biography

A familiar face of the international FreeRunning & Entertainment industry, Bogdan has managed to define a unique movement style and bring his skills to new heights.

"Looking back now and realising that I've started Parkour & FreeRunning at the age of 11, reaching the age of 27 , I can literally say that I've been training for more than half of my life."

He has been a professional FreeRunner for over 13 years, working with brands or shows such as Netflix, Britain's Got Talent, Ninja Warriors, Universal Pictures, Got To Dance, ITV, SKY, BRITs Awards, Skoda, The Greatest Showman, National Lottery, YouTube, Vodafone, Nikon, etc. and giving life to projects across various industries, such as Hollywood movies, FreeRunning competitions, music videos, documentaries, international events, corporate gatherings, festivals, etc.

In time, he crafted his own skill and started combining all kinds of elements, from gymnastics to trampoline to cliff diving to breakdance and so many others, ending up with a unique blend of artistic and physical movements that defines his style.

COMMERCIALS

National Lottery - Lucky Number: Acrobat
Beefeater Gin - Modelling, Acrobat
Dubai Expo with Chris Hemsworth - Acrobat
Electric Castle - Festival: Acrobat & Actor
CrepProtect: Shoe Model, Acrobat
Tekken - Game Commercial: Streetdancer
Harlequins: Rugby Player Stunt-Double & Acrobat
Copa90 / Youtube - Football tricker & Acrobat
Nikon UK - Modelling, Acrobat

FILMS

Jingle Jangle 2020: Actor, Stunt-man & Acrobat | **Netflix 1st Original Musical**
Cinderella 2021: Actor, Dancer, Stunts & Acrobat | **Amazon Prime & Walt Disney Studios Motion Pictures**
Wicked 2024 (Part One): Actor, Parkour, Stunt-man | **Universal Pictures**
'13 Shades of Romanian' Documentary: Featured Story - Actor, Performer & Stuntman | **Awarded WW**
Spider-Man Short Film: Stunt double, Acrobat
Spartans Short Film: Lead Actor, Fight Choreographer, Stuntman & Free Runner
Extraordinary Gentlemen: Lead Actor, Stuntman & Acrobat

TV / REALITY SHOWS

BRITs Awards -THE GREATEST SHOWMAN with **Hugh Jackman**: Dancer, Acrobat | O2, London, UK
Ninja Warrior 2018 - **Finalist** | Bucharest, RO
Romania's Got Talent: Golden Buzzer & Finalist 2nd Place - Performer | Bucharest, RO
Tu Si Que Vales - TV SHOW: Acrobat & Performer | Rome, IT
Britain's Got Talent - **Semi-Finalist**: Acrobat & Performer | London, UK
Got to dance: Performer, Dancer & Acrobat | London, UK



INTERNATIONAL EVENTS / FESTIVALS

Motion Park Festival: Airbag High-drop & Parkour Performer | Dammam, Saudi Arabia

IDEX Festival: Army stunt double | Dubai, UAE

Mother of Nation Festival: Airbag High-drop & Parkour Performer | Abu Dhabi, UAE

London Busking Festival: Acrobat & Performer | London, UK

Riverland Dubai: FreeRunner on floating stage | Dubai, UAE

Philipp Plein - Men Fashion Week: Model, Performer & Acrobat | Milan, IT

Nikki Beach: Entertainer & Fire performer | Mallorca, ES

Skoda Lunch: Performer & Acrobat | Bilbao, ES

Crystal Boots Awards: Acrobat & Entertainer | Blackpool, UK

LIVE PERFORMANCES

O2 London NBA: Performer & Acrobat | London, UK

British Basketball CUP Finals: Performer, Acrobat | Birmingham, UK

20 Bar: Acrobat & Entertainer | London, UK

The Real Variety Show, JLA: Acrobat & Performer | London, UK

Sky TV: Acrobat & Performer | UK

Savage Skills: Performer & Acrobat | UK

Vodafone: Entertainer & Acrobatics performer | Basingstoke, UK

Prudential Ride: Performer & Free Runner | London, UK

Action Sports Tour: Performer & Free Runner | UK

Big Game 9: Performer & Acrobat | London, UK

Hilton Hotel: LED Performance, Acrobat | London, UK

ITV: Acrobat, Fire performer & Stuntman | London, UK

Avon: Performer & Acrobat | Iasi, RO

FlipOut: Performer | London, UK

Thorpe Park: Performer, Acrobat | London, UK

MUSIC VIDEOS

The 1975 - I'm In Love With You - Tricking, Stunts, Acting | London, UK

Birthmarks - How Do You Rule Me: GoPro Parkour POV | London, UK

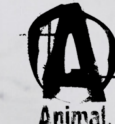
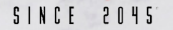
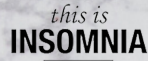
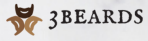
Sigma - 360 Music Video: Actor & Acrobat | London, UK

Alla Ray feat. Sneakbo - The Race: Free Runner & Acrobat | London, UK

Olivia Cipriani - Limitless: Free Runner & Acrobat | London, UK



SELECTED CLIENTS



SOCIAL MEDIA

Bogdan travels abroad regularly for shoots, events and training. He shares what he is getting up to across his social media platforms, including YouTube where he uploads his regular trips.

REACH- OVER 100K TOTAL FOLLOWERS

INSTAGRAM	- 36.4k+ Followers	www.instagram.com/thebogdanpascal
FACEBOOK	- 16k+ Likes	www.facebook.com/thebogdanpascal
YOUTUBE	- 4k+ Subscribers	www.youtube.com/pkbannutz
TIKTOK	- 44.5K Followers	www.tiktok.com/@thebogdanpascal

With the rise of social media and having built up a following of his own, in recent years Bogdan has been working with brands as a social media influencer. It is always important for Bogdan that any content he posts in collaboration with a brand, feels authentic to his channel and is a product/service he genuinely likes.





As well as enjoying travelling to explore new places and meet and train with new people, Bogdan hopes to inspire others through his content to live their dreams and live a happy, healthy and active lifestyle.



Bogdan has been in over **100+ cities** across **20+ countries**, inside & outside of Europe and still counting.





AREAS OF EXPERTISE & SKILLS

- Entertainment
- Acting
- Modelling
- Stunts
- Fitness
- Body Building
- Hand Balance
- Tumbling
- Parkour / FreeRunning
- Gymnastics
- Trampoline
- High Airbag Falling
- Cliff / High Diving
- Climbing
- Breakdance
- Street Dance
- Tricking
- Martial Arts
- Boxing
- Capoeira

AMBASSADOR OF

Bogdan represents and accepts to be represented only by teams and brands that match his values, mission, and beliefs.



Founded in 2003, 3RUN is a world's leading professional parkour team, specializing in the Arts of Movement – Parkour / Free Running, Martial Arts & Urban Acrobatics. Providing high impact, visually provoking movement sequences for Film, Television, Live events and Photographic campaigns.

3RUN seeks to break the mould, pushing the boundaries of athletic performance in an innovative and exciting way.



Established in 1995, EXTREME's mission is to inspire, entertain and activate through action sport, adventure and fun.



Forged in 1983, with the birth of the iconic Animal Pak, over more than three decades Animal has evolved from a simple bodybuilding supplement brand, to an ethos for living.

Dedicated to educating, inspiring and supplying the hardest training bodybuilders and weightlifters on the planet with the nutritional supplements they need to fuel their goals, Animal takes pride in being depended on by those who demand the most from themselves every day. It is to your lofty standard of excellence that we constantly aspire.



Universal Nutrition has been providing cutting edge and staple nutritional products to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business.





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