

# FRANK MONROE



## Contact

Creative Management  
Group (FL)  
(386) 760-3790

## Attributes

Height	6'0"
Weight	212 lbs
Gender	Male
Hair	Brown
Hair Length	Short
Eyes	Brown

## Sizes

Coat	42
Coat Length	LONG
Sleeve	42
Waist	34
Inseam	32

## Film

What Men Want	Security Guard	Adam Shankman
Stuber	Clippers Fan	Michael Dowse
Avengers	Border Tribe Warrior	Anthony Russo & Joe Russo
Black Panther Movie	Border Tribe Warrior	Ryan Coogler
Nobody's Fool	Wedding Attendee	Tyler Perry

## Television

Watchmen	Rioter	Nicole Kassell
Chiefs	LAPD Gang Unit	Zetna Fuentes
Bobby Brown Mini Series	Concert Goer	Kiel Adrian Scott

## PDF Resume



FRANKMONROE.pdf

## Skills

### General Sports

AEROBICS, ARCHERY, BADMINTON, BALLOONIST, BASEBALL, BASKETBALL, BATON TWIRLING, BILLIARDS PLAYER, BOATING, BODY BUILDING, BODY SURFING, BOWLING, BOXING, CANOEING, CHEER LEADING, CRICKET, CROQUET, DIVING, DRIVE A BOAT, FENCING, FIELD HOCKEY, FIGURE SKATE, FISHING, FLY FISHING, FOOTBALL, FRISBEE, GOLF, GYMNASTICS, HACKEY-SACK, HANDBALL, HANG GLIDING, HIKING, ICE HOCKEY, ICE SKATE, JET SKIER, JOGGING, JUMP ROPE, JUMP ROPE DOUBLE DUTCH, KAYAKER, KICK BOXING, LACROSSE, MOUNTAIN CLIMBING, PILOT A PLANE, PING PONG, POGO STICK, RACQUETBALL, RAPPELLING, RAZOR SCOOTER, ROCK CLIMBER, ROLLER HOCKEY, ROLLER SKATE, ROLLERBLADE, RUGBY,

Shoe	10.5
Neck	17

RUNNING, SCUBA DIVER, SCULLING, SKATEBOARD SLALOM, SKATEBOARD STREET, SKATEBOARD STUNTS, SKEET/TRAP SHOOTING, SKY DIVING, SNORKELER, SNOW SKI, SNOWBOARDER, SNOWMOBILE, SOCCER, SOFTBALL, SPEED SKATING, SQUASH, SUPERCROSS, SURFER, TENNIS, TRAMPOLINE, TRAPEZE, VOLLEYBALL, WATER POLO, WATER SKIER, WEIGHT LIFTER, WRESTLING

### **Swimming**

BACK STROKE, BREAST STROKE, BUTTERFLY, DIVING, FREESTYLE, SWIMMING, GENERAL, SYNCHRONIZED

### **Stage Combat Training**

HAND-TO-HAND

### **Martial Arts**

CAPOEIRA, JIU-JITSU, KARATE

### **Military Training**

ARMY, NATIONAL GUARD, OTHER, ROTC

### **Dance**

CLUB/FREESTYLE, HIP HOP, ROBOT, SAMBA

### **Improvisation**

GROUNDLINGS, IMPROV, GENERAL, LONG FORM, SECOND CITY, SKETCH

### **Languages**

SPANISH

### **Dialects**

NEW YORK / BROOKLYN , SOUTHERN

### **Miscellaneous Skills**

BARTENDER, CHEF, DISC JOCKEY, HOSTING, SINGER, STAND-IN EXPERIENCE, STRIPPER, TELEPROMPTER, VIDEO GAMES, WHISTLER, YO-YO, YOGA

### **Stunts**

BMX, BUILDING FALLING, DIVING, MOUNTAIN BIKING, PRAT FALLS, ROAD DRIVING, SKIING

### **Track & Field**

BROAD JUMP, DISCUS, HIGH JUMP, HURDLE, JAVELIN, LONG DISTANCE, LONG JUMP, MARATHON, POLE VAULT, RELAY, SHOT PUT, SPRINTER, TRACK, GENERAL, TRIATHLON

### **Cycling**

BMX, CYCLING, GENERAL, FLATLAND/FREESTYLE, HALF PIPE, JUMPS, MTN BIKING, RECUMBENT, ROAD BIKING, TRIALS RIDING, UNICYCLE, VERT WALL

**Singing**

POP, R&B, RAP

**Vocal Range**

BARITONE

**General Weapons Training**

AUTOMATIC WEAPON, HANDGUN, RIFLE

**Circus Skills**

HULA HOOP

**Horse Riding Skills**

HORSEBACK RIDING, GENERAL

**Driving Skills**

4WD, ATV

**Facial Hair**

Beard , Clean Shaven, Goatee, Mustache

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**Other Experience**

(Acting Lessons)

Lisa Maile Acting School -Graduate

April 2016-October2016

(Fight/Fitness Training)

The Jungle MMA And Fitness

2013-2017

Iron Life Athletics Gym

2017-Current

(Roles Held)

Full Sail Production

Commercial

Orlando,FL

Full Sail Production

Commercial

Orlando,FL

Van Chiso- Nostalgia

Music Video

Orlando,FL

The Beggar (Lead)  
Short Film  
Orlando,FL

Seconds (Co-Star)  
Short Film  
Orlando, FL

Full Sail Production  
Commercial  
Orlando,FL

KO5M Clothing (Model)  
Clothing Model Model  
New York

Martin Schiff (Model)  
Photo Shoot  
Winter Gardens,FL

Keep Getting Money (Lead)  
Music Video  
Florida

I Am (Wurk) (Lead)  
Music Video  
Florida

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