

Frederick Allen
 Citizenship: Canadian
 Residency: Manitoba

Secret Ingredient	Movie	2019	Background Performer
Tales From the Hood3	Movie	2019	Background Performer
Nobody	Movie	2019	Background Performer
Burden of Truth	TV Series	2019	Background Performer
Always & Forever Christmas	Movie	2019	Background Performer
Cinema of Sleep	Movie	2019	Background Performer
Tales From the Loop3	TV Series	2019	Background Performer
Fracture	Movie	2018	Actor
Burden of Truth	TV Series	2018	Extra
Channel Zero(Dream Door)	TV Series	2018	Background Performer
The Grudge: Reboot	Movie	2018	Extra
Performance Artist	Art Video	2017	Extra
Christmas Shuttle	Movie	2017	Extra
Burden of Truth	TV Series	2017	Extra
Broke My Heart 1000 Times	Movie	2017	Extra
Nomis	Movie	2017	Extra
Channel Zero	TV Series Ep. 8	2017	Extra
Channel Zero	TV Series Ep. 4	2017	Background Performer
A Very Sordid Wedding	Movie	2016	Background Performer
A Dog's Purpose	Movie	2015	Background Performer
Pinkertons	TV Series	2015	Extra
Sunnyville	TV Series	2015	Extra
Steel And Stiletos	Movie	2014	Background Performer
Cry/Fly	Movie	2013	Extra
Reasonable Doubt	Movie	2012	Extra
You're Killing Me Susana	Movie	2012	Background Performer
Mr. Hockey	Movie	2012	Extra
Smilin' Jack	Movie	2012	Extra
Imperfect Justice	Movie	2012	Extra
Keep Your Head Up Kid II	Movie	2012	Background Performer
Wrong Turn 4	Movie	2011	Background Performer
Less Than Kind Season 3	TV Series	2011	Background Performer
Goon Squad	Movie	2010	Extra
The Year Dolly Parton	Movie	2010	Background Performer
Keep Your Head Up Kid	Movie	2009	Extra
The WeakerThans	Music Video	2007	Extra
High Life	Movie	2007	Extra
Make It Happen	Movie	2007	Extra

The history listed above has provided opportunity from deep background to delivering dialogue in front of the camera. All instances have provided insight into how a 'set' operates, how to

conduct oneself both on the set, in interaction with the principles of the shoot, and of course, in extras holding.

Healthwise: run 8k on alternate days of the week with a 10k on the weekend day. Post run, a forty minute circuit of core, weight, balance and yoga is completed.