



MEDIA KIT — SEPTEMBER 2026

Benni Grams

Parkour | Movement | Adventure

Parkour athlete · Speaker · Author — Stuttgart, Germany



ABOUT ME

Parkour athlete with twenty years of experience, author, speaker and adventurer with a deep passion for movement.

Parkour has been at the centre of my life for more than twenty years. Working as a professional athlete turned that passion into my profession. Motion capture, TV productions, advertising campaigns, live shows and social media content.

Today my focus is health, movement and steady progress. I work as a hybrid athlete: Parkour, climbing, trail running and dedicated strength training. That mix keeps me versatile, resilient and adaptable in daily life as much as in athletic and creative projects.

Based in Stuttgart, Cologne, Berlin, Germany.



STATISTICS AREN'T EVERYTHING, BUT THEY REFLECT A WELL-ALIGNED STRATEGY.

43,500

INSTAGRAM FOLLOWERS

8,800

YOUTUBE SUBSCRIBERS

over 85%

AUDIENCE IN GERMAN-SPEAKING
EUROPE

over 81%

AUDIENCE AGED 25 TO 54

As of September 2026. Instagram and YouTube are not added into a single reach figure, because the overlap between both audiences is unknown.

Work



01

Pro Athlete

Parkour, trail running, bouldering, Ninja Warrior.



02

Camera Work

TV, advertising, brand films, motion capture, hosting.



03

Stage & Workshops

Keynotes, workshops, Movement Rig.



04

Book & YouTube

"Train like a Ninja", adventures and tutorials.

PRO ATHLETE

Parkour, trail running, bouldering, Ninja Warrior

Movement means freedom to me, along with creativity and the chance to keep developing.

Over twenty years Parkour has grown from a discipline into a way of living, shaped by highs, lows, travel and a wide range of projects.





CAMERA WORK

TV, advertising, brand films

I have worked in front of the camera as a Parkour athlete since 2012: Brand films, TV-shows, commercials, social media campaigns and motion capture for a PlayStation game. Hosting work followed, among others for DTB-TV at the Finals 2024 and as the resident explainer on Ninja Kids for the German kids' channel Toggo.

Working with large productions, brands and agencies has made creative processes, direction and the pace of a set familiar ground. I adapt quickly to any production environment. Professionalism, reliability and direct communication matter to me.

Experience. Learn. Grow.

WORKSHOPS

In schools, clubs and at events

Parkour and movement workshops built around real experiences. I take children, teenagers and adults out of their comfort zone, make them braver and let them find new confidence through movement.

For any group size and any level.

MOVEMENT RIG

A bar structure that travels with me

I bring it along to workshops and events. It carries almost anything: Balance work, hanging, strength exercises, challenges, free movement.

4 × 4 m

LARGE VERSION

2 × 2 m

SMALL VERSION



PARKOUR KEYNOTE

Over obstacles, towards self-efficacy

In my talks I share twenty years of experience as a professional Parkour athlete: Moments of pure freedom on rooftops, life-changing challenges, and situations where failing would have meant the end of it.

Out of that came a perspective of my own: How we get past obstacles, how we deal with fear, and how movement turns into self-efficacy. Personal, approachable and with one clear message: Over obstacles, towards self-efficacy.





BOOK

Train like a Ninja

Swing, climb, jump: Get as fit as a warrior and get past every obstacle.

Training, technique and mindset, for indoors and outdoors. Published in German.

YOUTUBE

Content I produce with my team



Adventures, self-experiments and training

Formats I develop, shoot and edit myself.



Parkour tutorials for beginners

An extensive playlist: The fundamental techniques, step by step.

Work-life blending

Parkour and freerunning at professional level, **twenty years**

Hybrid training: Climbing, trail running, strength training

Camera work since 2012: Advertising, TV, brand films, social media campaigns

Motion capture for a PlayStation production

Hosting: DTB TV at the Finals 2024, Toggo Ninja Kids, Podcast

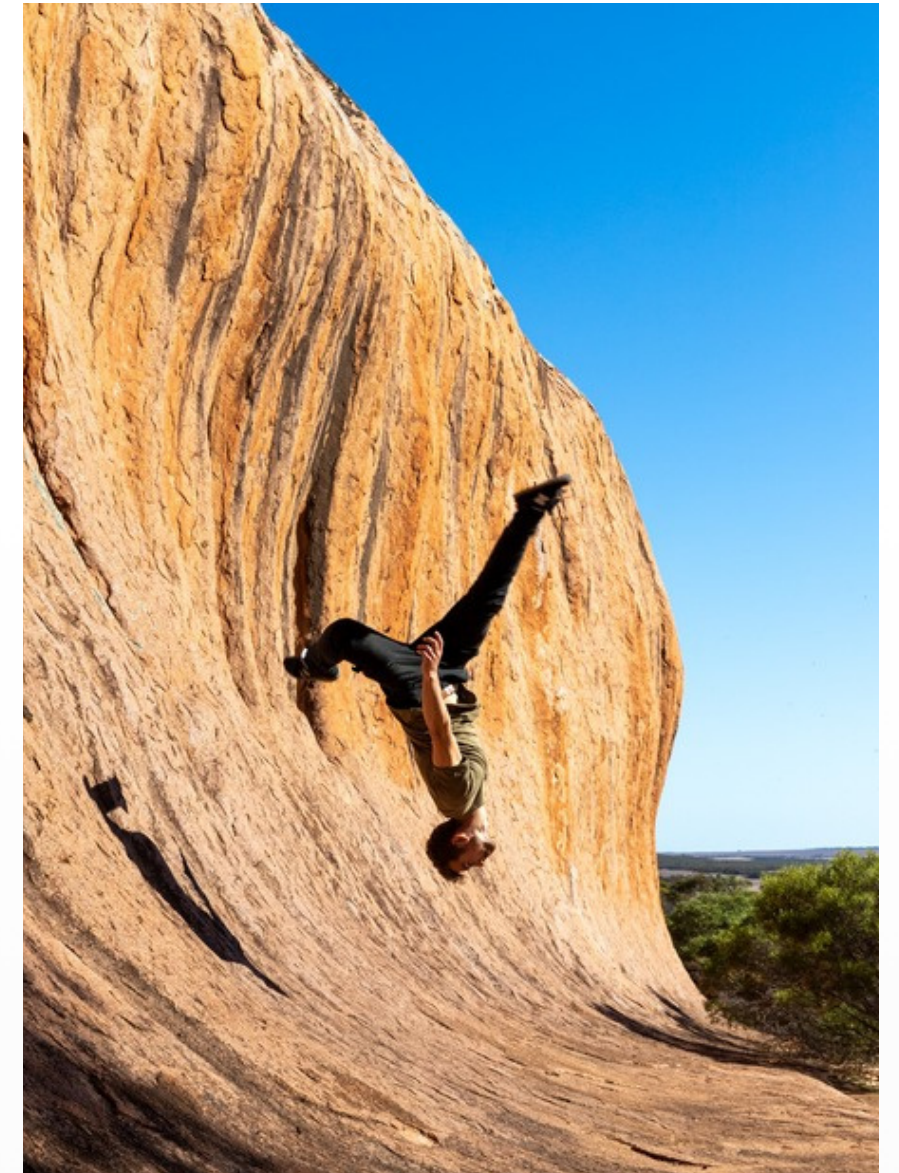
Keynote speaking

Workshop facilitation for children, teenagers and adults

Published **author** “train like a Ninja”

In-house **content production** for YouTube and Instagram Campains

Set experience with large productions, brands and agencies



Collaborations



A selection from advertising, TV, brand films and campaigns.

LET'S CONNECT

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