

Stephen Amell has been performing parkour runs at Tempest Freerunning Academy. A prestigious training facility that teaches the art of moving around obstacles with speed and efficiency. The participants will be taught physical skills such as vaulting, rolling, running, climbing and jumping. CW's Arrow stars Stephen Amell as Oliver Queen/Green Arrow, Katie Cassidy as Dinah "Laurel" Lance, Susanna Thompson as Moira Queen, and David Ramsey as John Diggle.

Read more: <http://www.comicbookmovie.com/fansites/debbiedowner/news/?a=55700>