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"Double Dare" tells of two Hollywood stuntwomen, one of whom worked on TV's "Xena."

Stunt grunts

DOUBLE DARE ★★★

By V.A. MUSETTO

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The documentary "Double Dare" opens with a woman being set afire and hurled through the air. Worry not — it's all part of a day's work for the victim: a movie stunt double.

The woman, Zoe Bell, and another stunt double, Jeannie Epper, are chronicled by filmmaker Amanda Micheli. Bell is a New Zealand woman in her 20s just starting out in the dangerous business. She's most famous for being Lucy Lawless' double in "Xena: Warrior Princess." Epper is a 60-ish grandmother. She's made a ton of movies, most notably as Lynda Carter's stand-in for "Wonder Woman." "Double Dare" records the public and private lives of its two heroes. More important, it shows the hardship that women — especially older women — must endure in a male-dominated business.