

During a press junket for The Muppets, the actress behind 'Lois Lane' in Warner Bros.' Man Of Steel reboot, Amy Adams, shared thoughts with Access Hollywood, so far, working on the big-budget production. However, the Academy Award nominated actress essentially offers up praise for 'Superman' co-star Henry Cavill, and the "distracting" result of his exercise regimen.

"It is a little distracting at first," Amy, who plays Lois Lane, said of Henry's ripped body. Amy added that sometimes, Henry's fantastic physique, is just part of his appeal. "When people first see him, it's like, 'Wow. You're actually really good looking,'" she added. The actress said she was blown away by her co-star's dedication to getting into super hero shape. "He's just such a hard worker and I have so much respect for how hard he's worked in this role, just tirelessly," she told Access. "He's doing a great job." As for herself, Amy is

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