

In yet another interview with The Hurt Locker actor, Anthony Mackie expressed more excitement for his role as Sam Wilson/Falcon in Captain America: The Winter Soldier. Speaking with MTV News, Mackie reveals that he now knows more about the Marvel sequel's story, having chatted with duo directors Joe and Anthony Russo. Reiterating how he's honored to be playing Marvel's first African-America superhero, watch the video below! UPDATE: In a separate interview with the New York blog Vulture, Mackie offered even more about the role. "[Sam Wilson] is known for his physique. He's described as 6'3", 245 pounds, so starting Monday, for the next five months until we start shooting, I'm going back to high-school workouts and start doing two-a-days, so I get up to 230 pounds." Sounds major! "I'm going to try not to get a job between now and then, so I can really focus on this. Because

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