

Get More: Movie Trailers, Movies Blog "It's pretty kick ass," the actor tells MTV Splash Page of what we should expect from the CW's take on Green Arrow this Fall. "There's a lot of action; there's a lot of fighting. It's close hand to hand combat and it's aggressive. The entire pilot just keeps ramping up the entire way. You don't get a break." As for the training he went through (Amell can be seen looking extremely buff in the clip, trailer and TV spot) he said, "It was the basics; it was like 'wax on, wax off' stuff. I did a bunch of parkour, and then I got into weight training and the specific fight choreography for the pilot, and that sort of continued to ramp up as we went along." "I think that when you see the pilot, other than in name, the characters really don't have anything in common," Amell

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