

Covering the January/February 2012 issue of Men's Fitness magazine, inside, Iron Man star Robert Downey Jr. commented on the physical preparations surrounding his titular role in Sherlock Holmes, the forthcoming Avengers movie, and his 'Tony Stark' reprisal in Iron Man 3. Check out the magazine excerpt below. "I guess I had some notion about [being an action hero]," he says. "I think I wanted to be able to look good and defend myself and all that stuff. I've always really enjoyed that genre, but I mean, It's pretty outlandish. I'm not particularly tall or strong or fast or aggressive. Yet, I'm not faking it. To me, it's a cosmic chuckle." The magazine further suggests that Downey Jr.'s training for Avengers meant working out at least 12 hours a week, including strenge training, martial arts with Oram, Tracy Anderson Method workouts, and yoga with his good friend and instructor Vinnie Marino. "It was ideal," Downey

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