

After their Hall H panel presentation at Comic-Con, Henry Cavill and Tarsem Singh spoke with members of the press about the Greek god film Immortals. The pair spoke about the film's tone, CGI and the film being shot in 3D. The British actor was asked about how he was preparing for Superman. Click on the link below for the full interview. Henry, what was the physical training like, to prepare for this, and how did it get you ready to play Superman? Henry Cavill: "The physical training was extensive and exhausting. I think I was doing 9 to 5, at one stage, with the training. You certainly learn a lot, when you go through that process once. You learn about how to do it more efficiently the second time. Although I've had a trainer both times, it's a very different kind of thing for this next job (Superman). For example, I'm 25 pounds

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