

A few days ago Stephen Amell went to his Facebook page and had a Q&A session with his fans. He began the discussion by saying that he is incredibly excited about the opportunity, and will be heading off to Vancouver very soon for filming. He is currently only halfway done with his training, but jokingly described all the immense pain that he has endured as "erotic." Also take notice that Stephen is covering his head with a winter cap. Perhaps he is covering up some newly dyed blonde locks? 1:00 - He describes the training process for Arrow. 3:58 - Describes the pilot process that Arrow will most likely go through. 5:18 - Switching to a gluten and dairy free diet in preparation for Arrow. 6:38 - Stephen reveals that he has seen his Arrow gear (costume). 14:20 - His thoughts on the casting announcements of late, and he believes there is

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