

"Eating entire villages of chickens," laughs Tom Hardy when asked by Total Film Magazine how exactly he prepared to play the musclebound menace who makes Batman's life a living hell in The Dark Knight Rises. "When I started I was about 160-something pounds. When I was done I was 190. You lift weights. You eat. You lift some more weights. You don't run anywhere because of you do cardio, you drop weight. So it's really good for heart attacks!" To play Bane, Hardy had to don a mask which covered up almost his entire face, although perhaps most importantly (in terms of his performance) his mouth. However, he tells the magazine, "It's not as bad as you might think. You just put it on. Work out where your drool goes. That's it. Mask work is good fun. This one wasn't painful; there was a stunt mask and there was the up-close

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