

Source: LA Times HeroComplex Speaking to LA Times HeroComplex, Quinto stated the following: "There's a big sequence for me that I have to prepare for in this movie physically so I'm training, working on getting in some serious shape, building my cardio endurance, preparing to run a lot," Quinto said. Quinto went on to acknowledge the shift in Spock's character from Leonard Nimoy's portrayal. "One of the climactic scenes for me in the first movie was when I go against that grain and lose my cool and beat up Kirk. So I think they're trying to change that up a little bit and not have him be just intellectual but also have another side." Comic books and science-fiction roles apparently what he invisioned for his acting career. "I never would have anticipated sci fi factoring so prominently in my career," Quinto said. "It was not a genre I spent a lot of my own

Read more: http://www.comicbookmovie.com/fansites/GraphicCity/news/?a=48543&t=emZachary_Quintoem_Getting_Into_Spock_Shape_For_emStar_Trek_Sequelem