

Cavill, who just finished filming Immortals had this to say about his workout for Snyder's "old school and buff" Superman. Cavill in Immortals Cavill spent months on Tarsem's Immortals, maintaining six percent body fat, and, he jokes, competing with his co-stars to see 'who had the best abs,'" Movieline reports, following an investigation. "I'm not quite in Immortals shape like I was, but I've got the base there again," Cavill said. "When you see the Immortals shape you'll see what I mean. We obviously haven't had the final brief yet [on 'Superman shape'], it's going to adapt and change as [my trainer] sees my body adapting to the training. He'll go, 'Okay, Henry can do this,' or, 'His body will look better like that.' It'll be fine-tuned and tweaked as we go along. But I think it's going to be a different sort of shape from Immortals. Get Follow Me Buttons

Read more: http://www.comicbookmovie.com/fansites/MsKyle08/news/?a=34477&t=Henry_Cavill_Talks_About_His_iMan_Of_Steeli_Workout