

HOME HEALTH CELEBRITY FITNESS

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Shantanu Prasher MensXP Staff Writer

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It's hard to imagine the superhero world without the mention of Superman. Ever since his inception in the comic and super hero movie scene, Superman's image as a messiah refuses to go away. The latest Superman-on-screen portrayal by none other than Hollywood stud Henry Cavill is one of the best renditions of the character. Though that's no breaking news but what comes as a surprise to many is the fact that Henry Cavill completely refused to get on drugs to get jacked for his role in 'Man Of Steel' and all the consecutive movies.

© YouTube

While it's very common for actors to use steroids to get buffed, keeping in mind the time constraints and the money riding on their movies, Henry didn't let the needle touch him. Instead he revealed that he "wanted to push his body to its natural limits" and see what

he's capable of achieving. Also, he requested the digital touch-ups to be the minimum while the movie went into post production.

© YouTube

In an interview, Cavill agreed to the fact that while using steroids was an option, him and his trainer Mark Twight voted against it. Mark told Cavill that, "to take a shortcut to that place is nothing that Superman would do. Cavill trained big basic lifts like the deadlift, push presses, back squatting and military pressing as a staple. There was also a mix of ballistic Olympic lifts like the clean jerks, power snatches, split jerk and front squat. All of this was done in a circuit fashion to make sure that there was total muscle recruitment and Cavill left everything in the gym. Since he had to bulk like a natural lifter, he ate in a calorie surplus and rested adequately. Over 6 months of hardcore training coupled with spot on eating and proper rest, Cavill brought, what can be easily called the best and biggest Superman body to the screen. If you are looking for motivation, look no further. Cavill's your man!

- Live: People Reading Now



Dress Up For Gym Like Ranveer Singh

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Burkini-Clad Woman Wins Kerala Bodybuilding Competition

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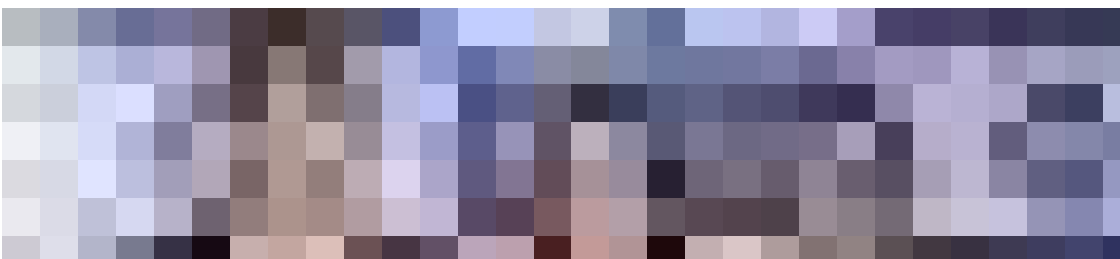


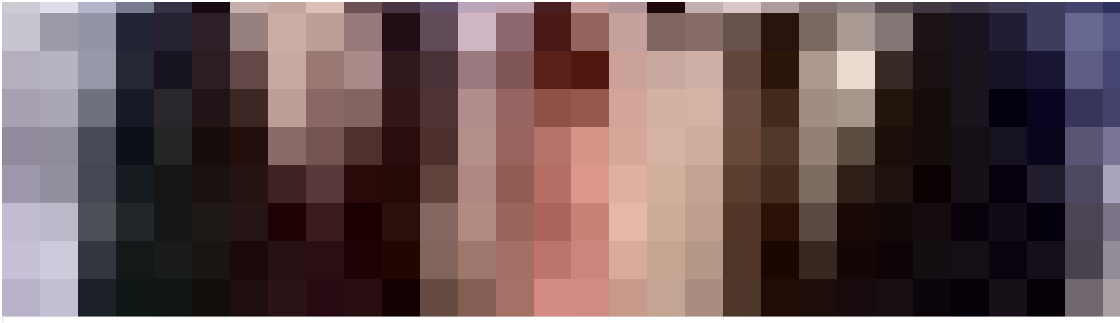
Hardik Pandya's Airport Outfit Is Simplicity In It's Purest Form

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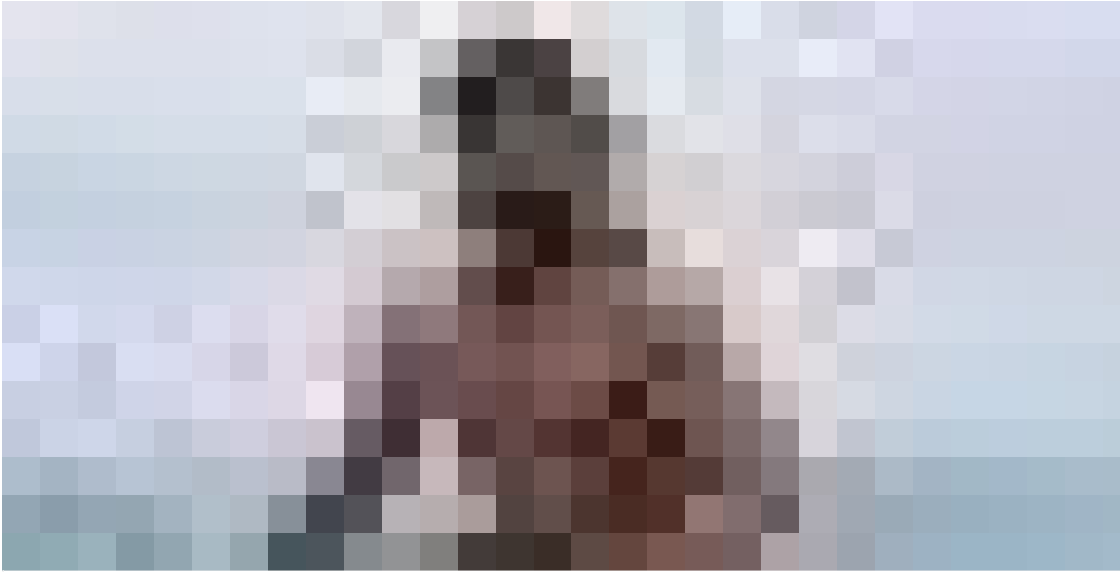


Varun-Anushka Take A 10 Hour Cycle Ride For 'Sui Dhaga'

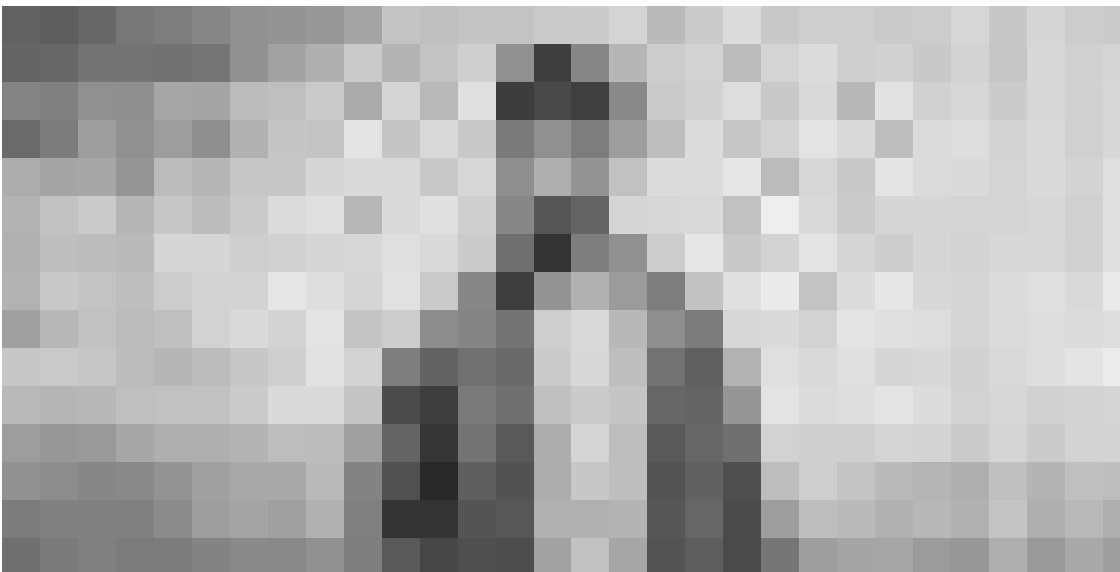




Wedding Bells Are Ringing For Akash Ambani



Chris Hemsworth Surfs With His 5-Year-Old Daughter In Australia



7 Affordable Fashion Brands Every Indian Celebrity Wears

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Shardul Thakur Took A Local Train After Returning From The SA Series

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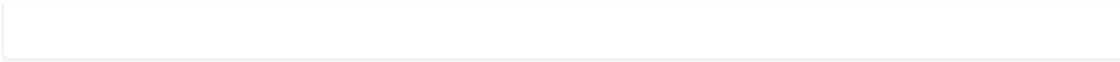


5 New Suit Combinations For Men In 2018

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Janhvi Kapoor Celebrates Birthday With The 'Kapoor' Sisters

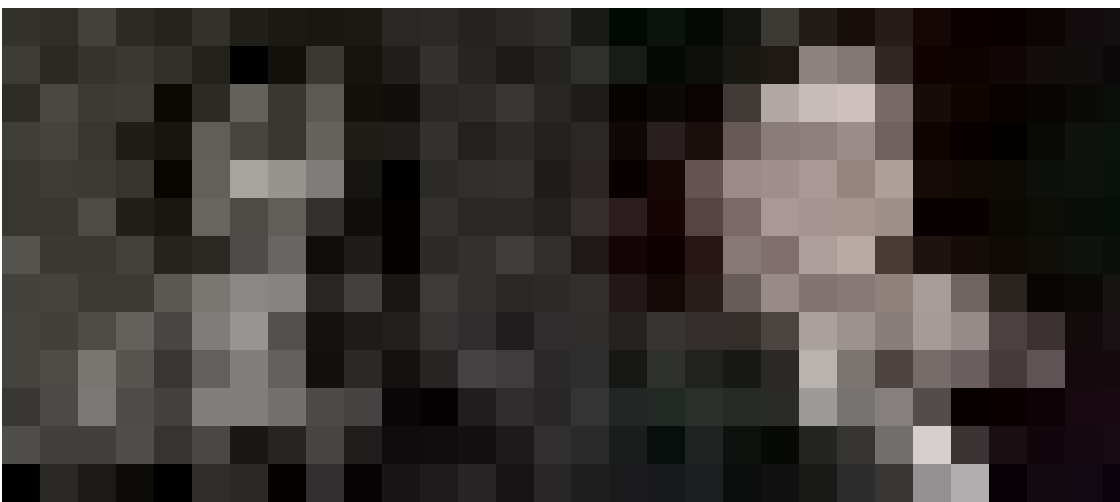


Janhvi Kapoor Celebrating Her B'day At An Old Age Home Is The Perfect Tribute To Her 'Mom'

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7 Skin-Brightening Face Washes For Indian Men



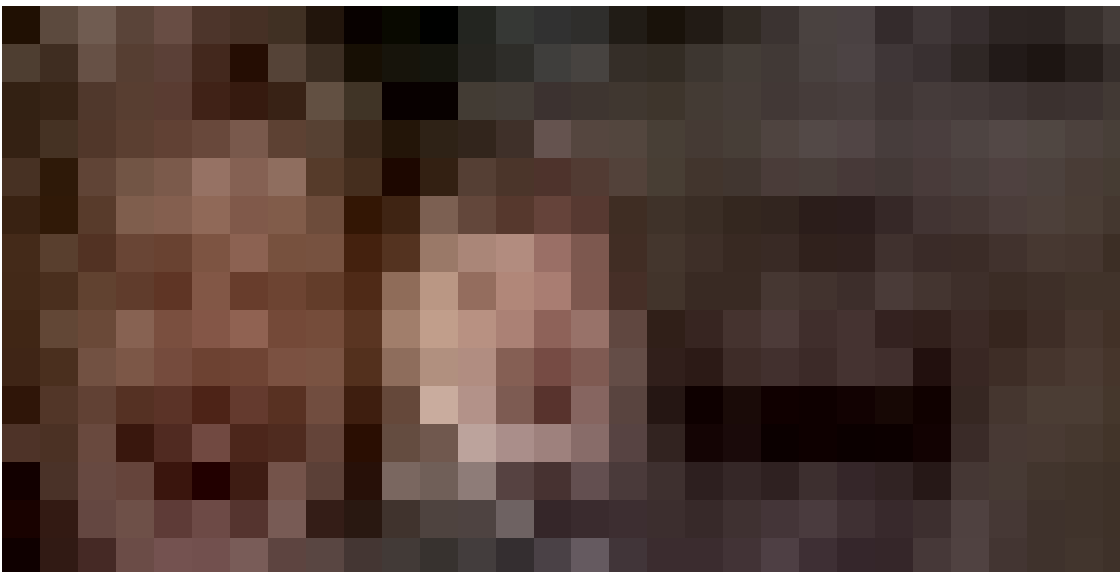
7 Well-Paid Bollywood Actors Who Are Damn Smart Business Investors Too

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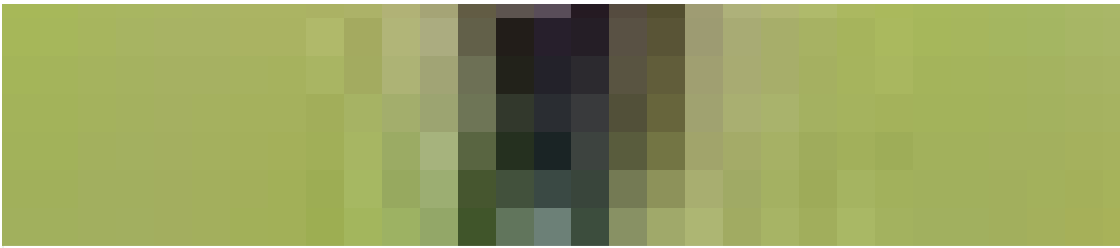
What's On Your Plate? Avoid These 7 Carcinogenic Food Items For A Healthier Lifestyle

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18 Desi Puns That Prove Indians Run Twitter





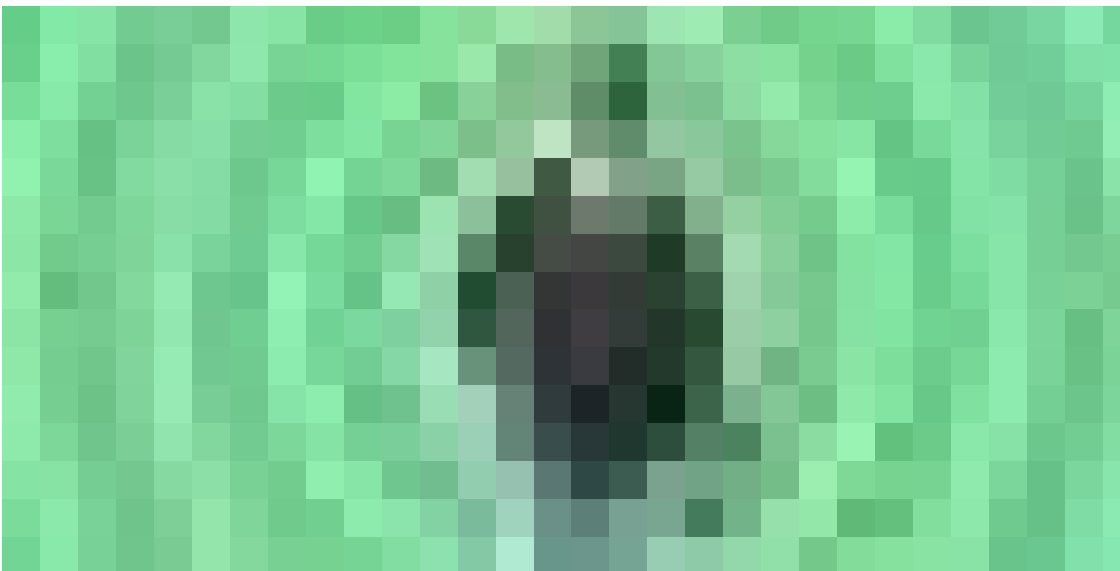
Dress Up For Gym Like Ranveer Singh

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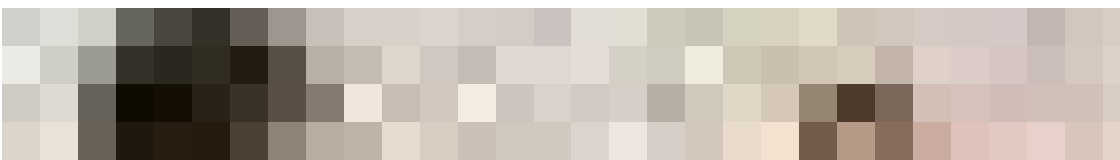
Burkini-Clad Woman Wins Kerala Bodybuilding Competition

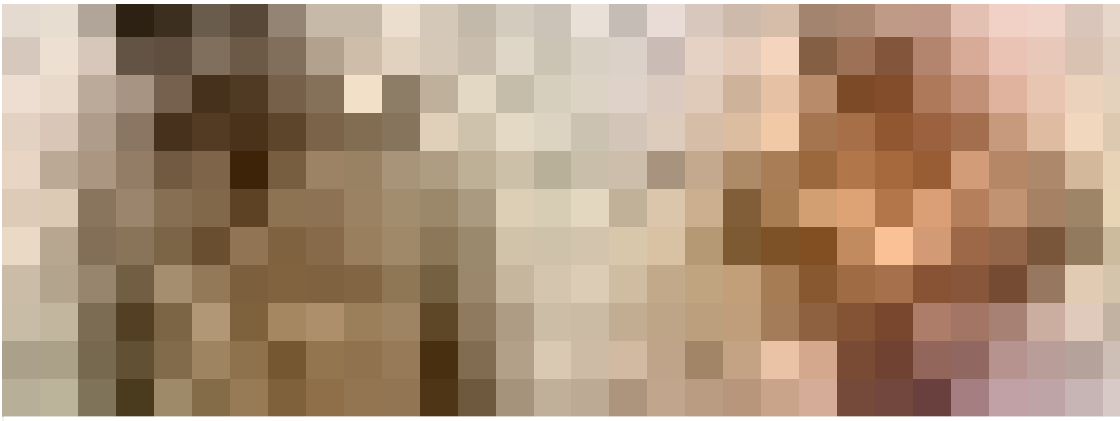
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Hardik Pandya's Airport Outfit Is Simplicity In It's Purest Form

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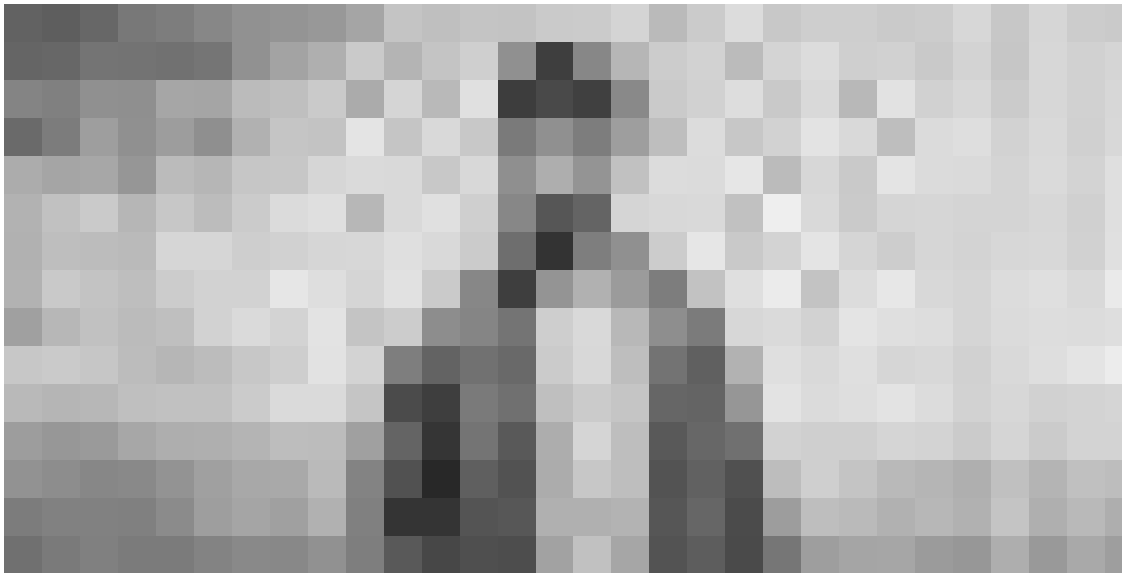
Varun-Anushka Take A 10 Hour Cycle Ride For 'Sui Dhaga'



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7 Affordable Fashion Brands Every Indian Celebrity Wears

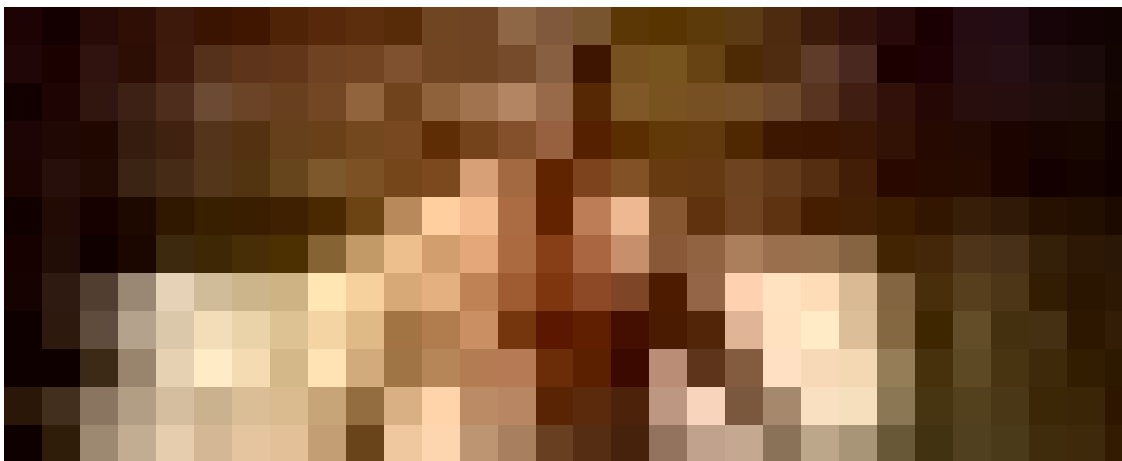
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Shardul Thakur Took A Local Train After Returning From The SA Series

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Don't Miss





Hugh Jackman Killing His Workout Is A Lesson For Every Bro Who Always Disappears On Leg Day

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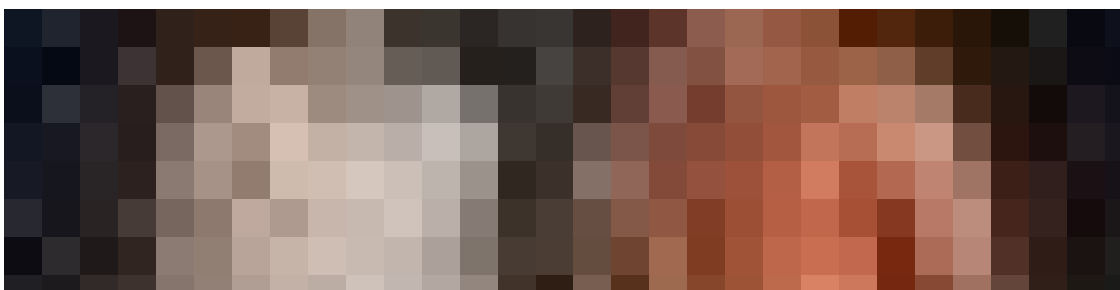
Randeep Hooda Dropped A Ridiculous 18Kgs Of Lean Muscle Mass For His New Movie 'Sarbjit'

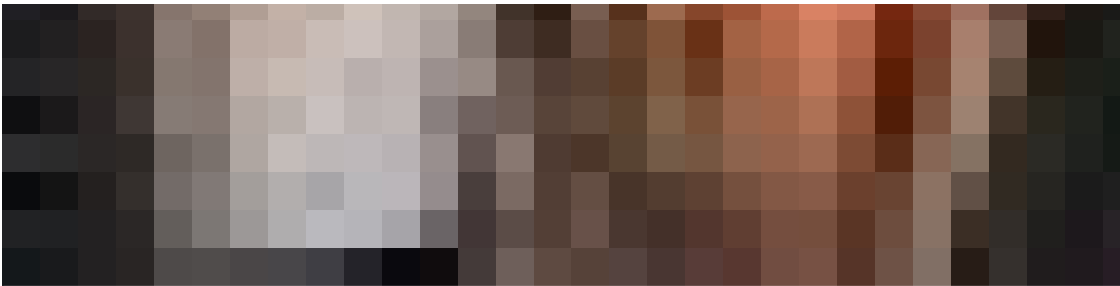
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Like Sprouts? Here Are 4 Reasons To Include Them In A Fat Loss Or Muscle Gain Diet

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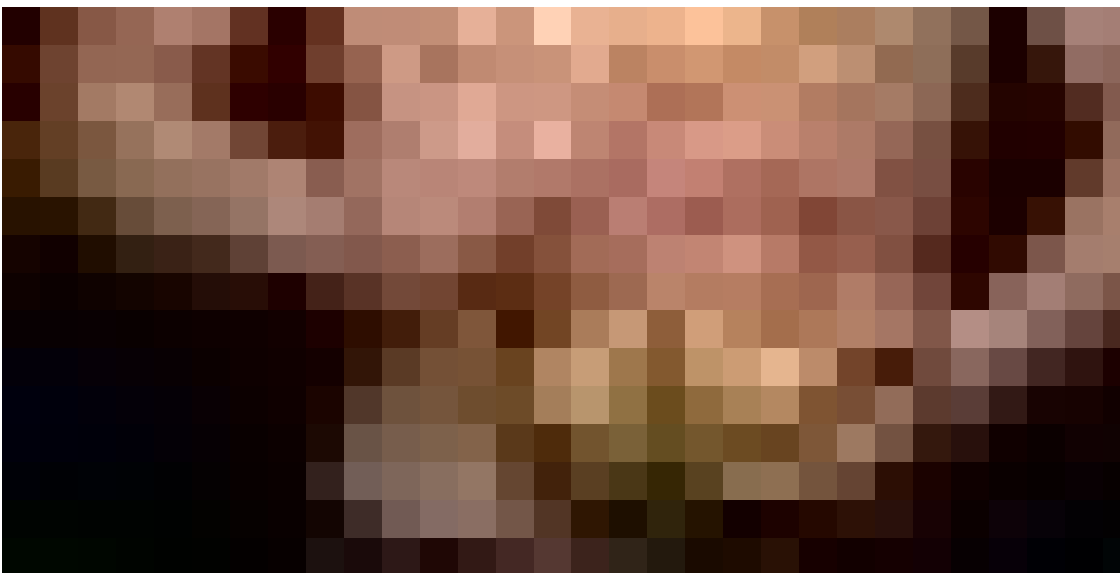


A Beginner's Guide To Building Slabs Of Serious Muscle

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Too Much Cardio Is Making You Skinny Fat, Weak And A Hormonal Wreck



Avoid Gaining Weight During The Festive Season





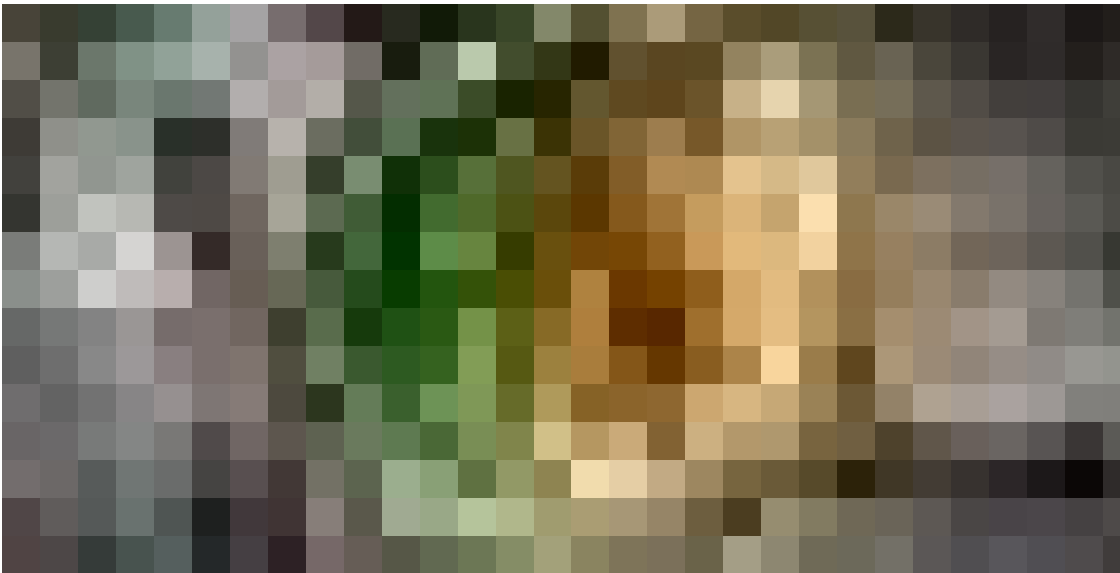
5 Delicious Foods That Are Shockingly Low In Calories & Can Easily Fit In Your Diet



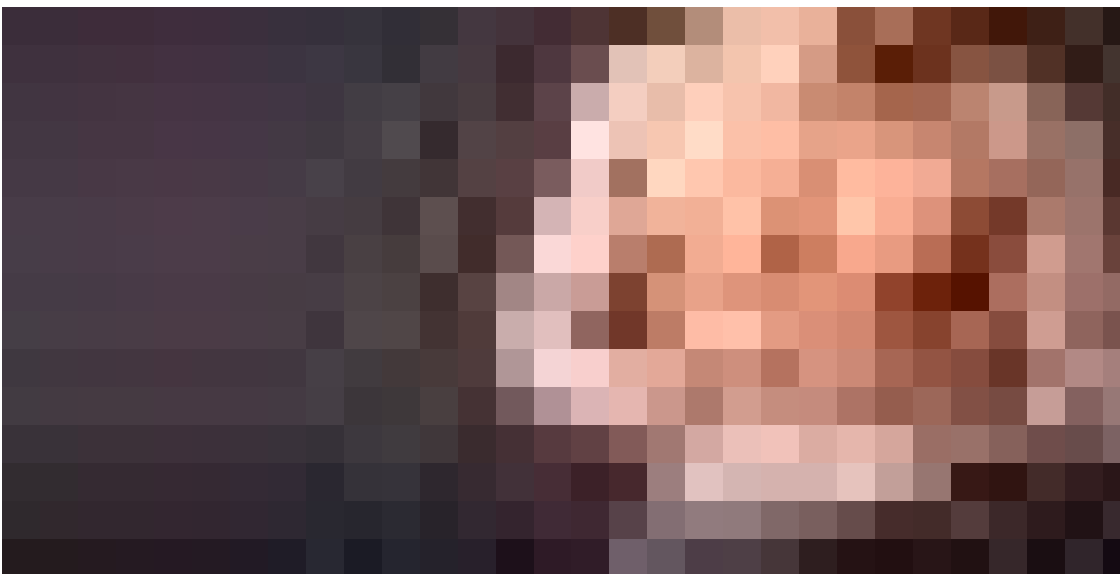
A Harsh Reality Check For 'Roided Guys' Who Say Steroids Don't Build Muscle, Hard Work Does



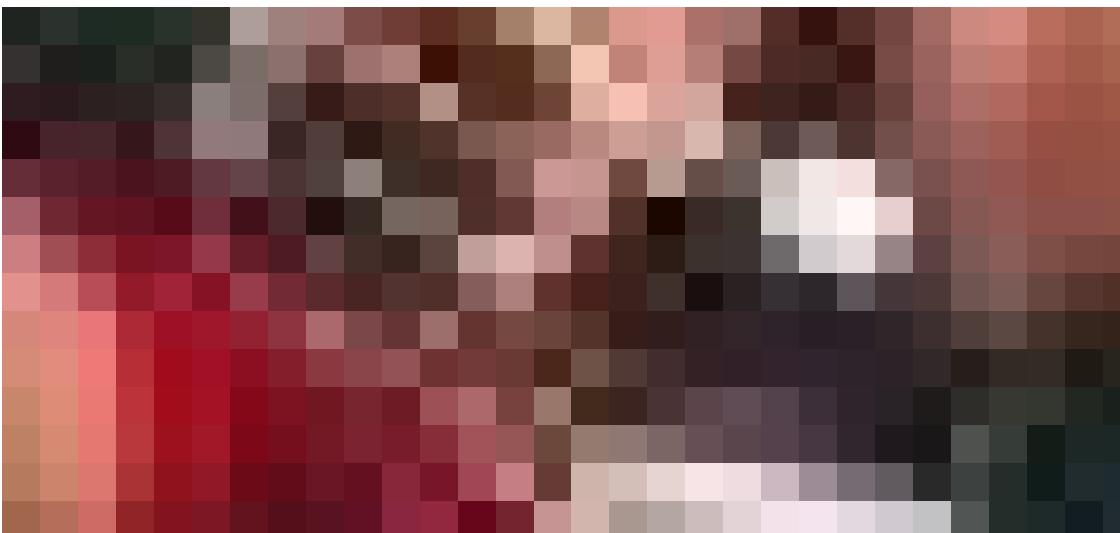
Top 5 Benefits Of Using Fish Oil, Backed By Science




5 Reasons Why Extremely Low Carbohydrate Diets Aren't The Best For Fat Loss



The Most Notable Benefits Of Building A Physique Without Using Steroids





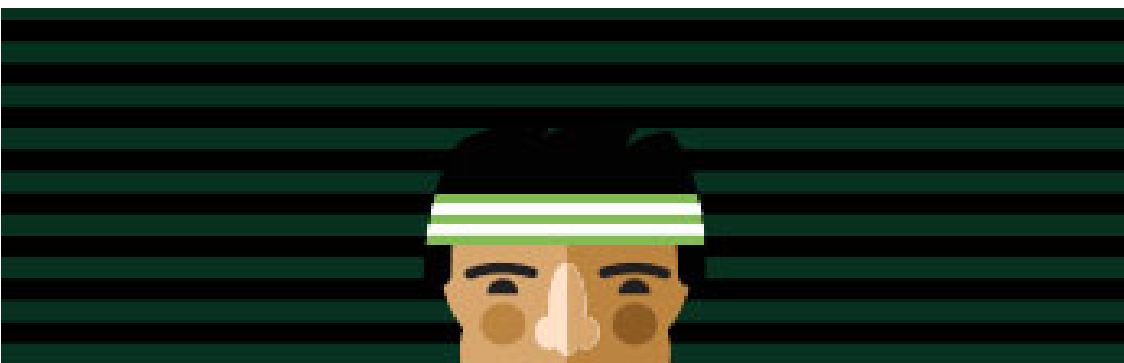
4 Important Benefits Of Using BCAA Supplements

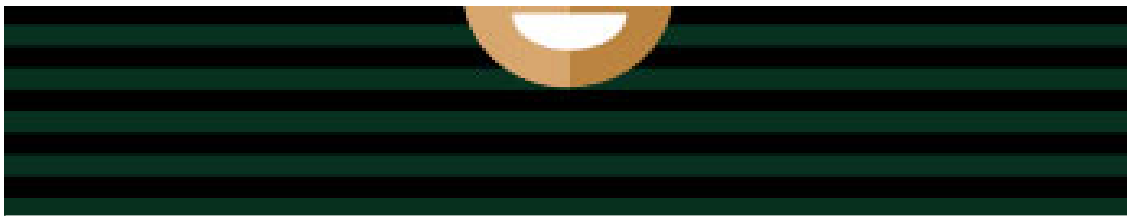


How Beginners Should Start A Fat-Loss Diet Without Getting Discouraged



Home Workouts Or A Gym: What's More Useful, Effective And Cost Efficient?





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FEATURES
Middle-Finger Internships
03:03 MIN

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HR
MANAGERS

FEATURES
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HOW DO INTERNS GET HIRED

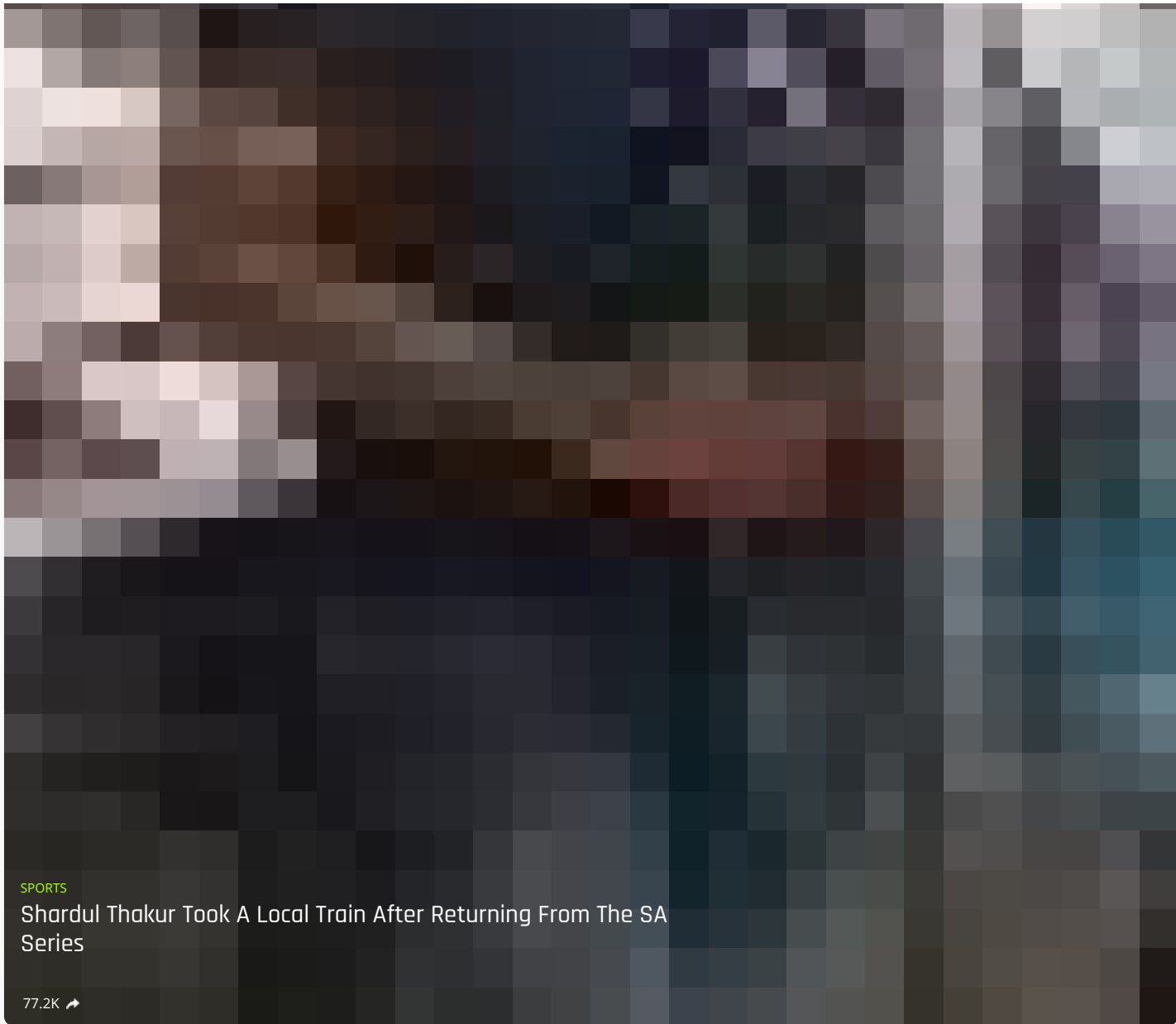
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ROLE, CAMERA, ACTION WITH
BLACK PANTHER DIRECTOR
RYAN COOGLER

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SPORTS

Shardul Thakur Took A Local Train After Returning From The SA Series

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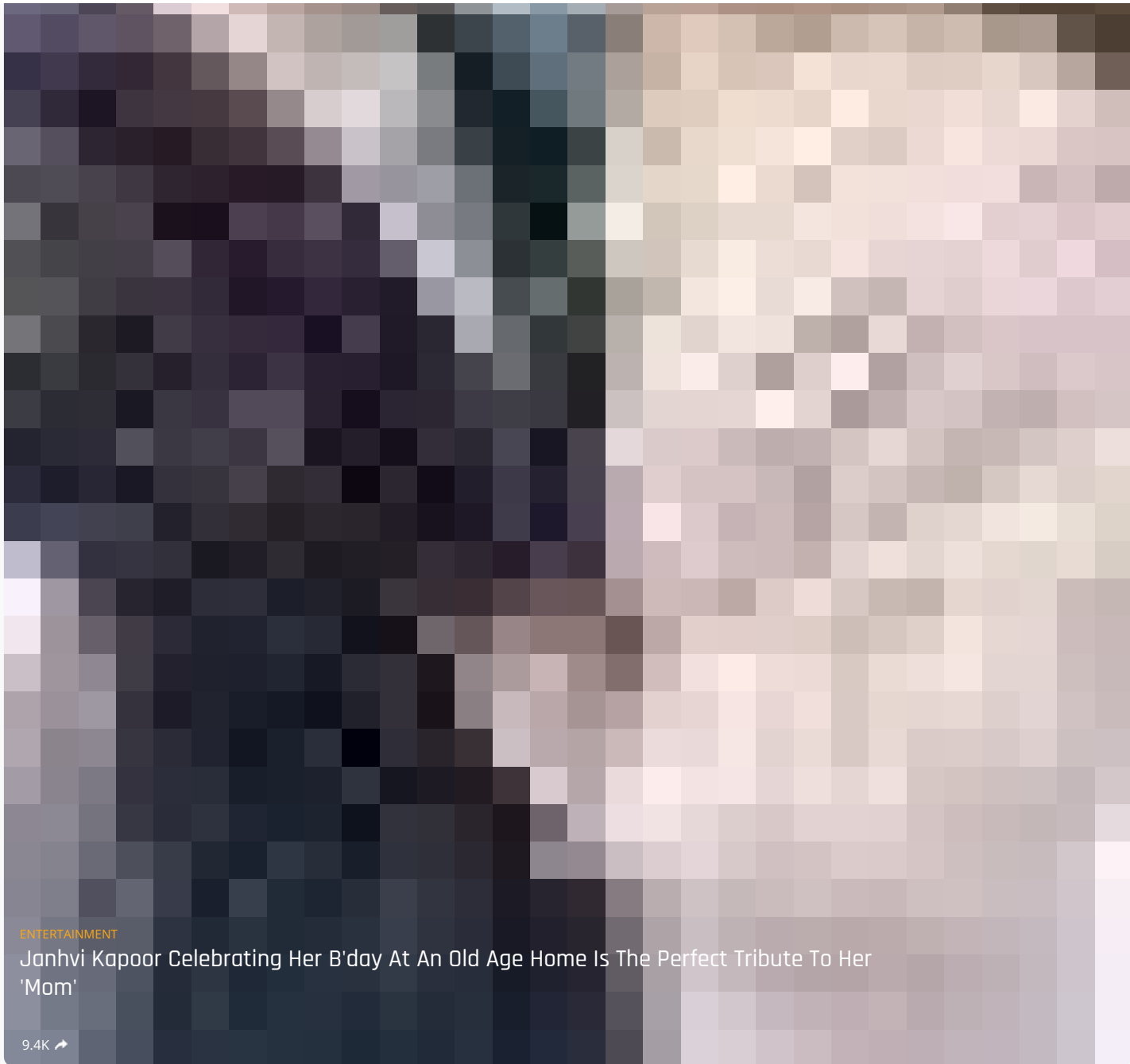


SPECIAL FEATURES

Why Am I Not Successful?

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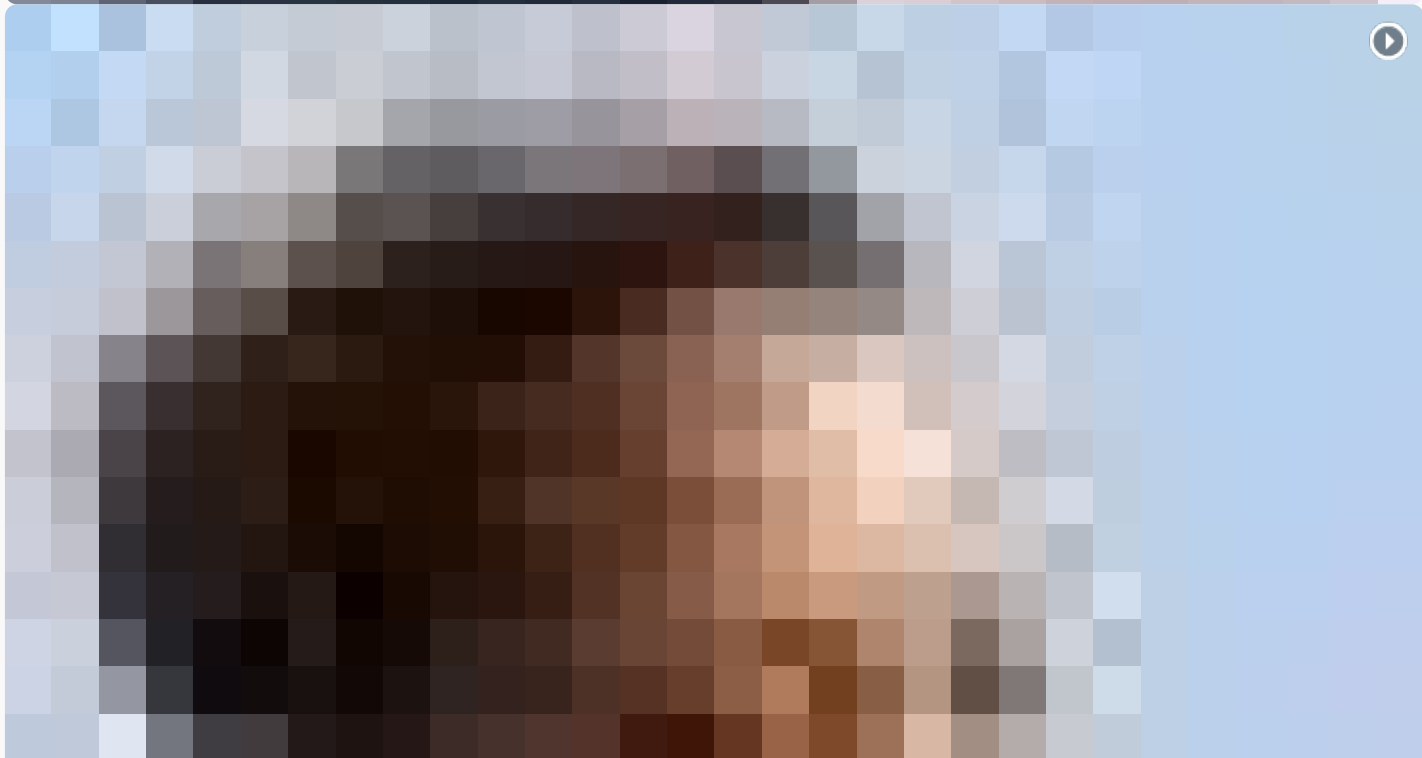
BCCI Vs COA: Ranji Players Suffer Amid Ongoing Impasse

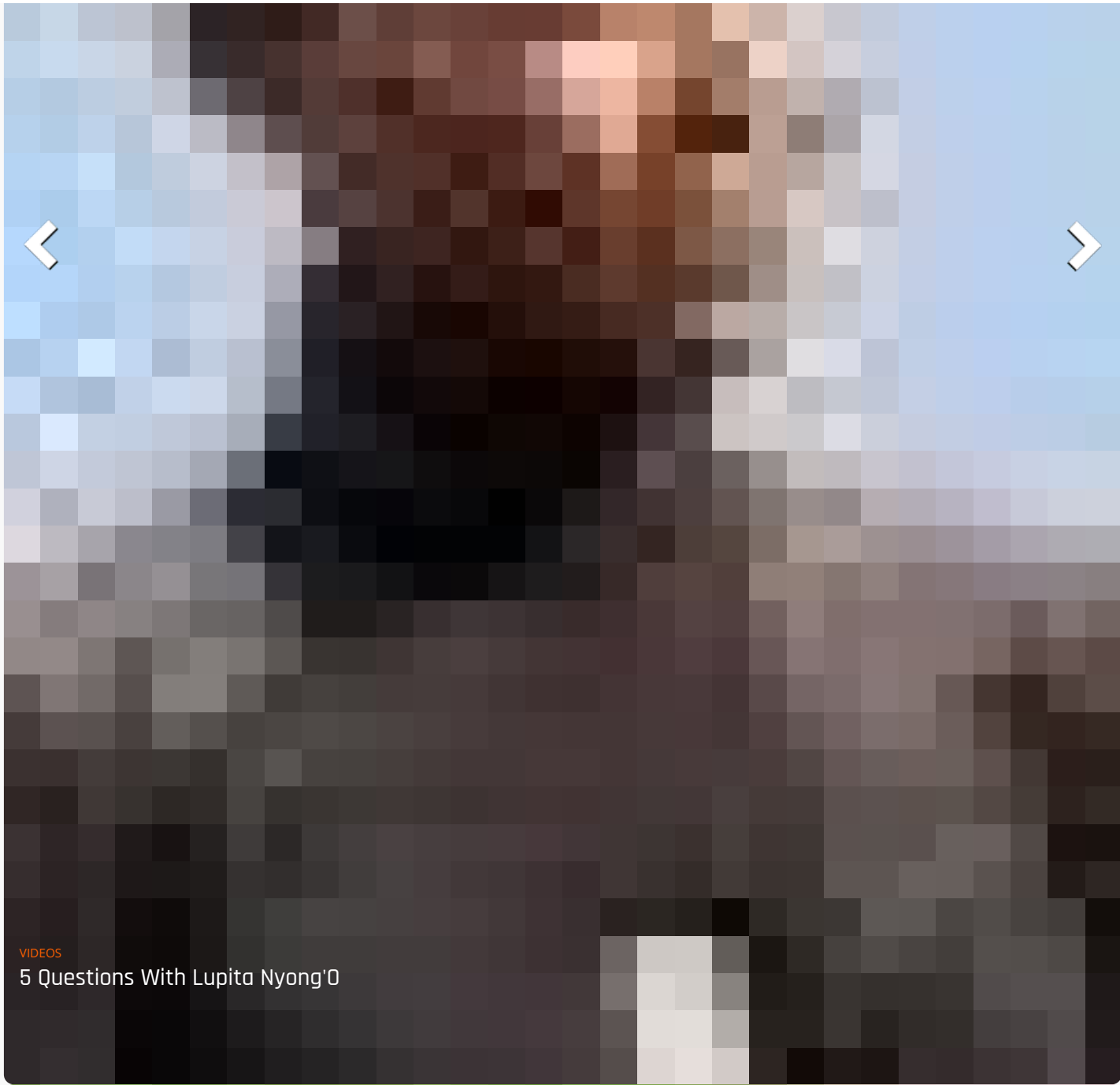


ENTERTAINMENT

Janhvi Kapoor Celebrating Her B'day At An Old Age Home Is The Perfect Tribute To Her 'Mom'

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VIDEOS

5 Questions With Lupita Nyong'o





TECHNOLOGY

Motorola's Most Iconic Phone May Make A Return Soon And It Will Be a Little Different Than Its Predecessor

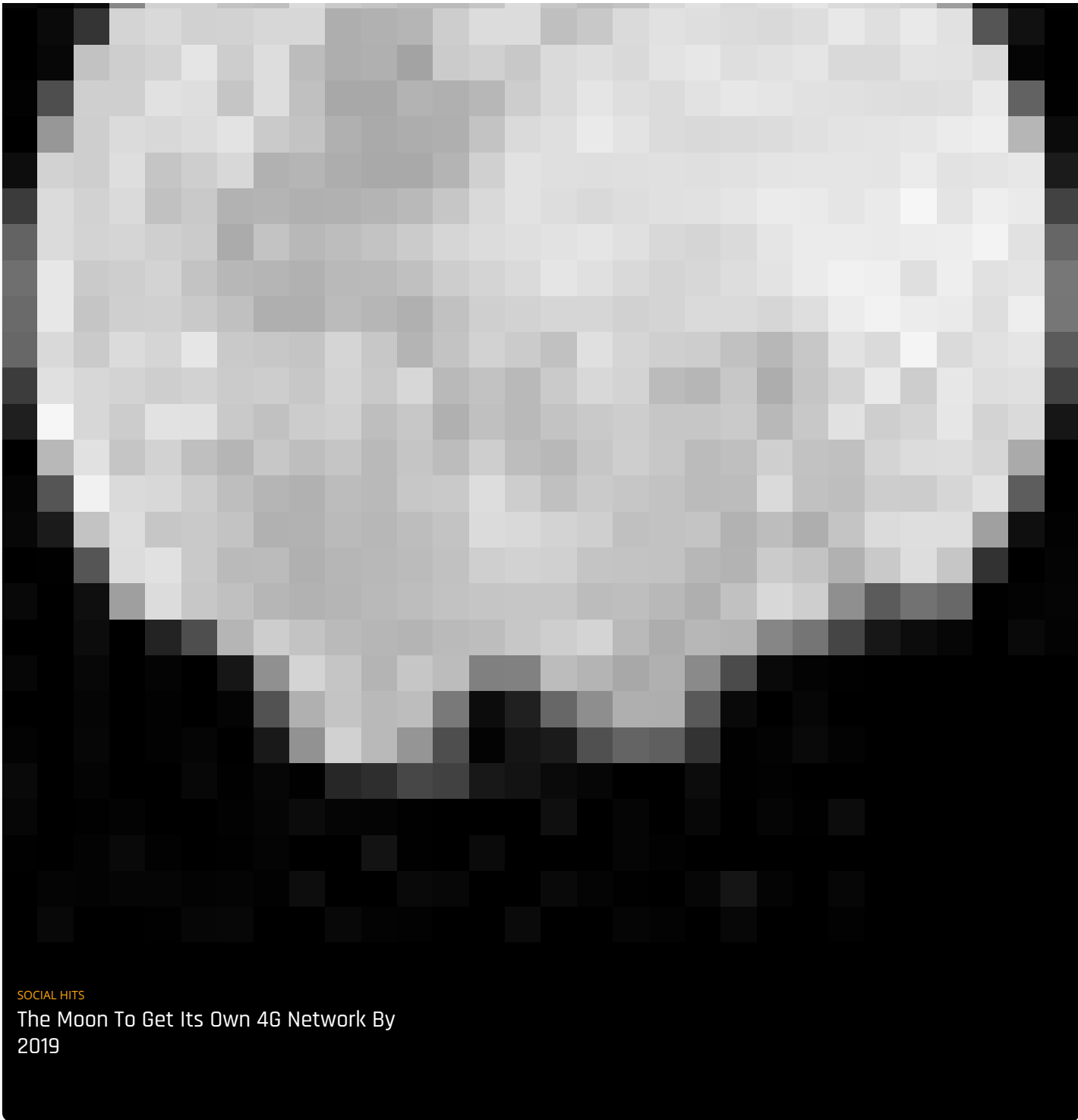




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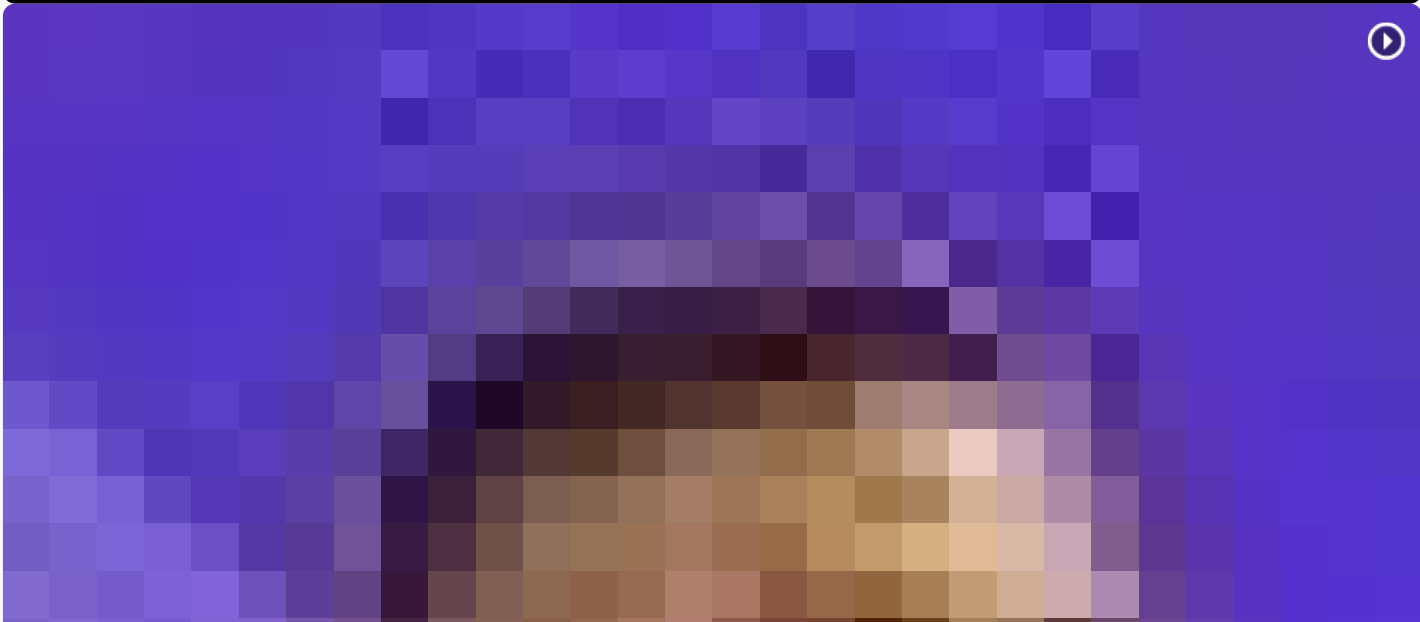
iOS vs Android: Most Pointless Debate
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The Moon To Get Its Own 4G Network By 2019

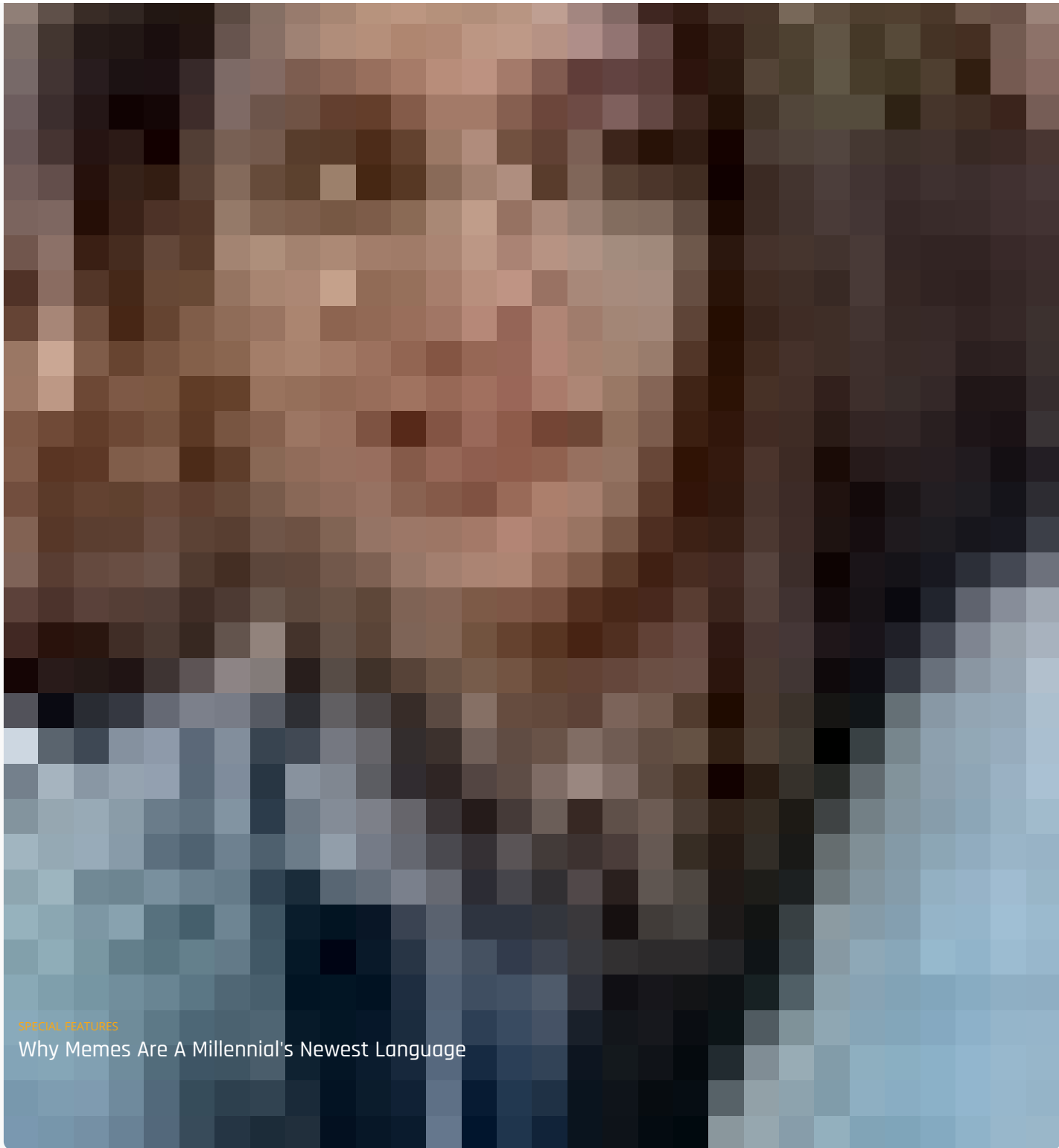




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Getting Fit With Michael B. Jordan





SPECIAL FEATURES

Why Memes Are A Millennial's Newest Language

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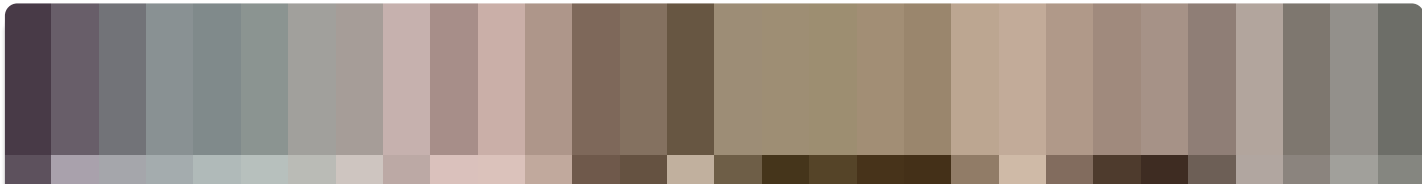




CELEBRITY FITNESS

Dwayne 'The Rock' Johnson Never Says No To Leg Day. Here's the Proof!

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CELEBRITY FITNESS

Hugh Jackman Has Wolverine-like Strength And His Instagram Account Is Proof Of That

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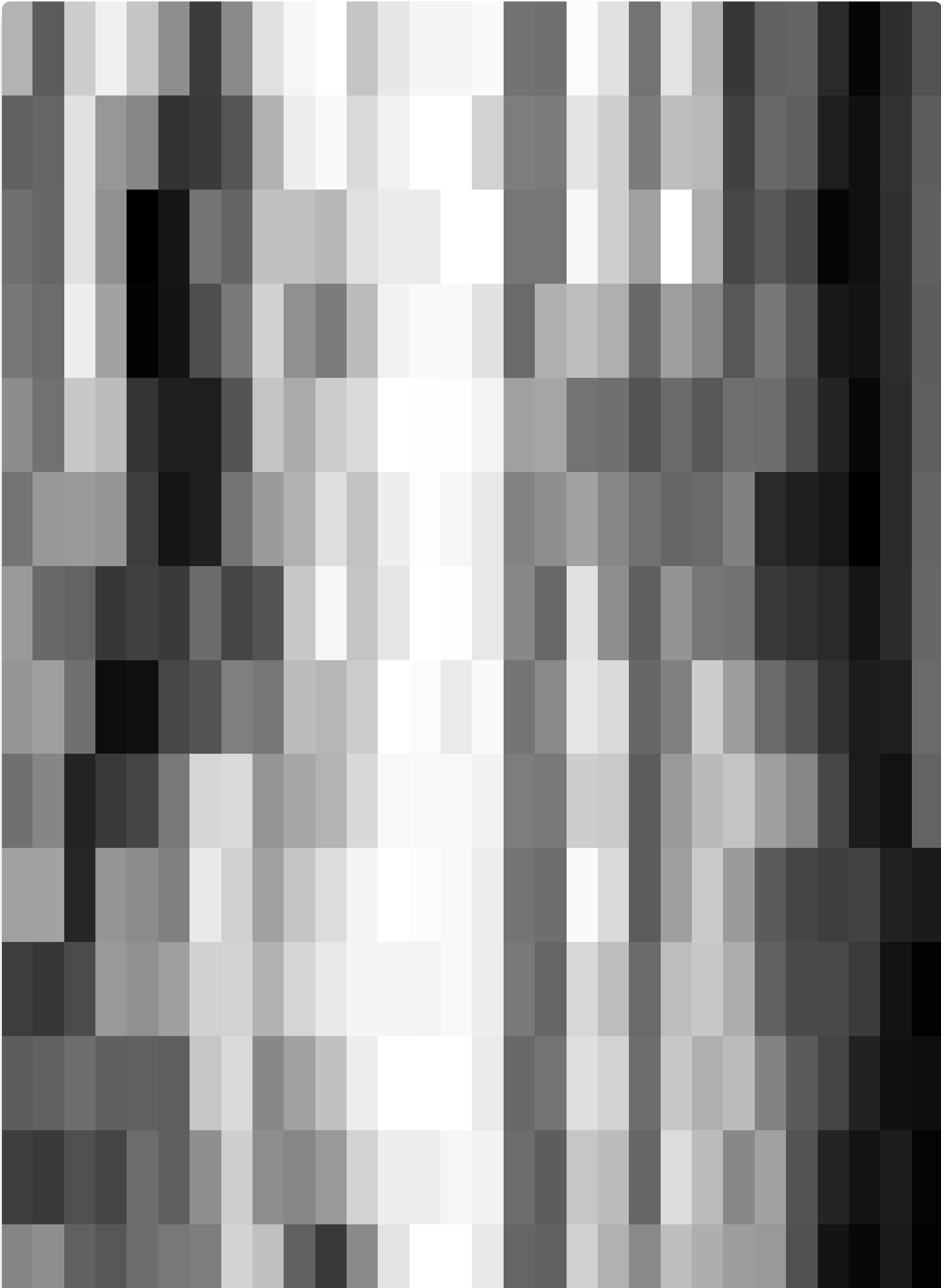
15 Most Badass Hollywood Physiques Of All Time

22.1K ↗



CELEBRITY FITNESS

Ranveer Singh's Been Training Like A Beast Lately And These Videos Prove His Dedication



CELEBRITY FITNESS

Shahid Kapoor Shared A Few Workout Videos To Remind Us That He Is Still A Beast In The Gym

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Ranveer Singh Is Shredded To The Bone, And His Latest Picture Is Proof

AD:

Father And Son Take Same Photo For 25 Years! Don't Cry Whe..



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The Mountain Effortlessly Deadlifts 330 Kilos For 2 Reps While Listening To Adele's 'Hello'

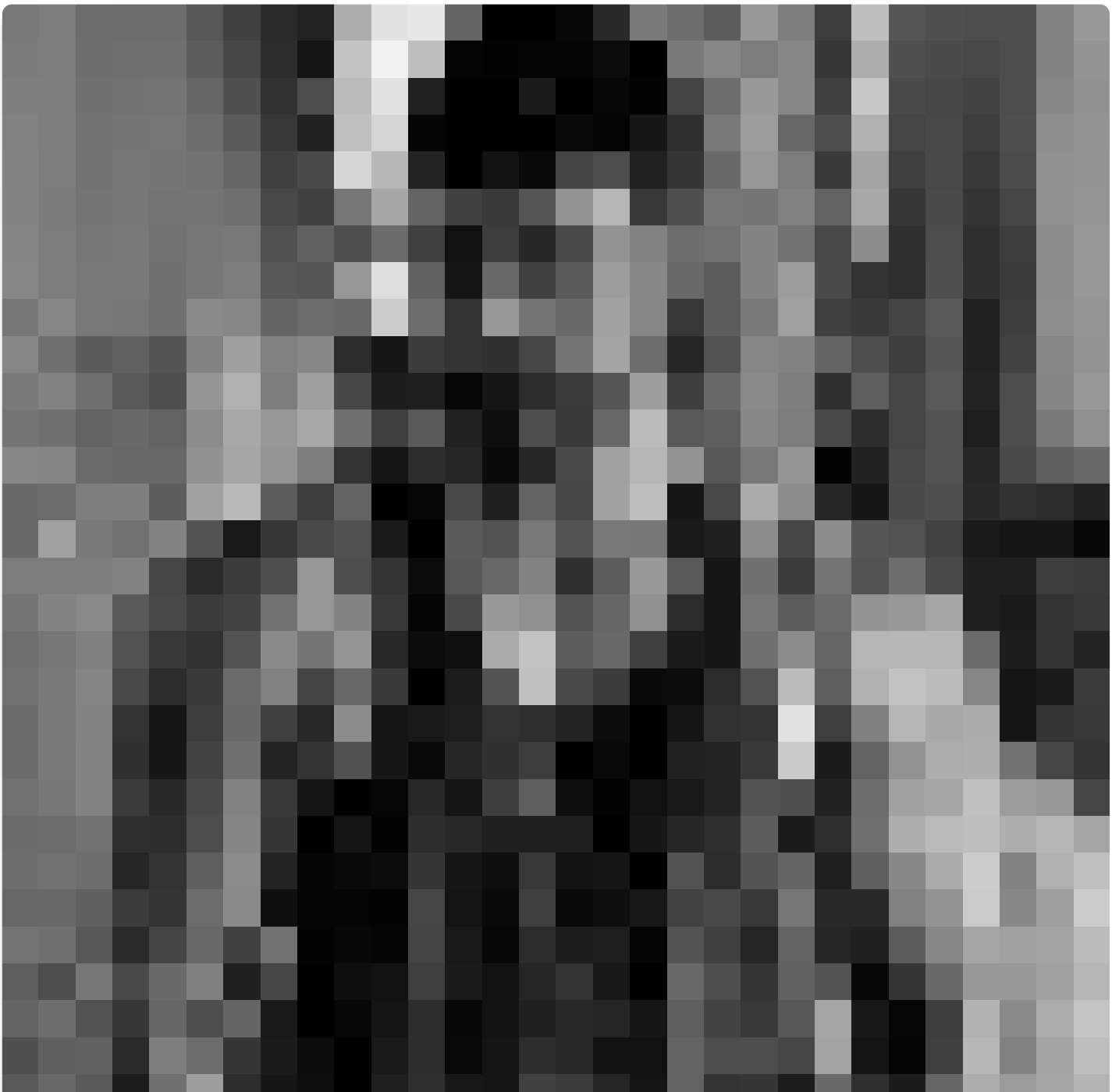
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From A Total Monster To A Shredded Giant, The Big Show's Transformation Will Shock You

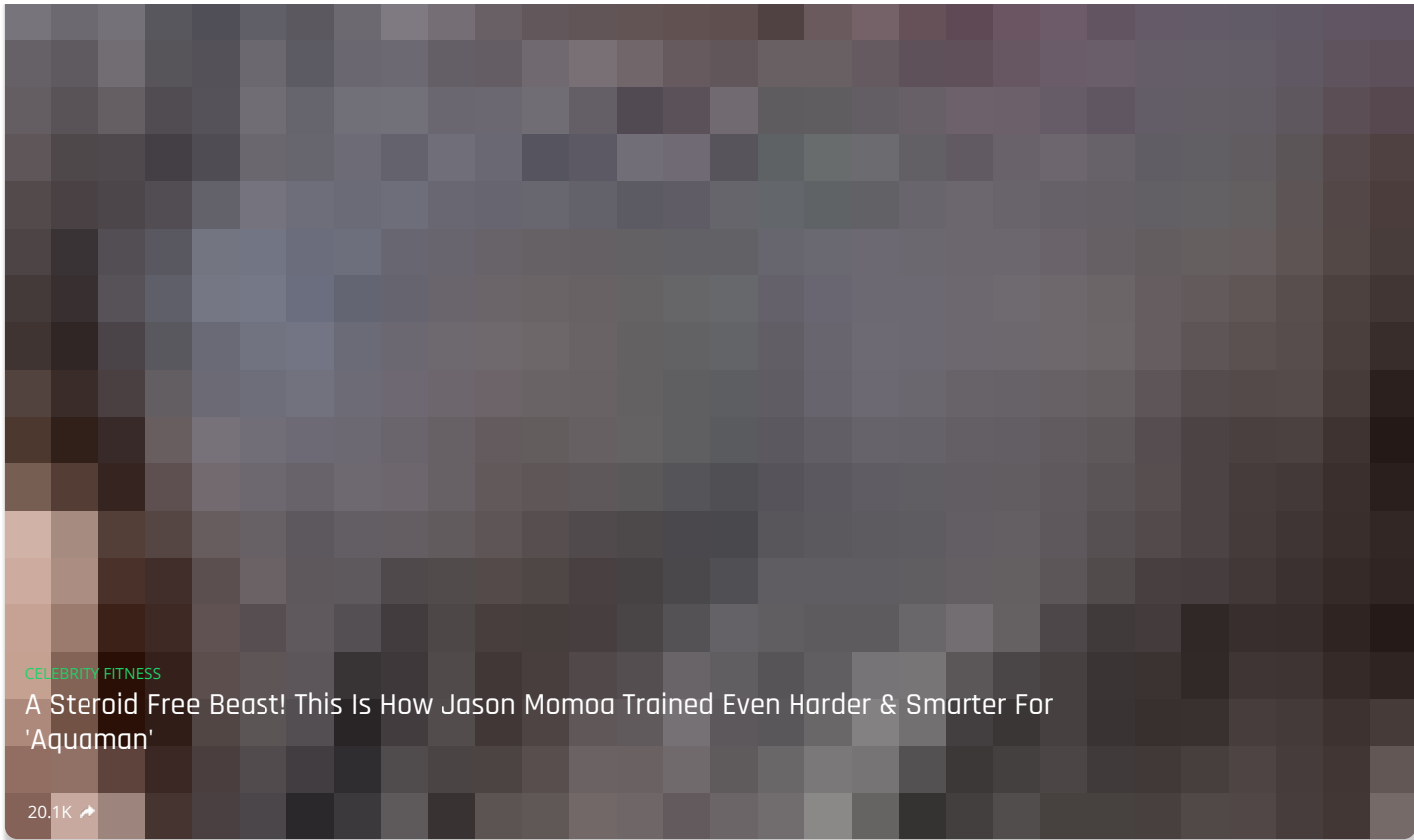
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5 Skinny Bollywood Celebrities Who Became The Definition Of Looking Jacked



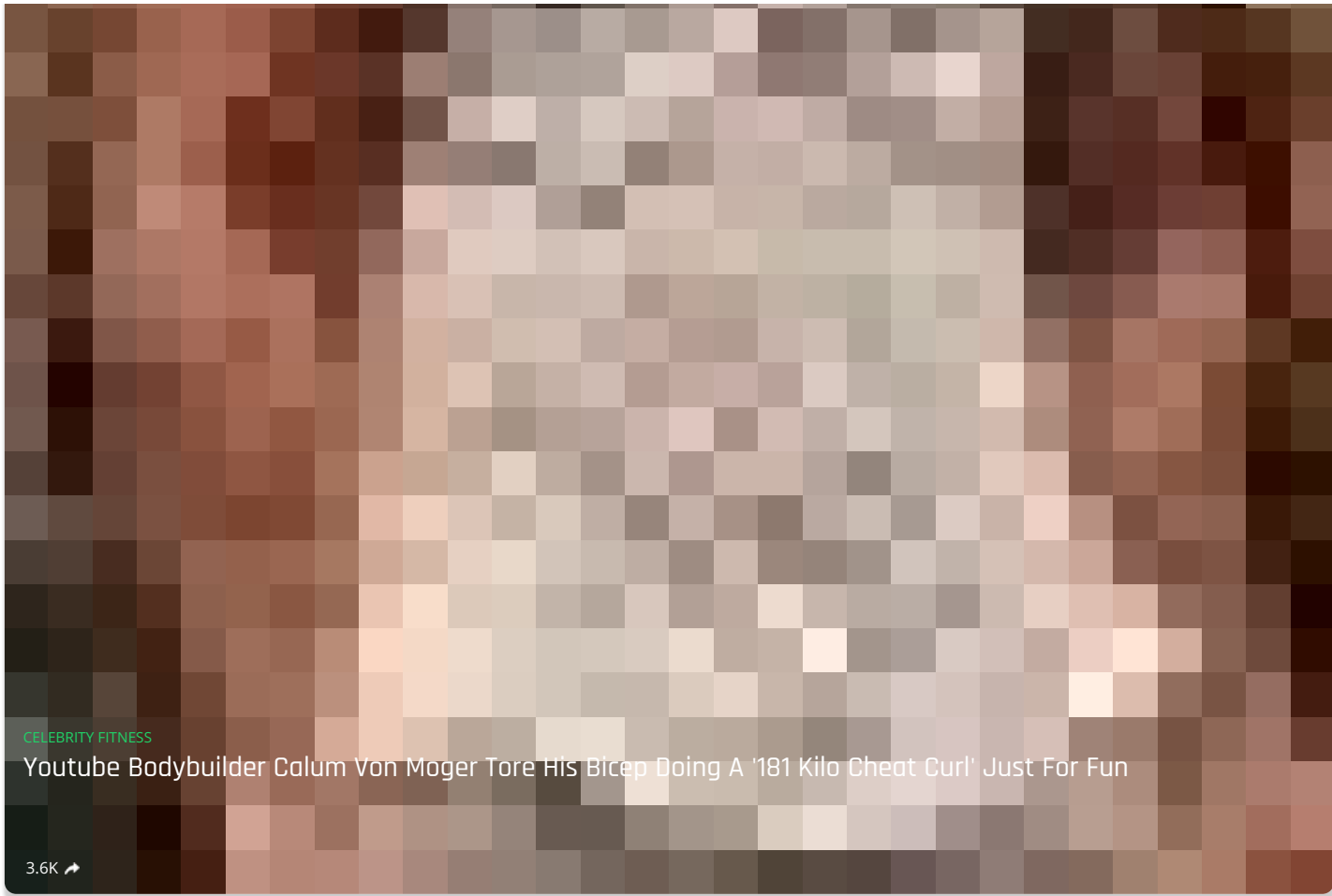


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A Steroid Free Beast! This Is How Jason Momoa Trained Even Harder & Smarter For 'Aquaman'

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Youtube Bodybuilder Calum Von Moger Tore His Bicep Doing A '181 Kilo Cheat Curl' Just For Fun

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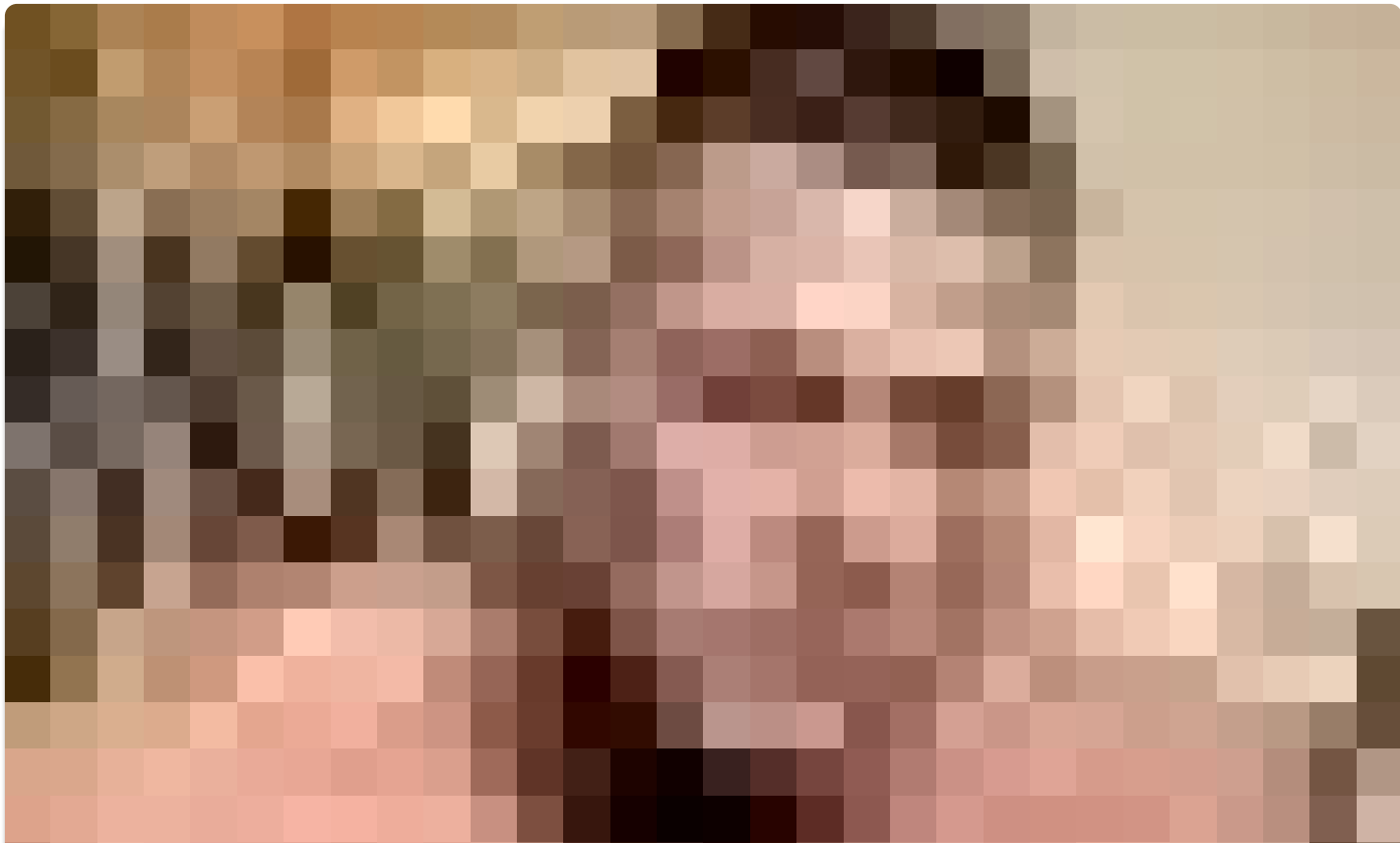


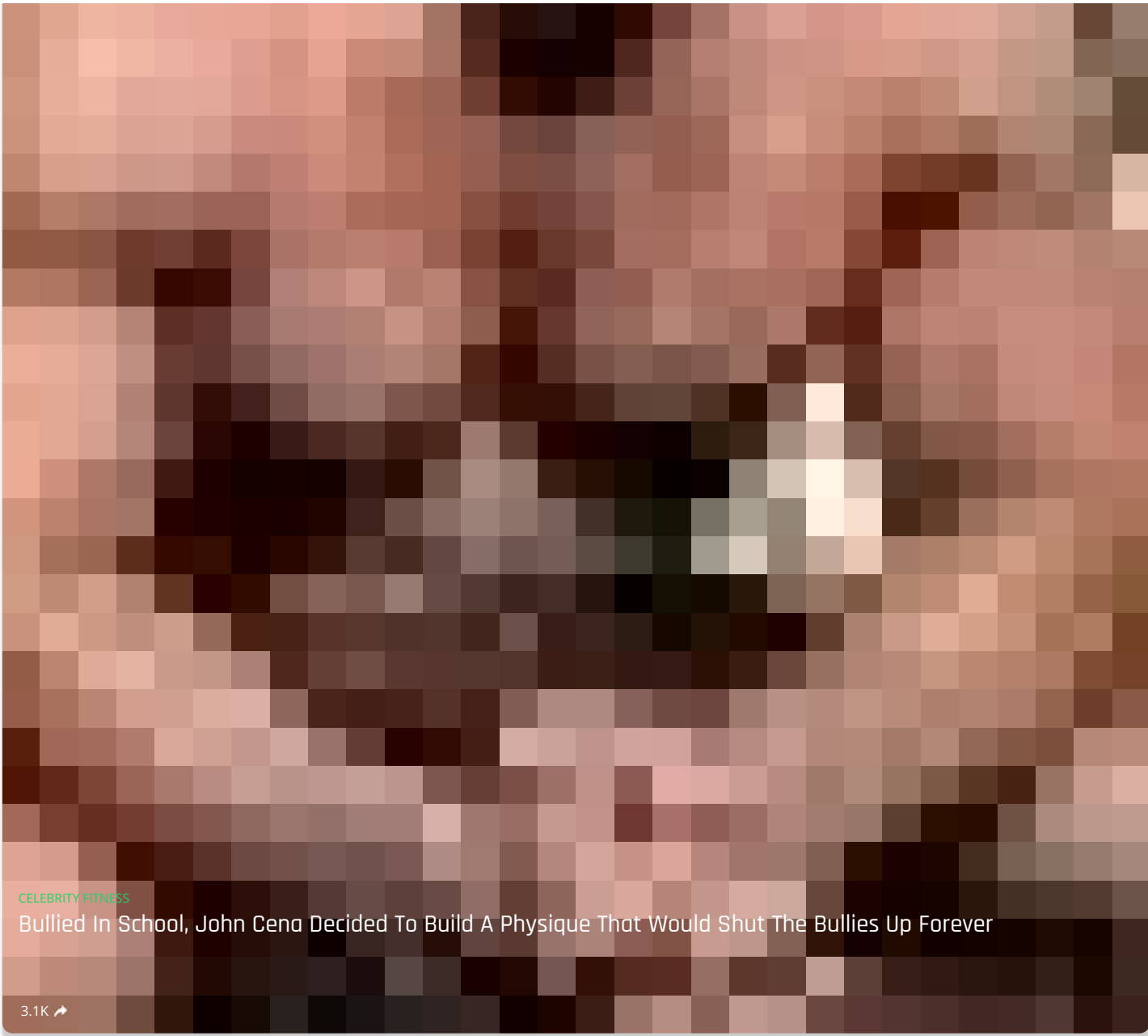
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Rock Solid! Mickey Rourke Is Still Savagely Shredded At 65 Years Old

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The 10 Worst Countries To Raise Kids & A Family

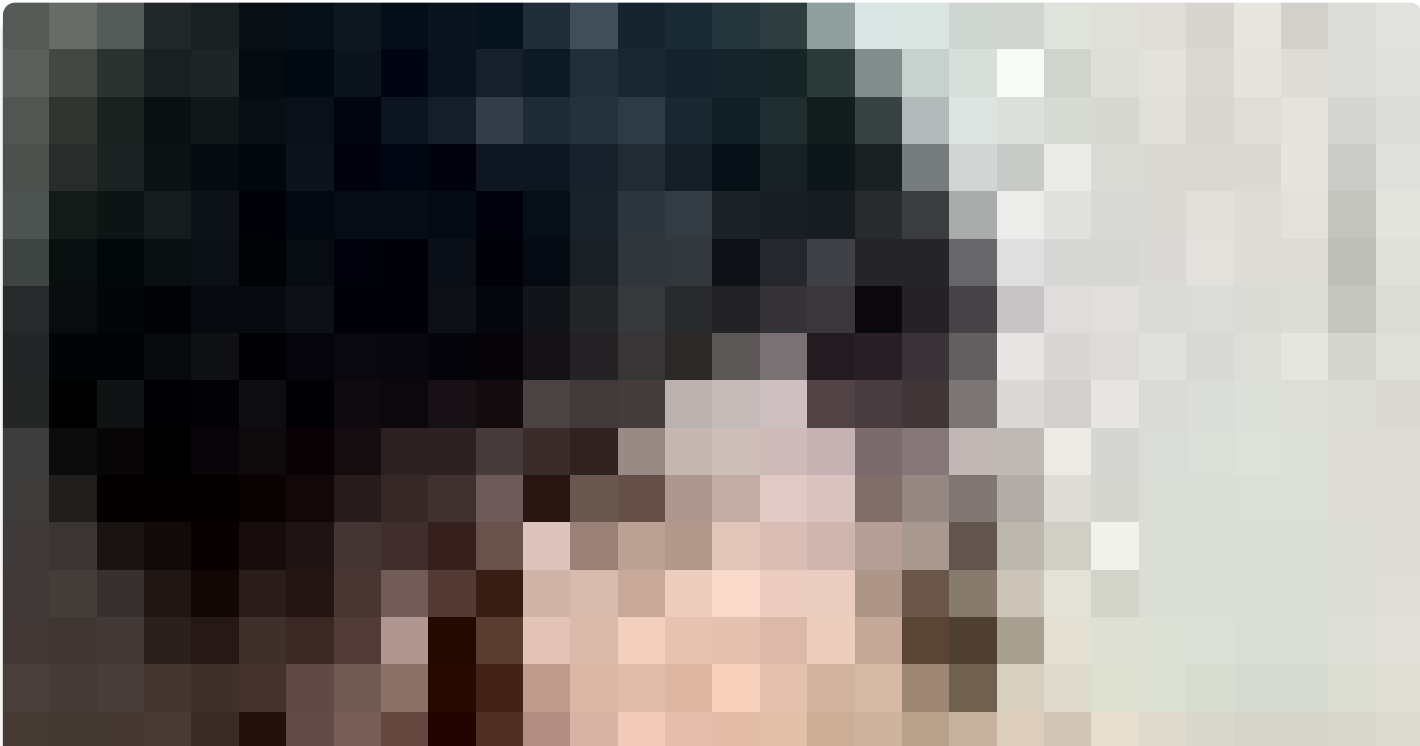




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Bullied In School, John Cena Decided To Build A Physique That Would Shut The Bullies Up Forever

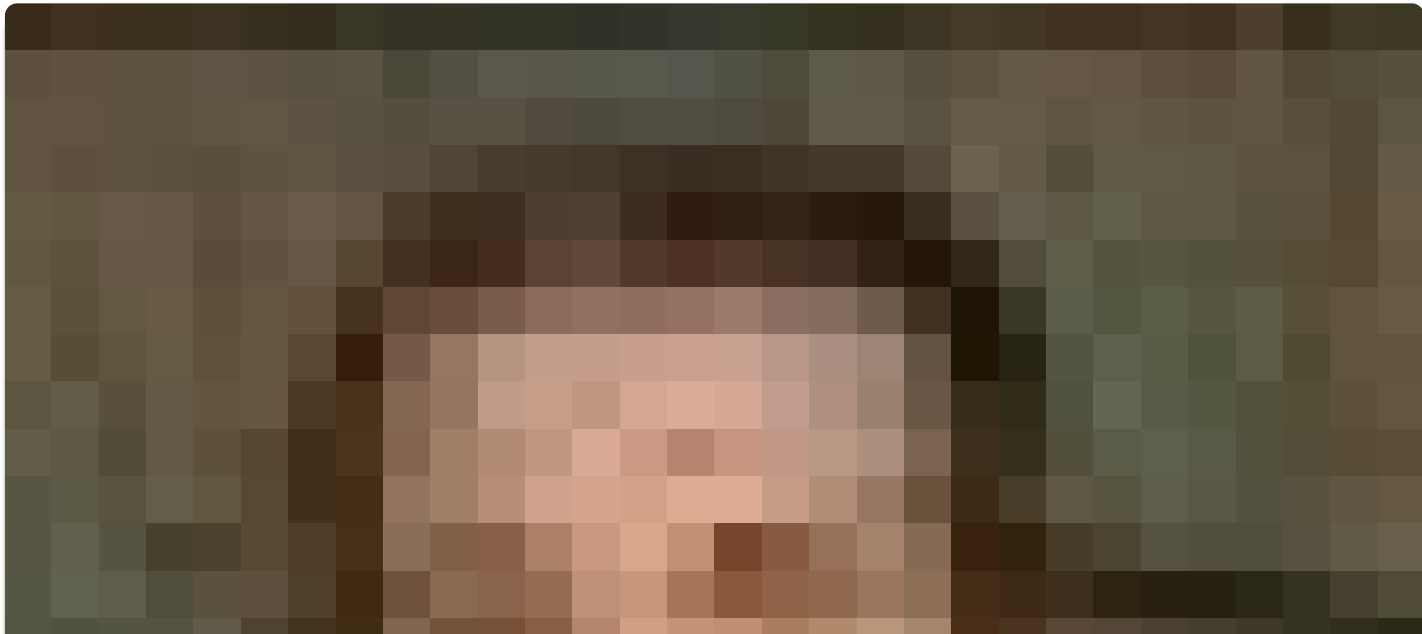
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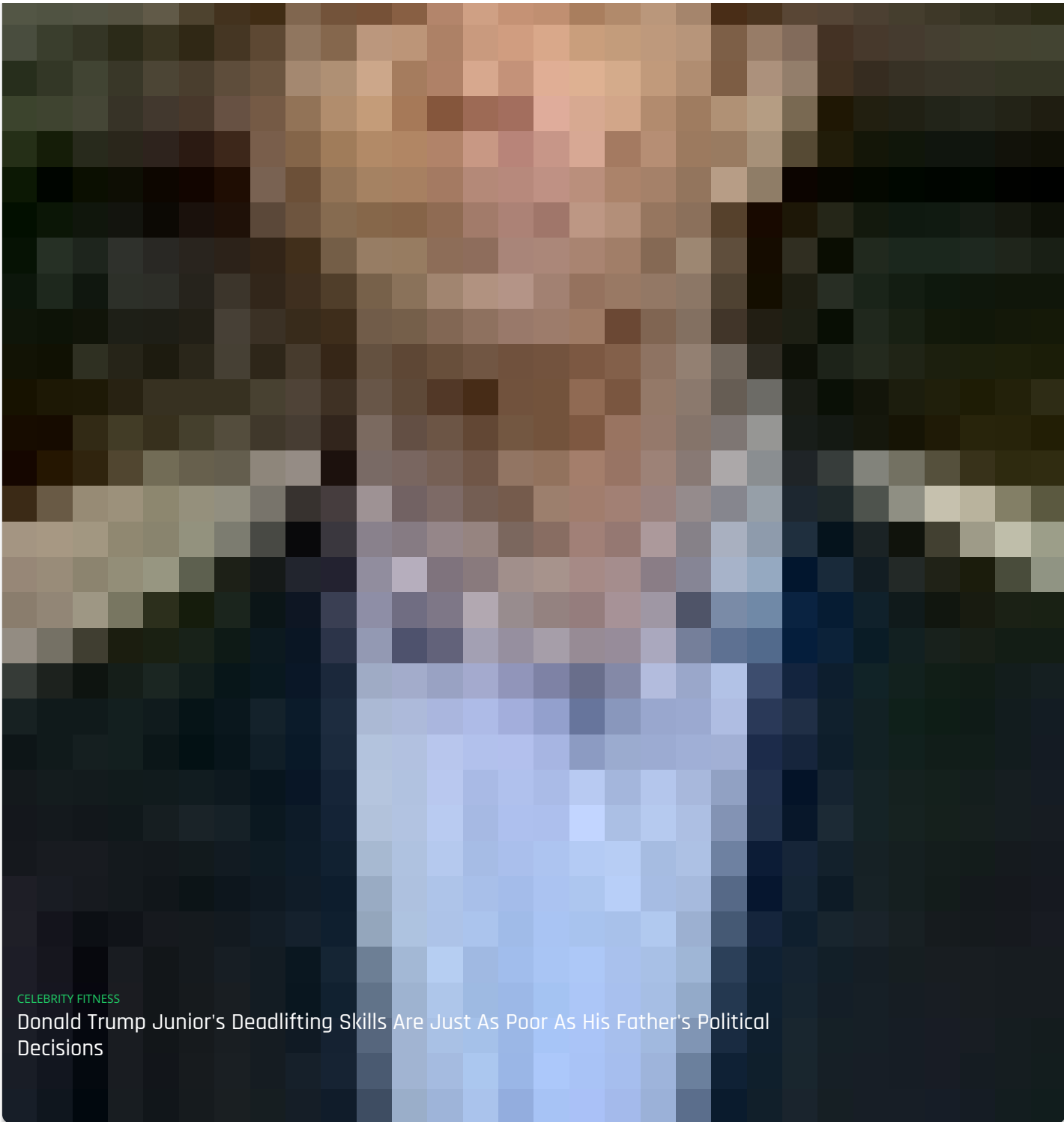




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Vidyut Jammwal's Take On Calluses From Intense Training Is A Lesson For Every Lifter





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Donald Trump Junior's Deadlifting Skills Are Just As Poor As His Father's Political Decisions





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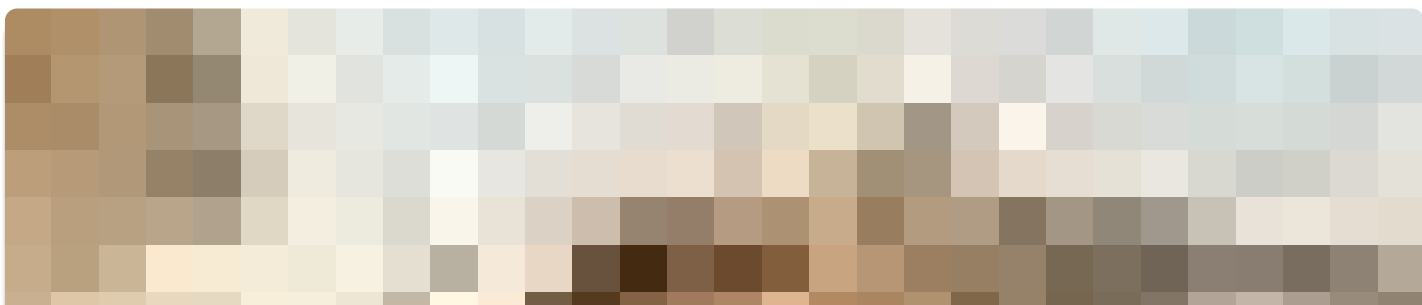
Dolph Lundgren AKA Ivan Drago Is Lifting Heavy & Staying Swole At 60





CELEBRITY FITNESS

James McAvoy Didn't Eat A 6000 Calorie Diet, So Don't Give Yourself Diarrhea Trying To Do That





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At 46, Mark Wahlberg Is Cutting Down To 6 Percent Body Fat While Staying Incredibly Jacked

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