



BRADLEY COOPER gained 40 pounds to play 'American Sniper'

Bradley Cooper gained 40 pounds of muscle to play the 225 pound Navy SEAL in "American Sniper" by following an 8,000-calorie-a-day Paleo-style diet. The naturally lanky Cooper had to eat every 55 minutes to maintain his high-calorie diet. Kyle, who died in 2013 after being shot by a former Marine who was suffering from post-traumatic stress disorder, had 160 confirmed kills under his belt from his time as a Navy SEAL sniper in Iraq. "I had to get to the point where I believed I was him," Cooper told Men's Health magazine. "At 185 pounds, it would've been a joke. His size was such a part of who he was... Chris wasn't ripped. He wasn't sinewy. He was just a bear." He trained twice a day. At his peak, he could deadlift 425 pounds, twice his bodyweight. By the end of the 10-week training, Cooper achieved his goal of gaining 40 pounds of muscle.



MICHAEL KEATON in Talks To Join 'Kong: Skull Island'

Michael Keaton is in talks with Legendary Pictures to join the cast of Kong: Skull Island. He will join the previously announced Tom Hiddleston (Thor) and JK Simmons (Whiplash). Universal Pictures will release the King Kong-inspired film in 3D and IMAX 3D on March 10, 2017. Kong: Skull Island promises to fully immerse audiences in the mysterious and dangerous home of the iconic ape as a team of explorers ventures deep inside the treacherous, primordial island. Keaton is receiving strong awards-season buzz for his turn as a washed-up actor tormented by his superhero alter ego/nemesis in Alejandro Gonzales Inarritu's Birdman.

SALMA HAYEK Gets Sexy, Badass and Trigger Happy In Everly

If you ever wondered what a film starring Salma Hayek, playing a sexy assassin holed up in her apartment while a grueling gauntlet of gangsters and other assorted ne'er-do-wells burst their way in, shooting up the place, well, then first off, congratulations for having such a specific vision. Secondly, it seems that your eccentric curiosity is about to be sated, because the new trailer for Salma Hayek's new film, Everly is basically everything that was just described. Making its explosive debut, Everly depicts the venerable vixen, Hayek getting back to her ass-kicking action roots in a completely original setting. It's like a deliciously demented amalgam of Home Alone and the Kill Bill series. At 48 years old, Hayek has never been hotter. Everly has been released in the US this week.

