

TACTICAL MUSCLE

Actor **DAVID LIM** shares secrets from the set of *S.W.A.T.* and explains why it's important to look like the real deal.

David Lim puts serious sweat into making sure his character, Victor Tan, looks believable as a member of an elite response team on the CBS series *S.W.A.T.* "I was always in pretty good shape," Lim says. "But you meet some of the real SWAT team guys, and they're huge. So we all stepped up our workouts. I put on about five pounds of muscle."

It's inspired by the popular 1970s TV show of the same name, but aside from the title and the theme song, this modern-day take on *S.W.A.T.* is fresh and original. "We've got slick, tricked-out vehicles and lots of cool toys," Lim says.

The actor says it was important to the entire cast that they look the part in every way. "Tactically, we worked with former SWAT officers from San Diego. They helped us learn how to move as a fluid unit, how to clear a room, how to enter buildings, and how to hold a weapon. People will let you know if you get any of the details wrong, but as actors, it's also a pride thing. You want to be as authentic as you can, and we want to do justice to the real guys."

The shooting schedule makes it a challenge to squeeze in workouts, Lim says. "My normal routine always consisted of two body parts a

day. Now that we're working 10 to 14 hours every day, we don't have a lot of time. Thankfully, [co-star] Shemar Moore had a gym built for us that travels with us wherever we go. Whenever we have down-time, we can get in there and get a workout in. What I've been doing now is supersets. Very little rest time. Get your heart rate up. Get the sweat going. And hope you get the workout in before the PA comes knocking on the door, calling you to the set."

He and his co-stars push one another to keep their fitness routines on track. "It's nice to have that motivation. Shemar and I have this deal that, on the day we wrap Season 2, we want to be in the best shape

David Lim and his co-stars worked with real SWAT officers to nail down the authenticity.



of our lives. So we're going to have an ab competition."

Lim says we'll see more storylines for his character this season, including a long-teased reveal of his love interest. "I'm proud of the work we're doing because I think it's a really good show. It's got a little of everything—there's action but also humor and heart. We tackle a lot of serious issues that are in the news, so there are powerful stories."

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