



France 2005

*"I have lost all my super-powers..."*

*Since he doesn't play the Man of Steel anymore, Dean Cain can't even stop his son to play dangerous*

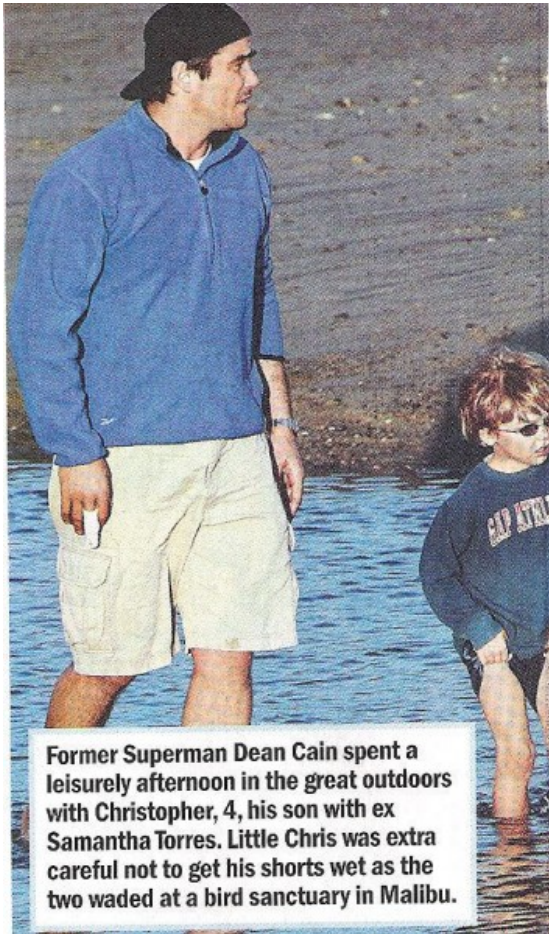
## Star (USA)

17 Jan. 2005

*Superman fait du ski !*

*Dean Cain faisait le clown à Aspen, au Colorado, alors qu'il se préparait à enfiler ses skis le 26 décembre.*

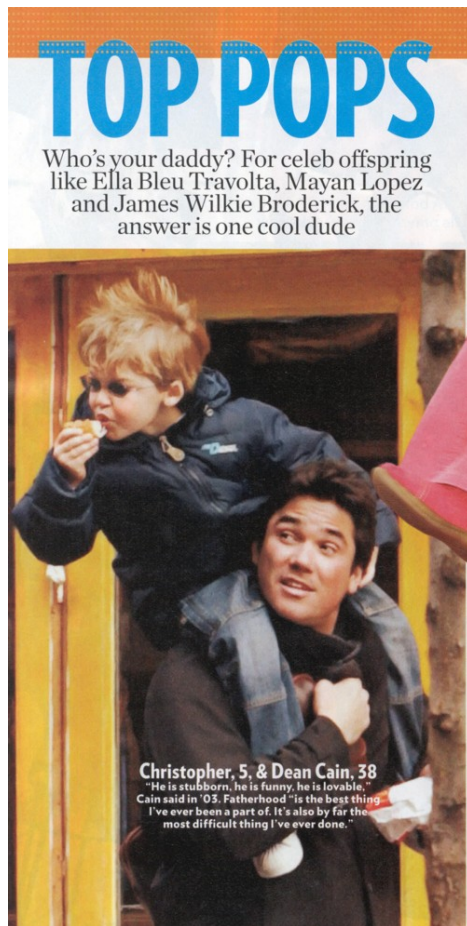




**Star (USA)**

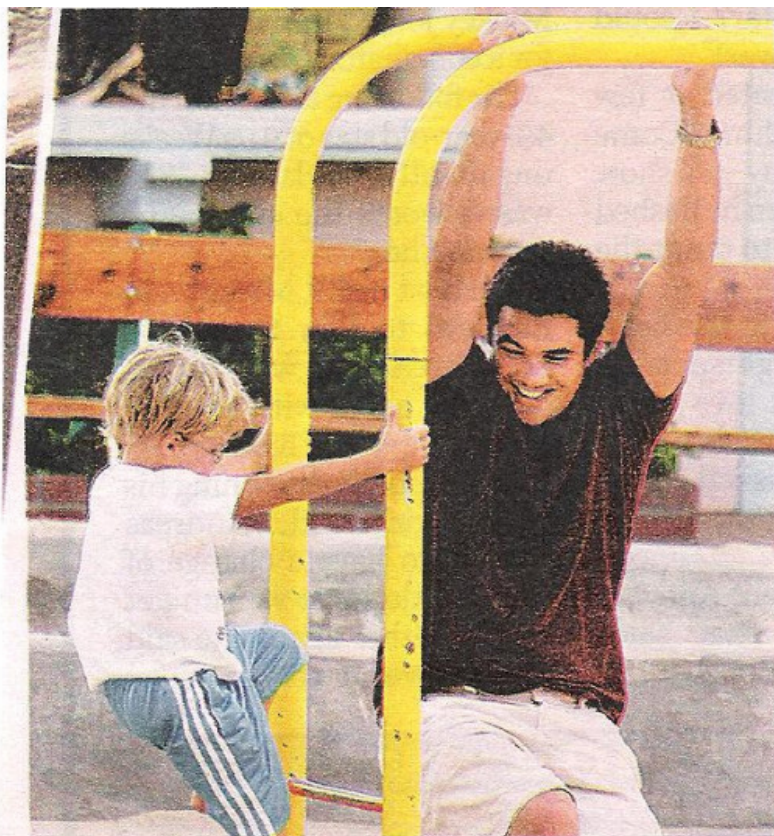
11/04/2005

*L'ex-Superman Dean Cain a passé un après-midi à l'extérieur à prendre le grand air avec son fils Chris*



Christopher, 5, & Dean Cain, 38  
"He is stubborn, he is funny, he is lovable."  
Cain said in '03: Fatherhood "is the best thing  
I've ever been a part of. It's also by far the  
most difficult thing I've ever done."





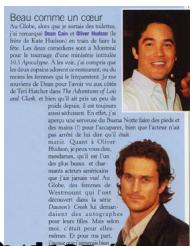
Dean Cain plays with son Christopher, five

## Monkey bars

**How to do it:** Hang by your arms, bend your legs and raise your knees up to your torso. Come up as far as you can, then go back to your original position. Repeat as many times as you can. Then, from your hanging position, try lifting your whole body up just using your arms. It's hard so don't be discouraged if you struggle.

**Muscles used:** Abdominals, biceps and upper back

**Calories Burned:** 75 calories in 12 minutes



## Out on a sweet heart

Note from Chawla: No, Dean Cain is not the journalist that Dede Koslowski and Oliver Hudson (kate)