

NICK JONAS

ACTOR & SINGER, 22

"I put on 15 pounds of muscle and then got leaner. I really committed to a low-carb, high-protein diet, plus two-a-days in the gym and fight training on top of that. I genuinely don't like working out, but I've got a great trainer. And I like how I feel afterward."

The "Chains" singer appears in DirecTV's drama *Kingdom*.