

Jon Vroman ([00:02](#)):

Gentlemen, welcome to the front road, dad, bod guest, while it's common to hear men say family first, most guys are working long hours and finding it really difficult to juggle all the priorities on this show. You're going to hear unscripted conversations, guys, who are as committed to winning at home as they are to winning at work each week, we're going to share a new conversation, digging into the strengths and the struggles of guys, just like you and me to help us level up our dad game, strengthen our marriage, succeed in business and stay healthy along the way. If you're new to the show, I'm John Broman, married to the free spirit known as Tatyana father of two boys tiger and ocean and living in Austin, Texas. Let's get right into our next conversation.

Jon Vroman ([00:48](#)):

All right, man, I've got Kevin Torres here with me, father husband, combat vet, coach and educator, founder of dad, bod wad. We're going to get into it today, known for his 15 minute workouts. I need this because I'm at 13.5% body fat Kevin, and I want to get to 10% and I want to do that by the end of this show, can we make that happen? Can you give me the workout that will get me below the shave off three and a half percent body fat off this measurement, which is probably more like 30% of my overall body fat, right? Which is I said to my wife, I think moving the needle from 13.5%, all the way down to 10% is probably harder than I'm giving it credit to. Yeah. It's a big challenge for sure. So, Hey man, you're a dad, you've got two girls.

Jon Vroman ([01:38](#)):

You are working hard to make it all happen. I'm glad that we got connected. You've also been listening to the front road, add podcasts. And I love when we have kind of like one of us on the show, which is really great. So first of all, man, we'll start with a victory real quick. Before we get rolling into any other deep conversations and you helped me get down and break 10% body fat. Let's talk about a win for you, man. Give me something good in your life, personal, you know, with your family, with you at home, with your wife, with your kids, whatever, just let's share a win real quick. What's good. Really. I think out of the whole pandemic crisis that our country's experiencing men as difficult as it is for a lot of people. And so I don't want to undercut that or underplay that or downplay that in any way.

Jon Vroman ([02:25](#)):

My wife and I have been fortunate enough to both be able to work from home since like mid March. And I have two little daughters. One is two, the other one is turning four in August. And I don't know any other time when both parents would have had the opportunity to stay home with both of our kids with two kids, for as long as we have. And so as frustrating as it can be at times to be home 24 seven with your children to entertain them 24 seven to work from home and to try to manage meetings and have children at the same time, I'm really mindful present to, you know,

Kevin Torres ([03:00](#)):

Have the presence of mind to be really grateful of the fact that we are never going to have this much quality time together as a family again. So I'm just like, that's been like a huge word for me this entire time.

Jon Vroman ([03:11](#)):

Yeah. It makes me wonder though, how much will we keep? How much are we going to demand that we keep in our lives with the conversation we've been having regularly in the community is just, what are

we going to hold onto? And what are we going to go back to? Right. What have we found in this pandemic that we're like, Hmm, not going to go back to my old way is I've heard that more times than not. Yeah, totally. Kevin let's go back in your life to when you were a kid. I know that there was a strain relationship with your father. Can you tell us a little bit about that and what childhood was like for you as it related to your dad?

Kevin Torres ([03:43](#)):

Well, growing up, my father actually left my mother when she was pregnant with me. And so growing up, I never really had a relationship with my father. I didn't have a father had an absent father. I knew him and I knew of him because he would come by and visit. But that was really more like a cash transaction. He would come by to drop off money to my mom and then rub the top of my head for like 10 minutes and then leave. And literally he wasn't like allowed in the house or, and I wasn't allowed to like go to his house or anything. So our relationship was him hanging outside with me for like five minutes or 10 minutes, or maybe at most like you would take us to get like pick me and my brother to go get something to eat or something, which was always like a really fun experience.

Kevin Torres ([04:24](#)):

And it was weird because I look forward to him visiting, not because it was a connection to my father, but it was because I knew I was going to get like money from it or an allowance. Right. Like, and maybe, maybe like a cool meal, like a burger or something. But my mother being raised just by, you know, like a single mother, I always, I was like really insecure about that in school. And, you know, kids would talk about parents or when teachers would bring up like parents or for father's day and things. And I obviously was too young to really articulate like how it made me feel. But in the back of my mind, that was always like a little uncomfortable or nervous that somebody would ask about my father or, you know, ask me who I'm making my father's day card for. And I would ended up giving it to my mom or something.

Kevin Torres ([05:03](#)):

But so a lot of the things that I think would have traditionally been taught to me by my father, like shaving or riding your bike, or, you know, even like working around the house and handiwork and things, my mother ended up teaching me. So, but yeah, so that was my relationship with my father. And now, you know, we still, we have a relationship we were in touch, but nothing to the extent that love like a father, son relationship. Like if we don't talk for months, it's no hair off my back. I don't really, you know,

Jon Vroman ([05:30](#)):

Would you welcome that? Like if he just came to you and said, man, I want a better relationship. Would you be, would you want that?

Kevin Torres ([05:35](#)):

Yeah. I mean, there was a period when, when I think I, we were a little bit more like when I first got home from the army, um, you know, my brother and him maybe develop like a little bit of a stronger relationship as adults. And so like through that, I started maybe going to visit him a little bit more often, but I think because we never had a strong connection, uh, we can go by and two weeks can go by and I would never miss him or think to reach out to him. So all of a sudden, you know, like six months go by and then it becomes an uncomfortable like, Oh, I haven't spoken to him in six months. Should I reach

out to him now with the pandemic hitting, I live in New York city and he lives in San Island, which is just a bridge away, but still it's like might as well be another state or another, another country.

Kevin Torres ([06:18](#)):

And just like that a pandemic hits. And then we don't talk for a few months. And so I dunno if I would welcome it. Like, I don't know because I don't a part of me and I know this isn't like very, like, I don't want to say like progressive, but a part of me also, like, doesn't care how he feels to some extent. And I know like I want to be compassionate and have forgiveness for myself so that I can be like a better person and a better man and live a life that's like with, without carrying any burdens in my chest. But I don't necessarily feel like any deep desire to sort of like secure that relationship. Did you have a good father figure? My brother is like seven years older than I am. And so I don't think he made that qualifies him as a good father figure, but he was older enough than I am to really be doing a lot of, I guess, you know, like adultish things when I was still like very young, right.

Kevin Torres ([07:12](#)):

So when I was seven, he was already a teenager in high school when I was in middle school, he shipped off to the Marine Corps. And so I always sort of like had that seven year ahead of me look. And I think if I'm being honest with myself, I've constantly been looking to supplement that father figure. Like when I was in the army, I had a Lieutenant who I really looked up to, who I really attached myself with and we became really good buddies, even as a professional. Like when I became a teacher, I had principals who I would look up to and look for mentorship from. But yeah, I would say in the military, like a Lieutenant, you know, even some of my bosses, like my principals have been like father.

Jon Vroman ([07:51](#)):

And so if we fast forward a little bit through time and we land where we are today on this show, man, you are helping men to get in shape and to, and to do it in a way that doesn't occupy all their time. Right? How do we get this done in 15 minutes? When I got a lot of guys are like, man, I don't know how I'm going to get all this done. I don't know how I'm going to take care of my wife, my kids, my business, my everything. Right? How do we squeeze it all in? I get that. I mean, time is a real challenge for everybody. If it's interesting, as I know guys that just have nothing but space and that still is a challenge. They're like, what do I do with all this time? Time is it's all, we're always wrestling with it. Right. But let's talk a little bit about how you landed here, man. So I want the origin story to like, why give a shit about health? Do, are you overweight? Were you ever overweight? What's the worst shape of your life? Like, all right. Give us the origin story behind your focus on fitness.

Kevin Torres ([08:47](#)):

Yeah. It's a really funny story because really, if anybody knew me, anybody who knows me from middle school and high school, I was never like a fit guy. Right. I was never like the fit guy. I was the guitar kid. I was listening to grind. I was into Nirvana. I was in punk bands. And that was my thing. That's who I was known as like the guitar guy. I had long hair. Yeah,

Speaker 3 ([09:07](#)):

Yeah.

Kevin Torres ([09:09](#)):

High school. But those pictures are buried somewhere know never to be on earth. But, and even in the military, when I, when I went off into the military, I wasn't necessarily like enthusiastic about fitness. I was forced to fitness every day. Right? Like, we'd go for a run every day. And I was still playing the guitar. I would think that that was more of my identity while I was in the army. Like the guitar guy, like the singer song writer. And when I came home from the army, when you're in the army and you're working out every day or firefighters, anybody who's like, we're fitness is a part of their lifestyle. But so it was just hanging out with a bunch of guys every day. You're living on both extremes every day, you run four or five miles and workout, and then you also party and drink and eat whatever you want because you're 20 years old and nothing, there are no consequences. Right.

Speaker 3 ([09:55](#)):

Ah, the good old days, literally do whatever you want.

Kevin Torres ([10:01](#)):

Wake up the next morning and do it again. That's right. And so when I got home from the army, I was still doing the other extreme of like just eating and party, however I want. But now the exercise and the mandatory daily runs were gone. And so I quit and I also didn't really have like a purpose. I knew I was going to finish college, but I was sleeping on my friend's couch. Cause I didn't have an apartment yet. I just moved back to Brooklyn and days went by a week, went by a few weeks. I started dating a new girl. Who's now my wife, we were going out to dinner regularly and you know, eating out a lot. And suddenly I was like 30 pounds heavier than I was. And again, it's not like I was able to like rubber band. What are you weighing in at that point?

Kevin Torres ([10:41](#)):

I was like two 25 and I'm like five, seven, five, eight. It's not like I had like a six pack in the army too. And that, I was like, just like an elastic band, like, Oh, he gained a lot of weight, but he was able to lose it because he was an athlete. No, it was never like a great shape even in the army, but literally put on like 30 pounds. And it wasn't until my wife and I were like on a vacation. She was my girlfriend at the time on a vacation, in like the Dominican Republic where I was looking at some pictures of myself with two cocktails and one in each hand and I saw a picture and I was like, Oh my God, that's what I look like. This is crazy. But even then, like, I don't know if that was like the spark, the real spark for me or the impetus was I went to buy a new pair of jeans with my girlfriend at the time.

Kevin Torres ([11:24](#)):

And I kept trying to buy the same size that I went in there with. And I think it was like a 34 pants or something. And I was like, I need a Levi's five, 11 and 34. When the girl kept bringing me pants and none of them would fit them. Like this one is a defected 34, otherwise mislabeled mislabeled. So she brings me another pair and I'm like, these are all wrong. I don't know. It's like, what are these? The European cut door is broken. I'm like, you know, this like young sales girl was like, well, you know, sometimes the jeans that you wear every day stretch out as you stretch out the food you eat goes to your belly and doesn't leave there when you don't exercise. And so I was like, Holy crap. I just want me to buy a size 36 is ridiculous. I ended up buying the 34 anyway and was determined to get that into those jeans. So, you know, that whole

Jon Vroman ([12:20](#)):

That's so wild. I have a similar story with just getting a little bit older and drinking maybe a little bit more and not being as focused because when I was younger, at one point I went totally vegetarian. I had stopped drinking. I ran an ultra marathon. This is right around the time I started front row foundation. I was age 30. But then what happened was over the next couple of years, it was, I became an entrepreneur. And then it was like, well, I don't have time to go for a run because I need to build this business. I need to pay the bills. I need to take care of my family. And then I got into a couple of bad habits, right. So instead of decompressing, you know, in a healthy way, I would have drinks at night. And then all of a sudden I went from a 30 waist to a 34 waist. And I remember there was a moment for me when I was standing in front of the mirror and I could see my belly pressing against my shirt.

Kevin Torres ([13:06](#)):

And I was like, shit. Like I've never seen that in my life.

Jon Vroman ([13:13](#)):

That's it, that's a legit gut. Like I have a gut and I didn't like it. I didn't like it at all. And then ultimately that led to me quitting drinking entirely. And you quit drinking too, right?

Kevin Torres ([13:24](#)):

Yeah. I quit drinking about two years ago after my second daughter was born. And when my first daughter was born, you know, I was still drinking after work, but you know, I would come home after a long day of work and I'd have a beer or two. And then all of a sudden I find myself like drowsy on the couch and I'm trying to spend time with my little baby, my first baby at the time. And I'm also like falling asleep on the couch and I would just chalk it up as like, man I'm really exhausted from work, but deep down inside, I knew I was also like, it was the beer that was putting me to sleep. And I also knew that my wife needed me not to be asleep on the couch. And she needed me to be like, they're active and helpful and, and all that.

Kevin Torres ([14:03](#)):

So, you know, it was like, like managing that. And so I didn't let that really stop me from drinking. I was still having my regular beers, never, you know, crazy excess, but enough enough that, you know, like nightly or every other night or something, but it wasn't until my second daughter was born. When, you know, when she was first born, I wasn't drinking as much because I want it to be, you know, she was an infant. I had that, the other toddler and I was waking up early in the morning with the toddler. And so my wife could still sleep with the baby. And then I was still waking up in the middle of the night to be there with my wife, for the baby and then drinking, you know, I just needed to keep my wits about me. So that was one of the things in my mind where I was like, should I stop drinking?

Kevin Torres ([14:42](#)):

Should I not? Should I, maybe I should just cut back a little bit. But really the reason why I stopped drinking altogether was because every time, and I don't know if this is a coincidence, if my wife was just messing with me, but it felt like every time my wife and I got into an argument I had just had a beer. Like if I had a beer too, and my wife and I would argue, it'd be like, why? Like, what are we arguing? Like, is it, am I arguing with her? Because she's like picking on me because I'm drinking or am I just like extra annoyed with her because I'm drinking and I couldn't tell. And then one day my wife and my two daughters, we went out for brunch, came back and I had a couple of beers there and we're back in our apartment. And all of a sudden, my wife and I are arguing about some nuts sensical thing about like

whether or not the snack that I gave my daughter was the right snack to give her. It was really like a nonsense argument. But I yelled at

Jon Vroman ([15:30](#)):

You are wrong, Kevin

Kevin Torres ([15:34](#)):

Or the nut sugars, whatever. But it was like a really nonsensical argument. But I yelled at my wife in front of my kids and somebody was crying either my wife is crying or the kids were crying. I just remember in the moment I was like, Holy crap. Like I'm yelling at my wife in front of my two little daughters. Is it the alcohol? Is it not? I don't know. But the one thing that I can control in this moment right now is the alcohol. So I'm never drinking again. And it was just like that. Like that was it. Just, just like a switch, just like a one thing. Like I yelled at my wife. I don't know if it was the alcohol, but I'm chalking it up. And I just threw my hands up and I said,

Jon Vroman ([16:13](#)):

Wow, man, Hey, good for you. You know, it's incredible in those moments that, here's the thing in those moments, when you get to make those big decisions, it's like, it's one of those decisions that's going to serve. You likely no matter what, right? Like a lot of times, even right now, what's going on in the world. There's so many things happening. And I said to my buddy, the other day, I go, what's the decision that we can make that no matter what's real, whether face masks are good or total bullshit or whether or not what this has to do with COVID or not COVID or all these things. I go, if no matter what side you land on with all that, what can you decide to do today? That makes sense. Regardless, like you could go left or right. And if you either one that's right by making this decision and being healthier is one of those things. That's like, it serves probably no matter, no matter what, whoever was right or wrong in that argument, you not drinking is likely going to improve the quality of your life no matter what. Yeah, I think that's awesome.

Kevin Torres ([17:13](#)):

It's like, I couldn't think of a, of a one benefit that alcohol has ever sort of like given me, right? Like I couldn't think of a business deal like clothes or what, or a million dollar jackpot that I found because I had been drinking six beers. Right. But I can think of countless mistakes

Jon Vroman ([17:32](#)):

As a result of drinking,

Kevin Torres ([17:34](#)):

Smashed iPhone, you know, a dentist car, you know, anything, you know, you shouldn't be drinking and tracking, but

Jon Vroman ([17:42](#)):

I understand, man, you know, I had a buddy of mine said something to me. They said pretty much. And here's the challenge for anybody that might be listening to this, any really bad decision you've made in your life is a good chance there was alcohol involved. Yeah. If I look at my five worst decisions of my life, alcohol was involved in all of them, you know, really, really bad decisions. And uh that's uh, yeah. So

man. Yeah. Well, Hey, I didn't know. We were going to be both celebrating almost two years. For me. It will be this September as I record this, I, I let it go. And I did it one morning. I literally sat down one morning. I was reading a book and was thinking about my values and I was writing out what was important to me. And then I was asking myself, does alcohol hurt or help these top 10 things?

Jon Vroman ([18:21](#)):

These 10 things that are important to me, does alcohol help or hurt them? And it hurt in every category. And I said, what if I was just done? And it sounded like a crazy thought because like I love Belgian beer and open up a great bottle of wine. I love good cognac. Right? I was like, I loved it. But I said, what if it was it? What if I said, Hey, I did all my drinking in the first 43 years of my life. And I did enough drinking to last me a lifetime. And while I had great times opening up a bottle of wine with friends, like, what if I didn't need that? What if I didn't need that as a crutch? What if I could be just as fun, have just as much fun in my life without it. And sure enough, that's proven to be the case.

Jon Vroman ([18:57](#)):

So I was a very experienced drinker. I have a lot to compare to and my life is only better as a result of letting it go. But boy, that was scary. It was scary as shit for me to even think about a life where I would fly to Paris, sit in a sidewalk cafe and not have a glass of wine. I felt like that was not living. I felt like I was giving up my life to not have a cold beer in Austin, Texas on a hot summer night. I'll tell you what, like, I don't even think about alcohol anymore. It's true.

Kevin Torres ([19:27](#)):

And you know, it's difficult for anybody who's listening. Who's who's hearing this. And even considering it, you who are listening right now, who's even considering it have considered it multiple times. And this conversation is validating something that you inherently know inside of you already, as like, man, John is doing this. Kevin is doing other successful people. You know, when you really start to dig into other people who are really successful. So many people who are at another level aren't drinking, they just don't like, whether it's like fitness guy, Tony Horton, the guy, peanut DX, you know, he doesn't drink whether or not, regardless of your political views, president Trump, he doesn't drink. He like famously doesn't drink again. You could hate him or whatever, but he's the president and people who are at high levels tend to not drink. And so if you're even considering it, yeah.

Kevin Torres ([20:13](#)):

Do what John did and write down a benefits, pros and cons charts will these things in my life be improved as a result of drinking or not. And chances are, it's not. And, and really there are, you know, we can talk about how difficult it is like socially then afterwards. And like some of the, the habits associated with when you would drink and you know, like social events and things like that. And you know, there are some initial hurdles to get over, but really once you make that decision and decide like, this is more important in my life than this. Yeah. There's no turning back.

Jon Vroman ([20:42](#)):

Yeah, that's right. What's up guys. I want to take a quick break to talk to you. Our private mastermind that we call the brotherhood. Now we created this unique community for a very specific type of man. And you may just have found your tribe if you believe in the power of relationships. And perhaps you're always trying to out-give everyone around you, you crave ideas that make you effective and efficient in all areas of life. You resonate with the idea of being a family man with a business, not a businessman

with a family, by joining our brotherhood, you'll have access to weekly interactive training calls get to join as many or as few as you like. Our guys commit to one of these each month, optional, small groups designed to create meaningful connections and higher accountability, a private resource library accessible to only our members. And we have challenges throughout the year to help you push your limits.

Jon Vroman ([21:26](#)):

And we even involve your family in a few of them. The brotherhood is where I'm connecting every day. I'm asking questions when I need help and giving support wherever I can. Our brotherhood was created for men with wisdom, but also those who are wise enough to know there's more to learn. And the guys who value investing time to work on their families so they can make the best of their time when they are with their families. Now, of course, you're a badass. You can do a lot on your own. You likely have for many years, and yeah, you probably don't need front row dads to have a great family to love on your kids and have a great relationship. But one thing I know for certain is that men for years have done better in tribes versus trying to brave the world in their own. Here's what one of our members has to say about the brotherhood,

Kevin Torres ([22:05](#)):

The message of what your doing and putting out there resonated with me at such a high level. I knew I had to be a part of it. And because I didn't know that this existed, I didn't know that front row dads was there and that community existed in that way. I mean, family men with businesses, not men with families that changed everything. That one line shifted my entire thought on what you're about, what this community is about, what this brotherhood is about and what this group is about. And I would say, if you are a dad or an entrepreneur or a father or husband, and that resonates with you, this is a great community to be a part of because it's unlike anything else I've seen.

Jon Vroman ([22:42](#)):

If we want our kids to have great relationships and learn from others, we should lead the way and model the behavior. We went to pass along. Hey, look, guys, the time is now to pour into your family. I read an article by Tim urban that put everything into perspective for me about how important it is for me to get parenting. Right, right now he wrote that 93% of all the time he'd ever spent with his mom and dad happened before he was 18 years old. And it's crazy to think that I've got only eight more years before my oldest son is an adult. I feel confident saying that no matter how old your kids are at the time to go all in on your family is right now. We have members with newborns and we've got guys with kids that are grown adults members with only one child and guys with 10 people with blended families and everything in between. But by joining our brotherhood and choosing to invest one to two hours each month, we can help you make the most of your time that you do have with your kids. So no matter how great you are, a fatherhood marriage, juggling your work and your personal life calendar, we can help you be better. If you're ready to take the next step, go to front row, dads.com and click join the brotherhood.

Jon Vroman ([23:48](#)):

Alright, man, you ready to get me to 10% body fat? Now here's the serious question I use that kind of as a, as a prod to this, but no, that's a serious thing. Like I'm at 13 and a half percent body fat right now. And I want to get to 10%. Right. And I don't know really why I want to get there. Maybe I just like setting goals and hitting them, or maybe I'd like to see what my body looks like at 10% or maybe I feel lighter

and have a lot more energy. I do want to try it. I've done a five day water, only fast center that made a difference, but I want something that's sustainable and I'm not sure that I don't want to do desserts and all that stuff. So dude, talk to me about, cause I know you're great with habits and nutrition and sleep and these 15 minute workouts. So how to get it all done as a busy dad, dude, what do I need to know, man? What equipment do I need? Tell me what I need to do. I'm all ears.

Kevin Torres ([24:37](#)):

Awesome. Well really the number one thing I hear the most from busy dads who want to get into shape or who aren't happy with, where their health and fitness currently is, is that there's just no time, right? Like they don't have enough time to work out that if they do have time off, they don't want it to take away from family time. Right? So they don't want to spend time at the gym and then miss bedtime or they don't want to go into their garage and miss quality time with their wife after the kids are asleep. And so really, and that was me too. I wasn't always like a 15 minute workout guy. I would go to the gym for like a proper hour, hour and a half. I was doing all the bodybuilding splits, upper body, chest shoulders, you know, doing all that fun stuff.

Kevin Torres ([25:19](#)):

But when my first daughter was born, there was no way my wife was going to say, yeah, go to the gym for an hour and a half, have fun. While I stay here with my chapped nipples and all that stuff, breastfeeding our kids, you go have fun. And I never asked, but I know no, there was no way my wife was ever gonna give me that kind of like permission. And so I was like, Oh my God, I really need to work out. I really need to work out. And so when she would go take the baby to nurse, I'd be like, all right, I'm just in the living room. Just gonna knock out some pushups and squats. And I'm just going to do that for 10 or 15 minutes. And cause I need something and I would do those workouts while she was there.

Kevin Torres ([25:54](#)):

She'd come out of the room and I'd be sweating for like, did you just work out? Like, no, maybe what he's talking about in my mind, I knew like if she knew I was going to work out that it would be troublesome for her, you know? Like I just wouldn't say anything. I was more opportunistic. Right. I never planned it. It was like, whenever I can seize an opportunity, I was wiped out. Yeah. And then I bought a pair of dumbbells. I started incorporating dumbbells into those short 10 or 15 minute workouts, but the 10 or 15 minutes that I was working out, I was still finding that I was getting like the endorphin rush. I was still getting like the dissatisfaction. I was still feeling like I can spend the next 23 hours and 45 minutes of my day devoted to my family and I wasn't bitter or upset or thinking about my workout.

Kevin Torres ([26:37](#)):

And I, I didn't feel like I was losing out of that workout because I was still able to get something done. So I was still able to get of that out of my system. And now I know that for people who already work out that this might be, you know, like a logical solution. Okay. Like I also love working out. And so if I could work out for 15 minutes, that makes a lot of sense. But for guys who don't like working out, are artists working out or who think that fitness should take an hour or should take an hour and a half, it really, you can get such an amazing effective workout in 15 minutes by doing full body compound movements and taking as few breaks as possible. Now we're not talking about doing bicep curls, right? For like 15 minutes, there's nothing wrong with bicep curls.

Kevin Torres ([27:17](#)):

If it's part of like a, you know, like a week long program and, and you're, you're spending a full hour on your arms, but really if you have 15 minutes, we're not talking about doing bicep curls or shoulder presses. We're talking about like burpees, pushups, air squats, circuit training, high intensity interval training, taking few breaks as possible, really like revving up your intensity. And I think that's like the missing factor in most people's workouts. Like, you know, if they're doing like a short 30 minute workout or something, and they're not seeing results, it's oftentimes because they're not really bringing the intensity, which is relative, but I'm happy to talk about intensity as well.

Jon Vroman ([27:51](#)):

I heard one of our guys say not too long ago, that the most important thing of anything you could do in working out is go till failure. Would you agree with that? Like if you're doing pushups like pushups till failure, you're doing pull ups, pull ups, still failure.

Kevin Torres ([28:04](#)):

You can push yourself really hard and like really push yourself to your like physical and psychological sort of like extremes. But I'm not sure if going to failure, like I've heard of other training protocols, like high intensity training that talks about slow controlled movements. You could do one set of bicep curls until failure. And that's really effective instead of doing like three sets or five sets or something. And you know, you would do your full body, one set until failure. But that, that requires tapping into another level of intensity that, that most people can't get to. What I'm talking about is dialing up the intensity so that you're pushing yourself to your limits on almost every single workout, but you're not like breaking yourself. So if I were to run a seven minute mile and you run a nine minute mile, you're probably much faster than that, but let's say I run a seven minute mile and you run a nine minute mile.

Kevin Torres ([28:59](#)):

If we both run a three mile race and finish at 27 minutes, you ran at your max capacity. You read it nine minutes, a mile to whole three miles. That was a very intense run for you. At the end of that run, you're probably laying on the floor in a sweaty puddle. If I finish in 27 minutes, I was nowhere near by max intensity because I was running at a nine minute mile and I probably still got like a good workout, a good benefits, cardiovascular, whatever, but it wasn't as intense for me. So the idea of intensity isn't about pushing yourself to somebody else's capabilities or, or matching somebody else's time in a workout. But it does mean like finding what is your threshold and trying to reach that every single workout by taking few breaks or like when you've pushing past this comfort, when you feel like the lactic acid is starting to build or burn, when you don't want to do one more burpee, when you don't want to do one more pushup, like trying to push for one more rep, because on the other side of that is probably going to be another exercise that uses a different movement and that'll give your upper body arrests.

Kevin Torres ([30:02](#)):

So like you say, you're doing pushups and squats, right? When you're about to break from those pushups, then you end up knocking out 20 squats and you're giving your upper body a break in that moment.

Jon Vroman ([30:10](#)):

So is there a difference of threshold going until you're know you find your threshold and going till failure? Is there a difference?

Kevin Torres ([30:17](#)):

Well, I think, you know, if you're really going to failure then, and you can no longer do a single rep at all, then even if you take a minute or two of a break and you were to go back into that same movement, you probably wouldn't be able to do that movement anymore. So I do think there's a difference between like reaching failure in like a hypertrophy, like workout versus like pushing yourself to like, like a sprint. For example, if you and I went for a sprint, there's a difference between getting to your threshold and reaching failure. Like you can't really go to failure on a sprint. You can just run as hard as you can when you're on your face, you can't really go to failure, but you can reach your threshold right there. You're going to stop. You're going to need to catch your breath. You won't be able to go any further, but you could probably spread a couple minutes after that.

Jon Vroman ([31:09](#)):

All right, get me started. I'm in it. I want to carve out 15 minutes. I want to get after it to hit my threshold, give us a workout. That's a starter workout. What would give us an example of what would happen in those 15?

Kevin Torres ([31:22](#)):

So I would even say a 10 minute workout, but I'll give you two 10 minute workouts.

Jon Vroman ([31:29](#)):

I like where this is heading man.

Kevin Torres ([31:31](#)):

A 10 minute workout that I liked to do is like 10 pushups and 20 air squats and just cycle through those movements for 10 minutes straight. So what you do is just to set a 10 minute timer, just put the 10 minute timer down and then do 10 pushups rest for like a second and then do 20 squats standing still. You don't have to jump or anything, just squat and then stand back up. You can even do that on a chair, stand up, sit down, stand up, sit down 20 times. And that should probably take maybe 40 seconds maybe a minute. And then just keep repeating that cycle for 10 minutes. And if you don't at the end of those 10 minutes, feel like you're got a huge upper body workout and the next day feel like you can't sit a little funny because of those squats.

Kevin Torres ([32:17](#)):

You know, you didn't do it right, but I'm telling you that like a 10 minute workout, that would be enough. Or another example would be like doing 10 burpees for 10 minutes every minute on the minute. And so what I mean by that is, again, you do, you set a 10 minute timer and at the start of a 10 minute timer, do 10 burpees as with good form, as fast as possible. That should probably take roughly 30 to 40 seconds to do 10 burpees, right chest all the way down to the ground. Stand back up, jump up. And if you do 10 burpees and that takes 20, 30 to 40 seconds rest for the remainder of that minute at the start of the next minute, do 10 more burpees at rest for the remainder of that minute at the start of the eight minute, do 10 more burpees. But at the end of the 10 minutes, you'll have done a hundred burpees and it's a total body workout. You'll be super sweaty and drenched. And you can move on with the rest of your day and know that you got a full body workout in 10 minutes.

Jon Vroman ([33:06](#)):

There that's so cool. 10 minutes to 10%. That's what I'm going to do, man. I'm going to do these 10 minutes where I'm going to monitor it. I got this scale that these guys should be sponsoring our show. When I dropped this name out there, I got to give props to my buddy and fellow front row, dad, Mike Higgins for this. Let me see if I can come up with the name. I'm looking at my Amazon account right now. It's called it's Ren PO rent info. Do you know this? R E N P H O Bluetooth body fat scale. And you stand by the way, this thing's like \$30 and you stand on it and it hooks up to an app on your phone

Kevin Torres ([33:42](#)):

And it tells you what your weight is, your, your body

Jon Vroman ([33:44](#)):

Percentage, the whole thing. I've been totally obsessed with it. So between this and my aura ring and other things, dude, I'm a hall. The first thing I do is measure shit every day. Hey, I really like this idea,

Kevin Torres ([33:56](#)):

Kevin, this is really cool. And it's very different than what,

Jon Vroman ([33:59](#)):

And I think part of why it's different is that I've talked about this. Like I have a pull up bar right there right behind me and I'll, I'll jump up and I'll hang on that a little bit, like for 30 or 45 seconds. And then I might do another one. And, but it's usually like, I have like these two minute bursts of workouts throughout my day. I have a 30 pound dumbbell right behind my couch back there. And I'll grab that and I'll squat down, touch it to the ground, stand up, press it overhead. I'll get back down. Left-hand do you know, same thing. And I'll do that for maybe like two or three minutes. And I always felt like moving my body. Like that was good. I have a balanced board. I stand at at my standing desk and I try to move throughout the day, what I don't do. And I'm fascinated to see what happens is I don't do what you're saying, which is go after it big for 10 minutes. I don't do that. And I'm wondering like, what's the difference between going after it big for 10 minutes and me doing a two minute workout five times a day?

Kevin Torres ([35:02](#)):

Well, yeah, the real key difference I would say is like two minutes. I think you're getting benefits from the two minutes of working out every day, multiple times a day, for sure. But for people who want to lose weight and who want to like rev up their metabolism, short high intensity interval training exercises are shown to be so much more efficient than effective at burning fat because it keeps her metabolism revved up for 24 to 36 hours after you're done working out, especially if it's a full body workout. There's something about taking your heart rate on the peaks and valleys that keeps her metabolism revved up. It you're burning fuel more efficiently. You could do a 30 minute long run, like a 30 minutes, slow run, or a 30 minute high intensity interval training workout. And you're likely going to burn more calories on the run itself. But once you're done with the running your heart rate returns back to normal, you're done burning calories, but with high intensity interval training, when you take your heart rate on like a roller coaster ride like that, when you're, you might burn fewer calories or in the exercise itself. But when you're done with the exercise, your metabolism stays in overdrive and then you continue burning calories for like 24 to 36 hours.

Jon Vroman ([36:11](#)):

How important is it for me to shake these, uh, right. Like, can I do the, you get me the burpee routine, right? Or the pushup and then the air squat routine. How important is it to change those every day? Or do I stick with one through one week and then the next week do something different? Does that make a difference?

Kevin Torres ([36:30](#)):

Totally, really. I actually put together for you and your audience, my 10 go to workouts. Yeah. People could access that [inaudible] dot net forward slash front row and they're totally free. And they're my 10 go to workouts there. And really, I think, you know, going back to your question, if you did one workout, like the pushup air squat workout for the rest of your life every day, you would be in way better shape than most men your age, whether you're 40, 50, 60, or 70. I swear if you did only the 10 pushups, 10 squats or 10 pushups, 20 squats for 10 minutes every day for the rest of your life, you would be in incredible shape. There might be some misbalanced is there, right? Like if you're only doing pushups, you'd have a huge Jack chest, but then you'd have like a week, week back or something.

Kevin Torres ([37:15](#)):

So I do think that there's benefits in like some of the variety, right? Like burpees. But I also have like jump squats, mountain climbers, lunges. If you have access to a pull up bar, then you can do like a, you know, throw five pull-ups in the pushup and squats workout. And so as much as possible, I think there isn't the fact that there it's not so much beneficial to do the same movement every day, like burpees or something like that. Like, you know, maybe you might have a nagging injury, but really good variety is better for more of a mental game. If you know, you have to do a hundred burpees every single day for the rest of your life, you might get bored, right? Just like if you had to eat the same, your favorite meal for the rest of your life, you would get bored. So variety is the name of the game. And you know, to keep you entertained, to keep you interested. And again, those are my top 10 go to workouts. And literally if I did, if you did nothing, but those 10 workouts you'd be in the best shape of your life. But on my Instagram, I post a brand new workout every single day. So just cool then just to inspire, just to give people ideas of the types of things you can do, but really

Jon Vroman ([38:13](#)):

What's your Instagram handle. Let's get everybody following you now. Yeah.

Kevin Torres ([38:16](#)):

It's a dad bought wad. So it's dad bought underscore Y w O D on Instagram and w O D Y. I know it's like a weird word. It just means workout of the day that bod wad. Right? So anyway, there, I post a bunch of workouts, like 15, 20 minute workouts, 10 minute workouts. But really you had five workouts in your arsenal that you attacked every single day, or, you know, take a day off here or there you'd be in way better shape than most men your age,

Jon Vroman ([38:44](#)):

The equipment do we need, I see that like on your Instagram right now, there's I mean, you're definitely using different weights. Is there a requirement to like follow along to buy a couple of things here? No, really. I love buying shit. Kevin, give me a reason to go buy something, man.

Kevin Torres ([39:00](#)):

A lot of workouts I post are just body weight workouts, like pushups, air squats, burpees, lunges, like a 400 meter run mixed in there. But if you want a little bit more variety. Yeah. Like a light pair of dumbbells or a heavier pair of dumbbells totally works at kettlebell. If you have a pull up bar that's that's great

Jon Vroman ([39:17](#)):

Kettlebell. Do you suggest people start with

Kevin Torres ([39:20](#)):

Mean people can lift more than they think they can, especially if you're using both hands. The one that I use is like a 53 pound kettlebell, but I would, I would probably start with like, maybe like a 25, but I think a lot of people get weights that are either too light or too heavy.

Jon Vroman ([39:36](#)):

Yeah. I think you're the second person that told me 25 to 30 is a good starting place. What was that URL? Was it [inaudible] dot com slash front row.net. Oh, sorry. Dot net. That's why it's not coming up. so.net/front row. Awesome, man. Okay. Hey, I'm all over this man. Here's a question I want you to get me fired up here at Kevin. I'm going to do, I'm going to follow along on your Instagram. I'm going to do your workouts every day. What do I need to do to be at 10% body fat? What should be my goal? Is this something I could achieve in 30 days?

Kevin Torres ([40:10](#)):

Should I be looking at more of 60 days?

Jon Vroman ([40:13](#)):

And how many of these 10 minute workouts or 15 minute workouts do I need to do every day in order to achieve this?

Kevin Torres ([40:20](#)):

The number one thing that's gonna really get you to your goal is nutrition.

Jon Vroman ([40:27](#)):

Take away my key lime pie, tiramisu, Kevin crying out loud, man

Kevin Torres ([40:31](#)):

Working out is half the battle. And probably like the easier part. The easiest side of things. Nutrition is where most people really struggle because it's just so difficult to dial things in to really get down to like 10%. Are you sure? Single digit body fat, but really the number one tip that I could give anybody here is to make more food at home, right. Eat out less. Right? So whether that's like grabbing lunch on the go grabbing breakfast on the go or going out to dinner every night, just make more food at home as much as possible, but then also to make sure that your meals and this is something that's overlooked often is to make sure that your meals are a balance of proteins, fats and carbs for every meal. So oftentimes like let's say people have like a, like a bowl of cereal in the morning.

Kevin Torres ([41:16](#)):

That's just all carbs, right? And they're missing the protein and they're missing some fat from that. And then what ends up happening is you spike your blood sugar when you have too many carbs and then you come crashing down shortly thereafter. Or if you do the opposite and you don't have enough carbs. And let's say, you're only on a protein for lunch. You have like a grilled chicken with spinach, but there's no carbs in that. Then your blood sugar dips a little too low and you never get to like a satiated level. And then you end up craving weird things, right? So the perfect balance or the perfect meal plan is to make sure that you're balancing your proteins, fats and carbs for every meal and eating with like regular intervals. Like maybe like, you know, every three hours or so. So like the meals should say sheets, you, they shouldn't be too big, like maybe five ounces of protein, five ounces of carbs at one to two ounces of fat for every meal.

Kevin Torres ([42:06](#)):

And then even your snacks too. So like your mid morning snack, your, your mid afternoon snack also like a balanced proteins fats and carbs. So maybe like a string cheese with a handful of almonds and an Apple right. Or protein shake with banana and peanut butter would be perfect. And again, that keeps your metabolism revved up. Also like it constantly adds coal to the furnace. And so if you're doing the high intensity interval training, that's also keeping your metabolism at overdrive. And then you're constantly feeding the furnace with regular intervals. Those two things combined are pretty powerful.

Jon Vroman ([42:37](#)):

That's so cool. Hey, this is great. I'm fired up, Kevin. I know there's a lot more that we could talk about, but I'm going to bring this to a close so that we, we can come back around to some other time and we can come back. I hope that guys, first of all, follow you on Instagram. Get these 15 minute workouts. I'd love to hear guys what you are experiencing with this. So share it in the front row. Dad, Facebook group. I'd love to hear about what you're going to do. What are your favorite workouts? Maybe if you get this going, you set some goals, just tag us online. Somehow tag me, tag front row dads or whatever, just to, to notify us. I want to see the results of this. And then Kevin, I'd love to follow up with you, man. And I give you permission to ping me, man, and see where I'm at 30 days. Cause I'd love some accountability. I'd love for somebody out there. Who's listening to bust my balls on this. And Kelly gets a 10%, man. I want some accountability. I really want to see what this, what it looks like to get to that place. I think it's gonna be fun. I think you're going to be a critical piece of figuring this out too.

Kevin Torres ([43:38](#)):

Absolutely, man, I'll be happy to reach out to you and get it a couple of weeks to see how things are going. And really for people who are just don't know where to find the time everybody has 15 minutes, whether that's waking up earlier than the family or sneaking out during a lunch break, just find a time, knock it out. You're going to feel much better for the rest of your day. Yeah.

Jon Vroman ([43:59](#)):

Thanks dude. Hey, one more time that URL and I know, well that'll be up and running, but [inaudible] dot net slash front row.

Kevin Torres ([44:07](#)):

Exactly. [inaudible] dot net forward slash front row for 10. Go to workouts.

Jon Vroman ([44:13](#)):

Awesome guys. We'll put all the show notes. The audio will be available for you at front row. dads.com, along with all of our other shows, including our top 10 episodes of all time, we made it super easy for you to get access to all this and to share it with other guys that you think would benefit. Kevin, thank you again for being my today, man really appreciated the conversation and, and love to get to know you, John, and thank you so much for having me. I'm a huge fan, so I'm just honored and grateful to actually be on the show. So just thank you so much for everything. All right, brother, talk soon. All right. I'll talk to you soon

Jon Vroman ([44:47](#)):

Listening to the show. And if you enjoyed this one, consider what other dad out there would enjoy it also and pass this episode along and guys make sure you're subscribed to the podcast so that you get notified whenever release the latest episodes. And if you could, would you leave us a quick review if you haven't already done so, and if you have thanks because not only do I read every one, but tons of other people are reading them too. In the more of those reviews we have and the better they are, the more chance we have to get other guys to say yes to checking this out and we can help them in their journey to fatherhood and having a great marriage and just kicking ass family life. And also before we go, would you like to get a short, weekly email with a timely insight?

Jon Vroman ([45:22](#)):

And every Thursday I send out this super short three minute read with a personal photo from my own experiences as I try to go all in on family life. So if you want to get some recent relevant and real stories of my failures and the few of my wins, then text front row dads to (314) 665-1767, and you'll get our weekly insights, email blast, and the list guys, if you're still looking at whether or not you should join the brotherhood, then I want to leave you with a few comments from guys who are part of our tribe. And here's what they have to say about why they join, what value they're getting out of our brotherhood. So if you're ready to say yes, just go to front road, ads.com and click join the brotherhood. I'm super grateful. I was just at an event and I wore my front row dad's hat.

Jon Vroman ([46:05](#)):

I can't tell you how many people ask me, like, what's that all about? And it's just so easy for me to talk about it because it's had such a big impact on me. That's a group that I've been looking for for a long time, and I love what you're all about. And I'm really grateful that you created that group. I think there's this whole other level that is there. That's like Epic that you can reach. If you're listening to this, you already care about your family and your kids and your wife and growing. So I just challenge everyone. That's hearing this to take it to the next level, whether that's joining this group or some other group, but just take it to the next level to take your family to the next level.