

# Team Right Now

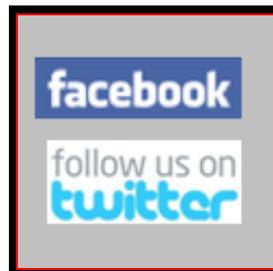
A Health and Fitness Support Community

## KEEP BRINGING IT!



Hello Team Right Now!

I am very pleased to announce that as of Friday, April 8, **Insanity- Asylum** is available to order exclusively through your Beachbody coach (that's me!). I have pulled together every piece of information I could find in my blog this week to give you the full scoop on the latest workout program. I have ordered mine and am looking forward to pushing myself through another round of Shaun T. Please email me if you have any questions on the 2 different packages.

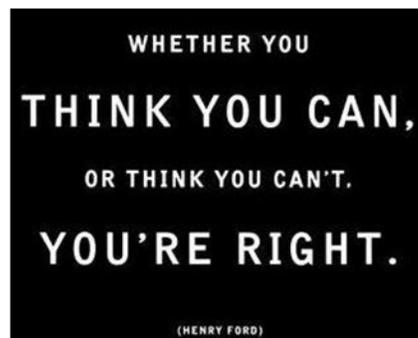


With race season upon us, I have also taken some time to blog about mixing P90x training with your Triathlon training. I will also have a blog this upcoming week on P90x training with running.

I hope all of you are enjoying the variety of topics I have been blogging about. I honestly have a list of about 40 long still (and that is just off the top of my head). I have also made a decision to start blogging about a different side of health and fitness, spirituality. Remember, it is Mind, Body, and Spirit. I have some great ideas and you will see that starting to come out as early as next week.

Have a wonderful week everyone and get ready to Dig Deeper with ASYLUM!

Coach Mike



### What is Team Right Now?

*For the newcomers to the newsletter (and to Beachbody), what is TRN all about? After starting P90x in December 2009 and doing other BB workouts, I decided to start coaching others. As a Beachbody Coach, I become a representative for Beachbody and their products. More importantly, I get to share my lessons learned from the programs with others and help them achieve their goals.*



Beachbody® and the American Diabetes Association® are working together to Stop Diabetes.



# Blog Updates This Week

Here is a quick run-down of this week's blogs. For the full versions, just head over to my blog. [www.teamrightnow.com](http://www.teamrightnow.com)



**If you like the hard work I put into writing my articles and videos, PLEASE help me out by sharing them. Click the share links below them and share them on FB, twitter, etc. It really helps me get more exposure and grow TeamRightNow!**



## Killer at Large – Documentary Review

April 5, 2011 - Over this past weekend, I saw the documentary "Killer at Large". Fundamentally, this is a story about how obesity is killing us in America. As you may know, Beachbody's mission is to help end the trend of obesity and it is something that is the primary...

## Asylum – Vertical Plyo

April 7, 2011 - Okay, If you liked the preview to Asylum – Vertical Plyo, here is some more to wet your appetite. Asylum – Strength. My biggest complaint about Asylum was that there was not enough resistance training. That is unless you bought the Upper Body Weight Training...



## BEACHBODY® The Brains Behind P90x

April 7, 2011 - I love being a coach so much because I love success stories. Everyone who does these programs is a success story. Everyone has different struggles and obstacles that they had to overcome to get to where they are today. Below is the story behind how Beachbody was created...

## Insanity Asylum Now Available to Order

April 8, 2011 - Well, boys and girls the wait is over! Insanity – The Asylum is here to order!! I have all the details below. I have pulled as much detail below from Beachbody's documentation as possible. There is a BASE kit and a DELUXE kit. The DELUXE kit adds the...



## Triathlon Training with P90x

April 10, 2011 - If you have been following my newsletters, you know that I have finally decided to do a triathlon this year. This is something I have aspired to do for probably 10 years. I have been active for most of my life. Its part of who I am which is why I grabbed at fitness (in...

## Final Motivation

“Making Yourself Vulnerable”

Although I won't speak for everyone, I can speak for myself to say that I don't like making myself vulnerable. We put our guard down and risk being made fun of or hurt. That's the risk. However, we could also reach someone who needs to hear exactly what was said.

Anytime we stand for something, we risk having rocks thrown at us. But what is the fun at sitting on the fence and not really standing for anything? My spirituality is a critical cornerstone of who I am. As I was going on a long run this week, I felt compelled to start writing about this as much as I write about other topics. It may not resonate with everyone and it may actually turn some people off. But it may help some people too.

To make ourselves vulnerable, we need to let our shields down and be who we are, not who we are supposed to be in someone else's eyes. Be who you are. After all, this is the person you were made to be.

**Also, as always, remember that the way I benefit from being your coach is that I earn a commission from any Beachbody products that you purchase, as long as you buy them through my site, [www.TeamRightNow.com](http://www.TeamRightNow.com), or by logging in to <http://www.beachbodycoach.com/COACHMIKER7> to do your shopping (If you buy from the plain beachbody site I get no credit). It helps with the amount of time I spend answering all your questions and helping you out. Thank you! I really appreciate it!**

*Mike Roberts*

[www.TeamRightNow.com](http://www.TeamRightNow.com)

Independent Emerald Beachbody Coach



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Hey TRN Coaches,

I hope many of you were able to attend a Super Saturday event on April 9. I was not able to get to any in person due to some personal conflicts, but I did dial into a webinar.

I assume that similar to January's Super Saturday event, Beachbody will post it in the back office soon. There is an evolved game plan and some other great commentary from the guys at HQ. If you did not see it, check it out once it shows up in the back office.

***Beachbody – en Espanol***

The national call this week was dominated by the topic of Beachbody providing the proper support to address the Spanish-speaking market. 46 Million Americans (15% of the population) are Spanish-speaking which makes it a huge opportunity to reach more people. There is more information in the back office, but here is some insight as to what is available *en espanol*.

**Online**

Many of our Web sites will be available in a slimmed-down Spanish version, with plans to enhance over time.

- TeamBeachbody.com
- The Coach Online Office
- BeachbodyCoach.com
- MyShakeology.com
- CoachSummit.com
- CoachDestinations.com

**Products**

We'll offer the best of the best Beachbody fitness programs, with others coming soon. Some of the highlights include: P90X®, INSANITY®, Brazil Butt Lift®, Slim in 6®, and more!

**Coach Tools**

All of your favorite 3rd Party Tools and packs will make the transition. These will include the Coach Starter Kit, Product Brochure, Application, Product Order Forms, etc.

**Videos**

Many of our videos have already begun translation. At launch, Latino Coaches will have The Team Beachbody Opportunity, How to Earn, The Shakeology® Breakthrough, Advice from 100 Doctors, Shakeology: From the Fields, and others coming soon.

In addition to all the tools, training, and Web, Latino Coaches will have the help of Director, US Spanish Market Jael Weber, as well as Spanish-speaking Coach Relations agents. Everything that makes the Team Beachbody Coach experience so special will be the same for our Latino friends.



**April - Shake N Share Promotion**

<http://teambeachbody.com/promotions/shake-n-share>

To celebrate Shakeology's 2<sup>nd</sup> Birthday during the April, Beachbody is running a Shake 'n' Share promotion. All you need to do is register and you get 3 free gifts. Just click on the website above for more information.