



## NEVER DOUBT YOURSELF!



Hello Team Right Now,

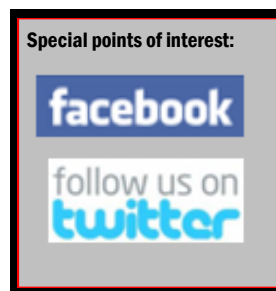
I have a lot of exciting news for everyone this week. My weekly check-ins will not typically be this long, but there is a lot to catch up on this week!

### New Design

First off, you will notice a radically improved newsletter from my first issue. I would like to thank my sister Cathy for the significant aesthetic improvement! As we work through the format of this weekly update, please provide your feedback. After all, this is for all of you. I want to ensure I am giving you the information you want.

### Distribution

I have widened the distribution for this weekly update. Many of you are Beachbody customers or coaches of mine. Many of you have done a Beachbody program and I thought you would like to be included. And others who aren't in any category, I just thought you would enjoy it! If you know of others currently doing or thinking about doing Beachbody programs, please feel free to forward this onto them and have them send me an email so I can add them to my distribution list.



## What is Team Right Now?

For the newcomers to the newsletter (and to Beachbody), what is **TIRN** all about? I started doing a program called P90x in December 2009. You may have heard of it as it is usually the top 1 or 2 infomercial in the nation. On my one year anniversary, I decided to start coaching others who are going through P90x and other Beachbody programs. (To see my story and transformation, go to <http://teamrightnow.com/my-story>.) 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

*Why choose to fail when success is an option?*

## Updates



### Another Hybrid Bites the dust!

As I mentioned, I started back in December 2009. I did 90 days of P90x, 90 days of P90x Plus, 60 days of Insanity, and then 90 days of my self-created P90x / Insanity Hybrid. This brought me up to my 1-year anniversary last December. For the last 10 weeks, I created another Hybrid based on Tony Horton's 1-on-1 series. (More on this later). I am pleased to say I just finished this hybrid routine. It always feels great to finish another training block.

### Shakeology – 3 Day Cleanse

I am huge fan of Shakeology. This was way before I began coaching for Beachbody. I have been hearing about this 3 day Shakeology cleanse for some time and frankly I try not to post on anything I haven't tried myself. *Curious on how it went for me?* Stay tuned this week for an updated blog.



### INSANITY The Asylum

For those who tuned into my newsletter last week, you know that the next version of Insanity is due out in March. The current version of Insanity is now ranking as the #1 infomercial in the nation. You can find out more about *Asylum* on my blog at: <http://teamrightnow.com/2010/11/insanity-the-asylum/> is the next extreme challenge for all of us! **I can't wait!**

### P90x:MC2

For those you who want an update on **P90x:MC2**, the casting is complete! And we have many of our up line coaches who have been cast, including our direct two-star diamond coach Wayne Wyatt! Congratulations Wayne! Filming will start next month. Can't wait for the end of 2011 commercial release date? Read my 1-on-1 Volume 3 Review this week as this is the real-time development of the **P90x:MC2** workouts.



### My Next Training Block

Since I have just finished my latest training block and I know *Asylum* is coming "sometime" in March, I need to figure out a training block that will last me 4-5 weeks. I have also signed up for some great races later this year, including my first triathlons. As those get closer, I will let you know how I maintain my Beachbody workouts while still ensuring my swim, bike, and run are ready for race day!

## Beachbody HQ Updates



As I mentioned in last week's letter, there is a national coaching call every Monday. This week's call hosted celebrity trainer Brett Hoebel. He is currently a trainer on "The Biggest Loser" and he talked about his product, **RevAbs**. I have not tried this workout program yet. However, there is a test group going on at Beachbody HQ to show the great results you get from the program. So a little bit about **RevAbs**.

- This is a core workout that delivers great abs, but is in fact a total body workout.
- To get that great looking six-pack, you cannot spot reduce fat. You can spot tone muscles to focus on the core, but fat needs to be melted off equally.

Brett combines the following (3) strategies to deliver results:

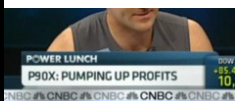
- 1) Incorporates the right type of strength training to build lean muscle. As you know, lean muscle burns fat.
- 2) Interval Training which revs up the metabolism and creates the after burn effect.
- 3) Ab training to build the muscles up underneath.

To learn more about RevAbs, you can go to <http://www.beachbody.com/RevAbs>

And why does he feel he got picked on "The Biggest Loser"? He was an overweight teenager and he believes a lot of those struggles make him a more relatable person to those who also struggle.

## Blog Updates this week

I really enjoy writing about various topics on my blog. I encourage the team to read and comment on my topics. Additionally, please provide suggestions for future topics you would like me to write about. 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)



### **Beachbody Growth**

Think that Beachbody's mission of ending the trend of obesity with hard work, exercise, and eating right is a fad? Here are (2) great articles from CNBC and (1) from the LA Business Journal. Two of the articles were written in January 2011 and one was written in June 2010. The growth of the company is extraordinary....

### **Head Trash**

Have you ever had one of those days when negative thoughts seem to permeate everything coming into your head? Maybe you didn't have a great workout or you catch every red light or you feel overwhelmed or frankly everything just seems to be working against you. These evil little seedlings start to make you doubt yourself...



### **My One-on-One, Volume 3 Review**

Volume 3 is special because it is giving you a preview of what the upcoming P90X:MC2 workouts could look like. P90X:MC2 will be filming in March 2011 and has a commercial target at the end of 2011. So unlike P90x where Tony put other people through the workouts during the final development, he is doing it himself for P90X:MC2....

## Final Motivation

At the end of the day, this team is about motivating each other. It is about bringing people together to live a healthier, more fulfilling life. It is to lift each other up and keep each other bringing it day after day, week after week. If you're struggling with anything, make sure you email me so I can help you! Have a great week and keep BRINGING IT!

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



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Hey **TRN** Coaches,

There is so much going on at Beachbody that I can barely keep up week over week. If you ever have people doubt Beachbody's viability, shoot them the articles I posted on my blog this week. This company is literally exploding with growth and there are no signs of things stopping. It is a very exciting time to be part of the company.

### ***2011 Success Club Trip***

As you may know, the top success club coaches this year are going on Royal Caribbean's Oasis of the Seas, (the largest cruise ship in the world) in March. For next year, there are (3) choices:

1. Cabo San Lucas
2. Canadian Rockies
3. The Caribbean

Coaches are winning the ability to go on the scouting trips. Our upline coach, Wayne Wyatt won a trip to Cabo (lucky dog!). The next coaches will be chosen in February to go to the Canadian Rockies.

To learn how to qualify, check out <http://coachdestinations.com/>



### ***National Coaching Summit***

The annual Beachbody National Coaching Summit is in June in LA. I will be going and have my ticket! There are less than 100 tickets left as of last week, so if you have interested in going, sign up now at <http://coachsummit.com/>



### ***Remember what this is about!***

I am never able to listen to the national coaches call live because it is in the middle of my workday. However, when I listen to the replay, my favorite part is listening to Carl Daikler's speech at the end. Here are some nuggets of motivation and remembering why we do what we do.

- Beachbody has the products to end the trend of obesity. There is no gym membership and no surgery.
- When you do what it takes to put 3-6 months of lifestyle change, and provide motivation to others to do the same, you deserve a share of the revenue from Beachbody. And when you build a team of people to do the same, you deserve bonuses on what they products. This happens to be called Multi Level Marketing (or Network marketing). We are not selling soap or little juice shots. We are selling lifestyle changes that this country desperately needs.
- Team Beachbody is unlike any other MLM in that it is about people helping people with special products that really work. It happens to coincide with a real life threatening issue for 200M people in our country alone.
- Without Beachbody coaches and their results, we don't inspire the people we know and our chance to end the trend is limited by not having coaches in this.
- Be a product of the product and maintaining your results. You are change agents and making this a special business.

### ***Final Words***

We are here as coaches because we want to share a healthy lifestyle. Most of us came from an unhealthy lifestyle and our transformation is a result of using Beachbody products. Share your stories. Speak from the heart. Listen to others. And help people achieve goals they never dreamed of. Now that is a mission statement I want to be a part of.