

Team Right Now

A Health and Fitness Support Community

KEEP BRINGING IT!



Hello Team Right Now!

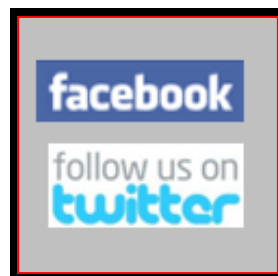
Insanity- Asylum is in hand! That's right, it has arrived en mi casa! Shaun T is really going to make us dig deeper. I blogged and put up a YouTube video about what is in box, so make sure you check that out.

For any Insanity grads out there or those who want to take their athletic game to the next level, take the Asylum Challenge. This will be judged by Shaun T himself! This is an exclusive opportunity and not available to anyone off the street. We are lucky enough to be on one of the teams. Make sure you read more about it on my blog.

Also, a new 1-on-1, Vol 3 review on Core Synergistics:MC2. Check out my blog to see my thoughts on that new disc. It provides a great sneak peak into P90X2.

We have some TRN members completing their first rounds of P90x and Insanity. I am so proud of all of you. The ability to finish what you start speaks volumes about you and you should feel great about your accomplishment.

Have a wonderful week everyone and 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



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!



P90x: A Spiritual Journey

April 11, 2011 - Our well-being is a balance of so many elements. Internal and external forces are constantly challenging us and without a strong foundation, we can feel tossed around like a small ship in a storm. I have always believed in (4) critical cornerstones to my...

Asylum – Overtime

April 13, 2011 - My copy of Asylum is scheduled to be here on April 14 (tomorrow!). To tie us over until we got our own, Steve Edwards talks about "Overtime" below. It's Not Whether You Win Or Lose... In some sports overtime is referred to as sudden death, which is...



Asylum Challenge

April 13, 2011 - Our upline coach Wayne Wyatt is calling us all to action for an Asylum Challenge. As you may know, Wayne leads up teamRIPPED. You can see his challenge [HERE](#) or I have pasted it below. So what do you say team, are you ready for the challenge? This is serious stuff....

Bring It On!

April 14, 2011 - "Bring It!" It is the rallying call of P90xers everywhere! But have you thought about what it means to you? As I have said numerous times, those who start P90x are looking for something. They want to change their current trajectory. They want to dig down, challenge...



Core Synergistics: MC2 Review

April 16, 2011 - The One on One, Vol3 Discs just keep coming month after month. Here is my review of Disc 9, Core Synergistics: MC2 with some insight into Disc 10. You can read my full One on One, Vol3 review [HERE](#). You can also download the One on One, Vol 3 worksheets, including Core...

Support Team Salute

April 16, 2011 - I am running two of my races this year for a phenomenal organization called SALUTE, INC. Both my 10 Mile Soldier Field Run and Chicago Triathlon will be to raise funds for this organization. My sister is a member of Salute and has introduced me to the wonderful people who...



ASYLUM Unboxing

April 17, 2011 - I want to show all of you MY unboxing of Insanity: The Asylum. I bought the basic kit as I didn't need another pull-up bar. However, to see all the variants, check it out [HERE](#). So check out my video and if you feel pumped up, JOIN US in the ASYLUM CHALLENGE! It...

Final Motivation

“Go Out and Get It!”

We all have goals (if you don't, get some!). Sometimes we need to dig down and just go out and get it, hell or high water. No excuses. No procrastination. If you are just starting out a program, you know the first step is commitment. And when you make a commitment to yourself, you need to take it seriously. Make the commitment and meet your goal. Make small goals along the way to let you know you are on track. Talk to yourself and build up your confidence that you can do it! And when you are feeling down and the head trash comes in, go do something. Do something active, go hug your kids, go pray for strength, call a friend or family member. But do NOT sit there and let your mind bring you into a downward spiral of doubt. Stand up and say “I will succeed and I am going to accomplish my goal!” Sound silly? It is more powerful than you think. As we hold ourselves accountable, there is NOTHING we cannot accomplish!

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, 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

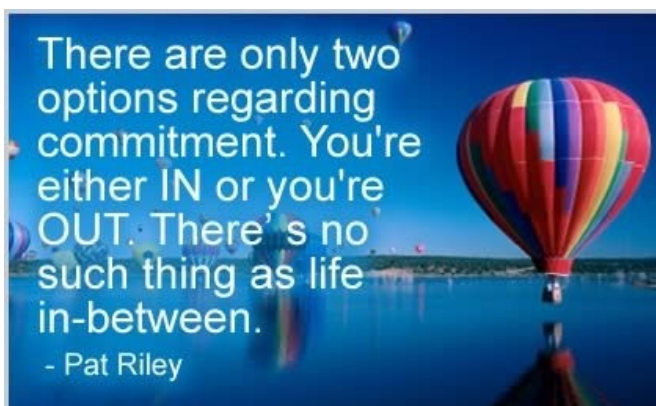
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Hey TRN Coaches,

Super Saturday

The Super Saturday event held on April 9 is now available in the coach's back office. I have also put it on my blog in the Coaches Corner under the Video Library at the bottom



Coach Summit

For those attending summit, Beachbody has added the Summit workshops and Receptions in your back office!

April - Shake 'n' Share Promotion

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

To celebrate Shakeology's 2nd 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.

