

Team Right Now

A Health and Fitness Support Community

KEEP BRINGING IT!



Hello Team Right Now!

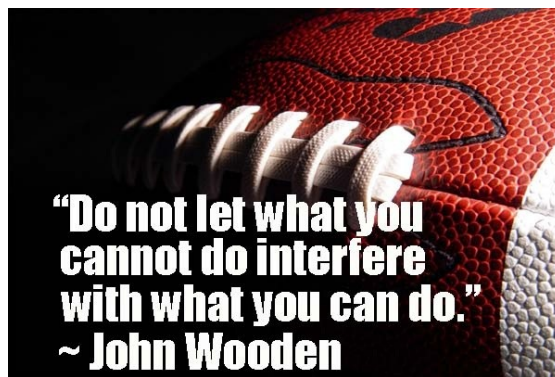
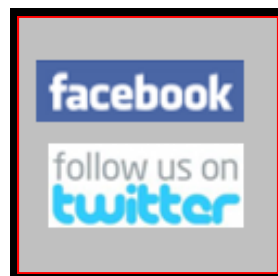
In preparation for the May 1 ASYLUM CHALLENGE being judged by Shaun T, I have been doing dry runs through the workouts this week. After each workout, I am posting a preview about my initial impressions along with the ever popular worksheets that I create.

This is a TOUGH workout series. Shaun T has raised his game and he expects us to raise ours. Just when you think you are in shape, Shaun T reminds us that you have a ways to go!

Additionally this week, I wrote some articles (along with videos) that have been on my list for some time about medicine balls and push-up stands. If you ever have any questions on equipment, please shoot me a note. I have been through a lot of trial and error.

Remember one thing this week. The most important thing is to keep pushing play. Every workout may not be your best, but doing it will always make you feel better.

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!



ASYLUM: Vertical Plyo Preview

April 22, 2011 - I am doing a dry run of all the Insanity Asylum workouts before our May 1 ASYLUM CHALLENGE start. I will do a full Insanity Asylum Review after my 30 days, but I want to provide my initial impressions. Let me tell you about my first time through VERTICAL PLYO....

WHY

April 22, 2011 - As I reflect on Good Friday, I am consistently more moved on this day than almost any other day in the liturgical year. It makes me stop to realize what Jesus really did for all of us. He was chosen to be put to death by his own people. He "suffered, died, and was..."



ASYLUM: Strength Preview

April 21, 2011 - I am doing a dry run of all the Insanity Asylum workouts before our May 1 ASYLUM CHALLENGE start. I will do a full Insanity Asylum Review after my 30 days, but I want to provide my initial impressions. I think I can speak for most Insanity graduates by saying that the...

ASYLUM: Speed & Agility Preview

April 2, 2011 - I am doing a dry run of all the Insanity Asylum workouts before our May 1 ASYLUM CHALLENGE start. I will do a full Insanity Asylum Review after my 30 days, but I want to provide my initial impressions. To use another Insanity name, SPEED & AGILITY is Fast &...



Power Stands for P90X

April 19, 2011 - I'll start by saying that I am a big believer in push-up stands. I had some symptoms of carpal tunnel syndrome a few years back so I am very sensitive about strain on my wrists. With the amount of push-ups we are cranking out in these workouts, I need equipment that...

P90X Medicine Balls

April 18, 2011 - For anyone that has been doing Tony Horton One-on-Ones, you know that he loves to play with unstable surfaces by using balls. (You can check out my reviews of Volume 1 and Volume 3 to see which workouts require balls.) We know from Volume3 MC2 and from the tapings of...



Final Motivation

“Love what you do and do what you love!”

There are many times I need to tell my kids that not everything in life is fun. “But Dad, why do we have to [fill in the blank].” Simply put, there are some things that are not enjoyable. But the word of caution is to ensure that most of your days are filled up with things that you do love to do. I know it is easy to say, but I believe it is the true path to happiness.

As I went through my journey, I realized how much I had missed exercise and being physically active. As I have said before, it is at the core of who I am. Instead of dragging myself out of bed, I began to be excited about attacking another workout. Yes, I had a lot of things to do, but I was going to start the day doing something I truly loved and frankly made me a more productive person throughout the day.

This fever grew into me coaching others. I love this coaching experience and the people who email me with their struggles and triumphs. This is so incredibly rewarding and I want to thank all of you for joining and making this such an incredible team.

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

www.TeamRightNow.com

Independent Emerald Beachbody Coach



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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 .

2012 Success Club Trip

Last week, 3 senior executives at Beachbody headed out with top coaches to (3) destinations. (Our upline coach Wayne Wyatt went to Cabo, the lucky dog!) The goal? To choose the 2012 Success Club location. The destination choices are:

- Cabo San Lucas
- Canadian Rockies
- Atlantis in Nassau (Bahamas)

Each executive shared their experience and now they have the task of choosing one announcing it at summit in June!



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.

