

Keep Bringing It!



Hello Team Right Now!

If you have been keeping up with my posts this week, I have tried to toss in different things from nutrition to workout reviews to my Insanity Asylum Video.

I had created a 30 second Asylum Video for my submission to the ASYLUM CHALLENGE. However, I wanted to tell the full story from the last 30 days. So I had some fun this weekend and created my full and unabridged Asylum Video. I took the approach of meshing a self-created Asylum infomercial with my own 30-day journey. If you are curious about doing Asylum, this video will also give you a sense of the workouts and moves in each.

Finally, I am pumped about this week. I am heading out to the Beachbody Summitt in L.A. This is for all national coaches and is a sold out event. All the Beachbody celebrity trainers will be there, including Tony Horton and Shaun T. Darin Olin, co-creator of Shakeology will talk to us as will all the senior leaders from Beachbody corporate. I will be blogging about the events throughout the week. I am sure there will be some new product announcements and other exciting news. Stay tuned throughout the week!

Coach Mike

TEAM
BEACHBODY
Decide. Commit. Succeed.®

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



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. <http://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!

Plug in and Join!



June 6, 2011 - Team Right Now is really growing and it is great to see so many people plugging into the information on the website. I hope you are enjoying the breath and depth of material. I put a lot of effort into the different topics to help all of you. In my adult life, I never really...

What is your Why?

May 31, 2011 - The ASYLUM CHALLENGE has kept me away from (2) new 1-on-1 discs that I have been itching to tryout. Now that the ASYLUM RESULTS are in, we are moving onto our next training block where I have made UBX my very first workout. You can read my full One on



P.A.P Review (1-on-1, Vol 3)

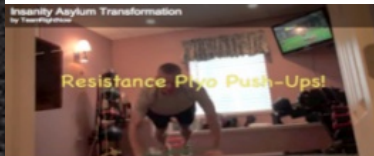
June 8, 2011 - The ASYLUM CHALLENGE has kept me away from (2) new 1-on-1 discs that I have been itching to tryout. Now that the ASYLUM RESULTS are in, I have done UBX two and P.A.P. was next on the list. I also provide a preview of the last disc in Volume 3, Total Body X. You can read...

Forks Over Knives Preview

June 9, 2011 - Forks over Knives is a new documentary that is currently rolling out across the country. Unfortunately, it has not come to a theater near me, but I am very intrigued to see this movie. As you probably know from my reviews of Food Inc, Killer at Large, and my 3-part series...



My Insanity Asylum Journey Video

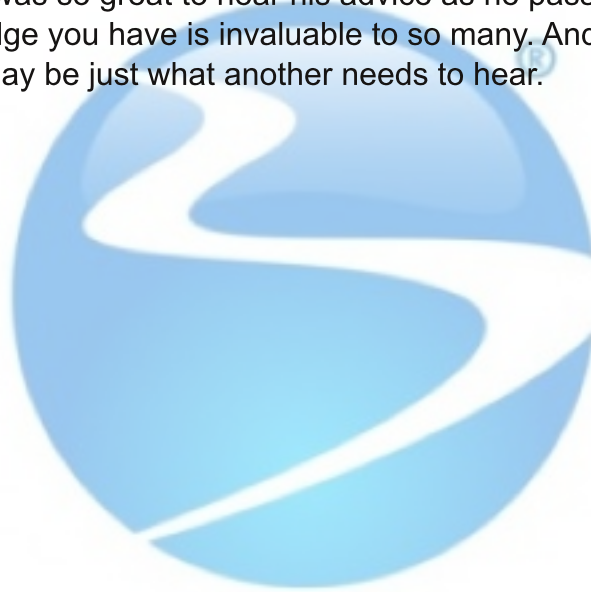


June 11, 2011 - You've seen my 30s Sizzle Video. You've seen my full disclosure Asylum results with pictures, a video of my final assessment test, and my dunk results. You've read about my the 10 mile run results two days after completing Asylum. But what you...

Final Motivation

One of the more important posts I made this week was the topic of "What is Your Why?" I cannot overemphasize how important the answer to this question is to create a sustainable fitness plan. If we lose sight of our motivation for anything in our life, we are likely to quit. Your "Why" may change, but it is important to always be able to answer that question.

As we move forward as individuals and as a team in our fitness journey, we are called to pay it forward. A colleague (and TRN member) and I met with a veteran triathlete for lunch this past week. It was so great to hear his advice as he passed on his knowledge. Remember, the knowledge you have is invaluable to so many. And what may seem like second nature to you, may be just what another needs to hear.



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

Independent Beachbody Coach
TeamRightNow.com

This email was sent by an Independent Beachbody Coach, and its contents do not necessarily state or reflect Beachbody's opinions, attitudes, or policies. If you would like to report any abuse concerning this message, please contact coachrelations@teambeachbody.com for assistance.

If you do not wish to receive further emails from this Independent Beachbody Coach, please send an email to mailto: TeamRightNow@gmail.com

National Coach's Call

June 6, 2011 - On this call, Chris Reed, a 5-star Diamond coach, talked to the team. Chris started with P90x in late 2008, but stopped after one week. In March 2009, he almost failed his own self-created 1.5 mile physical fitness test for the SWAT team. It was then that he started P90x and lost 61 lbs in 6 months (2 rounds of P90X). It was then that he started coaching. His coaching business went okay, but he hit a lull. He likes to emphasize to his team that to succeed in the business, you need to be a "product of the product". Shakeology HD is a critical component of a successful business.

He explained that the National Summit really changed him. Before summit, he was making \$40 / week coaching. Now, he is making twice what he makes as a police sargeant. This is in 14 months. One key thing he implemented was a "90 Days to Diamond" group.

Servant Leadership has proved to be very important cornerstone to him. Helping others achieve their goals needs to be the core reason we do what we do.



Jeff Hill, Sr. VP of Sales



Carl Daikeler, CEO



Beachbody Corporate HQ
Santa Monica, CA

LOS ANGELES BUSINESS JOURNAL
— FASTEST GROWING —
PRIVATE COMPANIES
— 2010 —

Beachbody LLC

#43 Ranked Company


Matthew A. Toledo
Publisher & CEO

Promote Your Fit Club!

A new widget is on the Team Beachbody® home page—and it's a Fit Club Finder! It's called "Find a LIVE Fit Club!" and changes the game for you and your business—but only if you're hosting a Fit Club.

The Gist

Starting now, all Team Beachbody visitors—including customers, Club members, Coaches, and more—can easily find your local LIVE Fit Club by using the new widget! That means literally thousands of Team Beachbody visitors now have the ability to search out and discover your Fit Club events. Every day! So the more you submit, the better chance you'll have at getting discovered and driving attendance.



2011 National Summit

The National Coach Summit is at its capacity of 2,500 people, but Coach Mike will be there to represent Team Right Now! I will be out in L.A. from June 16-19. Check my blog for updates right from Summit!



National Super Saturday Event - Part III

The next Super Saturday Event has been set. June 25 is the date! It is gonna be fully loaded with complete Summit coverage, new product, promotion, and training materials, good people, good times, and local workouts. It'll be like the day the earth stood still—for Team Beachbody®!

