

Volume 1  
Issue 22

July 10, 2011



## Keep Bringing It!



Hello Team Right Now!

For those of you who do not know what the heck all these 1-on-1s are, these are workouts by Tony Horton where it is just you and him (and his cameraman / side kick Mason Bendewald). These workouts are typically used after a round with P90X. Not all of these workouts are necessarily harder than P90X, although some are. Many are actually taken from Power90 workouts. I like that they really give great variety. In fact, I use these more than I use the original P90X workouts.

The One-on-One series was a subscription service in which you get a new disc every month. And I say "was" because after 3 Volumes, the One-on-One series is now discontinued. With P90X2 coming in the fall, Tony is done making One-on-Ones. But I guarantee is coming up with something else!

I have reviewed all 12 discs in Volume 1 and Volume 3. I have been pounding my blog with the Volume 2 discs as I am completing them. So for those of you who have completed P90X, these discs keep the variety coming. If you have any questions about certain discs or creating your own post-P90X workout, please shoot me a note.

Keep the questions coming team. I am here to help you achieve your goals!

Have a great week.  
- Coach Mike

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BEACHBODY  
*Decide. Commit. Succeed.®*



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



## 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!

### Butt & Belly Review

July 10, 2011 - Yesterday, we discussed Back and Belly. Today, we have Butt and Belly! You can see my complete Volume 2 post [HERE](#). You can also download the worksheets for this workout and all the Volume 2 workouts [HERE](#) Disc 5 – Butt & Belly Length: 46 minutes Target Muscle:...



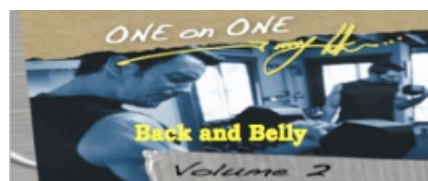
### One-on-One, Volume 2



July 10, 2011 - I have given a comprehensive and complete review of Tony Horton's 1-on-1 Volume 1 and Volume 3 series. Now although there will NOT be a Volume 4 (the series is discontinued after Volume 3), I am going back to review all of Volume 2. I am still finishing working through...

### Back and Belly Review

July 9, 2011 - I have been doing 1-on-1, Volume 2 discs like crazy to get reviews out to this great team as fast as possible. So be prepared for an onslaught. You can see my complete Volume 2 post [HERE](#). You can also download the worksheets for this workout and all the Volume 2...



### For Legs Review



July 8 - I have been doing 1-on-1, Volume 2 discs like crazy to get reviews out to this great team as fast as possible. So be prepared for an onslaught. You can see my complete Volume 2 post [HERE](#). Disc 11 – For Legs Length: 52 minutes Target Muscle: Legs P90x Replacement: Legs &...



## One Year Younger

July 7, 2011 - Well team today is my 36th birthday. 7 is my lucky number. I was born on 7/7 in the 1970s. I'm 6'1 ( $6+1 = 7$ ). My first, middle, and last names all have 7 letters (Michael Patrick Roberts). And for most of my teenage life, I was 177 lbs. Now that last part...



## Let It Go



July 6, 2011 - I am more of an introvert than an extrovert. Maybe I fit the engineering stereotype a little bit. I have worked to be more gregarious and social. My wife is an extrovert so that has really helped break me out of my shell. But all too often, I find myself holding onto...

## The Shakeology Wall

July 5, 2011 - A picture is worth a thousand words...or so they say. Everyday I open up my bag of Shakeology and make my shake. Some days, I put it in a Thermos to bring to work. Other days I drink it right away. All I really know is two things. 1) It tastes really good. 2) It is...



# Final Motivation

With my 36th birthday this week, I couldn't help but take a look at my journey. I think back to my pre-P90X days and how much I wanted to eat healthy and have a solid workout program. I would run every once in a while. I would even hit the gym every now and then. But I honestly didn't know how to eat healthy. Every time I tried to do it, I got sucked back into the same routine I have been in for 30+ years.

Why P90X changed my life is because it taught me how to make the most out of every workout minute and how to eat properly. It also taught me the importance of supplementation. It was the whole thing. It wasn't just a diet and I needed to figure out what to do to work out. It wasn't just a work out and I needed to figure out how to eat right. And it wasn't a quick sale on a supplement which had no nutrition or exercise element. It was a comprehensive system. And millions have proven it works, including me!

When I tell people I have been doing Beachbody programs for 18+ months, they seem so surprised. And while I admit it is a bit of an addiction for me, I also have to admit that they have honestly changed me in a profound way. They have made me a healthier person and given me a great community to learn and grow from.

And while this may not be for everyone, there are millions that have been changed by it and I am happy to include myself in that group.

*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*

Independent Beachbody Coach  
[TeamRightNow.com](http://TeamRightNow.com)

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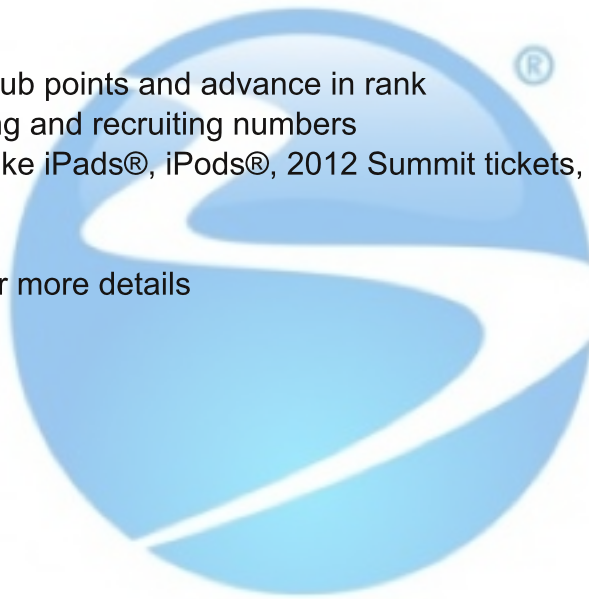
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## Success Club Team Challenge

Introducing the Success Club Team Challenge—this summer's hottest competition. It's the ultimate opportunity for you to team up with other hungry Coaches, encourage and support one another, exchange biz tips, and give your business a shot of adrenaline. This fun 8-week competition will help you maximize the Game Plan and . . .

- \* Rack up Success Club points and advance in rank
- \* Explode your retailing and recruiting numbers
- \* Win sweet prizes—like iPads®, iPods®, 2012 Summit tickets, gear, and more!

Check the back office for more details



Jeff Hill, Sr. VP of Sales



Carl Daikeler, CEO

## 2012 National Summit

The 2012 Summit was announced this week. It will be held at the MGM Grand in Las Vegas on June 22-24! They want to ensure that every single coach that wants to attend can attend. This year had a HUGE waiting list and it is disappointing to not be able to accommodate people. Within 24 hours, the 2012 Summit had enrolled 2500 people, the same amount that had attended this



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