

Volume 1  
Issue 25

July 31, 2011



## Keep Bringing It!



Hello Team Right Now!

A shorter newsletter this week. We just came back from a great weekend living in the great outdoors. It was the first time all of us in the family have gone camping and we had a wonderful time.

Tomorrow I start my final 4 week training block leading up to the Chicago Triathlon. I plan on kicking my training up a notch and ensuring I Bring It! everyday.

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

Have a great week.

- Coach Mike



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!

## Get Out There

July 31, 2011 - I had originally intended to write this blog a few days ago, but I am glad I held off as I just had a great experience this weekend that ties nicely into this topic. I have thought about this topic numerous times while I have been doing my outdoor triathlon training. For...



## John Salley & Tony Horton



July 29, 2011 - Basketball Legend John Salley loves P90X. He has been very vocal about the effects it has had on him. Here is a great video about how John Salley showed up at Tony's legendary beach workout in Santa Monica. So it is no surprise that John brought Tony Horton on his...

## Inspirational Stories

July 27, 2011 - I love inspirational stories. We have so much negative press surrounding us that positive stories are unfortunately rare to come by. I do not want to give the story away, but it really is the pinnacle of sportsmanship, integrity, and doing what is right. This situation...



## Upper Body Balance



July 25, 2011 - 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 12 – Upper Body Balance Length: 53 minutes Target Muscle: Chest and Abs P90x Replacement: Chest & Back (Partly) and Ab...

## Core Ball Sandwich

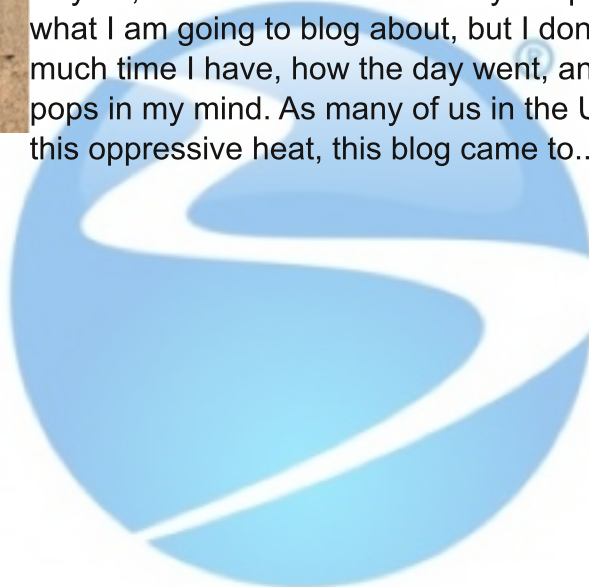
July 24, 2011 - You can see my complete Volume 2 post [HERE](#). You can also download the worksheets for this workout and all the Volume 2 workouts [HERE](#) Disc 2 – Core Ball Sandwich  
Length: 47 minutes Target Muscle: Chest, Abs, and Back P90x  
Replacement: Chest & Back and Ab Ripper..



## The Line



July 22, 2011 - I wish I could tell you I plan out the week as to what I am going to blog about, but I don't. It depends on how much time I have, how the day went, and many times just what pops in my mind. As many of us in the US have been feeling this oppressive heat, this blog came to...





# Final Motivation

As the summer is around us, I encourage all of us to do as my recent blog suggests, "Get Out There!" Go for a walk, go for a run, ride your bike, and take your family with you!

My job requires me to be inside all day long, so I don't get outside as much as I like. However, I savor those times I am able to get out. And living in Chicago, I know that the nice weather is not a year round affair.

So as we think about our week, try and set some time to get outside. Take some time to unplug and breath in the fresh air. Spend sometime by yourself to be with your own thoughts. Allow yourself to clear your mind. You just be amazed how you feel afterwards.



*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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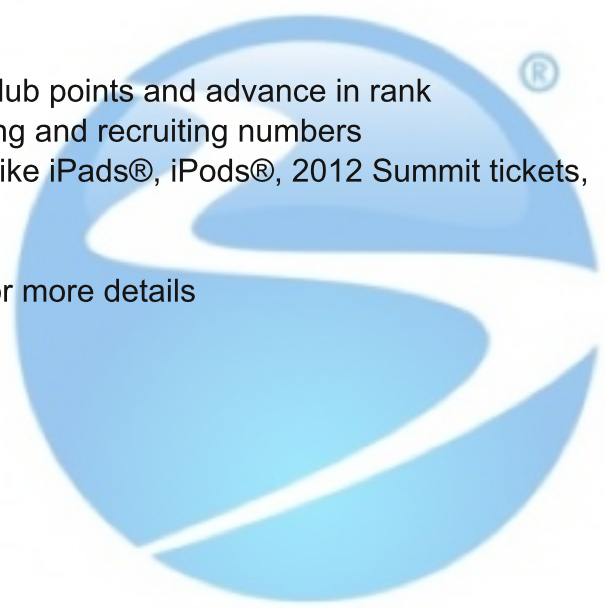
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## Success Club Team Challenge

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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