



## Keep Bringing It!



Hello Team Right Now!

I made a challenge to myself at the end of last year to document the 1-on-1 series better than anyone else out there. I have now completed all 3 volumes and 36 discs. My final reviews will come out this week from Volume 2 and then I think I can officially call my site, the 1-on-1 Headquarters. :)

For those of you who have finished P90X, the 1-on-1s are a great way to keep switching things up. For those of you who do not do P90X, you will probably be glad there will be no more posts about them. LOL!

Another couple of announcements this week. In case you ever wondered what kind of company Beachbody is, they have been given an A+ rating from the Better Business Bureau and they made their Hall of Fame! Congrats to Beachbody.

I finally did a post on an announcement that was made at summit in June. In 1Q12, a new workout program is coming out based on Tai Chi. I am actually really excited about this one. It is something different and I have never done Tai Chi. To keep exercise exciting I have to keep switching things up and trying new things. The other great thing about this program is that it is for ALL levels. If you look at my post and click on the link, you will see a great video from summit when they announced this.

I am still working through my new logo. I am still asking for some tweaks as I am not happy with any of them yet. Just to bring you into the process, I have included a few samples they sent me below. Interested in your thoughts.

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!

### Iso Abs

August 6, 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 8 – Iso Abs Length: 38 minutes Target Muscle: Abs P90x Replacement: Ab Ripper X My Recommendation Rating: 5 Stars (out of...



### Because It Is Hard!



August 5, 2011 - As we go through life, we need to have a strong Why! Carl had a great speech on why we bother doing what we do at Beachbody. Today, I do not plan on talking about why. I plan on talking about why not! Space has fascinated me going back to being a little boy. I...

### 10-Minute Crusher Pack

August 4, 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 4 – 10 Minute Crusher Pack 20/12 – Legs of Gold – Shadow Boxing Length: 10 minutes per workout Target Muscle:



### Tai Cheng



August 3, 2011 - Another great announcement from Day 2 of the 2011 Beachbody Summit was for a new workout program coming in the 1st Quarter of 2012. It was created by someone you may recognize from the "Shakeology – Doctors Don't Lie" Video: Dr. Mark Cheng. He...

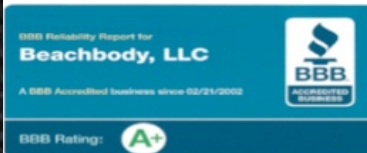


## **100 / 30 / 20**

August 2, 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 10 – 100 / 30 / 20  
Length: 46 minutes Target Muscle: Cardio, Abs, and Chest  
P90x Replacement: Chest & Back (Partial) and Ab...



## **BB gets A+ from BBB**



August 1, 2011 - Have you ever interacted with Beachbody Customer Service? If you have, you will not be surprised to hear that Beachbody has been given an A+ by the Better Business Bureau. I have had occasional issues over the years.  
1) My “earned” Insanity shirt came with a...

# Final Motivation

I have wanted to write my "Because It Is Hard!" post for months. I literally have a laundry list of topics to write about and it is hard to pick from day to day. With the 1-on-1 reviews done, this will give me more time to write motivational topics.

In response to my post, TeamRightNow member Jason sent me another quote:

"Some men see things as they are and ask why. Others dream things that never were and ask why not." - George Bernard Shaw

As we go through our life journey, living your life with the question "Why Not?" is so much more powerful than "Why?". Think about whether you asked "Why Not?" everytime you were going to ask "Why".

I think this may be my canned response now when people ask me why I do things. Well, why not?

I don't want to pretend like I don't have challenges in my life and everything is like "The Waltons". It's not. Nobody's life is. We all have our faults. We are all human. But do we do our best? Do we push ourselves to be better today than we were yesterday? Are we a positive influence on those around us? And do we occasionally ask ourselves "Why Not?"

*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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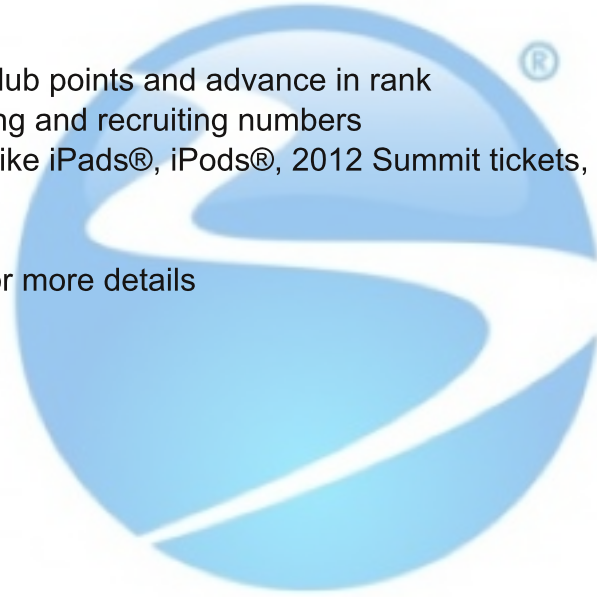
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## Success Club Team Challenge

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



Beachbody Corporate HQ  
Santa Monica, CA





## **All-New Coach Training Academy**

Welcome to the  
Coach Training  
Academy



Whether you're a new Coach or a seasoned leader, the Coach Training Academy has the tools you need to launch, grow, and sustain a thriving business. Your virtual classroom contains comprehensive, interactive training specifically designed to set you on the path to success! And the best part is, the Coach Training Academy is available 24 hours a day, 7 days a week—so you can get the training you need, when it's convenient for you!

Filled with insight, explanations, examples, suggested scripts, and motivation, these training courses will make a significant impact on your business. Invest the time, see

