



Keep Bringing It!



Hello Team Right Now!

As I stated last week, this was the week that I would finish all my 1-on-1 reviews. All 36 discs are reviewed and the worksheets are completed! I will have one final wrap-up post that ties it all together and gives you the ultimate overview of all 3 volumes of 1-on-1 discs.

Another piece of exciting news this week is that my upline coach, Wayne Wyatt, has brought a few of us into a conversation with corporate about starting some challenges. They saw the amazing results along with the great relationships that the Asylum Challenge brought and want to do more of it. Of course I told them that our team is in! The logistics are still being worked and I will keep you up to date. If you are interested in doing P90X2 when it comes out, this would be a great way to have 90 days of prep for the next generation of P90X!

The Chicago Triathlon is 2 weeks away. So I need to stay focused on that goal. This is my last week of hard core training and then I will be ramping down the week of the Triathlon. I will provide some detail on my pre P90X2 training. The only hint I will give is that I bought a "weighted vest"! :)

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

Have a great week.
- Coach Mike

TEAM
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>

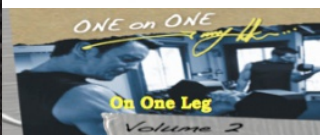
If you like the hard work I put into writing my articles and videos, PLEASE help me out by sharing them. Click the share links below them and share them on FB, twitter, etc. It really helps me get more exposure and grow TeamRightNow!

Speechless

August 13, 2011 - I am speechless. I'm astonished and amazed. I am silenced by Your wondrous grace. You have saved me. You have raised me from the grave. And I am speechless in Your presence now. I'm astounded as I consider how You have shown us A love that leaves us...



On One Leg



August 12, 2011 - This is it boys and girls. My LAST One on One review. All 3 volumes. All 36 discs! 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 7 – On One Leg Length: 36 minutes Target...

Food Revolution (S1, Ep3)

August 11, 2011 - I have really enjoyed Jamie Oliver's Revolution and decided to write a review on each of the episodes. For my previous reviews, see the links below. - Episode 1 review, click [HERE](#). - Episode 2 review, click [HERE](#) We take a break from our elementary school and



Beachbody Challenge



August 9, 2011 Last year it was called the "Million Dollar Body" game. I saw the presentation of \$25,000 to each of the winners at summit. Just incredible stories and transformations. The name of the game has changed and the stakes have grown significantly for this year. It...

Cardio Intervals

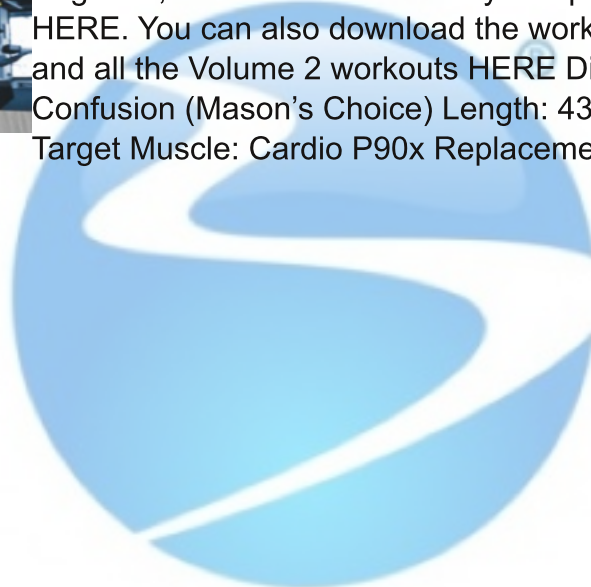
August 8, 2011 - You can see my complete Volume 2 post [HERE](#). You can also download the worksheets for this workout and all the Volume 2 workouts [HERE](#) Disc 1 – Cardio Intervals Length: 40 minutes Target Muscle: Cardio P90x Replacement: Cardio X, Kenpo X, Plyometrics My Recommendation...



Cardio Confusion



August 7, 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 9 – Cardio Confusion (Mason's Choice) Length: 43 minutes per workout Target Muscle: Cardio P90x Replacement: Cardio X,...

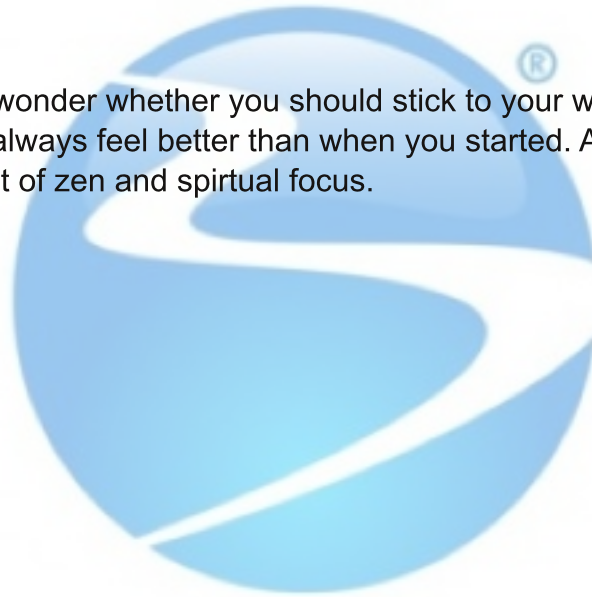


Final Motivation

Why is it that the harder I push myself, I feel it brings me closer to God? And I don't think it is just praying that I will make it to the end. :) I touch on this in my post this week entitled "Speechless". I know we all come from different backgrounds and religions, but I believe there is certain calm and peace that comes over us when we work out. When we push our body, get a good sweat going, and let those "feel good" chemicals get released in our brain, it is almost impossible not to end up in a better place than we started.

Last Friday I really didn't want to work out. It was a Legs, Back, and Abs day. But I did it anyway. And I felt better, clearer of thought, and felt calmer and more at peace than when I started.

So next time when you wonder whether you should stick to your workout schedule, remember that you will always feel better than when you started. And for many, you may just experience a little bit of zen and spiritual focus.



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.

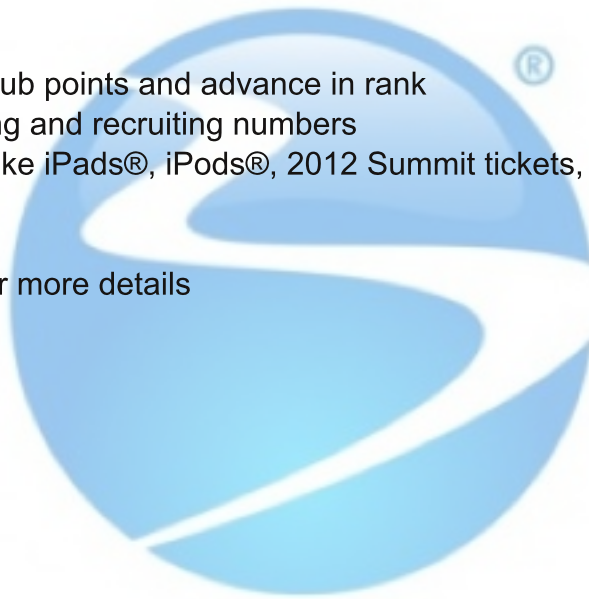
If you do not wish to receive further emails from this Independent Beachbody Coach, please send an email to <mailto:TeamRightNow@gmail.com>

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

