



Keep Bringing It!



Hello Team Right Now!

The countdown to P90X2 has started...well at least to the pre-order. September 1, 2011 will be here before you know it. To tease us, Beachbody started releasing short (and in some cases very short) trailers on different P90X2 workouts. If you look at P.A.P. Upper, it shows our upline coach Wayne

Wyatt!

Carl made it very clear that he does not plan on overbuying P90X2s and having a bunch of inventory he needs to care over into 2012. So the pre-order is quite important if you want to guarantee you get yours the day it is available. For those who purchased the entire 1-on-1, Volume 3 series (like me) you get 50% off the price.

As I mentioned last week, we, along with many of my peer coaches, will be starting a new challenge. They named it "Fall into P90X2". Get it? It will be in the Fall and we will preparing for P90X2? Please let me know if you would like to join.

In the coming week, you will see a bunch of video reviews on different exercise equipment. This is how I spent my Friday night. (Yup, I'm a fitness nerd.)

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

Have a great 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!

Dreams

August 20, 2011 - What is a dream to you? Is it a hope that things will be better? Is it a place you want to be at some point in the future? Are you living your dream now? Actress Josie Bisset remarked, "Dreams come a size too big so we can ...



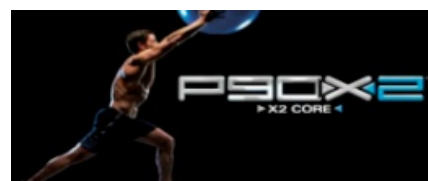
P90X2 - PAP Upper Preview



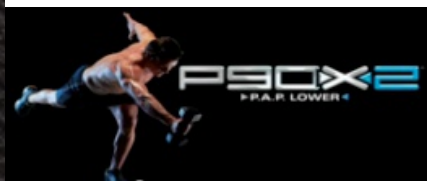
August 19, 2011 - Check out the new preview for one of the P90X2 workouts, P.A.P. Upper. Now this one is very special to us because our friend and coach, Wayne Wyatt, is one of the cast. He is the big dude in the back right doing plyo push-ups. Here is what the description is on...

P90X2 - X2 Core Preview

August 18, 2011 - Check out the new preview for one of the P90X2 workouts, X2 Core. Here is what the description is on YouTube. Human functionality occurs in the shape of an X across the body from one arm down through the core to the foot, and the same on the other side. A big...



P90X2 - PAP Lower Preview



August 18, 2011 - Check out the new preview for one of the P90X2 workouts, P.A.P. Lower. Here is what the description is on YouTube. PAP stands for Post-Activation Potentiation but you really need to know is that it's the cutting edge technique that translates into ..

Porttion Sizes and Food Journals

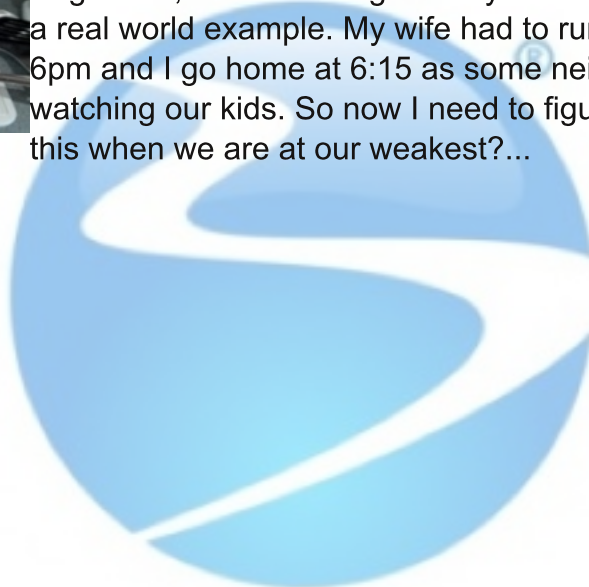
August 17, 2011 - I found these two videos on Team Beachbody and thought they provided a perfect background to what I believe are two of the most critical items in your nutrition. Portion Sizes When I was doing my International assignment, the biggest eye opening thing for me was...



What to eat?



August 15, 2011 - I thought today would be a great time to use a real world example. My wife had to run off to a meeting at 6pm and I go home at 6:15 as some neighborhood girls were watching our kids. So now I need to figure out what we eat. Isn't this when we are at our weakest?...

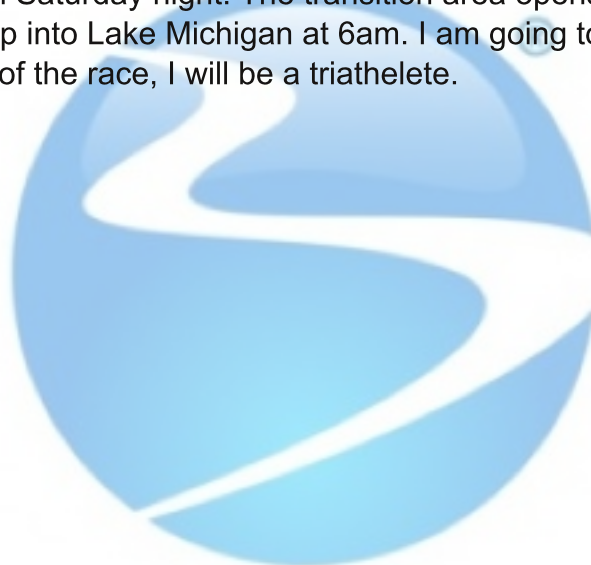


Final Motivation

This week's motivation comes from the post "Dreams". I encourage you to read it and to listen to one of my favorite songs of all time, Dreams by Van Halen. :)

I will completing one of my dreams in one week: to complete an Olympic Triathlon. I have wanted to do one for probably 5 years and back in January I decided this was the year. (Some peer pressure from members on my team at work helped motivate me as well.)

As I complete this, I will have worked towards this goal since I finished Insanity Aylum back at the end of May. 1.5K swim. 40K Bike, 10K Bike. Steph and I are staying overnight in downtown Chicago on Saturday night. The transition area opens up at 4:30am Sunday morning and then we jump into Lake Michigan at 6am. I am going to do my best and forget the rest. And at the end of the race, I will be a triathlete.



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

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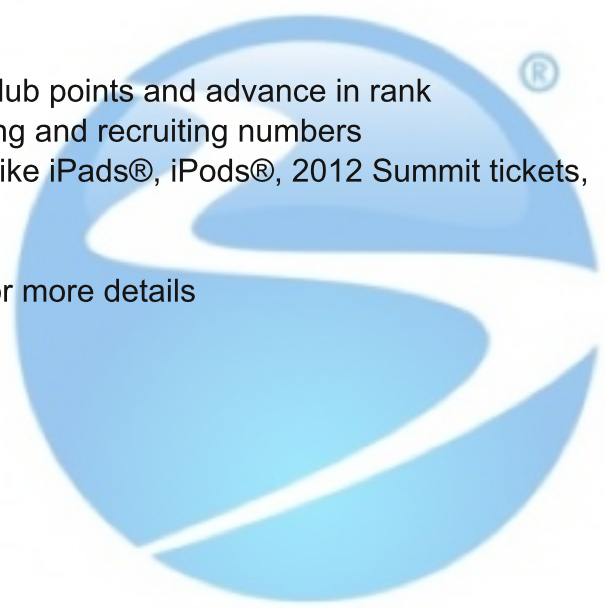
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Success Club Team Challenge

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

