

Keep Bringing It!



Hello Team Right Now!

September 11, 2011. It is a solemn day. I was sitting at my desk as an electrical engineer when my cube neighbor broke the news to me. I honestly didn't really understand what he was saying. The internet was so jammed that I couldn't even get MSNBC to load.

10 years later my wife and I are explaining to my 9, 7, and 5 year old what happened on that day. They will never know a Pre-9/11 world.

But that day will not define us. It is a day we will never forget, and one we will always remember, but we will never let fear determine our actions.

And as I tie this back to TRN, remember FDR's words back in the other major attack on our country, "There is nothing to fear, but fear itself!" As your environment changes or as you initiate change in your life, remember to never be afraid of fear.

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!

P90X2 - X2 Recovery+Mobility

September 11, 2011 - Check out the new preview for one of the P90X2 workouts, X2 Recovery + Mobility. - If you haven't read my P90X2 First Look with the Tony Horton interview, this is a must read to learn more about P90X2. Click [HERE](#). - Pre-order for P90X2 started on September 1,...



My Latest Hybrid



September 10, 2011 - As we all get ready for the P90X Challenge, I have crafted out my next 90 days. Now I am not officially competing as I am one of the host coaches, but I wanted to show the team what I am planning to do to prepare for P90X2. I have created a crazy mish mash in this one...

American Food Fight

September 8, 2011 - This is a great article written by Doc Horton. People can get very religious about their food faith. Ask a paleolithic to give up their steak and they will probably cut your hand off. Ask a vegan to drink milk and eat a piece of chicken and they would rather starve to...



P90X Challenge



September 7, 2011 - I have talked to many of you about this over email, but I am ready to take this to all TRN! I (along with some other phenomenal coaches) am holding a P90X Challenge during the fall for all of us to get ready for P90X2 at the end of the year. I already pre-ordered my...

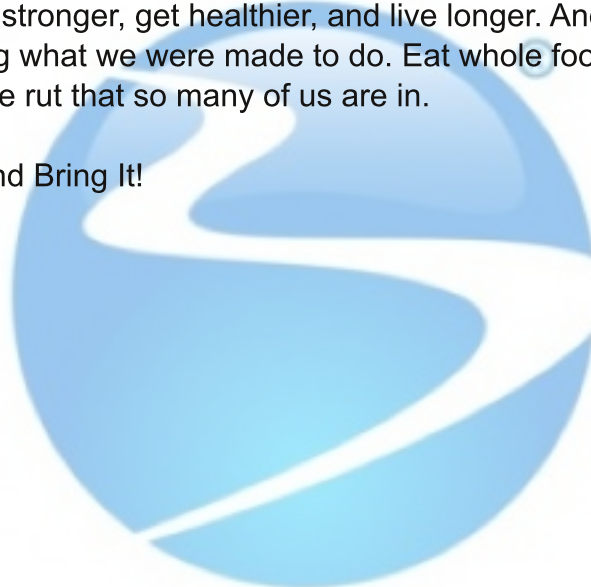
Final Motivation

If you have been sitting on the sidelines reading my weekly rants and even giving my site an occasional viw or two, but haven't had the courage to act, now is the time.

I wrote this week about a P90X Challenge that myself along with my coach peers are holding. This is the prep for P90X2. But it is also a way to join a group of people and go through the journey together.

P90X can be just a another set of DVDs that collect dust on your shelf. Or it can be something you commit to and change your lifestyle. It will literally change your life. It will make you eat better, be stronger, get healthier, and live longer. And it is not rocket science. It is about doing what we were made to do. Eat whole foods. Exercise daily. And push ourselves out of the rut that so many of us are in.

Now lets do this thing and Bring It!



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

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Sept. 12 Coach's Call

Lindsay Matway: A Beacon Among Us

She became a product of P90X®, signed up as a Coach, and committed to every event, challenge, and promotion this side o' the Atlantic Ocean. Now she's 4 Star and rising.

Tune in this Monday to hear the story of a modern-day heroine who—not long ago—found herself at a career crossroads, under an avalanche of medical debt, and totally blinded by the future.

A look at what you'll learn:

- * Your first priority vs. your second priority
- * What all leaders have in common



Jeff Hill, Sr. VP of Sales

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



Carl Daikeler, CEO



Beachbody Corporate HQ
Santa Monica, CA

All-New 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