

## Keep Bringing It!



Hello Team Right Now!

For anyone who is still intersted, it is still not too late to enter the P90X Challenge starting tomorrow! We currently have over 260 people participating on the Facebook Group! It is completely free and if you want to be eligible to win a P90X2 Deluxe Kit, you simply need to take before and after pictures.

You can read my "P90X Challenge" on my web site for all the details.

I am going to start using a new piece of equipment I got a few weeks back, a weighted vest. I will primarily be using these for push-ups and maybe some pull-ups. I know many others who use them and have seen great results. I plan on lowering my reps as I will obviously not be able to maintain...at least just yet. :) I am starting with 10lbs (although the vest supports up to 40lb).

In my new hybrid, I have starting mixing P90X and One-on-Ones with Asylum. I forgot how challenging Asylum is. It takes my cardio days to a whole new level. If anyone of you are interested in a new challenge, Asylum will take you to amazing heights in only 30 days.

One last update. I have been doing alot of research on adopting a whole foods plant-based diet. You will see my Forks Over Knives review this week. Many of us have started yet another Facbook Group (I swear I am in about 20 of them by now). Many are just to observe and arent ready to take action just yet. Many, like me, have already done research and are ready to start. If you are interested, let me know and I can add you to the group.

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

Have a great week.

- Coach Mike

*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!

## Who Am I

September 16, 2011 - Even those who seem like they are an impenetrable force of strength have times when they lack self-confidence. There are times when I get caught up in my Head Trash and I feel like I am standing in quick sand. The song "Who Am I" by Casting Crowns is one...



## I'm A Coach



September 15, 2011 - There was a new "Coach Video" shown at Summit and now it has been released on Beachbody's website. You will start seeing this after most new workouts coming out later this year. The unique thing about this video is that yours truly makes a brief...

## Casein Protein

September 14, 2011 - I have a series of blogs I wrote earlier in the year on supplements. You can see links to all those posts, [HERE](#). It includes Whey Protein. Multivitamins, Recovery Drink, Shakeology, Shakeology Fiber. CoQ10, Ginkgo Biloba, Core Omega 3, etc. There are (2) new...



## Be Prepared



September 13, 2011 - There are certain things I have learned that have really helped me stay true to my P90X lifestyle and "Being Prepared" is probably the biggest. Here is real world example that happened today. I knew we were going to be in all day meeting today where...

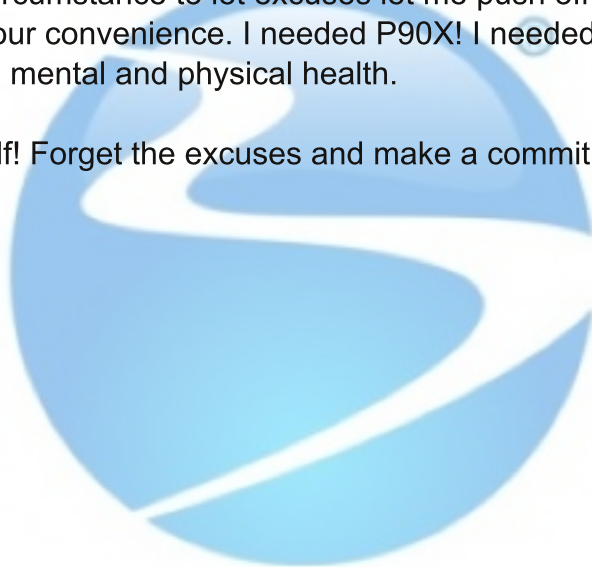
# Final Motivation

**We are not a victim of our circumstance, only a victim of our choices.**

Once we acknowledge that we are no longer victims is the day that we can move forward to improve our lives. Whenever I get the "Whoa is me syndrome", I try to regain some perspective. I am so incredibly blessed and usually all the things that bother me are, in the grand scheme of things, very small stuff.

When I first started P90X, I was travelling internationally 2 weeks out of the month. Many times I was not in a time zone for more than 1 night. Many nights, my only sleep was on a plane. It was a perfect circumstance to let excuses let me push off something like P90X. But life doesn't stop for our convenience. I needed P90X! I needed a change and a way to reverse my deteriorating mental and physical health.

Take a Stand for Yourself! Forget the excuses and make a commitment to improving your quality of life!



*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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## **Sept. 19 Coach's Call**

Tarah Carr: We Are The World  
Konichiwa, Coaches!

Ready for a breakthrough? Then rally your troops to hear the remarkable story of a military wife and mother of two who lost 14 sizes in 90 days, revived her marriage, and is now paying the dream forward ALL OVER the world!

It's such a powerful story, we're goin' LIVE from Okinawa, Japan! Tarah Carr—who has only been in the business for 5 months—was able to command Team SuperNatural to one of the winning spots in the 2011 Success Club Team Challenge. And the way she's building her business is something of a phenomenon. Truly, do NOT miss this.

A preview of what you'll come away with:

- \* An uncontrollable burst of inspiration and positivity
- \* A template for painting your own masterpiece via social media
- \* The key steps to bridging YOUR community
- \* How to personally engage new Coaches—and why location



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

