

## Breathe Easy (Lyrical Exercise)

Jay-Z

[talking]

So I had to memorize these rhymes until I got home  
Ya understand? Once you memorize a sentence  
It's like an exercise [echoes]

[heavy breathing]

[talking]

Ya niggas can't be serious right now  
I'm the all time heavy weight champion of flowers  
I'm leading the league in at least six statistical categories right now  
Best flow, Most consistent, Realest stories  
Most charisma, I set the most trends  
And my interviews are hotter  
Holla

I jog in the graveyard  
Spar in the same ring  
Now it's house by the building  
Where Malcolm X was slain  
I spring train in the winter  
Round early December  
Run suicide drills over and over  
With the weight of the world on my shoulder  
That's why they call me "Hova"  
I'm far from being God  
But I work goddamn hard  
I wake up the birds who in the nerves is sleep  
I'm catching my second wind the second the first one end  
I am "focused man"  
And I'm not afraid of death  
And I'm going all out  
I circle the vultures in a van and  
I run the block (run)  
Pull up in a drop (pull up)  
Push up on my money (push up)  
I'm in great shape dunny  
I keep jacks jumping thirty six sets  
Like a personal trainer I teach coke to stretch  
I pump and rock sweats  
All white trainers  
The ghettos, Billy Blanks  
I show you niggas what pain is  
Maintain your stamina  
Hov will damage ya  
Spot you two rhymes y'all niggas is amateurs  
The fifth  
A dead lift if  
Niggas don't want to get shot then y'all niggas better squat  
I drop your set for rep  
No need to hit the showers  
The spit from the fifth leave you wet  
Lyrical exercise  
[hard breathing]  
Y'all niggas ain't tired right?

[Chorus 4X]

One, One  
Two, Two  
Three, Three  
Four, Breathe Easy

Suckers  
Get your weight up  
Not your hate up  
Jigga man is diesel  
When I lift the eight up  
Y'all ain't ready to workout with the boy  
Your flow is brain on drugs  
Mines is rap on steroids  
I lift every voice when I sing  
My ability  
Make yours look like an exercise in futility  
Bring your squad  
Biceps, Triceps, and Quads  
We don't struggle with undeveloped muscles  
Y'all ain't real  
That's y'all Achilles Heel  
Same routine when you see me you know the drill  
I spot ya  
I lift the weight of the watch off your arm  
Remain nice and calm  
Put down your things  
Trinidad of the game know my way around your ring  
No matter how many pounds you bring  
It sounds like the same old thing  
R-O-C is the strongest team

[Chorus 4X]