

t) you
know what muscle muscle (you got it) that pussy muscle muscle

[Verse 3-Slick'em]

Head shoulders knee's toes I want to see you sweat out your clothes jumping
jacks and sit
up's girl do what you want to do be a thug, squat squat squat give me 30 squ
ats 30 now,
squat squat squat squat give me 30 squats there uhh pay attention girl you g
onna learn I'ma
make it nice and firm make it burn like a bad perm go ahead girl it's your t
urn, now bop
bop bop get it, bop bop bop get it, bop bop bop get it, bop bop bop bop bop
get it

[Bridge]

We see them thighs like serina, ass like trina, waist like christina, i'll b
e your
personal trainer, personal trainer, your personal trainer, personal trainer,
your personal
trainer
Head shoulders knee's toes, head shoulders knee's toes, head shoulders knee'
s toes, head
shoulders knee's toes

[Chorus]

Girl squeeze that muscle muscle (squeeze it) work that muscle muscle (work i
t) you
know what muscle muscle (you got it) that pussy muscle muscle

Ooooooo ah ah, oooooo ah ah, oooooo ah ah, ooooooo work it out now, work it ou
t now, work it
out now, work it out now, work it out now, work it out now, work it out now,
work it out now

[Chorus]

Girl squeeze that muscle muscle (squeeze it) work that muscle muscle (work i
t) you
know what muscle muscle (you got it) that pussy muscle muscle