Ooooooo ah ah, ooooo 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

## [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

### [Verse 1-Spectacular]

Uh uh, I'ma keep you wet, drippin drippin wet, make you sweat make you make you sweat push

it in push it out work it up slide it down grab that ball except for his cli mb up on his

tredmeil keep it nice and tight ride it like a mountain bike just 2 more min utes, just 2  $\,$ 

more mintues

### [Chorus]

Girl squeeze that muscle muscle (squeeze it) work that muscle muscle (work it) you

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

## [Verse 2-Babyblue]

You wanna get you a baller girl you gotta look like a model girl, your so er otic girl we

can work out harder girl, push it in out, in out, in out push it in out, in out, in out let

me see you touch them toes touch them touch them toes, let me see you touch them toes touch  $\ \ \,$ 

them touch them toes, girl work that body body girl let me see you work that body, work

that body body girl let me see you work that body

### [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  $\ensuremath{\mathsf{S}}$ 

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

## [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 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 get it, bop bop get it, 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, ooooo ah ah, ooooo ah ah, oooooo 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

# [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