

Exercise

Puppetmastaz

Exercise

Squidrick

i think squidrick-s gonna get on this one
when he gets on this one, gets on the track and field
marshall
known as squid-one, return to the golden center
listen to me, squidrick - turn my mic on! the golden
mentor
it was meant to be, no good censoring me or my moves
when i-m on the treadmill motion sensors sense my every
move
emotion enters every groove of the record i set, bet?
yes!
i expect you to lose it if you haven't lost it yet, or
better yet
squid one when he gets on and he puts the ladies switch
on
they get off when i get on, my swimming goggles set on
the lady in the corner wanna see her in her in the
sauna
wanna get with her, gonna sweat with her and there-s a
big chance that i-m gonna

chorus/

move groove set the record
no good winning if you cant lose weight i reckon
the weight of hate what-s with the fear of light?
is there any point in living without exercise?

Wizard:

I see you working out in 4/4 time
down on the floor on all fours
and making the floorboards pine for more
Sweat pumpin', spandex, terricloth, latex, G-string
muscles stretching
Ooo that's fetching
Stringin' me along caused you're singin my song
I'm a puppet on a string for that thing in your thong
bouncing to thhis beat just to make your body move
but who's got the tightest booty in the puppetmastaz
crew?
the W-I-Z to the A-R-D
with the most H-A-R-D A-Bs
allow me to be your personal trainer,
I be the person to train ya
person to person let me no pain no gain ya

chorus/

move groove set the record
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Ryno

As I finish my four set bench press I'm putting my poll

and barbells right back were I left it looking from the
corner of my eyes as I set it on the rack some girl got
a rack that I'd like to take right back home and show
her how toned this rhino be without his t-shirt on
so I'm stepping up to plate looking for a home run
how about you and I do a one on one
she shows interest I get the digits
fast forward next day she wearing spandex
looking from a distance in aerobics class
damn this girl got a banging ass

Maloke

exercise outro-fast part:
bring your tracksuit
sweat your fat off
leave the fast food
f**k your laptop
get in motion
evaporate potion
freak extension in a booty dimension
n left n right n left...