

## 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/

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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...