

Yeah, drop the tailgate, drop the tailgate  
Fuck the jailbait, drop the waterweight  
Roll the sleeves up, double XL let's go  
Malice and muscle

Rock the dance floor, rock the dance floor  
Throw the punch man, get what you paid for  
Toss a kid like a spiral football throw, yeah

And we know, we know  
You're throwing punches to prove yourself  
And it's all for show  
But you're not impressing me

Yeah, this life was built on heart and soul  
And it doesn't mean a thing to you  
But it's all we know, it's all we know  
It's all we know, it's all we know  
But it's all we know

Yeah, go  
What's the game plan? Whats the game plan?  
Prove to them your built like a real man  
Flex your ego and dominate the show  
Jock manifesto

No discretion, no progression  
Open floor for unchecked aggression  
You're the punchline to this pathetic joke

But we know, we know  
You're throwing punches to prove yourself  
And it's all for show  
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But it's all we know, it's all we know  
It's all we know, it's all we know  
But it's all we know

But it's all we know  
But it's all we know