

Teddy And The Frat Girls

"The New Workout Plan"

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[Intro]

You just popped in the Kanye West
Get right for the summer workout tape
And ladies if you follow these instructions exactly
you might bear to pull you a rapper, a NBA player
Man, at least a dude wit' a car
So first of all we gon' work on the stomach
Nobody wants a little tight ass!

[Verse 1]

1 and 2 and 3 and 4 and get them sit ups right and
Tuck your tummy tight and do your crunches like this
Give head, stop breathe, get up, check your weave
Don't drop the blunt and disrespect the weed
Pick up your son and don't disrespect your seed
It's a party tonight and ooh she's so excited
Tell me who's invited: you, your friends and my dick
What's scary to me is Henny makes girls look like Halle
Berry to me
So excuse me miss, I forgot your name
Thank you, God bless you, good night I came...
I came....
I came...

[Chorus]

It's been a week without me
and she feel weak without me
She wanna talk it out but
Ain't nothin' to talk about
'Lest, she talkin' about freakin' out
then maybe we can work it out
Work it out (Come on) 4x
Work it out now
Maybe we can work it out (Come on, come on)

[Verse 2]

Oh girl your silhouette make me wanna light a cigarette
My name Kanye from the Jigga set Twista set get it wet
Ooh girl your breath is HARSH
Cover your mouth up like you got SARS
Off them tracks yea I bought them cars

Still killa a nigga on 16 bars
We ain't sweatin' to the oldies we jukin to a cold beat
Maybe one day girl we can bone
so you can brag to all your homies now
But I still mess with a big firl if you ain't fit girl I'll hit girl
1 and you brought 2 friends OK 3 more now hop in the
Benz
Four door do you know the difference between a 5, 6,
7, 8
All the mocha lattes you gotta do Pilates
You gotta pop this tape in before you start back dating
Hustlers, gangstas, all us, ballas

[Chorus]

It's been a week without me
and she feel weak without me
She wanna talk it out but
Ain't nothin' to talk about
'Lest, she talkin' about freakin' out
then maybe we can work it out
Work it out (Come on) 4x
Work it out now
Maybe we can work it out (Come on, come on)

[Interlude: Ladies speaking w/ Kanye in the
background]

[Jill] Hi may name is Jill, I just want to say thanks to
Kanye's workout plan. I was able to pull a NBA player
and like now I shop every day on Rodeo drive
I just want to say, thank you Kanye! woooo! woooo!
woooo!

[Asandra] My name is Asandra, and I just want to say
that ever since listenin' to Kanye's workout tape
I was able to get my phone bill paid, I got sounds and
13's
put up in my Cavalier and I was able to get a free trip to
Cancun
And what's most importantly is that I ain't gotta fuck
Ray Ray's
broke ass no mo'

(Work it mo' juge it mo' pump it mo, Chi-town mo' let's
go mo')

[Ellie Mae] My name is Ellie Mae from Mobile, Alabama
and I just want to say since listenin' to Kanye's workout
tape
I been able to date outside the family, I got a double
wide
And I row the plain, row the plain, row the plain

[Girl] Thanks to Kanye's workout plan
I'm the envy of all my friends
See I pulled me a baller man (yeah)
And I don't gotta work at the mall again

Beat changes

(Lemme break ya wit' a piece of)
My favorite work out plan (oh! oh! oh!)
I wanna see you work out (yeah yeah yeah yeah, yeah
yeah yeah yeah)
(It's that old Michael Jackson shit)

That's right put in work, move your ass, go wizzerk
Get your salad, no dessert
Get that man you deserve
It's Kanye's workout plan
I said it's Kanye's workout plan (Ladies and gentlemen)
It's Kanye's workout plan (Allow myself to introduce
myself)
His wooorrrrrkkooout plan (This time around I want y'all
to clap like this)

That's right put in work
Move your ass, go wizzerk
Eat your salad, no dessert
Get that man you deserve (Stop!)
It's Kanye's workout plan (Ok bring)
I said it's Kanye's workout plan (I know y'all ain't tired)
It's Kanye's workout plan (But I hope not, 'cuz on this
one I need ya)
His wooorrrrrkkooout plan (to give me a soul clap ok?
double time)

That's right put in work (Woo!)
Move your ass, go wizzerk (Ow!
Eat your salad, no dessert (Ugh!)
Get that man you deserve

That's right put in work (Put in work)
Move your ass, go wizzerk (Go wizzerk)
Eat your salad, no dessert (No dessert)
Get that man you deserve (You hear, ugh)

That's right put in work (That's right put in work)
Move your ass, go wizzerk (Go wizzerk)
Eat your salad, no dessert (Eat your salad, no dessert)
Get that man you deserve (Woo!)

(Okay, okay, okay, that's, that'd be good) *Applause

and cheering*
(I appreciate your time)
I want to see you work out for me
Woah yeah

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