

## Fefe Dobson

### "New workout plan"

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(Intro)

Now you just popped into Kanye West  
Get right for the summer workout tape  
And ladies, If you follow these instructions exactly  
You might be able to pull you a rapper  
A NBA player, man at least a dude with a car  
So first of all we gonna work on the stomach  
Nobody wants a little tight ass

(Verse 1)

1 and 2 and 3 and 4 and  
Get them situps right and  
Tuck your tummy tight in  
Do your crunches like this  
Give head, Stop breathe  
Get up, Check your weave  
Dont drop the blunt, or disrespect the weed  
Pick up your son, or disrespect the seed  
We gon party tonight and  
OOOO she so excited  
Tell me who's invited  
You, your friends, and my dick  
What's scary to me  
Henny make girls look like Halle Berry to me  
SO excuse me miss  
I forget you name  
Thank you god, bless you, good night  
I came, I came, I came

(Chorus)

All them mocha lattes  
You got to do Pilattes  
After the party  
Meet me in the lobby now  
And maybe we can work it out (c'mon)  
Work it out (c'mon) x3  
Now, maybe we can work it out

(Verse 2)

OOOO girl your silohette  
Make me want to light a cigarette

My name Kanye from the Jigga Set  
Twista set, Get it wet  
OOOO girl your breath is harsh  
Cover your mouth up like you got SARS  
Off them tracks, yea I bought them cars  
Still kill a nigga on sixteen bars  
We aint sweating to the oldies  
We juking to a cold beat  
Maybe one day girl you can bone me  
So you can brag tell all your homies now  
But I'll still mess with a big girl  
You aint fit girl  
I'll still hit girl  
1 and you brought 2 friends  
O wait 3 more now hop in the benz  
4 door, Do you know the difference between a  
5, 6, 7, 8  
All them mocha lattes  
You got to do pilattes  
You got to pop this tape in  
Fore you start back dating  
Hustlas, Gangstas, All us, Ballas

(Chorus)

(Spoken)

Girl 1:

Hi my name is Jill  
I just wanted to say thank's to Kanye's Workout plan  
I was able to pull an NBA player  
And like now I shop everyday at Ro-de-o Drive  
I just wanted to say Thank You KANYE woooooo

Girl 2:

My name is Lasandra  
And I just wanted to say that after listening Kanye's  
Workout tape  
I was able to get my phone bill paid  
I got sounds of 13 put on my cavaller  
And I was able to get a free trip to Cancun  
And what's most importantly  
is that I aint got to fuck with Ray Ray broke ass no more

Kanye:

Work it out  
Juke it out  
Group it out  
Chi-town out  
Let's go out

Girl 3:

My name is Ally-Mae  
From Mobile, Alabama  
And I just wanted to say since listening to Kanye's  
Workout Tape  
I've been able to date outside the family  
I got a double wife  
And I rode a plane  
Rode a plane (x4)

All:  
Thanks to Kanye's Workout Plan  
Im the envy of all my friends  
See I pulled me a baller man  
And I aint got to work at the mall again

(Hook)  
Now let me break yall out with a peice of  
Kanye's Workout Plan  
I want to see your work out  
OOOOOOOOO Work it out

That's Right put in work  
Do your thing Go wizzerk  
Eat your salad no desert  
Get that man you deserve

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