

Neil Innes

"Mr. Apollo"

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I have seen Mr. Apollo
Uproot trees with his bare hands
I have seen Mr. Apollo's
Body building plans

He's the strongest man
The world has ever seen
And if you take his courses
He'll make you big and rough

Oh! And you can beat up bullies 'til they cry
"Oh lah! Oh, crikey! Let go, you rotter! Don't punish
me!"

When you're tough, you're very fit
Your voice is rough, it sounds like grit
You are so strong, and proud of it
Thanks to Mr. Apollo

Follow Mr. Apollo
Everybody knows
He's the greatest benefactor of Mankind

Follow Mr. Apollo
Everybody knows
That a healthy body makes a healthy mind

You know! You know he's the
Strongest man
The world has ever seen
And if you take his courses
He'll make you big and rough

Uh huh, and uh, ha, you can kick the sand
right
back, in their faces! Kick! Ha ha ha ha ha ha!

When you're tough, you're very fit
Your voice is rough, it sounds like grit
You are so strong, and proud of it
Thanks to Mr. Apollo

Follow Mr. Apollo
Everybody knows
He's the greatest benefactor of Mankind

Follow Mr. Apollo
Everybody knows
That a healthy body makes a healthy mind

Follow Mr. Apollo
Everybody knows
He's the greatest benefactor of Mankind
Oh, yeah!

Follow Mr. Apollo
Everybody knows
That a healthy body makes a healthy mind
He can do it for you!

Follow Mr. Apollo
Everybody knows
He's the greatest benefactor of Mankind

Follow Mr. Apollo
Everybody knows
That a healthy body (oooh!) makes a healthy mind

Follow Mr. Apollo
(He can do it for you!)
Everybody knows
He's the greatest benefactor of Mankind

Follow Mr. Apollo
Everybody knows
That a healthy body makes a healthy mind

Follow Mr. Apollo
Everybody knows
He's the greatest benefactor of Mankind

Follow...

Yes, just give me ten years of your life, and I'll
trade in that puny flab for living muscle..
Physique you deserve!

Strong!
Chest and shoulders to hold your shirt!

Five years ago, I was a four stone apology
Today, I am two separate gorillas

No tiresome exercises, no tricks,
no unpleasant bending, Wrestle poodles and win!

Play beach ball! Shave your legs! Lope over walls!
Tease people! Brush them aside as though they were
matchsticks!
Impress your friends!

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