

## **Pretty Ricky "Personal Trainer"**

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Move, move, move, move

Work it out now, work it out now  
Work it out now, work it out now  
Work it out now, work it out now  
Work it out now, work it out now

If you want thighs like Serena, ass like Trina  
Waist like Christina, I'll be your personal trainer  
Personal trainer, your personal trainer  
Personal trainer, your personal trainer

Head, shoulders, knees, toes  
Head, shoulders, knees, toes  
Head, shoulders, knees, toes  
Head, shoulders, knees, toes

Girl squeeze that muscle, muscle  
Work that muscle, muscle  
You know what muscle, muscle  
That pussy muscle, muscle

I'ma keep you wet  
Drippin' drippin' wet  
Make you sweat  
Make you, make you sweat

Push it in, push it out  
Work it up, slide it down  
Grab that bar and we set for heels  
Climb up on this treadmill

Keep it nice and tight  
Ride it like a mountain bike  
Just two more minutes  
Just two more minutes

Girl squeeze that muscle, muscle  
Work that muscle, muscle  
You know what muscle, muscle  
That pussy muscle, muscle

You want to get you a balla girl  
You gotta look like a model girl  
It's so erotic girl  
If you work out hard

You can push it in, out  
In, out  
Push it in, out  
In, out

Let me see you touch them toes  
Touch them, touch them toes  
Let me see you touch them toes  
Touch them, touch them toes

Girl, work that body, body  
Girl, let me see you work that body  
Work that body, body  
Girl, let me see you work that body

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Waist like Christina, I'll be your personal trainer  
Personal trainer, your personal trainer  
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Head, shoulders, knees, toes  
Head, shoulders, knees, toes  
Head, shoulders, knees, toes  
Head, shoulders, knees, toes

Girl squeeze that muscle, muscle  
Work that muscle, muscle  
You know what muscle, muscle  
That pussy muscle, muscle

Yeah, head, shoulders, knees, toes  
I wanna see you sweat out your clothes  
Jumpin' jacks in Speedos  
Girl, [Incomprehensible]

Squat, squat, squat  
Give me 30 squats, 39  
Squat, squat, squat, squat  
Give me 30 squats

Pay attention girl you goin' learn, I'ma make it nice and  
firm  
Make it burn like a bad perm, go ahead girl it's you turn  
Now bop bop bop, get it, bop bop bop, get it  
Bop bop bop, get it, bop bop bop bop bop get it

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Waist like Christina, I'll be your personal trainer  
Personal trainer, your personal trainer  
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Head, shoulders, knees, toes  
Head, shoulders, knees, toes  
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Girl squeeze that muscle, muscle  
Work that muscle, muscle  
You know what muscle, muscle  
That pussy muscle, muscle

Move, move, move, move

Work it out now, work it out now  
Work it out now, work it out now  
Work it out now, work it out now  
Work it out now, work it out now

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Work that muscle, muscle  
You know what muscle, muscle  
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