

Tanner Helms

"Pilates"

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Every day do pilates
So you'll have a nice body
Do some pilates
And your body will be nice

Cause if you're single
It can be real hard to catch one
So do Pilates
And your mit will catch a lot

It can be so hard to find the right one
But when you're hot
You got a lot more to choose from
Do some pilates and you'll know what I mean
You won't be single for long
And be everyone's dream

If you wanna be real hot
You should do some cardio
It's the celebrity thing to do
If you want to look like Anjulia Jo Lee

All you need are two things
And if you got the third, keep it fly
Cause when you're not hot
Your glock won't pop a lot

It can be so hard to find the right one
But when you're hot
You got a lot more to choose from
Do some pilates and you'll know what I mean
You won't be single for long
And be everyone's dream

Ok. ok ok I'll break it down like this
Get your stomach right
Abs tight
Legs bustin
Outta sight
Work a little harder if you want to booty bounce tonight
If you don't, that's alright.

I ain't no rapper, I never will
Cause I ain't got no Lil Wayne pills
Nicki Minaj is my queen cause
Her body shape everybody wanna rape

Implants are miracles,
Green tea is good for you
Chinese people know the best
Look them up and pass my test

...

If you want to hook a little hottie take my word:
Tanner's lyrics never fail.

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