

The Pretty Reckless "Personal Trainer"

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Ooooooo ah ah, ooooo ah ah, ooooo ah ah, ooooooo
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

[Bridge]

If you want them thighs like serina, ass like trina, waist
like christina, i'll be your
Personal trainer, personal trainer, your personal
trainer, personal trainer, your personal
Trainer
Head shoulders knee's toes, head shoulders knee's
toes, head shoulders knee's toes, head
Shoulders knee's toes

[Chorus]

Girl squeeze that muscle muscle (squeeze it) work that
muscle muscle (work it) you
Know what muscle muscle (you got it) that pussy
muscle muscle

[Verse 1-Spectacular]

Uh uh, 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 ball
except for his climb up on his
Tredmeil keep it nice and tight ride it like a mountain
bike just 2 more minutes, just 2
More mintues

[Chorus]

Girl squeeze that muscle muscle (squeeze it) work that
muscle muscle (work it) you
Know what muscle muscle (you got it) that pussy
muscle muscle

[Verse 2-Babyblue]

You wanna get you a baller girl you gotta look like a
model girl, your so erotic girl we
Can work out harder girl, push it in out, in out, in out
push it in out, 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

[Bridge]

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like christina, i'll be your
Personal trainer, personal trainer, your personal
trainer, personal trainer, your personal
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Head shoulders knee's toes, head shoulders knee's
toes, head shoulders knee's toes, head
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[Chorus]

Girl squeeze that muscle muscle (squeeze it) work that
muscle muscle (work it) you
Know what muscle muscle (you got it) that pussy
muscle muscle

[Verse 3-Slick'em]

Head shoulders knee's toes I want to see you sweat out
your clothes jumping jacks and sit
Up's girl do what you want to do be a thug, squat squat
squat give me 30 squats 30 now,
Squat squat squat squat give me 30 squats there uhh
pay attention girl you gonna learn I'ma
Make it nice and firm make it burn like a bad perm go
ahead girl it's your turn, now bop
Bop bop get it, bop bop bop get it, bop bop bop get it,
bop bop bop bop bop get it

[Bridge]

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like christina, i'll be your
Personal trainer, personal trainer, your personal
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Head shoulders knee's toes, head shoulders knee's
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[Chorus]

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muscle muscle (work it) you
Know what muscle muscle (you got it) that pussy
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Ooooooo ah ah, ooooo ah ah, ooooo ah ah, ooooooo

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

[Chorus]

Girl squeeze that muscle muscle (squeeze it) work that
muscle muscle (work it) you
Know what muscle muscle (you got it) that pussy
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