

Kayne West

"The New Workout Plan"

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[Intro]

You just popped in the Kanye West
Get right for the summer workout tape
And ladies if you follow these instructions exactly
you might bear to pull you a rapper, a NBA player
Man, at least a dude wit' a car
So first of all we gon' work on the stomach
Nobody wants a little tight ass!

[Verse 1]

1 and 2 and 3 and 4 and get them sit ups right and
Tuck your tummy tight and do your crunches like this
Give head, stop breathe, get up, check your weave
Don't drop the blunt and disrespect the weed
Pick up your son and don't disrespect your seed
It's a party tonight and ooh she's so excited
Tell me who's invited: you, your friends and my dick
What's scary to me is Henny makes girls look like Halle
Berry to me
So excuse me miss, I forgot your name
Thank you, God bless you, good night I came..
I came..
I came..

[Chorus]

It's been a week without me
and she feel weak without me
She wanna talk it out but
Ain't nothin' to talk about
'Lest, she talkin' about freakin' out
then maybe we can work it out
Work it out (Come on) [4x]
Work it out now
Maybe we can work it out (Come on, come on)

[Verse 2]

Oh girl your silhouette make me wanna light a cigarette
My name Kanye from the Jigga set Twista said get it
wet
Ooh girl your breath is HARSH
Cover your mouth up like you got SARS

Off them tracks yea I bought them cars
Still killa a nigga on 16 bars
We ain't sweatin' to the oldies we jukin to a cold beat
Maybe one day girl we can bone
so you can brag to all your homies now
But I still mess with a big girl if you ain't fit girl I'll hit
girl
1 and you brought 2 friends OK 3 more now hop in the
Benz

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