

The New Workout Plan

Kanye West

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!
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, Henny make 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
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
Unless she talk about freakin' out, then maybe we can work it out
Work it out, work it out, work it out, work it out now
Maybe we can work it out
Ooh 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 yeah I bought them cars still kill 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, though you ain't fit girl I'll still hit girl
1 and you brought 2 friends, okay 3 more, now hop in the Benz
4 door, do you know the difference between a 5, 6, 7, 8?
All the mocha lattes, you gotta do Pilates
You gotta pop this tape in before you start back dating
Hustlers, gangstas, all us ballas
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
Unless she talk about freakin' out, then maybe we can work it out
Work it out, work it out, work it out, work it out now

Hi, my name is Jill, I just want to say thanks to Kanye's workout plan
(Maybe we could work it out)
I was able to pull a NBA player
And like, now I shop every day on Rodeo Drive
I just want to say thank you Kanye, woo, woo, woo!
My name is Lasandra and I just want to say
That since listenin' to Kanye's workout tape
I was able to get my phone bill paid
I got sounds and 13's put on my Cavalier
And I was able to get a free trip to Cancun
And what's most importantly
Is that I ain't gotta fuck with Ray Ray's broke ass no mo'
Work it mo', juke it mo'
Pump it mo, Chi-town mo'
Let's go mo'
My name is Alamae from Mobile, Alabama
And I just want to say since listenin' to Kanye's workout tape
I been able to date outside the family
I got a double wide and I rode a plane, rode a plane, rode a plane
Rode a plane, rode a plane
Thanks to Kanye's workout plan I'm the envy of all my friends
See I pulled me a baller man and I ain't gotta work at the mall again
Lemme break ya off a piece of my favorite workout plan
I wanna see you work out, ooh
(It's like that old Michael Jackson shit)
That's right, put in work, move your ass, go berserk
Eat your salad, no dessert, get that man you deserve
It's Kanye's workout plan
I said it's Kanye's workout plan
Ladies and gentlemen
(It's Kanye's workout plan)
Allow myself to introduce myself
(His workout plan)
This time around I want y'all to clap with me, like this
That's right, put in work, move your ass, go berserk
Eat your salad, no dessert, get that man you deserve
(And stop!)
It's Kanye's workout plan
(Okay please)
I said it's Kanye's workout plan
(I know y'all ain't tired)
It's Kanye's workout plan
(But I hope not)
His workout plan
(Cause on this one I need y'all to give me a soul clap okay?)

(Double time!)

That's right, put in work, move your ass, go berserk
Eat your salad, no dessert, get that man you deserve
That's right, put in work, move your ass, go berserk
Eat your salad, no dessert, get that man you deserve
That's right, put in work, move your ass, go berserk
Eat your salad, no dessert, get that man you deserve

Okay, okay, okay, that's very good

I appreciate ya time

I want to see you work out for me

Whoa, yeah

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