

# The Workout

## Paul Jackson, Jr.

I was dancing with a dirty blond Texan  
Charming accent but the music's playing too loud  
For talking so I showed him  
How people in the far east get down  
Push it up, push it down  
Pull it up, pull it down  
Keep it up, keep it down  
Now put me down, what a workout  
If you want you can come, come get it, get it  
If you don't you may really regret it, 'gret it  
Up and down till your knees start shakin' shakin'  
Ain't it good to be alive tonight  
One life, two time, three girls, four guys  
Five ripples runnin' up and down my spine  
Six point O make it sweet, drop another dime  
I was talking with a born again Christian  
"So what's it like to start life all over?"  
He said, "Amen I feel like I've been  
Rediscovering the tomb Tutankhamen"  
Push it up, push it down  
Pull it up, pull it down  
Baby don't put me down, what a workout  
What you want, it's a done deal, shake it, shake it  
What you don't, you can forget about it, 'bout it  
Up and down, feel your brainwaves jumpin', jumpin'  
Makes me wanna take a dive  
As we count to five  
One life, two time, three girls, four guys  
Five ripples runnin' up and down my spine  
Can you hold on someone's calling on the other line  
I'm back  
Push it up, push it down  
Pull it up, pull it down  
Keep it up, and keep it down  
Now put me down, what a workout  
If you want, you can come, come get it, get it  
If you don't you may really regret it, 'gret it  
Up and down till your knees start shakin' shakin'  
Ain't it good to be alive tonight

One life, two time, three girls, four guys  
Five ripples runnin' up and down my spine  
Six point O make it sweet, drop another dime

Lyrics provided by  
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