

Gym Instructor

Lil Rick

(Intro)

Hey, girls this is work out time

Girls form a line.

Loosen up loosen up

Breath in and breath out. x3

Woiiii

(lets go)

I am your gym instructor

Come let we work out with a dance

Get ready now to move your structure

Position and hold your stance

Put your hand pon your head,

Push dem up in the air,

And yuh wukkin up yuh waist,

And yuh shuffling,

Now yuh lossen yuh hips,

Spread yuh 2 feet apart,

Den yuh push down your back,

And yuh shuffling.

Now give me a whine

Right there pon the right

Buss a little whine

Right there pon the right

Bruki bruki bruki

Right there pon the right

firm and tight

now give me a whine

now pon the other side

2,3,4,5

pon the other side

wuk it wuk it wuk it wuk it

pon the other side

keeping it firm and tight

now

(Chorus x 3)

Push down

Gyal work those abs now

In, out

And work it work it.

Continue to work it work it
cos i come here to keep you fit

(right)

I am your gym instructor
Come let we work out with a dance
Get ready now to move your structure
Position and hold your stance.

Put your hand pon your head
Push dem up in the air
And yuh wukkin up yuh waist
And yuh shuffling
Now yuh loosen yuh hips
Spread yuh 2 feet apart
Den yuh push down your back
And yuh shuffling.

Now give me a whine
Girl push it right down
Whine pon yuh toe
Gyal push it right down
firm those buds
girl push it right down
and loosen up

now give me a whine
both hands on your knees
move that tummy girl
squeeze and breath
work that core girl
squeeze and breath
on to the next routine

(Chorus x3)

Push down

Gyal work those abs now

In, out

And work it work it.

Continue to work it work it
cos i come here to keep you fit

(right)

(repeat chorus)

I am your gym instructor
Come let we work out with a dance
Get ready now to move your structure
Position and hold your stance.

Put your hand pon your head,
Push dem up in the air,
And yuh wukkin up yuh waist,
And yuh shuffling,
Now yuh lossen yuh hips,
Spread yuh 2 feet apart,
Den yuh push down your back,
And yuh shuffling.

Lyrics Submitted by Lauryn

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