

Do You Know the Muscle Man?

Silly Sally

Do you know the Muscle Man ? the Muscle Mom ? the Muscle Kids ?

Do you know the Muscle Plan they work out everyday ..

They move their biceps, they move their triceps ..

By bending and lifting their arms ..

They move their biceps, they move their triceps ..

By moving their muscles in their arms ..

Do you know the Muscle Man ? the Muscle Mom ? the Muscle Kids ?

Do you know the Muscle Plan they work out everyday ..

They move their quadriceps, they move their hamstrings ..

By bending and lifting their legs ..

They move their quadriceps, they move their hamstrings ..

By moving in many different ways ..

Do you know the Muscle Man ? the Muscle Mom ? the Muscle Kids ?

Do you know the Muscle Plan they work out everyday ..

They move their rectus, abdominus ..rectus, abdominus ..

By bending and twisting their waists ..

They move their rectus, abdominus ..rectus, abdominus ..

Sit-ups,their really, really amazed..

Do you know the Muscle Man ? the Muscle Mom ? the Muscle Kids ?

Do you know the Muscle Plan they work out everyday ..

They move their gastrocnemius .. gastrocnemius ..

By flexing and pointing their toes ..

They move their gastrocnemius .. gastrocnemius ..

By pointing and flexing to and fro ..

Do you know the Muscle Man ? the Muscle Mom ? the Muscle Kids ?

Yes, I know the Muscle Plan ?cause I work out everyday ..

Lyrics submitted by Ayra Shen Acuña.

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