

# No Pain, No Gain

## U.S. Drill Sergeant Field Recordings

Ooh...ooh...ooh...

My baby and are back together again  
Lovin' is better than it's ever been  
If it weren't for the trials we've been through  
I'd never have the courage to come back to you

We're all entitled to make a mistake  
We got to prepare for some heartbreak  
I as earnin' my man, while I was learnin' my man  
Something you young girls might not understand

No pain [No pain], no pain [No pain]  
No gain [No gain], no  
No pain [No pain], no pain [No pain]  
No gain [No gain]

There was an old lady sittin' under a tree  
She called me over and she said to me  
?My days left here may not be long  
I wouldn't waste my time tellin' you nothin' wrong

But love is a flower that needs the sun and the rain  
A little bit of pleasure's worth a whole lot of pain  
If you learn this secret, how to forgive  
A longer and better life you'll live'

No pain [No pain], no pain [No pain]  
No gain [No gain], mmm  
No pain [No pain], no pain [No pain]  
No gain [No gain]

Anything worth havin' at all  
Is worth workin' for and waitin' for  
Some of my closest friends  
Have thought they had their thing on a string  
Just ?cause that man was bringin' ?em flowers and candy and all kinds of gifts  
Mmm, mmm, honey  
Some gifts are just to make him feel better while he's on his guilt trip  
About the night before

You know what I mean

Especially when you know you haven't been doin' the things you should do

Think about it

What is the man tryin' to tell you

Sometimes flowers mean ?Maybe we should just be friends'

Do you get my drift

Hang if you can hang

No pain, no gain

In order to get something

You got to give something

In order to be something

You got to go through something

Be a cook in the kitchen, a lady in the streets

You can't show your teeth to every guy you meet

It's alright to be a little sweet

But be a mama with the kids and you know what in the sheets

No pain [No pain]

No pain [No pain]

No gain [No gain]

See, you can't give up ?cause times get hard

It's just that old evil devil trying to keep us apart

Say devil you ain't getting nothin' here

I'm holding on to my man and have no fear

No pain [No pain], no pain [No pain]

No gain [No gain], oh

No pain [No pain], no pain [No pain]

No gain [No gain]

See you can't give up ?cause times get hard

It's just that old devil tryin' keep us apart

Say devil, you ain't got nothin' here

I'm holdin' to my man, and have no fear

No pain [No pain], no pain [No pain]

No gain [No gain]

No-no pain [No pain], no pain [No pain]

No gain [No gain]

Oh, no pain [No pain], no pain [No pain]

No gain [No gain]

No-no-no-no pain [No pain, no pain], no-no-no-no-no-no pain [No gain]

No-no pain, no-no pain [No pain], no-no pain [No pain], no pain [No gain], no pain

No pain [No pain, no pain, no gain]

In order to get something [No pain], give something [No pain]  
To be something [No gain] you got to go through something  
[No pain, no pain, no gain]

Oh...no pain [No pain], no pain [No pain]  
No gain [No gain]

No...no pain [No pain], no pain [No pain]  
No gain [No gain]

You're really not to gain anything [No pain, no pain]  
Without [No gain] goin' through some pain

No-no-no-no-no-no-no-no-no-no-no-no-no-no-no  
No pain [No pain], no pain [No pain]  
No-no [No gain]

[No pain, no pain, no gain]  
No pain [No pain], no pain [No pain]  
No pain [No gain], no gain, no pain, no gain

Get something [No pain, no pain]  
You got to go through something [No gain]  
No pain [No pain], no pain [No pain]  
No gain [No gain]

Hear me when I say no pain, no gain [No pain], no pain, no gain [No pain]  
No pain, no gain [No gain]

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