Jay-Z, Breathe Easy

(talking)

So I had to memorize these rhymes until I got home Ya understand? Once you memorize a sentence It's like an exercise (echoes)

heavy breathing

(talking)

Ya niggas can't be serious right now I'm the all time heavy weight champion of flowers I'm leading the league in at least six statistical categories right now Best flow, Most consistent, Realest stories Most charisma, I set the most trends And my interviews are hotter

Holla

I jog in the graveyard Spar in the same ring Now it's house by the building Where Malcolm X was slain I spring train in the winter Round early December Run suicide drills over and over

With the weight of the world on my shoulder

That's why they call me & amp; quot; Hova & amp; quot;

I'm far from being God But I work goddamn hard

I wake up the birds who in the nerves is sleep

I'm catching my second wind the second the first one end

I am & amp; quot; focused man& amp; quot;

And I'm not afraid of death

And I'm going all out

I circle the vultures in a van and

I run the block (run)

Pull up in a drop (pull up)

Push up on my money (push up)

I'm in great shape dunny

I keep jacks jumping thirty six sets

Like a personal trainer I teach coke to stretch

I pump and rock sweats

All white trainers

The ghettoes, Billy Blanks

I show you niggas what pain is

Maintain your stamina Hov will damage ya

Spot you two rhymes y'all niggas is amateurs

The fifth

A dead lift if

Niggas don't want to get shot then y'all niggas better squat

I drop your set for rep

No need to hit the showers

The spit from the fifth leave you wet

Lyrical exercise

(hard breathing)

Y'all niggas ain't tired right?

(Chorus 4X)

One, One

Two, Two

Three, Three

Four, Breathe Easy

Get your weight up

Not your hate up Jigga man is diesel When I lift the eight up Y'all ain't ready to workout with the boy Your flow is brain on drugs Mines is rap on steroids I lift every voice when I sing My ability Make yours look like an exercise in futility Bring your squad Biceps, Triceps, and Quads We don't struggle with undeveloped muscles Y'all ain't real That's y'all Achilles Heel Same routine when you see me you know the drill I spot ya I lift the weight of the watch off your arm Remain nice and calm Put down your things Trinidad of the game know my way around your ring No matter how many pounds you bring It sounds like the same old thing R-O-C is the strongest team

(Chorus 4X)